

July/August

Issue 142

# The Link



The magazine for the linked congregations and communities  
of the West Kirk of Calder and Polbeth Harwood.

[www.west-kirk-polbeth-harwood.co.uk](http://www.west-kirk-polbeth-harwood.co.uk)

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# Letter from the minister

July 2022



Dear Friends

And just like that, it's the summer holidays!

The kids had a full year in school for the first time since the pandemic started, and lots of people are looking forward to going away, for a change!

No matter whether you will be travelling to an exotic destination or are just looking forward to relaxing at home – I'm sure that you can't wait to spend some time in the sun!

The sun is a source of much-needed vitamin D, and it brightens up our lives in more ways than one!

But... Too much sunshine is not a good thing. It can make you ill. So, on sunny days, it is important to make sure that we spend some time in the shade too.

In the picture, you can see lots of sheep gathering underneath the only tree on a farm in the hot and dry South Africa. These animals don't need anyone to tell them to do that, they instinctively know that it's cool and safe in the shade.



In Psalm 121:5 we read: “The Lord guards you. The Lord protects you as the shade protects you from the sun” (ICB).

Just like those sheep know where to go when they need shelter and protection, we should know this too. God is like a mighty tree in a dry, hot land – he will protect us like the shade protects us from the sun.

So, this summer: May the sun shine brightly in your life, but may you always remember where to find shelter when you need it.

Nanda



## **Reflection based on Matthew 14:22-23 – ‘Time to be still’ (Rev Alison Quilter)**

*He persuaded his disciples to board the boat and cross to the other side ahead of him, while he dismissed the crowds, and having done that, he went up the mountain by himself to pray. As evening fell, he was there alone.*

Have you ever taken time to sit and watch wildlife - birds building nests, lambs playing in the fields, squirrels navigating the gardens and stealing food from the birds or maybe watching a hedgehog in the garden or waiting to see a fox cub appear from the undergrowth. But then you make a sudden movement and you disturb the moment and the animal or bird stops and hides away.....Watching wildlife requires stillness and patience, the ability to stay quiet for some time. Fail to do that, and the object of our search remains hidden, tantalisingly out of sight.

There are parallels here with glimpsing God, although we should not push the analogy too far. He is with us all the time, everywhere at every moment, yet most of the time we are unaware of it, too caught up in the hustle and bustle of life. It is often only when we pause for a few moments, making time to be still and reflect, that the full wonder of his presence dawns on us. If Jesus needed such times to focus his thoughts on God, to draw aside from the busyness of life how much more do we need them in turn!

### **Prayer**

*Living God, teach me to create a space in my life for you, to make a few moments every day in which I can be quiet and still. Whenever I forget you, believing I have more important things to do, remind me that you hold the words of eternal life. Teach me to create a space, not as an afterthought but as a prerequisite, recognising that when I give you your proper place, everything else will fit into place as well. Amen.*



# SHOWSTOPPERS!

We are super excited at the response we have had from local children to come and join us at our holiday club this summer.

Registration has been fast and furious and now with only 3 spaces remaining it looks like we will have a full house!

This summer we are delighted to welcome, a great team of "new young helpers" who will be treading the boards with this year for the very first time! So, as they say in all the best showbiz circles! "Break a leg"

We would like to extend a very warm welcome to you all to come join us in Polbeth "Showstoppers Theatre" on Friday August 5<sup>th</sup> at 7pm for our "Grand Finale".

Share in the fun and laughter, watch our best bits videos, take part in a messy challenge, and come see how we transformed this church into an awesome "Theatre" where around 120 people spent some time in this building taking part in our wonderful community adventure.


The event only lasts around 30 minutes and we finish with tea, coffee and some home baking.....and on that note! If you are able to donate home baking this would be very gratefully received on the evening from 6pm!

Most sincere thanks to all in advance for your very valued support!





## Summer Update!

It is still not too late to get signed up to join us on the  **kiltwalk** and absolutely everyone is welcome to join us! We have set up two teams, “Team West Kirk” & “Team Polbeth” we all walk together but the monies raised under each team heading will go to that church.

