

September

Issue 153

# **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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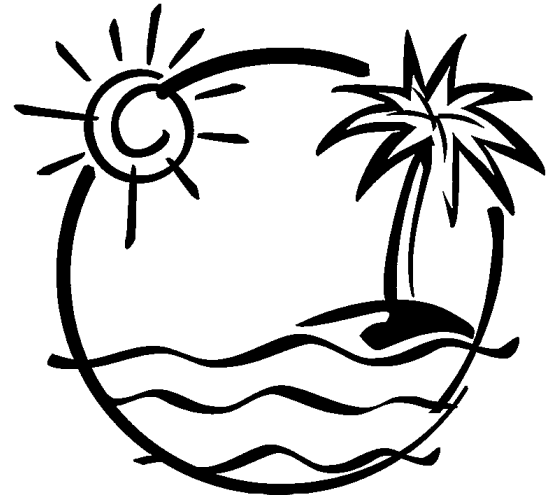
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Dear Friends

I hope that you've all had a lovely summer!

As you all know, we usually go to South Africa for the summer, but this year my dad turned 80 on the 4<sup>th</sup> of August, and we invited him and my aunt to come spend the summer with us in Scotland. I feel so privileged to have had them here for almost a month! We travelled all over the country with them – we took them to some of our favourite spots, and also discovered new places with them. After living in Scotland for more than 15 years now, it was amazing to see this lovely country we call home through their eyes. They loved *absolutely everything*, and they even tolerated the weather! (Our summer was just a wee bit *colder* than the South African winter, so we don't have any holiday photos where they are not wearing thick jackets, but to them that was part of the Scottish charm!)

All the excitement about having them here and sharing this wonderful adventure with them, made me realise just how easily we take things for granted. My dad said: "Scotland is breathtakingly beautiful, clean, and safe. The people are friendly, kind, and caring. And everything works."



*Is this the way you see Scotland too?* I think sometimes we can focus so much on the things we don't like, the things that frustrate us, and the things that could be better, that we forget how many things we *do* have to be thankful for...

The first 2 verses of Psalm 100 sums up what our attitude towards life should be: "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs."

We should always be thankful. Because God loves us. Even when our lives aren't perfect. Scotland might not have wall-to-wall sunshine and blue skies all the time, but when you come to think about it, there are things much more important than the weather. And just like that, our lives might not always make for a perfect picture, but that doesn't make them any less special – because what we do have, are gifts from God. Through every single one of us he is making the world a little more meaningful. So, let's praise him for that, and always keep our lights shining – especially as the nights are starting to draw in now...

Blessings, Nanda

## Reflection based on Ephesians 5:15-20

<sup>15</sup> Be careful then how you live, not as unwise people but as wise, <sup>16</sup> making the most of the time, because the days are evil. <sup>17</sup> So do not be foolish, but understand what the will of the Lord is. <sup>18</sup> Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, <sup>19</sup> as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, <sup>20</sup> giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

*'v16...making the most of time.'*

Time. Our relationship with it is one of the greatest stressors of our age. There is never enough of it. Our obsession with finding faster ways of doing things makes no difference. 'Time Management' is one of the most frequent searches on the internet and one of the most popular management courses.

But 'making the most of the time' suggests something different. There is certainly a call to live wisely and responsibly here, but rather than a call to improve our organisational skills we are being invited to live in time's fullness. This is not about the quantity of time managed so much as the quality of time lived.

If we are to make the most of the challenges and opportunities of life, we will need a trusting relationship with time. Without it, our best intended activities will tend to be anxious, driven, reactive and increasingly lacking in depth.

What might it mean to live as if there really is time enough?

Time is God's gift. So, the first response might be to develop a habit of gratitude in relation to it. God allows time to be time. Time gives life its priorities and direction. There is gift in the constraints time places upon our activities. Without time, nothing would have any more significance than anything else. Time is not working against us or denying us our truest vocation. Therefore, thank God for time.

### **Prayer:**

*Loving God, give me wisdom to discern the best way to use my time and my influence. Open my eyes to see the temptation the evil one puts in my path. Give me courage to boldly stand for you and sensitivity to know the best way to bless others according to their needs. Amen.*

Rev Alison Quilter

## TeenTime Primary 7 upwards

The new session of TeenTime starts on **Sunday 10<sup>th</sup> September at 6:15pm** in West Kirk Hall and we hope to see you all there for an evening of sharing our faith, fun and friendship. Bring a friend along. It's a fun evening of games, mystery challenges and much more.

