

**ST ANDREW'S CHURCH OF
SCOTLAND: CARLUKE**

Registered Charity SCO13968



CHRISTMAS 2023



WHO'S WHO

Minister:	Rev Helen Jamieson:	Tel: 01555 771218
Session Clerk:	Mrs Pamela Watt:	Tel: 01555 770966
Treasurer:	Mrs Libby Muir:	Tel: 07723639080
Roll Keeper:	Mrs Kathleen Wood:	Tel: 01698 372063
Church Caretaker:	Mrs Jennifer Johnston:	Tel: 07944366898
Organist:	David Edment	Tel: 07891789002
Worship Team:	Liz Bradley, Libby Muir, Pamela Watt	





A note from the Manse



This year it seemed to me that Halloween and Christmas collided with each other – at least in the shops anyway!

As shelves were changed around to make way for Advent Calendars and boxes of chocolates and biscuits, at the same time there was often found a display of Halloween costumes and ghoulish goodies.

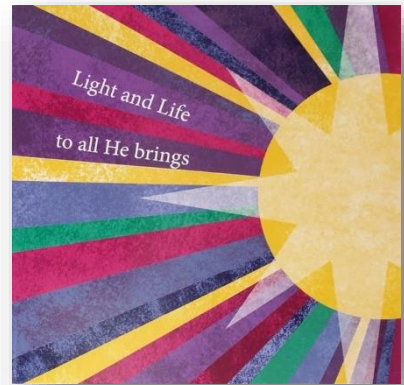
Halloween has more Christian links than many might think – as we remember the evening before ‘all souls day’ - a day in which Christians give thanks for those who have gone before us in the faith. Within the Church of Scotland our ancestors in the faith have bequeathed us fairly large buildings for worship many of which, like St Andrew’s are beautiful but come with heavy maintenance costs. Buildings and their use and a decrease in the number of buildings we have is high on the agenda in terms of planning with the Church of Scotland right now – but buildings can be adapted and modernised and here, in St Andrew’s, our suite of buildings is a huge asset in terms of us being able to run The Hub three days a week throughout the year. At times almost every piece of available space we have in our halls is in use, as we seek to offer support to the ever increasing number of people living with dementia and their unpaid carers who come along to share together at The Hub.

Having our building to utilise for mission enables us to continue to carry forward the light of Christ into the darkness and distress a journey with dementia can bring at times. It also enables all who come through the doors to find a place of welcoming love and acceptance and ongoing support.

'Light and life to all He brings, risen with healing in His wings'

Most of us will have sung these words often – but let's spend a moment reflecting on these words from the Carol 'Hark the Herald Angels sing'.

Jesus came into the darkness of His time – when Roman occupation presented huge challenges and people longed for liberation – and to all in need He offered new beginnings through His extravagant love and compassionate care. To those on the margins and vulnerable, there was welcome inclusion and hospitality, to those who were sick there was healing and in Jesus death there was forgiving love and the good news that even death had been conquered.



During this season of Advent we wait with eager expectation to celebrate again the birth of the Saviour of the world – who came and still comes 'to such a world as this' – a world torn apart by war and bitterness, by unimaginable acts of evil causing untold suffering, a world suffering because of our failure to love and to care for one another and for this amazing planet. In the midst of the darkness, Jesus brings light and life and healing.

If 2023 has posed challenges for us on a personal level, this Advent season reminds us to hold onto hope and wait patiently – for God in Christ comes and still comes to us too.

This Christmas will you join our Church family as we celebrate the coming of Jesus, the Light of the world .

May you be blessed by Christ's love and sustained by the power of His Spirit this Christmas time and throughout the coming new year.

Helen

***Robert Helen and Eilidh wish you all
a Merry Christmas and a happy, healthy 2024.***

DATES FOR YOUR DIARY

Wednesday 13 December 7pm – Carol Service for the Bereaved

Tuesday 19 December – Christmas lunch with the Hub

Gathering at 11.30am we will enjoy musical entertainment followed by Christmas lunch at 1.30pm. (fully booked)

Sunday 24 December – Worship at 1pm – a service of Carols to lead us towards Christmas Day followed by some Christmas family fun. Let Helen know your favourite carol so that it can be included.

