



# UDDINGSTON OLD PARISH CHURCH OF SCOTLAND

Charity Number SC016893

## MAGAZINE

March 2026



### Pastoral Letter

Dear Friends,

The season of Lent is upon us and so the journey begins. Lent, forty days spent in the wilderness where Jesus was tempted by Satan to betray all that he believed in. It was a time of prayer, fasting, torment, isolation, hunger. It was a journey of preparation and transformation. A journey that would eventually lead him to the Cross and then to Glory.

Lent is a season that should challenge our faith. We should face this season with honesty and humility, opening our eyes to all that is around us, not only the beauty in people, in creation but also to what is wrong in our society, our churches and respond to those issues that we are aware of.

Lent is an opportunity to enable all of us to be the voice for the voiceless, to challenge authorities, the oppressors, those who hinder the sharing of God's word to all who will listen.

Lent is an opportunity to reflect upon what has been, what is now and what is yet to come, however, if you are anything like me, we can see the multitudes of situations that we have to react to which distracts us even more. So let me ask you, where is your go to place? Where you can pause, breathe, regroup your thoughts, make wise decisions and then be ready to face the future.

I for one, when feeling overwhelmed or distracted, or confused, take myself out of the Parish and head to the hills. As many of you know I'm a beginner hill walker, and yes, I have completed a Munro. There is a sense of freedom on the hills. A reminder that no matter the steepness of the terrain each step is a step forward. Each step changes you as a person. And I'm ready then to face the day, because I have found rest and peace and perspective. I can come back down the mountain because I take part of what it has given me, with me as I leave.

When faced with doubts, when the burdens of life weigh heavily upon us we need to have the courage to step back and look to the hills that we have to climb just as the Psalmist did

*I lift up my eyes to the hills-from where will my help come  
my help comes from the LORD, who made heaven and earth (Psalm 121)*

In that moment the Psalmist knew, despite all that he was enduring, that he was not alone that the Lord, the maker of heaven and earth was with him.

Friends when we are in those moments let's find a way to create some space in our lives where we can just breathe in and out slowly allowing the Lord, the maker of heaven and earth, fill our hearts with the truth that God is with us, remembering that whatever we have to face we are not alone. God is always with us.

Blessings

Rev Fiona

Reverend Fiona McKibbin

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### Next Issue

Articles for the

April Magazine

to the editor no later

than **Thursday 26th**

**March 2026**

Available

**Sunday 5th April 2026**

We are always happy to

receive articles for

inclusion in **your**

magazine

by email

[magazine@uddingstonold.org](mailto:magazine@uddingstonold.org)

or on paper

### Church Roll Intimations Death

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

***Mrs Carol Frame***

Date of Death: 7th February 2026

### Parish Funerals

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

***Mrs Mary Clowe***

Date of Death: 20th January 2026

and

***Mr Robert French***

Date of Death: 30th January 2026

and

***Ms Janice Laurie***

Date of Death: 10th February 2026

### A BIG THANK YOU

I would like to take this opportunity to express my heartfelt thanks to the congregation of Uddingston Old Parish Church for the friendship and welcome shown to me in the past year. I came to church not knowing what to expect at a low point in my life after the sudden death of my closest friend. I have found great support from Fiona and all the various activities and look forward to many more happy times.

Best wishes

### More Thanks

I want to send my thanks to Fiona and the congregation for the lovely flowers delivered to me in February when I was unable to attend the services due to incapacitation. They were greatly appreciated and enjoyed.

Molly Lindsay.

### After Service Teas & Coffee

During 2025 £1992 was raised in the Donation Plate.

This money was shared equally between St Andrew's Hospice and Kilbride Hospice.

A big thank you to everyone who served each Sunday and to all who came along, donated to these worthy charities and enjoyed the fellowship after the Morning Services.

During 2026 all donations will go to **SSAFA**.



### Door Duty Rota

Morning Service at 11am  
Front Door teams for the next month:

#### March

1st	Team 2	Colin Pettigrew (Communion)
8th	Team 3	Helen Cuthbert
15th	Team 4	Muriel McCandlish
22nd	Team 5	Andrew McCandlish
29th	Team 6	Walker Lyttle

#### April

5th	Team 7	Liz Lyttle
12th	Team 8	Mary Fox

If you are in one of the above teams, please bear in mind that you should try to arrange

Stay connected with the  
Uddingston Old Parish Church

and

Rev Fiona McKibbin

01698 814757

[fmckibbin@churchofscotland.org.uk](mailto:fmckibbin@churchofscotland.org.uk)

### CRAFT CLUB

Do you want to learn a new craft?

Come along and share your skills or learn a new one or even complete a project.

Sewing, knitting, crochet, paper craft etc.

