

ST PAUL'S MILNGAVIE

LIFE



04 OCTOBER

13TH ISSUE

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Editor's Note

CARLA MACALLISTER

Welcome to our October edition! It's another busy month around St Paul's. With house groups, The Guild and Men's Association back in full swing, our church family is full of activity.

We're also thrilled to see our Alpha Course continuing and encouraging those who are attending.

As Lynsey highlights in her letter, God meets us right where we are, turning past struggles into places of hope. As the nights draw in, don't carry things alone. Let's journey together in faith this autumn.

With love,
Carla

ST PAUL'S LIFE

CONTACTS

EDITOR

Carla MacAllister

EMAIL
st.paulslifemagazine
@gmail.com

MINISTER

Rev Lynsey Brennan

EMAIL
lbrennan
@churchofscotland
.org.uk

TEL 0141 588 6023

PASTORAL ASSISTANT

Rev John MacGregor

EMAIL
jmacgregor
@churchofscotland
.org.uk

TEL 07387 851020

CHURCH OFFICE

Hilary Rutherford

EMAIL
st.pauls
@btconnect.com

TEL 0141 956 4405

Lynsey's Letter

REV LYNSEY BRENNAN

Dear friends,

One of the most beautiful truths of our faith is that **God knows us completely and still loves us.** He knows our stories, our families, our experiences, our disappointments and our wounds. He knows the things we are proud of and the things we would rather forget. And yet, knowing all of this, He continues to call us His own and love us with an everlasting love. This mind-blowing truth always helps me on my journey of faith.



Over the last few weeks, while preparing a sermon for The Way, our evening service on the last Sunday of each month, I have been studying the life of Joseph in Genesis. His story is one of betrayal, rejection, injustice and suffering. Yet Joseph's past did not have the final word. In Genesis 50:20, looking back over all that had happened, Joseph says to his brothers:

“You intended to harm me, but God intended it for good.”

Joseph's story reminds us that God can bring healing, purpose and hope from circumstances that have caused us deep pain.

There are things we carry through life that can become like invisible baggage - past experiences, hurts, disappointments, fears, shame, unhealthy patterns or words spoken over us. Sometimes we have carried these things for so long that we hardly recognise them anymore.

But Jesus offers us freedom.

We cannot always change what has happened to us, but through Christ we can begin to choose what we carry forward. The Gospel repeatedly reminds us that our past may be part of our story, but it does not have to be the author of our future. Jesus says,

“So if the Son sets you free, you will be free indeed.”

John 8:36

God does not ask us to pretend that we are fine when we are not. He invites us to bring our whole selves to Him. Healing does not mean pretending that the wound never happened; it means allowing God to meet us in the places that hurt and begin His work of restoration.

God can and will make us whole. Not by erasing our story, but by redeeming it. As we become more secure in who we are in Christ, we can begin to release the things we were never meant to carry and become freer to live the life God has given us.

Perhaps there is something you have been carrying for a long time. Perhaps you are struggling with something from your

past, facing difficult circumstances today, or simply sensing that you need someone to pray with you.

Please don't feel that you have to carry it alone.

Every one of us has, at some point, failed to love someone as we should. And that is why we need something more than simply trying harder to love.

If you would value prayer ministry or a conversation with me, Rev John or someone from our pastoral team, please reach out. We have open vestry time every Wednesday and John and I can be contacted at any time. We are also here for people outside the church who live within our Parish. You don't need to have the right words or even know exactly what you need. Sometimes the first step towards freedom is simply allowing someone to walk alongside us and bring what we are carrying before God.

Whatever our circumstances, we can have hope because God is not finished with us. The God who was faithful to Joseph is faithful to us. What has happened to us does not have the final word. In Christ, there is grace for our past, strength for today and hope for our future.

I am continually grateful for this family of faith and for the way we walk alongside one another through every season of life. You may be going through a particularly difficult season just now, and the change from summer into autumn can sometimes heighten feelings of loneliness or uncertainty. Please don't journey alone.

