

# EKO

The Magazine for  
East Kilbride  
Old Parish Church



June 2026

Edition 649

# Church Calendar

## June

Sunday 7th	Sacrament of Communion	11am
	Short Communion Service	3pm
Thursday 11th	Communion Service	12 noon
Sunday 14th	Morning Worship	11am
Sunday 21st	Morning Worship	11am
Sunday 28th	Morning Worship	11am

## July & August

Services throughout July and August should continue as usual with morning worship taking place at 11 am each Sunday.

The next EKO magazine will appear in September during the second week.

Sunday 6th September will have morning worship at 11 am as usual.

# Flower Calendar

**All Sundays in June, July and August will be supplied the flower fund**

If you would like to dedicate the flowers on someone's behalf or in memory of someone, please contact Elizabeth Robertson on: 01355 243205.

# Pastoral Letter

Do you ever sit down to watch the news on the television, and before you know it, you've had a wee nap and wakened up just as it was ending? That's because you were tired. We're fast approaching that time when our thoughts turn to holidays. Many of our church activities take a rest over the summer and come back refreshed and ready to begin again in the autumn.

Resting is vital for all of us. Every March, a group of swallows fly from Argentina to California. It is a journey over the sea of 6000 miles. Swallows cannot swim, so how do they make that long journey over the ocean which has no stopping places? It's simple. Each bird carries a twig in its mouth. When the bird gets tired, it drops onto the ocean and puts its twig into the water and the bird lands on it and waits there until it is rested enough to continue on its journey.

Life sometimes is like a journey over water. Sometimes the water is still, sometimes it is choppy. Sometimes the water is smooth, sometimes the waves are rough. We all get weary in the flight. So, over the summer months, whether you are away from home on holiday, or holidaying at home, take time to put down the burdens you have to carry. Take time to relax and pick them up later after you've rested. Life is short, so enjoy it.

Jesus said, "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matthew 11, 28 The Message

Yours in love,

*Anne Eaton*

# NO LONGER MISSING!

Messy Church is back!

Sunday 14<sup>th</sup> June at 2pm in the Glebe Street Hall for all children of Primary School age.

Our new Youth & Families Worker, Marichka, is primed and ready to meet with our youth, their parents and our helpers.

The format will be similar to previous events with the addition of more music.

Arts & Crafts, games, music, snacks and other church appropriate activities.

We will need help of course. If any of you believe you can help at Messy Church, please give your names to Anne or any member of the Youth Committee. Home baking is always welcome!

Marichka will give you all a welcoming article in the September EKO but, since her great 'forte' is music, we can look forward to some new aspects to messy church.

So, please remember:

**SUNDAY 14<sup>TH</sup> JUNE – GLEBE STREET HALL – 2-4PM**

Also, remember that all children must be accompanied by a parent or guardian. If you know of any children who would wish to attend Messy Church, please bring me their names and details.

The Summer School will take place on 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> August. There will be no Football Tournament this year but we hope it returns next year!

We are hoping that other activities will be re-established or newly established as time goes on. The Junior Badminton club still meets as usual. Just, watch this space!

*David Kent* – Session Clerk

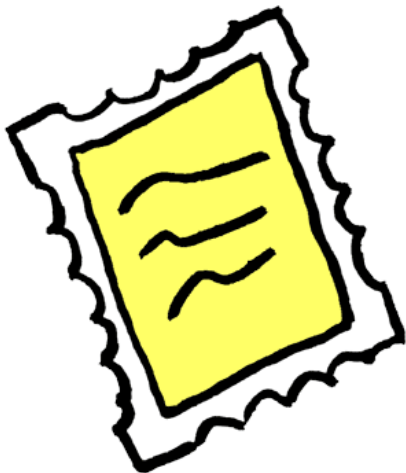


# Stamp Appeal Change

For many years, we've been supporting the Stamp Appeal, with people bringing used stamps and putting them in the boxes at the Church and the halls. The stamps have been sent to a man whose first name is Keith, and from him they have been sent on to places where they are sold. The funds have, over the 56 years of the project, been used to support the Church's work overseas, through World Mission. That process has now ended. The Church of Scotland no longer has the staff to operate it.