Christmas Day - Please note that there will be no Christmas Day service in St Andrew's but all are welcome at either Kirkton or St John's at 11am.

Sunday 31 December – 1pm Worship on the last day of the year. Join us for a cuppa and chat followed by worship.

Sunday 7 January 2024 – 11am worship in Kirkton Church. We unite with folks from Kirkton, St John's and Law to celebrate the beginning of the New Year.

10pm – 15 minute 'Latenight Reflection' on Zoom – link sent out by e-mail nearer the time.

During the winter months we continue to worship in the large hall which not only allows us to be warm but also helps us save money on trying to heat our large sanctuary

A washing machine full of emotions.....

Last month carers at the Hub shared together in the 'Carers Space at the Hub' with myself and Alan Grant as we reflected a little on 'Living Grief'.



Sadness, anger, frustration, guilt, loneliness, bitterness – were just some of the emotions we reflected on as we considered the challenges of living with dementia – or indeed with other life limiting and life changing illness.

It is very hard to watch the changes in the person you love and care for – and even harder to deal with the emotions which can catch you unawares – and which are often not identified as grief.

Its always good to have the opportunity to share the sadness and the conflicting emotions 'living grief' brings – and to acknowledge how difficult it can be to deal with. Exhaustion and lack of motivation are not uncommon amidst all the bundle of emotions which emerge as the door of the washing machine opens – sometimes unexpectedly. Of course we would often rather keep the door tightly closed – even jam it shut – but sooner or later we do need to let the water out – and allow tears to flow and feelings to flood out.



But amidst the turbulent emotions we can also find laughter – often better than any medicine – and when we share together and open ourselves to others – remembering that we are all vulnerable – there is so often felt a supportive care which reminds us we do not take the journey alone.

Living grief needs to be acknowledged and there needs to be time to share our feelings with others who will journey with us – and sometimes just be there to offer the hanky – or the touch of a hand – when words are hard to find.

If you are dealing with Living Grief, be kind to yourself – and if it would help to have a chat, or you would like more information about Living Grief then please get in touch with me by phone, text or e-mail.



Helen

01555 771218/07483151425

hjamieson@churchofscotland.org.uk

A Christmas Prayer

May all your family
members and friends
who need a miracle be
blessed.

May whoever is feeling
unwell and weak be
given strength.

May all those who have
heavy burdens have
their load lightened.

May your Christmas be
one filled with
happiness and joy.

Shine Your Love

www.Daveswordofwisdom.com



ST ANDREW'S CHURCH GUILD



The Guild has reached the third and final year of the current strategy *Look Forward in Faith*. During this time which has not been easy for many, Guild members have shone their lights and used their talents especially at the time of Covid to keep in contact with members. Some Guild groups were lost, some formed with a neighbouring group.

At this time there are many changes within the Church nationally, the good news is that the Guild can play their part in the changes. Let's think about what Jesus said in pouring new wine into new wineskins, Jesus is saying that the new cannot exist within the old. The final theme *New Wine, New Wineskins*, our members welcomed our minister Helen, who spoke on the theme.

We have enjoyed a varied syllabus to date and at present look forward to a musical afternoon and our closing meeting with carols, mince pies and sausage rolls, most of all fellowship.

The second session of the Guild offers a visit from the Stonehouse Men's Shed Musical Group, stories from World War 2, Harpists and meeting with St John's Guild to hear the Cambusnethan Singers. Truly varied, at all times we remember the corner stones of the Guild, worship, prayer, fellowship and action. We continue to hear of and support the Projects which the Guild partner and which will be changing in 2024. Over the past two years our members have kindly donated to the Clydesdale Food Bank each week.



FAITH MAKES ALL THINGS POSSIBLE

HOPE MAKES ALL THINGS WORK

LOVE MAKES ALL THINGS BEAUTIFUL

Stewardship & Finance

The figures below show our financial position at 30th November 2023.



