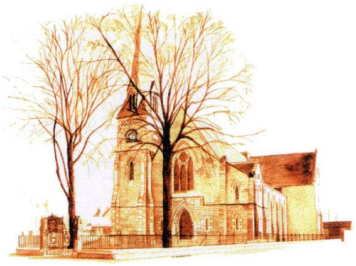
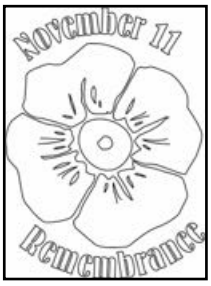
UDDINGSTON OLD PARISH CHURCH OF SCOTLAND

Charity Number SC016893



MAGAZINE

November 2015



Pastoral Letter

Dear Friends

The other week I was in Pet's World buying hay for our guinea pig Coco. While there, I stopped to watch the hamster running in its Ferris wheel. I must have watched this hamster running around and around going nowhere for about 5 minutes. I must confess I was reminded that that is often how my mind works… thoughts running around my head over and over again, often at night time while settling down to sleep. I wonder how many times in our lives that we have found, our minds in particular, turning the same negative thoughts over and over, just like that hamster in the Ferris wheel with no way of moving forward.

The process is exhausting and yields no real benefits beyond mental exhaustion. Negative thought patterns can often inhibit our journey to forgiveness. We can easily talk about forgiveness and agree it is God's way, but when it comes to actually looking at our betrayer with love, it's no easy ride. I have wished my mind could be free of negative thoughts when I have been hurt by comments. Sadly when we don't care about people, it doesn't hurt so much. In contrast, when we have trusted others with our hearts, our time, secrets, and love, the pain of rejection and betrayal isn't easily wished away.

Over the last few weeks we have been looking at the theme of family within the Old Testament at our evening services. Often the issues that faced those families such as Cain and Abel, Jacob and Esau, Ruth and Naomi are similar to the issues many of us experience in our own lives; jealousy, envy, disloyalty, love, compassion, forgiveness and reconciliation. In the situation of Joseph and his brothers which we will be looking at, Joseph's pain certainly wasn't just a surface wound. He was even thinking of his brothers' betrayal when he named his children. His journey towards forgiveness and reconciliation was a roller coaster of ups and downs.

Life for many of us is like a roller coaster, with many highs and many downs. One of the most helpful things, when we are navigating the ups and downs of forgiveness and reconciliation, is to set our minds on truth. So when our minds are struggling with the roller coaster of thoughts and emotions, especially relating to those who have caused us hurt, let's try and focus on the Gospel truths of God's grace to enable us to reach a sense of peace in our minds as we study, mediate and memorise God's word. Let us all make a choice to get off that mental hamster wheel and fix our mind on positive things and over time we'll find God who will transform the way we think.

As it is written in Philippians 4:8

'And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable.

Think about things that are excellent and worthy of praise.'

Blessings *Fiona* *Reverend Fiona McKibbin*

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Next Issue

Articles to the editors by Thursday 26th November 2015

Available Sunday 6th December 2015

We are alway happy to receive articles for inclusion in your magazine. Submissions can be sent direct to the editors or placed in the "dookit" in the church

or

by e-mail to magazine@uddingstonold.org (Please note e-mail address has changed)

or

on paper.

Church Roll Intimations

Baptisms

Sunday 25th October 2015

Talia J Mason
Daughter of Kevin & Amanda (nee Henry)
Date of Birth: 7th March 2015
Place of Birth: Wishaw General Hospital

Deaths

At this sad time our prayers and condolences are with the families of

Mrs Catherine (Cathy) Rodger
Croftbank Care Home, Uddingston
Date of Death: 28th September 2015
and
Mr George Borland
Main Street, Uddingston
Date of Death: 24th September 2015

Change of Address

Lynette & John Jardine
from Powburn Crescent, Uddingston
to Hume Drive, Uddingston

Membership Changes

We welcome

Arlene Weir
by Certificate of Transfer
from Burnhead Parish Church

Parish Funerals conducted by Rev. Fiona McKibbin

At this sad time our prayers and condolences are with the family of
Dr John Peters
Date of Death: 29th September 2015

THE GUILD
are holding their annual

COFFEE MORNING
GIFTS & CAKE & CANDY STALLS

10AM -12NOON
Saturday 14th November Tea Ticket—£3.50

Please come along and support us.