From Tuesday 13th January between 2 and 4pm we are continuing our club which will meet every two weeks.

10th & 24th March 2026

There will also be tea, & coffee available and time to chat.

### Mens Fellowship Programme

Meetings are held in the Side Sanctuary 7.30 - 9pm

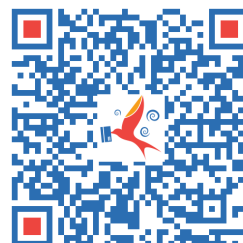
#### March

9th	Captivity in Nigeria - Alanna Carson
23rd	Annual Business Meeting

### QR Code

We now have an Uddingston Old QR Code for electronic donations.

Many people no longer carry cash and it is hoped that the QR Code will be useful for visitors to both the Church and our website. This is in addition to the established forms of



### **A Note of Thanks**

I would like to thank all of you in the congregation of the Old Parish for the many kind words, cards and flowers which I have received since Robina's sudden death.

A very special word of thanks to Fiona, our Minister, who has been a great help and guide to me throughout the days since, and especially for preparing and conducting the services which I found to be very emotional but such a show of affection for Robina. Fiona was obviously very fond of Robina and, with her help and kindness during such a difficult time for me, she has made the situation more bearable, and inspirational.

My thanks also to all those who made the Service possible, the Church Officer, the organist, the sound recording engineer, as well as the staff at the undertakers and Crematorium, all of whom showed great care and dignity throughout. Also to the many, many people who came along and packed out the Church and the Crematorium. I felt great support and kindness from all, and this has been a great help to me in my time of great sadness.

I thought the services were a very fitting and satisfying way of paying tribute to an exception lady, it was wonderful to realise how much love there was for Robina in the Church, and in the Uddingston community.

I am happy to report that, arising from the retiring collection at the Funeral Service, I was able to forward to Chest Heart and Stroke the sum of £1000, which the charity was very grateful to receive.

Thank you all most sincerely.

Sandy Robertson

### **Nature Notes- March '26**

It's the time of year when our winter migrants will start to ready themselves to leave and our summer migrants prepare themselves to return from distant lands.

Scotland made history this year's they have approved a Bill that will see swift bricks built into all new houses. This is a huge step forward as swifts are one of our declining birds. When you look at swifts it's hard to imagine the resilience they have. They are truly remarkable birds. Their feet are not designed for landing, so if you are unsure whether you are seeing a swallow or a swift, if it has landed on a fence or a wire it won't be a swift.

Young swifts fly for up to 3 years without landing. Mature swifts will fly for 10 months then when it's time to nest they seek out suitable spaces, that's why this new law is so important. We are destroying wildlife spaces at a great rate so there are less natural places for them to nest. There have been trials all over the country with some villages and small towns putting swift boxes up on every house and looking out for the swifts during the breeding season.

Some of our own villages in Scotland are doing the same. Lochwinnoch is one such village that started putting up boxes. It's such a shame we have to resort to this but it is a remarkable step forward to save one of our most amazing visitors.

Connie

### **Christian Aid March up date**

Christian Aid continues it's vital work across the world to try and empower locals in areas of severe conditions to start up and maintain ways of surviving that don't just put a sticking plaster on but actually heal the problem to sustain their survival.

This year they will continue their focus on three main priorities.

1. Impact: mobilising partners, communities and supporters to make the most impact for people living in poverty.
2. Income: achieving a sustainable funding balance, with at least 60% from supporter donations.
3. Transformation: transforming their organisational model and presence to shift power closer to the communities they serve.

Fundraising remains vital to this plan, which our congregation remains a supporter of, helping those less fortunate than ourselves.

## WaterAid Lent Appeal 2026

We are once again in the season of Lent and are again collecting for WaterAid to help in their efforts to ensure that everyone on Planet Earth will have access to clean water and good sanitation and hygiene services by the year 2030. Unfortunately, there is still a long way to go to achieve that target:

696 million people - that's almost 1 in 10 of us - are still living without clean water close to home.

### Education starts with clean water

Millions of children miss important lessons - or even drop out of school entirely - because they're too busy walking to fetch water for their families, or because they're sick from drinking dirty water.

**1 in 4 schools don't have a reliable supply of clean water** on site - so even when children do make it in, it's hard to concentrate when they're tired and thirsty.

Since WaterAid was founded in 1981 they have helped 10s of millions gain access to clean water good sanitation and hygiene.

### To help with this we are once again supporting their Jars of Change Lent Appeal.

Jar sleeves will be available from the door team each Sunday during Lent. Please attach the sleeve to a large jar and place all your small change into the jar and bring it along to the Church on Easter Sunday or as soon thereafter as possible. If like me you no longer spend very much cash you can also donate notes to the appeal with the added bonus - they are a lot easier to count and bank.