Income (2023)

	£	£
Offerings plus Gift Aid tax refund	32,851	
Other Income	<u>13,951</u>	46,802

Expenditure (2023)

Giving to Grow (formerly M&M)	23,270	
Heat & Light	4,079	
Fabric repairs & maintenance	3,243	
Other Local Costs	<u>21,961</u>	<u>52,553</u>
Balance		(5,751)
Balance 01/01/23 [General fund]		1,864
Transferred from General Bequest Fund		<u>5,000</u>
Balance 30/11/23 [General fund]		<u>£1,113</u>

Income

With a reduction of £700, or 2%, when compared with this time last year, Offering income continues to decline. Other Income also decreased, by £1,000 or 6.5%, giving an overall decrease in Income of £1,700 or 3.5%. We therefore continue to draw on our General Bequest Fund, from unrestricted legacies, to cover the shortfall.

There are several ways you can make a contribution to church funds. Weekly Offering envelopes are available from the Treasurer on request, as are Standing Order forms. Donations can be made at any time by direct transfer to the Church bank account -

Name: St Andrews Church of Scotland: Carlisle Sort Code: 80-22-60 Account No: 19338461

If making a direct transfer please use the reference field to state the purpose, for example "offering", "donation", "Property" etc.

For anyone who pays Income Tax (or Capital Gains Tax) the Church can reclaim tax paid on the money donated through the Gift Aid scheme (which has the effect of increasing the sum donated by 25%). If you are a taxpayer and are not yet a Gift Aid scheme member the Treasurer will be happy to supply the necessary form.

Expenditure

Our overall expenditure has reduced due to the new method of calculating our contribution to the National Church through "Giving to Grow".

We have been fortunate that we had entered into a 3-year contract for the supply of gas in the summer of 2021 so have not yet experienced a price increase. Doubtless the cost will increase in June 2024 when we require to negotiate a new contract.

Charity Appeals

At Harvest time the sum of £192 was raised for Christian Aid to be split between the Libya flood appeal and the Middle East Crisis Appeal.

The Kirk Session is inviting nominations for charities you would like us to support with funds raised at our monthly café church next year. Suggestions please to your elder or the Treasurer.



Thanks

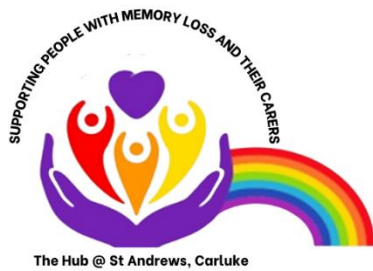
Thanks to you all for the various ways you're supporting the church financially. God bless you at Christmastime and throughout the coming year.

Libby Muir, Treasurer Tel: 07723 639080



May you have the gladness of Christmas
which is hope;
The spirit of Christmas
which is peace;
The heart of Christmas
which is love.

www.godwithchristmas.com



THE HUB @ ST ANDREWS – DECEMBER 2023

We have had another busy few months since our last update in June.

We welcomed visitors and friends, old and new, at the official opening of our garden on 24th June. Some of you may have noticed, our polytunnel has now been installed and would like to thank William & Jean McLeod - and their family - for supporting us by constructing it for us. We will be recruiting for someone to support people to take part in our garden activities very soon. Initially, this is a 3hr per week post. If you know anyone who may be interested in this post, please ask them to contact Lesley at The Hub.

We would like to welcome Lynn Donaghey – our new therapist to The Hub. Lynn has lots of therapeutic experience and we are lucky she has joined us. Lynn will provide complimentary therapies every Tuesdays as well as two Thursdays per month.

Our partners from Age Scotland and Crossreach have delivered a range of training and information sessions. Age Scotland have delivered various sessions to our carers and volunteers around Mood and Wellbeing, Carers Rights, and details about organising a Power of Attorney.

Crossreach provided Safeguarding training to 12 volunteers & hub staff which was very informative. All Staff and volunteers require to be become a member of the Protection of Vulnerable Group (PVG) scheme managed by Disclosure Scotland, which now requires to be renewed every 5 years, as well as undertake Safeguarding training every few years.

