

KIN-NECTIONS

KINROSS PARISH CHURCH OF SCOTLAND | SEPTEMBER - NOVEMBER 2023

Following Christ | Spreading the Word | Serving the Community



FELLOWSHIP

**CHURCH CENTRE
40 YEAR
ANNIVERSARY**

LIGHT PARTY

**SUNDAY
AFTERNOON
WALKS**

**UKRAINE
SHELTER HOME
UPDATE**

FREE: Please take a copy



SUNDAY SERVICES at 10.30am

On the first Sunday of each month Communion will be celebrated at the service in the church and online.

Following Christ

Spreading the Word

Serving the Community

Minister

Rev Alan D Reid
01577 862952

Assistant Minister

Rev Austin Wicks

Ordained Local Minister

Rev Margaret Michie

Session Clerk

Jaffrey Weir

Safeguarding Coordinator

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Minutes of Kirk Session Meetings

Available from the Church Office

Kirk Session **4 September**

Kirk Session Council **3 October & 31 October**

Kirk Session **6 November**

Kin-nections December-February deadline **23 October**

3 September Communion	Genesis 6 & 7 Noah (Part 1)
10 September Guild Dedication	Luke 5:33-39 New Wine/New Wineskins
17 September Disability Sunday	Luke 5:17-26 Through the Roof
24 September Harvest Thanksgiving	Psalms 145
1 October	Genesis 8 & 9 Noah (Part 2)
8 October	Genesis 11 Confusion
15 October	Genesis 12 Called
22 October	Genesis 14 Blessed
29 October	Brigade Enrolment
5 November	Genesis 15 & 17 Covenant
12 November	Remembrance Sunday
19 November	Genesis 18 Prayer
26 November	Genesis 21 & 22 Faith

Keeping in Contact

The Pastoral Elder for your Area is:

Your elder can be contacted via the Church Office on 01577 862570 or

office@kinrossparishchurch.org



The Church of Scotland



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Kinross Parish Worship

FROM THE MANSE...

Dear Friends

In keeping with the theme of “fellowship”, which is running through this issue of Kin-nections, I want to highlight just how vital meaningful fellowship is to the health of the congregation and which, I fear, many of us who are church members sit very loosely with. If ‘Church’ for you has been about little more than turning up at services (or watching online) on a Sunday morning and disappearing again, having interacted minimally with others, then what is it that you are actually experiencing of Christian fellowship?



I suspect that a poor experience (or even an absence) of genuine fellowship has been one of the major reasons why an increasing number of people have turned their back on Church over the decades. On the one hand that has resulted in the dramatic (and ongoing) numerical decline of the Church in our lifetime. But on the other hand, it has led many to discover that there can be (and needs to be) much more giving than receiving in our experience of Church than simply turning up.

Though we are undoubtedly much fewer than we once were as a congregation, it is my observation that those who are involved are much more involved and engaged than would once have been my experience. There are relatively few who are in Church on a Sunday who are not also interacting with other ministries of the Church in ways that enable them to develop much stronger and deeper relationships with others in the congregation than is possible in an hour on a Sunday (or even an hour and a bit if you stay for refreshments). It is altogether healthier, and a sign of a much more vibrant Church, that we are finding encouragement and support (yes and challenge too) from one another in the fellowship. Those who are engaged in such things as the Guild, choir, house-groups, prayer groups, Craft Group, All Friends Together, Let’s Sing, Table Talk, are building strong networks of pastoral support which are not only a vital building block of a growing sense of Church family but also ensure that when difficult times come upon us as individuals we have a ready-made spiritual support that goes far beyond what occasional visits of ministers and elders can offer.

So let me encourage you if you have stopped engaging with Church altogether, or if your engagement does not extend beyond the benediction on a Sunday morning, to get involved with a congregational group of some kind over the year ahead. I can guarantee you that it will revolutionise your experience of Church because it will open up ways for you to give more than you receive and, in time, thereby to multiply what you do receive.