Duty Roster

Front Door teams for the next month:

November	8th	Carol Frame
	15th	Margaret Clark
	22nd	James Caskie
	29th	Mary Fox
December	6th	Walker Lyttle (Communion)

If you are in one of the above teams, please bear in mind that you should try to arrange for a substitute if you can't make it.

Tea & Coffee is served every week in the Large Hall after the Morning Service
The Guild will serve on November 29th.

During the coming year we will be supporting CHAS

Come and Find The Quiet Centre

In the crowded life we have, are there times when life is so noisy, stressful and hectic that you wish you could stop for 5 mins, rest and still your mind?

Find time in

The Church Sanctuary

The sanctuary will be opened midweek from 10-12am (Wednesdays) for silent prayer and reflection.

There will also be a short monthly communion service on Wednesday 4th November in the side sanctuary at 12noon

All are welcome.

Note for All Hall Users

Could everyone using the halls and premises for their activities please remember to return all tables, chairs and other equipment to its appropriate place before leaving after their meeting to ensure that the next group have the space they need to pursue their activities.
Many thanks to all concerned.

1st Uddingston Girls' Brigade

This year's session started off with a weekend of Duke of Edinburgh Award expeditions. This year we had 4 girls doing their Bronze expedition, which was studying wildlife in the Clyde Valley. The girls walked over two days and camped out, carrying everything they needed in their rucksacks. The 6 girls in the Silver group were studying the buildings of the Clyde Valley, and over three days walked from Strathclyde Park to New Lanark camping out for two nights. Both groups successfully passed the expedition and are now working on their projects.

This year we displayed two Minion scarecrows for the Bothwell Scarecrow Festival. The girls and officers also took part in the parade.

We have a busy session ahead with a Halloween party and Pantomime trip planned. We will be holding our Christmas Coffee evening on the 3rd December and will also be collecting Shoeboxes for the Blythswood Christmas appeal.

We have space in all sections so if you know any girls who may be interested please encourage them to come along. We meet on a Thursday night P1-P7: 6.30pm - 8pm and S1-S5: 8pm - 9.30pm.

Glad to see some sunshine for these activities and the happy smiling faces. Hope the hikers hadn't too many blisters!!!

Life and Work Magazine 2016

Can I ask for the names of anyone wishing to be added to the list of those receiving a monthly copy of the Life and Work magazine next year? Alternatively, if you wish to be removed from the list of the present recipients, then can you please let me know as soon as possible.

Although the overall cost will vary slightly from this year, the yearly cost will still be discounted but rise to £22.75 per year for the 12 monthly issues.

In either case, I need to know no later than **Sunday 15th November 2015**, or it will be assumed delivery will continue as at present with the payment becoming due for collection in February 2016.
Please remember that the payment period is from February to February.

I appreciate the prompt payment from everyone this year which does make my task a lot easier. However if anyone has any queries or requires clarification, then please contact me by phone or leave a message in my pigeon hole in the vestry corridor.

Thanking you all again.
Ken Storrier

United Mens' Fellowship

Monday 5th October

President Bobby Keys gave a warm welcome to a good turnout of members for the first meeting of the session and introduced our guest speaker, Rev Jim Allerdyce, a retired minister of the Free Church of Scotland.

Expressing his pleasure at being back in Uddingston, Jim gave us a potted history of his life before and after entering the ministry. Born and brought up in Govan Jim started his working life as a telephone engineer installing telephones in private and commercial premises in and around the Uddingston area, eventually holding a senior position within British Telecom. During this time he often worked in the Telephone Relay Station in Holmbrae Road and has many happy memories of Uddingston.

Jim's entry to the ministry took place initially in Port Glasgow combined with studying for his degree at Glasgow University. Latterly he worked in the ministry in Wishaw and now lives with his wife in Mount Vernon.

Jim concluded with a short Communion Service conducted with great dignity and reverence much appreciated by the members.

A comprehensive Vote of Thanks was given by Craig Mains.

Monday 12th October

President Bobby Keys welcomed a good turnout of members and introduced our speaker for the evening David Bryce, whose subject was the "Covenanters."

