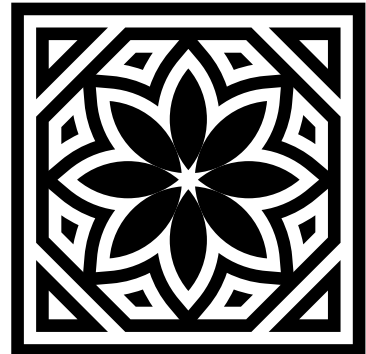
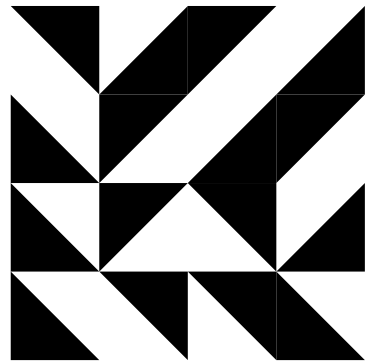
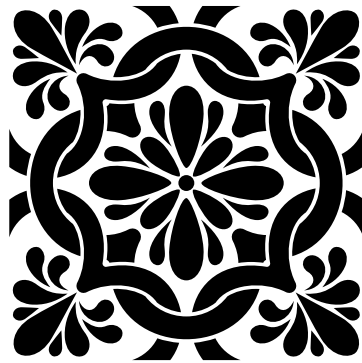
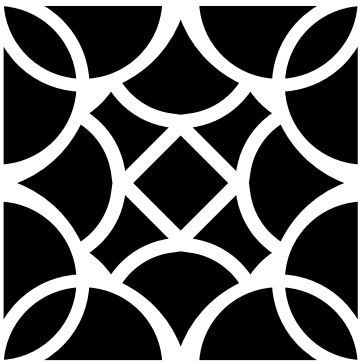
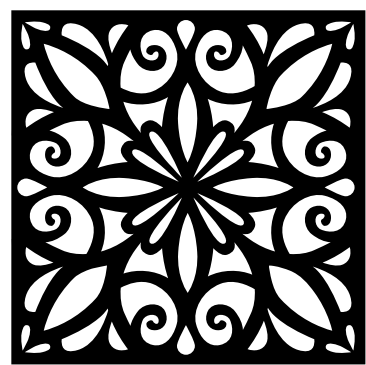
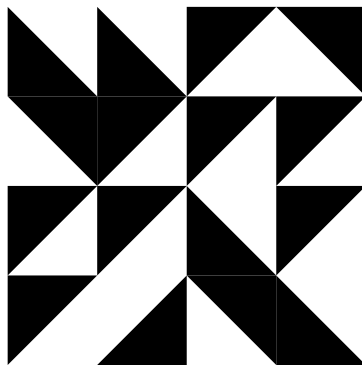
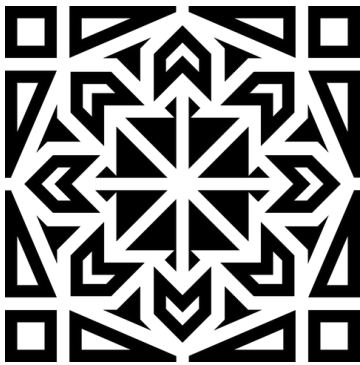


