

Church Matters

West Kilbride Parish Church Magazine

Issue No. 16 September 2012



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Minister's Letter

Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another - and all the more as you see the Day approaching' (Hebrews 10: 25)

I don't know about you, but I am struck by that one verse above from Hebrews where the writer encourages the believers to meet together. The verse is clearly written because there must have been cases where Christians were *not* meeting together. And so the writer to the Hebrews needs to encourage Christians to meet together. Now, the very fact that they are *not* meeting together is strange in a way - but probably to be expected in another way.

At one level, it is strange because all Christian believers have a great thing in common. They believe in Jesus as their Saviour and Lord - and they believe that through his death and resurrection that Jesus paid for their sin and they receive new life. And so all Christian believers have a great reason to meet together to celebrate their relationship with God through Jesus.

But it is also to be expected in another way, because God's love and the people that respond to his grace may not be people who naturally would fit together. Those who are Christians come from all manner of different backgrounds with all the baggage that comes with that with them too. And that is the way that it should be. But of course, that can make things a bit messy and a bit awkward at times as people who naturally might not have been friendly are thrown together and bound together in God's love!

So it seems some Christians are not meeting together - and yet this verse implores them to meet together because of course there is value in believers meeting together.

Now, all of us of course know that meeting together as Christians is not what makes us a Christian. It is our faith in

Christ that makes us what we are. But this is no excuse for believing that there is no value in meeting together as Christians. Often, I speak to people who say that they have faith and yet it is personal to them - or that they have faith and they don't meet with other believers because they don't see the need to.

However, I would argue that it is very difficult to be a Christian in isolation, because actually being a Christian is all about relationship. It is about our relationship with God - and our relationship with one another. A cursory glance at the book of Acts shows that the believers met together - and that it was clearly important for them to do so. If we do not meet together, then we miss out in terms of encouragement and teaching. In terms of prayer support and fellowship. And we can soon find that our faith can quickly become cold.

And meeting together as Christians isn't just about those who meet together. You see, by meeting together and loving one another, Christians witness to the world about the love of God and how much it has changed their life.

One of the things that is missing in today's world is in the whole area of having relationship with one another - and this is an area in which the church can show the world how to have a relationship with God and with others in a meaningful way.

At West Kilbride Parish Church, it is important that as Christians that we continue to meet together. We of course already meet every Sunday morning at 10.30am and worship together. And if you haven't been for a while but really feel that now is the time to come back - then there will be a special service on Sunday 30th September called 'Back to Church

Sunday'. Please do come along and may you find your relationship with God strengthened and also with other Christians.

The other thing we are starting this month is housegroups. As well as having the larger Sunday morning gathering to worship - it is also important to have smaller gatherings where people can have closer fellowship together. The housegroups will run on various nights of the week every fortnight for roughly an hour and a half. There will be three elements to a housegroup meeting - Fellowship (sharing over a cup of tea), Study Time (Bible Study or study of a theme), Prayer (praying for one another).

Can I commend these groups to you - they are for all ages and stages and are a really great way to get to know people and to grow in your faith! If you would like to be involved, please sign up on the sheets in the Lower Hall, or speak to Duncan Ferguson or myself.

It really is important that we meet together. After all, the picture in Revelation is that there will be a great multitude gathered at the end of time of Christians together worshipping God in heaven.

Is it not worthwhile, therefore, to at least spend a little time and effort getting to know some of your brothers and sisters in Christ before you get there?

'Let us encourage one another - and all the more as we see the Day approaching'!

Yours in Christ,
James

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EDITORIAL

I don't know about you but, in spite of the lack of sunny weather, I think the summer has flown by. Of course there were some interesting things going on that helped the time to go quickly.

First we had 'On Your Marks', a week of fun for primary children, at the end of June. I was involved in the Prayer Team that met each night to pray for the children and volunteers and it was great to get the reports at the end of each session telling us what had happened that night.

Then Brian and I were at CLAN Gathering in St Andrew's, a week of wonderful praise and anointed speakers. The theme this year was 'This is the Day of Salvation'. We were really blessed by the Lord that week as He spoke into our lives.