Dates for the first half of the session are:

Sunday 8 October

Sunday 19 November

Sunday 10 December

We hope to encourage some of the young folk to take a lead with some of the evening's activities.....

Alison, Reeta and Nanda

\*\*\*\*\*



Stewart Court are holding a coffee morning  
in aid of MACMILLAN CANCER SUPPORT on  
Thursday 28th September from 10am - 12 noon.  
Everyone welcome.

## The Bridge



'16 to 25 year olds'

'The Bridge' for young folk aged 16 to 25 years old will be held quarterly. A get together and a blether, sharing a meal or light snack and explore our faith and discuss things that matter to you as young folk in 21stC.

If you are interested please get in touch with me or Nanda and bring a friend along too!

We next meet in Polbeth Harwood Café Area on Wednesday 6<sup>th</sup> September at 7pm. The Bridge - and then Wednesday 6<sup>th</sup> December at 7pm - let's stay connected!

Nanda and Alison

\*\*\*\*\*

## NEW WEDNESDAY GROUP

Need a bit of company? Want a blether?

Starting on Wednesday 13<sup>th</sup> September, the quiet room in Polbeth Church will be the ideal place for you.

We will be there from 6.30pm each week. Come along for a cuppa and a chat. Everyone welcome. The more the merrier.





## The Quiet Service

A monthly mid-week quiet service in Polbeth Harwood will next be held on Wednesday 20 September at 3:30pm in the 'quiet room'. All are welcome to this short service followed by tea, coffee, biscuits and a 'blether'.

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

We look forward to seeing you there.

Alison, Thomas and Sandra

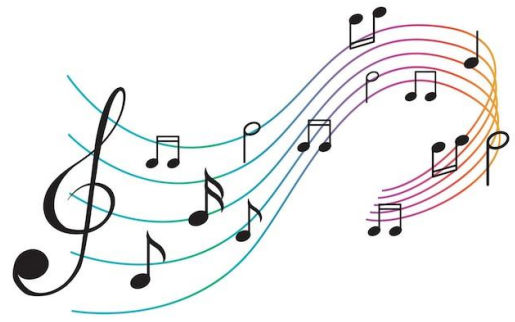
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## **Narcotics Anonymous**

If you, or anyone you know needs help with addiction, there is a weekly meeting of Narcotics Anonymous in Polbeth Harwood Church at 7.30pm Wednesdays. Entry at the ramp door.

## **In memory of Catriona**

### **Lachlan-Curtis**



In July we sadly lost our talented organist, Catriona. She had such a colourful personality and could make the world a joyful place with her music – she had the right tune for every occasion and no matter how small or big the occasion, she was always happy to be there to provide the music.

Here are some of the highlights of her life:

In her 40 years Catriona had more experiences than many twice her age.

She was born in Nairobi, Kenya, on the 22<sup>nd</sup> of April 1983, and referred to herself as Cat of Kenya.

She lived with her family in the PCEA Chogoria Hospital from 1983-1989 as her parents, Geoff and Maggie, were seconded there by the Church of Scotland. There, they had an idyllic community life in an international setting, on the slope of Mount Kenya.

Cat went to Chogoria nursery, after which she was home schooled by Maggie, with Alastair and Neil, up to primary 2.

The family moved back to Scotland in 1989 in the week of Cat's 6<sup>th</sup> birthday.

They lived on a croft beside Neptunes Staircase, in Banavie, Fort William. Here she started her own flock of Cheviot sheep, as the first lamb on the Croft was born on her 7th birthday.

She always loved animals, especially their deerhounds, Harris and Merlin, and their haflinger ponies.

She attended Banavie Primary school then Lochaber High school.

She was an active member of the Mustard Seed Church.

Music was her passion! She played piano from age 7, and flute and harp from around age 10.

She played the flute in the Highland Regional Youth Orchestra, as well as in many other orchestras and wind bands.

Cat had a gap-year in St Andrews Church of Scotland guest house, Jerusalem, from 2000-2001, where she got engaged to Azar in Bethlehem just before leaving.

She then attended the School of Oriental and African studies at London University, where she obtained a Degree in Ethnomusicology.