However, the good news is that Keith has been appointed as used stamp organiser for **Alzheimer's Scotland** and he will be happy to receive used stamps, until, as he says, he can't do it anymore. So please keep putting the stamps into the boxes. They will now be supporting another very worthwhile cause.

*Mary Smith*



## New Day and Blue Tubs

“New Day” is the magazine of The Leprosy Mission, and the current edition contains some great stories. Much work is going on in the Indian state of Odisha, which has a population of some 41 million. Odisha lies on India’s east coast, in the Bay of Bengal, and is thriving. But in a small corner of this huge state lies a forgotten community. This is a community of people suffering from leprosy and who have been abandoned. Now they have hope, thanks to the support given by The Leprosy Mission teams.

Here is just one story. When she was 12 years of age, Anjali was diagnosed with leprosy. Her grandfather was appalled. He took her miles away from home and dumped her alone in this leprosy sufferers community. A couple took her in and so she lived as the disease continued to cause her disability – she lost parts of her fingers. But now she is cured of her leprosy and is not infectious; she is married and has two boys (leprosy isn’t hereditary) and just recently, she and her family live in a new house, with an inside toilet and running water! Her photo is on the front cover of New Day and some copies of it are on the shelf in the porch at the Church. Please take one away, read it and then put it back, so that someone else can read it too.

And there are Blue Tubs still available. For anyone who still uses cash, a Blue

Tub is a good way of supporting this great work. *Stewart Smith*

## Wednesday Craft Group

Many thanks for all your support at the Christian Aid Coffee Morning.  
We continue to meet weekly on Wednesdays from 10am until 12.00.  
New members are welcome to join us in the lounge.

*Jill Cowan*

## Sunday School

We continue to meet from 10.45am weekly.

If you are of school age please come along whenever you can. We enjoy sharing Bible stories through art, craft, music, games and puzzles.

You will be very welcome

*Jill Cowan* and the Sunday School Team

## Kirk Life

Thank you to everyone who supported the recent Coalburn Silver Band concert, either by way of attending, donating raffle prizes, or buying raffle tickets. The concert raised £752, which gets split between the church and the band. We are trying to arrange an Afternoon Tea for late August and if we can manage this it will be advertised on Face Book and in the Orders of Service.

*Catherine Selfridge* Convenor

# The Summer Guild

The Guild will meet at 2pm in the Glebe Street Hall on the first Wednesdays of June, July, August and September for tea, coffee, a chat and some fun. That is June 3rd, July 1st, August 5th and September 2nd.

All welcome.

*Mary Smith*

## Thursday Coffee Morning

We will be having our Summer break during July, finishing up 25th June re-starting 6th August.

Look forward to seeing you back then.

*Evelyn Brownlie*



# The Prayer Group

The Prayer Group meets in the Lounge Area after the Church service and invite you to visit/join them at any time.

There are Prayer request boxes in the Church Sanctuary - one upstairs at the east side and one downstairs next to the Baptismal Font. Rest assured all Prayer requests will be treated with the utmost respect and discretion. Only first names should be given along with a brief reason for the request, i.e. awaiting treatment, etc.

Catherine Selfridge, Anne Learmonth; and Janice Gourlay , will be pleased to receive in person, phone or text prayer requests.