The Sunday we came back we had 'C in the Park'. How good that the weather was dry that morning as it poured later in the afternoon! We were well used to church in a tent by that time as CLAN is held in a field of tents.

Finally, we enjoyed the Olympics, as I'm sure did the vast majority of people. Now I'm really looking forward to the Paralympics!

Now, here we are, ready to start a new session in our church life. All the organisations are gearing up to start again after the holidays and you will find details of some of them inside the magazine. If you haven't come along to any of them yet, why not make a point of trying them out? You may enjoy yourself so much you'll want to continue coming along.

Deirdre Murray

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Diary Dates for September 2012

2 Sep	10:30 AM	Thanksgiving Service, Communion, Sunday School
2 Sep	2:00 PM	Afternoon Service Headrigg Gardens
2 Sep	6:00 PM	Youth Fellowship – Bill Penny Hall
4 Sep	9:30 AM	Women Who Pray – Prayer Room
4 Sep	10:00 AM	Rendezvous – Lower Hall
5 Sep	10:00 AM	Vestry Hour
5 Sep	7:15 PM	Prayer Meeting & Bible Study
9 Sep	10:30 AM	Morning Service And Sunday School
9 Sep	6:00 PM	Youth Fellowship – Bill Penny Hall
10 Sep	7:15 PM	Men's Fellowship Games/Competitions Bill Penny Hall
11 Sep	9:30 AM	Women Who Pray – Prayer Room
11 Sep	10:00 AM	Rendezvous – Lower Hall
11 Sep	7:00 PM	Elder's Conference – Lower Hall
13 Sep	10:00 AM	Vestry Hour
13 Sep	7:15 PM	Prayer Meeting & Bible Study
16 Sep	10:30 AM	Morning Service And Sunday School
16 Sep	6:00 PM	Youth Fellowship – Bill Penny Hall
16 Sep	7:30 PM	Evening Service
17 Sep	7:15 PM	Men's Fellowship Games/Competitions Bill Penny Hall
18 Sep	9:30 AM	Women Who Pray – Prayer Room
18 Sep	10:00 AM	Rendezvous – Lower Hall
19 Sep	10:00 AM	Vestry Hour
19 Sep	7:15 PM	Prayer Meeting & Bible Study
23 Sep	10:30 AM	Morning Service And Sunday School
23 Sep	6:00 PM	Youth Fellowship – Bill Penny Hall
24 Sep	7:15 PM	Men's Fellowship – Games/Competitions Bill Penny Hall
25 Sep	9:30 AM	Women Who Pray – Prayer Room
25 Sep	10:00 AM	Rendezvous – Lower Hall
25 Sep	7:30 PM	Team Leaders' Meeting – Lower Hall
26 Sep	10:00 AM	Vestry Hour
26 Sep	7:15 PM	Prayer Meeting & Bible Study
30 Sep	10:30 AM	“Back to Church” Service. Sunday School
30 Sep	6:00 PM	Youth Fellowship – Bill Penny Hall
30 Sep	7:30 PM	Evening Service

