



Weekly Newsletter: 20th August 2024

Reflection: When you need a boost

By Lorna Ferguson

"Finally, be strong in the Lord and in his mighty power." (Ephesians 6:10)

In Japan, many people use bikes to get around. People cycle to the station to catch a train to work; mothers put their children into special child seats to take them to nursery; high school students cycle to school each day; baskets on the front and back of the bike enable people to cycle to do their grocery shopping. I use my bike to go to the gym, local shops and church. The area where I live is quite hilly, and there are a couple of places where I need to get off my bike and push. Sometimes, as I am struggling up a hill, a young mother with two children on her bike, or an elderly man might cycle right past me. A quick glance reveals their secret- they are using a pedal-assist electric bike. These bikes are popular in Japan for those who might otherwise find it difficult to cycle, especially mothers with young children. You pedal like you do on a normal bike, but it is equipped with an 'assist mode' which you can switch on when you need it, to give you a boost as you pedal.

This year's Olympics in Paris marked 100 years since Eric Liddell won gold in the 400m in Paris in 1924. Many of you will know the story of how he came to run in that race. Eric's best event was the 100m, but when he discovered that the heat would be on a Sunday, he withdrew and entered the 400m instead, quite a different race from what he had been training for. However, when he ran in Paris, he not only won the gold medal, but also broke the Olympic and World records. He said, "The secret of my success over the 400m is that I run the first 200m as fast as I can. Then, for the second 200m, with God's help I run faster." Eric knew he had strength for the 200m, but not for the 400m. He knew he needed a boost from God for that. He still had to do his part, running as hard as he could, but he knew he needed God's help in a different way from the 100m.

God enabling us to do things that we cannot do in our own strength is a key part of what it means to live as a Christian. We see it time and time again in Scripture. Think of these two examples from Jesus' healing miracles. When Jesus met the man with the shrivelled hand in the Synagogue, he told him, "Stretch out your hand" – the very thing the man was unable to do (Mark 3:1-6). When the four men lowered the paralysed man through the roof, after forgiving his sins Jesus said to him, "I tell you, get up, take your mat and go home" – again the very thing this man could not do. And yet in both instances, as these men went to obey the impossible thing that Jesus was telling them to do, they found that God had given them the strength to do it.

Paul writes something similar in his letter to the Philippians (2:12-13): “Therefore, my dear friends, as you have always obeyed – not only in my presence, but now much more in my absence – continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfil his good purpose.” We are to work out our own salvation as God works in us.

I am currently writing a series of devotions for my church in Japan on God’s armour in Ephesians 6:10-18. We can see the same principle there in verse 10: “Finally, be strong in the Lord and in his mighty power.” We are to be strong, but it is God who gives us the strength. As the passage continues, we see that we are to stand in the battle, but wearing God’s own armour which he gives us for the fight.

As we are faced with many challenges, both in our own lives, in the life of the church, and in the world at large, what an encouragement these verses are. We know that we do not have the strength to face these challenges or to do the things God may be asking us to do. But we can trust that as we step out in faith, as we seek to stand in the face of adversity, God will give us the strength we need. I am reminded of a hymn we sang in Holyrood when I was a student, ‘He Giveth More Grace’ by Annie J. Flint:

He giveth more grace when the burdens grow greater,
He sendeth more strength when the labours increase;
To added affliction He addeth His mercy,
To multiplied trials, His multiplied peace.

When we have exhausted our store of endurance,
When our strength has failed ere the day is half done,
When we reach the end of our hoarded resources
Our Father’s full giving is only begun.

*His love has no limits, His grace has no measure,
His power has no boundary known unto men;
For out of His infinite riches in Jesus
He giveth, and giveth, and giveth again.*

Tranent Church Plant

At our AGM, Joe outlined a vision for us to become more connected with the growing movement of church planting in Scotland. Over the last few months, the Session and Mission Team have been exploring ways for HEC to partner with at least one current church plant. The hope is that by being more involved in such a work, we will be able (1) to support the spread of the gospel and (2) learn more about what it means for a community to be on mission together. Church plants have an evangelistic vitality that is inspiring. Our hope is that by supporting at least one church plant we will be reinvigorated in our own mission in East Edinburgh.

The session has decided to partner with the Tranent Church Plant (led by Tim Rawlinson). Our hope is that, due to the nearness of Tranent, we will be able to keep up a close relationship with the church and mutually encourage one another. The partnership will include monthly financial support, regular prayer support, and, God willing, on the ground opportunities for HEC members to serve the mission in Tranent.