In Christian fellowship,

Alan
Rev. A.D. Reid

TIME FOR PRAYER

Please look out for the **weekly prayer topics** in the Intimations circulated in the Saturday morning electronic mailer. If you are not on this mailing list, contact the Church Office. You are also invited to gather with others to pray:

- Every **Sunday evening at 6pm** there is an opportunity to gather with others to pray via Zoom (online or by telephone) - the link is published in the weekly email
- On the **first Monday morning of the month at 8am** there is a time of guided meditation in the church: **4 September, 2 October & 6 November**
- On the **third Thursday of the month at 9pm** you are invited to the late evening monastic prayer service of **Compline** in the church: **21 September, 19 October & 16 November**

Welcome to Kin-nections

The team has enjoyed putting together this issue of Kin-nections. As we start a new session, our theme is Fellowship: Kinross Parish Church and our neighbouring Kinross-shire churches offer many opportunities to come together in worship and fellowship. We trust that you will find a warm welcome. Feel free to pass on your copy to a neighbour or friend or request additional copies.



Would an online magazine suit you better? Kin-nections may be read online at <https://www.kinrossparishchurch.org/news/kin-nections-magazine> or ask for the quarterly email with a direct link to the digital version. Just let us know (contact office@kinrossparishchurch.org) if you no longer need a print copy.

OUR YOUNG PEOPLE

Brigade - the adventure begins here

The Kinross Company has been busy over the summer with a number of marquee hires: the 40ft by 20ft marquee is available at £250 per occasion. Company Section camp took place at Dundee Battalion's Scott Lodge, Glen Clova 21-27 July.



BBs for boys and girls starts back on **Friday 8 September** at the Church Centre:

- Anchor Section P1, P2 & P3: 6-7.15pm
- Junior Section P4, P5 & P6: 7-9pm
- Company Section P7 to S3: 7-9.30pm
- Senior Section S4, S5 & S6: 7-9.30pm

The BB will be 140 years old, having been founded on 4 October 1883, and the Company's annual enrolment service will take place on **Sunday 29 October**. There are special challenges for Anchors, Juniors and Company Section members to celebrate the 140 years with badges for participating. There will also be new activities over the session with inter-Battalion events extending the range of activities on offer.

David Munro



Stepping Stones

Stepping Stones for Babies & Toddlers

What an encouragement it has been to see so many babies and toddlers at our weekly **Tuesday morning meetings (10am)** in the church.

Our last Tuesday in June was a Teddy Bears Picnic and not only did we have 36 children there but also mums, dads, grandparents and carers.

Time together offers fellowship: mums meeting other mums for the first time and being given the opportunity to make new friends and groups that will hopefully grow.

With encouragement from us to tell them about the Church family we hope the small steps they take will lead to bigger ones within our fellowship.

We look forward to another year of bringing new people from the community into Stepping Stones.

**Kathleen Weir, Isobel Watt
and the Stepping Stones Team**



2023 Family Week Big Top Holiday Club

Thanks to the willingness of volunteers from across the Kinross-shire churches, August's Family Week welcomed more than 200 children and young people to venues across our community for a holiday club packed with adventure, songs, Bible stories, crafts (and snacks!).

We pray that all will have received the Good News message and find encouragement to continue their faith journey in fellowship.

Crossfire

Crossfire is our youth group (P7+) which meets Sunday evenings term time at 6-7.30pm, usually in the Church Centre. We enjoy friendship and fellowship together, sharing food and playing games. Here are some of the activities and messages we have enjoyed this session:

Dark walk followed by hot chocolate while looking up at the stars. We saw how many there are and isn't it amazing that God knows each and he knows us too and has our names written on the palms of his hands?

Sports day including traditional sack race and potato & spoon race. Hebrews tells us, "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."