A TRUE STORY

A sobbing little girl stood near a small church from which she had been turned away because it 'was too crowded'. "I can't go to Sunday School," she sobbed to the pastor as he walked by. Seeing her shabby, unkempt appearance, the pastor guessed the reason and, taking her by the hand, took her inside and found a place for her in the Sunday School class. The child was so touched that she went to bed that night thinking of the children who have no place to worship Jesus. Some two years later, this child lay dead in one of the poor tenement buildings and the parents called for the kind-hearted pastor, who had befriended their daughter, to handle the final arrangements. As her poor little body was being moved, a worn and crumpled purse was found which seemed to have been rummaged from some trash dump. Inside was found 57 cents and a note scribble in childish handwriting which read, **"This is to help build the little church bigger so more children can go to Sunday school."** For two years she had saved for this offering of love. When the pastor tearfully read that note, he knew instantly what he would do. Carrying this note and the cracked, red pocketbook to the pulpit, he told the story of her unselfish love and devotion. He challenged his deacons to get busy and raise enough money for the larger building. But the story does not end there! A newspaper learned of the story and published it. It was read by a realtor who offered them a parcel of land worth many thousands. When told that the church could not pay so much, he offered it for a 57 cent payment. Church members made large subscriptions. Checks came from far and wide. Within five years the little girl's gift had increased to \$250,000.00 – a huge sum for that time (near the turn of the century). Her unselfish love had paid large dividends. When you are in the city of Philadelphia, look up Temple Baptist Church, with a seating capacity of 3,300, and Temple University, where hundreds of students are trained. Have a look, too, at the Good Samaritan Hospital and at a Sunday School building which houses hundreds of Sunday scholars, so that no child in the area will ever need to be left outside at Sunday school time. In one of the rooms of this building may be seen the picture of the sweet face of the little girl whose 57 cents, so sacrificially saved, made such remarkable history. Alongside of it is a portrait of her kind pastor, Dr. Russel H. Conwell, author of the book, "Acres of Diamonds." – a true story. Read more at [Story : How Temple Baptist Church, Philadelphia Came Into Being](#)

TOO BUSY NOT TO PRAY

God and I used to be rather casually related to one another. We didn't get together and talk very much. Now, however, we get together a lot - not talking on the run, but carrying on substantial, soul-searching conversations every morning for a good chunk of time. I feel as if I've gotten to know God a lot better since I started praying.

The greatest fulfillment in my prayer life has not been the list of miraculous answers to prayer I have received, although that has been wonderful. The greatest thrill has been the qualitative difference in my relationship with God. And when I started to pray, I didn't know that was going to happen.

Prayerless people cut themselves off from God's prevailing power, and the frequent result is the familiar feeling of being overwhelmed, overrun, beaten down, pushed around, defeated. Surprising numbers of people are willing to settle for live like that. Don't be one of them. Nobody has to live like that. Prayer is the key to unlocking God's prevailing power in your life.

If the Holy Spirit is leading you to learn more about prayer, you are about to embark on a wonderful adventure. As you grow in prayer, God will reveal more of himself to you, breathing more of his life into your spirit. Mark my words that will be the most fulfilling and rewarding part of your experience with prayer, more so even than the answers to prayer you are sure to receive.

Fellowship with God, trust, confidence, peace, relief - these wonderful feelings that will be yours as you learn how to pray. Come and discover with me what prayer is about, and what it can mean in your life.

- Bill Hybels

The Sunday School Teacher asks, "Now, Johnny, tell me frankly, do you say prayers before eating?" "No sir," little Johnny replies, I don't have to. My mum is a good cook."

Monthly Prayer Diary – September 2012

- Sat 1st** Our Minister James, Anna his wife and their son John. We pray for James as he prepares to give the message by Sunday
- Sun 2nd** Our Church services. May all feel welcomed in this place both during our service and in fellowship at coffee time
- Mon 3rd** The residents living in Orchard Street and Overton Court
- Tue 4th** Muslims who have found Jesus during the recent month of Ramadan. Many pay a high price for their new found faith
- Wed 5th** World events. We pray for Afghanistan, Syria and the whole of the Middle East in these changing times
- Thu 6th** All who are caught up in Human Trafficking - modern day slavery
- Fri 7th** The Persecuted Church, for the strength to endure when their faith in Jesus brings them into situations of danger and difficulty
- Sat 8th** All who are caught up in addiction. We pray for the pain and sense of loss for families when a loved one is caught in addiction
- Sun 9th** Lord, give us a deeper hunger to study Your holy Word
- Mon 10th** The residents living in Overton Crescent and Overton Drive
- Tue 11th** All we know who are unwell and for their care givers. Lord, give them strength when they are tired and hope when there appears to be none
- Wed 12th** Our local schools. We pray for Scripture Union groups as they meet together. Pray that more groups will be set up within Ayrshire schools
- Thu 13th** World Leaders. May they cry out as King Jehosaphat prayed, “We do not know what to do, but we are looking to You for help.” 2 Chron 20 v 12
- Fri 14th** Our GP Surgery and local hospitals. We remember too all who are waiting for test results

