

Dear all, we are now in the midst of the holiday season, and at last North Knapdale is full of visitors coming to enjoy some peace away from the confines of urban living, of difficult working situations, and limited activities. We should be pleased to share our countryside with them and to welcome this boost, at last, to our local economy.

However, this comes at a price to us – increased concern over keeping “socially distant” from people from other parts, whether known to us or stranger, wiping down door handles and regularly washing hands, crossing the road away, rather than towards visitors.

Some congregations, a few, are looking at opening for services under government guidance, but this is the exception, and it looks to me very unlikely that worship services will take place in Tayvallich or Bellanoch church buildings in the foreseeable future.

With the closing of congregational worship in our buildings on Sunday mornings, many people are taking part in services through the internet or TV and finding this helpful. Some people now pick up two or three “services” a week, and enjoy choosing the timing of their worship event to be most suitable for them.

But..... so many people say that they miss getting together with others, and this is a deep and important part of worship which our virtual experiences do not quite achieve. Restrictions on visiting others at home have eased slightly at the moment, and I have copied below the current “NHS Inform” guidance based on government restrictions.

Inviting others into your home still has challenges, not only in following guidance, but also in the uncertainty of once more having “others” in your sitting room after all this time. However, I do think that this may well be the way ahead for us to meet for fellowship and worship, if not now, then possibly after the next review of guidance.

Rather than expecting to be able to meet together in a church building, we could be looking at small groups meeting together in homes to be in fellowship once more, and to take part together in some on-line, or TV worship service. Meeting together, enjoying the music and talks, praying quietly together along with the service. If you have started to watch a particular service then think about if there are one or two others you could invite to join you. If you don't have access to the internet, could you go round and join with a friend who does? How can we continue to enjoy sharing our worship in groups without access to our previous congregational services in our church buildings?

Now is the time to be thinking about who could you invite into your living room to share worship. Maybe not yet, but let us pray it is soon.

This is a summary of the current guidance for meeting others taken from the NHS Inform website:

## **NHS Inform – guidance on meeting with others**

### **Meeting other households indoors**

You can meet people from up to 2 other households at a time indoors.

You should stay at least 2 metres apart from people from other households at all times, so you should meet in small numbers so that physical distancing will be possible. As a guide, 8 people in total may be a safe maximum number.

Children under 12 don't need to maintain physical distance. Adults accompanying children under 12 should maintain physical distancing from adults from other households or other extended households.

The partners in a couple who don't live together, and any children who live with them, don't need to maintain physical distancing from each other.

Members of one household can also stay overnight at someone else's house, while maintaining physical distancing.

You shouldn't meet people from more than 4 other households in total (either indoors or outdoors) each day.

Meeting no more than 4 other households each day will limit the risk that someone who had the virus without realising it could infect multiple households on the same day.

You should:

- stay at least 2 metres away from anyone who is not part of your household
- maintain hand and cough hygiene
- avoid touching hard surfaces with your hands
- maintain physical distancing and good hygiene
- wash your hands when you arrive, when you leave, when you get home and especially before eating or after touching surfaces
- keep rooms well ventilated – consider opening windows or a door

You shouldn't share food or utensils – if eating, each household should bring, prepare and eat their own food separately.

Those at a higher risk of severe illness from coronavirus (including people over 70, people who are pregnant and people with an underlying medical condition) should strictly follow physical distancing guidance.

It's particularly important that people who have been advised to shield continue to follow [shielding guidance](#).

## Meeting other households outdoors

Your household can meet and take part in outdoor recreation with up to 4 households at a time in small numbers (no more than 15 people total at a time) outdoors or in a garden as long as you follow physical distancing and stay 2 metres apart.

You should only meet 4 other households a day and:

- follow our advice on physical distancing and hygiene, and wash your hands as soon as you get home
- avoid touching hard surfaces such as gates, walls, fences and park benches with your hands
- take hand sanitiser with you and use it often, especially before eating or after touching surfaces
- bring your own food, plates and cutlery if you're eating together
- don't go indoors unless you are using a toilet

You're still not able to have larger public gatherings of friends and family.

You should strictly follow physical distancing advice if you are:

- shielding
- pregnant
- at a higher risk of severe illness from coronavirus (including people over 70, and people with an underlying medical condition)

It's particularly important that people who have been advised to shield continue to follow [shielding guidance](#).

## Children and young people

The same rules apply to children as adults, except:

- children aged 0-11 do not need to maintain physical distancing
- there's no limit to the number of households that children aged 0-11 can meet in one day
- young people aged 12-17 can only meet up to 15 people from up to four other households at a time, same as adults, but there's no limit to the number of households that they can meet in one day

These differences mean that young people can meet their friends separately from meetings that other members of their household may be having.

## Psalm 17

This week's Psalm is 17, verses 1 to 7 and 15.

*Hear a just cause O Lord,  
Attend to my cry;  
Give ear to my prayer which is not  
from deceitful lips.*

*Let my vindication come from  
Your presence;  
Let Your eyes look on things  
that are upright.*

*You have tested my heart;  
You have visited me in the night;  
You have tried me and have found nothing  
You have purposed that my mouth  
shall not transgress.*

*Concerning the works of men,  
by the words of Your lips,  
I have kept away from the paths of the destroyer.  
Uphold my steps in Your paths,  
that my footsteps may not slip.*

*I have called upon you, for You will  
Hear me, O God;  
Incline Your ear to me, and hear my speech.  
Show your marvellous  
loving kindness by your right hand.  
O You who save those who trust in you  
From those who rise up against them.*

*As for me, I will see Your  
face in righteousness;  
I shall be satisfied  
when I awake in Your likeness.*

*(New King James Version Psalm 17)*

This psalm starts off listing all the good things about the writer, who is most likely King David. This person thinks of themselves as a “good person”, and probably is, within the limits of all people’s failings. The first time you read this you think he is saying to God, “I am a good person so as a reward you should answer my prayer and save me from those bad people *“who rise against me”* v 7.