We are grateful to our partners for providing such worthwhile & helpful training.



Nice to see you here Another partner, Playlist for Life, ran a Music Detective session in November. The session helped us to develop some skills which we can use to support someone, living with dementia, to make their own personalised playlist.

Following attendance at Carluke High Schools volunteering event, we have welcomed a 6th year pupil –Emma - who volunteers with our Heart for Art group during school holidays. She has been a great addition to our team of volunteers. We continue to have good links with Carluke High School with 2nd year pupils nominating The Hub as part of their Youth Philanthropy Initiative (YPI). The young people have visited The Hub to find out about the care and support The Hub provides and have spent time with people living with dementia who attend The Hub. We wish them well with their YPI initiative.

Children from Kirkstyles Nursery have attended our Heart for Art group over the last few months. The children are accompanied by nursery teaching staff and take part in the group together with people living with dementia. This has been a very positive experience for both the nursery children and those living with memory loss and the sessions - albeit noisy at times – have been full of joy and fun.

As part of the Ham & Jam festival, we had a display of our Heart for Art paintings in the church which was open to the public and several prints of the artwork was sold on the day.

In July we enjoyed a trip to Seamill House Hotel for lunch and thereafter moved further down the coast to Irvine stopping at Vanilla Joes Ice Cream shop in Irvine where we collected ice creams for everyone to enjoy when our bus parked at the shore car park. It was such a beautiful afternoon that some people even went for a paddle! A carers support trip with Seagull Trust from Ratho took place in October and then in early November we all enjoyed an outing to The David Livingston Centre in Blantyre.

We know that music can help lift our mood and make us feel better and The Hub has welcomed a range of musicians to entertain us recently. We were introduced to the Music In Hospitals and Care



(MIHC) charity earlier this year and have since welcomed The Tartan Tenor, accompanied by Gina Baker, & Charlie Gorman from the charity. The Jolly

Beggars – a local entertainment group also provided a musical afternoon and included some very funny antidotes between tunes.

We had a reminiscence session from Screen Memories where the theme was children's TV programs and songs.

Jennifer and Hazel have offered a range of arts & crafts activities over the last six months. As part of our family seaside day – where we welcomed younger family members to come along before the end of the school holidays – Jennifer & Hazel supported us to be crafty and we also enjoyed some strawberries and ice cream. We also had a Halloween arts and crafts day and a Christmas wreath making session.

We continue to be involved in the Dementia Friendly Communities Network and have attended two in-person meetings – one in Perth and the other in Kilmarnock with people living with dementia and their carers from The Hub.

The Hub continues to run three days a week. Tuesday Drop In from 11.30am to 2.00pm. On Tuesdays we provide a light lunch and offer five 20 minutes massage therapy treatments. Thursdays – Heart for Art – 11.00 am to 1.00pm and Fridays – 1.00 pm to 3.00pm for a dementia friendly walk, dominoes/ games/ crafts and a blether over a cuppa.

If you would like to know more about The Hub at St Andrew's feel free to contact us on 01555 770040 or email me at lesley@standrewscarluke.org.uk . I am in the office Tuesday, Thursday, and Friday from 9.30am to 4.30pm.

Lesley, Hub Development Manager

The Hub Photo Gallery



We acknowledge our gratitude to our funders



*The National Lottery Improving Lives Fund and
Age Scotland About Dementia*



We are also deeply grateful to the many people who have made donations throughout the year. Your generosity is humbling and allows us to continue to offer support.

And to our dedicated volunteers without whose help the Hub could not continue a HUGE thank you



Gavin Whitefield, Vice Lord-Lieutenant of Lanarkshire, presenting Alex and Agnes Ramsay with a certificate on the occasion of their 60th wedding anniversary. A special lunch was held in the church hall.



Christmas
wreath making





3^d for a Slider! by Les Peck

“When you were seven, what *else* did you do in the autumn, grandpa?” We were in Beddington park, kicking at the fallen leaves in search of conkers. While my grandson Tom had been explaining the magic of his brand new I-Phone, we’d also covered the Dinky Toys, lead soldiers and balsa-wood gliders that had filled *my* younger years.