- Sat 15th** For all who are caught up in poverty. Pray for women who feel they have no alternative but to sell their bodies in order to feed their families or feed their own addiction
- Sun 16th** We think of children in our Church today – may the seeds sown fall into good ground and produce good fruit
- Mon 17th** The residents living in Pantonville Road and Portencross Road
- Tue 18th** The members of our Guild and Men’s Fellowship. We give thanks for their commitment to You and to one another
- Wed 19th** Anchor Boys, BBs, Rainbows Brownies and Guides. We thank You for each member and each leader and helper
- Thu 20th** We pray for God’s leading and guidance for plans for our Church refurbishment programme
- Fri 21st** ‘The Lord is close to the brokenhearted and saves those crushed in spirit.’ Lord, we pray for all who mourn the loss of loved ones
- Sat 22nd** Protection over our village against violence and crime
- Sun 23rd** The members of the choir and the worship group. May our worship bring our God pleasure and delight
- Mon 24th** The residents living in Ritchie Street and Sandy Court
- Tue 25th** The residents in Headrigg Gardens and local Care Homes
- Wed 26th** Our Parish Church House Groups and Prayer groups. We ask that You will bless their times of fellowship and help everyone to grow in their knowledge of You as Faithful God
- Thu 27th** The Church of Scotland and the Church in Scotland
- Fri 28th** Carol and Graeme our Session Clerks, and all our Elders
- Sat 29th** Thank You Lord that your mercies are new every morning. Great is Your faithfulness
- Sun 30th** Send us out into the world to live and work to Your praise and glory
 “I call upon You, O God, for You will answer me; give ear to me and hear my prayer. Psalm 17 v 6

Stewardship Month

During this year, the Church of Scotland is running a national stewardship campaign. As part of that campaign, we are required to spend some time looking at stewardship as a congregation. To that end, we will be using September as a 'Stewardship Month' and will be focussing upon 'Talents'. We begin the month with our Thanksgiving Service on 2nd September at which we will also celebrate the Lord's Supper together, and we will finish the month on 30th September with 'Back to Church Sunday'.

Thanksgiving Service

As part of our Thanksgiving Service this year, we will again be giving tins of food towards the work of Glasgow City Mission who work with the homeless. Please do bring your tins of food on that Sunday - although we will continue collecting throughout September. Glasgow City Mission particularly appreciate tinned fish and ham - but any donation will be gratefully received. Please note that it is tinned food only - not fresh or packet food.

Back to Church Sunday

Back to Church Sunday will be held on 30th September 2012 and is a special service designed for those who have been associated with the church in the past (members, adherents etc) but who have, for whatever reason, not been to the church recently and who would like to return. All are most welcome to this special service - as everyone is to all our worship services. It would be great to see you on this special Sunday!

We had a retiring offering for Jenny Rodd, one of the young women in our church family who is working in Tanzania. She is learning Swahili and the money was to help pay for her language course. Jenny sent this letter of thanks:

Dear West Kilbride Parish Church,

Thank you so much for your retiring collection and generous gift. I am so blessed and so encouraged by your support. As we say in Swahili- Asante sana sana! All is well here and we are preparing for our East African regional conference that happens every two years. This time we are in Kilimanjaro at the YWAM base there. The topic for the conference is 'Take Courage'.

I hope this finds you well and enjoying the Olympic season and festivities!

Lots of love and greetings from Morogoro, Tanzania.

God bless you. *Jenny*

Men's Fellowship

The new session is fast approaching and we will have our opening night on Monday 10th September, when, as usual, Rev. James McNay will have something both fitting and entertaining to hear. Once again we plan a programme through to the end of March but with some differences from the past routine.

We will continue in the main to meet on Monday evenings from 7.15. to 9.00 pm for carpet bowls games/competitions in the Bill Penny Hall and, on occasions, have guest speakers. However, for some time some of our former members have not been able to support our nightly functions and in order to offer them an opportunity to return, we have instead scheduled in a few Monday afternoons from 2.15 to 4.30. The new syllabus will be available later this month.

