

EKO

The Magazine for
East Kilbride
Old Parish Church



Lent

MARCH 2025

EDITION 635

Church Calendar



MARCH

Sunday 2nd	Morning Worship	11am
Sunday 9th	Morning Worship	11am
Sunday 16th	Morning Worship	11am
Sunday 23rd	Morning Worship	11am
Sunday 30th	Morning Worship	11am

APRIL

Sunday 6th	Morning Worship	11am
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Flower Calendar



MARCH

Sunday 2nd	In memory of Bob Cowan
Sunday 9th	Jim & Isobel Gray
Sunday 16th	David Kent
Sunday 23rd	The Flower Fund
Sunday 30th	Liz Macsween

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

Pastoral Letter



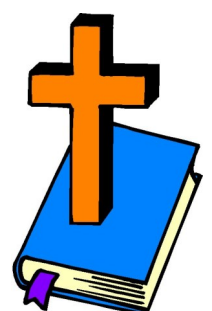
Have you ever lost your voice? Sometimes we get hit by viruses which go right into our throats, and we start to sound all husky, then our voice goes completely. Luckily, we know it is probably not forever, but trying to communicate our needs and thoughts with no voice is not easy.

Followers of Jesus are described in the bible as “a royal priesthood,” and “an incomparably great power” so we are people with a duty to speak out of a love that is real and true. Does that really describe us? As individuals and as a church are we good at speaking out about our faith, or has our religion become more of a private thing we do in our homes and in the church? Further, throughout the New Testament, we are continually implored to encourage one another and build each other up. How well do we do that?

For our Lenten conversations this year, we will be considering these questions and more through the prism of the film, “The King’s Speech.” The film is based on the true story of King George VI who was thrust into the limelight, and had to make live broadcasts to the nation, despite suffering from a stammer. How did he find his voice? Who around him were enablers and encouragers and who did the opposite?

More information will follow, but we will begin on Friday 14th March at 12 noon. We will chat until 1pm when we will share some soup together. Even if you are unable to join us, maybe Lent is a time for all of us to reflect on how we use our voices. Who do we speak for? Who should we speak for? God says, “Do not be afraid, Abram, I am your shield.” (Genesis 15, 1) When we speak, God will be our shield too.

Yours in love, *Anne Paton*



Reflections



In early 2020 Val and I were fortunate enough to be on a cruise in south east Asia and were able to visit Singapore, Vietnam, Thailand and Malaysia. We began to notice that as we disembarked at various ports we were often met with medical staff in white coats and facemasks who would sometimes take our temperature or ask us to apply hand sanitisers. While we wondered at these precautions, life in the places we visited was perfectly normal and we enjoyed our holiday with no awareness of any health concerns.

We came home towards the end of the month, and I looked forward to my formal appointment as Session Clerk on Sunday 22nd March. The Government declared a national “lockdown” of nearly all aspects of public life the following day, Monday 23rd March ! I quickly realised that my time as Session Clerk was unlikely to be anything like I had envisaged, at least for the duration of the Covid pandemic.

It is worth reflecting on just how many ways in which our church responded to the challenges of the widespread restrictions and how we innovated in ways of worship and pastoral support. We embraced technology and social media pretty quickly with a YouTube channel for the Minister’s weekly address, a Facebook page to update members, a Dial-A-Service was also developed, and we installed a CCTV system in the church. The Kirk Session met via Zoom, a new experience for most of us ! A group of volunteers, Helping Hands, did great work in delivering prescriptions and shopping where that was needed. As the rules changed, we coped with 2 metre distancing, singing through our facemasks, Communion at home, reserving a seat for Sunday services, and online Coffee Mornings. This all lasted nearly 18 months till all restrictions on churches ended in March 2021.

Just when we thought that we might be spared further challenges we were plunged into the maelstrom of Mission Planning, and we opened discussions with other churches in December 2021. Over the following three years draft plans were prepared and then rejected, promising arrangements were abandoned, and inter-church relationships were severely tested. We now, at last, have a firm proposal for union with West Kirk and Stewartfield on the table but regrettably we will probably be unable to make further progress for some time.

