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# *DORNOCH PARISH MAGAZINE*

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*The Cathedral at sunset – Photo by Annie MacDonald*

Our popular 'Sundays @ 7' events continue throughout August with a Choir from Germany, and other evenings with Jeani Hunter and friends from Creich, Rev. Mary Stobo, and our Dornoch Cathedral Choir.

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# Minister's Thoughts

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## Dear friends

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If someone asked you to name your favourite hymn, what would you choose? Would it be one remembered from school? Or sung at a wedding? One your granny taught you when you were wee?

It's interesting to me that when Karl Barth, who wrote great theological tomes, was asked, after a lecture, to try to sum up his life's work in just a few words, he turned to a hymn, replying, 'Jesus loves me! this I know, for the bible tells me so'.

We learn so much of what we say we believe from the words we sing. And even a supposed children's hymn can carry great truths and profound mysteries which embed themselves somehow in our being.

I was asked to choose a favourite hymn for a recent Songs @ 7 and I don't mind saying I found it a tough decision because, as I told those gathered, I go out of my way not to choose my favourites when picking hymns each week and I would consider it a compliment if no one could tell what my favourites actually are!

It was a few days before the service, at a local care home, that I realised which one I was going to choose. We had shared bread and wine and listened to Jesus' words about just how far God will go for love's sake. And everyone present, including those who find themselves confused sometimes, sang at the top of our voices,

*Yes, Jesus loves me!  
Yes, Jesus loves me!  
Yes, Jesus loves me!  
the bible tells me so.*

Afterwards, we chatted together, funnily enough, about favourite hymns. Trying to think of hymns enjoyed particularly by the older generation, I asked the lady next to me, do you like 'O Love that will not let me go'? She seemed not to hear and so one of the elders who was sitting on the other side of her, asked again, Do you like 'O love that will not let me go'? Which brought a really indignant look to the lady's face and she said, with no little feeling, 'But I'd just tell them to LET ME GO!' It was a misunderstanding, of course, but it was a priceless moment also. To see a woman who had until then sat so very quietly so animated suddenly and, I imagine, so much the strong woman she has always been was

a wonderful thing. Which is when I knew what I would choose as my favourite hymn to sing at the service the next Sunday evening.

The psalmist, or one of them, wrote 'Sing a new song to the Lord', which is what we did that night, or at least the words were new, having been written by a musical duo I was once part of.

Here are the words. Perhaps you can cut them out and put them on the fridge door for when you're foraging for cheese(!) or in the book you're reading or beside your pillow or wherever they'll be see and really take them to heart, true as they are. And if you feel like singing them too, the words fit nicely to 'Saffron Walden', the tune to which we sing the original 'Just as I am' words.

*Just as I am not what I will be,  
you have accepted and so made me free  
to find your love is truly for me,  
so loving God, I come.*

*Just as I am though often gone wrong,  
you don't reject me and rob me of song,  
instead your love is constant and long,  
so, loving God, I come.*

*Just as I am with you I will stay,  
you alone give me the wonderful way,  
to live my life with gladness each day,  
so, living God, I come.*

© Thursday's Child

What I said that night, I say to you, as a minister and hopefully, as a friend, I can think of no more important words for you to know and let sink marrow deep than these. Know the beauty and the blessing at their heart.

Peace to you,

Carol Anne



# Communion Service

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A Celebration of the Lord's Supper took place in the Cathedral on Sunday, 18th June, led by our Locum Minister, Rev. Carol Anne Porter. It was lovely to see so many of our congregation present as well as several visitors. Our next Communion Service in the Cathedral will take place on the third Sunday in November, 19th, at 11am, when we look forward to welcoming all to partake in this very special meal.



It was a great pleasure to take Communion to Innis Mhor Care Home, Tain, for the first time where several of our members now reside. It was a very special time to share with them and their families.

We hope they all felt God's Blessing upon them and look forward to many more visits in the future.

## Dates for your diary

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### SERVICES

There will be two Services held in Croick Church, taken by Carol Anne: the first on Sunday 20th August and the second on 17th September, both at 3pm. The September Service will also include Communion.

