August/September 2026 **Issue 3**

PARISH NEWS

The magazine for West Calder and Polbeth Parish Church of Scotland.

www.west-kirk-polbeth-harwood.co.uk

Minister

Rev Dr Jonanda Groenewald

27 Learmonth Crescent West Calder EH55 8AF

Mobile: 07846 539841

Email: minister@west-kirk-polbeth-harwood.co.uk

Ordained Local Minister

Rev Alison Quilter Mobile: 07741 985597

Email: AQuilter@churchofscotland.org.uk

Session Clerk	
Alison Quilter	
07741 985597	
AQuilter@churchofscotland.org.uk	
Treasurer	**Deputy Treasurer**
Neil Webster	Sandra McCabe
07732 553027	01506 872593
webstern65@gmail.com	
Safeguarding Coordinators	
Douglas Horn	Jean Pringle
01506 419656	07938 108158
Charity SC004703 Congregation 020161	
Copyright Licence No. 218743	
Editor: parishnews@west-kirk-polbeth-harwood.co.uk	

Dear Friends,

Summer officially began on 1st June. A time when the winter woollies were packed away for a few months to allow the summer wardrobe to make an appearance. And apart from a few days, when the winter woollies and central heating were popped back on again for a day or four, we have enjoyed being clothed in sunshine.

Did you notice how everyone has been wearing brightly coloured clothes? This summer has also served up a feast of sporting events, Football World Cup, Tennis at Queen's and Wimbledon, Rugby Nations Challenge, Cricket T20, Scottish Open Golf……all the teams and individual sports people wearing brightly colours strips and clothes. Maybe the sunshine makes them seem more colourful – but colourful they were.

It has been said that the clothes that we wear say something about us as a person. In his letter to the Colossians, Paul encouraged the followers of Jesus to think about what 'clothes' they were to put on because he certainly thought that what we 'wear' says something about us as Christians. "As God's chosen ones, therefore, holy and greatly loved, clothe yourselves with compassion, kindness, humility, meekness and patience, being merciful to one another and forgiving any quarrel you may have; in other words, forgive as the Lord forgave you. Above all, clothe yourselves with love, which binds everything together in perfect harmony." (Colossians 3:12-14). Paul doesn't just say be

compassionate or be kind or be humble but urges them to clothe themselves as if these are essential items of clothing.

These attributes are to be the first thing that people notice; eye-catching even, just like the brightly coloured clothes people were wearing in our villages. Compassion, kindness, humility, meekness, patience, mercy and love are the essentials that every Christian should not only find in their wardrobe, but the essentials that we take out every day and put on.

Paul wrote to the church at Philippi. In chapter 2 Paul encourages them and us to stand out and to shine like stars. Once again Paul is suggesting this is seen in the way we live our lives and in the way we keep focused on Jesus as we live together in harmony and as we remember how Jesus set before us the way of humility and service.

As we journey through the rest of the summer, I pray we may choose the beautiful clothes that Paul is saying we need to put on so that others may encounter Jesus in what we do and in what we say.

Soon we will transition into a new season of parish life—returning to regular routines, preparing for upcoming events, and renewing our shared commitments—may we continue to “clothe ourselves” in these virtues. They are the garments that allow Christ to be seen in us and through us, strengthening our witness within the parish and beyond.

Shalom, Alison.

Reflection – Luke 12:6,7 (NIV) – A place for all of us

6 Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. 7 Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.

Today we live, I feel, as never before in what I would call an impersonal society – a world in which increasingly we are treated as numbers rather than individuals. Instead of people, we are a reference number on a tax form, a policy number with an insurance company, a national health service CHI number, a mobile number for sales companies and online sites such as Amazon and other online shopping sites. We have answer phones and automated messaging controlled by AI agents (the now famous artificial intelligence agents), e-mails, internet web browsing and cookies who track your movements unless you turn them off! All these things have become the 'new, normal' day to day; personal contact reduced to the barest minimum. More disturbingly, many younger people relate more easily to a computer screen than to real-life human interaction.