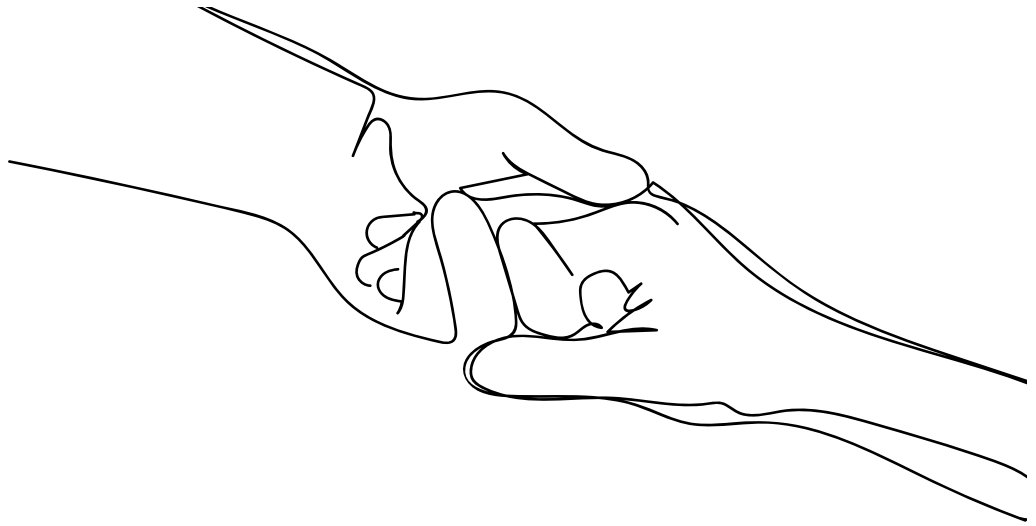
ST PAUL'S CHURCH

# LIFE



3 AUGUST 2025

2ND ISSUE



*“DO NOTHING OUT OF  
SELFISH AMBITION OR VAIN  
CONCEIT. RATHER, IN  
HUMILITY, VALUE OTHERS  
ABOVE YOURSELVES.”  
PHILIPPIANS 2:3*

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# Editor's Note

SAMUEL BRENNAN

After a short summer break, Life is back for another exciting issue. As ever, it has been a joy to work on the magazine, with the help of our amazing volunteers and contributors. It is truly a privilege to witness the personal journeys and fellowship of those in our church family, and I hope that as you read, you will share in the tangible 'life' of our congregation.

In this issue, we hear reflections from our Minister, Lynsey, and Pastoral Assistant, John; we hear the personal testimony of a congregation member,

## CONTACTS

### EDITOR

Samuel Brennan

EMAIL [st.paulslife@btconnect.com](mailto:st.paulslife@btconnect.com)  
magazine  
@gmail.com

### MINISTER

Rev Lynsey Brennan

EMAIL [lbrennan@churchofscotland.org.uk](mailto:lbrennan@churchofscotland.org.uk)

TEL 0141 588 6023

### PASTORAL ASSISTANT

Rev John MacGregor

EMAIL [jmacgregor@churchofscotland.org.uk](mailto:jmacgregor@churchofscotland.org.uk)

TEL 07387 851020

### CHURCH OFFICE

EMAIL [st.pauls@btconnect.com](mailto:st.pauls@btconnect.com)

TEL 0141 956 4405

and those helped by one of our partner charities; and, as always, we discover what's happening in our church this month. I hope you enjoy reading it as much as I have enjoyed putting it together! This is only the second issue of Life that I have had the pleasure of editing, and I'm learning on the job, so I hope you will forgive one or two hiccups here or there. Your feedback is truly invaluable; please do get in touch if you have any concerns!

Going forward, I've been thinking a lot about how we can breathe new life into Life, to make it the best possible community resource it can be. I have considered new recurring feature articles: perhaps a spiritual and scriptural reflection; personal faith testimony; lessons for Church mission; or Christian perspectives on world issues. Equally, however, we could explore cultural items, such as book reviews, recipes, and quizzes. As ever, your thoughts on this are most helpful. So, whether you are a veteran contributor to the magazine or a first-time contributor, please get in touch if you think you could write on any of these ideas, or if you have some ideas of your own. Life has an exciting future ahead.

A handwritten signature in cursive script that reads "Samuel". The letters are fluid and connected, with a prominent loop at the end of the word.

# Lynsey's Letter

REV LYNSEY BRENNAN

Dear friends

I hope this letter finds you well and that you have had the chance to enjoy some of the beautiful summer days we've been blessed with recently. It's been such a joy to see gardens in full bloom, feel the warmth of the sun, and spend more time outdoors enjoying the wonder of God's creation.

Last month, I had the pleasure of welcoming the wonderful volunteers from Noah's Ark, our parent and toddler group, to the manse garden for afternoon tea in our newly completed garden room, now affectionately named the Grace Space. It was a lovely time of fellowship; a small way to say thank you to some of the many faithful and committed volunteers who serve so generously within our church family.



The exterior of the Grace Space.



The Noah's Ark volunteers enjoying afternoon tea at the Grace Space.