During that time she had many trips abroad and holiday jobs.

She separated from Azar in 2003, then met Roy in London in 2004.

They got married in 2005 and moved to Edinburgh the following year.

They then moved to Polbeth in 2007 where Pippa was born in 2008, Theo in 2011, Louisa-Faith in 2014 and Gabriel in 2017.

Cat and Roy first came to Polbeth Harwood Church in 2010, and she became the church organist there when Theo was just a baby. She would often play on Sundays with Theo attached to her front in a sling.

Cat and Roy officially became members of the church in 2014, so that they could vote for Nanda to become the minister!

Herald was introduced to the church family by Catriona when Gabriel was one year old.

She became the organist at the West Kirk of Calder in 2019.

During lockdown she would initially record hymns for our online services at home, but as soon as she was allowed to, she would record these at church, with the help of Sandra, and there was always lots of laughter involved. Cat had such an amazing sense of humour!

She loved baking with her kids and often delivered cakes to a friend or someone who was ill or having a tough time. She was very thoughtful.

Roy, Herald, and Cat's 4 lovely children, our 'church bairns', are all an integral part of our church family, just like Cat was, and we are thankful for them, and for every single special memory we have of Cat here in our churches and community.

Cat is dearly missed...

May she rest in peace.



## **Car Run**

If you ever need a lift to church, even if it is not on a regular basis, please don't hesitate to get in touch with:

Beryl Henderson (West Kirk): 01506 871 202

Eleanor Davidson (Polbeth Harwood): 07855 543924

They will gladly arrange a lift for you!

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## **TAKE TIME**

Take time to THINK, It is the source of power.

Take time to PLAY, It is the secret of perpetual youth.

Take time to READ, It is the fountain of wisdom.

Take time to PRAY, It is the greatest power on earth.

Take time to LOVE, And BE LOVED, It is a God-given privilege.

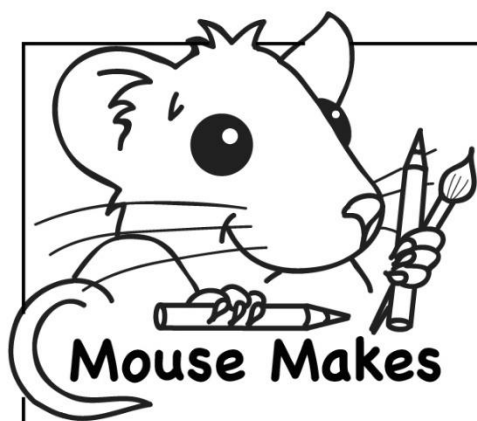
Take time to BE FRIENDLY, It is the road to happiness.

Take time to LAUGH, It is the music of the soul.

Take time to GIVE, It is too short a day to be selfish.

Take time to WORK, It is the price of success.

Take time to DO CHARITY, It is the key to heaven.



## THE WEEDS AND THE WHEAT

What did the enemy sow  
amongst the wheat?

Matthew 13:25



### READ

the parable in

Matthew 13 v24-30,  
and v36-43

At harvest time the weeds  
are gathered, bundled then

but the wheat is stored

in the Matthew 13:30

Who sows the good seed?

Matthew 13:37

What does the field represent?

the \_\_\_\_\_  
and who is the good seed?

The people of the

Matthew 13:38

Who sows the weeds?

The \_\_\_\_\_

Who are the harvesters?