In such a world it is reassuring to know that, in God's eyes at least, we are still real people, each of us unique and precious to him. God values us for what we are, inviting us to share in a meaningful personal relationship with him. More than that, he calls us to recognise the value of others and, in doing so, to resist the depersonalisation forces that threaten to undermine society today. Whatever you do, never forget that each person you have dealings with is not a number or an object, but a person!

Rev Alison Quilter

Reflection – Hosea 6:3 (NIV) – Keep Moving

Let us acknowledge the LORD; let us press on to acknowledge him.

Travellators / Walkways - are you fascinated by them or just use them without thinking how they help us? There are travel walkways in London's underground system. They are also in many airports - these flat, moving walkways that seem to go for ever, transporting a bustling throng effortlessly to and from platforms and gates. Some folk stroll purposefully along these contraptions, intent on beating the queue, but most seem happy to simply stand and be carried along.

In Christian discipleship, sometimes we can still act as though we have access to some kind of spiritual travellator. No effort required on our part (we seem to think), to help us progress in our journey of faith. We can simply leave it to God to take us where we need to go. So long as we've stepped on the walkway, so to speak, the rest is down to him. The reality of course, is that we couldn't be more wrong. Yes, we are dependent ultimately on his grace. Yes, we need him to help us change. But that doesn't mean we can stand idly by. As Hosea reminds us, we need to press on, doing our bit if we would truly know God and serve him better. That means working at our faith and seeking each day to walk more fully in it. It means doing whatever we can to deepen our relationship with God and help it to grow. He is there to help us along the way, but if we expect him to carry us entirely we're in for a disappointment, and will end up getting nowhere.

Rev Alison Quilter

The Quiet Service

The next quiet service in Polbeth Harwood will be held on **Wednesday 9th September at 3:30pm**, in the 'quiet room'.

All are welcome to this short service followed by tea, coffee, biscuits and a 'blether'. The short service of worship includes a couple of hymns, scripture reading, prayers and a short reflection. Entry via the Ramp Door of the Polbeth Church building.

Anyone who would like to come and needs assistance with transport should call Sandra Dixon on 07855861223.

We look forward to seeing you there.

Sandra and Alison

WEST KIRK FUNDRAISING GROUP

Our first fundraising event after the summer break is a sponsored 5k walk on Sunday 6th September, leaving the West Kirk at 2pm. Primary school children must be accompanied by an adult.
Sponsor sheets, directions and a map are available from Margaret Hogg, any of the Fundraising group at the West Kirk or Eleanor Davidson at Polbeth Church.

We also plan to have a musical evening in the church on Friday 20th November. More details to follow. We will be hosting a Christmas Fayre on Saturday 5th December.

Please put these dates in your diary.

Regards
Margaret Hogg

ANNUAL PICNIC

What a fabulous day we had at Silver Sands, Aberdour for our annual trip.

As you can see from the pictures, the weather was good, there were plenty of smiles and the races did require some concentration!!

Will you be joining us next year?

HARVEST
HOEDOWN
FAMILY EVENT
in the
WEST KIRK HALL
FRIDAY 9TH OCTOBER 2026
From
7 - 10PM
MUSIC BY:
JOHN MORGAN
TICKETS ON SALE
IN SEPTEMBER.

Blythswood Shoebox Appeal

Not long now until we are going to be sending our shoeboxes to Blythswood to be delivered in time for Christmas.

In preparation for this, we have been busy in Polbeth Church filling some boxes to save you having to do the work.

We will have more information in the next edition of our magazine about how you can purchase a box to be sent away.

****

Why don't mummies take vacations? They're afraid they'll relax and unwind!

What kind of music do mummies like most? Wrap music!

How do you make a mummy smile? You tickle its funny bone.

More jokes to follow after our Egyptian themed summer club!

