

THE epic!

ELGIN
PARISH
CHURCH

Scottish Charity No: SC015164

SEPTEMBER 25



The Church of Scotland



DEON'S LETTER

Dear all,

As summer unfolds and many of us set out on journeys—near or far, in body or in spirit—I'm reminded of Psalm 139:1–7 and its beautiful assurance of God's presence:

*"O Lord, you have searched me and known me.
You know when I sit down and when I rise up;
you discern my thoughts from far away...
Where can I go from your spirit?
Or where can I flee from your presence?"*

These words bring deep comfort, especially when we're on the move. Whether driving along a quiet Highland road, walking a familiar forest path, or watching the sun dip below the horizon at Lossie, journeys often give us time to reflect—and to sense God's nearness in fresh ways.

This past month we travelled through South Africa, watching the landscape change: golden winter grasslands, green hills dotted with fynbos, and beaches glowing under an African sunset. Creation itself became a reminder of God's glory—and of the deeper truth that the One who made it all knows us fully, walks beside us, and never loses sight of us.

Psalm 139 speaks not just of physical travel but of the journey of the heart. It tells us that God knows every step we take, even when the road is uncertain or life takes an unexpected turn. The psalmist assures us: *you are never alone*.

Creation testifies to this truth—a soaring bird, a rushing stream, the wind through the trees—all echoing: *God is with you*. He surrounds us "behind and before," and His hand is always upon us (v. 5).

As a church family at Elgin Parish Church, we journey together through worship, service, joy, and sorrow. Wherever we are—walking the streets of Elgin or resting at home—we are held by a love that never lets us go.

May the days ahead bring many glimpses of God's presence—on the road, in nature, and deep within your heart.

Every blessing from the Manse,

Deon, Marése and the children

ACORN

Ask	God every day by praying the simple prayer. Lord, today, is there someone you want me to connect with outside the church?
Call	Listen for God's call prompting you to get in touch with someone.
Obey	The call, ring that person up, or meet them, say - How are you?
Reflect	Then come and share what you have experienced
Notice	Prepare to be uplifted as you notice how God is working in our lives

Why not try it? We meet every 2nd Monday at 1.30pm in The West Room.

KATHLEEN'S TABLET

INGREDIENTS

1 kg castor sugar
50g butter
2 tablespoons of syrup (30ml)
1 tin Carnation EVAPORATED milk
splash of milk

UTENSILS

HEAVY based large pan
long wooden spoon
hand held electric mixer
greased baking tray
spatula and knife with a fine blade



SCOTTISH TABLET

METHOD

Put all ingredients into heavy based pan.
Place on medium heat to melt.
Stir occasionally.
Bring to boil then reduce to simmer.
Simmer for 20 minutes
or until soft ball stage is reached.
Remove from heat.
Beat with mixer or by hand until thick.
Pour into greased tray.
Mark, cool and serve.

AUTUMN IN ELGIN: A LEAFY TALE

Autumn in Elgin is a lively affair.

The trees seem to shed their leaves in town all at once, carpeting everything in a crunch that sounds suspiciously like breakfast cereal.

At Elgin Parish Church, the heating stirs back to life, while the minister resumes his ongoing battle with the microphone - and the draft.

Autumn in Elgin is brisk, bright, and a little bonkers.

But with the warmth of the church and Deon's charm, who needs central heating?



KEY POINTS

Autumn Atmosphere: Brisk, bright, and lively.

Elgin Parish Church: Heating is turned on, and the minister resumes activities.

CHRISTIAN AID – 80 YEARS

This year marks the **80th anniversary** of the founding of Christian Aid.

In 1945, churches responded to an appeal from a minister and army chaplain working in Germany for help to alleviate the suffering of refugees in Europe who had been displaced by the Second World War. **Christian Aid was born.**

Since then, Christian Aid has grown and developed. As well as providing emergency aid for people affected by natural disasters and war, it is also involved in many long-term projects that improve lives and bring lasting change.