As we emerge from our 250th anniversary year and we put recent challenges behind us for a while, another pressing issue emerges in the shape of our financial situation. We have all seen the comprehensive report from the Church Treasurer spelling out the critical need for an increase in congregational giving. The challenge for us now is to respond with the same commitment and resolve as we have shown in the past and ensure that we continue to provide the spiritual and pastoral support that is the hallmark our church.

Alistair Walker - Session Clerk



The Craft Group

If you are a regular reader of this magazine, you will know that we have a Craft Group which meets every Wednesday from 10am until 12 noon in the Lounge Area. If you are a 'crafty' person (you know what I mean!) then you will be made most welcome to join us.

Jill Cowan



The Guild



On Wednesday 12th March at 2pm in the Glebe Street Hall, the speaker will be Vivienne MacDonald. Her topic will be “Olives, Oranges and Overnights”. She will show us some of the many places she has been on holiday. Then on Wednesday 26th March, we will have a talk from Fiona Anderson entitled “Silence, Please!” – stories from a Librarian. This will be followed by our AGM. A warm welcome to all.

The World Day of Prayer

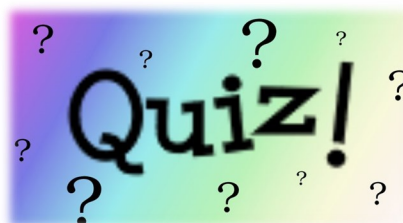


Our local ecumenical service will be held on Friday 7th March at 2pm in the Old Parish Church. This year's theme has been prepared by the women of the Cook Islands in the South Pacific. Taking part in the service will be people from Stewartfield, the West Kirk, the United Reform Church, St Mark's, St Bride's, along with our Old Parish. All welcome, women and men.

The Big Quiz and Afternoon Tea

This Big Quiz is being arranged jointly by our three local Churches. It will be in aid of Tear Fund and there will be an Afternoon Tea and a raffle. The date is Saturday 5th April from 2pm-4pm in the West Kirk Hall. Tickets priced £5 are available from Mary Smith or Angela Thomas.

Mary Smith



The Fairtrade Coffee Afternoon

This annual event will be held in Moncreiff Church Halls on Saturday 22nd March, from 2 – 4pm. The centre-piece of the afternoon will be the presentation of prizes to the winners of the Schools Poster and Poetry Competition, on the theme of Fairtrade. Various Primary Schools take part in this competition. There will be Fairtrade goods on sale and the hall will be filled with the lovely aroma of pancakes being freshly made! Admission £3, children free. All welcome.



Stewart Smith

Men's Association



It's hard to believe it but our session is almost over! There are just two more meetings before our 2024/25 programme comes to a close. The first of these takes place on Monday 3rd March, when our speaker will be the Rev David Currie. The title of his address is "Adventures in Ministry and Mission".

David was Minister in the West Kirk in the Village area from 1983-2000 and he still lives in East Kilbride. From 2000 till 2011, he worked for the Church of Scotland as Adviser in Mission and as Emerging Church Development Officer. He then spent time in Australia and from 2011 till 2016, he worked in the Scots Kirk in Melbourne. So he has a wide experience and his illustrated talk will be most stimulating.

The date is Monday 3rd March, at 2pm in the Glebe Street Hall. This is an open meeting to which everyone who is interested is warmly invited, both men and women.

The final meeting is our AGM which takes place on Monday 17th March, again at 2pm in the Glebe Street Hall.

The final meeting of the Carpet Bowling Club is on Monday 24th March.

Christian Aid

Christian Aid
We believe in life before death

This year, 2025, is Christian Aid's 80th Birthday. In this special year, Christian Aid Week will be from Sunday 11th May till Saturday 17th May.

One of our main fund-raising events will be on Saturday 17th May when we will have our Big 80th Birthday Coffee Morning. Headed up by our redoubtable Coffee Morning Team, this will be a major event. Mark it in the diary now.