An elder at Hamilton Old Church, David is the Vice President of the Scottish Covenanters Memorial Association. Well versed in his knowledge David gave a very interesting talk on the Covenanters. After the signing of "The National Covenant" in 1638 at Greyfriars Church in Edinburgh copies were sent to every parish in Scotland - a protest against the attempted imposition of a Common Book of Prayer by Charles Ist, on a largely Presbyterian Scotland. After many battles notably at Drumclog and Bothwell Bridge and executions of Covenanters, eventually in 1690, the Church of Scotland was re-established and a free Parliament was convened thanks to the men and women of the "Covenant."

An appreciative Vote of Thanks was given by Ian Maxwell.

Monday 19th October

President Bobby Keys gave a warm welcome to members and our guest speaker for the evening, Mr Frank McLauchlan. Originally from Bellshill Frank has lived in the Bothwell/ Uddingston area for a number of years. His topic for the evening was North Sea Helicopters.

After learning to fly gliders with the army Frank eventually qualified as a fixed wing pilot and worked for oil company Chevron in the North Sea as a Flight Air Traffic Controller for helicopters flying to and from North Sea oil rigs.

This was a demanding and rigorous task involving 11 sites in the North Sea which involved him living on board oil rigs where very often 18 hour days were normal. His talk about a most illuminating and informative subject was accompanied by a series of slides showing many different types of helicopters and the working conditions on the rigs. This gave rise to many interesting questions raised by members, which were fully answered by Frank, particularly in relation to the safety aspects of life and work on the oil rigs.

A comprehensive Vote of Thanks was given by Bobby Keys.

The Guild

Tuesday 6th October

Leader Marjory Kirkwood opened the first meeting of the new session by giving a warm welcome to visitors and returning members. She hoped they would all enjoy the first meeting which was an 'At Home' evening with secretary Muriel McCandlish showing a film of the Glasgow Garden festival which had taken place in1998. The interesting film took us from Glasgow's Docklands & Shipyards in their prime, then showing their decline and demolition,then to the construction involved in transforming the derelict dockland landscape into a thriving Garden Festival site. The film recorded the opening of the Festival attended by Prince Charles & Princess Diana. The magnificent displays of flowers and shrubs, the Tramway, the Roller Coaster all featured in the film, along with happy crowds of adults and children. Most of the audience had visited the Festival and the film brought back many happy memories which were aired over a cup of tea, bread & butter and home made jams.

The vote of thanks was given by Rae Anderson.

Tuesday 13th October

Leader Marjory Kirkwood welcomed Jim Vasey our Session Clerk whose subject was 'The Sound of Music' otherwise known as 'The Miracle Movie' which was released 50 years ago. The film turned out to be a smash hit which saved the 20th Century Fox film studio from bankruptcy. Jim's illuminating talk gave us a detailed account of how the film had come into being, and why so many directors turned down the chance of directing it. He told us about the actors & actresses approached by the Studio to play the lead roles, among whom were Frank Sinatra and Audrey Hepburn. He explained what was myth and what was fact in relation to the Von Trapp family and by the end of the evening we were all fully aware that the film in its final version was just a 'good story' with songs specially composed for it: bearing very little substance to the actual circumstances, surroundings and truth with regard to the Von Trapp family. He ended by telling us what type of career the actors & actresses and children who had taken the roles in the film, had, in later life. Jim had fairly opened our eyes with his revelations, which were thoroughly enjoyed by all.

The vote of thanks was given by Rae Anderson.

The Guild

Programme

2015
November
10th 'The Arctic & Polar Bears'
- Heather Kerr
Saturday 14th Guild Coffee Morning
10am -12noon
17th Hollywood/ A Presbyterian Perspective
- Mrs Kathleen MacPherson
24th '1938 Empire Exhibition'
- Tom Marchant
December
1st Project Night
'All Friends Together'
-Ivy Blair
8th 'At Home for Christmas'

How much do you know about the History of Christianity?

