



The Church of Scotland

Clèir Eilean Ì:
Highlands and Hebrides

THE WEEKLY WORD

A Weekly Newsletter by Clèir Eilean Ì

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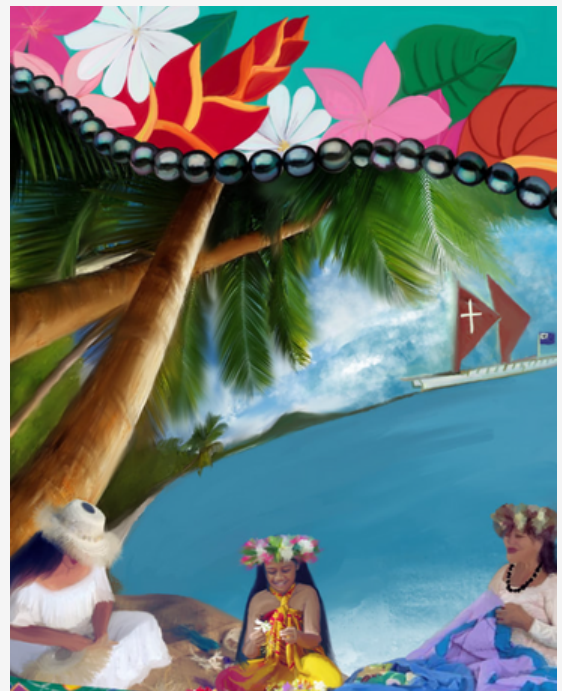
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WORLD DAY OF PRAYER

Today is 'World Day of Prayer' - World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice.

The programme for 2025 can be found [**HERE**](#)

Have you celebrated today, perhaps you have come together in prayer or maybe you have been till in silent reflection...let us know through our [Facebook](#) channel and let's share in prayer...

THE WEEKLY WORD

Message from.....

MESSAGE FROM OUR PRESBYTERY SUPPORT OFFICER

“Commit to the Lord whatever you do, and he will establish your plans. – Proverbs 16:3”

This week's newsletter theme is youth and prayer. Young people frequently deal with a wide range of difficulties, such as figuring out their life's purpose and managing relationships. Whether they are personal hardships, academic stress, or social constraints, life can occasionally throw curveballs. The good news is that God is always with us, even when we are at our lowest. We learn to rely on His strength and wisdom by believing in His promises. We have to keep in mind that hardships help us become stronger people, develop our spiritual being, and become closer to God. Accepting our difficulties with faith can result in significant personal development. Our youth is a crucial time for us to develop our religion and make major contributions to our communities, not merely for play and exploration. According to what the Bible says, we can accomplish great things in God's name at any age. It is our duty to appreciate our youth and acknowledge the abilities and skills that God has bestowed upon us. We must make the most of our gifts by changing the world and encouraging others to follow in our footsteps. Recognising each young person's distinct position in God's plan can enable us to take action.

‘Wings of Prayer’

The poem speaks about the strength and solace one finds in prayer during their youth and beyond.

*When hearts are heavy, and nights
are long,
Lift your spirit with a prayerful song.
For in these moments, when strength
does wane,
Prayers are wings, easing the pain.*

*The challenges of youth, tests of will,
Can be met with faith, and a heart
still.
For in quiet whispers, in the night's
air,
God listens intently to our heartfelt
prayer.*

*So when the world feels vast and
wide,
Find strength and peace by His side.
With folded hands and eyes closed
tight,
Embrace the grace of prayer's light.*

(From <https://engdic.org/>)



THE WEEKLY WORD

Congregation in focus

Each week we will welcome a congregation and give them the spotlight - a chance to perhaps:

- tell us some historical facts and information
- welcome the Minister and larger congregation
- tell us about your role as “session clerk” or “fabric convener”
- fill us in on upcoming changes
- give us days and times for services and special services
 - upcoming
- share photos
- offer prayer
- provide some quotes
- get the children involved
- links to social media accounts
- clubs and gatherings

Give us an insight to your congregation, the community and the people that bring joy and hope each and every day!

Would you like to be the next Congregation in Focus?

To feature your Congregation please contact Amanda Anderson via email **AAnderson@churchofscotland.org.uk** with stories, information, pictures.....