Christian Aid Week this year focused on **Aurelia in Guatemala**, where climate change is severely affecting the crops she grows to feed her family. Across the country, climate change is destroying plantations and harvests, leaving families struggling to survive.

Thanks to your generosity, we have sent **£1,944.73** to Christian Aid, plus **£207.71 Gift Aid**.

Our **Coffee Morning** raised **£854.27**.

The **red Christian Aid envelopes** in church raised **£1,090.46**.

A sincere thank you to everyone who helped, supported, and came along — and to Bertha for her dedicated work as Treasurer.

Blessings to you all,

Rosemary Richards



STRUGGLING WITH ALCOHOL? You Are Not Alone ...

Alcoholics Anonymous (AA) is a fellowship of individuals who share their experiences, strength, and hope to overcome alcoholism and help others do the same.

AA is not affiliated with any sect, denomination, politics, organisation, or institution.

There are no dues or fees; the only requirement for membership is a desire to stop drinking.

For more information, visit www.alcoholics-anonymous.org.uk  AA Helpline: **0800 9177 650**

Reach out today and take the first step towards recovery. *"One day at a time."*



THE MORAY MOANER (on Two Wheels)

I don't like heatwaves — they make me go red,
I don't like rain dripping onto my head,
I don't like strong wind that howls through my hair,
And wildfires? Frankly, they give me a scare.

I don't like wasps — they sting just for fun,
I don't know what to wear — vest, jumper, or none?
I live in Moray, where seasons collide,
It's June in the garden, but winter outside.

It's cold at the beach, my shorts feel betrayed,
And I don't like sand — it gets everywhere made.
But give me my bike and an old railway track,
I'll grumble and groan ... but always come back.



THE MORAY MOANER

VISITING

If you would like a visit or know of anyone in the congregation who would benefit from a visit, please get in touch with our office.

01343 551 051

elginparishchurch@gmail.com

CHRISTIAN RADIO

Hey there! It's been 30 years since Premier Christian Radio first graced the airwaves, making it the first Christian broadcaster in the UK.

Can you believe it.

Back in the mid-1980s, Christians were fighting tooth and nail to get the green light from the Westminster Parliament and the broadcast regulator to start Christian broadcasting in our country.

But finally, in 1990, the law changed, and Premier Christian Radio was born! The Christian community rallied behind the station, and thousands of people pledged to support it regularly, making it the success it is today.

Over the past 30 years, Premier Christian Radio has come a long way.

- **1999: Premier Online launched, streaming Premier to the world.**
- **2006: Premier.tv was introduced, offering Christian Internet TV on demand.**
- **2009: Broadcasting UK wide began on DAB Digital radio.**
- **2010: Premier Gospel**
- **2016: Premier Praise**



And guess what? Today, Premier Christian Radio has over 1,100,000 listeners every week!

Premier Christian Radio is available online, nationally on DAB and smart speakers (Alexa) and you can download the Premier Christian App.

So, come on over and join us for some uplifting music and inspiring messages!

Pause (PAWS) with Paula

“Over all these virtues put on love, which binds them all together in perfect unity.” Col 3:14

What has this summer held for you? On those sunny days has there been the opportunity for your favourite hobbies, golf, bowling, walking, swimming, potholing (this is not filling in the holes on the road :D). Or did you manage to visit with family and friends, go away somewhere or have them visit you? Some of us stayed local and took the opportunity to attend Refuel 25 at Gordon Castle in Fochabers. I joined the Prayer Ministry Team, and after training (we can talk about that another time), had the privilege of working in partnership with many godly and gifted people, as we prayed for different people who came forward, their situations and what the Holy Spirit was doing in their lives.