The \_\_\_\_\_

Matthew 13:39

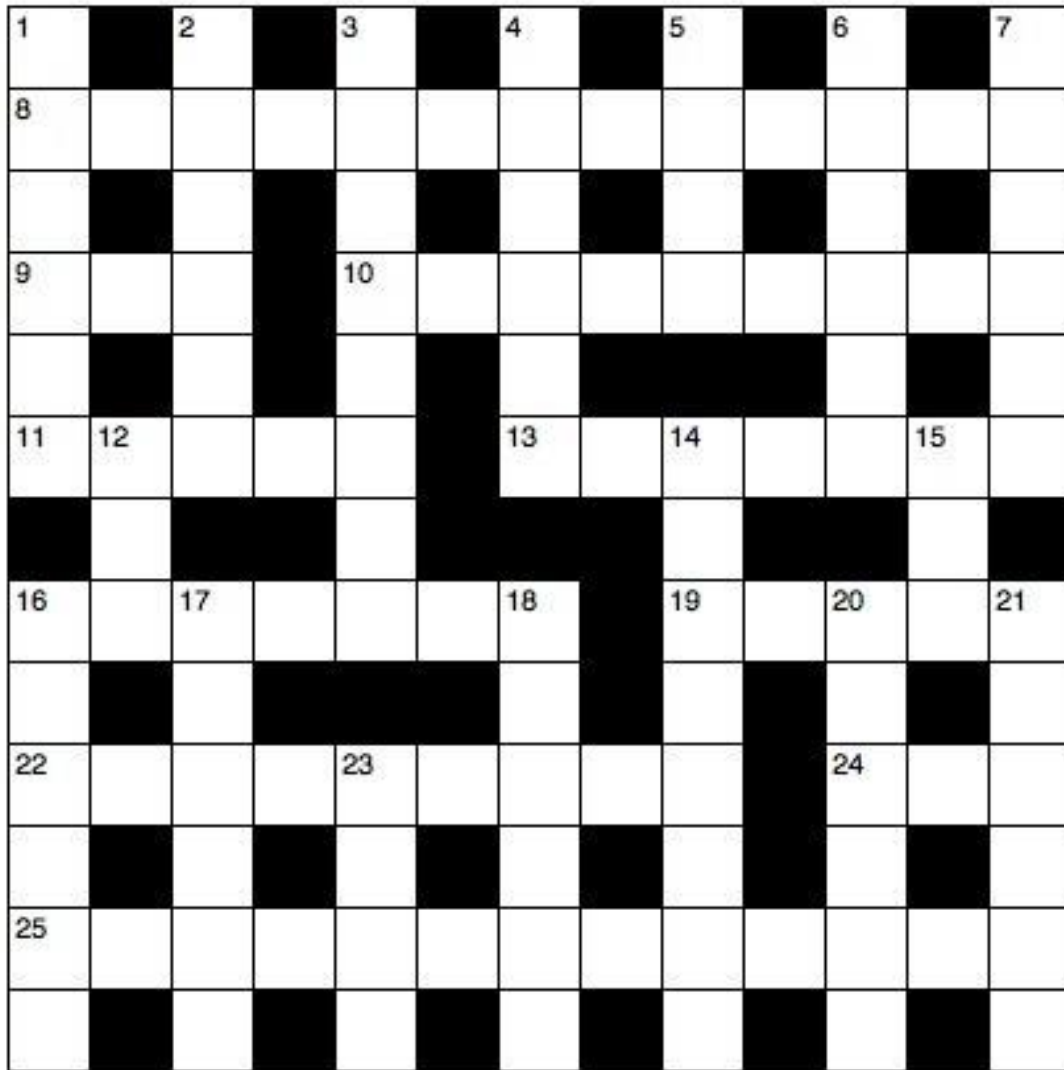
"He who has  
ears, let him

Matthew 13:43

T O G E T H E R S H E A R  
D S O X F I R E P E N G T  
P E O P L E W B A A D E N  
E E D L B E H A R V E S T  
G D G A T H E R A E V I L  
R K T I E K A N B N I P G  
O Y I N D I T W L O L E R  
W C M B U N D L E B V J A  
E N E M Y G V I N U F E I  
E W O R L D E S W R I S N  
D E A R S O W E D N E U I  
S O N O F M A N G E L S M  
D I S C I P L E S D D V A

PARABLE • HEAVEN • SOWED • GOOD • SEED • FIELD • ENEMY • WHEAT • GRAIN  
GROW • TOGETHER • TIME • HARVEST • GATHER • BUNDLE • TIE  
PEOPLE • DISCIPLES • JESUS • EXPLAIN • EVIL • FIRE • END • AGE • EARS

Find the words from the questions too!