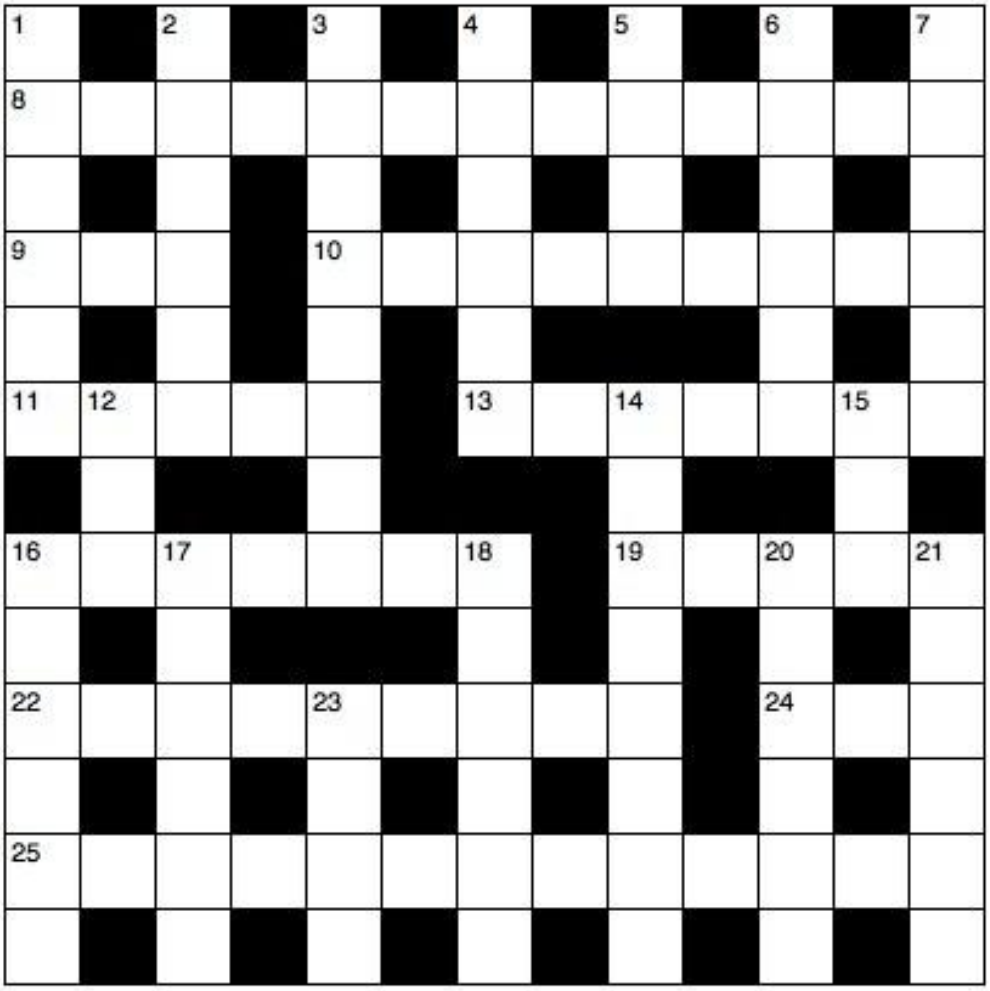
The Northernmost Church – Svalbard Kirke

Since 2023, this beautiful 5 part stained glass window, designed by Norwegian artist Veslemoy Stoltenberg, has graced the town-facing side of Svalbard Kirke in Longyearbyen.

In the centre we find a large ‘sun cross’. Jesus is symbolically understood as the ‘sun of grace’, meaning that God gives us light, warmth and vitality. The sunlight shines into the church in summer and out of the church, clearly visible from the town, in winter.

Around the cross are the three symbols for the Trinity of God: the hand of the Creator at the top left; the dove as a sign of God’s power, the Holy Spirit; and below the cross the ancient secret symbol for Jesus, the fish, with the letters ICHTYS.

At the bottom left, there is the river of life with fresh water and in it the pilgrim symbol of a shell. In the shell there is a pearl indicating the precious kingdom of God, for whose coming Christianity hopes.