But look again – verse 7 – *“Show your marvellous loving kindness....”*  
Loving kindness is not given as a reward for good behaviour – loving kindness is open and unlimited, concern for all people no matter what their behaviour or guilt, it embraces all without judgement.  
Again at verse 7 – *“...save those who trust in You”*. Not save for doing good, or for living properly - but simply for trusting in God.

God hears us and opens His arms to us, out of His loving kindness, and He saves us from evil as we trust Him. We open our arms to accept His saving love, and trust he is with us.

The psalm finishes with a declaration – my life will be complete when I become like You. Is this not what Jesus means when he says “Follow me” –try to live as Jesus

asks. Our ambition is not to be known as good, but to “*be satisfied when (we) awake in Your (Jesus) likeness.*” V 15

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### **Presbytery Prayer rota and news:**

**From:** Pres. Argyll

**Sent:** 31 July 2020 08:40

**To:** Pres. Argyll <Argyll@churchofscotland.org.uk>

**Subject:** Presbytery Prayer Rota and Intimations

### **Presbytery Prayer Rota**

**Please note that I am on holiday from Tuesday 4 August until Tuesday 18 August. The prayer rota for the next few weeks is noted below.**

**Please pray for the following congregations and their ministers/Interim Moderators:**

#### **Sunday 2 August 2020**

**Innellan:** Interim Moderator – Mrs Alison Hay

Please pray for the Business Committee and its convener Rev David Mitchell as it meets this week.

Pray also for our farming and fishery industries and all who work therein.

#### **Sunday 9 August**

**Toward:** Interim Moderator – Mrs Alison Hay

Please pray for those in Media, Arts and entertainment.

#### **Sunday 16 August**

**Kilfinan:** Give thanks for the growth in the gathered congregation that is Kilfinan: for the way Lockdown has enabled the congregation to stay in touch more than usual and to join more regularly in worship, albeit from their own home and not necessarily on a Sunday. We look forward to returning to worship in our building sometime, but hope we can continue with all that has been good and positive these past months.

**Kilmore and Oban:** Your prayers will be appreciated as we work hard to get our Church Centre and two church buildings ready to be opened again. We also pray for God's blessing to be upon our weekly Zoom and YouTube worship, and our forthcoming Gaelic YouTube service.

## Intimations

The Presbytery Office is now closed until 18 August. In case of emergency please contact Rev David Mitchell.

Anyone wishing an intimation posted should inform the clerk no later than Thursday each week.

- Rev Owain Jones, Moderator of Presbytery invites presbyters to weekly prayer together on Wednesdays at Noon. Prayer is on the Presbytery Website but for the next few weeks will not be circulated to Presbyters and Session Clerks.  
It can also be viewed on the following link  
<https://www.youtube.com/channel/UCPXtIED6SuGHrf7DYJtMj8w>
- **Presbytery Facebook Page:** If anyone wishes something posted on the Presbytery Facebook Page please contact either  
Liz Gibson ([egibson@churchofscotland.org.uk](mailto:egibson@churchofscotland.org.uk))  
or Scott Burton ([Sburton@churchofscotland.org.uk](mailto:Sburton@churchofscotland.org.uk))
- Online services available from Argyll

Online services are being provided for local congregations and those who wish to log in from places further afield:

West Kintyre and Gigha – Rev Scott Burton -

<https://www.westkintyreandgighachurchofscotland.org/> Worship

The United Church of Bute – Rev Owain Jones -

<https://www.unitedchurchofbute.org.uk/>

The Shore Kirk – Rev Janet MacKellar –

<https://sites.google.com/view/theshorekirk/home>

or <https://www.facebook.com/groups/345399762209092/>

[Service is available by Phone on 01369 510 932](tel:01369510932)

Ardchattan lw Coll lw Connel – Rev Willem Bezuidenhout

<https://www.ardchattanchurch.org.uk/>

West Cowal – Rev David Mitchell

<https://www.westcowalchurches.org.uk>

South Kintyre – Rev Steve Fulcher

[www.kintyreparishes.org.uk](http://www.kintyreparishes.org.uk)

Netherlorn Churches Worship Team

<http://www.netherlornchurches.org.uk/>

### **West Lochfyneside:**

<https://www.westlochfyneside.org.uk>

### **Kilmore and Oban: Rev Dugald Cameron**

[www.obanchurch.com](http://www.obanchurch.com)

### **Barra and South Uist : Rev Lindsay Schluter(audio only)**

Can be accessed via telephone (01871-200336) or the South Uist website

([www.southuistchurchofscotland.com](http://www.southuistchurchofscotland.com) )

**eXp facebook page:** - a worship and discipleship resource for young people.

<https://www.facebook.com/expdunoon/>

### **Daily Hope line**

It is introduced by the Archbishop of Canterbury. There are three options, you can:

1. Listen to a well-known hymn being sung then listen to a reflection on it, about 15 minutes.
2. Listen to well-known hymns being sung and sing along.
3. Listen to a prayer relevant to today's world

This service is called Daily Hope, the phone number is **0800 804 8044** Phone calls are free.

### **Keep Safe**

Stewart

W Stewart Shaw DL

Clerk to the Presbytery of Argyll

Registered Scottish Charity SC001424

You can also find news on our church website: [www.northknapdale.org](http://www.northknapdale.org)

And our Face Book page – North Knapdale Church.

North Knapdale Church of Scotland - Charity No: SC001002