All are very welcome to this historic place of worship. If you would like to attend and require a lift, let those on door duty know in good time and we will be in touch when transport is arranged.

### CONCERTS

**Thursday 3rd August** - Concert by Robin Colville at 7.30pm

**Sunday 6th August at 7pm** - WORSHIP with Elikuren Chamber Choir from Germany

**Saturday 14th October at 3pm** - University of Aberdeen Chamber Choir

## Life Events

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### Weddings/Blessings

17th June - Claire Mackay Constantino & Aaron

George Constantino

1st July - Lauren Anderson & Finlay Murray

Mrs Ann Cameron Barnett

5th June

Ms Margaret R Dickie

7th June

Miss Margaret M Gray

13th June

David Ross

4th July

William Henry Orr

4th July

Alison Burnett

18th July

### Funeral/Interment

Name

Date of Death

Gavin Norman Masson

21st May

Mrs Isabella Wright

25th May

### Baptism

Imogen Sharpe - baptised Sunday 9th July

## Presbytery-wide Bible Study on Zoom

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The second of the Presbytery-wide Bible studies took place each Tuesday evening in June, by Zoom. Led by Rev. Lorna Tunstall, we studied the book of Ruth which, with only 4 chapters, fitted nicely to one a week.

Ruth is a lovely little book with no baddies, or wars, or violence - everyone looked out for each other and there was a happy ending. This meant there was maybe nothing controversial to discuss but we learned a lot about Jewish traditions, the total lack of any rights for women, and had many laughs over the possible sexual innuendo in the way Ruth got her husband.

The next Bible studies will be in September led by Rev Andrea Boyes. Contact <fay@ecosse.net> for the Zoom link

# Presbytery Plan Update

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Sutherland Presbytery voted 12 - 6 in favour of the new Presbytery plan.

The Presbytery Mission Plan Implementation Group (PMPiG) meet on Friday 21st July and if they approve the plan there will follow a two week window in which congregations can request a review of the plan but only on the grounds of process, not on content of the plan. Should there be an appeal, there are a further two weeks during which the appeal can be referred to the Principal Clerk.

Should there be no appeal, or an appeal that is not upheld, then the Presbytery Plan can be implemented and the first step for our area would be to form a union with Kincardine, Croick and Edderton parish and Creich parish.

After the union is completed we can then proceed and call a minister for the newly formed union.

## Property Update

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The Cathedral outside doors have been painted and the new colour seems to have met with general approval. The repainting of the gates is progressing well thanks to the efforts of John Mackenzie and the path has been cleaned with thanks to George Campbell, Dornoch Garden Centre for the loan of a power hose.

Trish Weekes and Jane MacKay have made the west entrance colourful with plants on each side. The West Church Hall latch on the gate from the car park has been adjusted and it now closes properly.

There are little jobs most months and with volunteer help we can reduce expenditure which is important with quite a drop in our monthly income from collections. If you have even a few hours spare let John Calder know.

## Sundays @ 7

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Sundays @ 7 have been very enjoyable and a relaxing end to Sundays. We have another four in August, why not come and help us raise the roof in Songs of Praise to Our Lord!

August dates:

- 6th - Elikuren Chamber Choir from Germany
- 13th - Jeani Hunter and friends from Creich
- 20th - Mary Stobo and friends from Kincardine
- 27th - Roddy Maclean and Dornoch Cathedral Choir

Here is a flavour of snippets we have enjoyed at our "Sundays @ 7" short Services that run through June, July and August.

Our Locum Minister, Carol Anne Porter, set the scene for our Sunday @ 7 short Services with this introduction.

*"One of the wonderful things about ministry, perhaps the most wonderful thing, is the people you meet. Some are put in your path because one of you has a need. Some because they have something to teach you. Maybe even because there's something you need to unlearn. I'm delighted to introduce you to Bente Hansen. I asked her to help me with this Service"*

From Bente, *"A little about me. I relocated to Scotland for work eighteen months ago from Cornwall. Being half Norwegian, I felt a link to the beautiful Scottish landscape. And at my age if I didn't do it I never would. It was one of the bravest things I've done."*

Bente provided us with an evening where she shared some of her experiences in life, using poems, Hymns, readings, and her own reflections on life.

