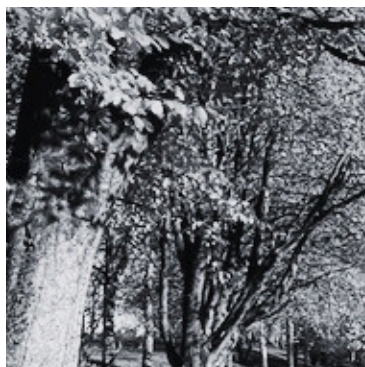
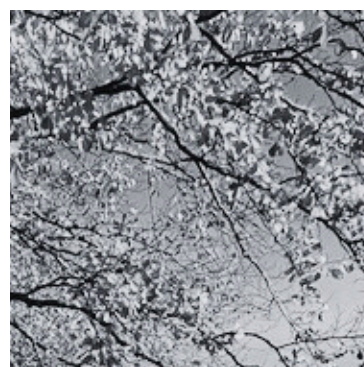
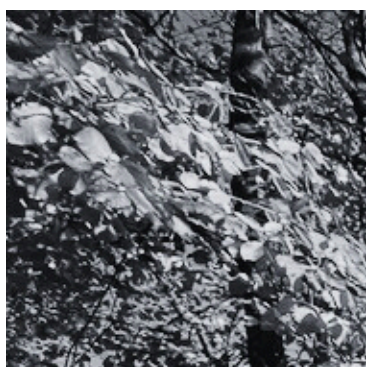


ST PAUL'S CHURCH

LIFE



7 SEPTEMBER 2025

3RD ISSUE



*“YOU STILL LACK ONE
THING. SELL EVERYTHING
YOU HAVE AND GIVE TO
THE POOR, AND YOU WILL
HAVE TREASURE IN
HEAVEN. THEN COME,
FOLLOW ME.”
LUKE 18:22*

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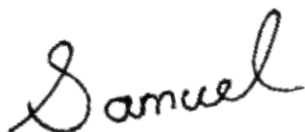
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Editor's Note

SAMUEL BRENNAN

Friends, it's great to be back editing Life magazine once again, for this, our third new issue. With it, we usher in a new season for our church and beyond. I hope you had a blessed summer, and I hope you will enjoy reading some reflections from members of the congregation on their experiences. In this issue, however, we will also look forward, discovering what is in store for our Church this autumn.

As always, if you think you have something to give to the magazine or any feedback, please do reach out. We're always looking to broaden our team.



ST PAUL'S LIFE

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Lynsey's Letter

REV LYNSEY BRENNAN

Dear friends

As we begin a new season in the life of our church, I've been reflecting on the profound and beautiful truths we find in the letter of 1 John, particularly John's encouragement to hold fast to the truth of who Jesus is and the call to live in fellowship with God and one another. This letter will be the focus of our Sunday morning teaching this season.



"But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin."

- 1 John 1:7

The apostle John, writing to a community wrestling with confusion and division, reminds us again and again that fellowship with God is what gives us life. This isn't a distant or casual connection, but a deep, transforming

relationship - what the Bible calls koinonia - a shared life with God and His people.

I see this shared life lived out every day in our church family.

From those who prepare the tea and coffee, to those who quietly offer prayers behind the scenes, to those who greet others with a warm smile at the door, you are living out fellowship in action. I want to give thanks for all the faithful men and women and children who serve with love, humility, and grace. Your desire to widen the circle and make space for others in God's family is a living testimony to the heart of Christ.

It's been a real joy to see new faces and greater engagement in our outreach ministries over recent months. Through groups like Noah's Ark, our baby and toddler group,



we're offering connection and friendship to families in our community. Through AtEase with ASD, we're creating a safe and understanding space for those affected by autism. Through 'The Way', our new worshipping space, we're providing an alternative rhythm of praise and encounter. And we look forward with hope to the next season of The Beacon, our lunch club for anyone in need of food and friendship.

These ministries are not just activities; they are expressions of fellowship. They are signs that we are looking outward, not inward. That we are a church that not only wants to serve the needs of today but wants to be here for future generations—faithful to the call of Christ, rooted in His Word, and radiant with His love.