From ancient times to modern day - The History of Christianity - Puzzle 2

1. When did the Christian Churches of Rome & Constantinople finally break apart?
Answer:

2. What role in society did monasteries play in the early Middle Ages?
Answer:

3. Apart from Christian Worship what other literary function was carried out by the monks?
Answer:

4. How important was an Abbess in the Middle Ages ?
Answer:

5. Why was Emperor Charlemagne an important figure in the development of 'Roman Christianity"?
Answer:

6. What happened to Charlemagne's Christian Empire after his death in 814 A.D.?
Answer:

7. What effect did William the Conqueror have on the Christian Church in England?
Answer:

8. In what century was the whole of Spain free of the Moors and united as one Christian country?
Answer:

9. During periods of peace, throughout the Middle Ages there were many cultural interchanges between Christians & Muslims. What was the impact of these exchanges?
Answer:

10. In what century, and under which Pope, was Papal supremacy at its greatest?
Answer:

More Aphorisms

Be careful about reading the fine print there's no way you're going to like it.

The trouble with bucket seats is that not everybody has the same size bucket.

Do you realise that, in about 40 years, we'll have thousands of old ladies running around with tattoos?

Money can't buy happiness but somehow it's more comfortable to cry in a Cadillac than in a Ford.

After 60, if you don't wake up aching in every joint, you're probably dead.

Always be yourself because the people that matter don't mind and the ones that mind don't matter.

Life isn't tied with a bow but it's still a gift.

Answers to October Quiz

1. Through his letters Paul was able to give instructions & guidance, encouragement, enforce discipline and warn about dangers to the fragile churches he had founded. He was also able through his letters to impress on his readers the fundamental meaning of the Gospel that had made them a community.
2. Emperor Nero. Paul was beheaded.
3. Emperor Constantine in 312 A.D.
4. They believed the Doctrine of the Holy Trinity (Father, Son & Holy Spirit).
5. He established the first Christian State under the Doctrine of the Holy Trinity in 381 A.D.
6. The Copts.
7. The Barbarian called Alaric, Leader of the Visigoths.
8. He gathered together strands from Christian thought and from Classical Philosophy and bound them together into a Philosophy which had profound influence on the thoughts of the Church throughout the Middle Ages and the period of the Reformation e.g. St Augustine's views on Church & State, war & peace, sex and marriage, tolerance and constraint have made their impact on each succeeding generation in the Western Church, be it Protestant or Catholic.
9. The land is Ireland. The conversion attributed to Patrick, a Briton who returned to Ireland in 432 A.D. with Papal authorisation and the status of Bishop. Patrick brought to Ireland the Latin Language for church usage: and by the mid sixth century the entire structure of the Church in Ireland was monastic. Monasteries became outposts of Christian civilisation whose influence spread to surrounding heathen territory.
10. Eadfrith. The Lindisfarne Gospels are displayed at the British Museum in London.

Lodging House Mission Appeal

As part of our ongoing support for the Lodging House Mission we are having a food/tin collection for December as this is a time of year when they have much need of our help.

The list of suitable foods is across on Page 7, also toiletries e.g. disposable razors, shaving foam and deodorants (male and female) are very much appreciated.

Please consider donating to help the Mission provide not only spiritual support but also practical help.

Lodging House Mission also runs a foot clinic and can always use towels and socks - used are fine as long as in good condition.

Please leave contributions in bins at the front of the church.

Any questions or comments please see Liz Vasey.
Many thanks

Introducing our Book Club and sending out a warm invitation to you all.

If you are interested in reviewing and discussing various fiction and non-fiction books on a variety of topics which also have a spiritual context, then you'll love our monthly Wednesday Book Club!

Join us as we explore books of all kinds over a cup of coffee or tea in the session house

7:30 - 9pm.

Our next meeting is on Wednesday 25th November where we will be discussing

"The Shack" by Wm Paul Young.

BOOK CLUB

Book Club Dates:

25th November
16th December
20th January 2016
17th February 2016
16th March 2016
20th April 2016
18th May
15th June 2016

If you are interested contact Rev. Fiona

Sunday School

Super Sundae on 6th September seems so long ago but it was good to welcome back both familiar and new children and families for the Minion Theme Service, to bounce around and savour traditional ice cream. Since then we have enjoyed good fellowship with many families, and some returning to live in the area and also young families with new babies.