*"With the rise of A.I. we will question what it is to be human – humanity is more than fast knowledgeable responses or mimicking smiles and kind words. It is love and compassion given and received from the core of our being. I do think that is the one unique quality in the biological world."*





## Sundays @ 7 – continued

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*“A quote from the poet Mary Oliver - “Let me keep my distance, always, from those who think they have the answers. Let me keep company with those who say ‘Look!’ and laugh in astonishment, and bow their heads”.*

Bente’s talk was so well prepared and packed with her thoughts and personal feelings, meaningful poems and telling readings. It truly was a wonderful start to our Sundays @ 7 evenings.

### **Sunday Prayer Group**

Our Sunday Prayer Group that meets regularly at 10am in the West Church Hall led the service on 11th June. In introducing some of their favourite hymns they asked the congregation to focus on two lines from the Lord’s Prayer:

“Thy Kingdom Come  
Thy Will Be Done on Earth as it is in Heaven”.

In reflecting what change would result from God’s will being done on earth, they talked about:

- peace, rather than conflict
- community, rather than isolation
- sharing, rather than selfishness
- equity, rather than prejudice

But in praying that God will make these things happen, as St Theresa of Avila said, we have to acknowledge that “Christ has no body but yours, no hands, no feet on earth but yours”. In other words, the lofty aims we pray for in the Lord’s prayer each time, can only be achieved if we actually take action and work towards them. But, equally, we are not alone in our work. In the words of Hymn 559...

“Thank you, O my Father  
For giving us your Son  
And leaving us your Spirit  
Till your work on earth is done”

Amen

### **Sunday @ 7 with Natter and Nosh Team**

When Trish Geddes, Roz Oliver Jones and Liz Broadhead picked their hymns they include ones which either mention feeding or food in the hope this would feed the soul.

We are having a break from cooking just now but want to say what a privilege it is to be able to provide meals for all those who attend Natter and Nosh and that we are blessed by the friendship and celebrations we have shared over the years. It is lovely to hear everyone chatting before and after the meal. The natter is every bit as important, if not more so, than the nosh. At the end of every meal there are celebration chocolates on the table. The congregation enjoyed a selection of “Celebration sweets” being passed from pew to pew.

### **Sunday @ 7 with Anne & Allan Barclay**

When Anne and Allan retired from teaching, they became Elder Trainers for the Church of Scotland for Caithness, Sutherland and Easter Ross. Tonight we will tell you a little bit about our journey of faith through the hymns we have chosen.

**Anne:** *“Be not afraid, only believe”* was the text that hung on the wall in my grandfather’s bedroom. That text has remained with me for the whole of my life. This was my paternal grandfather William Skinner, an old fisherman, known to his grandchildren as Bobba. He was the person who took me to Church every Sunday morning as my father was away in the Royal Navy during the war.

The plain 1930’s building, Balintore United Free Church was where he worshipped and where my brothers and myself sat on the hard narrow pew for the duration of the service usually about an hour and a half long if we were lucky.



## Sundays @ 7 – continued

When the pews were removed and replaced with comfy chairs I obtained our pew with our initials scratched into the wood and have it at home. Even now when my brothers visit neither they nor my young sister will sit on the pew. Narrow and hard the pew might have been and plain the church but Bobba loved to sing and we loved to hear him sing the psalms and paraphrases. He was a great Christian influence on all his Family. This psalm was one of his favourites. Hymn 52 “How lovely is thy dwelling place.”

It was done in five minutes and Matheson never altered it thereafter. However, when the current Hymnary was composed the line in verse 3 “I climbed the rainbow through the rain” was changed to “I traced the rainbow through the rain.”

### Sunday@7 with Sue Boyce and Fay Wilkinson

Sue and Fay used the theme “Happy Place” which Carol Anne had included in one of her Sunday Services for their Sunday@7 theme.