Honestly, I continue to be amazed by the number of people who give their time and energy so willingly to love others and share the good news of Jesus in practical ways. There is such a spirit of service in our church – people using their gifts for the glory of God – and for that I am deeply grateful.

This month, I write with a very thankful heart, because believe it or not, I have now been your minister for a whole year! Which means I can probably no longer call myself the "new minister"! What a year it has been, and truly, what a lot we have to give thanks for together.

We welcomed Rev John MacGregor as our full-time Pastoral Assistant in June, and what a blessing he has already been! With his gentle, caring heart, John has quickly become a beloved part of both congregations. We are so grateful that he accepted this call, and we look forward with hope and excitement to how God will work through our growing ministry team.



The Seeds for Growth logo.

We received support from the national 'Seeds for Growth' fund, a real answer to prayer. This means Rev John's post is part-funded for the next three years, giving me more time to engage with the wider community, reaching those not yet connected to church life.

We celebrated 12 new members joining our church family, including two adult baptisms, with another coming in August! What a joy to witness new life in Christ among us.

We introduced a new team ministry model, allowing us to serve from our strengths, support one another, and build a more connected and sustainable church ministry.

Our crèche is up and running again this month, making it easier for young families to come and worship together.

Later this month, we'll begin hosting 'At Ease with ASD', a nurturing support group for families affected by autism, founded by church member Alison Bates. The group, which has met at Tesco since 2018, will now meet in the church, giving us the opportunity to share the love of Christ with those who may be in real need of encouragement and support.

More home groups and prayer gatherings have been springing up throughout the week, helping us stay spiritually connected and rooted beyond Sunday mornings. These smaller spaces are building friendship, faith, and fellowship in beautiful ways.

Our church holiday to the Cotswolds was another great success, and some of us also had the gift of a spiritual retreat at The Bield in Perth, both of which granted precious time to rest, reflect, and grow deeper in our walk with God and with each other.

When we pause and look back, there is so much to celebrate. And that's important. Sometimes, if you're like me, it's all too easy to focus on what's hard or what hasn't gone to plan. However, God's blessings are all around us, and scripture reminds us again and again to give thanks in all things.

***"Give thanks to the Lord, for He is good; His love endures forever."***  
**- Psalm 107:1**

Of course, change is a natural part of life and growth for a church. It's not always easy, and we don't always welcome it with open arms, but change is often the beginning of new life. In the garden, we prune and plant, making space so that growth can flourish. In the same way, when things shift or evolve in our church life, it's not for the sake of change itself. It is to help us stay in step with God's Spirit, to help us grow, reach out, and flourish as His people.

We may not love every change, and that's okay, but let's hold onto the bigger picture. We change and adapt because we long to see God's Kingdom come more fully into our community and into our lives.

If you'd like to chat more or would like a visit, please don't hesitate to reach out. You're very welcome to come by the manse for a cuppa in the Grace Space, or I'd be

happy to come to you. And if you know someone in need of support, please let Rev John or me know. We want to keep our church family connected and continue to be a place of care, compassion, and welcome.

With much love and every blessing,

Lynsey

---

# The Book Club

JOYCE CLARK

**T**ogether at the book club, we have just finished reading *Small Great Things* by Jodi Picoult. Although some of us had never read anything by Picoult, the majority of the group thoroughly enjoyed the book, and its subject of racism in particular led to a long and interesting discussion.

Picoult's books often contain



ethical themes, this time revolving around the case of a black nurse who delivered a white baby with health issues. She is then taken to court by the white parents when she steps in to help the child. We had some sympathy with the main character, Ruth, who also had problems with her colleagues. We came to understand that the maternity role differs in the United Kingdom (UK) from that in the United States (US). In the UK, midwives, who are highly trained specialists in pregnancy care, oversee the majority of low-risk pregnancies and provide continuity of care. While in the US, the role is less common, with nearly all cases being handled by obstetricians and nurses in a hospital setting.

***“No book could be more timely in its message than *Small Great Things* ... The story prodded me to take a good, hard look at my own biases and preconceptions.” - *The Metro****

Our next meeting is on Tuesday, 19 August 2025, when we will be discussing *The Glass Maker* by Tracy Chevalier.

If you would like to join us and explore more insightful books like *Small Great Things*, please contact the Church office for more details.