A new venture has also been planned for a musical evening when we will be entertained by The Ardrossan Community Choir who come with a considerable reputation, and give a broad variety of entertainment in song. This is scheduled for Monday evening, 22nd of October.

Again, in view of our decline in members, it is hoped that some of the other organisations will be able to co-operate in some way to make this a success and encourage a good turnout.

Fred Baxter

ANCHOR BOYS

Anchor Boys for all boys in Primaries 2 and 3 meet on a Thursday, 6 till 7pm in the Bill Penny Hall

Lesley Richardson.

Spanish Conversation Group

The Spanish conversation group meets on a Thursday in the creche room from 10am till 12.00 noon. We are a group of Spanish speakers of various levels. Last year we were full to capacity and expect many of those to return, but new faces are always welcome. The charge is £3 per session to cover expenses.

Eleanor Joliffe.

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The Guild

The first Guild meeting of the session will be Tuesday 2nd October at 2.30pm when we will have the Rev Scott Cameron as our guest speaker.

This is the 125th anniversary of the Guild and Ardrossan Presbyterial Council has arranged a few events.

On Monday 24th September at 2.00 pm Auchenharvie Jazz Band will be giving a concert in St Cuthbert's Church, Saltcoats.

On Monday 19th November there will be a Guild week Songs of Praise in Kilwinning Old Parish Church at 2.00 pm

At 2.00pm on Saturday 16th February there will be a Coffee Afternoon, to be held in St Cuthbert's Church Hall.

We hope you will be able to support some, if not all, of these events.
May Paton

The Catering Team

The catering team is an organising team set up to meet the catering needs of the Church. Some of the elders in it are actively involved but in order to fulfil our role we rely on the goodwill and generosity of many of the congregation who give of their time and talents to donate, bake and volunteer to serve both weekly and at special events. We also have a team of ladies who attended and passed a food handling course enabling them to cook for various occasions. To all those people we say a great big thank you, for without them we would struggle. If anyone is interested in joining the Sunday morning tea rota or the Tuesday morning Rendezvous team please come and see me. I would be pleased to include you in the next rota. You would be serving our Lord and at the same time enjoy the fellowship of others.

Janette Fleming"

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Church Register

The following have sadly passed away - please remember their families at this time:

Helen Alexander - Abbotsford Nursing Home, formerly Portencross Road, died on 13th May 2012.

Muriel Evans - Irvine Road, Largs, died on 3rd June 2012.

Helen McQueen - Fauld's Wynd - died on 8th June 2012.

Mary Read - Tarbert Avenue, latterly Buckreddan Nursing Home, died on 15th June 2012.

Ellen McBride - Highborne Crescent, died on 18th June 2012.

John McBride - Simson Avenue, died 25th June 2012.

Dan Templeton - Yonderton Place, died 27th June 2012.

Margaret Wilkinson - Overton Crescent, died 4th July 2012.

Beverley Roberts - Headrigg Gardens, died 14th July 2012.

William Kean - Kirkton Avenue, died 5th August 2012.

Florence Martindale - Seabank Nursing Home, formerly Weston Terrace, died 17th August 2012.

Baptism

Brogan Gerard James Gallagher , son of Ralph and Hazel Gallagher of Highborne Crescent. Baptised on 12th August 2012.

Tearfund

To all of you who purchased plants I must say a huge "thank you". Although I can grow plants, if I don't sell them, it becomes a pointless exercise. As a result of your generosity this summer I have managed to send £3532.59 to Lynne Paterson, the Scottish Director of Tearfund.

She writes that this money will give support to families desperate for food in the Sahel region of West Africa. Tearfund has also released £180,000 to enable six of their partners in Niger, Mali, Burkina Faso, and Chad to respond to the food crisis. They are teaching communities to develop market gardens by improving irrigation, and building dykes, enabling them to sell any surplus produce. Research in Malawi found that for every pound invested in preparing and building communities' resilience to future drought, projects delivered £24 of net benefits against food insecurity. (See letter in Tearfund slot in the Lower Hall)

A huge thank you also goes to all of you who are collecting small change. I am about to pay in £72.09 along with 2 generous cheques - One for £25 and the other £50, while another large box of loose change was handed in to me last Sunday. It's wonderful that we are able to provide so much help for those who are so deprived.

