

TO TRUST GOD IN THE LIGHT IS NOTHING,  
BUT TRUST HIM IN THE DARK -  
THAT IS FAITH  
CHARLES SPURGEON

### In this Newsletter:

Eco quiz · Light will terrify the dark · What to pray

Is there anyone you know who might be interested in (a part of) this fortnightly newsletter?  
You could maybe copy and send (just the section) to them.

Anyone interested in being added to the mailing list can email us.

### To the church...

‘Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.’ Joshua 1:9

If we could, we would love to play it safe and stay in our comfort zones while try to follow Jesus. But He called us to follow Him, and He treads paths which require faith beyond what we know and what we like.

Naaman was a commander of a foreign army, a valiant soldier, who had leprosy. Raiders from his country captured a young Israelite girl, who started to serve his wife. The girl told her ‘If only my master would see the prophet who is in Samaria! He would cure him of his leprosy.’ Naaman went to the king, got permission to go, was healed and became a believer. See the story in 2 Kings chapter 5.

All of this because a girl, who was captured, cut off from her home and forced to live in darkness, who decided to trust God and be a blessing no matter what. Way out of her element, she showed deep faith, compassion, and didn’t keep her mouth shut. She was a catalyst for God to do great things.

Aaron went to challenge pharaoh at 83 years of age; Peter and his pal John went to jail cause God healed someone through them. Rahab nearly died for helping God’s people. Time after time God did great things, only through people taking small and big steps of obedience and trust.

Where can we be a light?

Who in our life needs to hear about Jesus, the light of the world?

Because, if we step out, following Christ’s lead, God will meet us on the road, and we might have an amazing story to share.

### Light will terrify the dark

‘...Your light will terrify the dark.  
I call upon the name that tears the night apart...’

These lyrics are part of a song called ‘Terrify the dark’ by the Christian band Skillet. They relate to a main theme in the book ‘Columba, the faith of an island soldier.’ Author Dr Bruce Ritchie shares that Celtic Christianity at the time of Saint Columba was a powerful missionary force. He tells us they were driven by a strong mindset of reclaiming the lost by a direct and deliberate focus on the presence of Christ as a frequent pattern and rhythm in their lives and worship services; and in showing a public love for and devotion to Christ, as victorious over evil, an awareness of warfare opened up, where Christ terrifies the dark and the demonic has to flee. What followed was an opening for healing and conversion of individuals, families, and societies, through prayer, the releasing of real community and a richness in worship. This awareness of spiritual warfare in the sixth century led to a strong focus on supporting the poor, and meeting people in their pain. This kind of pastoral evangelism opened up many avenues for God’s blessing.

Does the church today need to place a greater focus on moving into dark spaces to bring light?

Are the issues of 1- finding appropriate formats for worshipping Jesus in public space, and 2- pastoral evangelism, worth paying more attention to for the church?

### Green Matters

‘The earth is the Lord’s, and everything in it, the world, and all who live in it’ Ps 24:1

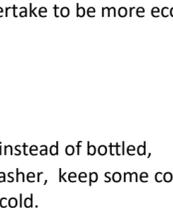
We are weeks away from the crucial COP 26 negotiations in Glasgow. Please pray for this critical summit.

The church’s Life and Work magazine has produced a FREE four-page COP26 Special Supplement, available [here](#) to help you engage before, during and after COP26 with vital climate change issues.

Regionally, we have launched EcoHighland 2021, a programme for two full weeks of events, around action, worship and prayer. Details and booking for many things to get involved in can be found here:

[ecocongregationcotland.org/upcomingevents/](https://ecocongregationcotland.org/upcomingevents/).

A full booklet with info can also be obtained from your local church, or by emailing 2020.IPCS@gmail.com.



**EcoHighland 2021**  
operated by local churches with Eco Congregation Scotland and Inverness Presbytery Church Support

You would be welcome to join the **Prayer Gatherings**, online via zoom, led by members from various congregations taking part. We will be praying through the topics being considered at COP26. The meetings will last around half an hour. Register on the [events page](#) to receive the link to attend for any or all sessions. Book separately for the two weeks as they are on different links.

Week 1 - Gatherings will be at 9.15am each day, Mon 1st to Fri 5th of November. COP 26 topics will include the World Leader’s summit, finance, energy, youth and public empowerment and nature.

Week 2 - Gatherings will be at 5.30pm each day, Mon 8th to Fri 12th of November. COP 26 topics will include the World Leader’s summit, habitat loss, female empowerment, innovation, transport and built environment.

