

# *The Bulletin*

## **Summer 2025**



**Cruden Parish Church**

Dear Friends

What is your favourite birthday memory? Is it a special event like a party, when you were joined by friends and family? Or was it a special gift - maybe an unexpected present which you enjoyed and appreciated?

I have two birthday memories. My fortieth birthday was spent in a tent in the Lake District. I was on an adventure training expedition with a group of Army Cadets. It was memorable for three reasons. My tent pole snapped in half and was repaired using a stick with copious amounts of insulating tape. The weather was dry and sunny (a wee bit unusual for that part of the world). And on the evening of my birthday, Alison celebrated by being taken out for dinner at a posh hotel – in my absence!

The second birthday memory occurred on my fiftieth. Again, Alison was absent, but this time with good reason. A group of friends had clubbed together and treated me to the experience of driving a steam engine. It was an amazing experience, being at the controls of a fully restored Standard Class 9F 2-10-0 steam locomotive. The engine was originally designed to pull freight trains of up to 900 tons. Whilst our speed was limited to 30 mph, you had a real sense of the power available. Probably the best birthday present I could have imagined. It came as a complete surprise.

Birthdays were the theme of a recent church service. On Sunday 8th June 2025 we celebrated the day of Pentecost, when through wind and flame and the gift of languages, the Holy Spirit was given, and Christian Church was born. The occasion also included a cake that was shared at the end of the service. The cake also had a message – Happy 249th Birthday. Obviously, the Christian Church is around two thousand years old, with the Pentecost taking place during the Jewish festival of Shavuot. So why happy 249th birthday?

The number on the cake (249) referred to the age of the current Church building. Whilst the origins of the church date back to somewhere around 1012, the first (or second?) church was located close to the present-day Fairway Public House, with a new church built on the current site possibly before the Scottish Reformation of 1560. This building was then replaced by the current church in 1776, which was enlarged in 1834. Hope you got all that! This means our current building will be 250 years old next year.

Here is the question, I would like you all to consider - how should we celebrate our 250th birthday? What sort of activities should we plan? There has already been a suggestion of a flower festival. My thinking to date, is that we should not just have one event, but a series of events over the year. Also, whilst it is good to look back and celebrate the past, what about the future? What can we do to

further improve or adapt the building? And what can we do to promote the mission and renewal of the church?

During the summer months, I would like to invite you to consider appropriate and interesting ways of celebrating this special birthday. Please pass on any suggestions to me or Robert Esson for the consideration of the Kirk Session.

Wishing a warm and restful summer!

**Rev Sean Swindells**

Parish Minister

07791 755976

[sswindells@churchofscotland.org.uk](mailto:sswindells@churchofscotland.org.uk)



*Jim MacDonald, Cruden Parish Church's 'artist in residence', has drawn an impression of what the 1776 building may have looked like before the additions of the towers and the extension for the organ.*

## **LOCAL ECUMENICAL SERVICE**

At 10.00 am, on Sunday 27th July 2025 we will be welcoming our friends from St James' the Less Episcopal Church. The service will take place in Cruden Parish Church and be followed by food and refreshments.

## THE COMMUNITY LARDER

*‘Take what you need AND give what you can.’*

**It is amazing to think that our food sharing project is now two years old. A massive thank you to our volunteers who generously give of their time;**

The Community Larder is open each Friday from 10.00 am to 12.00 noon.

Based in the Pavilion in Mill Park, there is an opportunity to enjoy tea and coffee and obtain a variety of foodstuffs (donated by supermarkets and businesses) which were surplus to requirement.

The Community Larder is not a Food Bank. However, it will also offer a local opportunity to share surplus food stuffs (ie the collection of tins and dried goods that are lurking at back of all our kitchen cupboards!) We also have access to a fridge and freezer and can accept fresh and frozen items that are still in the ‘best before’ date. This also includes home grown fruit and vegetables.

The project, which is being run by volunteers from Cruden Parish Church in partnership with the Cruden Bay Community Association and Cfine.



## IAIN SANDERS

### Aberdeen's new Port Chaplain

*Those who go down to the  
sea in ships, who do  
business on great waters,  
they see the works of the  
Lord and His wonders in  
the deep.*

Psalm 107:23

Recently Sean met  
Aberdeen's new Port  
Chaplain, Iain Sanders, and

was pleased to be able to forward some warm jackets donated by a member of the congregation and a collection of knitted hats provided by the ladies of the craft group.

Iain offers pastoral support to the seafaring community, many of whom are from overseas. Alongside his pastoral work, Iain collects and distributes warm clothing. He writes, 'Many people from warmer countries come unprepared for Scottish weather, so I am always in need of hats, scarves, neck warmers and mittens. Spare jackets and jumpers are appreciated too.'