And yet, in all our doing, we must never forget the heart of the matter—that all true fellowship begins with Jesus. John reminds us that we can't have deep fellowship with one another unless we are walking in the light of God together. Our unity, our purpose, our mission—these are only sustainable when they are grounded in our shared life in Christ.

So let us keep drawing close to Jesus.

Let us be a church that walks in the light, confesses sin with courage, extends grace freely, and welcomes the wandering home. And if you're someone who feels like you've drifted from church or faith, if you're unsure whether you still belong, please hear this clearly: you do. You are welcome here. You are loved. You are part of this church family.

Whether you need support, spiritually or emotionally, or just someone to talk to, please don't hesitate to speak to me or Rev. John. We're here for you.

If you're not yet a church member, or you're curious about exploring the Christian faith more deeply, we'd love to

journey with you. We have several house groups and midweek fellowship gatherings that are open and welcoming—no matter where you are on your faith journey.

I'm usually in the church on Wednesdays, and my vestry door is always open if you'd like to pop in for prayer, a chat, or simply a cuppa and a listening ear.

This November, we will hold a “Back to Church” Sunday, a time of celebration and restoration. A day to welcome back friends old and new, to rejoice in the fellowship we share, and to renew our commitment to follow Jesus together. Watch this space!

Until then, may we continue to build one another up in love, hold fast to the truth of who Christ is, and live as a family of faith, rooted in the fellowship that only God can give.

With love and blessings,

Your minister,

Lynsey

The price of Presence

GEORGE MITCHELL

‘I’ve got my bus fare’

Some time ago, I left the house as usual to catch my bus to work. It was five to seven in the morning, dawn was rising, and it was promising to be a fine day. I reached into my pocket and pulled out some loose change from which I counted out £3.90, my bus fare. I walked the short distance to the bus stop and waited for my bus. As I stood in the quiet of morning, an overwhelming sense of peace descended over me. I did not beckon it or wish for it; it simply came upon me. In that moment, I became acutely aware of my surroundings: I was waiting for my bus. I had my bus fare. “That is all”, I thought, and realised that even that was too much and that I was not even ‘waiting’; I was simply ‘there’. I had my bus fare, and that was all. The realisation hit me powerfully but with infinite gentleness: “This is enough.” I thought (or thought I thought...) “What more could I possibly need?” And I acknowledged the subtle differences between ‘need’, ‘want’, and ‘desire’. My needs are met. That is all. My ‘wants’ and ‘desires’ curiously inhabit a different sphere and hold little meaning. Words alone, whether written at

the time or now, upon reflection, cannot hope to describe or capture the sense of complete peace and presence that was around for me in these moments. I was just 'there' and I had my bus fare. That is ALL! This was the sum total of my experience, and I wanted to broadcast it to the world; the sense that what I had was enough. Afterwards, I reflected on what it meant for me to have enough. This was not manifest purely in terms of my bus fare, but that £3.90 symbolised something for me. What else was present for me...? What else is in my life that removes the need for 'more', and what would 'more' look like anyway, and what would it cost?



I asked myself a few questions... What brings me to this place at this time? Why am I waiting for a bus? I was waiting for a bus because I work as a counsellor, and I was going to work. This led me to reflect on the events in my life that had led to this moment. What had led me to stand

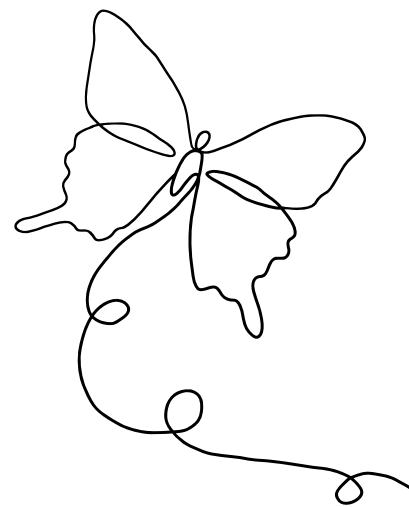
here and wait for this bus this morning? The answer is of course everything; every success and every failure; every trip and stumble along the way; every loving embrace, every rejection; every tear and every joy; every loving whisper, every harsh word; everything I can remember and everything I cannot remember; everything I have forgotten and everything I want to forget; every shame, every humiliation, every betrayal, every broken promise and every lie; every act of kindness, given and received; every battle won and lost; every relationship... My entire life's journey distilled into a few battered coins in the palm of my hand. There should be some fantastical cinematic special effect that wraps up my whole personal universe and funnels it down into a single moment in time. Now! My entire life symbolised in £3.90.

