

EKO

The Magazine for
East Kilbride
Old Parish Church



FEBRUARY 2026

EDITION 645

CHURCH CALENDAR



FEBRUARY

Sunday 1st	Communion Service	11am
	Short Communion Service	3pm
Thursday 5th	Communion Service	12 noon
	NO LUNCH—please note this!	
Sunday 8th	Morning Service	11am
Sunday 15th	Morning Service	11am
Sunday 22nd	Morning Service	11am

MARCH

Sunday 1st	Morning Service	11am
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FLOWER CALENDAR



Sunday 1st February—Norma Penman

Sundays 8th, 15th and 22nd will be provided by the church Flower Fund

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

PASTORAL LETTER



Our grandson got a “hard” jigsaw for Christmas. What that means is that he does it on a board which can slip under the sofa. He takes it out, works on it for a while, then gets fed up with it and slips it back under the sofa. He always goes back however to try another bit.

I came across this piece of writing which said something to me, maybe it will to you too. It’s called “Life is like a jigsaw puzzle.”

Don’t force a fit. If something is meant to be, it will come together naturally. When things aren’t going so well, take a break. Everything will look different when you return. Be sure to look at the big picture. Getting hung up on the little pieces only leads to frustration. Perseverance pays off. Every important puzzle went together bit by bit, piece by piece. When one spot stops working, move to another. But be sure to come back later. The creator of the puzzle gave you the picture as a guidebook. Variety is the spice of life. It’s the different colours and patterns that make the puzzle interesting. Working together with friends and family makes any task fun. Establish the border first. Boundaries give a sense of security and order. Don’t be afraid to try different combinations. Some matches are surprising. Take time often to celebrate your successes—even little ones. Anything worth doing takes time and effort. A great puzzle can’t be rushed.

February is an “inbetween” month. Winter’s still here, the days are dark, Spring seems far away, and life seems like a bit of a puzzle. So remember in the midst of these puzzling times, that God is the only one who can see the big picture. He alone understands our puzzlement, and hang on in, because piece by piece, God is working out his purpose for the world.

Yours in love,

Anne Eaton



LENTEN STUDIES

Easter falls on 5th April this year, which means that Lent begins on Ash Wednesday 18th February. Over the last few years we have enjoyed a Lent study group with our friends from St Brides. Each Study was based on a film and this year our film is going to be “The theory of everything,” based on the life of Stephen Hawking. We will be trying to come to terms with mystery and how faith functions within a world where there are so often things we can’t grasp or explain. The first session begins on Friday 20th February at 12 noon in the lower hall, and we run for five Fridays. Discussion will end at 1pm when we shall share some soup and fellowship with each other.

It is most helpful to have watched the film in advance. It’s available on Amazon Prime, and I have a few copies on DVD if anyone would prefer to borrow one. No previous knowledge of science is required!

Anne

LEPROSY MISSION

“Thankyou for wrapping in kindness children affected by leprosy”. That’s the opening sentence in a letter from Leprosy Mission Great Britain, expressing gratitude for our support for this great work. Our donations for 2025 were sent off in December and amounted to £1,523.67. That figure is made up of our Leprosy Mission Sunday appeal last January, all our Blue Tubs over the whole year, and any other donations marked for Leprosy Mission. There’s a Thankyou Poster on the notice board in the Lower Hall, showing that great result. So, well done everyone.

Now, by the time you read this, our Leprosy Mission Sunday will be past, when Gift Envelopes were handed out to the Congregation. There might well be a Gift Envelope with this issue of EKO. But if there isn’t and you don’t have an actual Leprosy Gift Envelope, please make a donation anyway, by (a) placing a gift in an envelope and marking it “Leprosy Mission” or (b) make a donation at the Church door via the card machine, or (c) directly to the Treasurer, Des Laverty. Call him on 07402192610 for details. It would be good if these donations were made over the next four Sundays.