The rear of each jar sleeve includes a Gift Aid form. If you pay income tax and wish to increase the value of your gift to WaterAid by 25%, please complete and sign the form before you return the jar. Gift Aid is a vital source of funds to all charities including this Church so please take the time to complete the form.

More information can be found online at: [www.wateraid.org/uk/lent](http://www.wateraid.org/uk/lent) where you can find out a lot more information about the work of WaterAid.

Many thanks for your support

David

### *With Hymns in my Heart*

Because the Lord's my shepherd.  
With Meekness and Majesty  
I will lift my eyes to the highest hills.  
Where My eyes have seen the glory of the coming of the  
Lord.  
In that place where glorious things of thee are spoken.  
So, Seek ye first the kingdom of God.  
Then Look forward in Faith.  
And always look for All things bright and beautiful.  
But we still need light to see, so Christ be our light.  
Then you will always Shine Jesus shine.  
'Cos so Great is thy Faithfulness.  
That you give us Amazing grace.  
And show us just How great thou art.  
So, Come and join the celebration.  
And have Courage brother do not stumble.  
Christ has made the sure foundation.  
So, Fight the good fight with all your might.  
And Seek ye first the kingdom of God.  
Where the Lord will bless you and keep you.  
Please Let your will be done on earth O Lord.  
Then Praise my soul the King of Heaven.

Jean du Jardin - February 2025

### *A.S.A.P.*

Ever wonder about the abbreviation A.S.A.P.? Generally we think of it in terms of even more hurry and stress in our lives, but maybe if we think of this abbreviation in a different manner, we will begin to find a new way to deal with those rough days along the way.

There's work to do, deadlines to meet;  
You've got no time to spare,  
But as you hurry and scurry —  
A.S.A.P. — ALWAYS SAY A PRAYER

In the midst of family chaos,  
"Quality time" is rare.  
Do your best<sup>43</sup>; let God do the rest —  
A.S.A.P. — ALWAYS SAY A PRAYER

It may seem like your worries  
Are more than you can bear.  
Slow down and take a breather —  
A.S.A.P. — ALWAYS SAY A PRAYER

God knows how stressful life is;  
He wants to ease our cares,  
And he'll respond to all your needs  
A.S.A.P. — ALWAYS SAY A PRAYER

### Monday Club

All are welcome on  
Mondays 2pm till approximately 3.30pm  
Coming programme:

#### March

2nd Bite & Blether



9th Indoor Bowls

16th Easter Crafts



23rd Denise Sings

30th Holy Week - Songs of Praise



#### April

6th Easter Monday

13th Quiz

20th Alice - Chair Exercises



27th Singalong

#### May

4th Bite & Blether & Games

11th Flower Arranging



18th Singalong



25th Sports Day



### Citizen's Advice Older Persons Out Reach Clinic

The next Citizen's Advice Outreach Clinic will take  
place in the side sanctuary on  
**Friday 20th March 11am to 2pm**

**Future dates:**

**Friday 17th April 11am to 2pm**

**Friday 15th May 11am to 2pm**

**Friday 12th June 11am to 2pm**

The clinic will be run by Linda Smith  
**CAB Out Reach Community Adviser.**

Linda's focus as a community adviser is the over  
65's group but she will see anyone who is looking  
for help.

Citizens Advice Hamilton has several teams that  
she can signpost folk to including:

**HWA** - Health and Wellbeing team

**Layrep** - Representation at Hamilton Sheriff Court  
and predominantly housing issues.

**Older Persons Project** - Income maximisation and  
other enquiries for over 65's

**PASS** - Patient Advice and Support Service

**Energy Service** - all matters electricity/gas

**General service** - all enquiries including  
emergency fuel & food vouchers.

**Community Links** - local NHS and community group  
referrals

**Money Advice** - Financial Services



UDDINGSTON OLD PARISH  
CHURCH of SCOTLAND  
THE GUILD  
is holding a  
**COFFEE MORNING**



with **SPRING & CAKE & CANDY STALLS**  
10AM -12NOON

on

Saturday 7th tMarch Tea Ticket—£4

Please come along and support the work of the  
Guild.

*Clocks Spring Forward in March*



### THE PROMISE

The trees are still bare, the earth is still mud,  
But now, for the first time, new life is in bud.

Today, high above, the heavens are fair,  
The sunshine is bright, and there's warmth in the  
air.

Though ruts are still puddles, the sky they reflect  
Is blues a harebell, while verges are decked  
With aconites golden, and snowdrops that sway  
In breezes that dance the dead Winter away.

Today is a promise, a stirring, a vow,  
That Spring will be coming —it won't be long now!  
Margaret Ingall.