Fay talked about her happy place which is her home. Fay told us, “one Happy Place in particular is my garden – and one garden bench above all other garden benches in the garden - the one beside the pond. When I was working it was there I would go and sit with a cup of tea every evening when I got home – unless it was pouring rain or too dark in winter. There I unwound from the day and eventually relaxed. Nowadays when there is no work to come home from its as if my body remembers that that’s what happens on that bench. I just need to sit on it and I go ...sigh... and relax. It’s a quiet spot and now I tend to sit there with a glass of wine, cat on lap, admire the plants, follow the birds and the beasties and watch the sun sink behind the trees. I think everyone should have a place where they can relax totally.



Barclay's bench

This poem chosen by Sue is an extract from work by Edward Ibeth – ‘Happy Place – Church’

*I know a place where we can go  
And there it's ok to be different you know  
Don't worry, they will let us in  
There's always a place for us to sit  
And they always make sure we feel that we fit  
It's a nice place to be if you are feeling blue  
A good place to go if you're happy too*

*As you enter you might hear a song  
Everyone's welcome to sing along  
It's always open, no locked door  
All can enjoy, whether rich or poor  
They offer help if you're left in the lurch  
All are welcome ... any day ... in God's Church.*

### Sundays @ 7 with the Women's Group

This was another well attended Sundays @ 7 evening with several of the Women's Group sharing why they had chosen one of their favourite Hymns for the evening. For some it was sung at their Wedding. A mixture of song, readings and prayers was a relaxing end to Sundays.

It was a relaxing evening and this would have been especially true for our Minister, Carol Anne, who was Minister and Pianist for the Morning Service, accompanied by Donald Goskirk on the violin.

The words and lyrics of “Just as I am not what I will be” which Carol Anne speaks about on page 2, “Minister's Thoughts,” were composed by Carol Anne and the late Stephen Brown.

The short Service finished with the Celtic Blessing:

*May the road rise up to meet you.  
May the wind be always at your back.  
May the sun shine warm upon your face;  
The rains fall soft upon your fields and until we meet again,  
May God hold you in the palm of His hand.*

## St Gilbert Awards

The St Gilbert Awards are sponsored by Dornoch Cathedral and the winners are chosen by votes from their fellow classmates. Some of the worthy recipients of Awards which are given for showing kindness to others were presented at the end of term Assembly and Prize Giving at Dornoch Primary School. They are pictured with Mrs Baines, Depute Headteacher.



*P1, 2 and 3 awards*



*P4, 5, 6, and 7 awards*

## Friends of Oversteps

In the last couple of months, "Friends" have been very glad to visit Oversteps much more, as in pre- Covid times! Some of us have been able to get to know the residents again, joining in with some activities.

Once a month we run a "Games afternoon" which, more often than not, comprises a session of "Bingo" with many "sweetie" prizes won! (No money is involved!) It can be quite hectic, depending on how many "Friends" are there on the day, but good fun. Sometimes staff are able to help and it's great to get to know them too.

There was an extra-special visit to Oversteps at the end of June of two "Therapy Ponies". They were beautiful, gentle, dainty Shetland ponies and they gave the residents real pleasure and delight.

A plea: It would be terrific if the "Friends" committee could be boosted by new members. This is not a new request - but it is heartfelt! Few of the present group are now "senior citizens" themselves!

The aim of the Committee is to support Oversteps residents, both socially and in fund-raising. Fund-raising is self-evident: socially, we visit for chats, we do the "games" monthly and we give Christmas gifts (money from some of the fund-raising).

Not everyone in the "Friends" group takes part in everything or each time, but to have a good number of volunteers, is, obviously, advantageous. Lorraine, the Activities Coordinator at Oversteps, is superb at involving the residents in many activities, many of which involve music, and one of the "Friends" visits with his trio frequently!

So, please do give serious thought into getting involved - we need you and the residents will enjoy your company. You can contact the Present Chair: Shiona Stuart 07762 232788.



*Gwen and pony*





# BBs & Anchor Boys Prize Giving

This year all the boys in Anchor Boys and the Junior BB Section received a King's Coronation badge. The awards were presented by Allan Barclay, Golspie, a former BB Leader.



*Junior BB & Anchor Boys prize table*

## **Anchor Boys**

Excellent attendance – **Alfie Levens** and **JJ McLaughlin**

Christmas colouring competition. This had a large number of entries as it was as for all boys in Boys' Brigade Companies from Stonehaven to Thurso. The top six were awarded medals. In the Primary 1 group **Alfie Levens** got 5th place and **Archie Rodgers** was 6th. In the Primary 2 group **Jack Tarry** got 5th place and **Micah Cameron** was 6th.

