ST PAUL'S MILNGAVIE

LIFE

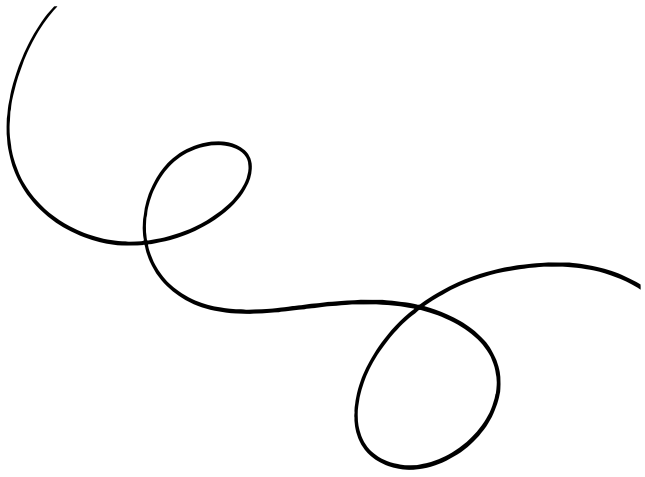


01 NOVEMBER

13TH ISSUE

“NATION SHALL NOT LIFT UP SWORD AGAINST NATION;
NEITHER SHALL THEY LEARN WAR ANY MORE;
BUT THEY SHALL ALL SIT UNDER THEIR OWN VINES AND UNDER THEIR OWN FIG TREES,
AND NO ONE SHALL MAKE THEM AFRAID,
FOR THE MOUTH OF THE LORD OF HOSTS HAS SPOKEN”

MICAH 4:3-4



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Editor's Note

CARLA MACALLISTER

I think it's safe to say that the November edition is my favourite edition to edit as it has the first news about our Christmas activities!

I'm delighted the Christmas Tree Festival is back on this year and look forward to seeing all of the joy it brings to our community.

This month, Lynsey reminds us of the importance of noticing others and being honest about our own situation. Jesus sees us, loves us and reminds us that we never have to walk alone.

As we head towards the busy Christmas season, may we make time to care for one another and share that love with our community.

With love,

Carla

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Lynsey's Letter

REV LYNSEY BRENNAN

Dear Friends,



One of the things I love most about our church is the way we care for one another. We notice when someone is unwell, gather around those who are grieving, pray for those facing difficult circumstances and look beyond ourselves to the needs of others. There is something very beautiful about that. But there is much in each of us that lies beneath the surface.

I wonder if God might also be inviting us to grow in another way: **to become better at noticing when people aren't okay and allowing ourselves to be noticed.**

In the story of the woman who had been suffering for twelve years, we meet someone who had become very good at living beneath the surface. She was hidden in a crowd and accustomed to being overlooked. Yet Jesus noticed her. He stopped, paid attention and made space for her. When she bravely told the truth about what was happening in her life, Jesus did not shame her. He called her "Daughter" - a word of belonging, identity and love.

I wonder how many people around us are carrying things we don't see.

Someone beside you on a Sunday might be lonely. Someone who faithfully serves might be exhausted. Someone who always seems cheerful might be struggling. And someone who is always praying for others might secretly need someone to pray for them.

We can't know everything another person is carrying, but we can notice. We can slow down, ask a second question and make time to listen.

And perhaps we can be brave enough to let someone notice us too.

Sometimes “I'm fine” is true. Sometimes it is simply the easiest answer. We don't have to tell everyone everything, but finding a safe and trusted person with whom we can be honest can be an important step towards wholeness. Being vulnerable isn't a failure of faith. Jesus is interested in the whole of us - including the parts we find difficult to share.

I believe we grow together when we are willing to be real with one another.

So let us be a church where we don't have to pretend. A church where we notice, listen, encourage and carry one another when life feels heavy.

And as we look ahead, please keep an eye on the intimations. There is so much happening in the life of our church - opportunities to worship, serve, learn, grow in discipleship, meet together and simply enjoy being part of this community of faith. We would love to see you be involved where you can.

Whatever you are carrying today, remember this: **Jesus sees you. You are not unnoticed. You are not alone. You are loved by God and us! My vestry door, garden room, manse is always open to you. Don't walk alone.**

Peace and love,

Your minister and friend,

Lynsey x

"The Lord is near to the brokenhearted and saves the crushed in spirit."