Peace had come into my life, and somehow this was symbolised in that moment by my bus fare. Were I to win the lottery (which is moot, as I don't play), would I somehow be able to buy 'more' of this peace? No. And I notice that there are no degrees of Presence; Presence simply Is, and I stood for a few precious and blessed moments experiencing this most wondrous sense of 'Isness', totally enthralled. Neither can this mysterious encounter with Presence be engineered in any way. There are no spells or incantations, processes or activities that I can invoke that would 'magic' it into existence. I cannot search in hope that I will find it next week or at some notional point in the future. I cannot journey across oceans to find it in another land. I will not find it in a book, and no amount of money can buy it. I know the

futility and frustration of such searching. Presence can only ever be 'Here' and 'Now'. It was like a door had opened ever so slightly, gifting me a glimpse of... of what? And here is my difficulty: how do I describe the perfectly ineffable encounter with the sacred, for that is what it felt like, and by what mechanism was that unknown door set ajar? I do not know. And I am content to sit in the place of unknowing. Is Presence 'The peace that passes all understanding'?

My entire life's journey encountered at a bus stop at five to seven on a Monday morning. My bus fare was £3.90. My presence at that bus stop, priceless.

How prosaic. How unutterably beautiful.



John's Reflections

REV JOHN MACGREGOR

Dear friends

Fifteen years ago, I met a man named Francis, and I found him to be one of the kindest and most gracious people I have ever met. He lives in Kampala in Uganda, and each day, he gives so much of himself to others. I asked him, what motivates him to do this? And he said simply, Jesus! He went on to explain that every day he wakes up, he asks himself one simple question, “Who can I bless today?” He believed that was how Jesus operated in his ministry.

The parable of the Good Samaritan is one of the best-loved stories in the gospels; simple but powerful! It teaches us about the importance of putting other people first on our agenda. However, it has a cutting message to those who made religion their god, in Jesus’ world, the Levite and the Priest; although, it has a comforting appeal to those who want to put their faith into action and to bless people, for it is radically inclusive, the Samaritan!

In this age of discrimination, it’s refreshing to go back to

this parable and ask the same old question that a religious lawyer once asked Jesus, “Who is my neighbour?” and the answer that we get is something profoundly different from what we might have first thought.

Our neighbour could be the very person that we once thought of as an enemy. Our neighbour may well be that person with a different colour of skin, a different language, a different religion, a different identity; but you see, that’s the power of the message in the Good Samaritan; don’t look at our differences, look at what unites us; we are human beings, created to love God and love our neighbour. I’m sure that we all want to see peace in the Middle East and in Ukraine, but real peace will only come when the parable of the Good Samaritan is lived out.



Humanitarian workers in Ukraine and the West Bank.

We might feel that we are not equipped or experienced to help others. Perhaps, that’s right, but notice what the Good Samaritan did; he gave what he had access to; he responded from the heart, got on his knees and helped his neighbour; often it’s a ministry of presence and compassion, which is all that is needed.

In my short time with you, I've witnessed many good Samaritans at work in St Paul's Church, thank you! So, who will we bless today? Who will God put across your pathway? When he does, then he is calling us to be a Good Samaritan, to be a person who wants to bring blessings to others.

