

EKO

**The Magazine for
East Kilbride
Old Parish Church**



OCTOBER 2025

EDITION 640

Church Calendar

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

OCTOBER

Sunday 5th	Sacrament of Communion	11am
	Short Communion Service	3pm
Thursday 9th	Communion Service	12 noon
	followed by lunch	12.30pm
Sunday 12th	Harvest Sunday	11am
Sunday 19th	Morning Worship	11am
Sunday 26th	Morning Worship	11am

NOVEMBER

Sunday 2nd	Morning Worship	11am
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Flower Calendar

Sunday 5th—In memory of Betty Hildebrand
Sundays 12th, 19th & 26th—the Flower Fund



If you would like to dedicate the flowers for any specific Sunday, please
phone Elizabeth Robertson: 01355 243205

Pastoral Letter



There is a story of an old monk who prayed many years for a vision from God to strengthen his faith, but it never came. He had almost given up hope when, one day, a vision appeared. The old monk was overjoyed. But then, right in the middle of the vision, the monastery bell rang. The ringing of the bell meant that it was time to feed the poor who gathered daily at the monastery gate. And it was the old monk's turn to feed them. If he failed to show up with food, the poor people would leave quietly, thinking the monastery had nothing to give them that day.

The old monk was torn between his earthly duty and his heavenly vision. However, before the bell stopped tolling, the monk had made his decision. With a heavy heart, he turned his back on the vision and went off to feed the poor. Nearly an hour later, the old monk returned to his room. When he opened the door, he could hardly believe his eyes. There in the room was the vision waiting for him. As the monk dropped to his knees in thanksgiving, the vision said to him, "My son, had you not gone off to feed the poor, I would not have stayed."

The best way to serve God is to reach out in service to our brothers and sisters, especially those with less than we have. Harvest Thanksgiving is an important point in the Christian Year. How often do we grumble about what we don't have, rather than give thanks for what we do have? We're all guilty of it. Our world is a troubled place at this time, and while we sit in our warm houses, eat our abundance of food, watch the horrors other people are experiencing as the images appear on our television screens before we sleep in security, we must remind ourselves of those who do not spend their days as we do, and importantly, give all we can to help, and remember them in our prayers.

A Celtic Rune of Hospitality says:

"We saw a stranger yesterday. We put food in the eating place, drink in the drinking place, music in the listening place and in the sacred name of the triune God He blessed us and our house, our cattle and our dear ones. As the lark says in her song: Often, often, often goes Christ in the stranger's guise."

Yours in love, *Anne Paton*

Harvest Thanksgiving

Harvest Sunday will be on 12th October. In gratitude for our own harvests, we will support two groups with our Harvest Appeal, one at home and the other abroad.

Glasgow City Mission has three main projects. In winter, they support rough sleepers. In their Centre, they help people affected by poverty and homelessness. In Govan they run a Child and Family Centre.

Christian Aid has a **Harvest of Hope Appeal**, which this year is for Sierra Leone. Climate Change is threatening food security. Unpredictable rainfall causes devastating floods that wash away crops, start landslides and destroy roads to market. In the dry season, scorching heat triggers drought that withers plants. Christian Aid has established a Village Savings and Loan Association to give help to the women who make up some 70% of Sierra Leone's agricultural labour force.

Please put your Harvest donation in an envelope marked HARVEST APPEAL. If you have a Gift Aid number, please remember to put it on the envelope also. You can also donate to the Harvest Appeal via the card machine at the front door of the Church, or directly, by contacting the Church Treasurer, Des Laverty, on 07402192610.

From the One World Committee

Craft Group



If you have more time to craft now that Autumn is upon us, join us in the lounge weekly on Wednesdays from 10am until noon.

Everyone is welcome.

We are always delighted with the support we receive from craft members and friends. Well done and thank you, *Jill Cowan.*

The Guild

On Wednesday 8th October at 2pm in the Glebe St Hall, we begin our winter session with a musical afternoon presented by Colin Thomas, Our Organist and Choirmaster. We meet from 2pm till about 3.30pm.



On 22nd October Stewart and Mary Smith will speak about Fairtrade. They are both part of the East Kilbride Fairtrade Group. On 29th October, Liz McIntyre Allan will give us a PowerPoint account of the life of Isobel Wylie Hutchison, a Scottish explorer.



Anyone is welcome to come to any of our meetings, men or women, or to come regularly and make new friends in the Guild.

Mary Smith (President)

Kirk Life

I would like to say a big thank you to everyone who supported our very successful Ladies' Night. We had loads of fun while raising £650 for the church funds.