As a disease, leprosy never makes any headlines. There are no leprosy epidemics. But it still exists, still blights peoples’ lives, including children’s, is still feared and if not treated will eventually lead to death. Jesus’ example invites us – even urges us – give what help we can.

The Kitchen Prayer

*Lord of pots and pans and things, since I’ve not time to be
A saint by doing lovely things or watching late with Thee
Or dreaming in the dawn light, or storming heavens gates,
Make me a saint by getting meals and washing up the plates.
Although I have a Martha’s hands, I have a Mary mind
And when I black the boots and shoes, Thy sandals, Lord, I find.
I think of how they trod the earth each time I scrub the floor.
Accept this meditation, Lord, I haven’t time for more.*

Stewart Smith

NEW SESSION CLERK

You will know the term 'bolt from the blue', well that's what happened to me last week. The term comes from a bolt of lightning coming from the 'blue' unexpectedly which is how it seems to me now. A call from our minister Anne to come for coffee and "run something past me" and the next - Session Clerk! It wasn't a difficult question to answer. I consulted with Lyn, my wife, and I accepted the post.

So here I am, your new Session Clerk willing to serve our church in this role. I am beginning to understand what the job entails and find myself most grateful to Alistair Walker for the job he has done and how helpful he has already been in handing the documents and business over to me.

It is very obvious already that there are many challenges ahead, not least of which is the Union which is in a state of suspension at present. I shall be trying my best to untangle the web of complexity surrounding the whole process. Again, many thanks Alistair for a job so well done and good luck to East Kilbride

Old Congregation with me as Session Clerk! *David L. Kent*

CHURCH MAGAZINE

In case it had passed you by, there are three different versions of the church magazine, the EKO, available:-

- 1) there is a full-coloured version printed by ourselves and delivered to recipients by a dedicated team of 'deliverers' every month. This costs us about £90 per month to produce.
- 2) There is the same magazine delivered by email attachment to recipients which costs us nothing at all.
- 3) There is an 'audio' version produced on CD for those who have visual impairment. This costs us very little to produce.

May I encourage members to consider receiving the magazine by email (where possible) and therefore cutting down on costs or even on CDs where the costs are minimal.

If you are interested please contact me, David Kent. My address and contact details are on the back page of the EKO *David L. Kent* Editor

THE GUILD



On Wednesday 11th February, in the Glebe Street Hall at 2pm, we will have an afternoon of music and poetry. Our Guest will be Jonathan Buchan who will present the life of Burns in music and song. On Wednesday 25th February, we will have a Guest Speaker to tell us about the Guild Project for this year, which is “Operation Hope”, about helping persecuted Christians in Upper Egypt.



Anyone is welcome to come to any of our meetings. *Mary Smith*

MEN'S ASSOCIATION & CARPET BOWLS

Our next meeting will be on Monday 2nd February, when our Speaker will be Mrs Fiona Anderson, talking about her work as a Librarian. The meeting after that will be on Monday 16th February, when we will welcome back Iain Shaw as our Guest Speaker

The Carpet Bowlers will be meeting on the other Mondays of February – 9th and 23rd. All our meeting are in the Glebe Street Hall at 2pm, and all are welcome at any or all of them. *Stewart Smith*

SUNDAY SCHOOL



If you are of school age, please come along and join us, you could also bring a friend.

We meet weekly on Sundays from 10.45am until noon in the Church Hall.

We care, share, and learn about the Bible in a fun way, with puzzles, quizzes, challenges and also pray together.

We like arts and crafts, singing and teamwork.

Hope to see you soon, *Jill Cowan* and the Sunday School Team

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.