It was an amazing experience with wonderful worship, healing, and testimonies. So many organisations represented with their own speakers each day, and for the main stage, morning and evening, a who's who of speakers sharing a wealth of experience and vision for the church and its people. Lucy Peppiatt, Principal at Westminster Theological Centre, Yinka Oyekan, Pastor at The Gate Church in Reading, and former President of the UK Baptist Union, Andy Hall, Associate Minister Bridlington, serving in evangelism, church planting, and training projects all over the UK, and former National Director for Youth With A Mission Scotland (YWAM) for 21 years, Fred Drummond, ordained minister in the Church of Scotland for over 20 years, leading traditional and new churches, who is an author and conference leader on new churches in various countries.

They all had fantastic messages and challenges for us to take forward, not just to leave at Refuel. But by this point, you might be wondering about the picture of the bar of chocolate.

Jesus prays, “I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me!” John 17:23

A family, 2 adults, and 4 children, had been sitting next to me since Monday. I had chatted each day with the older 2 about their activities, and they were lovely kids. Enthusiastic and willing to share what they had been doing and learning. They were a great family who dearly loved God. On Thursday, the young lad came up to me and gave me a hug and this bar of chocolate, thanking me for the interest in what they were doing each day. I was speechless for a moment but thanked him and the family for their company and example of a Christian family sharing God's love in so many different ways.

You know, there was so much that could have divided us at Refuel. All those Christians in one place can be dangerous, as we hold to different traditions and ideals. All the different out-workings of doctrine, practice, and theology. Different ages and traditions. But in this gathering of Christians, across all denominations and nationalities, all we saw was complete unity showing the world that God loves us and others.

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

And over all these virtues put on love, which binds them all together in perfect unity.

Colossians 3:12-14



NICK'S LETTER



How are you with advice?

Happy to take it? Happy to give it? If you needed it, where—or to whom—would you turn?

I recently heard some advice for navigating life and living resiliently that struck me as both wise and simple. As much an observation as a suggestion, it went like this: *to survive and succeed in life, you need a thick skin, an umbrella, and a sense of humour.*

A thick skin – Don't be easily offended. Resist the urge to get upset by what others say or do. Sometimes it seems people go looking for offence, yet the Bible tells us that "love is not easily provoked or offended; love doesn't keep a record of wrongs." We can't control others, but we can control our response.

An umbrella – Be prepared. Life is uncertain and ever-changing, so *hope for the best, but prepare for the worst.* Just as stretching readies our body for physical challenges, we can prepare ourselves mentally, emotionally, and spiritually. The more flexible we are—open, curious, and willing to learn—the better.

A sense of humour – Don't take yourself, or others, too seriously. Having the humility to laugh at ourselves helps keep pride in check and stops us from slipping into pretence or pomposity. Humility and humour keep us grounded and real.

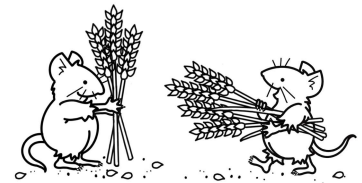
And of course, advice can also be humorous.

As Billy Connolly once said: *"Before you judge a man, walk a mile in his shoes. After that, who cares? He's a mile away and you've got his shoes!"*

Wise words indeed.

THE EPIC

We're looking for some feedback on our church magazine - THE EPIC
Any feedback is welcome but especially any from Elders.



A RETURN TO ROUTINE

September is the time of year when we return to our routines after the summer break. As whole-life disciples (lit: *learners*), we are called to learn from Jesus and live like Him. God wants us to make a difference in our workplaces and schools, and among family and friends.

As Paul writes:

"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him." (Colossians 3:17)

"WHATEVER you do" – God is at work in every aspect of our lives. He can use whatever we do to make a difference to those around us. Our lives shouldn't be like an orange, segmented into sacred and secular, but more like an apple—where every part is available to Him.

"Whatever YOU do" – God wants to use *you* to share His love as you serve others, wherever you spend your time. We can trust Him for the resources we need hour by hour, day by day, year by year.

"Whatever you DO" – We work for God alone, in response to His love for us. This perspective changes how we face work that is hard, unrewarding, or unappreciated.

