



Seafield Parish Church of Scotland, Banffshire

www.seafieldchurchbanffshire.org.uk

Parish Post

4th October 2026

Welcome to your weekly roundup of all that's happening in and around the churches of Cornhill, Cullen and Portsoy, and giving you the chance to read a digested version of John's Sunday message. If you'd like a copy emailed to you or delivered to your home, please let John know on 07941 511192 or jgow@churchofscotland.org.uk

Verse of the Week

'From the rising of the sun to its setting, the name of the Lord is to be praised.'

Psalms 113.3

God's presence stretched across every hour we're given.

This Week

- Tues 6th Oct: Coffee & Company in Portsoy Church Centre from 10am to 12 noon.
- Portsoy Church Guild meets at 2pm in Portsoy Church Centre. The speaker will be Gordon Cruden, one of the original founders of Teen Challenge, which is one of Portsoy's supported charities. Gordon has now moved on and his work is now focused on helping vulnerable people ranging from the homeless to addiction prevention via his charity, the Freedom Challenge Trust. In support of this work Gordon went homeless across Europe and the Americas and for a month in winter in Scottish cities.
- Wed 7th Oct: Service in Durnhythe Nursing Home, Portsoy at 3pm.
- Fri 9th Oct: The Well Café in Portsoy Church Centre from 9.15 to 11.15am, with a play area for pre-school children and healthy snacks and drinks for all.

Looking Ahead

- Tues 13th Oct: Cornhill Guild meets at 7pm with guest Jean Forbes, who will be speaking on the theme of 'Beyond the Walls.'
- Wed 14th Oct: Service in Wakefield House, Cullen at 2.15pm. All welcome to come and join!
- Sun 18th Oct: Sacrament of Holy Communion in Cullen Hall Church at 11am.
- Sun 25th Oct: Sacrament of Holy Communion in Portsoy Church Centre at 11am.
- Sun 11th Oct: Services in Cornhill Church at 9.30am (Sacrament of Holy Communion) and Portsoy Church Centre at 11am with Rev John Gow. No service in Cullen.**



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Other Notices

Thanks to all who came along to the monthly coffee morning in Cornhill Church and to those who donated money, food, preserves and flowers. £704 was raised for Macmillan Cancer Support!

Dr Kay will soon be setting off to Madeira for a week's sponsored walk on the 'Flower Island', with proceeds to be divided between the Church and ATS Squadron 1298 (where she is Padre). Your support would be appreciated – just get in touch with Dr Kay.

This Week's Word

Luke 10: 28-42

Many of us have been brought up with the belief that if something is difficult, the answer is simply to work harder. Persistence, determination and service are good qualities, and often they carry us through life's challenges. But sometimes we can find ourselves expending unnecessary effort when God might be inviting us to take a different path altogether.

It's a bit like the classic Laurel and Hardy film *The Music Box*. Stan and Ollie spend most of the film struggling to haul a piano up a long flight of steps. Eventually they succeed, only to discover there was a road leading directly to the house all along. They'd assumed the staircase was the only way.

The Teacher in Ecclesiastes, with whom we spent time with last month, experienced something similar. In his search for meaning, he pursued wisdom, achievement, pleasure, wealth and work, but every road seemed to lead him back to the same conclusion: these things could not ultimately provide what only God can give. And that theme appears again in Luke's account of Martha and Mary. Martha is busy preparing for guests and tending to the practical tasks of hospitality. There's nothing wrong with what she's doing. Someone's got to prepare the meal and keep things running, after all. The problem isn't her service but her distraction. Luke tells us that she is "distracted by all the preparations that had to be made." Her frustration grows until she even asks Jesus, "Lord, don't you care?"

Jesus responds with tenderness. "Martha, Martha," he says. He's not rebuking her harshly but calling her back to what matters most. He recognises that beneath her busyness lies anxiety and inner turmoil: "You are worried and upset about many things," he says. His invitation isn't to abandon responsibility, but to discover the one place where true peace can be found.

And Mary hears him because she's chosen to sit and listen. Martha's service is valuable, but service is not the source of her worth and that's an important message for many people, especially those who have spent years caring for others, raising families, supporting communities and quietly carrying responsibilities. That kind of service matters, but it's not all of what makes us loved by God.

This can be especially significant later in life, when some of the roles and responsibilities that once defined us begin to fall away. It is easy to feel less useful when health declines, children move on, or long-held responsibilities come to an end. But Mary reminds us that sitting in God's presence isn't the same as doing nothing. There's a strength found in quietness and trust that does not diminish with age.

The challenge for all of us is learning how to "sit where we can hear". It may be through reading a psalm with a morning cup of tea, praying the Lord's Prayer slowly, spending time with a friend, or simply gathering for worship on a Sunday. These aren't achievements to earn God's approval. They're opportunities to listen.

Like Stan and Ollie, we don't always need to carry the piano up the staircase. God always offers another way and always speaks to us with the same gentle voice that Mary could hear as she sat with Jesus – and it's the same voice that called Martha by name.