Shalom,

John

The Book Club

JOYCE CLARK

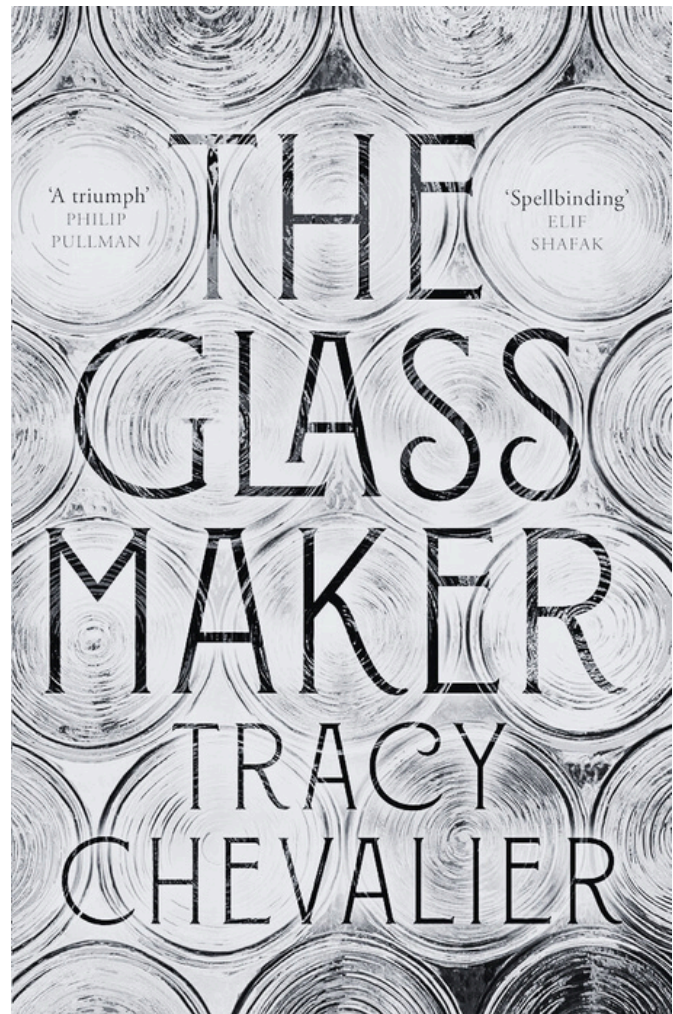
This time, we have been reading and discussing *The Glassmaker* by Tracy Chevalier.

The history of glassmaking in Murano over the centuries was effectively explained by means of a time shift of approximately 100 years at a time, but the main characters in the book only aged slightly between time shifts. This was cleverly managed by the author, so you were able to follow each individual through the centuries of change.

Most of the group enjoyed the book, although some of us found the set moments in the history of glass making a bit obvious. A couple of examples were the addition of “celebrity culture” in the form of Casanova and Napoleon, and the plague did sound like our COVID experience.

Nevertheless, the main characters and their relationships were easy to follow. The last chapter brought us up to the present day and was perhaps the best chapter in the whole book.

Our next meeting is on Tuesday, 21 October 2025, when we will be discussing *The Great Alone* by Kristin Hannah.



Mission in Japan

LORNA FERGUSON

Thank you so much for your warm welcome when I was back in Scotland. It was lovely to be able to worship with you all and catch up with some of you over tea and coffee or a meal.

I have now made it safely back to Japan and moved up to Sakata city in Yamagata Prefecture. It is still hot and humid here, but it should start to cool down soon, and in a couple of months, I will need to get winter tyres for my car for the snowy winters here.

I am about 500km away from where I used to live near Tokyo, a 6+ hour drive if I use the expressways. I came up a couple of weeks ago to house hunt and was able to find a nice flat



A view over Sakata, Yamagata.



about a 20-minute walk from the church and with a lovely view of the mountains, at least on the days when it isn't cloudy and raining! My lease starts on the 5th, and my belongings should follow on the 7th.

My focus for this month is firstly to move into my flat, unpack and get various things I need. I also need to complete various registrations and other administrative tasks required when you move to a new city in Japan. Another priority is to start to get to know the church members here. Most became Christians as adults, so it is great to hear their stories of how they first heard of Jesus and came to believe in him. My biggest challenge is remembering everyone's names, which family members go with whom, and what their stories are!