A man once standing on a train platform was asked, "Who are you?" He replied, "I am a Christian thinly disguised as an accountant." If we were asked the same question, how would we respond? As disciples of Jesus Christ, our identity is rooted in God and His call on our lives. For each of us, September is a time to learn from Jesus how we might live for Him in every place we find ourselves.

A SIP OF ELGIN'S PAST

THE NORTHERN AERATED WATER COMPANY

Long before fizzy drinks came in cans or plastic bottles, Elgin had its very own local fizz — thanks to the Northern Aerated Water Company.

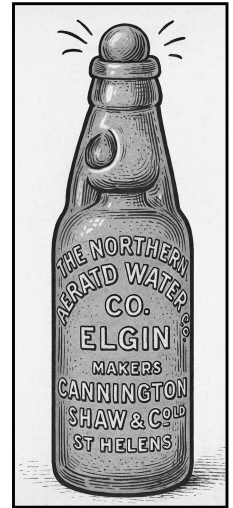
Based right here in the heart of Moray, this small but spirited business was busy bottling lemonades, mineral waters, and soft drinks back in the late 1800s and early 1900s. It was refreshment with a local twist — made for the townsfolk, by the townsfolk.

Their drinks came in clever old Codd bottles — thick glass sealed with a marble and rubber ring. To open one, you'd press the marble down with a satisfying *pop!* Kids loved the fizz... and often tried to get the marble out afterward (which explains why so many bottles ended up smashed!).

The bottles themselves were made by Cannington Shaw & Co. Ltd, a respected glassworks that supplied top-quality bottles to drink makers.

These days, spotting one of those old bottles is like finding a little treasure from Elgin's past. Collectors love them, and they remind us of a time when even small towns had their own brewers, bakers — and yes — bottlers too.

So next time you crack open a lemonade, give a wee nod to the Northern Aerated Water Company — **Elgin's original soda stars.**



NEWS FROM THE GUILDS

The Monday and Wednesday Guilds will meet, or have met, **together on Wednesday 3 September at 2.00 pm.** Our guest speakers are travelling from Alness to share news about *Bear Necessities*, a charity supporting very poor people in remote parts of Bulgaria.

This is one of the charities chosen by the Guild this year.

Visitors are always welcome at our meetings.

Regular Meetings:

- **Monday Guild** – 1st Monday of the month, 7.00 pm
- **Wednesday Guild** – 1st Wednesday of the month, 2.00 pm

SOUP AND SWEET

This notice was handed in at *Soup and Sweet*, held in **Williamson Hall** every Tuesday between **11.30 am – 12.15 pm.**

Enjoy **homemade soup** and a **delicious sweet** for just **£4.** Everyone welcome!

RECIPE FOR A HAPPY HOME

 *An unfailing recipe...*

- 1 lb of good temper
- 2 lbs of forbearance
- 1 lb of patience
- 1½ lbs of usefulness
- 1 lb of fun
- 2 lbs of cheerfulness

Mix well with 2 quarts of human kindness,
and take one wineglass full every morning and evening!





"Delivery for whoever ordered the trendy alternative to a basket of groceries..."

SOMETHING OUT OF IT

As they walked out of church, the wife turned to her husband and said, "Did you notice if the Johnson girl's hair looked a bit ... enhanced?"

Her husband blinked.

"And Mrs Hansen's dress—honestly, would you call that suitable for the mother of two?"

Her husband shrugged.

She sighed. "Honestly! You sit through the whole service, and you don't notice a thing!"

CHURCH SERVICE

A minister, noticed a man get up and leave during the middle of his message. The man returned just before the conclusion of the service. Afterwards the minister asked the man where he had gone. "I went to get a haircut," was the reply.

"But," said the minister, "why didn't you do that before the service?"

"Because" the gentleman said, "I didn't need one then."



KEEPING CALM IN THE STORM

One of the best-known stories about Jesus is when He calmed the storm (Luke 8:22–25). Some might say the wind died down by chance, but the disciples weren't convinced.