The Presbytery Communications Officer, Daria Oskolkova, writes about Iain's work:

*Imagine yourself on a ship in the North Sea, somewhere between Aberdeen and Bergen. You're caught up in a fierce storm: the wind is howling, and the waves tower above. The crew is on edge, but you are utterly frightened – this is your first job at sea. You're shivering and can't seem to get warm, as you are used to much warmer climates. And it's Christmas. But then a small gift bag reminds you that someone thought of you. Inside are a few necessities, a warm hat and a bag of sweets. And as you're having a hot cup of tea with a piece of chocolate, your day brightens – thanks to Iain Sanders, Aberdeen's new port chaplain.*

If you would like to donate any items of warm men's clothing, Sean can arrange to get these forwarded to Iain, or you can contact him direct.

Iain Sanders represents the Seafarers' Christian Friend Society

**Email:** [iain@scfs.org](mailto:iain@scfs.org)

**Phone:** +447856901042

(You can use **WhatsApp** too)



## FITNESS at CRUDEN

Just sharing a few words and thoughts on the fitness group run here locally by Sean. The group has been going for approximately three years now and from the start has been attended regularly by a committed group of men and women of varying ages and abilities.

We meet at Longhaven Hall every Wednesday from 6pm to 7pm. We meet indoors during the winter months but can hopefully be a mix of indoor/outdoor during the summer. The class consists of a mixture of cardiovascular training ie circuits and non-contact boxercise, using pads and gloves. The class usually winds down with some yoga. All equipment is provided, all you need to take along is your body and a water bottle.

The first session Sean offers free as an introduction and it's £5 thereafter.

It's a non-profit class that Sean has established, with all monies raised going towards hall hire and/or any new equipment needed. Sean is a fully qualified and insured fitness instructor.

On a personal note I am 62 years of age and thought I was getting a bit long in the tooth to join a fitness group. However, this group has been something of a godsend for me and has greatly helped with some minor health issues and my general well-being.

Sean has been an inspiring instructor (and no, he hasn't paid me to say this). This is a class with no pressure, no judgement, along with a lot of mutual support and camaraderie. Things are well structured with a good variety of exercises, and I especially enjoy the boxing training but if this wasn't something that appealed to you that's not a problem, as other forms of exercise run alongside.

I think I can safely speak for everyone who goes along to this group, that we look forward to the class and would highly recommend to anyone thinking of improving their fitness to come along and give it a go.

Nothing ventured, nothing gained, as they say!

**Kevin Smith.**



*Deep peace of the running wave to you.*

*Deep peace of the flowing air to you.*

*Deep peace of the quiet earth to you.*

*Deep peace of the shining stars to you*

*Deep peace of the Son of Peace to you.*

*Traditional Celtic Blessing*

## A REFLECTION ON OUR TROUBLED TIMES

*Rt Rev Rosie Frew, The Moderator of the General Assembly, offers us her reflection on our troubled times and a prayer for peace.*



One look at the front page of a newspaper or a few minutes spent listening to the news on TV or radio and we are soon aware that our world is a broken place. We feel so helpless, so fearful, in the midst of it.

In the words of Timothy Rees's hymn:

*God is love, and is enfolding  
all the world in one embrace;  
with unfailing grasp is holding  
every child of every race.  
And when human hearts are breaking  
under sorrow's iron rod,  
there we find that self-same aching  
deep within the heart of God.*

(CH4 123)



Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

(John 14:27)

### **We turn to God in prayer**

Loving God  
Father, Son and Holy Spirit,  
God in unity, God in community,  
we pray for our world.

Where there is war between  
nations or within nations  
we pray for peace.

Where tensions are building  
we pray for calm.

Where there is judgement and  
prejudice  
we pray for dignity and respect.

Where there is a break-down in  
relationship  
we pray for openness and  
understanding.

Where human hearts are breaking  
we pray for care and compassion.

Where there is sorrow and loss  
we pray for comfort and healing.

We pray for our world,  
one world,  
God's world,  
enfolded in love,  
living in unity and community,  
this day and all days.  
Amen.



## THE HIDDEN CRISIS

We live in a world where there seems to be endless crisis, some are on our TV screens almost daily and others we hear little or nothing about

The World Health Organisation Malaria Report 2024 says that:

There were 2,907,000 estimated malaria cases in South Sudan in 2023

246 million estimated malaria cases in the WHO Africa region in 2023

Of the estimated 569,000 malaria deaths in the WHO Africa region in 2023, 76% were children under the age of 5.

A child under 5 dies every 73 seconds.

In South Sudan malaria cases peak during the rainy season which is in June and July when mosquitos are most prevalent, leading to extra strain on the very limited medical resources.

Mission Aviation Fellowship is supporting Noah's Place Mission Hospital which is located in Tonj, South Sudan by flying in staff and medical supplies on a regular basis. With limited resources the hospital sees over 60,000 patients per year and it is estimated that two thirds of them are suffering from malaria.

The hospital also carries out medical outreaches to 140 isolated villages in the region, greatly increasing the workload.

Malaria is an easily curable disease provided people get access to the medication and many mothers spend hours, if not days, walking to the hospital seeking help for their sick youngsters. Sadly it can be too late for far too many.

To find out more visit [www.maf-uk.org](http://www.maf-uk.org)



## NEW FELLOWSHIP GROUP

The new new Fellowship Group has started meeting for Fellowship, Bible Study and Prayer. To find out more please speak to Sean, Robert or Katherine.