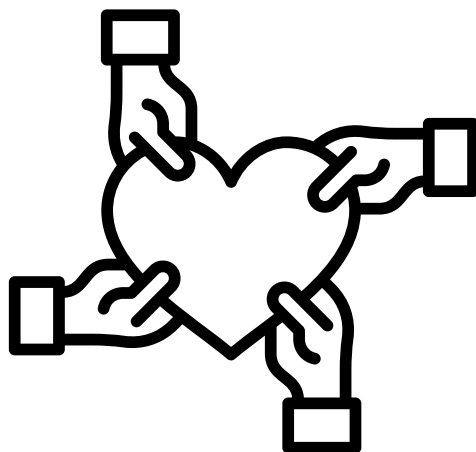
Our church family is here for you. Take a look at the church calendar and find a place where you can connect - whether through the Guild, The Beacon, a house group, The Way or one

of the many other opportunities to gather and share fellowship. If you're not sure what might be right for you, please speak to Hilary at the church office or to one of the ministry team and/or elders.

God created us for relationship and fellowship. None of us was ever meant to walk the journey of faith alone. Let's continue to look out for one another, make space for one another and remain connected as a community of faith.

Love and Peace,

Lynsey x



Pastoral Letter

REV JOHN MACGREGOR
- PASTORAL ASSISTANT

Dear Friends,

October has now arrived and suddenly we have become aware of the crisp morning air, the vibrant colour of leaves on the trees, and the shortening of the days which all signal that autumn is truly here. For many of us, there is a cozy comfort in pulling out warmer coats and settling in for longer evenings.

Yet, for others, the arrival of the colder, darker months brings a subtle, heavy shift. As the physical light outside begins to fade, it can sometimes feel as though the emotional or spiritual light in our own lives is dimming, too. Loneliness can feel a little sharper, and for anyone carrying the weight of loss, the winter ahead can seem particularly daunting. Grief has a way of making the days feel much darker than they actually are.

To help provide a safe, warm space for those walking through loss, we are running a GriefShare course right here at St Paul's Church. The course begins on Wednesday, 7th October at 10.30am. This is a weekly group where you can find support, understanding, and tools to help you navigate your grief alongside others who truly understand. Why not come along and give it a try for a few weeks and see if it's for you?

Whether you are grieving a recent loss or still processing one from years past, please know that you are welcome. If you would like to join us or simply want to find out more, please

reach out to me on 07387 851020.

I enjoy working and supporting your minister Rev Lynsey and serving alongside others, who are invested in the pastoral care of St Paul's congregation. It is a great privilege to serve you as your Pastoral Assistant. I'm always available if anyone wants a confidential meeting or an informal chat.

May you know the deep, unshakeable peace of the One who guides our steps through every season.

Every blessing,

John

Milngavie Services of Remembrance



The Garden of Remembrance, outside the Fraser Centre, will be dedicated on Wednesday 4th November, 2026 at 11am.

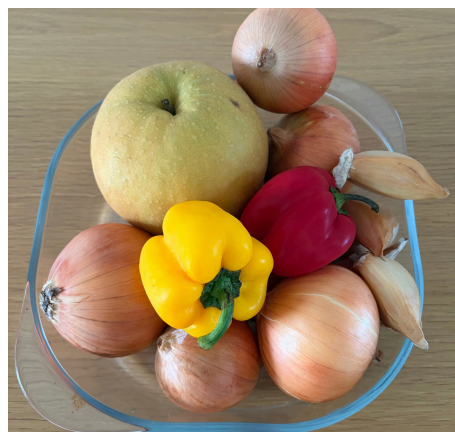
A Service of Remembrance will be held at the War Memorial on Sunday 8th November commencing at 10.50am. The Service at St Paul's will start at 11.30am with a time of Remembrance at 11am.

On Armistice Day there will be a short and reflective service at the War Memorial on Wednesday 11th November at 11am.