**Elliot Richardson** and **Seamus Sutherland** leave the Anchor Boys this year and progress up to the BB's Junior Section.

The other boys in Anchors who received a King's Coronation Badges were **Henry McCarthy**, **Max Dawson-Clark**, **Rhuaridh Sangster**, **Callan Pauley**, **Luke Macdonald**, **Travis Cameron**, **Ollie Gilewski** and **Dylan Saldias**.

## **Junior BB Section**

Excellent attendance – **Freddie Gruber**, **Peter Diricles** and **Charlie Millward**

**Calvin Mackenzie**, **William Sutherland**, **Peter Mann** and **Magnus Mackintosh** earned their Bronze Award – **Struan Phillips** and **Peter Diricles** earned their Silver Award

**Thomas West**, **Euan Swanson**, **Euan Cameron**, **Sonny Mackintosh**, **Ben Teagle**, **Kacper Gilewski**, **Lorne Sutherland**, **Freddie Gruber** and **Charlie Millward** earned their Gold Award in their last year in the BBs.

**Mykola Kovalyshyn**, whose family resettled from Ukraine, joined the BBs and received a badge.

The Team of the Year this year winning by just 5 points with a total of 4424 points is the **Red Falcon Beans** whose team members were **Euan Cameron**, **Thomas West**, **Magnus Mackintosh** and **Peter Mann**.

The final award goes to the Junior Section Boy who has shown himself to have the nicest manners, kindest attitude and overall 'best-ness' – and that boy for 2023 is **Kacper Gilewski**.

Special thanks were given to teenagers **Kenny Shepherd** and **Ali Morrison** who regularly attended every week to help at Junior Section and **Andrew Diricles** and **Archie Cameron** who help out at Anchor Boys.



*BBs congregation – A very full North Aisle when the BBs took Sundays @ 7*



*Group photo Left: Morag Macaskill, Leader; centre: Allan Barclay; right: Isabel Gillespie, Leader.  
In red – Anchor Boys. In blue – Junior BBs.*



## Cathedral Sales & Welcome Table 2023

At the half way point of the 2023 Season, we are enjoying busy times, with many hundreds of visitors from all over the UK and the world, passing through the Cathedral doors to explore our beautiful building. Some folk like a quiet walk around, taking in their surroundings; others approach us immediately for information about the building. We learn quickly whether they wish to engage in conversation - most do - or whether they would prefer to enjoy a more peaceful visit.

As we've reported in earlier newsletters, we meet many different and fascinating people every day, and we try to react to each of them in a friendly and welcoming way. It is therefore always very rewarding to hear the positive comments which lots of us receive, as well as seeing people support the Cathedral financially, by making purchases from the sales table and/or by donating money via the safes.

**Thank you so much, as always, to our wonderful team!** If you are reading this and think you'd like to join us, please, please do get in touch ..... we desperately need just a few more folk to help us cover every shift in the fortnightly Rota. It is a very fulfilling way of spending three hours once a fortnight with a friend or partner. Our season will end mid to late September ... if you could help us make 2023 a bumper season in raising finance towards the maintenance of the Cathedral, we would be so grateful.

*Sue Boyce (01862 810415 or 07833 698040);*

*Anne Chambers (01862 811520)*

*Lisa Dickenson (01862 810973)*

### **Thank You Mariia**

This is Mariia who is living with John and Fiona Garvie, Auchlea, Dornoch. Mariia is from Ternopil, Ukraine and has been living in Dornoch since May. She enjoys cross stitch and is helping the Cathedral ladies to sew crosses for the Welcome Tables.

Please pray for Mariia's husband and son back in Ukraine.  
**We thank you Mariia, Fiona & John.**

## Social Committee

Thank you to everyone who has supported the coffee mornings, enabling us to give £350 towards helping the gardening team laying new gravel and paint the entrance gates to the Cathedral.