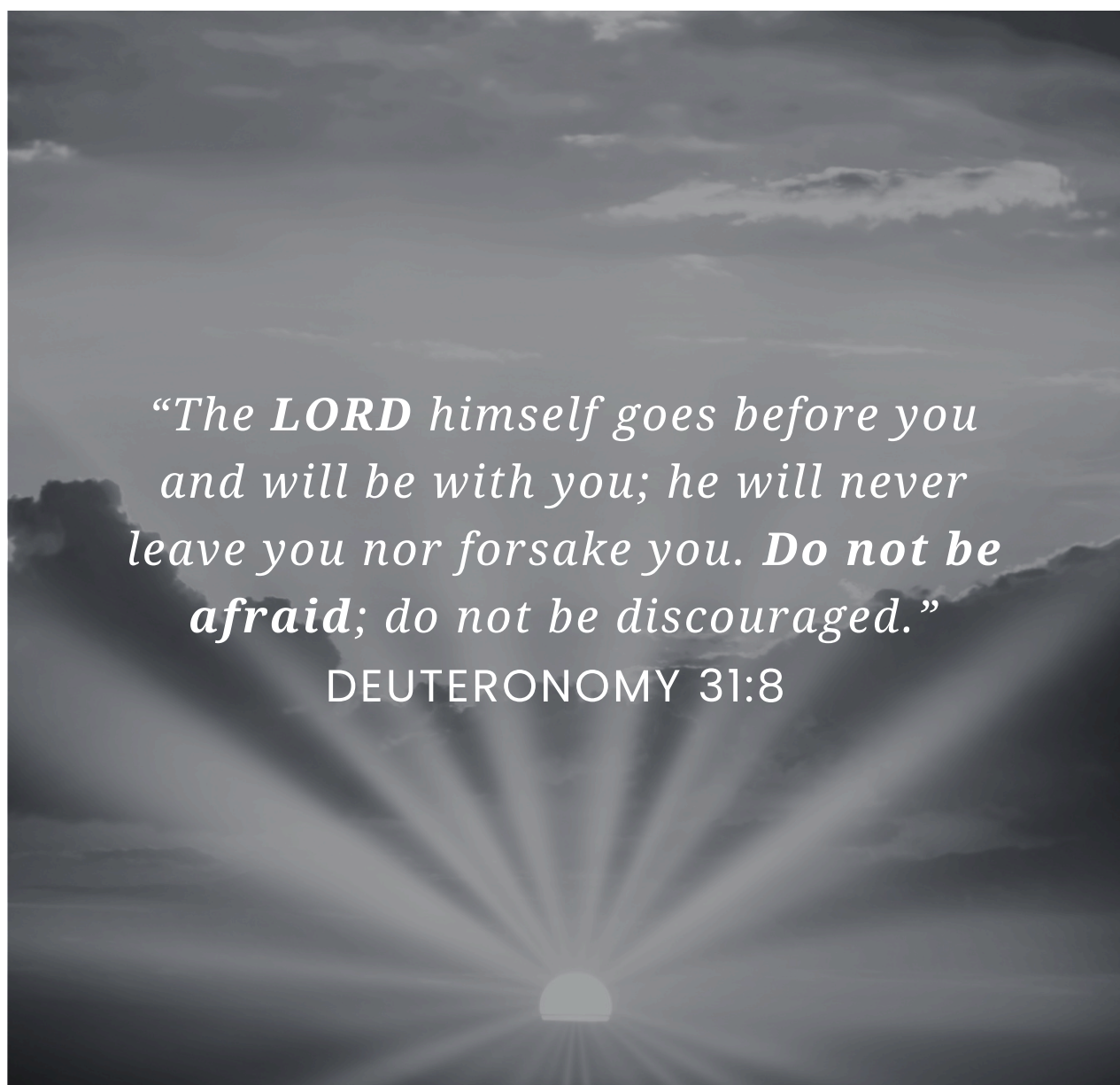
Just today, a grandma, mother and young daughter came to the church for the first time. The grandma and mum lived in the US when the mum was a girl, and they went to church there. Recently, some things happened which have led them to look for a church in Japan. The mum was happy that she could also practise her English with me. I am looking forward to getting to know them and pray that they keep coming to church and understand what Jesus did for them.

