

Lindores Litanies 2nd Feb. 2021



*The Newsletter of
Lindores Parish Churches of
Newburgh and Abdie & Dunbog*



Happy Candlemas! February 2nd is known as Candlemas, an ancient Christian festival commemorating the presentation of the infant Jesus in the temple (Luke 2:22-40). This public recognition of the light of Christ on earth, inspired worldwide traditions such as lighting all the candles in the home and taking candles to church to be blessed, as in the Middle Ages. Some countries keep their Christmas decorations up until Candlemas, considering this to be the proper end of the Christmas-Epiphany season.

My French friends make crepes or pancakes at Candlemas – possibly linked to ancient fertility rites and/or to the symbolism of the round golden crepe representing the sun's increasing light after winter. February 2nd, falling halfway between the winter solstice and the spring equinox, is also known as Imbolc or St Brigid's Day, a traditional Gaelic festival marking the beginning of Spring.



Snowdrops, known as the candles of Spring, are a welcome sign of hope, which we would normally celebrate at our January Taize service. This photograph shows some from last year's service, just starting to re-appear in my garden.

*Into a dark world
a snowdrop comes,
a benison
of hope and peace,
carrying within it
a green heart,
symbol of God's renewing love.*

from a prayer by Kate McIlhagga

World Day of Prayer (WDOP) 2021a message from Margaret Stewart

I have been asked to inform everyone that this year due to Covid 19 we will not be able to celebrate the World Day of Prayer on 5th March as was scheduled, maybe in future months we may be able to rearrange this, fingers crossed. In the mean time we have been invited to knit Prayer Squares (actually rectangles) and drop them off to Sally Smith, 218 High Street, from where they will be forwarded to the Scottish Committee.

The pattern is:-

Knitting the Prayer Square

Number 8 Needles and double wool.

Cast on 17 stitches

Row 1 to 4 Knit

Row 5 K2, P13, K2

Row 6 and every alternate row Knit

Row 7, 9, 11, 13 and 15 K2,P5, K3, P5, K2.

Row 17, 19, 21 K2, P2, K9, P2, K2

Row 23 and 25 as row 7

Row 27 as row5

Rows 29, 30 and 31 Knit

Row 32 Cast Off.



Praying the knitted square

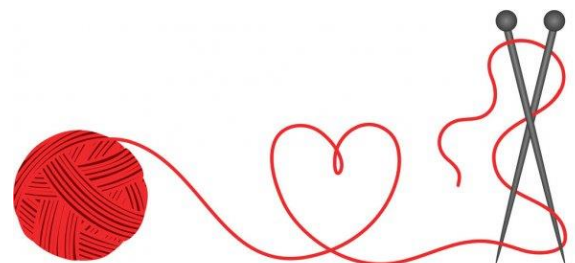
May this Prayer Square remind
you,

That in your sleeping and
waking,

Both in the day and in the night

God will be with you.

When knitting we have been asked to say a prayer thinking about those who will be at the International Meeting & WDOP friends all over the world. The above prayer will be pinned onto the squares along with a message which will say:



This was made by a friend from Scotland who prayed for you.

Reflections On The Pandemic by Clare Doig

The “ new normal” ... to me, that will be being able to go where I choose and see who ever I want to see without having to think twice. In fact, the “old normal”!

As a family, aside from the covid troubles, (I refuse to give covid a capital C), we have had a difficult year health-wise. Our six year old grandson has been in hospital three times with breathing problems which were not covid related, our daughter had an emergency operation because of an infection in her jaw, my parents are struggling because my mum has been recently diagnosed with Alzheimer's and we have had four deaths in our extended family. These things are so hard to take when you can't visit people in hospital or be there for your relatives at the family funerals. My first ports of call when we are allowed to travel again will be to visit those relatives and enjoy the hugs and reminisces!

It has become such a cliché to say; “what a strange year this has been”, but, as with most clichés it is very true. Individually I'm sure we have all had bad and difficult periods in our lives which we would not like to re-visit, but they will have been personal, not national or worldwide. It's strange to think that everyone in the world is going through a similar experience as we are ourselves. This realisation is unsettling and worrying rather than unifying. Add to this the fact that over 100,000 people have died in the past year from covid, so 100,000 families are grieving and trying to re-build their lives, along with the other difficulties that we are all experiencing. I for one often catch myself feeling guilty that I am safe in my comfortable home with no money worries while others are struggling with huge life-changing, life threatening problems.

After a whole year, nearly, of lockdowns and restrictions, we are all feeling unsure that our old lives can ever be picked up again where they left off. I'm finding this quite depressing at the moment. The freedom we all used to enjoy. .. can it ever return? After so long it feels unlikely. But I know that that is “ lockdownitis” talking: Dr Doig has come to a diagnosis!

I think a lot of us are suffering from lockdownitis. The symptoms are: a feeling of inertia, frustration because every day is the same, guilt because our experience is not as bad as some others, guilt also because you are stuck at home, not out helping others to weather the crisis, desperation that you can't visit and support your family and loved ones, days when you stay in the house crying, a feeling that you don't want to see anyone, phone anyone or Zoom with anyone, alongside the loneliness of being unable to do what you usually do, perhaps attend clubs, choirs, church and group meetings, or just go to the pub or coffee shop! Many friends have described a strange phenomenon which I am experiencing too... the feeling that the more you stay in the house doing

not much, the less you feel like going out to do something or meet someone, and yet you feel lonely. Lockdownitis!