THE WEEKLY WORD

eXp Youth Work

WHAT WE DO

Established in 2009, eXp is a Christian youth project for young people across Cowal.

eXp work with local community groups, churches and schools to run clubs, trips, events, educational workshops and school sessions including a summer youth activity camp in July.

We have a Christian core to our work, believing the words of Jesus when he said: "I have come to bring life, life in all its' fullness." - John 10:10

We so appreciate everyone who takes time to support us with resources, prayer and funds. We simply could not continue without them.

For more information please contact <https://expyouthwork.org.uk/> or send them a message by clicking [HERE](#) you can also be added to the mailing list, simply pop an email to anne.armstrong@expyouthwork.org.uk

eXp is a charitable organisation and as such we rely on funding received from outside sources. There are currently two ways you can donate to help us:

1. BACS payment to sort code: 80-22-60, Account Number: 14678962

UK tax-payers can increase their donation by completing a Gift Aid declaration.

2. Donations can also be made via:
<https://www.stewardship.org.uk/pages/sumercamp24>

All donations, regardless of amount, are greatly appreciated and go towards the work that we do with the young people of this community.

Susan Whyte

Team Lead | eXp Youth Work
Youth Worker | CEI Presbytery



WHAT'S ON...

Our young leaders have been making incredible progress through the eXp Rookie Program! Over the past few months, they've been developing essential leadership foundations, growing in emotional intelligence, and stepping into real-life leadership roles at Pizza Church and Friday Night Club. It's been inspiring to see them take ownership, support one another, and serve faithfully each week. Their dedication and enthusiasm have made a real difference, and we couldn't be prouder of the way they're growing—not just as leaders, but as a team.



'Rookies & Steppers'



'eXp Summer Camp'

eXp Summer Camp 21-25 July 2025! This exciting holiday will once again take place at Whithaugh Park residential centre which is situated in the Scottish Borders countryside. There are a wide variety of activities included: a stunning bike skills course, music workshops, zip-line, crafts, sports/games, archery, canoeing, low ropes course, orienteering, wall climbing/abseiling, scavenger hunts and evening campfires with marshmallow roasts and barbecues! Our ever-popular morning and evening clubhouses are active and fun, providing a safe space to enjoy being together and considering ideas of abundant living by exploring our stories, Jesus' story and the story of others in the Bible. To find out more and how to sign up your young person please contact one of our team

THE WEEKLY WORD

Local, National & Global News

MAINTAINING CHURCHES

Free courses - maintaining Church Building

Maintaining Scottish Churches

Wednesday 28 May 9.30am-3.45pm
Lochgilthead Parish Church

Caring for a historic building can feel like a never-ending task, but thankfully there are some simple steps you can take to keep your building in good condition.

In this introductory one-day course, for anyone involved in looking after a church building. We'll show you the practical steps you can take to look after it.

You will learn

- why buildings decay and how to spot common problems
- building maintenance basics and why they are important
- how to plan the routine maintenance of historic places of worship
- professional inspections and reports and their role in building maintenance
- how to stay safe while maintaining your place of worship

Book your free place
www.spab.org.uk/whats-on

@spabscotland



Photos Lucy Stewart SPAB

HEARING THE WORD



Hearing the Word

Who is it for?

Atheists, agnostics or believers! It is for anyone interested in learning more about the Jesus of the Bible! No previous knowledge of the Bible is expected or necessary.

What is its aim?

It is to encourage people to read the Bible carefully for themselves, and not simply accept what others may say of it.

How does it work?

Groups of 3 or 4 are formed amongst friends. After an eye-catching introduction, a single passage is looked at in 10 explorations. Opinions on each one are then discussed in the groups, before the leader will draw views together and progress to the next section.

Date, time, place?

Fri 14th Mar 7.00 – 9.00 – Sat 15th Mar 9.30 – 1.00 pm
Strachur - Heron Hall

How much does it cost?

Nothing!

Guarantee?!

Participants, willing to apply themselves, will enjoy the experience. They may not be taught anything but they will learn much!

nigel.barge@icloud.com

07931 994426

SOUND OF MUSIC?

Church Organ Repairs

Are you experiencing problems in arranging repairs of your Organ. Repairers often have to travel considerable distances which can cost Parish Churches a lot of money. Although the Organ Advice Committee provides useful free advice, perhaps, it might be possible for a number of churches to get together to approach the Organ Advice Committee for help as it would be cheaper to send an expert to a group of Churches rather than to only one. It might also be easier for a group of churches to access any available grants. Please click [HERE](#) if this applies to you, and we can collate any information to consider options.