I know, it's that time again – We will be taking names and donations for this year's Christmas Card, in the Lower Hall, after the Church Services on Sundays 5th, 12th, 19th and 26th October.

Don't forget the Christmas Craft Coffee Morning on Saturday 29th November!



Catherine Selfridge

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.

OCTOBER

1st. Father, remind me today that people like rainbows. What I see is an arc, but a rainbow is a complete circle.

2nd. God, be with us in all our thinking, in all our speaking, and in all we do.

3rd. Sing to the Lord a new song for he has done marvellous things.

4th. This is the day the Lord has made, we will rejoice and be glad in it.

5th. Father, be with all who are ill and alone.

6th. Guide us, Lord, and keep us from making foolish choices.

7th. Lord, remind me always that today is an opportunity to do more and learn more.

8th. As the new day begins, we lift to you everyone who needs your love and guidance. Please shine your light upon them and guide their steps.

9th. Father, guide me and give me the discipline needed in knowing what is right and important, no matter how difficult.

10th. I know, Lord, that your faithfulness is to all generations, not just my own and that your mercy is for everyone, not just for me. Help me to focus on the good you are doing, rather than on the evil others are getting away with.

11th. We give thanks, Loving Father, for all things bright and beautiful, and all creatures great and small.

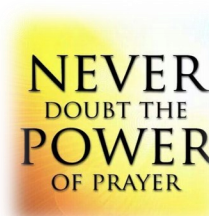
12th. Lord, I pray today for the oppressed and all involved in disasters and wars.

13th. Lord, thank you for waking me up today and for the breath in my lungs.

14th. Thank you, Lord, that when I am lost in a maze of emotion, you are there to guide me.

- 15th. With you, Lord, I have everything I need. Thank you for loving me and being my strength when I have none.
- 16th. Father when I go out each day, give me the strength to walk in the way You lead me.
- 17th. Lord, help us always to be kind and understanding towards others.
- 18th. Thank you, Father, for all the farmers who work tirelessly to provide us with food to sustain us.
- 19th. Gracious God, thank you for the gift of this new day. Refresh me, guide me and teach me when to speak and when to listen.
- 20th. Lord, give strength to the weary, comfort to the grieving, and courage to all who are facing trials today.
- 21st. Thank you, Lord, for the fellowship we share within the Church.
- 22nd. Lord, this is a day that you have made, and I am so thankful for your goodness and grace.
- 23rd. Lord, be with all who are living with dementia. Help them to live lives that are full and filled with meaning.
- 24th. Give us love, Lord, for those who betray us, patience with those who criticise us, and compassion for those who focus on all that is wrong and are unable to enjoy all that is good.
- 25th. Each choice I make is a risk, but my hope in You is never a risk.
- 26th. Lord of the Harvest, thank you for all the good things you have given us.
- 27th. Thank you, Father, for the assurance that I am engaged in something more important than myself.
- 28th. Merciful Father, protect and guide me throughout this day.
- 29th. Lord, help me to be patient and more understanding towards other.
- 30th. Father, give me peace in uncertainty and strength for whatever I face.
- 31st. Lord, thank you for the knowledge that you hear all my unspoken prayers.

November/ over



NOVEMBER

1st. We give thanks, Lord, for the growing crops and changing seasons.

2nd. God, help me to trust you with my decisions and future. Let me lean on you with all my heart instead of relying on my own imperfect understanding.

3rd. Lord, I come before You just as I am. I am sorry for my sins and ask you to please forgive me.

4th. Lord, do not rebuke me in your anger or discipline me in your wrath. Be merciful to me, Lord, for I am faint.

5th. Lord, as ever, we pray for peace throughout the world and help and support for the homeless and the starving.

Community Link



The Community Link Team would like to thank our Church Family who continue to support the Loaves and Fishes Food Bank.

This is still a very worthwhile cause and one we must continue to support.

The Food bank has moved to new premises in the Greenhills Community Hall which is now a permanent place for them. The opening hours are Tuesday, Wednesday and Thursday 10am until 3pm. If anyone would like to go and see the work that Loaves and Fishes do they will be made most welcome. Just ask for Lesley Davidson.

On behalf of Community Link

Norma Penman and Diana Ramsay - Joint convenors

Men's Association & Carpet Bowling Club



In the **Men's Association**, our new session 2025/2026 begins on Monday 6th October, when our Speaker will be our Minister, the Rev Anne Paton. The meeting will be at 2pm, in the Glebe Street Hall. Then, two weeks later, on 20th October, our Speaker will be Liz Allan, and her theme will be "Arthur Conan Doyle – Fact or Fiction?"