Audrey

WOMEN WHO PRAY

We are a group of women who believe that Prayer Changes Things and we meet each Tuesday morning from 9.30 – 10.30am in the Prayer Room.

During our prayer time we uphold James, our Minister, the congregation, the community of West Kilbride and current events locally and around the world.

It is an open meeting and we would gladly welcome more women to join with us.

We usually enjoy attending Rendezvous after the prayer meeting!

Lynne Seal, Prayer Co-ordinator.

CRAFT GROUP

The craft Group meets in the Prayer Room from 10am – 4pm every fourth Wednesday. We do various crafts from scrapbooking, cardmaking, sewing, knitting, rug making, etc. If you enjoy a craft and would like to join with other likeminded people and have a friendly, relaxing time making new friends then please join us. You will be made most welcome. We do have a man in our group so it is open to everyone!

Deirdre Murray (822272)

Please remember...

The Prayer Chain is available for urgent prayer requests.

Contact 07826652331

If you know of anyone in hospital who would like a visit, please speak to the minister. Don't assume he already knows about someone who has been admitted. Many thanks!

Join the West Kilbride Parish Church and Friends Facebook group. Search for the group or go to: <http://Facebook.com/westkilbrideparishchurch>

Have a look at the church website for sermons, Church Matters and more... www.westkilbrideparishchurch.org.uk

Follow the church on Twitter: **@WKPC**

Church member contact details – if your contact details have changed recently, please inform Ruth in the church office so that we can keep our records up to date. Thank you!

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Children in Church

A little boy was attending his first wedding. After the service, his cousin asked him, "How many women can a man marry?" "Sixteen," the boy responded. His cousin was amazed that he had an answer so quickly.

"How do you know that?" "Easy," the little boy said. "All you have to do is add it up, like the pastor said, 4 better, 4 worse, 4 richer, 4 poorer."

After a church service on Sunday morning a young boy suddenly announced to his mother, "Mom, I've decided to become a minister when I grow up." "That's okay with us, but what made you decide that?"

"Well," said the little boy, "I have to go to church on Sunday anyway, and I figure it will be more fun to stand up and yell, than to sit and listen."

A 6-year-old was overheard reciting the Lord's Prayer at a church service, "And forgive us our trash passes, as we forgive those who passed trash against us."

A boy was watching his father, a pastor, write a sermon. "How do you know what to say?" he asked. "Why, God tells me." "Oh, then why do you keep crossing things out?"

Ms Terrie asked her Sunday School class to draw pictures of their favourite Bible stories. She was puzzled by Kyle's picture which showed four people on an airplane so she asked him which story it was meant to represent.

"The Flight to Egypt ," was his reply. Pointing at each figure, Ms. Terri said, "That must be Mary, Joseph, and Baby Jesus. But who's the fourth person?" "Oh, that's Pontius - the pilot!"