Organ Advice Committee:

<https://www.scotsorgan.org.uk/advice-on-organs>

VIVID VISION

Watch this video [HERE](#)

The future of the Church lies in God's hands.



THE WEEKLY WORD

Training & Events

TRAINING

Throughout Presbytery we try to offer as much training as possible and we are opening up more places and methods available to accommodate all - please continue to check in and have a look at upcoming training and opportunities that are coming up. **If you have any training or events that you would like to share just let us know.**

COFFEE & CLOTHES

KILMUIR & LOGIE EASTER CHURCH OF SCOTLAND
Scottish Charity No. SC701375

SWAP SHOP *Do you have clothes, toys or books that you no longer wear or use?* **SWAP SHOP**

Coffee morning

If you have items you no longer need, bring them along and swap for items you do!

(Please, no household items furniture or electrical goods!)

Kilmuir Easter Church
Saturday 22nd March
10.30am - 1.00pm

CRUSE SCOTLAND



A friend from Cruse Scotland will be popping by to say 'hi' in March for a wee online Zoom call - a 30 minute session to tell everyone about what bereavement support Cruse offers and a chance to ask any questions you may have. Link to follow.

ONLINE SAFEGUARDING TRAINING

Clear Eilean I

SAFEGUARDING TRAINING

FEB & MAR 2025

Day	Date	Training	Time
Monday	1st Feb	Introductory	7.00pm
Wednesday	19th Feb	Introductory	7.00pm
Saturday	22nd Feb	Introductory	10.00am
Monday	24th Feb	Trustee	7.00pm
Thursday	27th Feb	Trustee	2.00pm
Saturday	01st Mar	Trustee	10.00am
Wednesday	05-Mar	Advanced	7.00pm
Saturday	08-Mar	Advanced	10.00am

BOOK NOW

Please email Annette Clunas, Safeguarding Online Training Contact

AClunas@churchofscotland.org.uk

MAGNITUDE

BOOK HERE or contact our Under 40's advisor Lizzie Brayshaw for more information

EBrayshaw@churchofscotland.org.uk



THE WEEKLY WORD

Training & Events

WORSHIP LEADER TRAINING

Book your place [HERE](#) - please remember to bring a packed lunch. Venues that have still to be confirmed will be relayed in due course.



Worship Leader Training

This training is for those wishing to lead worship within their own congregation. Further dates and venues will be released in February 2025. Please ensure you have the agreement of your parish Minister prior to signing up.

CHURCH

WORSHIP LEADER TRAINING Sat 11th Jan 2025 10.30AM - 3.30PM ARRIVAL FOR 10AM	Strathgairn, Argyll - venue TBC Please bring packed lunch
FUNERAL TRAINING Sat 15th Feb 2025 10.30AM - 3.30PM ARRIVAL FOR 10AM	Dunblane Church, Oban Pl. 37 1QA Please bring packed lunch
FUNERAL TRAINING Tue 11th Mar 2025 10.30AM - 3.30PM ARRIVAL FOR 10AM	Hilton Church, Inverness Please bring packed lunch

Register [HERE](#)
www.cei.presbytery.org.uk

PIZZA CHURCH



Pizza Church with Cowal Kirk

DINE IN DATES
FRIDAY JAN 31ST
FRIDAY FEB 21ST
FRIDAY MARCH 21ST
FRIDAY APRIL 25TH

HIGH KIRK HALL, Hanover Street
4.30 - 6.30pm

Dine In Only!

Please RSVP to: familiesworker@cowalkirk.org.uk

LEADERSHIP SAFEGUARDING TRAINING

Here are the dates and links to book:

- ~~Wednesday 22nd January - 9:30am - 2:30pm [BOOK HERE](#)~~
- ~~Wednesday 5th February - 9:30am - 2:30pm [BOOK HERE](#)~~
- Tuesday 11th March - 9:30am - 2:30pm [BOOK HERE](#)
- Wednesday 19th March/Thursday 20th March - 2 EVENING SESSIONS (7-9:30PM/7-9:15PM - both must be completed for certification) [BOOK HERE](#)
- Wednesday 30th April - 9:30am - 2:30pm [BOOK HERE](#)
- Tuesday 6th May - 9:30am - 2:30pm [BOOK HERE](#)

Individuals must have attended Introductory and Advanced training prior to this module which is the last in the training pathway. Refresher training thereafter is mandatory every 5 years.