## Across

**8** Where the Ark of the Covenant was kept for 20 years (1 Samuel 7:1) (7,6)

**9** One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14–17) (3)

**10** Uncomfortable (3,2,4) **11** ‘Yet I have loved Jacob, but Esau I have — ’ (Malachi 1:3) (5)

**13** Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)

**16** ‘Jesus bent down and — to write on the ground with his finger’ (John 8:6) (7)

**19** Prophet from Moresheth (Jeremiah 26:18) (5)

**22** Comes between Exodus and Numbers (9)

**24** and **2 Down** ‘Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the — ’ (1 Samuel 2:11) (3,6)

**25** There was no room for them in the inn (Luke 2:7) (4,3,6)



## Down

- 1 Rough drawing (2 Kings 16:10) (6)
- 2 See 24 Across
- 3 Underground literature (including Christian books) circulated in the Soviet Union (8)
- 4 Lo, mash (anag.) (6)
- 5 The Bible's shortest verse: 'Jesus — ' (John 11:35) (4)
- 6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)
- 7 Can be seen in a dying fire (Psalm 102:3) (6)
- 12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)
- 14 Second city of Cyprus (8)
- 15 United Nations Association (1,1,1)
- 16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)
- 17 Braved (anag.) (6)
- 18 — of Evangelism, outreach initiative in the 1990s (6)
- 20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)
- 21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)
- 23 What Jesus shed in 5 Down (4)

## Answers to issue 152

**ACROSS:** 1, Sabbatical. 7, Opinion. 8, Laing. 10, Olga. 11, Galilean. 13, Sardis. 15, Severe. 17, Adultery. 18, Flea. 21, Swazi. 22, Acetate. 23, Revelation.

**DOWN:** 1, Sling. 2, Brim. 3, Annual. 4, Ill-timed. 5, Abilene. 6, Colossians. 9, Gennesaret. 12, Diatribe. 14, Roulade. 16, Errata. 19, Learn. 20, Levi.

## **New Unitary Constitution**

Our congregations agreed unanimously at the last Annual Stated Meetings to apply to General Assembly to adopt the recommended Unitary system of congregational management. During the summer break, our requests were ratified, and appropriate paperwork has been received from Assembly offices.

What does that now mean for us?

After September, the Congregational Boards of both congregations will cease to exist, and financial and property matters will be managed through Session. However, in order to manage all the functions of church life, a new structure comprising a network of committees is being set up.

In each congregation, there will be 5 main committees, headed by a convener, who will report back bimonthly to Session. These will broadly cover the topics of Mission; Stewardship & Fellowship; Property; Pastoral Care; Admin & Communication.

However, under each of these five functions, there will be a variety of relevant topics where there will be opportunities for people to become involved at different levels in a wide range of aspects of church life.

To give a feeling of what is coming and an opportunity for everyone to become involved, each congregation is having an introductory meeting over teas and coffees following morning worship.

Polbeth Harwood around 12.15 on Sunday 10<sup>th</sup> September

West Kirk around 10.45 on Sunday 24<sup>th</sup> September

## **KIRK SESSION**

### **Mission –**

Worship; Outreach; Youth; Education

### **Stewardship & Fellowship –**

Finance; Gift Aid; Fundraising; Social activities

### **Property –**

Accommodation; Maintenance of church, hall, grounds & manse;  
Lets; Health & Safety; Organ; A/V Systems

### **Pastoral Care –**

Visiting; Carpool; Bereavement Service; External charity connections;  
member special event communications

### **Admin & Communication –**

General admin; Safeguarding; Roll keeping; Printing; Web &  
Facebook; Liaison with Mission District Group colleagues