They'd seen too many of these "coincidences" before. Jesus spoke, and the storm obeyed — surely a sign of divine power.

After calming the storm, Jesus asked, "*Where is your faith?*" Understandably, the disciples were afraid, but Jesus clearly believed they were ready to trust Him more deeply.

Christians often respond to crises by panicking first, then remembering God's character and praying. The storm may not disappear, but with faith, facing it becomes more manageable.

'Peace' in these moments means actively holding on to what we know about God. Trusting Him makes all the difference — turning overwhelming stress into something we can learn and grow from.

Even science can support our trust: the God who created and sustains the universe is powerful and wise.

The one who can calm the waves — and walk on them — is surely in control.

I hope I'm learning not to panic so quickly anymore. Time (and my friends) will tell!

KEY POINTS

Jesus' Power: Jesus calmed a storm, demonstrating divine power and control over nature.

Disciples' Faith: Jesus challenged the disciples' faith, encouraging them to trust Him more deeply in times of fear.

Christian Response to Crises: Christians should rely on faith and prayer, finding peace in God's power and wisdom, even when storms don't disappear.



FAITH HABITS AND HOW TO FORM THEM

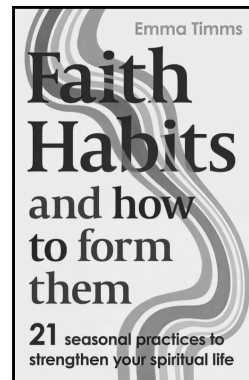
21 seasonal practices. By Emma Timms, SPCK, £11.99

Here is a no-nonsense guide to building adaptable rhythms and practices to bring you closer to God. The pace of the modern world with its constant demands and digital connection can make it tough to form a rich spirituality, and though many of us long for a nourishing connection with God, we often struggle to form habits that cultivate and sustain it.

Here, retreat guide and spiritual director Emma Timms shares 21 spiritual practices that will both feed your soul and fit with the life you are actually living. Drawing from the Bible, the saints and mystics of old, as well as contemporary psychology, this book will help you uncover God's already-active presence inside you and help you form rhythms and practices.

The book will help you understand the importance of habits in forming a life-giving spirituality; how to apply spiritual practices that have been used throughout the ages; how to make a daily, weekly, monthly, yearly, and seasonal plan for your spiritual life; and how to adjust your spiritual practices to the season of life you're in.

BOOK REVIEW



KEY POINTS



Book's Purpose: To help readers build adaptable rhythms and practices to strengthen their connection with God.

Target Audience: People struggling to maintain a rich spirituality in the fast-paced modern world.

Book's Content: 21 spiritual practices, drawing from biblical, historical, and contemporary sources, to help readers uncover God's presence and form life-giving habits.

Who's Who? In the Elgin Parish Team!

Full Time Minister: Deon Oelofse: **Contact Number:** 07437587520

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Ministries Development Staff: Paula Baker: **Contact Number:** 01542 832662

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Magazine The EPIC. Sonia Palmer



During the week, from Monday to Friday, 09:30 - 12:30, you can contact our office staff Katherine and Ann the office phone number is: 01343 551501.

