



Seafield Parish Church of Scotland, Banffshire

Parish Post

8th February 2026

Welcome to your Parish Post, a 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

'Leave your troubles with the Lord, and he will defend you.' Psalm 55:22

Whatever you're carrying today, you don't have to carry it alone. Strength will meet you as you go.

This Week

Mon 9th Feb: Monday Prayers at 8.30am in Portsoy Church Centre
 Movie Monday at 2pm in Portsoy Church Centre. This week, showing 'Calendar Girls', starring Helen Mirren and Julie Walters, with the usual intermission halfway through for tea/coffee.

Tues 10th Feb: Coffee 'n Company from 10am to 12 noon in Portsoy Church Centre
 Cornhill Guild meets at 7pm in Cornhill Church Hall, taking some time to look at Guild projects such as Bible for Bairns. All are welcome.

Wed 11th Feb: Service in Wakefield House Nursing Home, Cullen at 2pm.

Fri 13th Feb: The Well Café in Portsoy Church Centre from 9.15 to 11.15am.

Sun 15th Feb: **Sunday Services at 11am, with Rev John Gow in Cullen and Rev Dr Kay Gauld in Portsoy (no service in Cornhill).**

Looking Ahead

Wed 18th Feb: Soup & Pancake Lunch in Cullen Hall Church from 12 noon to 2pm. Volunteers to help with serving, washing dishes etc would be gratefully accepted – contact Rev Kay if you're available. Also there'll be a raffle and donations of prizes would be much appreciated.

Sun 22nd Feb: World Thinking Day is celebrating its 100th anniversary and Rev Kay will be hosting a special service in Cornhill Church at the usual time of 9.30am.

Thurs 26th Feb: Portsoy 75 Club Bingo Night in the Station Hotel, Portsoy, in aid of church funds. Doors open 7pm and eyes down at 7.30. Donations of raffle prizes would be appreciated for this too!



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This Week's Word

Matthew 10: 26-31

We're sometimes tempted to think that small things don't matter. That we don't matter. We imagine that our presence, our voice, our faith or our prayers are just one among so many and that if we weren't there, nothing would really change. It's easy to feel like our contribution doesn't count.

But Jesus doesn't see the world that way.

In Matthew 10, he says something that sounds almost absurd in its detail: that the hairs on our heads are numbered. Not roughly counted, but numbered one by one, as if each strand had its own ID card. He's making the point that in God's kingdom, nothing's too small to matter.

To understand why Jesus says this, we need to look at the context. He's just sent out the twelve disciples on their first mission and he's told them to heal the sick and proclaim that the kingdom of heaven has come near. But he's also been very honest about what the disciples will face. He warns them they'll be like sheep among wolves. He tells them they may be flogged, dragged before governors, even betrayed by members of their own families.

As recruitment speeches go, it's hardly inspiring. You can imagine the disciples thinking, "Why are we doing this? We're just twelve ordinary men. What difference can we possibly make against everything that's stacked against us?"

And that's when Jesus says, "*Do not be afraid.*" He says it three times in six verses and in between his reassurances he talks about sparrows, he says none of them falls to the ground unnoticed by God. Every tiny life, every small death, it registers.

And if that's true of sparrows, Jesus says, how much more is it true of us? Even the hairs of our heads are numbered.

What moves me about this passage is that Jesus doesn't promise the disciples that nothing bad will happen. He doesn't say we won't lose our hair (sadly, in my case) or our freedom, or even our lives. What he promises is that none of it happens outside of God's knowledge and care. Nothing's too small for God to notice. No-one's too insignificant for God to love.

That's so different from how the world works. We'd be forgiven for thinking it's only the big things that matter; the billionaires, the viral moments, the impressive achievements. Up against all of these, we just don't seem all that important.

But God sees things differently. In God's eyes, the widow's mite carries weight. The cup of water matters. The prayer whispered in secret is heard. The kindness shown when nobody's watching is seen.

And when I think about what keeps a church going, it's not the dramatic things. It's the person who makes the tea. The elder who visits faithfully. The person who hoovers the hall. The treasurer doing the accounts. None of these things make headlines, but they make a church. They make *our* church.

Jesus says God knows about every single one of these acts. So we can stop worrying about whether we matter enough. In God's kingdom, there is no such thing as insignificant. Our lives, our faith, our witness – they matter so much more than we realise.

Jesus' message to the disciples is his message to us: "*Do not be afraid; you are worth much more than many sparrows.*" We are seen. We are known. We are valued. Every one of us.