Another plan in the making is a sponsored/just giving walk, undertaken by one of our One World Committee members, Anne Daniels. Anne will try to do as many laps of the loch at Stewartfield as she can. At least 40, and then as many more as possible. Not all at the one time, of course, but during May and leading up to Christian Aid Week. It would be good if one or two people would like to join Anne in this walk, even for part of the time. More news

anon. *Stewart Smith*

CHRISTIAN AID - CRISIS in SUDAN (from the Christian Aid Website)

Amidst a brutal conflict, millions of people across Sudan are displaced and facing the threat of famine and death. More than 1 million people have fled across the border to seek safety in South Sudan, a country hit by the worst floods in decades.

We cannot allow these people to be forgotten. With your support, our partners can provide life-saving support, stop this widespread hunger and bring hope to people fleeing conflict.

Millions of people in Sudan are facing **famine** as war devastates lives and **forces families to flee**. The crisis has become the world's largest displacement emergency.

The impact:

- ✦ **Displacement:** Over 12 million people have been forced from their homes.
- ✦ **Hunger crisis:** 25.6 million people face food insecurity, with 800,000 on the brink of famine.

Health emergency: Cholera outbreaks have killed over 1,000 people, and thousands more are at risk.

The war has devastated livelihoods, destroyed infrastructure and cut off food and aid supplies. The UN warns famine will spread without urgent intervention – the only place in the world at this level of hunger.



Catherine Selfridge , Janice Gourlay, Anne Learmonth and Marilyn Ross meet in the Lounge Area after the Church service and invite you to visit/join them in the Prayer Group 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.

MARCH

- 1st. Please comfort those who are in despair and help your followers to be moved with compassion to share your love.
- 2nd. Lord, we praise you for the recent medical advances against many diseases. We pray resources will be fairly distributed around the world.
- 3rd. Forgive me for trying to remake the world into my idea of perfection, rather than working with you to restore it to your original design.
- 4th. On this Shrove Tuesday, Lord, help us to enjoy and give thanks to you for the bounty you provide for us and remind us to share your gifts with others.
- 5th. Tomorrow is a secret. The far horizon's rim, conceals God's hidden purpose, so leave it all to him.
- 6th. Lord, as we enter this Lenten Season, be near us, guide us and give us strength to overcome all challenges.
- 7th. Nobody knows what a prayer can do. When somebody prays for you, burdens are lifted and doors unbarred, and nothing seems quite so bad or hard.
- 8th. Father, we pray for all those who are unrepresented, oppressed, or unheard.
- 9th. Lord, grant me the physical strength needed to cope with all the demands of each day.
- 10th. Father, guide, and comfort those who began this year with problems that seem unsurmountable.
- 11th. I lift my eyes to the mountains – where does my help come from. My help comes from you, Lord, the maker of heaven and earth.
- 12th. In your name, Lord, we humbly ask that we may be a channel for your peace and love.

13th.Lord, grant me hope for this day, that I may walk in your pathway and live in your light.

14th.We pray for countries where justice seems far away and where human rights are ignored.

15th.Help me, Father, to open the door today to opportunities to serve you.

16th.Lord, be with all people who are forgotten and the children who die from the lack of love.

17th.Prepare our hearts and minds, Lord, as we journey through Lent, to reflect upon the temptation of Jesus and what that means for us.

18th.As our standard of living rises, Lord, help us always to remember that the people living in the third world get poorer.

19th.Lord, grant me purpose to go forward to respond to opportunities to love and serve.

20th.Help us to draw near to you, Lord, in praise, stripping away all that distracts us from worship.

21st.Thank you for granting me more than I need and for protecting me far beyond what I deserve.

22nd.Please forgive me for my mistakes, Father, and help me to learn from them.

23rd.Lord, you are my strength and my reason for every breath I take. I cannot face the world alone. Hold my hand, guide me, and never let go.

24th.Thank you, Father, for all the blessings you have given me. I know I am so unworthy but still you love me and are patient with me.