Dates for your diary for Coffee Mornings, where you can enjoy company and home baking in the West Church Hall from 10:30 to 12.00 on Fridays:

**1st September - 20th October - 10th November - 8th December**

There will be a quiz night in November – date to be confirmed later.

Thank you to **George Campbell, Dornoch Garden Centre** who loaned his Stihl power hose to clean the weeds away from the paths and steps.



*Fay and Mary at the Welcome Table*



*Welcome Table – Mariia with crosses she made*



# Prayer Tree



*Prayer Tree was emptied on Sunday and full again by Tuesday*

August is the busiest month for visitors to the Cathedral. In August this year, there will be an additional element to the Prayer Tree's use.

Many visitors like to leave a thought, a prayer or a memory on the tree. Perhaps they would like to take something FROM the tree. As throughout August, a set of tabs with some of God's Promises, from bible verse, printed on them, will be hanging on the Prayer Tree.

Visitors to the tree are welcome to read the Promise tabs and to take one with them from the tree if they wish.

This poem was written by a regular member:

## The Cathedral

I entered the House of God  
and I owned it;  
The coolness pressing on my skin  
as I gasped in the clean sharpness  
of the air held within,  
And I loved it.

I walked through the House of God  
and I felt it;  
Majesty through my feet and my eyes  
as I took in the beauty  
of the atmosphere held within,  
And I was in awe of it.

I sat in the House of God  
and I accepted it;  
The balm of His presence soothed me  
as I found a quiet moment  
in the stillness held within,  
And I treasured it.

I left the House of God  
and it owned me;  
Invited me back when I closed the ancient door  
as I crossed the threshold  
of the sanctuary within,  
And I relished it.

*Anon.*



## Women's Group – Ukraine Lunch



*Dornoch Women's Group presents*

# 'A TASTE OF UKRAINE' LUNCH

West Church Hall  
27th August 2023 after Morning Service

Tickets costing £5 will be available at Coffee after Church  
on 6th, 13th and 20th of August.

*Further donations to Ukrainian Charities can be made at the lunch on the 27th August*

## Women's Group

The Women's Group had an enjoyable walk at the beginning of June starting at Duke Street in Golspie and then along the Dairy Park. The photos tell where Dairy Park is !



We meet on the first Monday of the month from 7pm to 9pm and while our base is the West Church Hall we have a varied menu of

activities. Please come along and for more details ask Caroline Gilchrist 07962016739 or Morag Mcaskill 07825739296



## Natter and Nosh

We had a very successful few months at natter and nosh but would love to encourage more people to come and enjoy a home cooked two course meal for just £5. I must add that the natter is every bit as good! It is important to the volunteers that we keep the price at £5 but we need to have between 40-50 people on a regular basis. the average over the last three months was about 34. We are not aiming to make a profit but we like to cover our costs, including the heating of the hall. Please bring a friend with you when we start again in September. We are looking forward to welcoming you all back.

The dates on Mondays till December are:

**September 18th; October 2nd, 16th and 30th; November 13th and 27th; and our Christmas Lunch is on December 11th.**

We would welcome some additional people, so if anyone wishes to help as a volunteer you will be made most welcome too. Please contact Trish Geddes at <trish.g@culpleasant.co.uk>.



## Cathedral Youth Theatre Group

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After a hard-working summer term the theatre group children are taking a well-earned break until ... they start helping to paint a mural in the West Church Hall! Work on this will start in mid-August and this will act as the backdrop to the next show, *The Lion King*.

Led by local artist Judith Holden, the youngsters are looking forward to extending their artistic skills to match their acting, singing and dancing prowess. An early draft of the scene is below. When completed, it is hoped to hold a grand opening to which you are all invited.



As if this weren't enough, the children are visiting Landmark for a fun day out to round off their summer holidays. Rehearsals will recommence in the new term so please keep an eye open for posters advertising the performances. We're still not sure of the date but we'd love to see you there.

Graham McCarthy

## Craft and Chat

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School's out for summer - or what passes for summer in this part of the world! And now we're missing our Friday lunchtimes with Dornoch Primary pupils who came for crafts and chat each week. The final session saw them learn the art of zentangling with Jennie who'd come all the way from Germany to show them how (okay, so she came to visit her mum and dad too but we didn't tell the crafters that!) What a delight it was getting to know the pupils and trying out new things with the help of our crafters. Thank you to everyone who volunteered their time and talents and thank you to the pupils themselves - have a lovely summer all, whatever the weather!