Books of the Bible

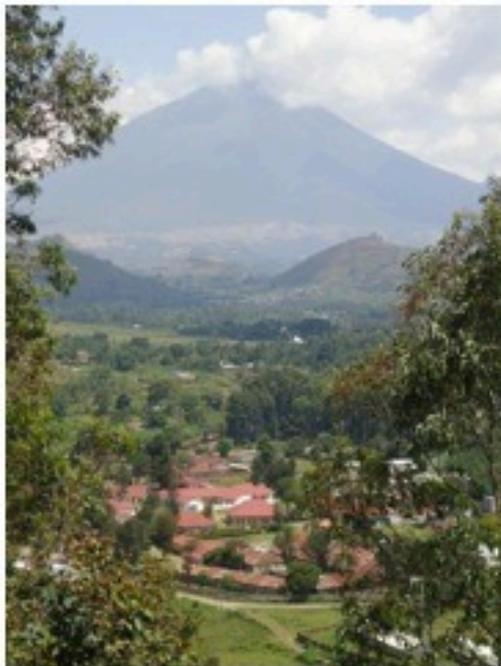
Can you find the names of 25 books of the Bible in this paragraph? This is a most remarkable puzzle. Someone found it in the seat pocket on the flight from Los Angeles to Honolulu keeping himself occupied for hours. One man from Illinois worked on his while fishing in his john boat. Roy Clark studied it while playing his banjo. Elaine Vicks mentioned it in her column once. One woman judges the job to so involving, she brews a cup of tea to help calm her nerves. There will be some names that are really easy to spot.....Thats a fact. Some people will soon find themselves in a Jam, especially since the book names are not necessarily capitalized. The truth is, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Something in our genes is responsible for the difficulty we have. Those able to find all of them will hear great lamentations from those who have been shown. One revelation may help: books like Timothy and Samuel may occur without their numbers, And punctuation and spaces in the middle are normal. A chipper attitude wil help you compete. Remember, there are 25 books of the Bible lurking somewhere in this paragraph.

Answer in the next issue of Church Matters.

I've been here 6 weeks, so much has happened, always busy, but this is good project. We are busy all week, but on many of the Sundays we have been going on outings, giving a lovely break.

One day we (a young Dutch girl and I) went up a mountain. We had a fantastic view all around from the top. The climb wasn't that high, but very steep and I felt the altitude when breathing.

Another Sunday we (3 young women and I) went to a resort by a lake. It is only 15km away, but took us 50 minutes driving there, because it was a mountainous dirt road. We could swim in the lake. Because of the altitude there are no parasites or crocs in the water, only harmless (we were assured) snakes.



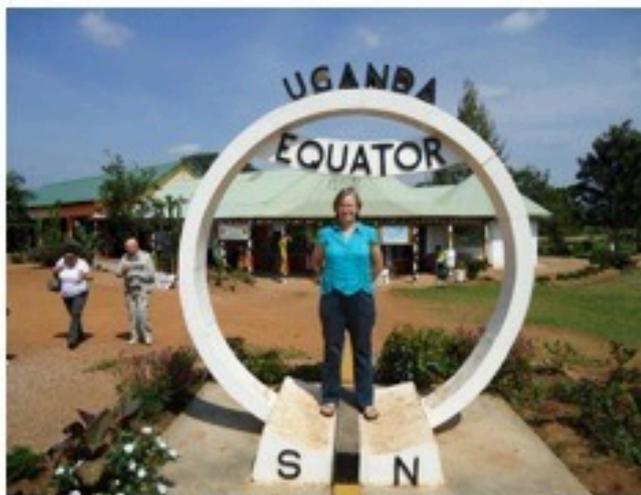
This whole area is volcanic with one main volcano (dormant I have been told) over 4000m high. The peak is mostly hidden in the clouds. Those who have been to the top, tell me there is a crater lake up there – hard to imagine.

The buildings in the centre are the hospital compound where we are staying with the big volcano in the back. It is around the smaller neighbouring volcano that the famous mountain gorillas live. As some other expats said they are Uganda's oil – it costs \$500 per person for half a day to see them – apparently Bill Gate was here a few days ago.

Then last week I had to go to Kampala (the capital). It was an extremely bumpy 9 hour car ride – I have learnt to appreciate the brilliant suspension system on the Toyota Hilux. The scenery along the first 80km was breath taking.

Mountainous
Half way
have flown
crossed on
noticed, if it
African
my need to

Coming back
half way) &
because we
the Monday –
desk officer –
swimming



and spectacular!
there we crossed the Equator. I
over the Equator, but never
land before. I would not have
hadn't been for the sign. My
traveling companions understood
take a tourist stop for a picture.

we stopped in Mbarara (bit over
spent the weekend there,
attended a UNHCR meeting on
I was there with our Humedica
was relaxed and I used the
pool.

I hope you are all doing well. At times I really miss home – I know my home is waiting for me.