Good question, Tom! How *had* we spent our time in those post-war years?

Despite having Ration Books, mum still had to queue for sweets (if she could find a shop that had any). What else? Well, in September, we had the return of the coalman! He hadn’t been since Easter. No matter how bad the summer, granny never laid a fire until there was an R in the month. Central heating? Not a chance! We had a coke stove in the kitchen and a coal fire in the living room. Neither were ever lit in the R-less months - unless we were expecting visitors.

At garden-clearing time, we made our own pollution... On autumn Sundays, my granddad scraped the rubbish into a heap to make a bonfire. First, he warned the neighbours, then he flooded our street with clouds of thick, white smoke. It was an introduction to Bonfire Night, but without a 2^d banger or a 3^d rocket.

Back then, meals were set by the day of the week. Something roasted on a Sunday; anything left was minced on Monday for a Shepherd’s Pie. Tuesday was baked-potato day. And after that, it was all pot-luck - unless Uncle Charlie sent a fresh-caught rabbit from his farm in Norfolk. Puddings would be apples – mostly stewed with cloves and drowned in custard.

Beddington Park was a two-minute walk from grandpa’s house. Most important was the sail-boat pond (where my *Hispaniola* became

becalmed on a summer afternoon and I had to paddle halfway to Australia to get her back.)

“Did you ever have ice cream?” young Tom asked me.

Oh yes! We had the *Snack-&Sandwich Bar*. Although it had been closed since September 1939, it came back to life in September 1945 – and that was when the ice-cream came to stay! On the last Friday of every week, the *Sandwich Bar* would open (between 2pm and 4pm) for the sale of Walls Ice Cream! One slider per customer – 3^d a go – but to the kids of World War II, it was *sensational...!*

But today, we were hunting for conkers. “Hey – see this!” Tom cried. As he scuffed the leaves, he came across this *Grade A* super-chestnut - as big as a golf ball. “But what can we do with it?” he asked.

Glad you asked, young man. You won’t find this on your I-Phone. “When I was young,” I began, “we soaked them in vinegar and baked them in grannie’s oven.”



“Did you eat them?”

“Certainly not! We hung them on a string and me ‘n John had conker fights.”

“You tried to *hit* him with your conker?”

“You asked me what we used to do,” I offered in self-defence.

Tom thought about it for a moment. “What about *Health-&Safety?*” he asked.

Never mind, young man... Being seven was a lot more fun in my day!





Legend of the Sand Dollar

There's a lovely little legend that I would like to tell,
of the birth and death of Jesus, found in this lowly shell.

If you examine closely, you'll see that you find here,
four nail holes and a fifth one, made by a Roman's spear.

On one side the Easter lily, its center is the star,
that appeared unto the shepherds and led them from afar.

The Christmas Poinsettia etched on the other side,
reminds us of His birthday, our happy Christmastide.

Now break the center open, and here you will release,
the five white doves awaiting, to spread Good Will and
Peace.

This simple little symbol, Christ left for you and me,
to help us spread His Gospel, through all Eternity.

STANDING ORDER

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	*	Branch
	*	Address
	*	

Please set up the undernoted Standing Order on my behalf, debiting my Account Number _____ in this connection.

*My Details:

Title (Mr/Miss/Mrs/Rev/Dr) First Name or Initials:

Surname:

Full Home Address:

Post Code:

Signature:

Date of Signing:

N.B. This instruction supersedes any previous instruction in favour of St Andrew's Parish Church or St Andrew's Church of Scotland: Carluke

		Beneficiary Details
Bank		Bank of Scotland
Branch		The Direct Business
Sort Code		80-22-60
Name of Account		St Andrews Church of Scotland: Carluke
Account Number		19338461
Amount		*
Amount in words		*
Date of first payment		*
Frequency (circle one)		*Weekly / Monthly / Annually / Quarterly

PLEASE COMPLETE ALL PARTS MARKED WITH *