## Choral Concert

On Sunday 14th May Invergordon Singers and Golspie Choral Group, conducted and accompanied by Mairi Mackenzie and Roddy MacLean, presented an evening of Spring music in the Cathedral which was very well attended.



Roddy MacLean

This was their second concert following a performance in Invergordon Parish Church on the previous Friday. The programme was varied with music to suit all tastes including the 'Hallelujah' chorus, a Beatles medley and finishing with an Irish Blessing.

The choirs enjoyed their time together.



Photo: Craig Mackay, Brora

## Dornoch Firth Group

### *Natter and Knit*

Natter and Knit continues to run during the summer on a Tuesday morning from 10am-1230pm. Anyone is welcome to attend with their craft project to enjoy a cuppa and a chat. Recently we have been delighted to welcome some holiday makers to the group who stay regularly at the local caravan parks and who enjoy popping in to knit, crochet and blether as part of their holiday routine.

### *Buggy Walking Group*

Our Walking Group is on a break for the Summer Holidays and returns on Monday 21st August with a family walk at Camore Wood, Dornoch. Although we are not running at the moment, we did enjoy being outdoors during the amazing weather in June. The children loved being nature detectives and using the magnifying glasses to spot bugs, beasties, flowers and fauna. We used the flowers and leaves we found to make beautiful summer art by crushing the flowers between fabric to dye the cloth.

We had a visit from Highlife Highland Ranger Marcia who joins us once a term to explore the woods during the different seasons. For our Summer Walk Marcia pointed out the various types of bees she spotted in the woods including lots of solitary mining bees. Marcia's visits are always information packed as there is always something different to see in the woods throughout the seasons. Sharing this information with families is fantastic as we all feel we learn something new each time and the children are fascinated by what we find.





# Dornoch Firth Group – continued

Our next Ranger Walk with Marcia will be in October or November with the date to be confirmed. For anyone wishing to join us on our walks please contact Eilidh Smith. Eilidh is the Dornoch Firth Group Outreach Worker. Mobile: 07732714490 or Email: [eilidh@dfgcommunity.com](mailto:eilidh@dfgcommunity.com)



## Tuesday Tots

At Tuesday Tots last term, we explored the changing season as Spring moved into Summer through crafts, activities and outdoor fun. Inspired by Ranger Marcia's walk, where we learned about bees, we had a bee crafting session at Tots where the children used flowers and tissue paper to make their own bee art. We had a bug hunt outdoors in the church hall garden and on the last day before the holidays we held our own Tots Sports Day. It has been a busy and fun filled term. We are currently on holiday but will be back from Tuesday 15th August at 10am at the West Church Hall for more crafts, messy fun and active play.



## Baby Massage Sessions

During May and June six mums and babies enjoyed a course of baby massage sessions led by Eilidh. For most of these mums it was the first class they had taken their baby to and their first opportunity to meet with other parents



and carers with babies of a similar age. Peer support is so vital for parents and sharing experiences can really help new parents find their feet when their babies are tiny and parenthood so new.

Baby Massage will continue next term and anyone wishing to attend can contact Eilidh for more information and to book their place. Families attending massage, which runs term time 9.30-10am on a Tuesday morning at the West Church Hall, are welcome to stay on for Tuesday Tots and enjoy a cuppa and a chance to chat with other families.



## Home Start Volunteers

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Home Start is a Voluntary organisation committed to promoting the welfare of families with at least one child under the age of five. Volunteers offer support, friendship and practical help to families under stress in their own homes to prevent family crisis and breakdown.

We offer non-judgmental, compassionate and confidential support which is led by identified needs and can include support for mild to moderate mental health issues, difficult family circumstances and environments, practical support with benefits and the benefit system, housing issues and challenges, the struggles with a new baby and accessing local services and groups.



Here are some comments from those that benefited from Home Start support.

