

# EKO

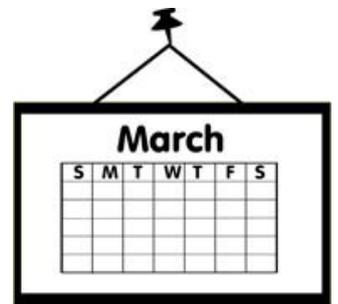
The Magazine for  
East Kilbride  
Old Parish Church



MARCH 2026

EDITION 646

# CHURCH CALENDAR



## MARCH

Sunday 1st	Morning Worship	11am
Sunday 8th	Morning Worship	11am
Sunday 15th	Morning Worship	11am
Sunday 22nd	Morning Worship	11am
Sunday 19th	Palm Sunday Service	11am

### HOLY WEEK SERVICES

## APRIL

Thursday 2nd	Communion Service	7.30pm
Friday 3rd	Good Friday Service	3.00pm
Sunday 5th	Easter Day Service	11am

# FLOWER CALENDAR



## MARCH

Sunday 1st March	Mrs. L. Johnson (for 22nd February) In memory of Bob Cowan In memory of Sheena, Bobby and Jean Nimmo
Sunday 8th	Jim & Isobel Gray
Sunday 22nd	The Flower Fund
Sunday 29th	Liz Macsween

## APRIL

Sunday 5th	In memory of Jean and Ed Kelly
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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



March sees the beginning of the season which the church calls “Lent.” Even today, a lot of people in our world know of Lent, but usually as some rather archaic slimming programme, an old traditional ritual of giving something up for a while, just to prove that you can. Shrove Tuesday is now Pancake Day, Good Friday is a quaint name for a DIY Bank Holiday and hot cross buns are now available all year round. Lent might be known by name, but it is not one of these Christian seasons that has leaked out into mainstream living. So, what is this season of Lent all about? Where did the tradition of giving up sweets come from?

The English name of this Lent season is linked with the lengthening spring days of the northern hemisphere, and that is because it was originally the time of heart searching preparation for those approaching their Easter baptism. So, with an expectant mood of preparation, there are strong links with Jesus’ own preparation for his ministry, a 40 day process of prayer and fasting spent wrestling with how best to proclaim the kingdom. “Wrestling” because whenever we move forwards in our faith journey the temptations came thick and fast to throw us of course, water down our commitment or edge us out of a healthy relationship with God.

The day before Lent is Shrove Tuesday, the day when you confessed your sins and were shriven, or forgiven. With the time of fasting from luxuries ahead, this Tuesday was also the time to use up all your fine food. Mardi Gras means Greasy Tuesday. In contrast Ash Wednesday, the first day of Lent is an occasion for facing up to the truth of who we really are, and opening ourselves up to God's grace, loving mercy and forgiveness.

This Lent, we have yet another opportunity to make changes to our lives. Is there something we have to give up? Is there something we have to take up? Is there something that stops us from being the people God created us to be?

I hope and pray that we can all use this season of Lent to re-evaluate the people we are, to draw closer to God, so that we can all look forward to the joy of the resurrection as the Lent season draws to a close.

Yours in love,

*Anne Eaton*



## AND YET NO ONE CAME FORWARD!

In spite of contacting the whole congregation, no one has offered to become the EKO magazine editor. Is it because it is beyond your skill set? Is it because you don't want to be lumbered with the task? Is it because you know of no one else who might have the skills? Remember, the person editing the magazine need not be a member of the church but only has to have an understanding of church 'ways'.

Let me make light of the task:

The magazine is delivered to people's homes or sent out by email by the first Sunday of the month for ten months. No magazine July & August.

So, people mostly send their scripts in by email by two Wednesdays prior to distribution. I copy and paste their work into text boxes and space them out appropriately for the whole magazine. I then add titles and suitable graphics. It doesn't need to be much more. I have tried to make each magazine have a special and appropriate front page but that only makes it look nice—it is not vital to the reading of the magazine contents!

It can be done in Microsoft Word or other word processing software. I have used a publishing package and, if desired, publishing software can be bought for the new editor. (And training if needed!)

I know that may seem an over-simplification of the job but in essence that is what it is!