FEBRUARY

- 1st. Create in me a pure heart, O God, and renew a steadfast spirit within me.
- 2nd. Father, grant me purpose to go forward, and to respond to opportunities to love and serve.
- 3rd. May I look to the Heavens Lord, as a reminder that your love surrounds the whole earth.
- 4th. Today, Lord, I pray for all who care and give their lives to those who are homeless.
- 5th. You are my star, Lord, I do not always see You, but I know that you are there.
- 6th. Lord, lead us, guide us, strengthen us, and protect us as we go through each day.
- 7th. Father, grant me purpose to go forward and to respond to the promise of opportunities to love and serve.
- 8th. Loving God, we give thanks for your love poured out to us in so many ways.
- 9th. We pray for the gift of peace, that hatred may turn to understanding, anger to compassion, and horror to hope.
- 10th. Lord, keep me focused and committed to your plans for me.
- 11th. Please open my eyes, Lord, to see the truth and depth of your love.
- 12th. Lord, help me to take time to let go of my worries and responsibilities and enjoy the company of those I love.
- 13th. Remind me, Lord, that sincere hope is found in you and I'm at my best when I abide in your love.
- 14th. Lord, as we approach Lenten, guide us and fill our hearts with gratitude, patience, strength, and peace.

- 15th. Lord, we pray for world peace and for countries to find diplomatic solutions that will bring harmony between nations.
- 16th. Stay with me through the busy days of this week and remind me that when I need comfort, solitude, wisdom, or guidance, I can always turn to you.
- 17th. Father, thank you for the promise of days to come and the thankfulness of past days well used.
- 18th. Thank you, Lord, for the breath in my lungs and for another day to experience your loving kindness.
- 19th. Hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you.
- 20th. Father, help me enjoy what I have instead of longing for new opportunities.
- 21st. Fill my heart with gratitude, patience, strength, and peace as I strive to become the best version of myself.
- 22nd. Lord, forgive me for thinking I can manipulate circumstances to achieve my will rather than yours.
- 23rd. Lord, help me always to remember that possessions do not bring happiness and peace of mind.
- 24th. Open my lips, Lord, and my mouth will declare your praise.
- 25th. Lord, spiritual growth is a lifelong journey. Keep me going forward spiritually and following Your will.
- 26th. Forgive me, Lord, for rejecting what you say is good in my frantic pursuit of something I think is better.
- 27th. Father, help me to remember that a setback is often a blessing in disguise.
- 28th. Thank you, Lord, for the assurance that I am in your loving care.

MARCH

- 1st. Lord, help me to be patient and compassionate so that I can respond to another's need.
- 2nd. Help me to accept others, showing them your great love instead of casting judgement.
- 3rd. Heavenly Father, thank you for the gift of this new day and for your constant presence in my life.
- 4th. Lord, I ask for your blessings, guidance, and protection over every aspect of my life and the lives of those I love.
- 5th. Let me hear your voice in the deepest reaches of my heart. Give me rest in you.



CHURCH IN ACTION



One Sunday morning in December last year, people arriving for the service were met at the Church doors, front and back, by two nice ladies, each with a charming smile. They were holding in their hands a cardboard box with a hole cut in the top. By the end of the morning, they had charmed a combined total of £500 into these boxes out of our pockets!

The ladies are members of the **Community Link Team**, led by Norma Penman and Diana Ramsay. The money generously given was for the work of **Women's Aid**. South Lanarkshire and East Renfrewshire Women's Aid have their office in the town centre. Their aim is to provide support, information and safe refuge accommodation for women, children and young people who are experiencing domestic abuse.

Through our Community Link Team, the Old Parish has been supporting this vital work for a number of years. With the money donated at the Church door, the Link was able to buy vouchers for Home Bargains and Aldi's. The Women's Aid team were then able to share these with families in special need of support at Christmas.

Pinned up on the notice board in the Lower Hall is a thankyou card from Women's Aid, a card designed by one of the children involved. It carries the words "Be kind – Free from Fear". What must it be like to live each day in fear of abuse

in the very place where you expect to be safest? This is a vital area of service and our support for it is a sign of faith in action.

