

# *Our Prayer Diary*



*Caniskay Church*



*Clrig Church*



*Keiso Church*



*Dunnet Church*



## *July 2023*

Consider the lilies how they grow; they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these.

If then God so clothed the grass, which today in the field, and tomorrow is cast into the oven; how much more will he clothe you, oh ye of little faith?

And seek not ye what ye shall eat, or what ye shall drink, neither be of doubtful mind.

For all these things do the nations of the world seek after: and your father knoweth that ye have need of these things.

(Luke 12 verses 27-30)

### **Saturday 1<sup>st</sup>**

We begin July's Diary with a message from Esme. *"Greetings. It is good to be back in touch with you in connection with the Prayer Diary, although things are very different now for me. I know that the Prayer Diary has been much missed and I am deeply grateful to Liz and Neil for carrying on what has been a God given part of our Church life. I am thrilled that Liz has gone ahead so effectively and I shall encourage her in any way I can at this stage in my own life when I am physically limited in what I can do. Many thanks to each of you who have responded to Liz, encouraging her to keep in touch with you."*

### **Sunday 2<sup>nd</sup>**

The schools are now on holiday. We pray that all members of staff will have a well earned rest over the next few weeks, and the children and young adults will benefit from this time of leisure. For those going away we ask for safe travel.

### **Monday 3<sup>rd</sup>**

We pray for the families of those who have lost a loved one and ask that You give them strength. For some it is a sudden and devastating loss, for others it is a sad relief. Help us to give them the most appropriate and loving support.

### **Tuesday 4<sup>th</sup>**

Mrs Christine Stone from Castletown and Community Free Church let me know that the Free Church Youth Camps will be happening throughout the month of July. Can we please remember in prayer the Leaders, young people, cooks and drivers who will be involved in the camps.

### **Wednesday 5<sup>th</sup>    *Pentland Parish Session Meeting***

There will be no Prayer meeting this afternoon. Heavenly Father we ask that your guidance and wisdom be bestowed upon each person present at Canisbay Church Hall today. May all that is discussed and the plans that are made be pleasing unto You.

### **Thursday 6<sup>th</sup>**

We are delighted to have contributions for the Diary from ‘4 Paws’ whose main aim is to give a little missive of hope in these difficult times, and would like to share with you ‘A Little Dog’s Prayer’. *“A master who is firm and kind, And understands a Doggie mind; A Walkie and a meal each day – That’s all I ask for when I pray.”*

### **Friday 7<sup>th</sup>**

We pray for Mrs Christine Shearer and give thanks for all the hard work and effort she puts into arranging and conducting tours of Canisbay Church. These bring pleasure to many visitors from all over the world.

### **Saturday 8<sup>th</sup>**

For those people reading this Diary who live outwith the area of Pentland Parish, you may be unaware that Canisbay Church is open daily from Easter to October approximately 10.00 am to 7.00 pm. Please feel free to visit the Church and enjoy a time of quiet reflection, look around, and draw close to God.

### **Sunday 9<sup>th</sup>**

A DVD was produced of the Pet Service held in Canisbay Church at the end of April. These are still available. They are free but it would be appreciated if a donation was given. This will be divided between Pentland Parish Churches and the local *Scottish SPCA Rescue & Rehoming Centre* at Balmore. Lord we thank you for technology that allows those not able to attend church that day to feel part of the service, as they watch it in their own homes.

### **Monday 10<sup>th</sup>**

We give thanks for all the work done by members of our four churches in the past as we struggled to keep going without a full time minister - and thank you for sending Your call to Rev Janet! We are grateful to Ordained Local Ministers, Interim Moderators, Locums, Readers, Service Leaders and Session Members from the North who have supported us in worship. We look forward to our next chapter – You will know what we need Lord!

## **Tuesday 11<sup>th</sup>**

Today is known as '*Cheer up the Lonely Day*'. Please take a little time to make contact with a person you think may be lonely. If they live nearby drop in to visit, and perhaps bring them a copy of the Prayer Diary. If they are further away, why not phone or send an e:mail. Loving Lord, You will know who is lonely, please draw near to them.

## **Wednesday 12<sup>th</sup> *Prayer Time at Canisbay Church Hall – 2.00 pm***

Thank you for a moderate climate which has brought on a late growth spurt this year, to support ourselves, our animals and wildlife in the months to come. We see the climate changing across the world and know that each of us reducing our carbon footprint can only benefit Your planet. Help me find a way, Lord, please!

## **Thursday 13<sup>th</sup>**

We ask for Your blessing, Lord, on people who have been unwell due to an infection and who are now having to cope with after effects which have changed their daily lives. Pour Your love on them, that they might be healed.

## **Friday 14<sup>th</sup>**

We look forward to the Flower Festival in Canisbay Church which will take place on 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> July. The Church will be open each day from 10.00 am – 7.00 pm. Refreshments of tea, coffee and home baking will be served in the Church Hall from 10.00 am - 4.00 pm on all three days. This will be a great time to admire the work of the flower arrangers and enjoy fellowship over a cup of tea.

## **Saturday 15<sup>th</sup>**

Today is the Caithness County Show in Wick. Many people will be entering animals, handicrafts, baking and flowers. We appreciate the time and effort that has gone into getting the exhibits ready. Heavenly Father thank you for all the talents you have given us and help us to use them to best advantage.