WOULD YOU PLEASE SEARCH YOUR SOULS OR LIST OF FRIENDS AND SEE IF WE CAN FIND A NEW EDITOR. THIS WILL BE THE LAST EKO I WILL DO SO THERE WON'T BE ANOTHER UNLESS SOMEONE TAKES IT ON!

*David Kent* — retiring Editor



## MEN'S ASSOCIATION



Amazing as it may seem, the month of March will bring us to the end of our 2025/26 session! On Monday 2<sup>nd</sup> March, Mary and I will be the speakers. Our theme is "All About Fairtrade". Then, on March 16<sup>th</sup>, we will arrive at our Annual General Meeting and the close of the session.

The Carpet Bowling Club will meet on March 9<sup>th</sup> and 23<sup>rd</sup>, finishing just before Palm Sunday and the start of Holy Week.

For both groups, all our meetings take place in the Glebe Street Hall at 2pm.

*Stewart Smith*

## THE GUILD



The Guild will meet on Wednesday 11<sup>th</sup> March at 2pm in the Glebe Street Hall. Jonathan Buchan will present the Life of Burns in words and song. On Wednesday 25<sup>th</sup> March, we will hold our AGM. We will also welcome Craig Herbert and one of the Guide Dogs he is training. All welcome. *Mary Smith*

## THE CRAFT GROUP

### WEDNESDAY MORNING CRAFT GROUP.

We meet weekly in the lounge 10am until noon on Wednesdays.

New members are always welcome.

*Jill Cowan*



## FAIRTRADE

### FAIRTRADE SPRING COFFEE AFTERNOON – Saturday 14<sup>th</sup> March

For many years, East Kilbride Fairtrade Group have held a Coffee Morning or Afternoon in the month of March, because that used to be when nationwide the Fairtrade Fortnight was held. More recently, Fairtrade Fortnight has been moved to the autumn. However, here in East Kilbride we have been continuing to hold the Coffee Afternoon in the spring.



This year, it's the Old Parish's turn to host the Fairtrade Spring Coffee Afternoon. It will be held on Saturday 14<sup>th</sup> March, in the Glebe Street Hall, from 2pm till 4pm. There will be various stalls, Fairtrade goods, information about Fairtrade, a splendid Raffle, and the inviting aroma of freshly made pancakes. Admission £3, pay at the door.

There has always been a very positive support from the people of the Old Parish for Fairtrade and what it stands for. A warm invitation is extended to everyone to

this annual enjoyable event. *Stewart Smith*

## SUNDAY SCHOOL



SUNDAY SCHOOL  
*Make the Connection*

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 and the Sunday School Team.*

# GLASGOW CITY MISSION

For years now our church has supported the work of the Glasgow City Mission. Well, the Mission is about to turn two hundred years old. It was founded in 1826 by David Naismith a 26 year old man from Glasgow. Poverty and overcrowding were taking hold of Glasgow and Naismith was so deeply moved by the suffering around him that he founded the first City Mission in Glasgow. From the beginning, the Mission offered Christian care to meet each person's physical, spiritual, emotional and practical needs. Naismith believed the Gospel should be lived out through compassionate action. He pioneered a radical model for the time: uniting all Christian denominations to work together for the good of the city. Ordinary people with strong faith, were appointed as 'agents' to carry out the Mission's work. The success of this cooperative approach proved that Christians could achieve far more together than apart.

Naismith's vision spread quickly beyond Glasgow. He travelled widely, founding or inspiring Missions across Scotland, England, Ireland, France, Canada and America; many of which are still supporting marginalised people today.

200 years on, the generosity of people has kept the world's first City Mission standing strong in Glasgow, providing refuge and hope for the most vulnerable members of our community.

I have witnessed the Mission at work in Glasgow, talking with the homeless people you can see in shop recesses or other miserable locations. I have even spoken with some of the homeless and tried to persuade them to go to the Mission and seek help from them. They will never turn anyone away.

Glasgow City Mission has produced a leaflet which gives details of its history and work in Glasgow. You can read it on line or get them to send you a copy. It is

most worth reading.