Psalm 34:18

Pastoral Letter

REV JOHN MACGREGOR
- PASTORAL ASSISTANT

Dear Friends,

As November brings shorter days and longer evenings, many of us will feel the winter's chill not only outdoors, but in our spirits too. The darkness can leave us feeling low or alone. Yet the good news of Jesus reminds us that darkness never has the final word.

John tells us, "The light shines in the darkness, and the darkness has not overcome it" (John 1:5). Jesus says, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life" (John 8:12). In every season, we can turn to him for hope, comfort and companionship.

St Paul's Church shares that pastoral light and offers a warm welcome to everyone. You'll find details of our varied gatherings and Christmas events in The Noticeboard. Here are a couple of pastoral dates to keep in mind: Griefshare meets on Wednesdays from 10.30am to noon, and our Griefshare Remembrance Service is on Sunday 6th December at 2pm. I'm also looking forward to my first Christmas Tree Festival and to celebrating the light of Christ at all our Christmas services.

The Psalmist reminds us that even the darkness is not dark to God; night is as bright as day (Psalm 139:12). So, as the evenings draw in, let's lean on Jesus, look out for our neighbours, and find encouragement in one another.

If you would appreciate a listening ear or a pastoral conversation this winter - or if you know of someone who would - please do get in touch.

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

LORNA FERGUSON

Since moving to Sakata, I have tried to go prayer walking once a week, walking through different neighbourhoods and praying for the people who live and work there. Sakata has nearly 91,000 people; perhaps only 120 worship in a church on an average Sunday. My own church has around 30 adults, most in their 70s or 80s.

I believe in the power of prayer. Yet sometimes I return home feeling more deflated than encouraged. The task seems overwhelming. How can so few believers reach the thousands who don't know Jesus? The pastor and his wife are already stretched. We have ideas for outreach, but few in the church have the capacity to take on anything new.



Recently, however, God challenged me through the story of Gideon in Judges 7. Gideon was the least in his family and from the weakest clan in Manasseh (6:15), but God asked him to lead the Israelites into battle against the Midianites whose army was “like locusts in abundance” (7:12).

Gideon started off with 32,000 men, which probably seemed way too few. But God looked at them and told Gideon that he had too many! God then whittled the number of men down, first to 10,000 and then to only 300. Not only that, but he also

armed them not with the usual weapons of war, but with trumpets and empty jars with torches. I’m sure that if the Midianites had seen them, they would have laughed. Yet through that small group of men with their almost ridiculous weapons, God gave the Israelites victory.

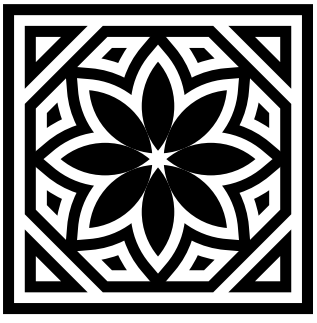
God explained his reasoning in 7:2. He wanted the Israelites to be small in number and weak so that when they won, they would not be able to boast. Rather, it would be obvious that it was God who had given them the victory. And so God challenged me that the church here may be few in number, limited in strength and lacking in resources, but none of these things limits God's power.

The weapons God gives us are his word and prayer. They may seem no more impressive to the world than Gideon's trumpets and jars. Yet Paul tells us that our weapons have "divine power to destroy strongholds" (2 Corinthians 10:4).

The story of Gideon is not about how amazing Gideon was, or how skilled his 300 men were. It is about how great God is. God wants us to recognise our weakness, to use the weapons he has given us, and to trust him with the outcome. The God who gave Gideon the victory is the same God we serve today whether in Sakata or Milngavie.

With love and prayers,

Lorna



Youth & Children Update

MATTHEW TODD
YOUTH & CHILDREN ASSISTANT

The words of a wonderful old hymn have been echoing in my mind recently:

Be still, my soul; the Lord is on your side;
Bear patiently the cross of grief or pain;
Leave to your God to order and provide;
In every change he faithful will remain.
Be still, my soul; your best, your heavenly friend
Through thorny ways leads to a joyful end.

In my work with children and young people I am struck by two things.

Firstly, I am struck by the chaos of the world they inhabit. There are so many competing voices and values coming from teachers, parents, social media, peers and everywhere they turn.