**Ecohighland 2021 Opening Worship Sunday 31st of October 5pm**, Hilton church, 4 Tomatin Road, Inverness IV2 4UA. To attend this service in person please fill in the form page by following this [link](#) on the Hilton Church website. If you would like to join online, please go to the Hilton Church Facebook page at 5pm on where the service will be streamed live: [here](#).

### Eco Quiz

Practically, we can think about what action we currently undertake to be more eco friendly. So, here is a wee quiz with 10 statements.

1. Mark which ones you are already doing
2. What is your score out of ten?
3. How could you improve?

I turn off the tap while brushing my teeth, drink tap water instead of bottled, scrape rather than rinse dishes before loading into the dishwasher, keep some cold water in the fridge as opposed to letting the tap run until it’s cold.

Often, I consider buying second-hand first when purchasing something.

When buying products in the supermarket, I always make sure (most of) the packaging is recyclable by checking the recycling label.

When gift wrapping, I use paper over plastic and make sure the paper does not have glitter on it, as it won’t recycle.

The Christmas cards I buy are also non-glitter and recyclable.

I try to commit to a meat-free diet at least once a week (According to worldwildlife.org, it takes about 750 litres of water to produce 1 kilogram of wheat, and 100,000 litres of water to produce 1 kilogram of beef).

Most of the lightbulbs in my house are now energy saving ones, rather than regular bulbs.

This winter I will set my house thermostat one degree lower than last year.

I aim to recycle all the batteries I use or I even use rechargeable ones.

When I am out, to look after God’s creation, at times, I will pick up litter and dispose of it properly.

### Not sure what to pray for?

Prayer advice taken from Youversion.com who help people ‘on an active journey to become who God made them to be, abiding in Him, and drawing closer every day.’

Here are three things that may encourage you as you draw near to God through prayer and make it easier for you.

#### 1. Keep it simple.

Some of the best conversations with God happen when you simply share what’s on your mind and then give Him the space to respond. Try asking:

God, what should I do about ... ?    God, what do You think about ... ?

God, would You ... ?    God, why did this ... ?

#### 2. Keep it real.

Be authentic when you pray. If you’re not sure what to say, or frustrated, say so. He wants you to approach Him with confidence and boldness. Try saying:

I’m struggling with...    I need help with...

I don’t understand why...    I’m frustrated because...

#### 3. Keep showing up.

Praying might feel awkward at times. Can you make prayer a habit by having at least a 5 minute conversation with God every day? Here are some conversation starters:

I’m hoping for...    I’m thankful for...    I’m excited because...    Today, I noticed...

### National Acorn roadshow in Inverness Thu Nov 4 7-9pm

On Thursday November 4, 7.30-9.30 pm, Michael Harvey will be in Inverness to explain the ACORN Programme. He will interview Bart Buell about the Acorn process at Culloiden-Balloch Baptist church .

Many people up and down the country are being blessed by this practice. It is a great way to help us try mission where we are, as we are, and through support in small groups, gain confidence in effective discipleship.

Acorn is really simple; it helps to connect Christians with the work God is doing in others through caring conversation.

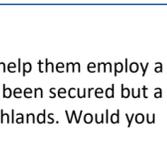
‘Come along for an inspiring session and learn of a simple, but less fearful way that we can share our faith with friends and family. ACORN is an informal and cost-free method of faith-sharing that has gained huge popularity amongst ordinary members of congregations up and down Scotland.’

BOOK HERE <https://www.eventbrite.co.uk/e/acorn-roadshow-tickets-183377957407>

If you are unable to book online but want to attend, contact Paul (details at bottom).

**Acorn**

- Ask
- Call
- Obey
- Report
- Notice God



The Church of Scotland  
Faith Nurture

### Verse of the week

memory verse 40

Hebrews 12:3

Being Christ’s disciple; be steadfast

‘Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart.’

You can learn to memorize these verses by repeating them frequently, or even hand-writing them on a piece of paper. You can also do this together with a Christian friend, and test each other. Building a regular rhythm at a set time and place that suits you might be key. More info: [www.navigators.org/resource/topical-memory-system/](http://www.navigators.org/resource/topical-memory-system/).

### A Choice for the Church

A poem by Anne Smith, an elder in Aberdeen, self-publisher who writes faith poems. Would you like to know more, do contact [smithanne@tiscali.co.uk](mailto:smithanne@tiscali.co.uk).