# John's Reflections

REV JOHN MACGREGOR

Dear friends

**O**ne of my favourite sitcoms is 'One Foot in the Grave', which focuses on the character of Victor Meldrew, a retired gentleman who doesn't take to retirement easily. His catchphrase is, "I don't believe it!"

Having recently retired as a full-time minister of Word and Sacrament, I took on the new challenge of becoming your pastoral assistant on the 1<sup>st</sup> of June.

It's certainly been a change in many ways for me and my wife, Susan, but the first few months have been exciting. I am so grateful to your minister, Rev Lynsey, for her support and encouragement, and I know that we will work well together as a team. Thank you to Hilary and Hugh, whom I meet regularly at the church, for all their support, and thank you to you as a congregation for being so welcoming and friendly.

In the short time I've been among you, I've discovered

that there is already a great deal of pastoral care and support going on within the life of the church. I hope to play my part in continuing to build on this good work, so that together we may make St Paul's a loving, Christ-like community.

For me, the most important component for any church is loving relationships. That's the principle that Jesus taught: "Love God ... love your neighbour". A church that loves is a church that will be healthy and a church that will grow. If I can play my part to continue to develop loving relationships, then I feel that I will have contributed to your mission and ministry.

So far, I've loved visiting all our members in care homes, hospitals and hospices. I've enjoyed connecting with those who care for their loved ones; I've been blessed by being welcomed into the members' homes. If you would like me to visit or if you know someone who is in need of one, please call, text, or email me. I'm sure that you won't find me to be a Victor Meldrew, and I certainly won't say, "I don't believe it!"

Every blessing to you all,

John

# Charity Spotlight

AN ARTICLE FROM ONE OF OUR PARTNER CHARITIES



## GLASGOW CITY MISSION

### From Chaos to Courage

**W**ith your support, we are able to walk alongside guests as they journey from a point of crisis to a place of flourishing and knowing fullness of life. One of these guests is David, whose story you can find below. The generosity of people like you allowed us to provide the turning points he needed to change his life.

At the age of 33, worn down by mounting work pressures, isolation, chronic sleep deprivation and a growing reliance on alcohol, David suffered a nervous breakdown and was admitted to hospital.

“I could not deal with life!” he told me. “I felt useless!”

While David’s hospital treatment helped him take one step back from the complete chaos, his journey to recovery was not easy. After leaving hospital, David struggled to

manage the responsibilities of maintaining a job and a house; leaving him homeless, with his finances in ruins. Over the years that followed, David tragically lost his Dad. This sent him into an emotional turmoil which he treated through alcohol. Lockdown was a particularly dark period for David as he was separated from his Mum and sister, his primary support system, for 14 long months. David had never felt more alone.

Amid the crises that David was battling with, he found Glasgow City Mission. David initially came for our Drop-in meals to escape from his hostel during the day. The more he came back, the more he trusted that the Mission was somewhere that people cared about him. David began to open up about his problems to our team; his first step towards getting the help he really needed.”

Our Trauma Group offered David the space to talk openly about his past with people who could empathise with his pain. This made him feel seen, and helped him to process the trauma he had kept locked away for so long. David enjoyed listening to the stories of other guests in our Wellbeing Group, reminding him that he was not alone. He learned tools to manage his own problems and he was empowered to help people who were struggling by offering insights of his own. Both groups helped David to re-examine his own destructive behaviour patterns, such as his reliance on alcohol, and accept the support he needed.

As well as giving David a practical outlet to express and manage his emotions, the Mission’s art and pottery

sessions have given him a chance to find his confidence again. Through learning and refining his artistic skills, and building his self-esteem to connect with others, David now leads pottery sessions for other guests. This has transformed his perception of what he feels capable of, and has encouraged him to keep making difficult but positive choices for himself and his future.

David's faith has been integral for his recovery. His journey to faith started when he first heard the Serenity Prayer at an AA meeting:

***“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”***

Courage, David confessed, is always the hardest part. The compassion that his Christian community have shown him at the Mission and at Church however, have helped him build the courage he needed to make brave decisions. David chose to go to rehab instead of allowing his addiction to get worse, opened up about his challenges instead of staying silent and connected with others instead of isolating himself. David continues to make brave decisions every day. This year, he celebrates his fourth year sober!