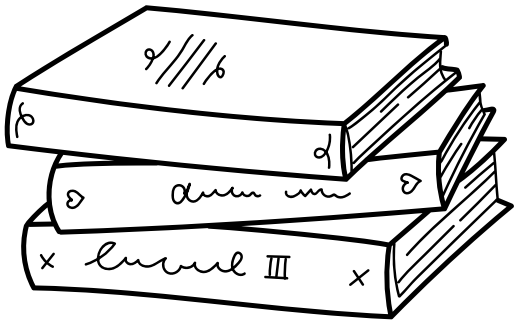
Secondly, I am struck by the hunger they have for truth and Spiritual connection. I'm constantly amazed by the openness of this generation.

My prayer is that we can be that place for these young people where they can find that stillness and relief from the noise of the world.

"Be still, and know that I am God" Psalm 46:10

Book Club

ANNE GOODLET



Our book group certainly reads a wide selection of books! Recently we have read about nurses in Vietnam; working with eider ducks in Norway; and our latest book is called "Lessons in Chemistry". This book takes us back to the 1960s to a laboratory where former research chemist Elizabeth Zott is a very disgruntled woman being used by her male counterparts as a secretary (among other things). She then becomes an unmarried mother, which was not quite acceptable at that time. However, this lady is quite capable of dealing with any situation and fights for her rights in her own strident way. The author laces the story with humor and common sense and our group all agreed that they had enjoyed reading this rather quirky book.

Our next get-together is not till Tuesday 1st December and if you feel like joining us you will be made most welcome. Contact the Church office for more details of where and who.

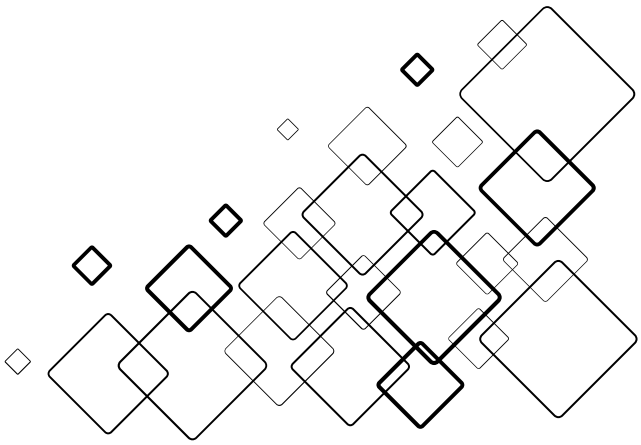
Thank You

LORNA AND ROY SUTHERLAND

Lorna and I would like to thank all those whose thoughts and prayers have supported us over the last few months of surgery and recovery.
Our special thanks to Rev John and the others who kindly visited us. We would also thank the flower ladies who brought us the church flowers to lift our spirits.

MARTA THOMSON

I would like to thank everyone for their prayers, cards and beautiful flowers, and also Rev John for visiting me. It brightened my day during my recent illness.
Many, many thanks to my church family.



The Guild

ELEANOR EASTON

Our meetings started at the beginning of October and we have been delighted to welcome back many of our members from before and also several new members. The topics covered have been wide-ranging - music, Scottish history through wonderful tapestries, fascinating insights into an author's life and a talk about the tragic life of Anne Boleyn replacing the Bible study which was advertised.

Our November meetings open with the return of the opera singer Linda Ormiston, whose previous visit was hailed a wonderful success. Her beautiful singing was complemented by her inimitable accounts of events in her colourful life. Some ladies from groups in other churches will join us for this meeting. Other speakers in November include a physiotherapist, a lawyer, a representative from one of the Guild projects and someone talking about New Testament churches.

We meet in the Large Hall at 2pm every Monday and you can be assured of a warm welcome at any of these meetings!

The Men's Association

BRIAN ADAIR

As has been reported, the association agreed to change day and times of meetings from Tuesdays at 7pm to Mondays at 2pm and this appears already to have met with approval from both members, new members and their respective spouses, the latter because they can relax at the Guild, knowing their men are safely enjoying company in the Jubilee Hall.

At our first meeting, the speaker was Dr Megan Kasten, speaking about her work with Govan Stones and other stones in Scotland. At the time of writing this piece for Life, we are about to have Alison and Mark Hazell, our friends from Baldernock Church, telling us about their experiences as Glasgow Street Pastors.