*"I just wanted to say a huge thank you for a lovely day yesterday. Myself, and the children, we all really had a wonderful time."*

*"I had a lovely day with the children and it was good to just enjoy the time with them. Being able to see them really enjoying themselves, made things seem easier for me for a while."*

*"Having someone to talk to that's not family, there's no judgement."*

*"Thank you so much. This has really helped us to have a few more things for the children, to try and make it as special a day for them as we can."*

*"I don't feel so worried now about seeing their wee faces on Christmas morning. Thank you."*

*"I do appreciate the help and support massively from Home-Start! Like some weeks I'd probably not get out a simple walk with the health conditions going on and its tough but you's make it a little easier and I have something to look forward to."*

**Could you offer some of your time to be a volunteer helper?**

To get in touch us 01349 864018 or 01463 667330 and also <families@home-starthighland.org.uk>

## JOGLE for NOVA

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Nova is a young girl with several immobility issues and her Dad, Ste Belli, is cycling from John O'Groats to Lands End to raise funds for the Physio Fairyland Fund. He sets off on Tuesday 1st August and as we are only 80 miles south Ste will be passing us on the A9 that day.

You can check what time he starts and also follow his progress in getting to Lands End by Thursday 10th August. On Instagram use @jogle\_for\_nova\_ or use @novasstory2018 but if you prefer Facebook log onto Nova's Story

The Family discovered with the help from the Local Physio Team at Alder Hey Childrens Hospital in Liverpool that there are special suits which are made for children who suffer with various mobility complications to help aid them in starting to walk. When Nova had her first suit which cost around £1000 she took her first steps defying what the doctors told her Mum and Dad that she would never walk.

If you see Ste cycling give him a wave or a hoot on your car horn.

## Concerts in the Cathedral

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**THANK YOU from Simon Evans & Julian Davis**

Simon who was the violinist and Julian the pianist, who performed on Friday 30th June emailed to say thank you for the generous donations which raised £480 in aid of the Highland Support for Refugees. Their volunteers collect donations of clothing, toiletries, tents and sleeping bags and all help is gratefully received. There are numerous drop-off points from Shetland to Moray with one at Golspie.

The Highland Support Refugees website suggests contacting hannah.thsr@outlook.com for a list of drop off points and the contacts at each location.

You can also donate using The Highlands Support Refugees, Sort Code: 08-92-99, Acc No: 65795842



## Concerts in the Cathedral – continued

### Concert by Solo Pianist Robin Colvill - 3rd August – 7.30pm

This is another great concert in the Cathedral, not to be missed. A return visit by Robin, who with his new programme of “Popular Piano Classics”, will once again deliver a joyous cultural treat for everyone, with his light-hearted ‘musical journey’ of popular works by the great classical masters and Highland Cathedral, Songs for Ukraine and a fantastic arrangement of The Lambeth Walk.

Tickets are available at the door or reserve your seat using <maestromusicmanagement@gmail.com>

*Tickets: £10 Adults and £1 Students under 14 years.*

### Sunday 6th August at 7pm -WORSHIP with Elikuren Chamber Choir from Germany

This is a young chamber choir from Wunstorf near Hannover in Germany. The choir regularly performs locally but also love to travel and have performed in Egypt, Ghana, Iceland, Canada and Ireland and now Scotland and with us in Dornoch. Charity concerts they organised have helped the construction of a children's hospital in Ghana. They will perform for free as part of the Sundays @ 7 worship series where there will be opportunity to make a donation for a local charitable cause.

### The University of Aberdeen Chamber Choir - Saturday 14th October at 3pm

The University of Aberdeen Chamber Choir is an auditioned ensemble comprising the university's finest students and recent alumni. Conducted by Sam Paul, the choir specialises in contemporary choral music, and in particular aims to champion compositions by current and former students of the university.

They regularly tour and have visited many places including Northern Ireland, The USA, and Poland and have also performed for Royalty on several occasions.

While the programme has yet to be announced, they promise a memorable blend of innovative and passionate choral music and solo items in the wonderful setting of Dornoch Cathedral.



*Aberdeen Chamber Choir at St John's Cathedral, Oban.*



*University of Aberdeen Chamber Choir St Conan's Kirk, Oban*