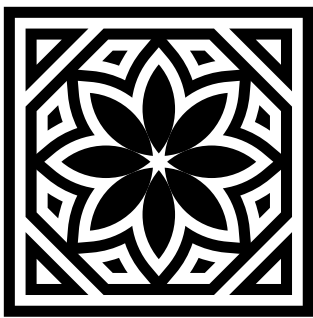
As I prepared to move up here, I was thinking about God's promise in Deuteronomy 31:8: "The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Finding a flat so quickly and God leading the mum and grandma to church on my first day here is certainly confirmation that God has indeed gone before me. Please pray that I will know the plans he has for me here.

Every blessing,

Lorna





Recipe of the Month

GOULASH

JANICE MACLEAN



This is a great recipe and you can dress it up for a special meal. I like to put it with rice, sourdough bread and red cabbage, or if you're not averse to eating the same thing several times over the week, it's a great time saver and gets better as the week goes on, just like soup. We've been

eating it for years, and it's a huge favourite of our adult children and now our grandchildren. If you're feeding it to an 8-month-old, though, strip them down to their nappy! Serves 6-8 people.

INGREDIENTS

- 1kg Diced Beef shoulder (you can increase to 1.2kg, keeping the other ingredients at the same volume)
- 2 large onions (leave the pieces quite big)
- 3 to 5 large cloves garlic, crushed
- 3 or 4 sundried tomatoes chopped or tbsp tomato puree
- 2 x 400g tins chopped tomatoes (or 1 ½ tin of red wine if you have some open)
- 1 x tbsp smoked paprika
- 3 x heaped tbsp paprika (when you think you've put in too much, you've not, add more!)
- 2 x oxo cubes
- Several dashes Worcestershire sauce
- 1 tbsp honey (this is to counter the acidity of the tinned toms, so you may not need it)

- Salt/Pepper to taste (leave the salt until serving, you may not need it)

METHOD

This works if you just mix all the ingredients together in the slow cooker and switch it on, and honestly, anything from 4 to 7 hours on low!

I like to brown the onions, garlic and beef in a mix of oil and butter first and then add everything else.

If you're cooking on the hob, keep an eye on it so it doesn't burn. Usually about 90 mins is good at a simmer!

Enjoy!

Growing Older and Older

ROSEMARY FRASER

In 1960, I moved from the great 'Home Counties', that is, Stevenage in Hertfordshire, to the wild world of Scotland. Yes, I married a Glaswegian and had to be the interpreter for my family!

My husband James (Jimmy) and I first attended St George's Tron Church in Glasgow, but as the family (3 girls) arrived, I realised that we must join a local church, which happened to be St Paul's Church in Milngavie. First was Rev John Patterson, then Rev Peat, and lastly Rev Fergus Buchanan, all of whom were great preachers of the gospel of Jesus. I was also a member of a small Bible study group, and Noah's Ark was opened up at this time, through this group, and Noah's Ark still strives. How things develop and progress.

I am now definitely on the older side of the spectrum and am in a most loving care home in Lennoxton, where my youngest daughter and son-in-law live. I attend Campsie Parish Church most Sundays, thanks to a rota of drivers!

I send my love and prayers to all at St Paul's, with so many happy memories.

Yours in Christ,

Rosemary Fraser

P.S. I forgot to mention Girls Brigade!

Youth Ministry

JANICE MACLEAN

Our Sunday Club and Bible Class started back on 17th August, and already we've had a lot of fun. Our first day back was a breakfast: we chatted about what we had all been doing over the summer, and the Sunday Club started the cards for the harvest festival. The next week the Sunday Club was having a look at Elijah, the Fiery Prophet, and the Bible Class started an (unsurprisingly!) 10-week series on The 10 Commandments! We had a drama about the journey to Mount Sinai and made a poster for the wall.

On Sunday, 24th, Lynsey commissioned all of the youth staff, and we look forward to building relationships with our young people over the coming year.

