

# Life at St. Paul's Milngavie

January 2019



Disasters, whether 'natural' or caused by human error or wickedness, are amongst the worst of human experiences. We stand before them with a mixture of pain and shock which is difficult to put into words. The names Piper Alpha, Zbrugge and Lockerbie still cast shadows over the many lives that were directly affected and it is only right that commemoration and comment keep them in the national consciousness. Strange then that one of the worst disasters in the history of the United Kingdom received little attention until relatively recently.

On the evening of 31 December 1918 HMY Iolaire set sail from Kyle of Lochalsh. There were 283 people on board, mainly men returning home to Lewis and Harris from service in the First World War. Around 2am about a mile from Stornoway Harbour and, heartbreakingly, thirty miles from shore, the Iolaire ran into a notorious reef, The Beasts of Holm. 201 men who had survived the rigours of war perished within sight of home.

One historian has written that the islands had already lost a higher proportion of servicemen than most other areas of the United Kingdom and that the effect on communities was 'unimaginable horror' and 'unspeakable grief.'

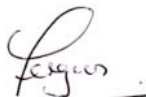
The journalist John Macleod tells us that once the dead had been buried and an unsatisfactory inquiry wound up, there followed for decades, 'a strange forgetting.' For many years the disaster was hardly spoken of at all. Only in 1960 was a memorial erected at Holm.

This is not to say that the people of Lewis and Harris did not feel the pain of the disaster but many agree that it was faith that enabled them to go forward with courage and hope. The faith of the islanders so often derided and lampooned within Scotland kept lives and communities together. It was the faith that said God was not just present in those things that are so obviously blessings. He is present for His people in every circumstance and working out His good and loving purpose.

The Sunday after Christmas we were thinking about Simeon and the moment he held the baby Jesus in His arms, the fulfillment of God's promise that he would not die before he saw the Messiah. A Highland minister of a former age commented: 'The babe was in the arms of Simeon; and Simeon was in the arms of the babe.' As the old man's arms were wrapped around the baby so God in Christ was wrapping Simeon in His good and loving purpose.

Our faith challenges us to believe that this is true for all of us, no matter what circumstances we are called to go through. It is the faith I aspire to in the new year that lies ahead. I believe we can support one another as we seek to do this as a people.

Wishing you a good New Year wrapped in the arms of the Babe,

A handwritten signature in black ink, appearing to read 'Lorna Ferguson', with a horizontal line extending to the right.

### **Overseas Committee**

It has been a real blessing to have had Lorna Ferguson with us on Advent Sunday at St. Paul's Church and to hear first hand of the work in which she is involved in Japan.

It is helpful to know of issues that Lorna especially values, for our prayers.

For those wishing to support Lorna financially, could they please contact Chris Scott, our Treasurer.

**Marilyn Ure**  
Overseas Convenor

### **Food Hygiene**

Following an unscheduled visit in November to the Lunch Club by an Environmental Health Officer from East Dunbartonshire Council a Pass Certificate was issued. Comment was made that good Food Safety Systems were being diligently followed, that the standard of cleanliness was high and that allergen information was available. The Food Hygiene Rules folder and records were also inspected. It is a tribute to the work of the Lunch Club preparation teams that such a good report was issued.

Food Hygiene Guidelines are available in the Large Hall kitchen at all times for reference by anyone preparing food on the church premises.

**Frances Ireland**



Dear Friends,

Happy New Year! In Japan, 2019 is the year of the boar or pig, so there are lots of pig-like cards, sweets and illustrations around.



This is also the last year of the reign of the current Emperor as he is due to abdicate at the end of April. Although Japan uses the Western calendar, it also uses its own dating system based on the years of its Emperors. This era has been the Heisei one, meaning “achieving peace”, and we are now entering Heisei Year 31. That will end when the Emperor abdicates and we will enter Year 1 of the new era on 1 May 2019. However, the name of the new era has not been

announced, making it difficult for calendar makers and others who want to mark the date for the whole year!

If you walk around the streets of Japan at New Year you will see different sorts of decorations on the doors and gates of houses. Often there will be pine branches tied to either side of a gate. These are placed there to welcome the Shinto gods. On doors you will usually see decorations made from *shimenawa* (sacred ropes). You can see large ones at Shinto shrines. It is thought that placing these decorations in the entrance to your house will ward off evil spirits.