The life-altering changes David has made, the

vulnerability he has shown, and the strength he demonstrates makes David's bravery an inspiration to us all. We are blessed to share his journey with him and bear witness to his transformation so far.

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# Roxanne's Prayer

ROXANNE BOYD

**T**he past few months have been something of a rollercoaster and a time of challenge. There have been ups and downs, highs and lows and varying degrees of uncertainty as we, as a family, have navigated our way through the cancer journey. One of the constants, however, has been the faith that God is good, and through Him all things are possible.

Alan and Hector are, of course, central to keeping us all strong as a family. Even in our most anxious moments, they helped bolster the powerful medicine of positivity. We also count our blessings every day for the God-given skills of the many amazing medics at the Beatson Centre and Gartnavel Hospital, not to mention the lovely volunteers

at the Wellbeing Centre and the team who drive the tea trolleys. I must confess to having developed a penchant for Tunnock's teacakes, and Alan has warned me on more than one occasion that I may well have overcome breast cancer, but I'm running the risk of developing Type 2 diabetes.

We are so fortunate to have a world-leading cancer treatment centre on our doorstep. You hear plenty of bad news NHS stories. However, the treatment we have had is second to none, and we are grateful beyond words for this.

Another constant has been the love and support of our wonderful St Paul's church family. There really aren't sufficient superlatives to describe how much it means to us to be upheld in so much prayer by you all. There has barely been a week that has gone by without a cheerful card, an encouraging WhatsApp message, beautiful flowers, and messages of prayerful support. You are a powerhouse of prayer, and we cannot thank you enough.

One of the passages of the Bible which has been a huge source of comfort and encouragement is Psalm 46. We give thanks that God is our refuge and strength, an ever-present help in trouble. Let us pray that we can be still and know that the Lord Almighty is with us; the God of Jacob is our fortress. Let us pray for strength and healing for all those undergoing the uncertainty of treatment or who are feeling overwhelmed by life's challenges. May they know God's love, mercy, grace and peace.

Amen

# Break-in at Dalmuir Barclay

LIZ STEWART

Dear friends

**O**n behalf of everyone at Dalmuir Barclay Church, I want to say thank you. We have been overwhelmed with the kindness shown by yourselves and many in the community after our recent break-in.

The sheer shock and heartbreak in our Church last week were palpable, as we saw the damage and destruction to our church. The police were very quick to attend and immediately had the building taped off for CID and the Scene of Crime officers to attend and take samples of fingerprints and DNA. The next day, the cleanup began, and after a few hours, we had the place as close to normal as possible. Ten of our doors are damaged, and the jury is out as to whether some of them can be repaired or if they will all need to be replaced.

Our spirits were lifted a bit, though, and we were so very thankful that no vandalism or malicious damage had been done. Yes, the safe which kept money for our next trip to

Booker and Sainsbury's had been battered open in the church, and yes, it was a lot of money. Yes, we even felt guilty for having it in the church, as we were talking about that the phone



Donations from St Paul's Church.

started ringing and call after call was from either a supermarket or a member of the public offering us food supplies to stock up and keep us going. Our hearts were lifted again, and our tears this time were for the kindness of everyone supporting us with donations of food or money.