Apart from fund-raising that we do in the Old Parish you can donate directly to them via their website at: [www.glasgowcitymission.com](http://www.glasgowcitymission.com) or just write to them by email: [info@glasgowcitymission.com](mailto:info@glasgowcitymission.com)

*David L. Kent*—Session Clerk



## COMMUNITY LINK

### Community Link

The Community Link Team would like to thank everyone who donates to the Loaves and Fishes appeal. It is very much appreciated and it's great to say that we drop off several bags of really necessary items every week.

*Norma Lenman/Diana Ramsay* - Joint Convenors.



# 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.

## 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.
- 6th. Lord, be with all nations under threat from foreign adversaries.
- 7th. Thank you, Lord, for this new day. Please be with me throughout the day and help me navigate whatever comes my way.
- 8th. We pray for the gift of peace, that hatred may turn to understanding, anger to compassion and horror to hope.
- 9th. Holy Spirit, fill me with joy. Please be with me and guide me toward you.
- 10th. Help me this morning, Lord, to welcome all the joyful happenings that you have seen fit to lay before me.
- 11th. Lord, we give thanks for all new plants beginning to grow and the happiness they give to everyone.
- 12th. Lord, please guide my steps, calm my anxieties, and help me to be a light to others.
- 13th. Father, help us to me more understanding and helpful to others.

- 14th. May I learn to acclaim you for your faithfulness, Father, and not blame you for my doubt.
- 15th. Hear me, Lord, and answer me, for I am poor and needy. Guard my life for I am faithful to you.
- 16th. The Lord has done wonderful things for us, and we are filled with joy.
- 17th. Father, bless our family and friends and keep them safely in your care.
- 18th. Help me to accept what comes from your hand each day as a blessing.
- 19th. Thank you, Lord, that your goodness is meant to be seen and heard by all.
- 20th. Forgive me, Lord, for my failures and shortcomings and help me to be more compassionate and understanding towards others,
- 21st. Loving Father, please guide me when I am in doubt and protect me when I am afraid.
- 22nd. As the new day rises, I give thanks for the miracle of life and the blessings that greet me this morning.
- 23rd. Help us, Lord, to surrender our weaknesses and fears to you. We ask you to replace them with your strength and courage.
- 24th. We pray, Lord, that you will guide leaders of all nations in the ways of freedom, justice and truth.
- 25th. We ask for your healing hand, Father, to be on all who are ill and struggling in any way.
- 26th. As the days get longer, help us to linger longer in your presence and have a deeper fellowship with you.
- 27th. Loving Father, grant me the strength to cope with all the demands of each day.
- 28th. Thank you, loving Father, for waking me up. Thank you for making my life so meaningful. Help me in all my needs and grant me wisdom to do what is right.
- 29th. Heavenly Father, on this Palm Sunday, we give thanks for the gift of your son Jesus Christ who came, not as a Conquering King, but as a Humble Servant.
- 30th. Give me strength, Father, during this Holy Week. Help me endure life's challenges with faith and perseverance, remembering Jesus' example of courage.
- 31st. May this Holy Week inspire resilience in my heart, Loving Father, and remind me that I am never alone.

APRIL/over

APRIL

- 1st. Father, teach me to forgive others with a compassionate and loving heart.
- 2nd. Prince of Peace, calm my heart and mind. When anxiety or worry overwhelms me, remind me of your presence and love.
- 3rd. Thank you, Lord, that by your wounds we are healed.
- 4th. Heavenly Father, bring clarity, comfort and a gentle reminder that your light always shines in darkness.
- 5th. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3;16



## CHRISTIAN SOLIDARITY WORLDWIDE

We are thankful to God for an honest and fair judgement - 20 Jan 2026

After nearly nine years, there is finally some hope for justice in the case of Pastor Raymond Koh.

Pastor Koh was abducted in a meticulous and professional operation on 13 February 2017, in broad daylight on a street in Malaysia. He hasn't been seen or heard from since, leaving his family in unending uncertainty, anguish and grief.

His wife, Susanna, has never stopped pursuing the truth about what happened to her husband and who is responsible. Now, finally, the High Court in Kuala Lumpur

has issued a verdict in a landmark case against the state.

### Police and government involved

On 5 November the judge confirmed what has long been believed: that Pastor Koh was forcibly disappeared, and that the police and the government were involved.

The family is set to be awarded 37 million Malaysian Ringgit, which is approximately £6.8 million (around £1,800 for each day the pastor has been missing, until his whereabouts are known). The landmark court ruling is the largest compensation in Malaysia involving enforced disappearance.

