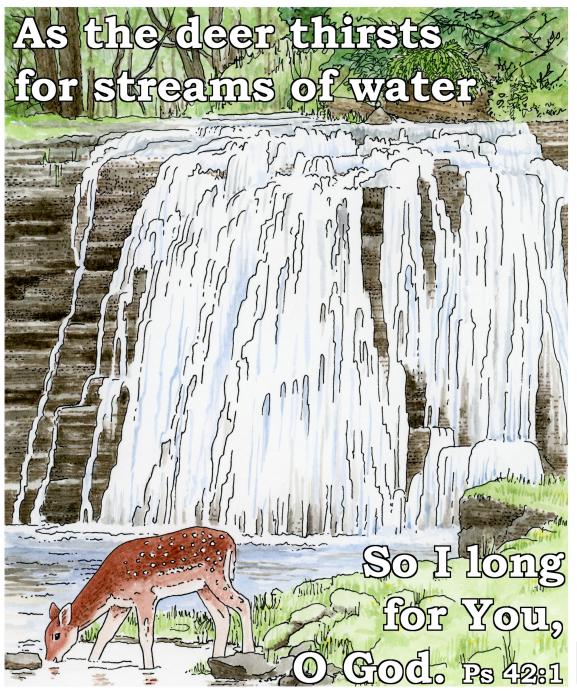


ELGIN PARISH CHURCH

Scottish Charity No: SC015164

JUNE 25



Church of Scotland



LETTER TO THE CONGREGATION

Dear sisters and brothers in Christ

Dear friends,

What a joy it is to see the sun shining so warmly over our beautiful part of the world!

The brightness of these spring days lifts the heart and reminds us of the goodness of God's creation. Yet, as we enjoy this stretch of sunny weather, we are also reminded of the need for balance. Long spells without rain can lead to dry ground and drought—both in the earth and, at times, in our souls.

In moments like these, I'm drawn to the words of Psalm 42, where the psalmist cries in verses 2 – 3 (RSV), "My soul thirsts for God, for the living God. When shall I come and behold the face of God? My tears have been my food day and night, while men say to me continually, 'Where is your God?'" These words reflect a deep yearning, a thirst not just for comfort but for the presence of God himself. We all go through times when we feel spiritually dry, when sorrow or grief weighs heavily, and we wonder where God is in the midst of it all.

But this psalm does not leave us in despair. From the very first verse of Psalm 42, we hear the deep desire of the heart: "As the deer pants for the streams of water, so my soul pants for you, my God."(NIV)" And here is the promise—though we may thirst, though we may cry out, Jesus has called himself our Good Shepherd in John 10 verse 11. He watches over us. He knows our need and He knows us by name. And in His perfect time, He brings renewal, refreshment, and His living water to quench our spiritual thirst.

As we enter summer months, may we be reminded that the living water God gives is not only for us, but for all who hunger and thirst in body and soul. Let us offer ourselves in compassion, generosity, and prayer. Let us continue to pray for those who feel this despair of drought in a physical way in their lives on a daily basis in Guatemala, as we remember the Christian Aid projects, we raised money for in May.

However, as we reflect and remember ourselves today, may we be refreshed in spirit, encouraged in faith, and reminded that God's presence is near—especially when we need it most.

Every blessing,

Deon, Marése and the children.

ECO CONGREGATION - Eco Tips

I walk to my new job at Dr. Gray's along the River Lossie, which has been dropping in level and flow this year. Grass has yellowed, and gardeners and farmers are worried about their crops. This is the driest start to a year since 1964

We must tackle climate change, however we can. Christian Aid campaigns for urgent and just government action.

We can also save water. Here are some Scottish Water suggestions:

Use a watering can instead of a garden hose and avoid sprinklers.

Use washing machines and dishwashers only when full (also saves energy).

Only put the water you need in the kettle.

Turn the tap off when brushing teeth.

Take shorter showers (save energy).

Fix dripping taps and leaking toilets.

Use a bucket and sponge to wash the car.

Jenny Adams

Eco Congregation Representative



STRUGGLING WITH ALCOHOL?

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.

Local AA Meetings in Elgin:

- Monday: 7:30 PM 9:30 PM
 New Elgin Hall, 15-17 Land Street, Elgin, IV30 6BL
- Thursday: (Lunchtime): 1:00 PM 2:15 PM
 Holy Trinity Church, 5 Trinity Place, Elgin, IV30 1UL
- Thursday: (Evening): 6:00 PM 7:30 PM
 Room 3, Dunbarney House, Dr Gray's Hospital, Elgin, IV30 1SN
- Saturday: 11:00 AM 12:30 PM
 15-17 Land Street (Annexe behind the hall), Elgin, IV30 6BL

For more information, visit www.alcoholics-anonymous.org.uk

Or call the national helpline: 0800 9177 650 (Free and confidential, 24/7) If you or someone you know is struggling with alcohol, AA is here to help.