At the time of print, some of our Bible Class will have spent a weekend at Teen Ranch from 29th to 31st August. We hope to tell you all about our adventures in the next magazine.

The young people have sponsored a 6-year-old boy from Ethiopia called Dagum! This is a monthly financial commitment, and we would hope that our collections on a Sunday will resume to help towards this.

The ARK started back on 16th August. It was so good to see everyone after the summer break. We had the usual round of games, chat and just general chill time. The next ARK is on 20th Sept at 19:30 – 22:00 PM in the large hall. If you know of any young people in S1-S6 who would like to come along, please contact the office for details.

In other news, we are starting a monthly Youth Fellowship on Saturday, 4th October. From 18:00 – 20:00 PM. This will be a mix of food, fun, bible study and discussions on what's going on in the world. This will be for S1 – S6. We look forward to seeing all of our ARK people for discussions on the Good Book with some pizza and games thrown in.

We look forward to keeping you up to date on everything happening with the youth at St Paul's.

1 PRAYER BREAKFAST



Join your brothers and sisters in Christ across Milngavie for a bite to eat and a moment of morning clarity and prayer as we come together for one of our monthly prayer breakfasts. Coming up soon:

- Saturday 27th September at the United Free Church
- Saturday 31st October at St Luke's Church
- Saturday 28th November at St Paul's Church

All events start at 8:00 AM; we can't wait to see you there.

2 LODGING HOUSE MISSION

A team from St Paul's is looking to resume its support for the Lodging House Mission, a Glasgow-based charity dedicated to providing care and support to homeless, vulnerable and socially excluded people.



The plan is for the team to help prepare and serve food at one of the charity's day centres on Saturday, a few times a year. If you think you could donate your time to this brilliant mission, please reach out to Marilyn Ure.

Marilyn Ure TEL
+44 7709 204756

3 SHOE BOX APPEAL

The Blythswood Shoe Box Appeal is an incredible initiative that supports vulnerable and impoverished individuals across Europe. Since the initiative began in 1992, more than 2.8 million boxes have been sent, each one containing essentials (toiletries, stationery, and clothing) and touches of kindness.



In support of the appeal, St Paul's is planning a wrap-and-pack day in the large hall on Saturday, 25th October. So, if you can, please come along.

If you can't make it, you can still make a donation, which can be left in a crate in the large hall from the 14th September. The appeal is looking for:

- Toothbrushes and toothpaste.
- Hats, scarves, gloves, socks, tights and other small items of clothing (all new).
- Soap, toiletries, makeup, combs/brushes, deodorant, sanitary items, and shaving gear.
- Practical items like sewing kit, candles and torches.
- Tools such as screwdrivers and pliers
- Stationery like notebooks, pens, pencils, rubbers, rulers, colouring-in books and crayons.
- Small toys, gifts, or wrapped bags of sweets (no chocolate; best before end of March 26).

It might not sound like a lot, but it goes a long way in brightening the lives of those facing the worst situations. Small donations of money are also very gratefully received, as it costs around £5 to send a box. Thank you on behalf of Blythwood and all the grateful recipients.



ST JOSEPH'S COFFEE MORNING

Our friends at St Joseph's Church are hosting a coffee morning from 11:00 AM on Saturday, 13th September, in support of their partner primary school in Malawi, the Mitsidi Primary Project, and Mary's Meals. Donations from the event will go towards purchasing vital schooling equipment and learning resources, and ensuring that children are fed and healthy, ready for

school. Let us come together and share fellowship in aid of this vital cause, to empower children through education.

5 THE GUILD

The new session of the St Paul's Guild begins on Monday 6th October 2025 at 2:00 PM, when we will be entertained by the *Semi Tones*.

A service of Thanksgiving followed by afternoon tea has been planned to celebrate 125 years of fellowship and Christian witness by St Paul's Guild on Monday 27th October 2025 at 2:00 PM, when the guest speaker will be the Moderator, the Rt Rev Rosie Frew. For catering purposes, a sign-up sheet will be available on Monday 6th and 13th October for those wishing to attend.