## Wee Reminder!


There are three walking distances to pick from with the Mighty Stride (24 miles) to date no one has chosen this distance, Big Stroll (14.6 miles) to date we have 12 people registered, and the Wee Wander (approx. 3.5- 4.5 miles) we have 15 people registered. The exact route locations and distances will be posted on the official website soon. See below for website details

If you were still pondering on the idea of joining us, remember each church will pay your entry fee, and we will send you all the information you need to register. The sooner you register, the sooner you can start collection sponsors and we can ensure that we all leave in the same time slot! Please contact Lorna or Sandra to start the registration process.

## Not for You, Not a Problem!

You can still be a supporter of this awesome team event! You can help us by sponsoring a person from the church of your choice, or an even easier option (to save from offending anyone) just pop your donation/sponsor money in an envelope, add your name on the inside so we can list you on a form as a



sponsor, then write on the outside of the envelope  and "Team – Polbeth or West Kirk", please remember every single penny raised through your sponsorship for the (church/charity) will be topped up by a HUGE 50% thanks to the generosity of Sir Tom Hunter and The Hunter Foundation.

<https://www.thekiltwalk.co.uk/events/edinburgh>



## Sunday Club & JAM Club



We are now on our summer break, but we just wanted to remind you that children are always welcome in church. They will leave at the same time during the service and there will be games and/or crafts, their choice.

Sunday Club & JAM resume on Sunday 4<sup>th</sup> of September at 9:45 & 11:15 am respectively, when we extend a very warm welcome to all children to come and join us at a church near you!



A little recipe for the kids to try during the summer holidays courtesy of the Be-Ro book!

Roll up your sleeves,  
Put on your peenie,

### **Let's Bake Rock Buns!**


200g Be-Ro Self Raising flour  
Pinch of Salt  
100g Sugar  
75g Currants  
25g Mixed peel  
1 Egg  
Milk to mix

Mix the flour and salt, rub in the margarine. Stir in the sugar, currants and mixed peel. Mix to a stiff dough with the egg and milk. Place in rough heaps on a greased baking tray.


Bake in a hot oven 200°C, 400°F, Gas mark 6 for 15-20 mins  
Lovely eaten whilst still warm or spread with a little butter.



# The Crafter's Blessing



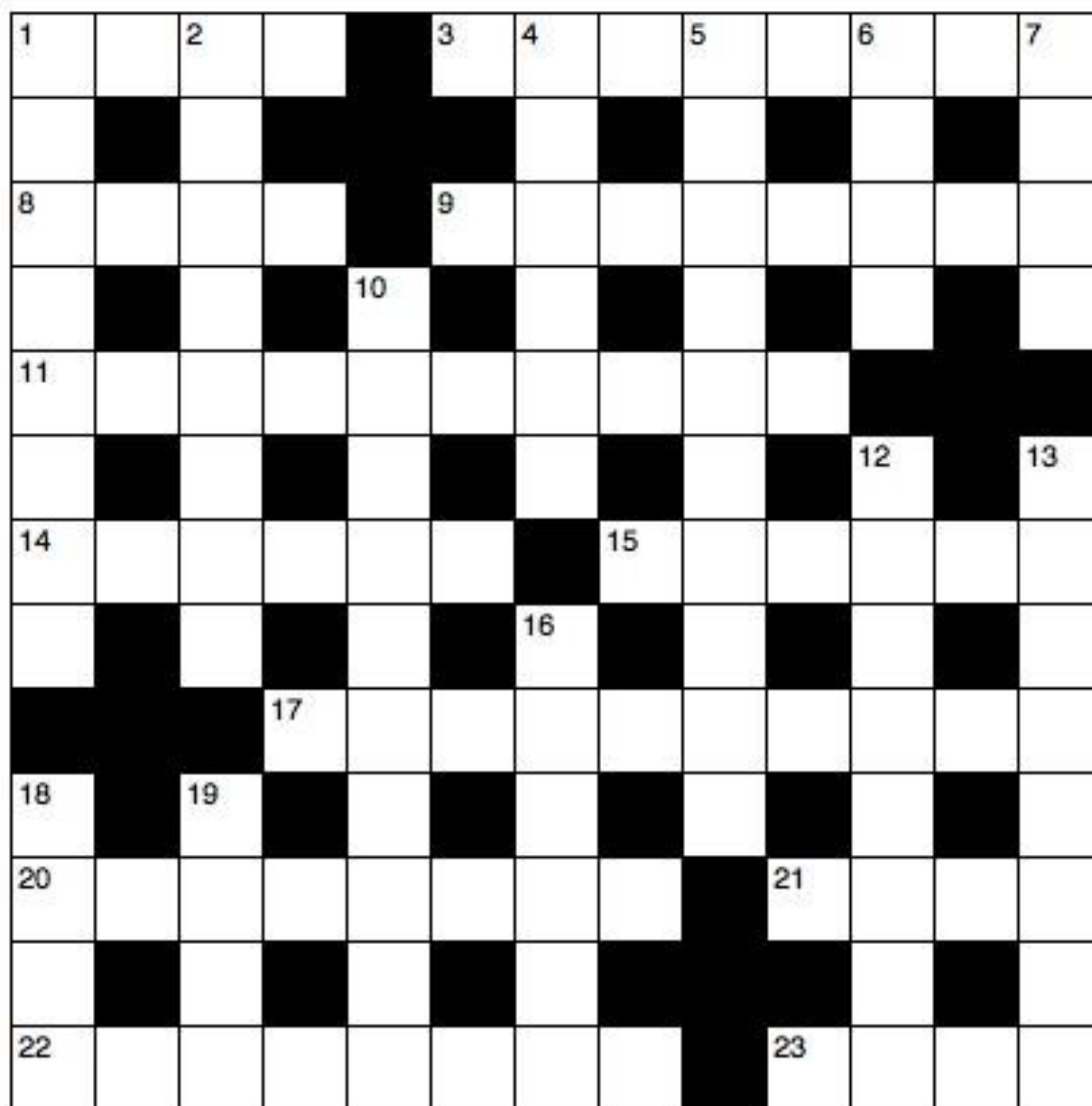
May you never run out of storage space;  
may your scissors never dull.  
May your trimmer blades be ever sharp,  
and your ink pads always full.  
May all your cardstock have two sides,  
and may the corners never be bent;  
and may your husband never know exactly how much you spent.  
Amen.