Reach out today and take the first step towards recovery.



FAREWELL TO LIFE AND WORK

Life and Work, the beloved magazine of the Church of Scotland, will end later this year. It first appeared in 1879 and has been a faithful companion for many.

Since then, it has reported on General Assemblies, introduced amazing congregations, reflected on faith and mission, and offered thoughtful commentary. It has been a monthly voice of the Kirk, thoughtful, informed, and filled with hope.

This news isn't easy. The Church faces changing times. While around 68,000 people still worship weekly, fewer people subscribe to print publications. With the rise of digital communications and financial pressures, it's difficult to keep the magazine going.

Thank's to everyone who contributed, from editors and writers to photographers and readers, who helped keep the wider Church connected.

But this isn't the end.

The Church of Scotland is committed to finding new ways to share stories, support congregations, and speak into public life. While the printed magazine is retiring, the call to proclaim the Good News remains as vital as ever.

At a local level, this change challenges us to think about how we stay connected.

We can strengthen our own communications in Elgin Parish Church through the church magazine, social media, noticeboards, and conversations.

If you have memories of Life and Work or ideas for continuing to share stories of faith in Elgin and beyond, please let us know at The EPIC. The story continues ...

KEY POINTS

Magazine Closure: The Church of Scotland's magazine, *Life and Work*, will cease publication.

Reason for Closure: Declining readership and financial pressures.

Future Plans: The Church of Scotland will explore new ways to share stories and support



THANK YOU FOR THE WELCOME

I just wanted to say thank you for the welcome I've received since coming to the area.

It hasn't been easy—losing Gordon after 57 years of marriage, then selling our home in Buckie and moving to Birnie to be nearer my son.

I'm quite settled now, and that's partly due to the fellowship I've found through the Kirk.

After much thought, I finally plucked up the courage to come to Elgin Parish Church after moving into the area last year. It wasn't easy—having spent over 50 years at a wee country kirk, walking into a big church with a big congregation was daunting. But I received a warm welcome at the door, and when I sat in an empty pew, I soon got chatting to those around me.

I've now joined the Guild and have made some lovely friends.

To everyone: thank you for the welcome and the fellowship.

:Ann

THANKS

Thanks for all the cobtributions to our church magazine, **The EPIC.**

These are the times planned for any contributions and printing next year.

DEADLINE - COMPILATION - PRINTING

End of Jan - 1st week Feb - 2nd week Feb
End of Apr - 1st week May - 2nd week May
End of July - 1st week Aug - 2nd week Aug
End of Oct - 1st week Nov - 2nd week Nov

BIG, BEAUTIFUL BILL

The Episcopal Church in the USA has criticised President Trump's proposed 'big, beautiful bill', warning that it could reduce taxes and federal spending in ways that harm the vulnerable.

The legislation seeks to extend provisions of the 2017 Tax Cuts and Jobs Act, which primarily benefited higher-income earners. Critics argue that in order to offset losses, the bill could lead to cuts in key social safety net programs such as Medicaid and SNAP, (Supplemental Nutrition Assistance Program)

A SUMMER MESSAGE - IN DORIC

As simmer rolls in ower oor bonnie Moray countryside – fae the gowden sands o Lossie tae the quait paths through Quarrelwood an ayont – we're minded o the kindly rhythm o God's Creation. The lang days, the flooerin gairdens, an the sun on oor faces invite us tae tak a wee breather, draw a lang breath, an be thankfu.

"He maks me lie doon in green pasturs, he leads me aside still watter, he pits my soul richt again." – Psalm 23:2-3

For some, simmer's a time for gaun awa an seekin oot new places. For ithers, it's a chance tae sloosh doon, spend time wi faimily, or enjoy a quait meenit in the gairden – if ye're lucky enough tae hae een – wi a coffee in yer haun an the birdies liltin in the trees.

Whaurever ye fin yersel this season, may ye feel God close – no jist in the braw views, but in the quait, sma' moments an aa.

Let's nae forget the fowk for whom simmer can be a lonely or sair time – thae missin someone, strugglin wi their health, or facin doots. A kindly wird, a shared daunder, or a wee surprise message can mak aa the difference.