Our meetings are open to anyone, man or woman, who would be interested in a particular topic, without actually joining the Association. But of course, we would be very pleased to welcome new members. Each meeting starts at 2pm and ends around 3.30pm. We start with a short act of opening worship, followed by the Speaker for the day. Then comes a break for tea, coffee and biscuits, after which we can ask questions of the Speaker or discuss things, before we head off home.



The **Carpet Bowling Club** is composed of men and women who enjoy playing carpet bowls. No prior experience is required – if you would like to try it, come along. Our opening afternoon will be on Monday 13th October, at 2pm in the Glebe Street Hall. Our next meeting after that will be on Monday 27th October.

All welcome. *Stewart Smith*



Open Day Report

Church Magazine Report for DOD held on Saturday 06/09/25

Heritage Group

On Saturday 6th September, we as a group took part in Lanarkshire Doors Open Day. Members of the public on these days could access sites and venues not normally open to the public and to be able to wander around and explore various different buildings and sites.

It was a cold, but luckily for us a dry bright day, enabling members of our team to do tours of the graveyard for those people interested in the history of our historical site and also people tracing their families' ties to East Kilbride and surrounding areas. It was indeed popular. We had families from Australia tracing their origins to the builder of our Church Steeple. Also local families and members of our church tracing their relatives.

The Church Building was also extremely popular with the public, giving them a chance for those from other areas to see and experience the history of worship faith and heritage within our beautiful historic building of East Kilbride Parish Church.

Afternoon tea was available in the hall with beautiful home baking which visitors very much enjoyed, it also enabled them to catch up with other like-minded people giving them access to the photos and historical information we have collated on our buildings and graves. Community Link team did a fantastic job of making

people welcome to the Tea/Coffee facilities.

We are a small group and would not be able to do these types of events without the help and input from all the people who helped, guided and greeted everyone on the day.

Thank you all so very much for your help in allowing us as a group to have our Church and graveyard open to the public. Unfortunately, due to current changes we cannot have our gates, doors, open without practical supervision. It is just unfortunate that it is the situation at present.

On behalf of our group THANK YOU ALL!

Jean Craig Heritage Group

A purple rounded rectangle with the word "Fairtrade" in green, bold, sans-serif font.

What is Fairtrade?

Fairtrade is an ethical way of trading for farmers and workers in the developing world

Fairtrade helps build a fairer world.

Fairtrade ensures that farmers and workers have

- better working conditions and pay
- a fair price for their produce
- a Fairtrade Premium — extra money to invest in community projects such as health clinics, schools and clean water
- workers' rights, such as safer working conditions, equality of opportunity for men and women, and a ban on child labour.



The Fairtrade Mark ensures that Fairtrade produce meets high economic and environmental standards.

Fairtrade encourages responsible land use and less use of pesticides to promote a healthier planet.

Scotland is a Fairtrade nation.

Local supermarkets in East Kilbride, eg, the Co-op, M&S and Lidl, stock Fairtrade items, such as coffee, tea, bananas, ice cream, flowers, chocolate and wine.

The Old Parish Church is a Fairtrade Church. The EK Fairtrade Group recently had a stall at South Lanarkshire College Freshers Week. We talked to students and staff and handed out Fairtrade leaflets and chocolate.

Fairtrade helps build a fairer world and is good for the environment. It makes sense to support Fairtrade and to buy Fairtrade items when shopping in supermarkets. *Anne Daniels*



History Corner

More Christian Signs and Symbols

As we come to the front door of the Church on a Sunday morning, we pass the vestry windows. The vestry was built as a First World War Memorial, with the names of the Fallen inscribed under an arch above the windows. A plaque at the side records the names of those lost in World War Two.



Carved in stone right at the top, above the arch, and below the stone Cross (carved three-dimensionally) are two ancient Christian symbols.

Below the Cross are the two letters **Alpha and Omega**. These are the first and last letters of the Greek alphabet. (Incidentally, the word alphabet is simply

the first two Greek letters – alpha and beta). Greek has two letters for our “o”. Omega gives the “o” sound as in “home”; omicron gives the “o” sound as in “hot”. You have to look carefully, because the carver has intertwined the two letters and given them some artistic curves and scrolls.

In the last book of the New Testament, Revelation, the writer imagines the Risen Lord as saying, *“I am the Alpha and Omega, the first and the last, the beginning and the end”*. Ever since, these two letters have been used in Christian art to remind us of our faith in God’s love revealed in Jesus Christ. The German pastor, Dietrich Bonhoeffer, who was executed by the Nazis for his part in the resistance

to Hitler, knew that faith. His last words, spoken to a fellow prisoner before he was led out to the gallows, were “This is the end – for me, the beginning of life”.