This has been in the Link before, some time ago.

This time in Memory of Kathy Black, whom when she read it said it felt like it had been written especially for her.

We both had a wee giggle about how true the words were and how much they related to her.



## Across

- 1 Proverbs describes her as being 'of noble character' (Proverbs 31:10) (4)
- 3 'Shall we go up again — — against the Benjamites, our brothers?' (Judges 20:23) (2,6)
- 8 A descendant of Shem (Genesis 10:28) (4)
- 9 'Anyone who does not carry his cross and follow me cannot be my —' (Luke 14:27) (8)
- 11 Resentment(Ephesians 4:31)(10)
- 14 In Cain(anag.)(6)
- 15 'Such knowledge is too wonderful for me, too lofty for me to—' (Psalm 139:6) (6)

- 17 Intense (1 Thessalonians 4:5)(10)  
 20 Third Order of the Roman Catholic Church(8)  
 21 'At midnight the cry rang out, "Here's the bridegroom!Come out to — him"' (Matthew 25:6) (4)  
 22 'My grace is sufficient for you, for my power is made perfect in — ' (2 Corinthians 12:9) (8)  
 23 'As the — pants for streams of water,so my soul pants for you, O God' (Psalm 42:1) (4)

## Down

- 1 Nickname of popular First World War chaplain, the Revd G.A. Studdert Kennedy, — Willie (8)  
 2 Occasion of religious joy (Lamentations 2:22) (5,3)  
 4 'We three kings of — are' (6)  
 5 Allegation or charge (Jude 9) (10)  
 6 Kind (1 Chronicles 12:33) (4)  
 7 'Open your — and look at the fields!' (John 4:35) (4)  
 10 Also known as the Feast of Lights (John10:22)(10)  
 12 Area that saw the healing of two demon - possessed men and a herd of pigs stampeding to their deaths (Matthew 8:28) (8)  
 13 Forebear(James2:21)(8)  
 16 Name given to the first two books of the Apocrypha(6)  
 18 Esau sold his birthright for this (Genesis25:34)(4)  
 19 Rear(anag.)(4)

Answers to Link 141 edition

**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.

## **In memory of Kathy Black**

Kathy was born on the 18<sup>th</sup> of October 1944, in Edinburgh.

In 1971 she moved to West Calder with her family.

Around the year 2000, she became a member at the West Kirk of Calder, where she touched the lives of so many people.