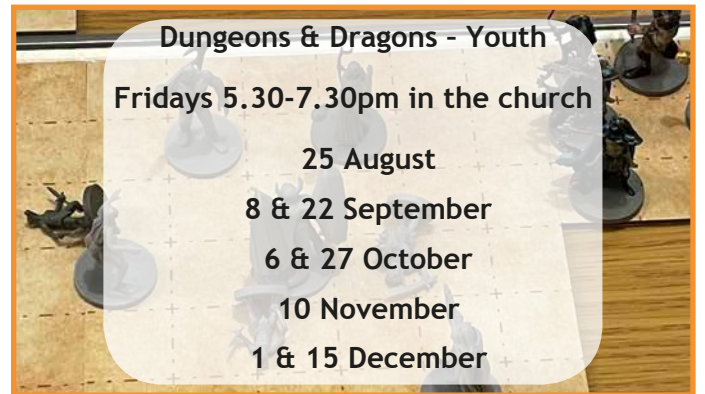
We made and drank bubble tea. Jesus tells us, "But whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

Hide and seek games: the Bible teaches us that we can never hide from the Lord. He is always with us from the moment we get up until we lie down. In the darkest places he is always at our side.

Water pistol fight: the Bible tells us to fight the good fight. Fighting the good fight of faith is also about perseverance and continuing, even when the road is hard.

We are very grateful to everyone who has donated and cooked for us. Looking forward to the 2023-24 session, we are hoping to create a youth friendly space in the church and to start running our own tuck shop. If you would like more information, or if you are keen to help in anyway or donate/make food, please contact me via the Church Office. Thank you!

Jenny Masson



Jesus is the light

Light Party

31st October
5:30 - 7:00 PM

At
Kinross Parish Church
Food, Fun, and Festivities

No pre-registration.
Parents and carers may stay or leave a contact number.
Dress up light and bright.



Our Global Neighbours

Fairtrade fellowship

We often enjoy fellowship over a meal together, so why not make something using Fairtrade ingredients bought from our Fairtrade stall in church or at the Farmers' Market? Meru Herbs is a social enterprise based in Kenya which produces delicious jams and sauces. They depend on us to buy their products, so please try a jar. The recipe is for their tomato and chilli sauce, but we have many other products for you to try.

Chicken Enchiladas

- 4 chicken breasts
- 1 large onion
- 1 or 2 green or red peppers
- 1oz Zaytoun olive oil
- Fajita seasoning of your choice
- Packet of tortillas
- 1 jar Meru tomato and chilli sauce
- Grated cheese for topping, cheddar or mozerella

1. Cut chicken into strips, cook in oil with fajita seasoning, approx. 10 minutes and remove from pan.
2. Fry sliced onions and pepper gently.
3. Wrap chicken, onions and peppers in tortillas and lay close together in an ovenproof dish till all ingredients are used. Any extra onions and peppers can go on top.
4. Cover with jar of Meru tomato and chilli sauce.
5. Top with grated cheese.
6. Cook at 180° C for approx. 30 minutes.



MAF's Ruth Jack warns of Uganda crisis

Our Mission Aviation Fellowship partner, Ruth Jack (pictured), has warned that, "Uganda is facing a humanitarian disaster" on a recent return visit to Scotland. Ruth is Country Director in Uganda and visited our congregation as part of our special partnership with MAF last year. Speaking to the Herald newspaper she said: "In Uganda, refugees are treated very well. The problem is that Uganda is now a victim of its own success. The UN and World Food Programme have thought 'we don't need to worry about Uganda too much'. Over the last two to three years there has been a steady reduction in the amount of money. Come September, the money from the WFP and UN runs out entirely." MAF has launched a special [Uganda Hunger Appeal](#). Already, refugees are only receiving between one quarter and one half of their necessary diet.

Other areas of Africa with which our church has had connections have also been experiencing severe challenges. Our minister, Alan Reid, visited Ethiopia a few years ago under the auspices of Tearfund. [Tearfund](#) has now launched an urgent appeal for its partner church in Ethiopia as it helps people hit by a deepening hunger crisis "exacerbated by climate change".

Worrying news also from Darfur in Sudan where Anne McCulloch once served when she was a member of our congregation. According to the Washington Post, "a new generation faces the growing prospect of another genocide".

We hold these places in our prayers and give thanks for those who are working so hard to help.

Gordon McFarlane

“Suffer the children...”

Those familiar with the King James version (KJV) of the Bible will recognise the phrase used by Jesus when he rebuked his disciples for stopping children coming to him. The KJV Bible has “Suffer the children to come unto me and forbid them not”. Sadly today there are those who not only plan that children may not learn of the Lord Jesus but, using the word in its usual sense, are making children suffer.