## JUNE

- 1st. Dear God, thank you for this new month. Help me to walk with courage, grace, and steady faith.
- 2nd. Father, we pray for all those people who suffer from dementia. Surround them with Your peace, patience, and love. Comfort their families and carers.
- 3rd. When life is difficult, Lord, fill us with hope and joy.
- 4th. Happy are those whose hope is in the Lord their God, who executes justice for the oppressed; who gives food to the hungry.' Psalm 146.
- 5th. Lord, help us to be a light in the world. Let our actions reflect your Love.
- 6th. Help me, Lord, to be a person full of loving words, full of your spirit, overflowing with love, joy, peace, patience, and understanding.
- 7th. Thank you, Lord, for giving me another chance to open my eyes and for guiding me when I am confused.
- 8th. Lord, you lift and watch over those in need; you uphold the cause of the oppressed.
- 9th. Show us how to reflect your love and goodness in our lives each day.
- 10th. Whatever comes my way, joy or challenge, help me walk with courage, grace, and steady faith.
- 11th. Thank you, Lord, for watching over me and protecting me in ways I can and cannot see.
- 12th. Lord, shape my thoughts, guide my words, and align my actions with love.
- 13th. Heavenly Father, bring me close to what you want me to do each day,
- 14th. Fill me with your divine joy, which is a strength that sustains me through all circumstances.

- 15th. Lord, thank you for the beauty and wonder of the world. Help me to take care of the earth and use its resources wisely.
- 16th. Lord, please make my days meaningful, my mind rested, and my efforts fruitful.
- 17th. Teach me to be gentle when it is tough, calm when it is slow, and strong when I feel tired.
- 18th. Thank you, Lord, for being my anchor and holding me steady through every trial I face.
- 19th. "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you; I will uphold you with my righteous right hand." Isaiah 41.10
- 20th. Father God, we give thanks for those who have helped us to grow. Inspire us to use our talents to have an influence on others.
- 21st. God, help me recognise Your guidance and respond in obedience.
- 22nd. Father, comfort all who are burdened by debt and struggling to make ends meet. Grant them hope and guidance as they navigate their financial challenges.
- 23rd. Father, help us to walk in peace and contentment in what you have given us to do today.
- 24th. Lord, I rely on your strength to carry me through without giving up.
- 25th. Loving Father, protect all emergency workers as they go about their daily tasks.
- 26th. Father, help me look forward with faith rather than backward with regret.
- 27th. Forgive me, Lord, for my past complaints and help me to appreciate all the blessings in my life.
- 28th. Father, renew my commitment to prayer. Let prayer become my refuge and strength.
- 29th. We pray that this holiday season will be filled with moments of peace, joy, and gratitude.
- 30th. We pray for families gathering together, we ask for unity, love, and meaningful connections.



# 17th EK Guiding Units, Rainbows and Brownies

So what's been happening since we last caught up, loads !!

**Rainbows** - the girls have been working on numerous badges over the last few weeks. We have been helping the environment and on Tues 19th May we had a litter pick around the hall. You wouldn't believe the excitement of 15 girls picking up litter. A huge thanks to South Lanarkshire for providing the bags and pickers. On Tues 26th we were back in the garden. The girls decorated stones and we positioned our bug hotels and bird house. We planted 20,000 wild flower seeds in the garden at Glebe St Hall so fingers crossed some of the flowers flourish to attract insects, bees and butterflies to the garden. I have promised to keep them well watered. Tues 2nd June is our final night this term and we are visiting the Community Garden at Calderglen. The girls are super excited and hoping for a few take aways e.g. a strawberry plant and they will all get a sunflower to plant from Rainbows.

**Brownies** - the girls have been busy finishing badges. They made 'thank you' posters for Loaves and Fishes highlighting the great work they do. Thank you everyone at the Christian Aid Coffee Morning for casting your votes for your favourite poster. They were all fantastic and we will be taking them with us to Loaves and Fishes when we visit on Tues 2nd June our final night of term. During our visit we will donate the monies from the Smartie tubes and let you know the total next time. On Tues 26th May we had a wonderful but also crazy night;

For all this work the girls will receive their Charity and Acts of Kindness badges which they are definitely well deserved.

