



## UPDATE: JULY – AUGUST 2025

*When a Samaritan woman came to draw water, Jesus said to her, “Will you give me a drink?” (His disciples had gone into the town to buy food.) The Samaritan woman said to him, “You are a Jew and I am a Samaritan woman. How can you ask me for a drink?” (For Jews do not associate with Samaritans).*

John 4: 7-9 (NIV)

### “Hello”

One of the benefits of living in Inverness is that most folks still say “Hello” to people they don’t know and there is always a possibility of a random conversation with someone you have never met before. This is one of life’s simple pleasures. Have you ever thought of it being a lifeline?

We are all familiar with the statistics around loneliness and it being likened to being as unhealthy as smoking. Much of the research has focussed on family or close friendships. There is however a growing body of evidence<sup>1</sup> that speaking to strangers can improve your sense of belonging to the place where you live with an increased sense of social wellbeing. The world becomes a less scary place. Such are the benefits of so simple a greeting, Healthwatch Suffolk launched a suicide prevention campaign “Just Say Hello”.<sup>2</sup>

Jesus noticed people. He reached out to people on the margins, people who perhaps others would not speak to, people whose lives were in a mess. As Street Pastors we take the church, Jesus’s church, to where there is need on the streets. However, you don’t need to be a Street Pastor, or to have special skills, to just say “Hello” and you may never know what a difference you have made to someone who is struggling.



*Inverness High Street. Everyone busy, but not too wrapped up in themselves not to say “Hello”*

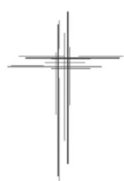
<sup>1</sup> Keohane, J. 2021. *The Power of Strangers: The Benefits of Connecting in a Suspicious World*. Viking. 352pp.

<sup>2</sup> <https://healthwatchsuffolk.co.uk/news/prevent-suicide-in-suffolk-just-say-hello-just-listen-just-reach-out/>

**Patrol Dates** – all currently in the City Centre. Our payday weekend is the one after the last Thursday of the month, so unusually July's payday weekend has slipped into August.

Friday 1 August	22:00 – 01:00
Saturday 2 August	22:00 – 03:00
Wednesday 6 August	10:00 – 12:00
Friday 8 August	22:00 – 03:00
Wednesday 13 August	10:00 – 12:00
Saturday 16 August	22:00 – 03:00
Wednesday 20 August	10:00 – 12:00
Friday 29 August	22:00 – 01:00
Saturday 30 August	22:00 – 03:00

### Points for Prayer



*"I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me."*

John, 17:20-21

Give thanks for the prayers of Jesus as they pass from generation to generation of believers. Thanks too for the privilege we have in prayer, for the opportunity we have to make a difference with the power of Jesus to guide and strengthen us.

Summer is a time when we break with routine with holidays, camps and festivals. Scripture Union can play a vital role in the development of young (potential?) Christians. This year Street Pastors from Perth and Stirling will be at the SU Magnitude event on 19-23 July, as will well over 1000 young people. Please pray that they all will encounter God amidst the beautiful nature that He has created.

Give thanks for the various initiatives that support parents over the summer holidays, with packed lunches, holiday clubs or a listening ear.

Over the past weeks, patrols have been blessed by friends of people in distress who have been contactable and able to provide support in the small hours. They have been an answer to prayer as a seemingly intractable situation is positively resolved. Give thanks too, that the spate of negative experiences has passed – an answer to prayer too.

We really value your prayers when we are out. Please also pray peace over the city on the nights we are not out. People on the street notice the difference when we are there. A difference that cannot be attributed to our physical presence alone. Deliver our community from evil.

Please pray especially for those who feel that they have no-one. That they may be touched by the friendliness of a stranger and given the courage to reach out to form new human bonds in a seemingly hostile world.

In His name, Amen

Inverness Street Pastors is managed by **Love Inverness**, a Scottish charitable company limited by guarantee.

Companies House #3314481. Office of Scottish Charities Regulator number SC041605.

We are part of Ascension Trust Scotland <https://scotland.ascensiontrust.org.uk>

Prayer- the unseen key to the success of every  
ministry of the church.