KEY POINTS



Summer's Blessings: Longer days, blooming gardens, and warmth invite us to pause, breathe, and give thanks.

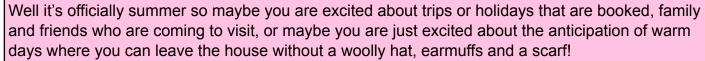
Summer Activities: Travel, slowing down, spend time with loved ones, or enjoying quiet time. **Supporting Others:** Remember those who may find summer lonely or challenging and offer kindness and support.

Pause (PAWS) with Paula

What gets you excited? How do you react?

When she recognized Peter's voice, she was so happy she forgot to open the door. Instead, she ran inside and told the group,

"Peter is at the door!" Acts 12:14



Bracken gets very excited when you open the boot and he can see or smell the beach. He starts to make squeaking noises then when you unzip his crate, he comes out sitting on his back legs, tail going, body wiggling and waving his front paws. He is very eager to dig in the sand and play in the pools.



We all show our excitement in different ways and I'm guessing, you don't jump around, squeaking and waving your hands in the air... but maybe you do! Rhoda, the servant girl, recognized Peter's voice, but in her excitement, instead of opening the door and welcoming him in, she runs off to tell the others, leaving him on the doorstep. Peter had been imprisoned, and sentenced to death, and the believers had been praying for his safe return, but they didn't believe.

"You're out of your mind" v15 they told her.

Sometimes in the excitement we forget everything else. We concentrate on that one thing, planning a holiday, preparing for visitors, packing a picnic for a day out, praying for good weather and traveling mercies, but then we forget!

Hopefully in your excitement you don't leave your visitors on the doorstep but welcome them with a hug, and remember to thank God for their safe arrival, for sunshine, and rain, recognising God's answer to prayer. Maybe even acknowledging His presence as you go through the summer activities.

Love and Prayers Paula, Mike and Bracken

THE EPIC

The next edition of 'The Epic'

will be in **SEPTEMBER 2025**

Contributions please to

SONIA by end of JULY



BREW IT FAIR

Tea-drinkers in the UK are being asked to help improve the wages and working conditions of tea plantation workers worldwide.

The Fairtrade Foundation's 'Brew It Fair' campaign is

based on a report that reveals many workers on tea plantations live in chronic poverty.

Auctioning much of the world's tea gives a few large buyers significant control over prices, severely impacting workers. A survey of 260 tea-growers and pickers in Kenya found that only one in five earn enough to support their families and send their children to school.

The report emphasises that tea drinkers often take their tea for granted, but growers and pickers

face unstable work, low incomes, gender discrimination, and unsafe conditions.

Fairtrade urges the Westminster government to introduce a new law on human rights and environmental due diligence (HREDD) that prioritises farmers and workers' needs and supports living incomes and wages.

The report also encourages UK tea drinkers to buy Fairtrade tea, highlighting key supporters like the Co-op, Marks & Spencer, Sainsbury's, and Waitrose.

The UK accounts for 61% of all Fairtrade tea sold globally.



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.

MEN'S ASSOCIATION The 1st and 3rd Wednesday of month. Williamson Hall. 10:00 - 11:30

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.

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.

VESTRY HOUR This has stopped but will recomence on Wednesday 27 August. You can contact Sonia beforehand 07748 700 929.

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.

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.

BIBLE STUDY Traditional Bible study in the Williamson Hall. Thursday at 15:30 in the West room. This has stopped and will recomence on the 21 August.

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.

SATURDAY

MESSY PLAY This has stopped for the summer but will recomence on 23 August. Second Saturday of the month for P1 to P7 and siblings. Places must be booked through:

Kathleen Thompson on 07794 416 708 or Sonia 07748 700 929.

PRAYER FELLOWSHIP on the first Saturday of the month. 9:00 in the Williamson Hall.

SUNDAY

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

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.

ELGIN PARISH CHURCH MEN'S ASSOCIATION

We have had a very successful 24/25 season.

A total of 16 meetings were held, including visits to Johnston's Woollen Mill, Gordonstoun School, Fort George, not forgetting our Christmas lunch at the Laichmoray. We have had a wide range of interesting speakers from within the church community and from outside. One of my standout meetings was the visit from one of the Police Scotland dog handlers. I learned a lot about how the Police Dogs work and are trained and now have even more respect for the work they do.

I think everyone really enjoyed our visit to Fort George with our own museum guide able to answer the many questions from our group.