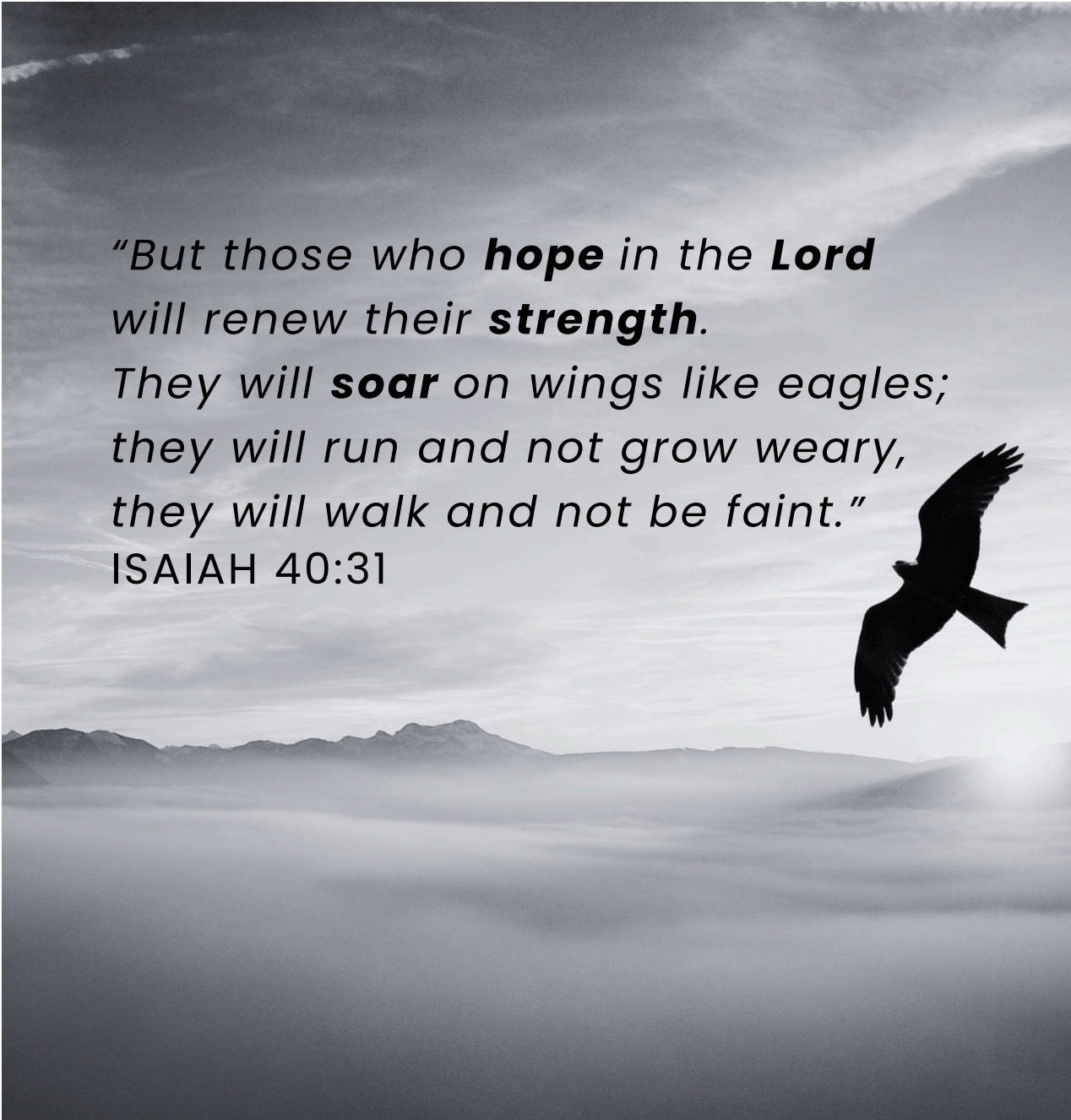
There is still a sadness, though, because no matter what the person did, if he had come to us for help, we would have been there for him, whether it was food or help with some money. We could even have supported and steered him to other local services for support had he asked us. Just as we pray for all in the community, we also hold him in our prayers.

Isaiah 40:31 teaches that those who hope in the Lord will exchange their exhaustion for renewed strength. Trusting in God's faithfulness and his past actions enables believers to rise above challenges, like eagles who embody power and confidence rooted in their creator.

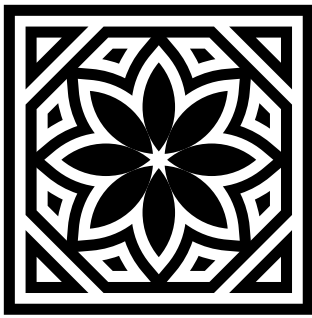
Last week, we met the challenge and have overcome it - we are doing what Jesus asked of us - serving his people.

God bless you

Liz Stewart



*“But those who **hope** in the **Lord**  
will renew their **strength**.  
They will **soar** on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint.”*  
ISAIAH 40:31



# Recipe of the Month

## SPICED PRAWNS

STEPHEN BRENNAN



**T**his recipe was originally included in a 1986 fundraising book called Food Aid, which featured suggestions from the public, curated by Delia Smith and Terry Wogan. Provided you have a well-stocked spice rack and a bag of prawns in the freezer, it is a quick and easy stand-by meal

when you don't have much in the fridge. It was a favourite of mine when I was first trying to impress Lynsey (and it seemed to work!).