The subsidised cost of the Afternoon tea will be £5 for members. This should be a great celebration, and I hope you can all attend.

6 MADE FOR ENCOUNTER

"I would like to draw to your attention this course, which I found invaluable.

Made for Encounter 'is an intentional monthly training space where you will grow and learn as a disciple of Jesus, experience healing and equipping to share His Kingdom wherever you are'."

The course is run by Niall & Pam Fulton at their church, Easterhouse Baptist Church (near The Fort).

It runs on one Saturday a month between 10:00 AM and 4:00 PM and starts on 4th October 2025.

Topics that may be covered include Whole Life Discipleship, Living Free, Reading the Bible to Encounter Jesus, Dealing with the Issues of our Hearts, Prayer Rhythms & Seasons, Our Identity & Security in Christ, Loving Our Neighbour and many other inspiring topics.

I took part in the course in 2023-2024, and I am hoping to take part again this year. If you would like any more information, please look at the Easterhouse Baptist Church website or ask me."

- Alison Hazell



HARVEST THANKSGIVING

The Harvest Thanksgiving service will take place on Sunday 21st September.

Donations will be delivered to the Salvation Army Wallace of Campsie Lifehouse, a hostel for single men. The men have access to individual cooking facilities, so easy-to-cook and tinned goods are ideal. Tea, coffee, chocolate biscuits and treats are always welcome.

Other food donations will be given to Drumchapel Food Bank, who particularly require the following tinned items: soups, spaghetti, beans, tuna, veg, custard, rice and fruit. Loose rice, cereals, tea, sugar and plain biscuits would also be appreciated.

Money donations will go to Dalmuir Barclay Community Pantry to assist in buying new items following their recent break-in.

If you are able to assist in the making of pew posies, please come along to the Jubilee Hall on Friday 19th September at 10:00 AM. No experience required but bring a pair of scissors.



8 HALL CHAIRS

A big thanks to the volunteers who came along at the beginning of August to clean all the chairs in the two halls. These are now spick and span and ready for the new session.

We now have 10 seats with arms in the halls, for those who need a wee bit of extra support to get up out of their seat. Breakaway originally identified the need, but others are welcome to use them if needed. Thanks to everyone involved in this process.

9

ST PAUL'S SERVICES

All Sunday morning services this month will take place at 10:30 AM and will be led by Rev Lynsey Brennan, except on the 28th September, when we are delighted that Stephen Thom will be preaching for us. As always, we invite you to stay for tea and a chat after the service.

Please also join us for Joyful Noise at Milngavie United Free Church at 6:30 PM

on Sunday 7th September, as we are led in worship by our young musicians, with a short message from Lynsey.

Unfortunately, *The Way* will not take place on the final Sunday of the month.

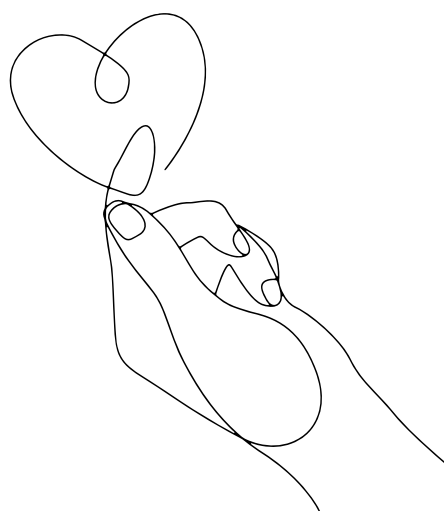
However, we look forward to the return of our exciting new worship space on the last Sunday of October.

10 BALDERNOCK SERVICES

All Sunday morning services this month will take place at 12:00 noon. Our services on 14th and 21st September will be led by Rev Lynsey Brennan. Our service on 7th September will be led by the congregation, with guidance from elder, Isabel Ewing, and on 28th September we will be joined by guest preacher Stephen Thom.

11 LIFE DEADLINES

The next issue of St Paul's Life will be published on Sunday, 5th October. The deadline for submissions is Sunday, 28th September. 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

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