



ceud mìle fàilte

CLÈIR EILEAN Ì

Weekly Newsletter
Friday 28th August 2026

Reflection

I've been reflecting on rest these past weeks, as we've taken time over the summer to have our holidays, and now as we approach the Autumn.

I don't know about you, but I am not very good at resting! I always seem to find a task that needs doing, a chore that needs completing, an email to respond to.

And with our constant access to the world, and people's constant access to us through our phones and social media, it can feel impossible sometimes to quiet the mind, to find stillness and rest in our loud and busy lives.

It might be a good time to reflect on Jesus' own words:

"Come to me, all you who are weary and burdened, and I will give you rest."
– Matthew 11:28

Augustine echoes this in his Confessions, Book I: *"Our hearts are restless until they rest in you."*

This rest is not simply needing a holiday – we can stop working and still feel restless. We can even come back from holiday more exhausted than when we left.

This is a deep rest, a deep peace, that comes only from resting in God.

Sabbath (from the Hebrew 'Shabbat', to rest or to cease) asks us to stop trying to justify our existence by what we achieve. It is a gift, one that means we can stop striving, stop doing and rest in the stillness of God.

I hope you can all find moments of Sabbath in these last weeks of summer.

Nathalie.

Announcements

- The schedule for the Presbytery Conference on Thursday 24th September is now available. Please find it attached in the email. Please send all conference enquiries to: nmaccallum@churchofsotland.org.uk
- James will be on annual leave from Monday 31st August– Monday 14th September. It could take a little longer to get back to folk while I hold the fort on my own, so your patience will be much appreciated during this time!

In the News

[Scottish churches welcome £1m fund for historic buildings – Christian Today](#)

[£1.7 Million Investment to Expand Addiction Recovery Services in Inverness – The Highland Times](#)

For Interest

- **Christian Aid** updates from Rev Fiona Smith can be found attached.
- The **Church of Scotland Learning Presbytery Newsletter** is also attached for interest.
- A flyer from **Transform Trade** (formerly Traidcraft) is attached, providing information about their **No More Profit From Harm campaign** and how you can get involved this Autumn.
- An update from a **FAPLT meeting** this week is attached with key information regarding the day of prayer, the church planting conference, national ministries conference and more, along with a summary note of the various FAPLT staff in each FAPLT department so that people know who's working in different areas and how to get in touch.

With every good wish for the week ahead,

Nathalie.



Get in touch!

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