Attention has been drawn to the often-appalling treatment of Christians in lands such as North Korea, Afghanistan and many Muslim majority countries but, even if overt persecution is absent or not apparent, children can suffer greatly simply because they are Christian.

- In several countries, such as China and Tajikistan, children are banned from attending church services, Christian camps and other activities.
- Because their parents are often very poor and sometimes, as may occur in Pakistan, are only allowed to do the very poorest paid jobs, they are often not able to attend school.
- If they do manage to attend school - and, not uncommonly, schools may be unwilling to have Christians - they can suffer hostility and discrimination from teachers and fellow pupils. For instance, in the Muslim fasting month of Ramadan, a Christian child not fasting can be condemned or ridiculed.
- In Pakistan, Christian girls as young as 12 are kidnapped, forcibly married to much older men and “converted” to Islam. Whole school classes of Christian girls are kidnapped by Muslim extremists and “disappear” in northern Nigeria.
- In the all too common displacement of thousands fleeing conflict in so many places, children, including Christian children, often fail to find schooling where they are refugees.

It often feels that we are cannot do anything to help in these situations, other than pray. However, numerous Christian charities, like Christian Solidarity Worldwide, Open Doors and Release International are actively tackling the huge problem of discrimination against Christians. Others, like World Vision, Compassion and DFN UK, have specific projects bringing educational opportunities to the most marginalised. They deserve our prayerful support.

John McArthur

Support for Ukrainian Refugees

Following our financial donation last year for Ukrainian refugees being supported in Csongor, Western Ukraine across the border from our partners in Debrecen, a further £1,000 has been sent from Kinross Parish Church out of funds previously donated for that purpose. The shelter home is progressing well and the Hungarian Reformed Church is supplying food so that the ministry team in Csongor can cook meals for 70 people every day. Minister Sandor said, “We do not know what is coming next. We plan everything just for the short-term. Your prayers and support are appreciated.”



Left: Delivering food supplies in Csongor

Below: Csongor shelter house



September Communion and Harvest Thanksgiving Collections: ShelterBox

(Registered charity 1096479)

We hear in the news of conflict in Ethiopia, earthquakes in Turkey and Syria, war in Ukraine and civil war in Yemen and yet we feel helpless to know how to support our global neighbours. Offering immediate and practical aid, ShelterBox responds to international emergencies by providing shelter, essential items and technical assistance to help some of the world’s most vulnerable people recover and rebuild their homes after disaster.

The Kirk Session commends the work of ShelterBox to you as the recipient of the September communion and Harvest Thanksgiving collections. If you would like to make a contribution, please bring a donation marked “ShelterBox” to church or make an online donation via the Giving page of our church website (www.kinrossparishchurch.org/giving). Thank you

For more information about ShelterBox, visit www.shelterbox.org



Eco Team

The Church Eco Team is involved in lots of initiatives, from bug boxes in the church garden, tending an allotment and organising community litter picking days. Keep an eye out for the next events in the weekly church email.



Monthly Sunday Afternoon Walks

Over the past few months, we have organised a walk on the third Sunday of the month. We go to interesting and beautiful places nearby Kinross and it has been an absolute treat to be in fellowship with one other while being surrounded by the beauty of our God's creation. Walks have included East Lomond, Lochore Meadows, Rumbling Bridge and Blairadam Forest. It is a fun way to get to know your fellow church goers and spend a peaceful afternoon enjoying the beauty of the earth and the company of your family in Christ.

If you would like to join any of these walks, set aside time on Sunday afternoon on the third Sunday of the month and meet us in the church car park at 2.15pm. Details are in the weekly Intimations but upcoming walks are:

17 September: Lochore Meadows

15 October: Bishop Hill

19 November: John Knox pulpit
Rev Austin Wicks



Fossoway Gathering Saturday 2 September

Fossoway Church has a refreshment marquee serving tea, coffee, juice and delicious home baking.

Why not pop along!