In November, our first meeting is on 9th November (remember 2pm) and we welcome Shaw Anderson from Glasgow City Mission who will speak about the work in the mission. Our second meeting is on Monday 23rd November, when Iain Wotherspoon, who has spoken to us previously, will be sharing interesting facts about Glasgow's West End.

Advance reminder - our Christmas Lunch will be on Tuesday 8th December and will be in Andiamo across from the church. In December Life there will be a full report on our successful Coffee Morning being held on 31st October.

Peace and blessings to all.

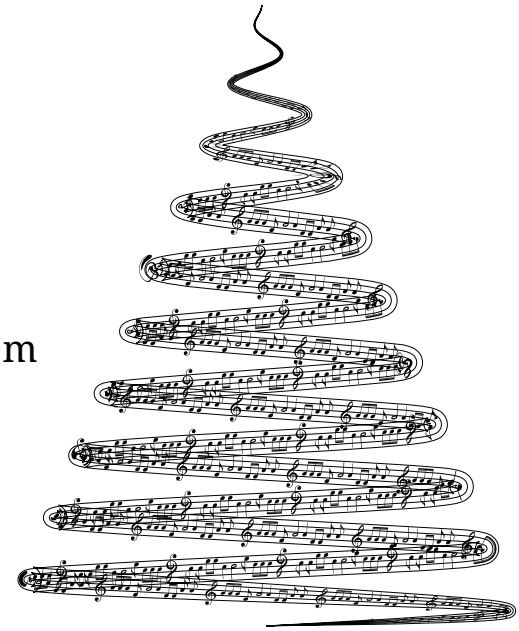
Choir

DEREK NORVAL

We would welcome any extra singers who would like to join us as we prepare our Christmas programme. The music we learn will be used from the last weekend in November, including singing during the Christmas Tree Festival, and at the Advent and Christmas services throughout December. We realise that some of those interested will be unable to attend every rehearsal but please feel free to join us when you have time. The music we sing contributes such an important part to the festive season services. This is your chance to join us in the wide range of joyous music that we will provide during the morning services and at our service of lessons and carols at 7pm on Sunday, 20th December.

Rehearsals for the Christmas programme are as follows:-

- Thursdays 5th and 12th November from 8.15pm until 9.15pm, in the Church (Join us any time from 7.45pm.)
- Thursdays 19th November until Christmas from 7.45pm until 9.15pm



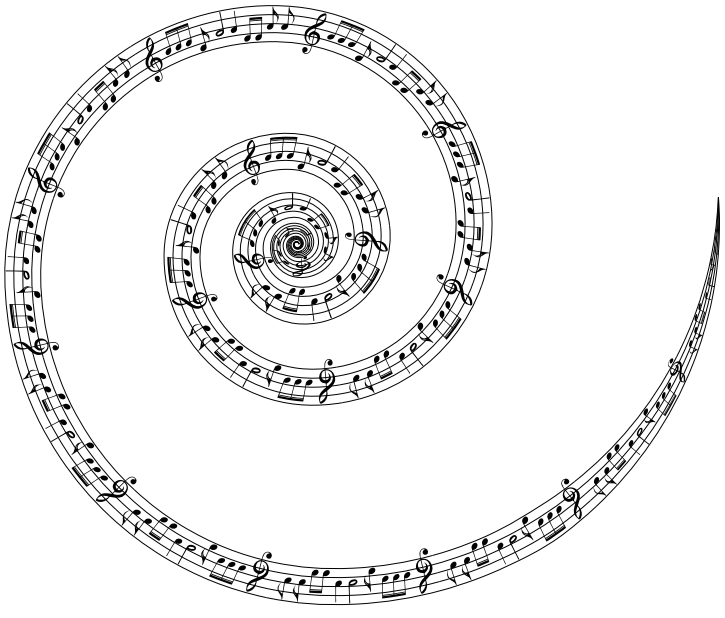
Do come along on any of these Thursdays if you are interested. For further information please speak to Derek Norval (07814389262) Derek.Norval@ntlworld.com or to any member of the Choir.

Praise Band

DEREK NORVAL

An early invitation to any instrumentalists who would like to join us for two occasions. On Sunday, 20th December we will rehearse at 9.30am in the hall and provide music after the service.On Thursday 24th December we will provide the music for the Christmas Eve Family service at 7pm. Additional players would be most welcome to join us for either or both of these two Christmas events.