AUDIO VISUAL TRAINING



FREE Church Audio Visual Training Day
26th April
Larbert Baptist Church

108B Main Street
Larbert
FK5 3AG

Are you looking to take your church's Audio-Visual ministry to the next level?

Join us for an exciting day!

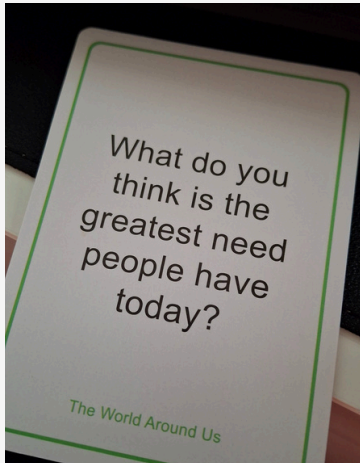
Link [HERE](#) to book

THE WEEKLY WORD

Prayer & Reflection

MISSION IN MIND

Have you looked at last weeks mission card - what's your thoughts, let us know in confidence [HERE](#)



This weeks card was selected from the **green** category 'The World Around Us'

Talking Point Cards click [HERE](#) to order

WORLD PRAYER DAY



Tell us what you have done or what you have planned, post some pictures and share them with the wider presbytery - post these to our [Facebook Group](#)

ONE STOP SHOP SWAP SHOP

Something old, something blue, something borrowed, something new?

HAVE A BROWSE BY CLICKING [HERE](#)

We now have a place to add offerings and items on the website....perhaps you have some bibles or chairs that you no longer use but want to find them a good home.... drop me an email with info

AAnderson@churchofscotland.org.uk

THE WEEKLY WORD

Prayer & Reflection

PRAYER FOR OUR YOUNG PEOPLE

Our Presbytery Prayer Mrs A Anderson

Father in Heaven

The young people in our lives are raised up to You. As kids face the difficulties of growing up in the modern world, mentor them. Give them the discernment to make decisions that respect You while also keeping them safe.

Help them recognise their identity and value in You, Lord. Give them trust, bravery, and confidence to follow the plans You have for them. Provide them with supportive and motivating friends, family, and mentors.

We thank the way you care for all of our youngsters. We have faith in Your plans for their future because we know You will guide them at every turn.

We pray in Jesus' name. Amen.

all photo's from eXp Youth with consent



THE WEEKLY WORD

Presbytery

PRESBYTERY MEETING

The next meeting of Presbytery is **Tuesday 11th March at 7pm 2025** - zoom registration links and all paperwork have now been issued, HUB info has also been updated to the right and on the web.

PRESBYTERY NOTICES

Formal Presbytery Notices and updates can be found online - Unions, Ordinations, Vacancy information... click button to view.

[Notices](#)

VACANCIES

Our vacancies can be found [here](#)

<https://cei.presbytery.org.uk/one-stop-shop/detail/oss-vacancies>

As you may be aware the Parish of NW Lochaber has a Vacancy for a Minister, have a look at the Parish profile and please share.

COMMITTEES

Our Committee Conveners contact details and team members can be found online, click [HERE](#) to view. You can also use our contact form if you wish to send a message. Click on the box below to send a message.

[Contact](#)

OUR HUBS

- Duncansburgh Church, The Parade, Fort William, PH33 6BA ❌
- Oban Church Centre, Glencruitten Road, Argyll, PA34 4DN ❌
- Clachan Church Hall (North Uist) ❌
- Fort Augustus & Glengarry Churches Church Hall, Fort Augustus ❌
- Alness Church of Scotland, Perrins Road, Alness IV17 0SX - ✔️
- Thurso West Church, 10 Sinclair Street, KW14 7AJ ❌
- Alvie & Insh church hall ❌
- Inverness Crown Church ✔️
- Culbokie
- Aviemore, St Andrew's Church Hall ❌
- West Church Hall, Dornoch
- Portree Church/Church Hall ✔️
- Tarbert Lochfyne HUB, Church Hall, Tarbert, PA29 6SX ❌



will operate at next meeting



will NOT operate at next meeting

OTHER NOTICES