



The Manse,  
Aberdalgie,  
Perthshire.

Dear Parishioners,

June 2016

It has been good for us all to have had such fine weather lately; it usually cheers us (well most of us, some people will always grumble). I have become convinced that in the winter months, it is not always the inclement weather that gets us down, but rather hearing others complaining about it.

Negativity is infectious, but then, so is positivity: replacing a frown with a smile, replacing criticism with a compliment, replacing animosity with goodwill and replacing greed with generosity, all go a long way to making life more meaningful and enjoyable, for us all.

In the Holy Bible, The Book of Proverbs (Chapter 17 verse 22) tells us that 'A cheerful heart is good medicine.' You know how pleasant it is to be with those who are cheerful, such people lift our spirits, and make us feel good for a time; but you will also know that no one can feel cheerful all of the time. There is however, something far greater than positive thinking, or even cheerfulness, and that is, contentment.

What Jesus Christ offers us is more than just wishful or positive thinking, more than just momentary cheer, which fades away when troubles come. Jesus actually offers us a contentment, which endures, no matter what the circumstances.

From A.D. 59-61 the Apostle Paul languished in prison, the Romans had locked him away because of his faith in Jesus Christ. Paul thought it likely he would die at the hands of the Romans, yet he could write to his friends in Philippi, a small town in northern Greece: 'Not that I complain of want; for I have learned, in whatever state I am, to be content. I know what it is to be in need. I have learned the secret of being content, in any and every situation.' Paul goes on to say what, or rather who, the secret is, He writes, 'I can do everything through Christ, who gives me strength.'

I hope and pray that whatever the weather, (As I write there is thunder storm raging), and whatever your circumstances, including those things over which you have little control, that you will know the peace and contentment that Jesus Christ offers.

Please be assured that you are always welcome at Church, be it at Aberuthven or Dunning. Here you will find a place of prayer, and of peace. God bless you.

Yours sincerely,

James

Rev James W. Aitchison  
Parish Minister at Aberuthven and Dunning