Hello from Sakata

L O R N A F E R G U S O N

One of the things I really enjoy about living in a more rural area is all the fresh produce. Some people have gardens and share what they grow. Others receive gifts of fruit and vegetables and pass them on to others. One man at church is a farmer, and he often brings various vegetables for people to take. I haven't made a complete list, but among the things I have received are cucumbers, tomatoes, onions, garlic, leeks, paprika, grapes, melon and Japanese pears. It is quite a feast, for which I am very grateful.



In our Sunday services, we are going through the book of Numbers. Recently we looked at chapter 11. There, in verse 5, is a list of vegetables not dissimilar to mine: cucumbers, melons, leeks, onions and garlic. However, the Israelites were not giving thanks for these things. Rather, they were remembering them as foods they had eaten while they were slaves in Egypt. It was only just over a year since they had left Egypt, and yet they were already pining for what they had left behind.

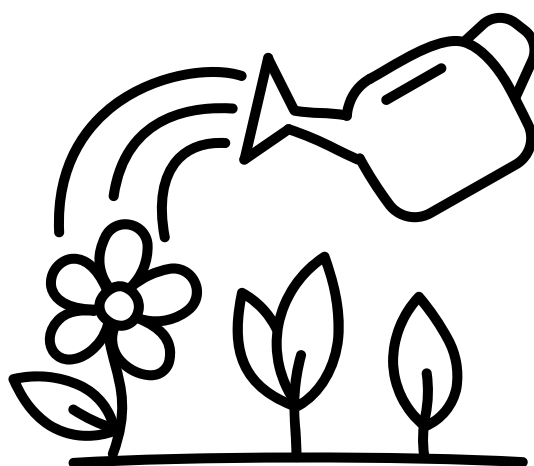
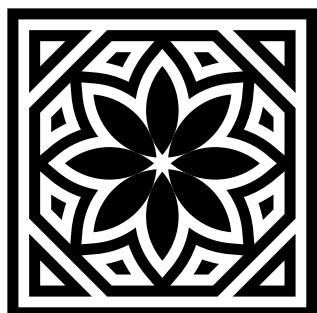
Had Egypt been a good place to live? We know that it wasn't. The Israelites had been slaves there, and their oppression had worsened when Moses asked Pharaoh to let them go. The people had cried out to God for deliverance, but when that deliverance came, they didn't like what it looked like. Their

dissatisfaction with the present caused them to look back at the past through very rose-tinted spectacles. Sometimes I find myself looking at Scotland in a similar way: thinking about the people I miss, the foods I enjoy and how much easier it is to do ministry in English.

As you read through Exodus and Numbers, you can see that the Israelites liked to complain - a lot! They were never satisfied, at least not for long. Their dissatisfaction made them grumble, and made Moses, as their leader, want to pull his hair out. It also made God angry.

We too can easily think, “If only I had this one thing, then I would be happy.” And in doing so, we can stop noticing what God has already given us. But the problem goes deeper than simply failing to be thankful. Augustine prayed in his Confessions: “You have made us for yourself, O Lord, and our hearts are restless until they rest in you” (1.1.1). Our restless hearts will always find another cucumber, melon or leek to long for. What we most need is not more of God’s gifts, but God himself.

Lorna



Youth & Children Update

MATTHEW TODD
YOUTH & CHILDREN ASSISTANT

In Luke 5, Jesus tells Peter to put down his nets for a catch of fish: Simon answered,

“Master, we’ve worked hard all night and haven’t caught anything. But because you say so, I will let down the nets.”

When they had done so, they caught such a large number of fish that their nets began to break. So they signalled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

This is how ministry with children and young folk can often feel. For years perhaps we can feel like we haven’t ‘caught anything’. Yet just like a garden in early spring - all that is not showing is growing. Then suddenly, the nets are breaking and the boats are sinking because there are so many fish.