Kathy's love of children was second to none, as an adult helper at Parkhead Primary School after she retired, Kathy was very well versed in the support and safety of the children in her care and was a very popular and reliable helper. Kathy gave up this role in the school in 2013 - the same year the church held its first ever holiday club. Kathy was very interested and keen to attend all the meetings to learn more about what the holiday club entailed, and to her delight found there were two of her favourite things...children and crafts!

This was right up Kathy's street as she had a great love of crafts - especially children's crafts made from recycled items sourced from friends, neighbours and past work colleagues.

After that Kathy would be first to ask what the theme for the next holiday club would be – usually around January...and the club was not until August! But Kathy was so excited and keen to start her great search for new and exciting crafts! She would spend hours searching for ideas to make craft time at the holiday club fun and exciting for the children of all ages. Kathy took so much delight in sharing her great finds and ideas with the planning team!



Although Kathy was past retiring age she was just like one of the gang and *so young at heart*, keeping up with all the latest trends and crazes of the young folks!

In fact, one of her most prized possessions' given to her by a very special friend, was wonderful box full loom bands, inside a treasure trove of bands and accessories in a fantastic selection of colours. Her face just lit up when she was given it.

Kathy was a very keen and willing volunteer within the church. She was our Safeguarding Officer for many years; when in better health the creche was supported by her; when Bible class grew and needed helpers Kathy was first to step up; then Youth Group and Teen time... You get the picture – Kathy fitted in, no matter the age group!

When all groups would break for the summer, Kathy would bring along her bag of tricks for the children, it ranged from games with paper cups to fun crafts from shoe boxes, just to entertain the children who came to church during the summer.

Kathy was great fun, but not a push-over. She had a competitive streak in her and would not let the boy's win, saying, with a cheeky wee grin, that they have to learn to be good losers too!

Even during the pandemic Kathy was thinking about the children living around her, she arranged and held a mini gala in the small square at the front of her house, using card obstacles and simple games all in a safe and socially distanced way to give the children a sense of fun in a very strange time.

Our teenagers at the church were all devastated to learn about Kathy's passing. They said: "She was a lovely, kind lady, who loved to see us all having fun at the church. Kathy was sound!" – which is 'teenage' for very cool!

If Kathy could make someone's life easier or more fun, she would do that. A more dedicated person will be hard to find.

Kathy was a very regular attender on Sundays, and latterly, when she found it hard to get to the West Kirk early on a Sunday morning, she attended Polbeth Harwood Church, where she was welcomed with open arms. Kathy was a very special, kind, and much-loved lady, and she will be missed very much. We are all so lucky to have known her.

She passed away on the 18<sup>th</sup> of June 2022, at St John's hospital.

May she rest in peace.



# Church Calendar

## Events: July & August 2022

Sundays 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup>	<b>July</b>	United Worship	West Kirk	10.00
Saturday	9 <sup>th</sup>	Saturday Singers	West Kirk	11.00
Sundays 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>	<b>August</b>	United Worship	Polbeth Harwood	10.00
Monday – Friday	1 <sup>st</sup> – 5 <sup>th</sup>	Holiday Club	Polbeth Harwood	10.00 Daily
Friday	5 <sup>th</sup>	Holiday Club Open Evening	Polbeth Harwood	19.00
Saturday	13 <sup>th</sup>	Saturday Singers	West Kirk	11.00

## Events: September 2022

Thursday	1 <sup>st</sup>	Board & Session	West Kirk	19.00
Sunday	4 <sup>th</sup>	Holy Communion	West Kirk	09.45
		Bible Class	Polbeth Harwood	11.15
			West Kirk	09.45
Saturday	10 <sup>th</sup>	Saturday Singers	West Kirk	11.00
Sunday	11 <sup>th</sup>	Morning Worship	West Kirk	09.45
			Polbeth Harwood	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.***

22<sup>nd</sup> May – Sheena McDonald, Westmuir Road, West Calder

30<sup>th</sup> May – Robert Carmichael, Polbeth Gardens, Polbeth

7<sup>th</sup> June – John Waugh, Barclay Way, Livingston

7<sup>th</sup> June – William Dick, Stewart Court, West Calder

18<sup>th</sup> June – Kathy Black, Parkhead Gardens, West Calder

24<sup>th</sup> June – Ella Muir, 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.*

*Amen*

*Nick Fawcett*