Sermon Series - Lamentations - Faith in Ruins

By Jon Gemmell

How do you feel on the darkest day in your nation's history? Your city lies in ruins, its temple desecrated, tens of thousands slaughtered, and everyone but the lowest among you exiled. Amidst this devastation, a harsh truth sinks in: you brought this upon yourselves. God had made a covenant, promising boundless blessings for obedience but warning of unimaginable horrors for disobedience. The Babylonian siege and the eventual sacking of the city are proof that you, as God's people, have failed catastrophically. As you sit in the rubble of Jerusalem, sifting through the debris, you begin to process the unthinkable and grapple with the question: where do you go from here?



Welcome to the world of Lamentations.

Over six Sunday evenings this autumn, we'll take an in-depth look at the book of Lamentations—a harrowingly beautiful collection of poems where God's people search for hope in the aftermath of everything falling apart. This book offers a powerful remedy, teaching us to grieve rightly, lament faithfully, and hope eternally.

- Sunday 8th September- Getting a grip on Lamentations
- Sunday 15th September- Lamentations 1- Deceitful Security
- Sunday 22nd September- Lamentations 2- Sovereign Calamity
- Sunday 27th October- Lamentations 3- Unending Affinity
- Sunday 3rd November- Lamentations 4- Gracious Severity
- Sunday 10th November- Lamentations 5- Hopeful Despondency

Men's Curry Night – Saturday 31st August



All the men in the church family are warmly invited to the Manse (112 Milton Road West) on Saturday 31st August at 6pm for a curry night

Please sign up [here](#) by this Friday (23rd) so that we have an idea of numbers and any dietary requirements. Thanks!

Prayer Meetings

We're looking forward to having a meal together on the first Wednesday of the month before the prayer meeting. Come from 5.45pm and we'll eat together at 6pm followed by the prayer meeting at 7pm. The three dates to note for this term for our Wednesday meals are:

- 4 September
- 2 October
- 6 November

Community Picnic – Saturday 7th September

We're looking for an idea of numbers for the picnic. Please sign up [here](#) and there will also be a hard copy sign up sheet in the church foyer on Sunday.

Please bring a blanket to sit on or if you have any garden fold out chairs, please bring them

along. If you have garden chairs, but are not able to come and are happy for us to borrow them, please contact Gilly (gillianpickering@ymail.com).



Home Groups

We will be reorganising our home groups this Autumn. This is an exciting opportunity to build new friendships in the congregation. If anyone would like to join a home group (who has not been a part of one in the past), please contact Joe or Liz (Liz@holyroodevangelical.org). Home groups are a great way to feel more a part of the shared life of HEC.

The plan is for new groups to launch at the start of October. Until then, we will keep to the weekly rhythm of prayer meetings each Wednesday evening.

October Holiday Club at HEC

We have been praying for more local outreach for children and families. God is answering our prayers. HEC will be partnering with Word of Life and a church in the USA to put on a holiday club over the October school holidays. Word of Life will be taking the lead in terms of organising the event and the USA team (in partnership with the Mission Team). HEC will be providing our building to host the holiday club and a team of volunteers to support the events. The hope of the Mission Team is that this event might be a catalyst for us to be able to reach more children and families in the community. Please pray for Gillian and Joe and they take part in planning discussions. Also prayerfully consider if you would like to volunteer to help with the holiday club.

Date: Monday 14th to Friday 18th October
Time: 9am to 12.30pm



Scottish Women's Bible Convention – Saturday 5th October

The Scottish Women's Bible Convention is back! This year Caroline West will be teaching on the topic of rest from Matthew 11. Come along to Charlotte Chapel on Saturday 5th October from 10am to 3pm. Bring your own lunch!

The aim of the day is to provide faithful Bible teaching by women for women with the Lord Jesus as our focus. For tickets go [here](#) and speak to Liz for more details.



Cross Training Men's Conferences



Joe and Cross Training Ministries are organising two men's conferences in Scotland this year. Join them for a weekend full of training, friendship and fun! There are two options-

- 4th – 6th October at Gowanbank
- 11th – 13th October at Alltnacriche

Speak to Joe for more details or go [here](#).

Summer Appeal 2024

The summer appeal for 2024 has now ended and we can give thanks to God for all who have generously given to enable HEC to reach a total of **£13,086.25**. This amount will go towards the support of our three overseas missionaries – the Sorsamo family in Finland, Lorna in Japan and James in Singapore.

Church Calendar

For your info and prayers:

- Tuesday: Act Like Men at 7pm at Hope Church Bingham (Mountcastle Drive South)
- Wednesday: Prayer meeting in person at 7pm (and on Zoom)
- Sunday: Services at 10.30am and 6pm - Joe Barnard preaching (live streamed)
- Monday: Baby and Toddlers at 10am



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