

Our Prayer Diary

*This prayer diary is produced monthly by and for
PENTLAND PARISH CHURCH OF SCOTLAND
(SCO10296)*

meeting in four congregations around the North 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:
e-mail esmeduncan@btinternet.com or phone 01955 611 455*

Copy date for the July issue is 20th June

Please keep praying!!! Thank you!!



Canisbay Church



Olrig Church



Keiss Church



Dunnet Church



JUNE 2020

*So if you're serious about living this new resurrection life
with Christ, act like it..... Look up, and be alert to what
is going around Christ – that's where the action is.*

See things from Christ's perspective.

Col. 3.1,2 (The Message)

Monday 1st

Our God and Father, Your love amazes us. Your love has comforted, sustained, guided and surrounded us through all our days. As we enter another month, teach us to love You more and serve You better.

Tuesday 2nd

Heavenly Father, as our new Moderator takes up office in this challenging time, we thank You for the retiring Moderator Colin and his wife Ruth for all their work and words of hope and encouragement which we have been privileged to hear over the past year. Bless them as they adjust to their new normal - and have a rest!

Wednesday 3rd

Eternal Lord, You are the same today, tomorrow and forever. We thank You that through the work of Your Spirit we may be renewed in body, mind and spirit. Help us to listen to Your word. Give us the courage to respond in grace and faith.

Thursday 4th

There are many people who have played a valuable part in our lives over the last few months. We thank You, God, for delivery drivers bringing groceries and other essential supplies, for the postmen who cheerfully deliver our mail while trying to keep themselves safe from infection. May we always be grateful for the dedication of those workers whom we have often taken for granted.

8.00pm. CLAP FOR CARERS

Friday 5th

Marcus writes, "In these challenging times, with traditional worship on hold, as Locum I have found it a challenge to get fully involved. The main thing I have done is to contact as many of our people as I have phone numbers for. All have been keen to have a chat and seem to be surviving with food being delivered, enjoying good health and appreciative of the contact. If you know of someone feeling isolated and cut off, then please phone them. I hope to speak to many more of you while lockdown is still in place. God bless you all."

Friday 26th

*Are we weak and heavy-laden, cumbered with a load of care?
Jesus is our only refuge: take it to the Lord in prayer.
Do your friends despise, forsake you? Take it to the Lord in prayer!
In His arms he'll take and shield you; you will find a solace there.*

Sing it often! And hang in there! (Joseph Scriven)

Saturday 27th

We are lucky to live in a rural Charge, where wide open spaces and gardens are all around us. Let us stop and reflect on the people of our nation, especially in our large cities, who have no private outside space, living in tower blocks, many with small children, trying to keep them occupied in this lockdown period. We pray for all in this situation. Gracious Lord, give these people the strength and fortitude to carry on until once again we can roam free without restriction.

Sunday 28th Ps.13; Matt. 10.40-42

No church and no normal services! So how can we worship our Lord? Hopefully you are exploring and enjoying the TV and, where you have the facility, internet services. Take your church with you in each act of kindness and each loving word you speak! If you are in isolation, make contact by phone and listen. Pray on for others!

Monday 29th

Pray for displaced people living in makeshift tents, with little means to protect themselves from coronavirus. Ask God to cover them with His wings and protect them from this disease (Psalm 91.3,4)

Tuesday 30th

Father God, in these difficult times help us to trust in You! We don't understand why there are pandemics such as coronavirus, but help us to know that You are in control. Give us a faith that will be an anchor, firm and secure, in the storms we are going through.

'Did you hear that skylark? It was God whispering to you.
Did you hear that rumble of thunder? It was God shouting to you.
Why won't you listen?' (Anon.)

Thursday 11th

Loving God we thank You for the army of volunteers working tirelessly to help others in need, whether by shopping, collecting prescriptions, providing food or just making a phone call. Help us to be good neighbours, reaching out in love in our communities and beyond. **8.00pm. CLAP FOR CARERS**

Friday 12th

We remember the fishermen who work around our coasts, seeking to bring to us the harvest of the deep. We pray that they will be protected from danger. Many of them can't go to sea just now as their usual markets - restaurants and hotels - are not open and we trust they will be able to access the financial help that is needed. Gracious God, You understand their plight. Bless them today.

Saturday 13th

Usually in June school pupils would be making arrangements for and getting excited about going to Scripture Union Camp where they would hear God's Word, enjoy outdoor activities and fellowship with each other. Sadly the camps have been cancelled this year. We pray that these young people will still be keen to attend Scripture Union meetings once lockdown and social distancing are things of the past.

Sunday 14th Ps.116.1-2,12-19; Matt.9.35-10.8

Thank You, Lord, for our friends. Help us to treat them as we would wish to be treated. Thank You for our greatest friend Jesus Christ, for Your love for us and for the gifts You have given us. Thank You for our life here on earth and for the hope of eternal life to come.