## INGREDIENTS

- 450g uncooked shelled prawns (if using cooked prawns, reduce cooking time)
- 1 tbsp oil
- ½ onion, finely chopped
- ½ tsp chilli powder (or flakes)
- ½ tsp turmeric
- 1 tsp ground coriander
- 1 tsp brown sugar
- 4 cloves
- 2 inch piece of cinnamon stick
- 2 tsp grated fresh ginger
- 3 bay leaves
- ½ tin chopped tomatoes
- 50g creamed coconut
- Seasoning

## METHOD

1. Heat the oil in a wide, shallow pan and fry the onion over a medium heat until soft (for about 5 minutes).
2. Mix the spices together

and add to the onions. Continue to fry while stirring for a minute or so to release the aroma from the spices. Add the tomatoes and mix well. Season the spicy tomato mixture to taste.

3. Add the prawns and cook until pink. If using cooked prawns, they will just need left until heated through.
4. Roughly chop the creamed coconut and add to the pan. Stir until the coconut melts and is mixed through the sauce.
5. Serve with boiled rice or Indian bread.

# The Noticeboard

1

## ST PAUL'S ON RETREAT & ON TOUR 2026

### On Retreat



Gardens at The Bield at Blackruthven.

Experience the blessings of a four-day residential retreat to The Bield at Blackruthven, Perthshire, from Tuesday, 19th to Friday, 22nd May 2026. Further details to follow.

## On Tour

Enjoy fellowship, as we explore Northumbria from Monday, 8th to Friday, 12th June, 2026, staying at the County Hotel, Newcastle, to celebrate the 20th anniversary of St Paul's church holidays. Further details to follow.



The facade of the County Hotel, Newcastle.



## 2 GLASGOW CITY MISSION ZIPSLIDE

Glasgow City Mission is looking forward to welcoming brave volunteers to join them for their summer fundraising event, Zipslide the Clyde, on Friday 29 August!



There are still a limited number of spaces left, so if you fancy zip sliding down the famous River Clyde for a good cause, sign up on the Glasgow City Mission Website, under events. Entry is £30 per person, but if that's a barrier, we don't want cost to prevent anyone from taking part.

### **3 THE UPCYCLING PROJECT**

We would like to express our sincere gratitude to the congregation of St. Paul's Milngavie for their continuing generosity towards our Upcycling Project. The car seats, along with the beautiful baby clothes, have been distributed to three incredibly grateful mothers.

With love and best wishes,  
Sheila and the Upcycling Team at Faifley & Duntocher Parish Church.

### **4 THE BEACON**

The Beacon starts up after the summer break on Wednesday, 3rd September at 12-00 Noon. As usual, we serve a light lunch of homemade Soup, a selection of rolls, and delicious home baking. All are welcome,

and feel free to bring friends as well.



We have a lot of helpers, but another man to go on a rota with Neil and help put out and away tables and chairs is needed.

Another thing we need is people to help on the baking rota. We have lots of lovely bakers and if you could make a tray bake, loaf or scones, just 2 or 3 times a year they are always very much enjoyed.

We have a good time and enjoy chatting, having a nice lunch and perhaps meeting new friends. We would be delighted to welcome you.



## **5 MISSION & OUTREACH**

We were privileged to recommission our Overseas Missionary Fellowship (OMF) partner and sister in Christ, Lorna Ferguson, as she returns to Japan. Lorna will be serving in Sakata Lutheran Brethren Church under the leadership of Pastor Kizu, focusing on community outreach and church mission. Her work in Sakata mirrors much of our own missional vision here at St Paul's. If you'd like to support Lorna financially, please speak to our treasurer, Graham Mill. Above all, continue to pray for Lorna and the work being done in Christ's name.

## **6 AT EASE WITH ASD**

We're delighted to share that *AtEase*, a support group for families affected by autism,

will begin meeting at St Paul's on Fridays from mid-August. For more information, please contact Rev Lynsey or Alison Bates, Vice Convenor of the Worship Team.