If you (or anyone you know) would like to play in the band, please contact Derek Norval (07814389262) for further information. Music will be provided for any instrumentalist who wants to join us and this music will be edited to suit individual standards of playing ability. Copies of the music will be made available before the practice on the 20th December.



Christmas Tree Festival

ELEANOR EASTON

SATURDAY NOVEMBER 28TH
–
FRIDAY 4TH DECEMBER

This year's Christmas Tree Festival is eagerly awaited by many people in the community. We have chosen four charities to support, two of which are very local, one from Glasgow and one which is internationally known. They are:

- Gavin's Mill Roof Fund
- The Men's Shed
- Doctors without Borders
- The Glasgow Children's Holiday Scheme

We anticipate that our visitors will contribute generously to these charities as they look at the marvellous array of beautifully decorated trees from organisations and groups within the community. They will also enjoy a music programme featuring an array of talented performers and then they will be able to visit our tearoom where delicious home baking is on offer.

A committee has been working hard to plan the Festival, but now we need to call on YOUR support to make it happen! From Sunday November 1st sign up sheets will be at the back of the church. These will ask for help in three ways:

- to steward at the back of the church, directing visitors to different parts of the building;
- to help in the tearoom (Jubilee Hall) either in the kitchen or serving at the tables;
- to provide baking for the tearoom.

The Festival will run from 10am - 4pm each day except Sunday, 1pm - 4pm.

The period 'on duty' is 10am - 1pm or 1pm - 4pm.

Other churches will be on duty some days but there must always be a member of St Paul's present in the church and in the Jubilee Hall in case someone unfamiliar with the building has a problem. We have always been very grateful for the willingness of our members to volunteer, and look forward to a good response again this year.

Thank you in anticipation!



Recipe of the Month

EASY FISH MEAL

CAROLE MACKAY

This is a very easy meal which serves 4 and can be frozen. It uses salmon, but cod loin can also be used as it needs a reasonably thick, chunky fish.

- 200g pasta
- 500g salmon
- 150g light cream cheese
- 100g spinach
- 200g cherry tomatoes
- 80g sun dried tomatoes
- 20g capers

Method

1. Preheat oven to 200C
2. In a baking dish add the salmon, cream cheese, cherry tomatoes, spinach, dried tomatoes and capers
3. Mix together so that salmon is surrounded by other ingredients.
4. Cover the dish and bake in oven for 40 minutes.
5. While that cooks, boil 200g pasta.
6. Once the salmon mix is cooked, break salmon up with a spoon and mix everything together into a creamy sauce.
7. Drain and add pasta to dish and mix until everything is coated. Serve and enjoy.

The Noticeboard

1 YOUTH FELLOWSHIP

Open to all 8-18 year-olds from 7-8.30pm, Saturday 7th November. Come along for fun, pizza, games and a faith-based discussion.

2 MILNGAVIE CHURCHES PRAYER BREAKFAST

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

8am Saturday 28th November - St Paul's Church

Saturday 30th January 2027 - St Andrews Episcopal Church

3 THE BIG QUIZ

The Big Quiz: at Bearsden Baptist Church on 14th November (doors open at 6pm for a 6.30pm start). All proceeds raised will go to Tearfund.

4 BIBLE TEA AND TODDLERS

Our Bible Study for new parents/carers and their children continues each Tuesday at 9.30am - contact the Church office to confirm the venue.

5 ADVENT

Our advent services begin on Saturday 28th November at 9.30am with Rev Lynsey preaching on the theme: “Hope in the Darkness”

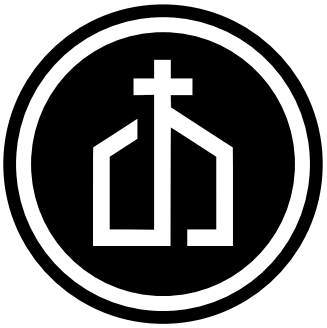
Start your day with the prayer breakfast, continue with the Advent service and then the opening of the Christmas Tree Festival - the 28th is a busy day!

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 29th November, 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 29th November. Deadline for submissions is Sunday 22nd November. All submissions and suggestions are welcome. Thank you for all your continued support.



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