Since I started work at St Paul’s I have had the privilege to see some of that growth in real time. New ministries like the Douglas Academy group Open Door have seen the room so full that there were not enough seats for everyone - the proverbial

boat was sinking! We have also seen existing ministries revived such as Youth Fellowship and I have been amazed and humbled to see more than 30 young folk attend, many of whom had no previous connection with St Paul's.

The harvest is plentiful but the workers are few. Please be praying for our amazing team as they work to bring in this wonderful harvest. Pray that those who are called to work with children and young people would come forward and that the nets of our current team would not break.

I must say though the greatest privilege of all for me - as inspiring as these growing opportunities are - is just the steady faithfulness of our own Sunday Club and Bible Class, as well as the young folk who regularly attend The Way. There is no greater encouragement in this world than seeing a child who is growing closer to their Heavenly Father every day and boldly following Jesus in this confusing world.

Keep praying for our precious young people and let's be ready for what God will do next in our community.

Stamp Appeal

IRENE STRANG

A poster telling you about this new appeal has been attached to the collection box in the Strathblane Road entrance and there is also another in the Large Hall on the BreakAway notice board. This appeal will support the work of Alzheimer Scotland. Please donate your stamps used or collections as every little helps. Thank you.

Thank You

NORMAN BARLOW

Norman and family would like to thank everyone involved in Peggy's Thanksgiving service in St Paul's, for the support that has been given to us through cards, texts, telephone calls and visits. Your support has been greatly appreciated and has meant so much throughout this difficult time.

We would also like to thank John and Lynsey for their kind words and visits and making a difficult day special to all our family. Thanks to Hugh, Derek and Carla for their great organisation on the day.

FRANCES IRELAND

Iwould like to express my grateful thanks for all the support I received following my accident and subsequent stroke. All the prayers, cards, visits, flowers and treats were much appreciated. A special thanks to John MacGregor whose visits gave great encouragement not only to me but to at least one other patient in the ward!

RACHEL & ROBB GOLDSMITH

Rob and I would like to thank everyone at the church for the warmth and support you showed us for our wedding. It meant a great deal to celebrate in the

church where I grew up, surrounded by people who have been part of my life for so many years.

We'd also like to thank Rev Lynsey Brennan, the Elders on duty, the AV team, the ladies who helped with the flowers and the ever-helpful Hugh McGorm for all that they did on the day and for the months before.

Mum and Dad (Nimmi and Stuart Whitelaw) would also like to add their thanks to you all. We will always be indebted to our church family.

With heartfelt thanks.

THE MACPHERSON FAMILY

Margaret, Seona, Morven and all the family wish to sincerely thank the church family at St Paul's for the love shown to them following the passing of John to be with his Lord. The kind messages, cards and visits provided so much comfort to us all and we very much felt that we were being held in people's prayers. This gave us comfort beyond words.

We were blessed to have such a wonderful group of people who supported us during this difficult time. Thank you to Reverend John for his guidance and pastoral care, which we will never forget. Many thanks to Derek and the choir for the music which was so beautiful and personal to John. Thank you also to Graham, Hilary, Stephen and Hugh for all their guidance and help in the arrangements and also to friends who helped at the Thanksgiving Service. The love, strength and faith which we all felt from the church family will be cherished always.

May God bless you all.

Tribute to Peggy Barlow

Everyone at BreakAway has their own special memories of Peggy. At Peggy's Service of Thanksgiving on 14th September 2026, Gabrielle Buchanan captured the person of Peggy so well in her tribute. With Gabrielle's kind permission, we share an extract to give you a flavour of the person Peggy was and the lasting impact she had on those around her.

"Peggy was instrumental in the formation of BreakAway at St Paul's. Several years ago, Peggy and I explored what support we as a congregation might provide for families and their loved ones going through the challenges of dementia. Peggy had a vast knowledge and experience of dementia through her nursing career and in Alzheimer Scotland. With her guidance and wise counsel, she helped steer the idea of a support group which would provide a weekly session for people with dementia, giving the family carer some respite for a few hours and by 2016, BreakAway was launched!