Personally I have always had days when I have felt unable to cope with everyday life, (especially since retiring), and have wanted to hide indoors and see no one. At my age I have learnt to cope with these times and my usual remedy has always been to force myself to go out and do something for someone else, or to indulge in a favourite pastime, visit a garden, meet a friend, go to church, wander round the charity shops, all things that we cannot do at the moment.

My Christian faith is the mainstay of my life and being a Christian in isolation has been really hard. I try to keep up a routine of prayer and Bible reading but on my own I am finding this very difficult. The online prayer groups and services are great in their own way, but for me could never replace being physically together. This, on top of not being allowed to sing in a choir, have been the worst losses for me, (apart from family stuff), since last March.

I have sung in a choir at least twice a week all my life, since the age of 10 or so, and I am now in my sixties, so that is a long time! I did take part in Gareth Malone's Great British Choir during the summer lockdown, and it was good to sing five days a week and keep a routine going, but even though thousands of people were doing it together online, you can only hear yourself and the leader. NOT the correct vibe!

One of the plusses of the year for me has been, thanks to my daughter Mary, a Spotify subscription. Up until now I have been the kind of person who would rather take part in music making than listen to someone else doing it, but with Spotify I have been able to access any type of music from jazz, pop, worship songs, hymns, classical and folk and I have made lots of different folders of different genres and have listened to them, according to my mood, at full volume, joining in (when there's no one around!) I have discovered many new pieces, groups and ensembles, but Bach is still the undisputed King Of Composers, in my opinion!

So, the big question is, what can we all do to get through these strange and confusing times in one piece?Well, how about this? A pandemic is, pretty much, a natural disaster and in a natural disaster who does it make sense to turn to apart from God, the creator of the universe? He is in control of the history and future of the world and He loves each one of us individually. So turn to Him on your bad lockdownitis days, thank Him on your good days, ask for His guidance and a touch of His Life on your days of inertia & frustration, pray for your friends and relatives who are sick and suffering and go to Jesus with your fear, grief and suffering. Whenever I take my own advice and do these things I feel much better!

Here's a Psalm chosen by Clare with a photo and poem by Kirsty Mclellan

Psalm 145: verse 9 - 21

The Lord is good to all; he has compassion on all he has made... The Lord is trustworthy in all he promises and faithful in all he does. The Lord upholds all who fall and lifts up all who are bowed down... The Lord is righteous in all his ways and faithful in all he does. The Lord is near to all who call on him, to all who call on him in truth. He fulfils the desires of those who fear him; he hears their cry and saves them. The lord watches over all who love him... My mouth will speak in praise of the Lord. Let every creature praise his holy name for ever and ever.



Winter Sun

The shimmering light of winter sun on desolate landscape,
Hidden secrets of moor and vale waiting patiently,
Slumbering under a blanket of snow,
Each to emerge in proper order,
Heralding the progression of seasons,
Pursuing nature's drama,
Robust and fragile both,
Treat it kindly my friends, it is a precious resource.

Online Sunday Worship in February

Sunday 7th February 10.30am: Lindores service on Zoom

Sunday 14th February 10.30am Lindores service on Zoom

Sunday 21th February 10.30am Lindores service on Zoom

Sunday 28th February 11am Joint service with Rev Alan McGougan & URC church (details tbc)

Link for Lindores services on Zoom

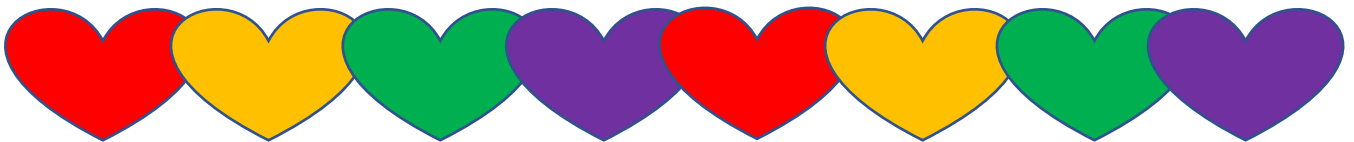
<https://us02web.zoom.us/j/8652623623?pwd=R05HQmRsQk12bWs3d1FmMElmeVZNQTog>

Meeting ID: 865 262 3623

Passcode: Lindores

People are also welcome to join zoom by phone or without video. Please contact Valerie if you want any help or information about our zoom services or meetings.

Celebrating Support in Our Community



Our celebration of love & friendship begins on February 14th. You & your families & friends are invited to paint or create **Love Hearts, Friendship Circles, Rainbows, Dream Catchers, Crosses** or any other symbols that celebrate the people, pets or places that matter most to you. We'll display them as part of a community celebration of what has helped make our lives better through these challenging times.

Please bring them to Newburgh church stable or post box anytime from Saturday Feb 6th up until noon on Sat Feb 13th. Remember to make them wind/water proof and do leave your contact details if you want anything returning when the display ends.

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