September weekend and October school holidays have come and gone and the dark nights have arrived and now it's Hallowe'en and Guy Fawkes to look forward to. So before you make plans for the Christmas season here are some dates to mark on your calendar:-

<u>December</u>		
20th	Children's Nativity/Gift Service	11am
	Pram & Praise Christmas Party	Afternoon
	With special guest	
24th	Children's Christmas Eve Service	6.30pm
25th	Short Christmas Day Service	11am
	with Toys	
<u>January</u>		
16th	Film show	5-8pm

Some of the Minions at church on 6th September

Suggested Donations for The Lodging House Mission Appeal

<u>Cereals</u>	<u>Tinned Soup</u>	<u>Tinned Meat</u>	<u>Tinned Vegetables</u>	<u>Tinned Fruit</u>	<u>Other</u>
Corn Flakes	Tomato	Salmon	Tomatoes	Peaches	Tea
Crunchy Nuts	Lentil	Ham	Carrots	Pears	Coffee
Weetabix	Vegetable Broth	Corned Beef	Peas	Pineapple	(No Decaf. Please)
Rice Crispies	Minestrone	Meatballs	Sweetcorn	Mandarin Oranges	Sugar
Sugar Puffs	Chicken	Stew	Potatoes	Fruit Cocktail	Red Sauce
Frosties		Haggis	Spaghetti	Custard	Brown Sauce
Coco Pops		Ravioli		Rice	Vinegar
Porridge		Macaroni			Long Grain Rice
		Mince			Broth Mix
					Dried peas
					Lentils
					Fruit Juice
					Sweet Biscuits

Dates for your Diary

Every Sunday
Pram & Praise Service - Large Hall 10-10.30am
Morning Service & Sunday School 11am
Tea & Coffee after service
Evening Service 6.30pm

Sunday 8th November
Remembrance Day Service at 10.45am
Teen Zone Youth Club 6.30 - 9pm

Monday Get Together
each week 2pm - 3.30pm
(See across for details)

Wednesday Mornings
each week 10am - 12noon
Church Open for Quiet Reflection

Thursday evenings
Vestry Hour 7.30 - 8.30pm

Tuesday 10th November
Kirk Session Meets 7.30

Saturday 14th November
Guild Coffee Morning in Church Hall
10am - 12noon

Sunday 22nd November
Teen Zone Youth Club 6.30 - 9pm

Wednesday 25th November
Advent Bible Study 2pm - 4pm in Session House
Book Club 7.30pm in Vestry

Wednesday 2nd December
Church Open for Quiet Reflection & Communion
10am - 12noon
Advent Bible Study 2-4pm

Saturday 5th December
Boys' Brigade Coffee Morning in Church Hall
10am - 12noon

Saturday 5th December
Social Committee Quiz Night in Church Hall
7.30pm

Sunday 6th December
Communion at 11am & 6.30pm

Monday 7th December
Congregational Board meets 7.30pm

Wednesday 9th December
Church Open for Quiet Reflection 10am - 12noon
Advent Bible Study 2-4pm

Sunday 20th December
Sunday School Nativity & Gift Service

Monday Get Together

The programme planned for the next few weeks until we break for Christmas is as follows:-

November

2nd	Film Show: The Sound of Music
9th	Games and Crafts
16th	Quiz
23rd	Games and Crafts
30th	Sing-a-Long: Scottish Songs

December

7th	Film Show: Miracle on 34th Street
14th	Christmas Party

The Christmas Party will be sponsored by Wyllie and Lochhead, with the theme being a Tea Dance and Singalong.

If you need transport to any of the events please contact Mary Fox or Ann McIntyre

Church Kitchen

As you are probably aware, we have had the church kitchen recently refurbished and hope to to acquire a new cooker in the not too distant future. With this in mind, we are hoping to increase the range of hospitality we can offer. This means we will need a number of people to be in possession of an Elementary Food Handling Certificate.

This will not be arduous - it will involve a one-day training course on the church premises. The church will meet the cost of this, and the date will be arranged once we know who is taking part. We will need a number of volunteers - please speak to Liz Vasey if you are interested. If anyone in the congregation already holds this certificate and is willing to give of their time to help out, again please see Liz.

Thank You

Programme for United Men's Fellowship meets Monday Evenings at 7.30pm

November	9th	India - Bob Copeland
	16th	SS Gairsoppa - Donald Murray
	23rd	History Of Glasgow Police - Alastair Dunsmore
	30th	Carluke's V.C. Award Winners - Robert Wilson
December	2nd	Teacher by Day, Actress by Night - Yvonne Waring