Whereas we may store Christmas decorations for the next year, or throw out any that are old, Japanese people would not throw their New Year’s decorations out with the rubbish. Instead, around the second week in January, they will take these decorations to a Shinto shrine to be burned. This is because they believe that the spirit of a god is in the decorations.

On the surface Japan appears to be a modern, secular society. However, most Japanese traditions have their roots in Shinto or Buddhist practices. As we enter the last Heisei year, please pray that many more Japanese people will come to know Jesus as the Prince of Peace.

It was lovely to catch up with some of you briefly in December. May you all know God’s leading and blessings in the coming year.

*With our love,*

*Lorna, Daniel, Matthew, Calum and Alistair*

## Guild News



At our last meeting in November, we were hosts to visitors from the other local Guilds and we were also pleased to welcome two of our Elders – John Macpherson and Gordon Campbell. It was lovely to see so many in the Large Hall and everyone enjoyed a very informative and interesting talk about *Playlist for Life* from Mary McDougall. Started by Sally Magnusson, having seen the positive effect that music had on her mother, this charity works with organisations and individuals to improve communication between carers and families with loved ones who have dementia. Mary's presentation illustrated the benefits of music where it has been shown to improve nutritional intake, decrease agitation and pharmacological intervention, so much so that increasingly, doctors are prescribing music rather than medication for those with dementia. Mary encouraged us all to develop playlists of favourite music for both ourselves and our loved ones and judging by the interest shown, it is clear that this will be on many people's to-do lists!

On 3rd December, we had our Finance Meeting which was followed by a couple of very competitive Pass the Parcel games and an opportunity to catch up over coffee, tea and cakes.

The Christmas lunch at Milngavie Bowling Club took place on 7th December and both the food and fellowship were excellent! We were pleased to welcome our guest speaker, Rev Andrew Lees, who spoke to us in a most enjoyable and thought-provoking way.

St Paul's was the venue for The Dunbartonshire Guilds Together Carol Service on 10th December and the carols, prayers and readings which had been chosen made this a very special service indeed. Afterwards, the mince pies and shortbread certainly put us all in a festive mood and we were pleased that the visitors from the other Guilds enjoyed the evening as much as we did!

Our first meeting of the New Year takes place on Monday, 7th January when Robin Easton will be speaking to us about Street Pastors. Including this meeting, our programme for January is as follows:

7th January: Robin Easton – Street Pastors

14th January: Rev Fergus Buchanan

21st January: Carol Hough – Place names as windows on the past

28th January: David Sturgeon – A Scottish musical evening

We look forward to welcoming you to any or all of our meetings!

## Men's Association



As most of the Congregation will know, the Men's Association held their Annual Coffee Morning on Saturday 27th October and the nominated Charity was Crossreach which is the Social Care arm of the Church of Scotland. It was a most successful morning with stalls selling home baking, books and bric-a-brac. The Salvation Army also benefitted by coming at the end and taking away anything and everything that was left over. The grand sum of £774 was raised. On Tuesday 4th December the Men's Association invited Rebecca Tennant, the Community and Events Officer with Crossreach to speak about the work of Crossreach. A cheque for £774 was presented to her to assist in the great work done by Crossreach. Her response has been received and is shown below in order that every one can see how pleased Crossreach is with the donation. Many, many thanks go to all who helped on the day.

Dear Brian,

I was absolutely delighted to meet you and to receive your cheque for £774.00 from Milngavie St. Paul's Men's Association which was raised at a Coffee Morning held in October.

### **Thank you so much for joining in and making a positive impact with us**

Your recent generous donation of £774 is such a wonderful demonstration of your care and thoughtfulness. Thank you!

Here at CrossReach, we deliver services in Jesus' name. Our services, covering the areas of Adult Care Services, Services to Older People and Children and Family Services are a vital support to many vulnerable people across Scotland. Your donation enables us to make immediate positive impacts on the lives of those we are working with. Thank you for joining in with us to make these changes.

Your joining in with us is vital. Through groups like yourself, and speakers, fundraisers, event participants and stamp collectors, we are able to raise essential funds that help us to change lives every day. If you know of anyone in your group who may be interested in helping us in one of the ways listed above, please do encourage them to get in touch. We are always happy to send a speaker to your group to let you all know how we are spending your generous donation to bring about positive changes.