Monday 15th

Loving God, we pray for all people living in the parish of Keiss - school children, key workers, retired, and those struggling to make ends meet. Let each one know Your love and care for them, directly or through the hand of another. Keep them safe.

Tuesday 16th

Loving Father, we pray for anyone who has lost a family member or a loved one and has not been able to be by their side, whatever the reason. The feelings of anguish at words not said and of guilt may seem intolerable. Wrap them round with Your tender care.

Wednesday 17th

Christine Stone writes from C&CFC "Our supports continue (as noted in May Diary): Telephone Connect Sermon Support; YouTube sermon uploaded to our page every Sunday afternoon; Zoom Bible Studies every Tuesday and Wednesday evening; Friday night Zoom Quiz. Everyone is warmly welcome to 'join' us at any time. Also - a friendly chat on the phone - 821321 for anyone needing to hear another voice is available at any time. Loneliness is a prayer point in itself and this is a support that is already being used and helping isolated folks in our local communities. And our volunteer team is busy supporting many folks around our local communities. We have **much** cause to be grateful!"

Thursday 18th

Loving Father, it is so uplifting to take part in the Clap for NHS workers, carers and all essential workers on a Thursday night, with lots of music being played as well. Music can be many things: joyful, romantic or fun, calming and relaxing, beneficial for everyone. Music can work wonders, help us in different ways, a whole world of enjoyment, mood-lifting as it plays. **8.00pm. CLAP FOR CARERS**

Friday 19th

Lord, teach us to serve willingly, serving others in Your name, doing our best to help where needed. Whenever possible, let us use our hands and minds to do good to all.

Saturday 20th

Remember people on the autistic spectrum, living alone or with little support, distressed as their usual routine is turned upside down. May God be their unchanging Rock! May He strengthen their faith!

Sunday 21st Ps.86.1-10,16-17; Matt. 10.24-39 Father's Day

As a father pities his children, so the Lord pities those who fear him. (Ps. 103.13)

“That’s far too heavy for the lad to carry,” cried the interfering visitor, as he watched dad pile the parcels up into the arms of his small son. Cheerfully the boy replied, “My father knows how much I can carry.” Keswick Calendar (many years ago!) selected quote

Monday 22nd

Lord, help us to see how we can ease the burdens which others carry. When we have a burden to bear ourselves, help us to know when to accept help from others and to know when we should lean on You. You alone know our innermost thoughts and needs, so we bring our prayers to You, knowing that You are with us always.

Tuesday 23rd

Do we ever think how important communication is to us? At this time of uncertainty not having a telephone or internet could seem impossible to cope with. Being able to speak to family and friends is so important. But we can talk to God at any time, knowing that He listens. He may not always give the answers we want, but He always gives us the answer we need. So when things seem bleak or when we feel weary, “Take it to the Lord in prayer”!

Wednesday 24th

Pray for the animals, their keepers and all who are taking care of them in zoos, safari parks and rescue centres where there are no visitors at this time. Remember Balmore SSPCA and KW K9.

Thursday 25th

Lord God, You said, “By this everyone will know that you are my disciples, if you love one another.” We give thanks for all who by their acts of love and selfless service are serving others, especially those working in the NHS, in these challenging days.

8.00pm. CLAP FOR CARERS

Saturday 6th

Since Lockdown many people have become more familiar with technology. On 16 May we were able to view via live streaming the Induction of the new Moderator Rt Rev Dr Martin Fair. Only very few people and a couple of cameramen were present in the Assembly Hall. Footage of the 2019 Assembly was used for some of the Praise items. How lovely to see our Editor and other Caithness friends singing God's praise. We wish Martin and his wife Elaine God's richest blessing as Martin undertakes his duties in different circumstances and using various pieces of technology when face to face meetings are not possible. Bless and use him, Lord God!

Sunday 7th Psalm 8; Matt. 28.16-20 Trinity Sunday

“God has protected me more times than I can count. I can only imagine the times I've been rescued that I don't even know about. Thank You, God, for always being there, even when I didn't know it.”
(Airth Parish Church website)

Monday 8th

Heavenly Father, we pray for all those who have lost their job during this pandemic. Give them strength to face whatever lies ahead. We pray for those who face an uncertain future in hospitality, retail and all businesses affected by the closure of their premises. Be with all who face the future with anxiety and deep concern.

Tuesday 9th

We pray for all in hospital, especially those who are elderly and who feel so alone because of the restrictions on the number of visitors and who feel scared by staff who are covered with PPE protection. May each one find comfort from God's presence and love.

Wednesday 10th

Pray for the farmers, that they will have enough help to pick their fruit and vegetables this year in order that the crops are not wasted and we have the food we need. May we never take this for granted!