Numbers attending have returned to pre-Covid levels with around 20 at each meeting.

We look forward to the 25/26 season. Meetings are normally held in the Williamson Hall on the 1st and 3rd Wednesday from the end of September to April .

We kick off with tea and coffee from 10.00 with our speaker starting from 10.30.

New members are welcome, please contact myself or Bert Duffus.

Cecil Taylor Vice-chair.

GIVE A LITTLE LOVE

I know it's not for everyone, but I'm a fan of the theatre and in particular musical theatre. My own love of the theatre goes back to 1990 when I played Fizzy, the wannabe dancer, in our

school production of the spoof gangster musical, Bugsy Malone! Full of trilbies and flapper dresses and with splurge guns that fired whipped cream instead of bullets, it was a fun and formative experience, full of good memories, tempered only by the thought that VHS copies of the show are still out there!

Knowing how positive and influential such experiences are, I have been really grateful for the opportunity to get involved with the wonderful St. Giles Theatre Group. It's been a privilege to get to know these young people as they have learned and developed together.

Seeing them work towards their performances as they've memorised lines, practised songs and learned dance moves, has been incredibly impressive and encouraging. Encouraging to see their creativity and commitment; encouraging to see their positivity and youthful exuberance; encouraging to see the dedication and passion of the incredible team of adults who support and teach and listen and advise and give of themselves each and every rehearsal.

The Bible repeatedly recognises the importance of working together and the significance of community. While Jesus often encourages us all to learn from young people.

For me, our young performers provide a compelling example of how life can and should be. A glimpse of the divine perhaps?

To be fair, the final scene of Bugsy Malone provides a similarly noble vision, as everyone joins together to sing:

"You give a little love and it all comes back to you.

You're gonna be remembered for the things that you say and do."

Whether musicals are your thing or not, may we all be conscious of what we say and do. And may we remember to 'give a little love' while we're at it.

Major Nick Hanover

The Salvation Army in Elgin 07896 122179

Navigating the Challenges of Separation and Divorce By Ruth Clements, SPCK, £10.99

This book is a no-nonsense, compassionate guide to surviving separation and divorce. If you're feeling overwhelmed and wondering how to keep going, this book is for you. It covers everything from how separation works to the practicalities of divorce, and it offers practical advice on how to cope with the emotional challenges. It's warm, entertaining, and practical, and it will help you find hope and navigate the journey ahead.

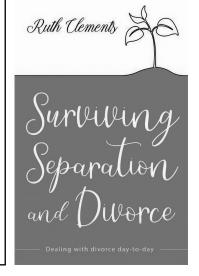
KEY POINTS

Book's Purpose: A compassionate guide to surviving separation and divorce.

Book's Content: Covers separation process, divorce practicalities, and emotional challenges.

Author's Approach: Warm, entertaining, and practical.

BOOK REVIEW



SUMMER IN ELGIN IS EPIC

(And a Thank You to Our Volunteers!)

Oh, summer in Elgin! What a delight!
The sun (well, sometimes) is shining so bright.
The Moray air is fresh and sweet,
If you don't mind rain sneaking up on your feet.

The High Street bustles, folk out for a browse, Dodging the seagulls dive - bombing for chow. The Cooper Park's glowing, the flowers in bloom, A lovely wee stroll - unless midges consume!

The River Lossie meanders with grace, Reflecting the sky in its watery face. Kids with ice lollies, dribbling with glee, Parents just hoping for five minutes free!

But let's not forget - come rain or shine, The heart of our church, so faithful, so kind. Our volunteers, with love so grand, Always ready with a helping hand.

From teas in the hall to pews polished neat, From lending an ear to making things sweet, They keep us together, they brighten the way, With kindness and laughter, day after day.

So here's to the summer, the sunshine (or not), And here's to our helpers, who give it a lot! Elgin Parish Church - **EPIC** by name, Thanks to you all, we keep shining the same!

POEM KEY POINTS

Summer in Elgin: Described as a delightful season with a mix of sunshine, fresh air, and occasional rain.

Community Life: Highlights the High Street, the beauty of the Cooper Park, and the River Lossie.

Church Community: Emphasises the role of volunteers in the church, describing them as dedicated and supportive.



"Well, no, I'm not dressing like this to create common ground with today's youth culture – I've always worn a hoody."

SONIA'S LETTER

from Nutty Nannies Hoose!

Dear fellow friends in Christ,

Well, as a ministry team, we have been busy in the parish. Easter saw me washing people's feet again! But on a serious note, I hope it reflected how Jesus came to serve us and how we are here to serve this parish.