So a huge THANK YOU to you all from me, and from those for whom your joining in with CrossReach is impacting.

Yours, in partnership in making a difference,  
**Rebecca Tennant**

## Book Group



At our latest meeting we have been discussing *A Year in Provence* by Peter Mayle. Although this book was published about 30 years ago, and some of us had read it then, everybody thoroughly enjoyed revisiting the book. This is a fairly short book and deals with the trials and tribulations of Peter and his wife when they move to France to live permanently. They buy a farmhouse and begin refurbishment with “help” from the local tradesmen. Sometimes funny and sometimes poignant, we would recommend your escape to France via the pages of this book. Highly recommended.

Next time, we are reading our own choice of any of the Shetland series of books by Ann Cleeves.

We are meeting on Tuesday 15th January 2019 at the usual time of 7.45pm. If anybody would like to join the Book Group please speak to either myself or Margaret MacLean.

**Joyce Clark**

### Life & Work– January Edition



#### **Celebrating 150 Years of Social Care**

Lynne McNeil looks back at the proud history of social care in the Church of Scotland. Jackie Macadam looks at some of the innovative work carried out today by the Church of Scotland's Social Care Council, CrossReach.



#### **'True Enrichment in Life'**

Jackie Macadam interviews Susan MacKenzie, a lifelong volunteer for the Girls' Brigade

#### **'It's Even More Amazing Than I Thought'**

Thomas Baldwin meets Amanda Mukwashi, the new chief executive of Christian Aid.

#### **Remembering the Iolaire**

How the Isle of Lewis will mark the sinking of the Iolaire, 100 years on. Plus, a prayer by the Very Rev Dr Angus Morrison

#### **Lest We Forget**

A gallery of images from across Scotland as churches marked the centenary of the end of World War One

#### **Burns Day**

The Very Rev Dr John Chalmers looks at the Bard's relationship with the Church. The Very Rev Dr Finlay Macdonald offers prayers based on Burns' poems.

## What's on at St Paul's

The Stewardship Committee have produced a leaflet called **What's on at St. Paul's**.

The purpose of the leaflet is to spread the news about **What's on at St. Paul's** throughout our local community. Supplies of this "Community Leaflet" are now available at the back of the Church or from the Office, if a number of leaflets are required. We need **your help** to place these leaflets in your favourite places e.g. Libraries, Community Centres, Sports Clubs, Shops, Doctors Surgeries, Fraser Centre, Friendship House, Community Groups and anywhere else you might consider appropriate.

Please seek permission if you think it might be courteous or necessary to do so. We have a lot to offer the people living in our community, so let us spread the news of **What's On at St Paul's**. If you have any questions or feedback please contact Gordon Fairbrother, Stewardship Convener on 07769 648434 or [fairbrothers2@ntlworld.com](mailto:fairbrothers2@ntlworld.com)

### Flower Donations - January



Anyone wishing to record their name in Life, in memory of a loved one, should send the donation a month prior to publication of the magazine.

Donations for January:

Mrs EA Whyte,  
Miss EA Forbes,  
Mrs SF Anderson,  
Sunday Club  
Bible Class.

Please send donations to Mrs M Thoms, 66 Braeside Avenue, Milngavie, G62 6NN, or put them in the flower guild pigeon hole at the back of the Church. Cheques should be written to St Paul's Flowers.

# CHURCH REGISTER

No changes this month.

## Happy New Year to All!

Copy date for the February issue is Sunday 19th January if using church pigeon hole or Wednesday 22nd January if emailing. Please send to:  
[st.paulslifemagazine@gmail.com](mailto:st.paulslifemagazine@gmail.com)

Date	Flower Deliveries	Crèche Rota	Vestibule Rota
6th Jan	A. Gillies R. Cameron	MacAllister Wilson	<b>Team 3</b> R. Cameron
13th Jan	F. Ireland N. Caldwell	Wallis Tracey	<b>Team 4</b> M. Donaldson
20th Jan	K. Hagart J. Mill	Mackinnon Chapman	<b>Team 2</b> A. MacIntyre (C)
27th Jan		Berry Sillars	<b>Team 5</b> M. McDowell