12 church members, sitting in the pew  
  looking to the future, wondering what to do  
2 knew for certain that everything was fine  
  keeping everything the same couldn't be decline  
2 were just so busy, with all they had to do  
  sometimes feeling put upon but what else can you do  
2 had jobs and families and clearly, to be fair,  
  did a lot of juggling to keep balls in the air  
2 were getting older, felt they'd done their bit  
  no helping hand for younger folk, they just chose to sit  
2 had once tried mission, knocking doors, the lot  
  but found they couldn't give away what they didn't got  
2 were feeling gloomy, no vision could be found  
  hoping that the church would last to see them in the ground

12 other members sitting in the pew  
  looking to the future, wondering what to do  
2 spent time together looking at God's word  
  searching ever deeper for the treasure of their Lord  
2 shared God's love with children, in stories and games  
  told how he adores them, calls them by their names  
2 found joy in serving with an ever ready smile  
  prepared to give to others and to go the extra mile  
2 would quietly visit and look for those in need  
  offer care and comfort, nourish faith's small seed  
2 walked round the parish, praying on their feet  
  asking for God's blessing on each household in the street  
2 spent time in waiting, listening for God's heart  
  knowing all is God's plan in which we play a part

### Youth for Christ needs help

Highlands and Islands Youth for Christ are looking for funding to help them employ a full time Project Development Worker. Finance for part-time has been secured but a full time worker could bring much greater blessing across the Highlands. Would you be willing to invest?

Furthermore they are looking for board members with not just an affinity for youth issues, but people with experience of youth work projects. Could this be you?

For further information, contact [jonathanturner@highlandsandislands.yfc.co.uk](mailto:jonathanturner@highlandsandislands.yfc.co.uk)

### Bag of Hope

Designed for children aged 7-10, the Bag of Hope from UCB (United Christian Broadcasters) is a great resource to give away at Light parties, church events, or to Trick or Treaters. Each bag includes a Biblically-based full-colour story booklet, along with an A5 flyer with more information about UCB's resources. Costs only postage and packing. Find out more at <https://www.ucb.co.uk/bagofhope>.

### Gospel goodness

We would love to post more news about your church & parish in this newsletter, please let us know what is happening.

Local news:

After EcoHighland 2021, IPCS will cease. IPCS has been able to help churches navigate through the Covid-19 pandemic. With easing of restrictions, the need for IPCS’ church support has diminished. Here to Serve will continue to help resource mission under a new editorial board.

A leaflet, produced by St. Columbas Inverness, called ‘We can make a difference!’ with ideas of things people can try to do to reduce their personal carbon footprint. It can be used for distribution around areas, churches, clubs, groups etc. It is available from your church or from IPCS.

A Primary and secondary schools ECO competition has been organised by Crown church, with prizes kindly donated by the Rotary Club of Inverness. Entries are to be in by Thu Oct 28, for competition details speak to school chaplains.

Winners will be displayed at the EASTGATE shopping centre, Inverness, at the Falcon Square entrance from Tuesday November 2 to Saturday November 13.

NewStart Highland has supplied us with £15 Mobile E-voucher top ups on EE, Vodafone and O2. If you know of anyone struggling in your areas or a programme that might need support, do get in touch via Paul (below) you would like access to any of these.

### Latest advice on Covid-19

This is a common section in every newsletter just to make sure you can access relevant and up to date info: [NHS](#) ~ [HIGHLAND COUNCIL](#) ~ [CHURCHOFSCOTLAND](#)

<https://www.covidhelp4highland.org/resources-and-information.html>

Information on volunteering, shopping responsibly, where to find additional support, helping your neighbours, friends and family, advice for community groups and businesses can be found here: <https://www.readyscotland.org/coronavirus/>

Food Standards Scotland advice on Covid-19:

<https://www.foodstandards.gov.scot/consumers/food-safety/coronavirus>

Benefits/council services. The single free helpline number – **0300 303 1362** – will connect callers to Council specialist teams (Mon to Fri from 8am to 6pm).

### IPCS

Please contact us with your stories and signs of hope or for further help or info, or let us know if you’d like to be added to (or taken off) the email list (people from beyond Inverness Presbytery are welcome too)

We thank many for their advice and input.

IPCS consists of Mission Development Worker Paul Haringman with support from Adrienne Dempster, Russell Lees, Kathleen Mackinnon, Linda Cook and Sheila Murray.

Contact Paul on 07837903277 or [paulharingman.mission@gmail.com](mailto:paulharingman.mission@gmail.com).