On Sunday, 18 May, I encompassed the love that Jesus showed us and how we were to love our neighbours as ourselves. We are here on this earth to serve God, even if it's a smile that makes another's day! It was a joy on Easter morning at the hour of 6.30 am to be part of the service in the biblical gardens, standing by the empty tomb, surrounded by the beauty of gods creation. Thanks to those dedicated gardeners who endeavour to keep the blooms and the gardens, highlighting the Gospel and Gods creation.

The parish has sadly had some funerals of valued church members, an empty seat at soup and sweet, and in the pews, an acquaintance, friend, or family member missing, but not forgotten. But from sadness, we have memories and then the joys of baptisms and weddings planned for this year in the parish. My ministry still takes me to working with the children, and although we don't meet over the summer , plans are being made for the winter. For example, come dressed as a nativity character for our Christmas party, ad hoc nativity. I am pleased to see the development of the pastoral care team to help enhance the visits of the ministry team. Often one visit is not enough for someone with, maybe, a palliative, complex physical, or mental illness, so knowing that your church has a good support system is essential.

Well, you're all wanting to know what my joys have been up to! God makes us servants and then gives us wee angels to encourage us to show joy and kindness. Nanny's hospital has had two teddy bears in intensive care this month. One had the stuffing taken out of it, and another had had a limb amputation. All was going well until their owners requested early discharge, so full recovery was not guaranteed.

Yes, folks, those little faces believe me, and as God tells us to serve, we serve in sometimes the most unusual ways.

So as we move into summer, some of us will be fortunate to go away, but let's also reflect on those who are not able to have a break, the elderly living on their own, the families with only just enough money for hand-to-mouth, those bereaved and can't face a holiday without their loved one. Summer can sometimes be a sad time. Let's think of our neighbour on their own, the children whose parents are on the breadline. How can we help? Just a smile may be enough, or just a listening ear when they wish to offload their troubles. Jesus is our shoulder to cry on; he carries us through those tough times as footprints in the sand. He is our yolk to carry our load. Have faith, pray, love each other, and smile.

As a mother and grandmother, a hug from my children and grandchildren is better than an expensive present, a text, phone call, or message expressing their love. It warms your heart. God gives us so many gifts, the first and best ever gift, or as children say at Christmas, that's just what I wanted!!! He gave us his son Jesus, the love of our lives.

Blessings for the summer, and let's get some articles for our magazine. It would be so great to hear from our readers. God bless.

Sonia and family (Rev Sonia Palmer) OLM

SHOPLIFTING

Shoplifting among older people is on the rise, driven by hunger rather than criminal gangs. There's been a significant increase in UK pensioner shoplifters in the past year, with people struggling to afford food. Some people can't even afford the basics.

DEAF AWARENESS

Deafness is more common than you might think.

One in three adults in the UK have some form of hearing loss or tinnitus, affecting over 18 million people. This statistic is alarming, especially considering that over half of the population aged 55 and 80% of those over 70 have hearing loss. An estimated 1.2 million adults require hearing aids to hear most conversational speech.

In local churches, the prevalence of hearing difficulties is significant. In every congregation of 100 members, there are likely to be 14 people with hearing difficulties. It's important to address these issues and provide support to those with hearing loss in church.

Some steps that can be taken include:

- Ensuring the Loop System is functioning properly.
- Providing clear visual access to the pulpit and lectern for lip-reading.
- Preventing speakers from walking away from the microphones while speaking.
- Utilising printed and visual media alongside audio in church communications.

For further information, visit the Deaf Church website: www.deafchurch.co.uk

KEY POINTS

Prevalence of Hearing Loss: One in three adults in Scotland have some degree of hearing loss or tinnitus.



Impact on Churches: Statistically, 14 out of 100 members in a congregation will have hearing difficulties.

Accommodating Hearing Loss: Churches can improve accessibility by installing loop systems like our church, ensuring clear visual access for lip-reading, and using printed media.

SOME PERKS OF GETTING OLD

There's not much left to learn the hard way.

Things you buy now won't wear out.

You can eat supper at 16:00

You're an expert at grumbling

You can sing along with Abba

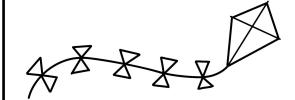
You can use "Selective Hearing'

Comfort over fashion

Naps are no longer a luxury

Bladder control becomes a fun game

You can wear a red hat.





"It's not a new stained-glass window – the Youth Club put its skateboard ramp too close to the church's west wall!"