### **Sunday 16<sup>th</sup>**

More and more people find a need to use Food Banks as the cost of living increases. Loving Father if we forget, please remind us to buy a couple of extra items when we go shopping so that they can be dropped into the Food Bank collection point at supermarkets.

### **Monday 17<sup>th</sup>**

Rev Janet continues with the additional work of Interim Moderator for Pulteneytown Church in Wick. We pray for support for her as she undertakes this duty.

### **Tuesday 18<sup>th</sup>**

We all enjoyed the unusually warm weather in June. Although we don't currently have hosepipe bans in our area, please help us Lord not to be wasteful with water. In other parts of the world people are not always able to turn on a tap and get clean water. We pray that through such initiatives as Water Aid this basic necessity is something that will in time reach more people.

### **Wednesday 19<sup>th</sup> *Prayer Time at Canisbay Church Hall – 2.00 pm***

In order to ensure worship can continue each Sunday in all four churches in our Parish we have Pentland Parish Worship Group. We wish to give thanks and more importantly support to those in the Worship Team. Some of these people go well outside their comfort zone to ensure that worship continues in all our churches. May God richly bless you all.

### **Thursday 20<sup>th</sup> *Flower Festival – Canisbay Church***

Today sees the beginning of our Flower Festival. We give thanks to God for the beauty of His creation, the flowers, plants and greenery, which bring peace and happiness to so many. We pray that all who come to visit will find friendship and enjoyment, whether neighbours or visitors. Everyone will be made very welcome.

**Friday 21<sup>st</sup>**      ***Flower Festival – Canisbay Church***

Within Pentland Parish we have many small businesses and some where the owners are young entrepreneurs. On line shopping can be very convenient but the personal touch goes a long way. When shopping please remember to support local firms if you can. Loving Lord be with all who are in business within our area.

**Saturday 22<sup>nd</sup>**      ***Flower Festival – Canisbay Church***

Forgive us, Father, for the bad thoughts and actions which have hurt others. Often unintentional; we didn't think. Thank you for being there when we fail!

**Sunday 23<sup>rd</sup>**

We pray for King Charles III as he takes on his new role. Most people of his age have retired and are generally taking life a bit easier, but that is not the case with our new King and Queen. Heavenly Father be with them and guide them as they carry out their royal duties.

**Monday 24<sup>th</sup>**

We thank Esme for all the years of faithful service she has given to producing the Prayer Diary each month. She moved with the times enabling some people to have an on-line version, she arranged the printing of the Diary in Wick and then stapled all the paper copies. Finally she dropped off the Diaries in the churches and posted out copies to those outwith Pentland Parish who wished a paper copy. Esme, we owe you a deep debt of gratitude. We pray that as the days pass God will have his healing hands on you, and you will regain strength.

**Tuesday 25<sup>th</sup>**

Help me, Lord, to reach out to those who don't know You - to be Your disciple. Nudge me to recognise and take the opportunities I am given. You know I don't always find it easy!

### **Wednesday 26<sup>th</sup> *Prayer Time at Canisbay Church Hall 2.00 pm***

We pray for those trying to find a job and support themselves and their families. To get rejection letters is bad enough - to get no response is even more dispiriting! Lift them up - You know where the need is greatest, Lord.

### **Thursday 27<sup>th</sup>**

It can be very easy to take good health for granted. We ask that You help everyone who is in good health to appreciate it and give thanks for this precious gift.

### **Friday 28<sup>th</sup>**

God gave us dogs to teach us the meaning of unconditional love. Josh Billings the American humorist said *‘A dog is the only thing on earth that will love you more than you love yourself. Not every person knows how to love a dog but every dog knows how to love a person.’* 1 John chapter 4 verse 7 – Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

### **Saturday 29<sup>th</sup>**

At the June meeting of Caithness Presbytery Rev David Malcolm was installed as the Moderator for this Presbytery. Loving God, please sustain him as he takes on this role.

### **Sunday 30<sup>th</sup> *Joint Service in Canisbay - 12 noon***

July and August are traditionally months when people go on holiday. If you see visitors in church do take time to speak to them. If they are on holiday suggest places they could visit in our area. We all know of local beauty spots or attractions that may not appear on a tourist map or website. God you have given us many lovely places to enjoy, help us to share them with others.

### **Monday 31<sup>st</sup>**

Here are some words to help lift your spirits! *Plant Smiles, Grow Laughter, Harvest Love.* In verse 1 of Psalm 89 we are told ‘Sing of the Lord’s great love forever’. Remember the only way is *UP*. God Bless. Paws crossed for the next Diary in August.

This prayer diary is produced monthly by and for  
PENTLAND PARISH CHURCH OF SCOTLAND  
(Registered Charity No: SCO10296)  
meeting in four congregations around the Caithness Coast:  
CANISBAY. DUNNET, KEISS and OLRIG.

We trust its regular use will strengthen the bond between our  
congregations as we share news and support one another.

This diary also goes by e-mail to a growing number of friends  
throughout Scotland and we are sincerely grateful for their interest  
and support.

Feel free to commend it to others and give us their details!

If you have found this Prayer Diary helpful, please let us know.

If there is any topic or any particular prayer you would like included in  
a future issue please contact the Editor, Liz Buchan, via:  
*e-mail:* neilbuchan007@btinternet.com or *phone:* 01847 821759

**Copy date for the August issue is Monday 17 July.**

**We continue to need your prayers! Thank you!**



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