Church Flowers

Please remember to let us know of any special birthdays or anniversaries. You can also make a donation to the Flower Fund in memory of a loved one or just as a one-off donation. Your help with this ministry is greatly appreciated.

Flower Team



Craft Group

If you happen to pop into the church on a Wednesday afternoon you'll hear us before you see us! There's lots of noise from chat, laughter and clicking of needles!

We knitted lots of hats, scarves & mitts for The Mission to Seafarers Scotland that distributes around 10,000 hats per year. An amazing number but these hats only last for around six weeks as they are quickly soiled by oil and sea water. We are continuing with this project and are sending around 20 items per month. A lovely thank you letter was

received from their Knitting Coordinator, "A warm knitted item given to seafarers with love means so very much to them. It shows they are cared about."

Although most people like to knit, some of us do other crafts. We hope to have our annual Sale of Crafts on **5 November** in the Church Centre - a date for your diary please!

New members are always welcome. Please come along on a **Wednesday afternoon at 1.30pm**. It's a good way of getting to know people if you are new to the Church or community.

Margaret Clark



NEWS FLASH! Afternoon Board-Games: new group starting Monday 11 September 2-4pm and meeting fortnightly for Scrabble, Rummikub and other favourites. All welcome

House Groups

Five house groups meet weekly: Monday evening, Tuesday afternoon, Wednesday evening (Men's Group), Wednesday evening (Women's Group) and Thursday morning. Anyone who is interested in meeting together informally with others to study the Bible and discuss its relevance in our lives is always welcome. Speak to the Minister if you are thinking about coming along and would like to discuss which might best suit you.

The Guild

This year the Guild is trying a new format to enable everyone to come together in person rather than on Zoom. We are splitting the programme into two sections - **15 August to 24 October** and **5 March to 7 May** - with a Christmas/ birthday celebration on **3 December**. This year our Guild is celebrating its 135 years. We are one of the oldest Guilds and, if the weather is kind to us, our National Convener Rae Lind will come along to help us celebrate.

Between October and March we are meeting for coffee and chat every fortnight on Tuesday mornings (details nearer the time).

Our themes this year include our two Project meetings - Vine Trust and Chocolate Heaven - and subjects such as prison chaplaincy and pottery.

Fortnightly meetings start at 7pm at the Church Centre. Fun and fellowship are on offer and everyone is welcome to come along - age is no barrier!

Enid Campbell



Prayer for Fellowship

By Diane Taylor

Dear Lord,

We thank You for the divine gift of fellowship with You. We are so grateful that You want to spend time with us. You don't wait for us to be perfect, pure or poised. You don't make demands of us, but instead You take our lead and wait to be invited. You whisper and guide us with gentle holy spirit promptings. You love us as we are.

Oh Lord, we thank You for the divine gift of fellowship with one another. Just as You love to walk with us, we ask that You might teach us to walk in fellowship with our brothers and sisters in faith. You made each of us in Your likeness. How amazing is Your love. May we embrace our differences and find common ground in our shared values and faith. Help us to communicate with compassion instead of comparison, patience instead of pressure and justice in place of judgement. Help us to be sensitive to the needs of others and respond with empathy, grace and love.

Amen

Let's Sing: dates for your dairy
Come along to the church on Sunday afternoons from 2.30pm to join in fellowship and singing:
10 September, 8 October, 12 November & 10 December.

Dungeons & Dragons - Adults

Mondays 7.30-9.30pm in the church - 21 August, 11 & 18 September, 2 & 23 October, 13 & 27 November, 4 December

Sound and Vision Concert - Orwell Parish Church

The concert is on **Saturday 16 September at 7.30pm** with music by the Tullis Russell Community Band, playing to images by Composite Photographer Julie Close (from Portmoak). Ticket £6 includes tea and coffee. Tickets from Orwell and Portmoak Church Office in Milnathort and Kinross Parish Church Office.

