

C.A.L.M



February 2010

REFURBISHED TOOLS HEADING FOR THE MISSIONS

A local charity has been collecting unwanted tools of all descriptions from many sources in the area with the intent of sending them out to the Missionary areas of the world.

Premises have been obtained in Rosyth and are being organised as a refurbishment centre where volunteers will undertake the processing of these implements to bring them back to workable and safe use.

Once completed the, the depot will be open at least one day a week so people can deliver tools they want to donate or leave for refurbishment and cleaning.

A small core group, drawn mainly from Viewfield Baptist Church, are presently working at the centre, but more assistance is needed. Skilled volunteers with knowledge of the Trades are urgently sought to help regenerate the equipment donated. Training can also be provided to those who do not have the above expertise.

Schools can also help as there is a scheme organised by TWAM whereby plastic document wallets are filled with education resources, e.g. writing pads, pencils, pencil sharpeners etc. These packets are used, as are knitted items, to pad out the containers being shipped to the Missions.

If you would like to help, you can contact Finlay Robertson, either by telephoning him on 01383722371, or by e-mail on finlay39@googlemail.com.

Finlay is also happy to come along and speak to your church or organisation.

Internet access

Thanks to a very generous donation of computers both from a local lady and an Edinburgh Travel Agent we now have a number of computers within Your Oasis available to the public.

Limited Internet Access is now available on request.

ROTARIANS FIGHT POLIO WORLD WIDE

Rotarians world wide have committed to raising funds to help eradicate Polio, a disease affecting the spinal cord, which often causes paralysis, from all areas of the Earth.

From Saturday, 20th February, for one week, Your Oasis, the Chaplaincy Cafe within the Kingsgate Centre, Dunfermline, will play host to a display organised by three local Rotary Clubs to raise awareness of the **END POLIO NOW** campaign.

Rotary across the world was challenged by Bill Gates, the Microsoft magnate, to raise \$200 million by 2012 in return for a similar donation from his Foundation. This money will eradicate polio from the world for ever.

On Friday 26th and Saturday 27th February a Shelterbox will be set up on the concourse near Your Oasis. These boxes have recently been featured in news coverage of the terrible Haiti disaster.

Specific to these two days will be "Purple Pinkie" activities including the "Purple Pinkie Pledge". More will be revealed on your visit to Your Oasis!

Look out too for the Rotarians Can Collection at Tesco, Dulloch Park, on Saturday 27th February,2010.

Appreciation also goes to Your Oasis, the Town Centre Chaplaincy Cafe, for hosting this event.

KNIT ONE, GIVE ONE

Can you knit?

Looking for something to occupy your itchy fingers? Why not knit for others?

All sorts of people are looking for hand knitted items made by you – squares for blankets for disaster areas, hats, gloves, jumpers for children all over the world, teddies for orphans, teeny tiny hats and garments for premature babies, knitted breasts (yes, that's right, breasts!) for teaching young mums how to express milk. We have the patterns, needles, wool and also the contacts to receive your handiwork.

Can't Knit?

No problem! Come and learn. Apparently it's the new yoga and the coolest way to fill those spare minutes – all sorts of big stars are to be found knitting in their trailers on set. It's simple and you'll be making wonderful things before you know it.

Found yourself with a bigger stash of wool than you know what to do with?

Donate wool - and needles – for others to use.

You know it makes sense!

Thursday is the time set aside, but we are happy to receive your wool and your work at any time. Ask for Kathryn.

She's the one who knows her knitting!

Coffee House Church

The Coffee House Church continues to open every Thursday evening between 5pm and 6:45pm as a venue for people to come along and discuss the issues of the day.

A short Service is held between 5:30pm and 6pm

The Coffee House Church will now also be open on the following Sundays:

February 7th March 7th April 4th May 2nd

May 30th

June 27th
Between 12:30 and 4pm

PRAYING OVER THE TEAPOT

When I was a student I spent a few years working - as most students do - in a bar, and it was the sort of place that had a very regular clientele; every day I would see the same people walk in at the same time, buy the same drink and sit in the same seat. There was a sort of monastic rhythm about the place, even if the tone of the language often removed any lingering suspicion that this might be a house of prayer.

Very often you hear people say they enjoy their

Very often you hear people say they enjoy their job because every day is different. "I never know what's going to happen next," they enthuse. For me, I loved the opportunity that others' regular routine gave me to get to know them quite quickly and quite well, even though we only spoke for a few minutes each day.

Developing a daily habit of talking to God is something most Christians aspire to, yet very often struggle with. I know that prayer is often the first thing I drop from my schedule when the pressure is on. But a good way of staying connected to God is to use our routine to our advantage.

Saying a prayer each time you are making a cup of tea, (or enjoying one in Your Oasis), for instance, or silently acknowledging God's presence with you when you are waiting for a bus are great ways of keeping in touch, and getting to know God better.

By Andrew Lyon

SOME USEFUL DE-STRESSING WEBSITES

www.thesoulgym.org

Offers insights about creating the right ethos at work

www.sacredspace.ie
Advice on how to be still in mind and body
www.anamchara.com

A beautiful site listing useful books and webpages