Brownie Camp Fri 29th - Sun 31st May

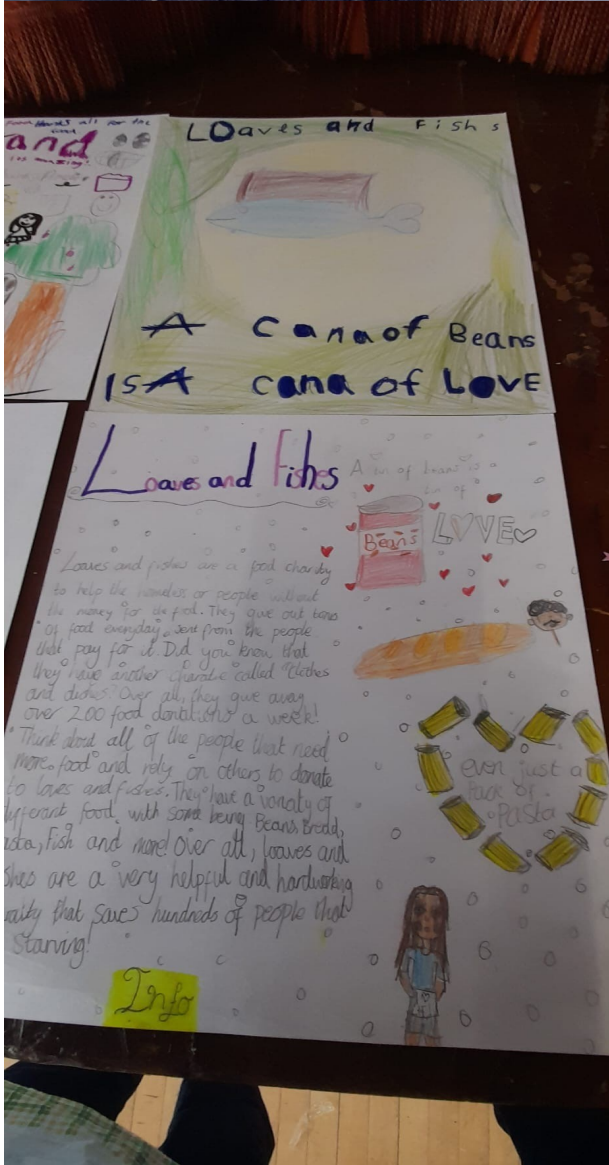
The 16 girls going are super excited and despite the weather we will have a wonderful time, learning new skills, having a wonderful time and creating great memories. I have attached below a selection of piccies from these events we hope you enjoy.

We thank all our members for your continued help, support and prayers as we continue our work with the girls who are our future citizens.

**17th EK Guiders - Caroline, Jennifer, Claire, Olivia, Mollie, Emma, Ella, Liz, Lorraine, Lynne, Pamela, Louise, Mirren, Gemma, Michelle, Christine**







Pictures from Christian Aid  
Coffee Morning  
Brownies painting stones  
and filling planters

# Pastoral Register

Weddings “And the greatest of these is love.”

Tom Sloan to Hazel Watt

Baptism “Let the children come to me.”

Miller James Sloan

Deaths “I will dwell in the house of the lord forever.”

Robert Murray

Jean Murray



## EKO Submissions

The dates for submission of material for the September EKO are:  
for hand/type-written copy Sunday 23rd August and the deadline for  
submitting electronic copy is:- Wednesday 26th August

Thank you. EDITOR: *Rosie Fairfull Smith* 07979816987

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## EAST KILBRIDE OLD PARISH CHURCH

In case of illness and bereavement, would the family please contact the minister immediately and directly.

Rev. Anne Paton will be available for consultation in the vestry after Sunday morning worship. Please arrange such consultation with the door duty team.

East Kilbride Old Parish Church, Church of Scotland, Scottish Charity—SC000609

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Youth & Families Worker	Marichka Marushchak	
Session Clerk	David L. Kent	
Treasurer	Des Laverty	
Roll Keeper	Robert Cossar	
Gift Aid	Des Laverty	
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