Table Talk's Summer Outing

On a bright summer's day in June our Table Talk group went on a road trip to Saline Shaw farm shop and café. It was a lovely drive, admiring the countryside. Everyone enjoyed the fellowship of meeting together and having our weekly chat whilst enjoying tea/coffee, scones and cakes. We were able to walk outside and look at the plants and flowers whilst enjoying wonderful views over the Ochil Hills. And there was an opportunity to visit the farm shop! A lovely morning was enjoyed by all.

Table Talk meets on Zoom on Thursdays at 11am for an hour for chat, fellowship and an opportunity for prayer at the end of our call. All are very welcome.

**Kathleen Weir
and Christine Reid**



Kinross Centre Celebrates 40 years

In 1983, as a result of the union of the East and West Churches, and through hard work and fundraising, the Kinross Church Centre was created as a community building. It was also to be used as a Day Centre from November of that year, run by a committee of Church and non-Church members. Staffing was through a Government Manpower Services Scheme.

There was something for everyone, from a mothers and toddlers group, Café Français, portrait drawing, make do and mend, aerobics and more, all led by volunteers! The timing was good as the town was growing due to the new Wimpey houses.

A bus was acquired and people were brought in from all around Kinross-shire for lunch and activities. Mid-week worship services started and are still a highlight of the week for some of the users. The Centre was ahead of its time and organisations came from across Scotland to visit.

No one expected the Kinross (Day) Centre to be such an asset to the community, and many still just pop in for a coffee or catch up with friends in the coffee bar. As time has passed with emphasis on care in the community the model has changed, but there is still much to celebrate at our very special Kinross Centre.

Helena Cant
First Manager of Kinross (Day) Centre

Thanks to the generosity of the congregation, over £2,000 was raised at the March 2023 communion special offering for the Kinross Centre

Left: 1984 Church Centre minibus; Right: Church Centre



Celebration!

This year, Lindsay Cant turns 50! She has invited the Church choir to give a concert in the church on **Saturday 30 September** at 2.30pm to raise funds for KYTHE and Prospects Across Scotland. KYTHE will also provide a band to contribute to the music, as well as other musicians who are connected to Kinross and to Lindsay. The programme therefore will be a very varied one and refreshments will be served. All are welcome.

Prospects is a national charity supporting church groups across Scotland formed for adults with learning difficulties. Our All Friends Together is a Prospects group.



Parish Grouping: working together in Kinross-shire

In the past few months there have been further moves towards closer working of the Church of Scotland churches in Kinross-shire. The Kirk Sessions of the four existing congregations met in June to discuss closer co-operation.

At national and Presbytery level, an amended Presbytery Mission Plan for the previous Presbytery of Perth (our area) has now been approved by both the new, enlarged, Presbytery of Perth



and at national level by the Faith Nurture Forum.

For Kinross-shire, the approved plan aims for an interim stage of two congregations: a union between Kinross, Orwell and Portmoak, and Arngask (Glenfarg), with the closure of Portmoak and Glenfarg kirks; and a union of Cleish and Fossoway congregations, with the closure of Cleish church. Ultimately the aim is to have a single parish

for Kinross-shire with a ministerial team of two Full-Time Equivalents and three church buildings.

Gordon McFarlane

Would You be Willing to be Part of a Visiting Group?

The Minister believes that there are 30 to 40 members who used to attend Sunday worship regularly but have not returned since Covid, or have been unable to return to worshipping together. We must re-establish personal contact with these

members to assure them they are still part of our Church family, and so we are re-forming the Visiting Group. If you would like to know what would be involved in this valuable pastoral work, please look out for an intimation about an introductory talk by the Minister giving more information.

Robert Mitchell
Pastoral Group Convener

Safeguarding: we have a duty to ensure A Safe Church for All. If you have any concerns please contact our Safeguarding Coordinator via the Church Office or the Church of Scotland Safeguarding Department

OUR CHURCH FAMILY

Baptism

We welcome into our Church family

28 May Lacie-Mae Storrie

New Member

We warmly welcome

Alex Johnston

Funerals

Our thoughts and prayers are with the families of

Avril Kinloch	6 June
Doris Peacock	26 July
Ella Shand	26 July

Our Kirk Session

Christ calls us all to share in his ministry and each member of the congregation has a role to play. Those who are called to the office of eldership have the particular responsibility of caring for God's people and of exercising oversight and leadership, managing, encouraging and developing all areas of church life. Elders promise to carry out their duties faithfully and cheerfully.