Across

8 One of the titles given to the Messiah in Isaiah's prediction (Isaiah 9:6) (6,2,5)

9 International Nepal Fellowship (1,1,1)

10 Single(1Corinthians7:27)(9)
11 Aleksandr Solzhenitsyn's seminal book about Soviet prison camps, The — Archipelago (5)
13 Treachery(2Kings11:14)(7)
16 Of India(anag.)(2,3,2)
19 'God has put us apostles on display at the end of the procession,like men condemned to die in the — ' (1 Corinthians 4:9) (5)
22 Follower of a theological system characterized by a strong belief in predestination (9)
24 'Put these old rags and worn-out clothes under your arms to— the ropes' (Jeremiah 38:12) (3)
25 They brought together all the elders of the Israelites in Egypt (Exodus 4:29) (5,3,5)

Down

1 The season when kings ‘go off to war’ (2 Samuel 11:1) (6)
2 Simon Peter’s response to Jesus by the Sea of Galilee: ‘Go away from me, Lord; I am a — man’ (Luke 5:8) (6)
3 Beaten with whips (1 Kings12:11) (8)
4 ‘You shall not — adultery’ (Exodus 20:14) (6)
5 Encourage (Hebrews 10:24) (4)
6 Service of morning prayer in the Church of England (6)
7 ‘Take and eat this in remembrance that Christ died for you, and — — him in your heart by faith with thanksgiving’ (4,2)
12 Run(anag.)(3)
14 Member of 17th-century party that denied the right of autonomy to the Church (8)
15 ‘We will triumph with our tongues; we—our lips’(Psalm12:4) (3)
16 Earnings(1Corinthians16:2)(6)
17 ‘I rejoice greatly in the Lord that——you have renewed your concern for me’ (Philippians 4:10) (2,4)
18 How Paul described Philemon (Philemon 1)(6)
20 Multiple territories under the rule of a single state(Daniel11:4)(6)
21 ‘You have been unfaithful; you have married foreign women,—to Israel’s guilt’ (Ezra 10:10) (6)
23 This month(abbrev.)(4)

Answers from Issue 2

ACROSS: 1, Wickedness. 7, Harpist. 8, Teach. 10, Side. 11, Impostor. 13, Encamp. 15, Saddle. 17, Ignorant. 18, Tent. 21, Grass. 22, Olivier. 23, Wrongdoers.

DOWN: 1, World. 2, Crib. 3, Entomb. 4, National. 5, Started. 6, Whispering. 9, Harvesters. 12, Imprison. 14, Centaur. 16, Unload. 19, Evils, 20, Give.

PYRAMID ROCK

Highlights Invitation

Come along and join us in Polbeth Harwood Egyptian Paradise

On: Friday August 7th at 7pm

For a short and varied programme including just a few of our "best bits" from our wonderful explorations at Pyramid Rock.

This is an open invitation, "Mummy" Daddy, grandparents and wee ones too! The evening lasts around 30 minutes and ends with a cuppa and some tasty baking.

Compassion UK Sponsorship: Ruan

Ruan at a Glance

- **Age:** 10
- **Country:** Brazil
- **Language:** Portuguese
- **Interests:** Football, toy cars, swimming and playing with friends
- **Family:** Parents, five siblings and a pet cat

Ruan is a 10-year-old boy from Brazil who has been supported by the Polbeth congregation through Compassion UK since January 2024.

Compassion UK is a Christian organisation that works in partnership with local churches to support children living in poverty. Through its holistic child development programme, children can receive educational support, healthcare, nutritional support, personal care and guidance, as well as opportunities to learn about the Christian faith and prepare for their future.

Ruan celebrated his 10th birthday in July 2026. Through the Compassion programme, he can continue to receive support as he grows and develops, usually until he completes his education or vocational training, which may be between the ages of 18 and 22.

Getting to Know Ruan

Ruan is a delightful young boy who loves playing with balls and his toy cars. He is also learning to swim. Ruan is very sociable and makes friends easily. He speaks Portuguese, and letters between Ruan and us are translated by Compassion.