## **7 CRÈCHE**

We're in the final stages of preparing to relaunch our Crèche ministry to support young families attending Sunday worship. Thank you to those who have been working hard to refurbish the crèche room and guide volunteers through the PVG process.

## **8 BLYTHSWOOD SHOE BOX APPEAL**

We're looking for a new volunteer to take over the coordination of this vital ministry from Janice McLean. If you'd be willing to help support this

meaningful appeal, please contact the church office.

## **9** YOUTH FELLOWSHIP

We're excited to launch a monthly youth fellowship for all secondary-age young people, starting in October. These evenings will include food, fun, and Christian teaching, running from 18:00 to 20:00. More details and dates will follow soon. A huge thank you to our Bible Class leaders for continuing to build strong connections with local families.

## **10** THE WATCHHOUSE

The former watchhouse in the Baldernock Church grounds is open each Sunday afternoon from 14:00 to 16:00 throughout the summer months, allowing visitors to explore the building and

watchhouse and enjoy the archive materials on display.

## **11** ST PAUL'S CHURCH CALENDAR

### **Sunday services**

All are welcome to worship at St Paul's church every Sunday at 10:30, with further fellowship over tea and coffee after the service. This month, worship will be led by Pastoral Assistant, Rev John MacGregor, on the 10<sup>th</sup>; by Elder, Robin Easton, on the 17<sup>th</sup>; and by the Minister, Rev Lynsey Brennan, on the 24<sup>th</sup> and 31<sup>st</sup>.

### **The Way**

Please join us for our contemporary, informal evening worship service on the 31<sup>st</sup> of August at 19:00. Come and experience the joy

of Christ in a new way, and be sure to grab a coffee and a doughnut, available in the foyer before the service from 18:30!

### **Special services**

Join us on Sunday, 21st September, for our Harvest Thanksgiving Service and on Sunday, 5th October, for the Sacrament of Communion.

### **Church Breakfast**

Join us at 09:30 on Sunday, 7<sup>th</sup> September, for a special church breakfast in support of Compassion. The Sunday Club is now sponsoring a child from Ethiopia, and this event, hosted by our Bible Class and Sunday Club leaders and children, will help raise funds for this important work. Enjoy pastries and bacon rolls, and be part of a morning

that encourages our young people and supports children living in poverty.



## **BALDERNOCK CHURCH CALENDAR**

### **Sunday services**

All are welcome to worship at Baldernock church every Sunday at 12:00, with further fellowship over tea and coffee after the service on the first Sunday of the month. This month, worship will be led by Pastoral Assistant, Rev John MacGregor, on the 10<sup>th</sup>; by Elder, Robin Easton, on the 17<sup>th</sup>; and by the Minister, Rev Lynsey Brennan, on the 24<sup>th</sup> and 31<sup>st</sup>.

### **Congregational Meeting**

There will be a meeting after the service on 31<sup>st</sup> August for updates on the church extension proposals.

This is an important opportunity to find out more about the Kirk Session's ambitions to make the building fit for purpose. All are welcome, and tea and coffee will be available.

### **Ordination of new elders**

Join us for the ordination of our new elders on the 24<sup>th</sup> August, followed by a celebratory cuppa at The Mill House garden, just below the church; another stunning garden to be enjoyed, and there may be duck eggs for sale too. Please leave all cars at the church and walk down.

### **Congregational social**

Please consider joining us for drinks and nibbles in the gardens at Strathblane Old Manse on the 17<sup>th</sup> August from 17:00 to 19:00. A sign-up sheet will be available in the church; alternatively,

contact an elder or Juliet Adair. This is truly a stunning garden, so a visit is not to be missed whatever the weather. The greenhouse is big enough to fit us all in!

Juliet Adair EMAIL  
julietadair@gmail.com

## **13 LIFE DEADLINES**

The next issue of St Paul's Life will be published on Sunday, 7<sup>th</sup> September. The deadline for submissions is Sunday, 31<sup>st</sup> August.

However, anyone interested in submitting a long-form article is encouraged to contact the editor in advance, so the team can plan the best possible issue. This goes for any of the suggestions made in the editor's note, or any other ideas you might have. Thank you for all your support.

# LIFE

1 BALDERNOCK ROAD  
MILNGAVIE, G62 8DP