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NUREMBERG LAWS

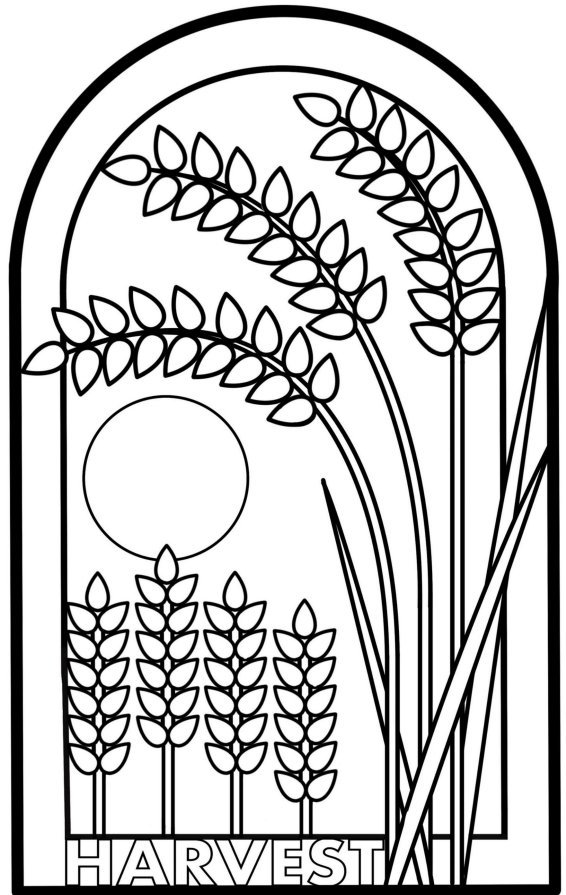
90 years ago, on 15 September 1935, the Nazi regime passed the Nuremberg Laws.

Jews were stripped of German citizenship, banned from marrying people of “German blood,” and grouped with gypsies and other non-whites as inferior. These laws, rooted in false racial ideology, paved the way for the Holocaust.

Ironically, Nuremberg—later heavily bombed—hosted the trials of Nazi leaders ten years later, charging them with war crimes and crimes against humanity.

Some Christians supported these laws, while others, such as the Confessing Church and the Young Reforming Movement, opposed them, helping persecuted Jews and speaking out against antisemitism despite great personal risk.

Leaders like Martin Niemöller, Karl Barth, and Dietrich Bonhoeffer became key figures in this resistance, with Bonhoeffer ultimately executed for opposing Hitler.



Observations on our Christian pilgrimage ...

Life without God is like an unsharpened pencil – it has no point. – **Billy Graham**

Because of God's grace, failure is never final. – **Anon**

Don't give up on yourself. God doesn't. Even Moses was once a basket case. – **Anon**

We never do anything so secretly but that it is in the presence of two witnesses: God and our own conscience. – **Anon**

It is only with gratitude towards God that life becomes rich. – **Dietrich Bonhoeffer**

Christ promises to save His people from their sins, not in their sins. – **C H Spurgeon**

Hope is the foundation of patience. – **John Calvin**

I believe every Christian man has a choice between being humble and being humbled. – **C H Spurgeon**

We play the game; God keeps the score. – **Erwin W Lutzer**

Miscellaneous observations on life ...

If you think you're too small to have an impact, try going to bed with a mosquito in the room. – **Anita Koddick**

If you want to forget all your other troubles, wear too tight shoes. – **Anon**

Millions long for immortality who don't know what to do with themselves on a rainy Sunday afternoon. – **Susan Ertz**

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. – **Dr Seuss**

The only normal people are the ones you don't know very well. – **Foe Ancis**

Children are a great comfort in your old age, and they help you reach it faster too. – **Lionel Kauffman**

Experience is that marvellous thing that enables you to recognise a mistake when you make it again. – **FP Jones**

NUTTY NANNYS HOOSE

Rev Sonia Palmer OLM

Dear Friends,

This letter reaches you as the summer holidays end and we move into autumn.

I love all the seasons of God's creation, and as God tells us in Ecclesiastes 3, *there is a time for everything, and a season for every activity under the sun.*

Over the summer months, I have faced a couple of challenges, both health-wise and work-wise. These made me step back and take stock of the path God wishes to lead me on.

As Ecclesiastes says, *a time to plant and a time to uproot* — and by listening to God, I now feel that, due to circumstances, it is time for me to uproot and plant elsewhere.

So, dear friends, I move on to another chapter.

Next year I will turn 70, and perhaps this is a time to step back, reflect on what has been a good life, and listen to God's instructions for where He wishes me to go next. Therefore, I will be retiring from my post in Elgin as OLM (Ordained Local Minister) at the end of September.