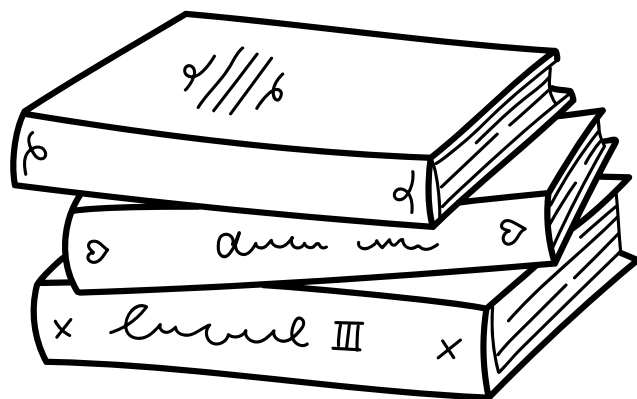
I recall that in every session at BreakAway, Peggy's keen eye watched over the group activities to ensure we all, as volunteer befrienders, were supporting each member 'robustly!!' We all had 'L plates' in the beginning and Peggy was our driving instructor! In time, we introduced "Peggy's Table" where befrienders could go and sit with Peggy toward the end of a session to seek out ways to improve their care for a member. At one stage, she asked for short written reports in jotters so she could check up that all was going well!!" I am certain that

our befrienders and many more in St Paul's family, present today, will recall their own experience of Peggy's practical knowledge and direction and the support she gave with much love, concern and care. I would like to believe that Heaven has prepared a 'special table' engraved with Peggy's name on it and, alongside in bold letters... "Well done, good and faithful servant".

We at BreakAway are glad to have known Peggy and to share in the vision she had to help and support families with a loved one with dementia and are pleased that the work that she and Gabrielle started in 2016 is celebrating its 10th Anniversary later this year. We are also delighted that 6th year pupils from Douglas Academy join us each week to share in this ministry. Peggy loved having the young people at BreakAway and understood the mutually valuable benefits for all - a blessing for our members and a valued learning experience for the pupils.

Book Club

ANNE GOODLET



In our latest book "*The Place of Tides*" by James Rebanks, we find the author spending months on a remote Norwegian island. He has gone there to study the lives of two elderly women whose job is to build nests and harvest the feathers of the Eider ducks which return every summer to lay their eggs. Slowly but surely as he learns the

story of Anna's long hard childhood and her deep love of the island the man also finds peace and satisfaction in his own way of life.

Although our group appreciated learning about this hitherto unknown way of life, the group found it very repetitive which took away from the enjoyment of the book. We next meet on Tuesday 6th October and if you would like to join us, you will be made very welcome. Just contact the church office for more details.

The Guild

ELEANOR EASTON



Our opening meeting will be on Monday October 5th at 2pm in the Large Hall when The Semitones, a group from Westerton Male Voice Choir will be entertaining us. We expect a varied programme of songs including some where we have a chance to join in. We look forward to welcoming new members as well as regular attenders from previous years.

The programme for this session is very varied and in October includes a visit from an author, illustrated information about the Great Scottish Tapestry and a Bible Study from Rev John. Do come and join us even if you have never been before. You will be made most welcome!

The Guild's motto is taken from Acts 27, verse 23:

"Whose we are and Whom we serve."

The Men's Association

BRIAN ADAIR

The Association commences again in October. At our AGM, it was agreed that we should change the day and time of our meetings. So we will now meet on the second and fourth Mondays of October, November, January, February and March, still in the Jubilee Hall but in the afternoon, with a start time of 2pm and after the speaker we will have tea/coffee and some nibbles. This will be the same time as the Guild, and so ladies of the Guild are encouraged to bring their husbands along to enjoy the Men's Association.