Below the Alpha and Omega is what is called the Chi-Rho sign. Again, this is made up of two Greek letters. The first looks like our “X”, and the other looks like our “P”, the one linked with the other. In fact, the “X” is the Greek letter “Chi”, which gives our “ch” sound, as in “loch” and what looks like a “P” is the Greek letter “Rho”, which is our “R” sound. These letters in Greek are the first two letters of the Greek word “Christos” –our word “Christ”. Like the Alpha and Omega, the Chi-Rho sign has been in use for almost two thousand years.

So, even before we enter the Church itself, we can look up and be reminded of the great central truths of Christian faith – carved in stone, yes, but also alive in our hearts and lives.

Stewart Smith

17th EK Rainbows & Brownies

Our units are all back and I am delighted to confirm that we welcomed new girls and leaders in all our sections. We took in 8 new Rainbows reducing our waiting list to 3, 9 new Brownies and 8 Brownies moved to Guides. As our girls moved sections we took the opportunity to present them with Award badges. One of our Rainbows received her Gold Award (the highest possible) and our Brownies who moved received, Bronze, Silver and again 1 Gold Award. Our huge congratulations to them all. In my last article I shared all the things the girls were doing for their Eco badge and these were all completed but we still await the badges - a special order is required. On our final night the Brownies managed to get the Timecapsule planted with an agreement to open it in 5 years, all very exciting. The Brownies had a wonderful camp back to Gowanpark on the 30th May where our theme was Mermaids and the paddling pool made a special appearance. Our Guides had a fab weekend camp at the Guide Hall in EK with the silent disco being a major hit.

Now Autumn is approaching we are settling into our new programme, again working on numerous badges and also preparing for the C session. We will be taking part in the Church Fayre on Sat 29th Nov where we will be having a stall and looking forward to singing to you if Elspeth works her magic with the kids we look forward to seeing you there.

We thank all our church family for your continuing help, support and kindness. Please keep all our girls and leaders in your thoughts and prayers.

From 17th EK Leadership Team, *Jennifer, Caroline, Olivia, Claire, Emma, Liz, Lorraine, Ella, Pamela, Louise, Lynne, Gemma, Mirren, Michele & Christine*



17th EK Guides



A Roaring Start to the Term!

What a buzzing and brilliant start we've had this term! Our unit has welcomed eight new Guides, and they've wasted no time jumping into the adventure.

This term's theme is "Know Myself" – giving everyone a chance to discover more about who they are, as well as how they gel with their new patrols. We've already had some fascinating sessions exploring what we have in common, dipping our toes into the world of genetics and DNA, and even building colourful DNA models out of sweets (yes, they tasted just as good as they looked!).

Food seems to be popping up everywhere in our programme this term. The Guides voted to take on the brand-new Food Critic Interest Badge, and we're all excited to see – and taste – the delicious food & reviews they'll be serving up.



The highlight so far has to be our trip to Blair Drummond Safari Park on Sunday 14th September. We joined 7,000 other Girlguiding members for the exclusive "Roar and Explore" takeover day. The park was alive with energy – from bouncing around the inflatable village and cheering at animal shows, to spotting wildlife on the safari ride and getting nose-to-beak with magnificent birds of prey.



It was a day packed with fun, laughter, and adventure – the perfect way to kick off what promises to be a fantastic term ahead!

Lynne, Louise, Michelle, Rhian, Mirren, Gemma

Guide leaders

TREE OF HOPE



On Saturday 20th September at 11am, a Tree of Hope was planted in the Churchyard by our Minister Anne.

The event was conducted by Stewart Smith aided by Charlie Meiklejohn from Christian Aid and SLC's Council leader Joe Fagin.

The event not only marked the 80th birthday of Christian Aid but was symbolic of our hope for the future.

The tree is a Rowan and is currently in a planter in the churchyard but will be transplanted at a later date—possible beside the Hunter Memorial.

The event was attended by 26 of our members and after the 'planting' we retired to the hall for tea/coffee and some gorgeous home baking!

David Kent - Editor



Pastoral Register

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

Christine Ward
John Duthie
Colin Macdonald



EKO Submissions

The dates for submission of material for the October EKO are: for hand/
type-written copy **Sunday 19th October** and the deadline for submitting
electronic copy is:- **Wednesday 22nd October**

Thank you. *David Kent* - Editor 01355 237275, 07890 262267

or, davidkent28@virginmedia.com



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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Pastoral Assistants:	Rev. Stewart Smith MA BD and Miss Sheena Bell	
Youth & Families Worker	Position Vacant at present	
Session Clerk	Alistair Walker	
Treasurer	Des Laverty	
Roll Keeper	Robert Cossar	
Gift Aid	Des Laverty	
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