On 11 June Isobel Watt was ordained to the office of eldership and admitted, together with Jim Smith, as elders of the congregation of Kinross Parish Church. *(Pictured below)*



Later in the month, we celebrated the long service of elders Alan McGhie, Robin Webster, George Hayton and Robert Mitchell. *(pictured below)*



Jaffrey Weir is Session Clerk and the work of the Kirk Session is taken forward by working groups, led by a Convener (pictured below). If you are interested in being involved in any of these groups, please have a word.

From left: Administration & Communication: Alice Getley; Discipleship: vacancy; Finance: Brian Timms; Treasurer: Alan McGhie; Outreach: Brenda Fraser



From left: Pastoral: Robert Mitchell; Property: Jaffrey Weir (temporary); Worship: Rev Alan Reid; Youth & Family Ministries: Rev Austin Wicks



We ask God's blessing on all those who play their part.

Reflections on Fellowship

When I think of fellowship the first thing that comes to my mind is the time I spent with my friends in college. I joined a club focused around activities like video games, watching anime and playing table top games. I also was a part of the choir, the kiltie marching band and the music fraternity. In each of these places there was a sense of kinship and fellowship as we united in the interests we had through music or just to have fun.

Christian fellowship, though, is something that is meant to be more unifying than just an expressed interest in similar things. We all share a love of Jesus Christ and a desire for a connection with God, but our fellowship is something that is meant to transcend that base interest of the body. It is meant to be a connection of our souls.

In our time here in Scotland I can say that we have felt this Christian fellowship. The sense not only of welcome, but of being home when we come to church and meet with fellow Christians from across the region. God's work is never over though, so let us continue to strive for the harmony that true Christian fellowship can bring. Not just in our own lives, but in the lives of our community.

Rev Austin Wicks

Our other Kirk Session members are Lynn Caldwell, Alex Cant, Margaret Clark, Lesley Harvey, Jenny Masson, Gordon McFarlane, Irene McFarlane, Rev Margaret Michie, David Munro, Stuart Neave, Tina Shepherd, Kathleen Weir and Norman White.

SAVING LIVES

Defibrillator and CPR training

It is a sad fact that every year too many people of all ages die from cardiac arrests. Approximately 3,500 people require cardiopulmonary resuscitation (CPR) each year in Scotland and of that number only a small proportion survive. A combination of CPR and use of a defibrillator, however, greatly increases the chances of survival.

CPR is an emergency procedure which combines chest compressions with artificial ventilation to preserve brain function until further measures can be taken to restart the heart: you are giving the victim manual life support to keep them going until the heart can be shocked back into a regular rhythm. Time is of the essence and swift action within three to five minutes could mean a life saved.

Many people think they cannot do CPR or operate a defibrillator, but it is very simple and even a child can do it.

You may have noticed that a defibrillator has been installed on the railings in the lane by the church. This has been donated in memory of Jean and Annabel Johnston, church members who died recently, and the cost topped up by St John Scotland which has as one of its core projects to facilitate the installation of defibrillators throughout Scotland.

These defibrillators are for public access at any time. Our one is in an unlocked cabinet so can be easily accessed. The defibrillator will not deliver a shock if none is required and there are voice commands to tell the user exactly what to do.



Guidance is also given by the telephone operators when the emergency services are called.

A CPR training session was delivered on 8 June by members of St John Scotland Perth & Kinross, led by Alison Milne. Members of the congregation were delighted to learn that Margaret Sikora had joined the team and that our former OLM student, Dr Ian Morrison, was also one of the team.

A total of 24 people attended the session and practised on the demonstration mannequins and dummy defibrillators as well as being shown the contents of our own defibrillator pack. This was a most enjoyable and fruitful session.

In the last year St John Scotland has trained 4,165 people as part of the national Save a Life Programme - [savealife.scot](https://www.savealife.scot).

*Janice H Webster OSt.J
Chairman of St John Scotland Perth & Kinross*