Our first meeting is on Monday 12th October at 2pm and our speaker is Dr. Megan Kasten from the University of Glasgow whose topic is "Govan Stones and Related Sculpture in Scotland".

Our second meeting is on Monday 26th October and our speakers are Alison and Mark Hazell, both members of our linked charge, Baldernock Church, whose topic is Glasgow Street Pastors.

Lastly, in October, we will host a Coffee Morning on Saturday 31st in the Large Hall from 10am to noon. Donations of baking for serving to those attending will be much appreciated. We have decided that the charity we will support again is Bags Full of Love, associated with Dalmuir Barclay Church. They support children who are being adopted or fostered or temporarily

placed in care by giving them a bag with some essentials for living. The age range of these children is 0 to 18. Obviously, the money raised will help buy items for the bags, but we have agreed that donations of practical items could also be given. There is a shortage of underwear, gloves, hats and scarves. Also toothpaste and toothbrushes plus combs and brushes. In fact, anything that would allow a child to know they are being loved! These donations can be brought to Church during the month and will be stored for delivery on 31st October.

Tickets for the Coffee Morning costing £2.50 each or 4 for £10.00!! will be available for sale at the back of the Church on Sundays 11th, 18th and 25th or payment can be made at the door on Saturday 31st. No charge for young children.

Finally, volunteers will be made very welcome on Friday 30th October between 3pm and 4pm to set up the Large Hall for the next day, and donations of “goodies” may also be delivered then.

Blessings and peace.



Harvest Thanksgiving

ELIZABETH MCEWAN

Many thanks to all who assisted in so many ways to make the Harvest Thanksgiving Service such a success.

The amount of food donated was truly amazing and was greatly appreciated by the two charities.

The beautiful plants and pew posies were delivered to those members of our congregation who are frail, housebound or in Care Homes along with a card made by the Sunday Club and Bible Class.

Financial donations on the day for Bags Full of Love were £655 plus a kind donation of £100 from the Morning Coffee Fellowship made a total of £755 which will be of great assistance as this work with children in need continues.

Dear Graham,

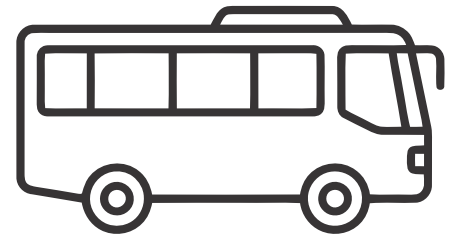
Thank you so much for this donation, we are very grateful for all the support we receive from St Paul's I am looking forward to attending the Men's Association coffee morning & hopefully a service where I can thank everyone for their support.

Kind regards

Fiona Hennebry, bagsfulloflove.org@gmail.com

St Paul's On Tour 2027

ANNE RITCHIE



Many of you know that Strathmore Travel went into administration on 11th August, 2026, thankfully before we had become involved with them for 2027, although I had already booked the hotel and coach in January of the same year. I tried a couple of other reputable companies to no avail. Their quotations were ridiculously high. I, therefore, decided, with the input of Graham Mill and Janice Maclean, to organise the trip to North Wales myself, as I had done often before. I know the area well.

Graham and Julia kindly took over my recce and Graham volunteered to be in charge of payments. Janice will be “boots on the ground”, since my movement is somewhat restricted.

You will find the programme, together with a personal information sheet, at the back of the church. The dates are 21st-25th June, 2027. We shall be staying at the Celtic Royal Hotel in Caernarfon, a good centre for excursions to Anglesey, Portmeirion, National Trust houses and gardens and the mountain railway up Snowdon.

Deadline for the deposit payment of £60 and return of the personal information form is 31st October. See the sheet for

information. The cost is £648 per person. There are 18 double rooms for single use, available with no single supplement.

Do join us for good company and fellowship.

Blythswood Boxes

ANN MACLEOD

The Blythswood boxes provide necessities for many extremely poor people in deprived areas, both abroad and in Britain, and one or two treats for both adults and children are a delight.