## Give Lavishly, Live Abundantly

The more you give, the more you get -  
The more you laugh, the less you fret -  
The more you do unselfishly,  
The more you live abundantly...  
The more of everything you share,  
The more you'll always have to spare -  
The more you love, the more you'll find  
That life is good and friends are kind...  
For only what we give away,  
Enriches us from day to day.

Wise words from Helen Steiner Rice.



## DOWN MEMORY LANE

Do you remember during Covid Lockdown when we sat on our own, spread out round the pews, observing social distancing? It was then that we started to broadcast our morning services on Facebook. The picture was taken on 15 November 2020 when Sean used his phone to broadcast the service to allow those at home to join in the worship.

## PARISH REGISTER

### We remember the deaths of these church members

James Anderson	8 Errolston Road, Cruden Bay
Irene Strachan	145 Braehead Drive, Cruden Bay
Bruce Dunnett	1 Park View, Hatton

## CRUDEN CHURCH PASTORAL CARE TEAM

The Pastoral Care team of Cruden Parish Church is set up to help and to listen in your time of need or maybe for just a friendly chat. If you would like a visit or know of anyone who would benefit from a visit or a listening ear, be it at home or by telephone please let a member of the team know. We also visit Care Homes and Hospitals. Please be assured that anything that is said between yourself and the pastoral care team is confidential.

Contact numbers for the Pastoral Care team:

<b>Rev Sean Swindells</b>	<b>(0779 155976)</b>
<b>Maureen Esson</b>	<b>(07949 792233)</b>
<b>Kathleen Craig</b>	<b>(01779 841221)</b>
<b>Jean Campbell</b>	<b>(07716 399011)</b>
<b>Robert Petticrew</b>	<b>(07990 904000 )</b>

## COMMUNION SERVING ELDERS

### 27th July

Katherine Hyman  
Rosemary Pittendrigh  
Kate Clark  
Maureen Esson

### 28th September

Jim MacDonald  
Irene Will  
Peter Slamaker  
Joyce Willox



## WELCOME

6 July	Ken Bruce	Adelaide Duncan
13 July	Robert Petticrew	Peter Slamaker
20 July	Shona Taylor	Irene Will
27 July	Bob & Norma Forman	
3 August	Kate Clark	Maureen Esson
10 August	Kevin & Janie Smith	
17 August	Kathleen Craig	Joyce Willox
24 August	Jim MacDonald	Betty Forrester
31 August	Margaret Adams	Rosemary Reid
7 Sept	Ken Bruce	Adelaide Duncan
14 Sept	Robert Petticrew	Peter Slamaker
21 Sept	Shona Taylor	Irene Will
28 Sept	Bob & Norma Forman	

## TEA DUTY

6 July	Shona Taylor	June Morrison
13 July	Bob & Norma Forman	
20 July	Kevin & Janie Smith	
27 July	Maureen Esson	Irene Durno
3 August	Margaret Adams	Rosemary Reid
10 August	Shona Taylor	June Morrison
17 August	Bob & Norma Forman	
24 August	Kevin & Janie Smith	
31 August	Maureen Esson	Irene Durno
7 Sept	Margaret Adams	Rosemary Reid
14 Sept	Shona Taylor	June Morrison
21 Sept	Bob & Norma Forman	
28 Sept	Kevin & Janie Smith	

**Minister:** Rev Sean Swindells  
**SSwindells@churchofscotland.org.uk**  
Mobile: **07791 755976**

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<b>Session Clerk</b>	Robert Esson	
<b>Treasurer</b>	Rosemary Pittendrigh	
<b>Contact Elders</b>	Betty Forrester	Hatton
	Joyce Willox	Hatton
	Robert Petticrew	Rural
	Robert Esson	Peterhead
	Maureen Esson	Cruden Bay
	Kate Clark	Cruden Bay
	Kathleen Craig	Cruden Bay
<b>Gift Aid Treasurer</b>	Maureen Esson	
<b>Bulletin</b>	Fred Coutts	
	bulletin@crudenchurch.org.uk	
<b>Christian Aid</b>	Rosemary Pittendrigh	
<b>Cleaning</b>	Rosemary Pittendrigh	
<b>Communion</b>	Joyce Willox	
<b>Flowers</b>	Betty Forrester	
<b>Organist</b>	Stephen Calder	
<b>Pastoral Care</b>	Maureen Esson	
<b>Presbytery Elder</b>	Katherine Hyman	
<b>Press Officer</b>	Mary Bratton	
<b>Roll Keeper</b>	Mary McNaughtan	
<b>Safeguarding</b>	Kathleen Craig	
<b>Transport</b>	Robert Esson	Hatton
	Rosemary Pittendrigh	Cruden Bay
<b>WFO Treasurer</b>	Joyce Willox	

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### **Committee Conveners**

<b>Education &amp; Worship</b>	Katherine Hyman
<b>Finance</b>	Rosemary Pittendrigh
<b>Membership and Outreach</b>	Kathleen Craig
<b>Property</b>	Peter Slamaker
<b>Social</b>	Betty Forrester

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