25th.Grant me grace, Father, to be still and find You in peace.

26th.Love brings many choices and risks, but my hope in you, Lord, is never a risk.

27th.You will always answer the door, Lord, but first I must knock.

28th.Lord, help us remind those in power that prisoners are always in our hearts and prayers and never forgotten.

29th.Lord may Lent be a time of inward searching that makes me more able to look with compassion at the needs of the world.

30th.Help world leaders to look for rainbows instead of violence and to understand the message.

31st.Father, I ask for your love and guidance today. Please help me overcome any hurdles that may come my way and give me wisdom in everything that I do.

APRIL/over

APRIL

1st. Jesus, you prayed. As your disciple, teach me about spiritual discipline in my relationship with you.

2nd. We pray, Father, that those who work on climate change may find solutions so that the erosion of soil may be halted or reversed.



History Corner

Sergeant John Ramshaw

The following is an extract from The East Kilbride Parish Magazine dated July 1900:

In Memorium: Sergeant John Ramshaw

“The death of Sergeant John Ramshaw on 16th June 1900 was of a somewhat sudden nature. He had been in failing health for some months. Sergeant Ramshaw was a familiar figure in the Parish. As the school board officer, he was always active and the children both feared and liked him. He had seen much active military service. In March 1845 he enlisted in the 79th Cameron Highlanders (now the Queen’s Own Cameron Highlanders), attaining the rank of Sergeant in June 1855. For service in the Crimean campaign, he was awarded a medal with three clasps and a Turkish Medal. Another honour was bestowed on him for gallant service during the Indian Mutiny campaign and a further award was given for the part he played in the North-West Frontier War in 1863. In the year 1868, he received the silver medal for long service and good conduct.

He acted for over twenty-two years as instructor to the 2nd V.R.S. Rifles and his final decoration was granted on the 4th February 1891 as a reward for long and highly meritorious service. Sergeant Ramshaw was a man of cheerful, kindly and obliging temperament. He tried to do his duty to the best of his ability. His familiar form will be missed for many a day in the village streets and that hearty laugh which was one of his peculiar characteristics.”

John Ramshaw was born in 1831 in Newfoundland, Canada, the son of John and Sarah Ramshaw nee Knight. He married Christina Cameron in 1866 at St Nicholas. John died on 16th June 1900, aged 69 years.

His brother William Ramshaw married Janet Torley in 1868, at Glasgow. He was an Army pensioner from the 79th Regiment and died 7th February 1902, aged 69 years. Both brothers are buried in the Kirkyard.

Ref: Scotlandspeople.com. The East Kilbride Parish Magazine dated July 1900

Fiona Dawson



Our History

East Kilbride Old Parish Church
COMMUNITY 7 A SIDE FOOTBALL TOURNAMENT
IN MEMORY OF ANGUS McCONNELL
at Kirtonholme Stadium East Kilbride
on Sunday 8th June 2025 from 2-4pm
FOR PRIMARY SCHOOL AGED BOYS & GIRLS



**ADVANCE
NOTICE SAVE
THE DATE**



East Kilbride Old Parish Church
Noah's Ark Messy Church
Sunday 2nd March 2025 : 2-4pm



**East Kilbride Old
Parish Church**

Welcome

FORTHCOMING EVENTS FOR CHILDREN & FAMILIES



EKOPC FAMILY FUN NIGHT BEETLE DRIVE

In The Glebe St Church Hall
On Saturday 22nd March 2025

From 6.30-8.30pm

Cost £2 per person

Email or text Iain on

iainshaw18@gmail.com or
07912295943 to book a place(s)

ALL ARE WELCOME.



East Kilbride Old Parish Church CHILDREN'S ART GROUP



Every Thursday afternoon from 4.30-6pm
in EKOPC Glebe St. Church Hall.