VISITING

Your secrets are safe with your friends – because they can't remember them either.

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

THE FLOWERS IN OUR CHURCH

On Sundays, after the service, the flowers in the church are given to a congregation member who has celebrated a happy event, such as a birthday, new grandchild, or new home, or unfortunately, a sad event like illness, bereavement, or bad news.

A card from our ministry team and congregation accompanies the flowers, expressing our thoughts and prayers.

Unfortunately, due to illness, death, or personal reasons, we often find ourselves short of people to place flowers in the church.

The routine involves placing flowers in the church on Sundays or earlier if convenient, then asking the minister on duty where they need to be taken. If unable to do so, a flower convenor will assist.

If you'd like to add your name to our list, please contact Kathy Dale on 01343 541437 or let someone in the office know.

Thank you. Kathy

PLUSCARDEN KIRKYARD

Hi there!

I'm Cecil Taylor, and I'm the administrator of Pluscarden Kirkyard. I'm here to give you all the info you need about our lovely churchyard.

One thing that makes Pluscarden Kirkyard unique is that it's still owned and run by the church. It used to be under Birnie and Pluscarden, but now it's the responsibility of Elgin Parish Church Kirk Session. Most other burial grounds in Moray are run by Moray Council, but Pluscarden Kirkyard is a special case.

Now, let's talk about buying a lair. It's not easy, but it's definitely possible. You need to be a member of Pluscarden Church, or if you're not, you need to live in the area served by Pluscarden Church. And if you have family connections to the Pluscarden area, that's even better!

The prices for lairs are based on the Moray Council burial ground charges, but church members get a 50% discount. I update the rates every year based on the prices on the Moray Council website. Lair owners are encouraged to make donations to help keep the graveyard and groundsman in good condition.

Moray Council gravediggers are the ones who do all the digging for burials and putting up headstones. If you have any questions about Pluscarden Kirkyard, whether it's about existing burials and lairs or new ones, don't hesitate to reach out. I'm here to help!

Cheers.

Cecil Taylor. Pluscarden Churchyard Administrator. 07910 439989

MONDAY GUILD

The Monday Guild held the final meeting of the session on 5 May.

After devotions and business, we enjoyed a quiz and "name the baby". Who would have thought we were all so cute once upon a time!

The first meeting of the new session is to be a joint one with the Wednesday Guild on the afternoon of Wednesday 3 September at 14:00.

We are looking forward to welcoming speakers from the charity "Bear Necessities for Bulgaria". This is a Scottish-based fundraising group that is aiming to support a church plant in the town of

Sliven, providing services, training, a soup lunch and medical outreach.



BOOTS RECYCLING SCHEME - B&Q - CHINA NEWS

Hey there! Guess what?

Boots in the High Street and Springfield have a fantastic recycling scheme for all those pill blister packaging and some brands of used, clean makeup containers. They also accept used toothpaste tubes, pump lotion bottles, and other containers that can't go in the pink bin.

Want to know more?

Head over to the Boots Recycling app and check out the list of all the items they accept.

The app even shows you some cool products made from the recycled materials. You can find these containers in the beauty section of the shop.

Now, if you've got a Boots Advantage card, you can register online to earn some points. But, it's a bit of a hassle, so it might take some time.

Oh, and here's a handy tip: if you're replacing a broken electrical gadget, just return the broken one. **B&Q** has a container at the exit for any broken or unused electrical items. There's also a box for used batteries right next to it.

On a bright note, China made a huge step forward in reducing its CO2 emissions.

They managed to cut them by 1.6% in the first quarter of this year and 1% for the entire year, even though their power demand grew really fast. This is the first time the main reason for this reduction was the growth of clean power generation.

However, global trading uncertainties might make this reduction a bit tricky to maintain. But hey, it's still a positive sign, according to the UK-based 'Carbon Brief'.

Carola

Who's Who? In the Elgin Parish Team!

Full Time Minister: Deon Oelofse: Contact Number: 07437587520

deon.oelofse@churchofscotland.org.uk.

Ordained Local Minister: Sonia Palmer: Contact number: 07748700929.

Sonia.palmer@churchofscotland.org.uk.

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

pbaker@churchofscotland.org.uk.

Salvation Army. Nick Hanover: Contact Number: 07896 122179

nick.hanover@salvationarmy.org.uk

Session Clerk: Hazel Dickson:

sessionclerkelginparishchurch@gmail.com

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.

elginparishchurch@gmail.com and www.elginparishchurch.co.uk