The judge directed the investigations to recommence, and for the funds to be kept in a trust fund until Pastor Raymond's whereabouts are established.

A few days after the ruling, the Home Minister of Malaysia said that his ministry was taking the court directive seriously, and that the police will reopen investigations to determine the whereabouts of Pastor Koh.

### **Susanna said:**

*'Today marks a historic and emotional milestone for the Koh family, our legal team, civil society, and all Malaysians who have stood with us in pursuit of truth and justice.'*

*We filed an action in the High Court and prayed to God that justice and the truth will prevail somehow, despite the overwhelming odds and circumstances. We were acutely aware of the risks to our family and our lawyers who are conducting this case, but believe in God's protection and the prayers from all the people who believe in our cause.*

*We are thankful for the manner in which the Malaysian court handled this sensitive case. The judge was very patient, careful and attentive to all the evidence that was given. [...] We felt some vindication as we were able to tell our side of the story, and hear the responses by some of the police officers that were named as defendants.*

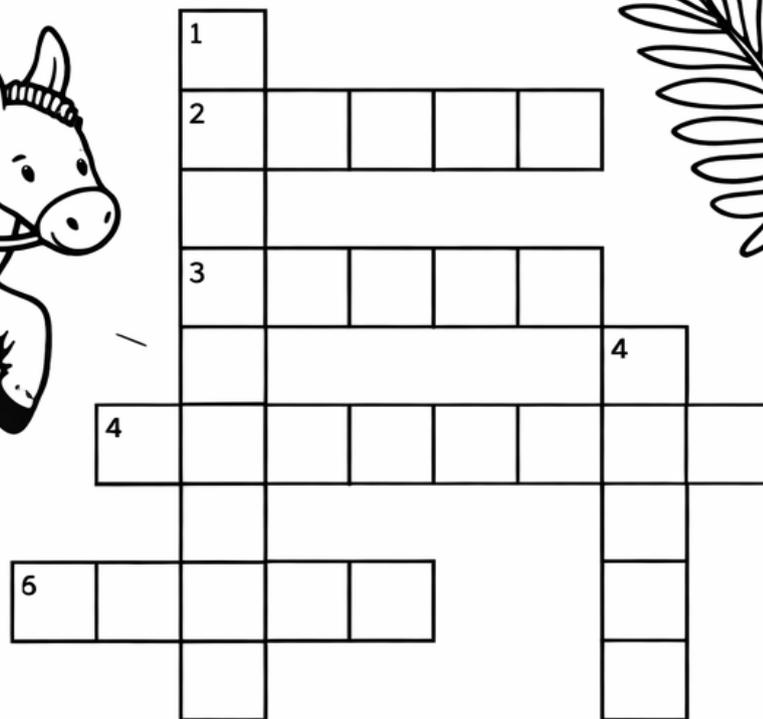
*We are overjoyed and thankful to God that we have an honest and fair judgement after all the evidence that could possibly be brought to the attention of the judge. **Though this will not bring Pastor Raymond back, it is somewhat a vindication and closure for the family.***



CHRISTIAN  
SOLIDARITY  
WORLDWIDE  
VOICE FOR THE VOICELESS

# Palm Sunday Crossword

Complete the clues about Palm Sunday to solve the crossword puzzle.



## Across

1. What day of the week is Palm Sunday?
3. Large, leafy branches used to wave as Jesus entered Jerusalem

## Down

2. City conquered by Jesus, where God's temple was
4. People shouted "Hosanna!" and called Jesus...
5. What did Jesus do into the city of Jerusalem?
6. Jesus is our...

## PASTORAL REGISTER

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

Shona Brown

Cherry Cloney

Walter Givens

Nancy McCartney

Rena Dunlop

William Bissett



## EKO SUBMISSIONS

The dates for submission of material for the April EKO are: for hand/type-written copy **Sunday 22nd March** and the deadline for submitting electronic copy is:- **Wednesday 25th March**

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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Youth & Families Worker	Position Vacant at present	
Session Clerk	David L. Kent	
Treasurer	Des Laverty	
Roll Keeper	Robert Cossar	
Gift Aid	Des Laverty	
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