Another major piece of work which goes on all year is support for the **Loaves and Fishes Foodbank**. Each Sunday there is an opportunity to leave in the porch a donation for the Foodbank and usually some four or five bags of goods are donated on any one Sunday. These are taken to the Loaves and Fishes centre, which is now in what was the Greenhills library, behind the shopping centre. The need is great and these donations are a real help. (Where does the name “Loaves and Fishes” come from? Read St John’s Gospel chapter 6, verses 1-13 to find the answer)

The whole Community Link Group also help to conduct a service of worship in the Church on the Thursdays after Communion Sundays, and then they provide a soup and sandwich lunch in the Lower Hall, which is always delicious and is open to all. When our faith is witnessed in worship and then expressed in service, we are surely on the right track! *Stewart Smith*

(From an interview with Norma Penman)



CRAFT GROUP

We are busy now thinking of new ideas for our next stall, Christian Aid coffee morning.

Please join us in the lounge weekly on Wednesdays from 10am until noon.

We have recently donated crochet and knitted mats and newborn baby hats, all recipients are very grateful. Many thanks.

Jill Cowan



KIRK LIFE

A massive thank you to everyone who attended the Hogmanay Ceilidh for your support. After a slightly slow start, we had an excellent night and contributed £700 to the church funds. Well done everyone.

Catherine Selfridge—on behalf of the Kirk Life Team



NEW EKO EDITOR NEEDED

Since taking up my role as Session Clerk, it has become obvious to me that I shall have to give up being editor of our church magazine the EKO. It is important for me to find someone who will take on the job. I started editing the EKO back in October 2013 and have found great fulfilment in doing so. I have been using Microsoft Publisher as the software for creating the magazine—it is really straightforward to use as it handles graphics and text with ease. It is better than Word which is awkward in using graphics.

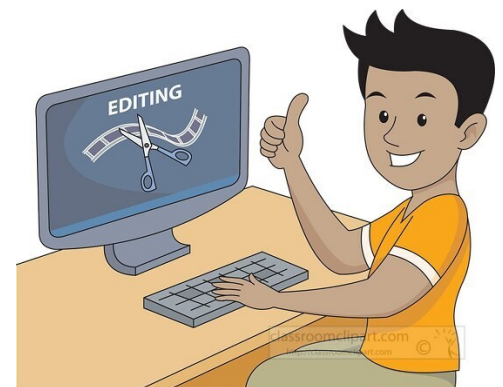
I have to ask therefore that if you or anyone you know might be interested (or coerced) into creating the magazine please, let me know or any of the Kirk Session and I can explain in detail what is needed, The magazine is produced for ten months of the year, taking a break over the summer months.

David L. Kent

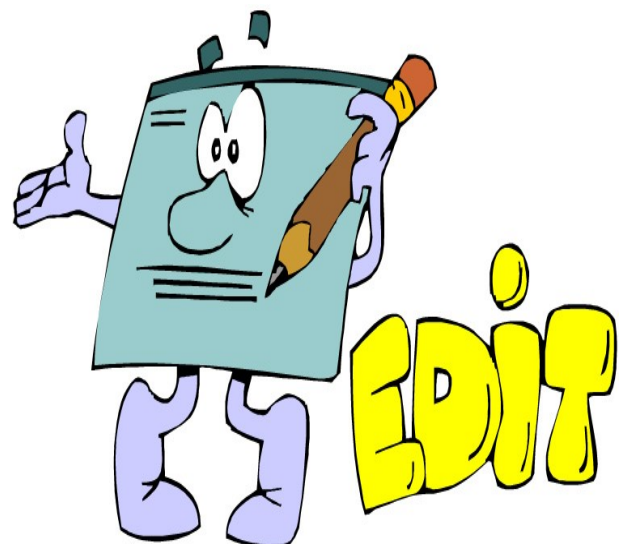
Email address: davidkent28@virginmedia.com