Over the years, I have always felt that God wanted me to explore and develop His healing ministry — from being a nurse to offering hands-on healing with prayer. As I move forward, I hope this gift will be used to its full potential. I will be sorry to leave my post as OLM at Elgin Parish Church, but sometimes God gives us signs and asks us to listen to His instructions — to take the next step forward on the journey He has planned for us.

I hope that EPC will continue to reach those in our community who need spiritual food, and to do so with honesty, truth, hope, faith, and perseverance.

I have found so much joy attending the Soup and Sweet on Tuesdays, seeing those from beyond our congregation come together for good food and fellowship. My small Bible study group was an honest, cheerful gathering, exploring and connecting the Bible to life today. The magazine team works to bring together the news and information of the parish for those unable to get to church. The wonderful social committee goes that extra mile, marking events such as VE Day and VJ Day — celebrating those brave individuals who suffered and died so that we may be free. These are just a few of the groups I have been involved in, alongside the ministry team's many other activities.

I will miss the celebrations that take place over the year but hope to keep a connection with EPC, even though I will no longer be in Elgin.

So, a time to search and a time to give up. I hope to live nearer to my blessings!

What do workers gain from their toil?

I have seen the burden God has laid on the human race.

He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end

I know that there is nothing better for people than to be happy and to do good while they live.

God bless you all and blessings for the future

Love Nutty Nanny, Rev Sonia Palmer. Sonia!

ELGIN PARISH CHURCH DIARY

WHATS ON - WHEN AND WHERE

MONDAY

HIGH JINKS In the St Giles Building. A space for toddlers to play and engage with other children and an opportunity for parents and carers to mix. 10:00 to 11:30.

ACORN Fortnightly in the Williamson Hall, West Room. 13:30 -15:15. Join with fellow Christians recognising God working with in you and through you? Or is it just Coincidence.

Come along for a cupper and chat. For further information contact Paula or Sonia.

MONDAY GUILD First Monday of the month. 19:00 in the Williamson Hall.



TUESDAY

LUNCH CLUB Every Tuesday in the Williamson Hall, from 11:30 Enjoy a bowl of homemade soup and a delicious Sweet, with good company.

WEDNESDAY

WEDNESDAY GUILD 1st Wednesday of the month. In the Williamson Hall at 14:00.

MEN'S ASSOCIATION 1st and 3rd Wednesday of month. Williamson Hall. 10.00 - 11.30

DROP IN TEAS In the St Giles 10:00 to 11:30 on Wednesdays. Drop in Teas and Coffee. All welcome and enjoy a cup of tea in fellowship.

BIRNIE KIRK Ecumenical Services every Wednesday evening at 19:00. A service of prayer and Psalms with friendship over cake after the service.

CURIOUS CHRISTIANS Looking at the Bible in a different way. Every 2nd and 4th Wednesday in The Williamson Hall. West Room. 19.00

WOMAN'S GROUP 1st Wednesday of the month. Williamson Hall. 19:30

THURSDAY

MID-WEEK SERVICE Every Thursday in St Giles, 13:00. A Mid-Week service. Join us in your lunch break for a half an hour service. Come at 12:30 and join in fellowship over a cup of tea.

FRIDAY

KICKS Every Friday except the first Friday of the month in the Williamson Hall 10:00 - 11:30 for Toddlers, their parents / carers with a Bible message and play.

Contact stgileskicks@gmail.com All pre-schoolers welcome.

SUNDAY

OUR SERVICE is at 10:30 followed by tea/coffee etc in the Williamson Hall.

PRAYER CORNER September 21, October 26, November 23, December 21. 11.30 - 12.30.

This is a short time of prayer after our service on a Sunday at the front of the church.

Prayer requests are welcome

CAFE CHURCH on the 1st Sunday of the month in The Williamson Hall at 16:00.

This is a more relaxed form of worship suitable for all ages.