You possibly received a leaflet last Sunday with a list of new items to include and essentials are - toothbrush and paste, soap, underwear, socks/tights, hat, scarf, gloves, toys or gift and wrapped sweets (no chocolate).

Other items such as a comb or brush, deodorant, moisturising cream, sanitary products, shaving items, notepad, pens/pencils/sharpener and other small items.

You can make your own box or leave items in container in the Large Hall. Filled shoe boxes can be left at the back of the

church anytime up until 25th October. Our wrap and pack day is Saturday 10th October from 9.30am to 11.30am. Come and have some fun and enjoy giving delight to those who receive these gifts.

Empty adult shoe boxes would also be useful. Money gifts are also appreciated to cover the high cost of transport.

We packed 80 boxes last year. Can we do better this year?
Thank you for all your help

Bibles for Bairns

FRANCES IRELAND



Registration for babies born in 2026 is now open! Bibles for Bairns is a programme run by the Scottish Bible Society offering free Bible based gifts for newborn babies born in Scotland up until (and including) their 5th birthday.

Full details can be found at www.scottishbiblesociety.org

Day of Prayer

CHURCH OF SCOTLAND NEWS

The Church of Scotland has set aside a Day of Prayer, on Saturday 31st October, inviting people across the Church and congregations to pause, reflect and bring the life and future of our Church before God.

You don't need to come to Church or attend a prayer meeting to take part. Why not set aside some time at home during the day - perhaps over a cup of coffee, during a quiet walk, or around the dinner table - and spend a few moments praying?

We can pray for our congregations and ministers, for those who are seeking to discover faith, for the communities we serve, and for wisdom and courage as we look to the future. We can also give thanks for all that God is doing among us and ask that we might remain faithful to our calling to share the Good News of Jesus Christ.

“Be joyful in hope, patient in affliction, faithful in prayer.”

Romans 12:12

Whether you spend five minutes or an hour in prayer, you can be part of this special day. Let's take time to listen to God, to seek His guidance and to pray for His Church.

1

YOUTH FELLOWSHIP

The Youth Fellowship continues to run the first Saturday evening of every month. Open to all 8-18 year-olds from 7-8.30pm.

2

MILNGAVIE CHURCHES 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 31st October
- St Luke's Church;

Saturday 28th November
- St Paul's Church;

Saturday 30th January 2027
- St Andrew's Episcopal Church;

3 DAY OF PRAYER

A reminder of the Church of Scotland's Day of Prayer on the 31st October. Set aside some time for prayer.

4 MEN'S ASSOCIATION COFFEE MORNING

31st October, 10am to noon in the Jubilee Hall. All proceeds will go towards "Bags Full of Love"

5 GRIEFSHARE

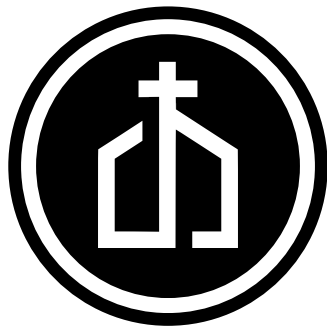
Starting 7th October, 10.30am. A weekly group where you can find support, understanding, and tools to help you navigate your grief alongside others who truly understand.

6 ST PAUL'S SERVICES

Our Sunday morning services continue to take place at the regular time of 11am. As always, we invite you to stay for tea and a chat after the service. On 25th October, we will join together for The Way. This is a contemporary service encountering the Spirit of God. We meet at 6.30pm for hot drinks and doughnuts, before the service at 7pm. This is a growing, ecumenical service (fourteen different denominations were represented at the last service). Please come along and support this witness in the community.

7 LIFE DEADLINES

The next issue of St Paul's Life will be published on Sunday 1st November. Deadline for submissions is Sunday 25th October. All submissions and suggestions are welcome. Thank you for all your continued support.



1 BALDERNOCK ROAD
MILNGAVIE, G62 8DP

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