£2 per child per session – all ages welcome
All materials and a drink & snack provided.
ianshaw18@gmail.com or 07912 295943



East Kilbride Old Parish Church JUNIOR BADMINTON GROUP

A GROUP FOR YOUNG PEOPLE IN P4 & ABOVE

**EVERY FRIDAY AFTERNOON IN OUR CHURCH HALL IN
GLEBE ST FROM 4-5.30PM.**

ALL ABILITIES WELCOME & ALL EQUIPMENT PROVIDED.



A SNACK & DRINK WILL ALSO BE PROVIDED.

Contact Iain Shaw for more details –

ianshaw18@gmail.com or 07912 295943

17th EK Guiding Units



All our units have been up and running since January. The Rainbows, Brownies and Guides are all working on various badges and parts of the Girlguiding programme. I was going to say January was a quiet month but that would not be true. The Rainbows and Brownies celebrated the Chinese New Year, the year of the snake, making paper lanterns with battery tea-lights, they looked fab and the Brownies—paper snakes. The Brownies also held what has become our annual Burns Supper, with our young leaders helping them make their own Highland Cows, a BIG hit. We had traditional and vegetarian haggis to sample and some of the girls entertained us with poems and dance, what talents kids we have.

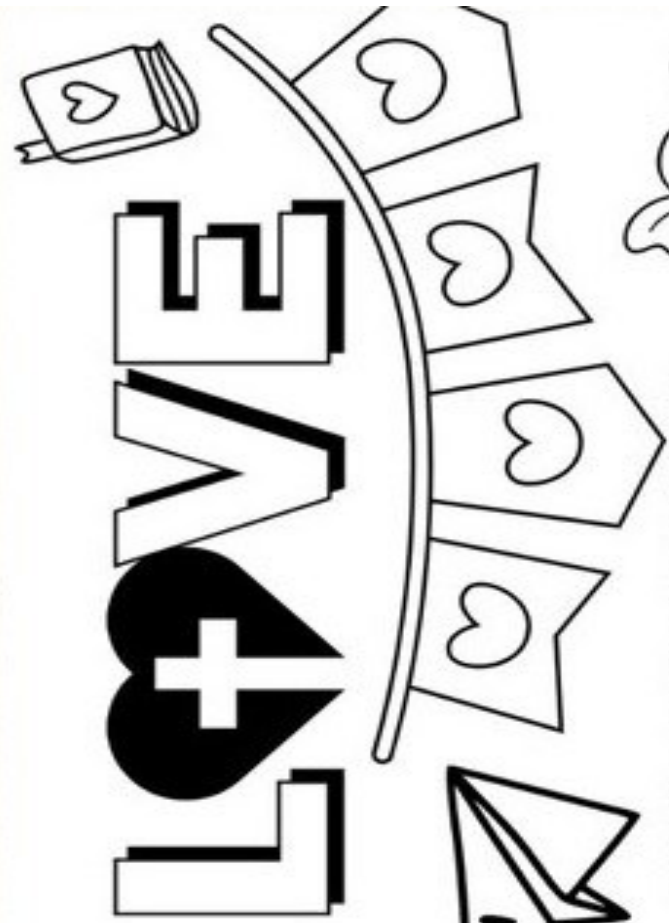
February - the Rainbows made Valentine cards and the Brownies love buddies (pictures to follow). The Brownies are working on the Mindfulness badge. Gratitude jars were decorated and filled with items they are grateful for, family, friends, homes, education, food, our natural world and I am pleased to report Brownies also got a mention (pictures to follow). On Tues 25th we are celebrating Thinking Day or founders day, when we think about our World Guiding Family. I will let you know how that went in April. I should mention Thinking Day is 22nd Feb a Friday this year and we have asked the girls to wear their uniform or promise badge to school if permitted.

Like everyone else we are waiting patiently for the lighter nights to get the girls out and about, but spring is on the way.