Home phone: 01355 237275

Mobile phone: 07890 262267



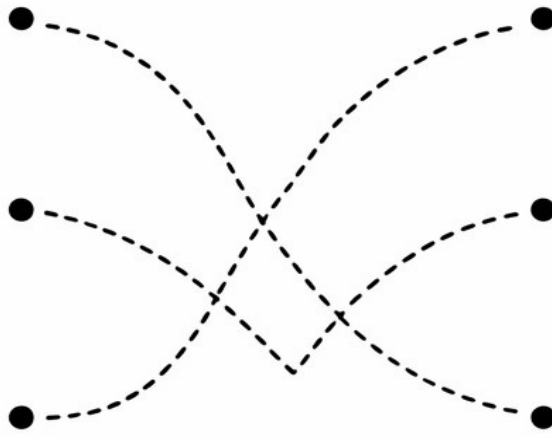
HELP WANTED!



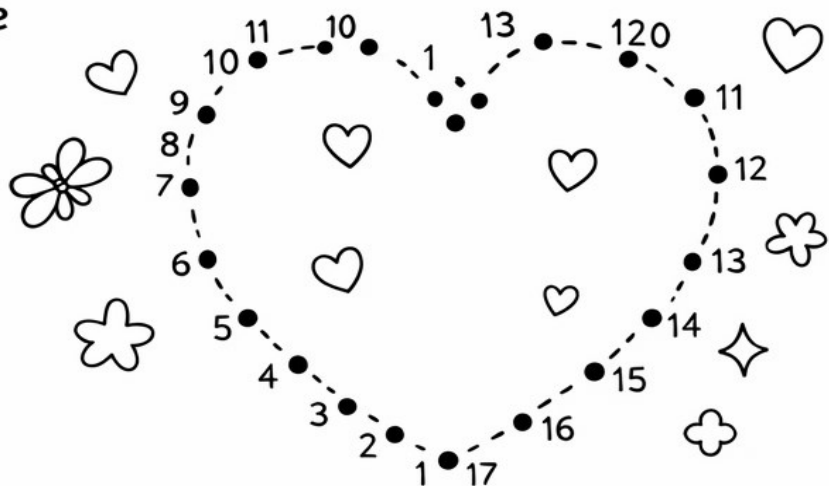
God is Love

1 John 4:8 – “God is love.”

Match the picture to the sign of love.
Draw a line between each pair.



Can you complete
the dot-to-dot
to draw a heart?



Can you complete the activities and colour your pictures?
Think about one way you can show God's love today.

PASTORAL REGISTER

Baptism: "Let the children come to me."

Miley Grace McGregor Young

Deaths "I will dwell in the house of the Lord forever."

Kim McGavin

Joyce Campbell

Marion Carnachan

Eleanor Murray

Cherrie Cloney

Barbra Campbell



EKO SUBMISSIONS

The dates for submission of material for the March EKO are: for hand/type-written copy **Sunday 15th February** and the deadline for submitting electronic copy is:- **Wednesday 18th February**

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

Minister	Rev. Anne Paton BA BD 40 Maxwell Drive. G74 4HJ E-mail address: apaton@churchofscotland.org.uk	Tel. 01355 220732 Mobile 07912295940
Pastoral Assistants:	Rev. Stewart Smith MA BD and Miss Sheena Bell	
Youth & Families Worker	Position Vacant at present	
Session Clerk	David L. Kent	
Treasurer	Des Laverty	
Roll Keeper	Robert Cossar	
Gift Aid	Des Laverty	
Church Secretary	Janet Boyce (Hall Letting) Church Halls, 3—5 Montgomery St. Tel. 279004 Glebe Street Hall	
Church Office	E-mail Address: ekopc.office@btconnect.com	
Organist	Colin Thomas	
Communications Convenor	Angela Thomas	
Magazine Editor	David Kent davidkent28@virginmedia.com	07890 262267

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