



Seafeld Parish Church of Scotland, Banffshire

www.seafeldchurchbanffshire.org.uk

Parish Post

8th March 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

'Do not fear, for I have redeemed you; I have called you by name, you are mine.'
Isaiah 43:1

A promise that our identity rests in God's love, not in our past.

This Week

- Mon 9th Mar Monday Prayers at 8.30am in Portsoy Church Centre.
Movie Monday at 2pm in Portsoy Church Centre. This week's will be the last movie of the season, 'Leap Year', starring Amy Adams and Matthew Goode,
- Tues 10th Mar: Coffee 'n Company from 10am to 12 noon in Portsoy Church Centre.
Cornhill Guild meets at 7pm in Cornhill Church Hall. This month's speaker is Jodie Barclay, from Buckie, and Jodie will be talking about the RSABI (Royal Scottish Agricultural Benevolent Institution). All are welcome, men and women – please spread the word!
- Fri 13th Mar: The Well Café in Portsoy Church Centre from 9.15 to 11.15am. Volunteers to help at the Well are needed – let John know if you can help in any way.
- Sun 15th Mar: Sunday Services at 11am in Portsoy Church Centre with Rev Dr Kay Gauld and at 11am in Cullen Hall Church with Rev John Gow. No service in Cornhill.**

Looking Ahead

- Sat 28th Mar: Easter Fair in Cullen Hall Church, 10am-12 noon. Donations appreciated: gifts for the yellow and green stall (for adults and children) - can be wrapped in green or yellow paper or tied with a tree or yellow ribbon or be boxed in green or yellow; children's goods such as Easter colouring in books and pens; Easter eggs; toys. Any handmade crafts or anything new that you would like to recycle; plants, vegetables, jams, marmalades; children's sweeties; toffee, home-bakes; raffles. Contributions for Easter hampers (to be won) and donations of nice foods such as Easter cakes, biscuits, tins of tuna or salmon; Easter eggs; sweeties; napkins etc. Please take to your churches and give to the following people for delivery to Dr. Kay: CORNHILL - Frances Webster; PORTSOY - Yvonne MacKay; CULLEN - Sheila Sellar. Or you can deliver directly to Kay at Camrose, 20A Reidhaven Street, Cullen, AB56 4SZ. Thanking you all in anticipation of your usual kindness and generosity. Any questions, contact Kay on 07951 059272.



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Looking Ahead (continued)

Holy Week:

30th Mar – 5th Apr

More information next week, but highlights include a Prayer and Reflection space in Portsoy Church Centre (Mon-Fri), Hot Cross Buns on Good Friday and a Bacon Buttie Breakfast after the 8.30am service at St Comb's Well in Portsoy.

This Week's Word

Genesis 13: 1-9 & Philippians 3: 12-16

This Lent, instead of giving things up, we've been exploring the idea of trying something – trying practices that open us up to God rather than narrowing our lives down. Two weeks ago I suggested slowing down. Last week we looked at paying attention to the "thin places" in our lives. This week's invitation is simple but not always easy: try letting something go.

The idea came to me during my house move this week. I'd packed everything carefully, or so I thought, but on Wednesday evening I realised I couldn't find my favourite radio alarm clock. I searched every box I could reach, but eventually I gave up and went to bed, knowing I'd wake up without the familiar sound I've relied on for years.

It made me wonder how many things we hold on to, not because they're essential, but because we've carried them for so long we've forgotten we can put them down. I'm not talking about radios now. I'm talking about old worries, old arguments, old expectations – the kind of things that move house with us every time, carefully packed in a box we never quite leave behind.

Lent is a good time to notice what we're carrying, and to ask whether we really need to keep carrying it. Not because these things don't matter, but because we don't have to hold everything ourselves. Some things need time. Some things need space. And some things simply need God.

Our first reading this week, from Genesis 13, gives us a picture of what letting go can look like. Abram and his nephew Lot have both prospered, and the land can't support them both. Their herdsmen are quarrelling. It's the kind of situation where most of us would try to manage the outcome or dig in and fight for our rights. But Abram does neither. He steps back and says, "Let's not quarrel... If you go left, I'll go right; if you go right, I'll go left."

Abram gives up his right to choose first. He lets Lot take the best land. And it's after he lets go that God speaks to him again with a renewed promise. It's as if, when Abram's hands opened, there was finally room for God to place something new in them.

Our second reading, from Philippians 3, shows a different kind of letting go. Paul looks back on his past, his achievements, his identity, even his failures, and says, "I count everything as loss." Not because it didn't matter, but because it no longer defines him. When he says he is "forgetting what lies behind," he doesn't mean erasing the past. The word Paul uses means something closer to releasing it – refusing to be controlled by it.

Abram lets go outwardly, of control, of rights, of outcomes. Paul lets go inwardly, of past identities, failures, and stories that could have held him back. Both discover that letting go is not giving up. It's an act of faith. It's making space for God. And it's a reminder that we don't have to fix everything. We don't have to resolve everything before we can move forward. Some things need time. Some things need space. And some things, maybe the most important things, they just need God.