During the holidays, he visits his grandfather's farm, where he gets up to mischief chasing the chickens! He has holidays in July and December, each lasting 15 days.

During the past year, Ruan and his family moved to a new home near the city of Recife. Ruan describes their new home as being “high up” because it has many stairs. He has made new friends who live downstairs and enjoys going down to play cards with them. In the evenings, he plays football and tag in “The Square” with the other boys.

Ruan lives with his mother, Fernanda, who looks after the home, and his father, José Roberto, who works in construction. He has five siblings: Roberta, aged 17; Tais, aged 16; Miguel, aged 10; Luiz Otavio, aged 5; and Enzo, aged 4. The family also have a cat called Chico.

The Compassion Project

Ruan attends his local Compassion project twice a week in the afternoon. While there, he receives an afternoon snack and dinner before returning home.

The project supports Ruan's development in many ways. He learns about the importance of personal hygiene and receives regular health and nutritional checks. He also takes part in educational activities and Bible teaching. Ruan says that the Bible readings are the most important part of the project.

A Thought

In a world where poverty can seem overwhelming, it is easy to feel that there is nothing we can do and that we are too small to make a difference.

But behind the global statistics and figures are individual children like Ruan.

Alongside the Compassion project, our support helps provide Ruan with opportunities for a brighter future.

Sponsorship for Ruan

- **£32 per month** for sponsorship through Compassion UK.
- **Birthday and Christmas greetings and monetary gifts** for Ruan, subject to Compassion UK's guidelines.
- **Additional family monetary gifts** usually during Spring and Autumn.

Through our continued support, we can help Ruan to grow, learn and develop as he looks towards his future.

Thank you to everyone who already contributes to Ruan's sponsorship. If you would like to make a donation towards the cost of his sponsorship, please speak to me any Sunday.

Margaret Dempster

August 26

Saturday	1st	Holiday Club Set-up	Polbeth	10.00
Sunday	2nd	United Morning Worship	Polbeth	11.15
Monday - Friday	3rd 7th	Holiday Club Week	Polbeth	10.00
Friday	7th	Holiday Club Evening	Polbeth	19.00
Sunday	9th	United Morning Worship	Polbeth	11.15
Sunday	16th	United Morning Worship	Polbeth	11.15
Sunday	23rd	United Morning Worship	Polbeth	11.15
Friday	28th	Youth Group	West Calder	19.00
Sunday	30th	United Morning Worship	Polbeth	11.15

All she had said was it was time for her annual lawnmower service

September 26

Sunday	6th	Holy Communion Bible Class Sponsored Walk	West Calder Polbeth West Calder West Calder	09.30 11.15 09.30 14.00
Wednesday	9th	Wednesday Warblers Quiet Service	West Calder Polbeth	11.30 15.30
Thursday	10th	Beyond Kirk Walls services	Dickson Court Burngrange Home	13.45 15.00
Sunday	13th	Morning Worship	West Calder Polbeth	09.30 11.15
Tuesday	15th	Meet me @ the Manse	Manse	14.00 -15.00
Wednesday	16th	Session Meeting	Polbeth	19.30
Thursday	17th	Bible Study	Manse	19.00
Sunday	20th	Morning Worship: Stewardship	West Calder Polbeth	09.30 11.15
Friday	25th	Youth Group		19.00
Sunday	27th	Morning Worship	West Calder Polbeth	09.30 11.15

Parish Record

Deaths

Jesus said "I am the resurrection and the life."

To all who have lost a loved one we extend our sincere sympathies and prayers.

16th June – William Hamilton, Limefield Road, Polbeth

15th July – Margaret Moffat, Burngrange Care Home, West Calder

Gracious God,

We thank you that you are always with us,

in the bad times as well as the good,

the difficult as well as the easy,

the sad as well as the happy.

Through all the changing circumstances of life

Your steadfast love never ceases.

Though we have sometimes been unsure of the way ahead,

You have always been there to guide us;

Though we have been in despair, you have given us hope.

We thank you for that care and promise of hope.

Nick Fawcett