Thank you to our Church Family for your continued support. Please keep us all in your prayers. From all the leaders *Emilee, Jennifer, Kay,*

Caroline, Emma, Liz, Lorraine, Pip, Ella, Erin, Louise, Lynne, Pauline, Mirren & Christine

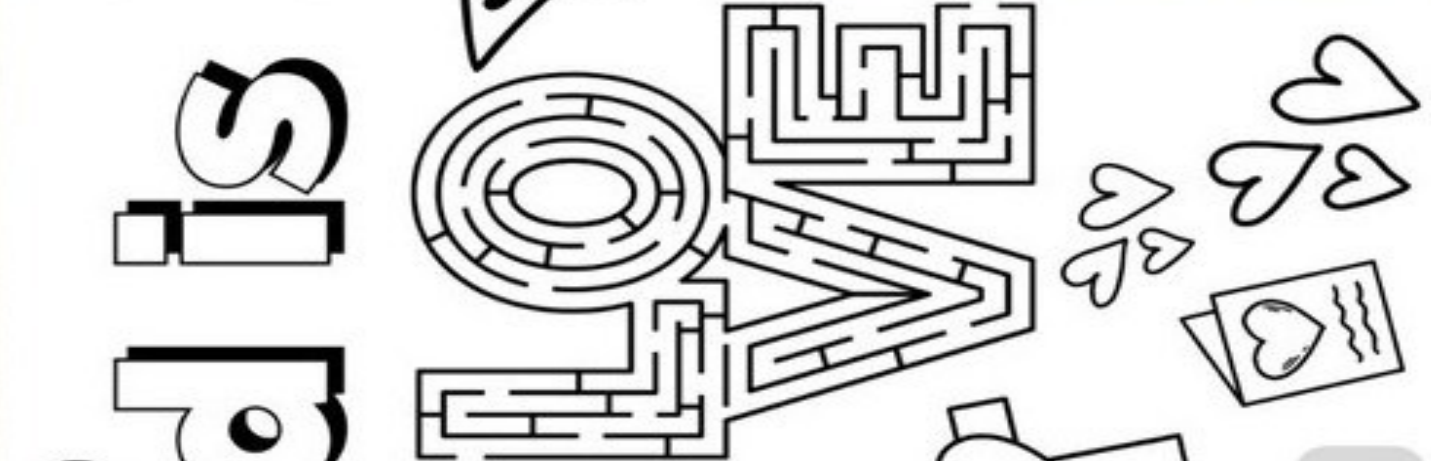




FIND THE WORDS

- LOVE
- GOD
- JESUS
- BIBLE
- FOREVER
- TRUE
- PERFECT
- PATIENT
- KIND

K Z B R J X T R U E
 I F O U W X H W Z A
 N G O L J C S J P E
 D T K R O D J E A B
 P G O Z E V G S T I
 X V O W U V E U I B
 Q O D S D E S E L
 P E R F E C T R N E
 Q Z T P U W J U N C
 F T F N L U M B F



This is love:
 not that we
 loved God, but
 that he loved
 us and sent his
 Son as an
 atoning
 sacrifice for
 our sins.

1 JOHN 4:19

Pastoral Register

Baptisms "Let the children come to me."

Lilly Karen Cunningham

Weddings "And the greatest of these is love."

John Doonan to Lorna McPaik

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

Annie McCulloch

Georgie Hendry

Ryan Bryden

Archie Caulfield



EKO Submissions

The dates for submission of material for the April EKO are: for hand/type-written copy **Sunday 23rd March** and the deadline for submitting electronic copy is:- **Wednesday 26th 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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Pastoral Assistants:	Rev. Stewart Smith MA BD and Miss Sheena Bell	
Youth & Families Worker	Iain Shaw E-mail: iainshaw18@gmail.com	
Session Clerk	Alistair Walker	
Treasurer	Des Laverty	
Roll Keeper	Robert Cossar	
Gift Aid	Des Laverty	
Church Secretary	Janet Boyce (Hall Letting) Church Halls, 3—5 Montgomery St. Glebe Street Hall	Tel. 279004
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E-mail copies of March's EKO magazine are available from:-
ekopcmagazine@gmail.com

Visit the East Kilbride Old Parish Church Website at: www.ekopc.org.uk

OR Facebook page: www.facebook.com/EKOLDPC