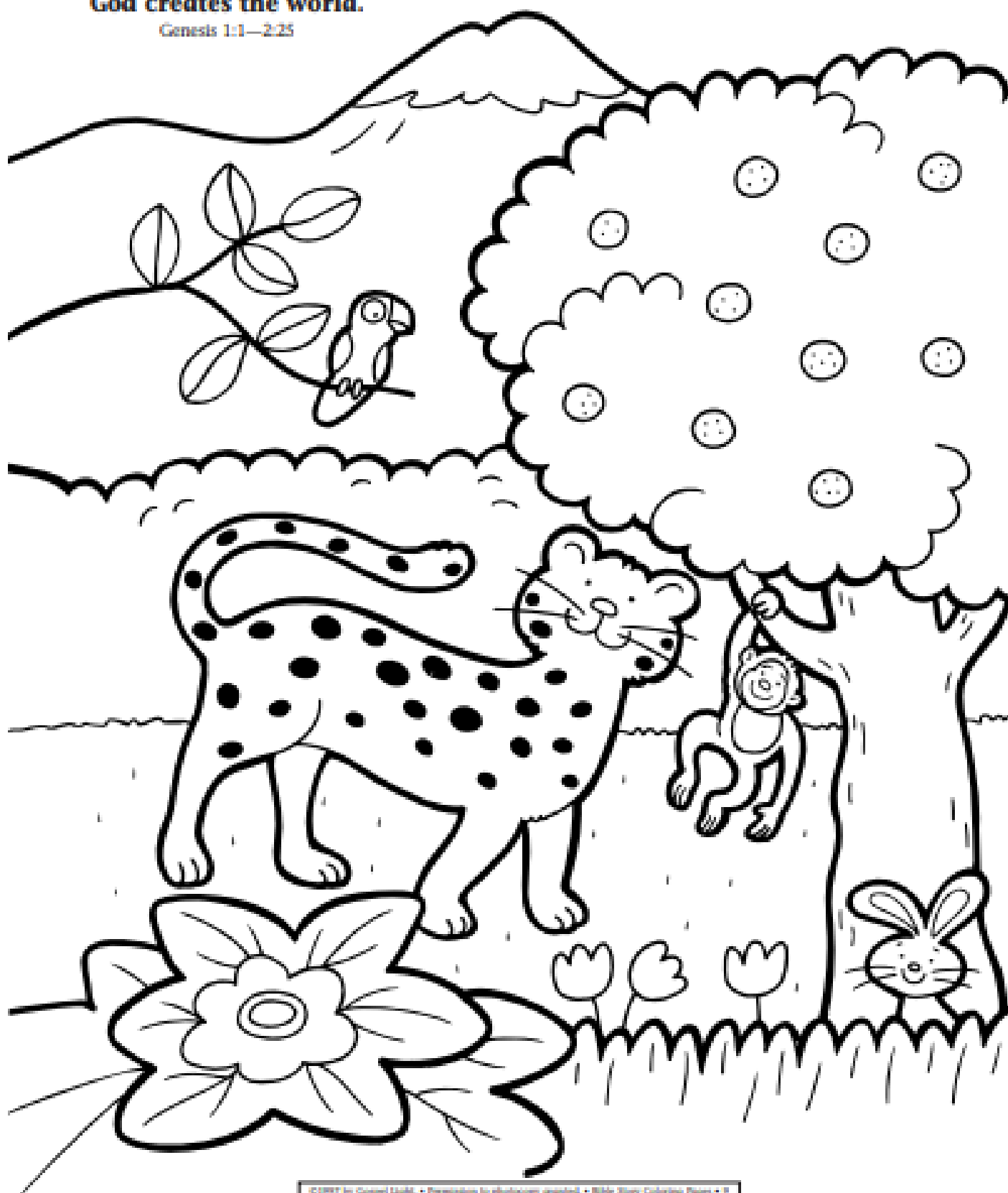
Many of you have already completed forms showing interest in a variety of jobs around church life and thank you for your interest.

Do come along to these introductory meetings to find out more over a cuppa.

Now is the time to make the most effective use of all the talents available in our congregations to foster fellowship and meet the challenges ahead together.

# God creates the world.

Genesis 1:1—2:25



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## September 23

Sunday	3 <sup>rd</sup>	Holy Communion	West Kirk	09.45
			Polbeth Harwood	11.15
		Bible Class	West Kirk	09.45
Wednesday	6 <sup>th</sup>	The Bridge	Polbeth Harwood café	19.00
Thursday	7 <sup>th</sup>	Board & Session	West Kirk	19.00
Sunday	10 <sup>th</sup>	Morning Worship	West Kirk	09.45
			Polbeth Harwood	11.15
		Committees mtg	Polbeth Harwood	12.15
		Teen Time	West Kirk	18.15
Wednesday	13 <sup>th</sup>	Wednesday Warblers	West Kirk	11.30
Thursday	14 <sup>th</sup>	Beyond Kirk Walls services	Dickson Court Burngrange Home	14.00 15.30
Saturday	16 <sup>th</sup>	Trustee Safeguarding Training	Polbeth Harwood	10.00
Sunday	17 <sup>th</sup>	Morning Worship	West Kirk	09.45
			Polbeth Harwood	11.15
Wednesday	20 <sup>th</sup>	Reflective Service	Polbeth Harwood	15.30
Sunday	24 <sup>th</sup>	Morning Worship	West Kirk	09.45
			Polbeth Harwood	11.15
		Committees mtg	West Kirk	10.45
Thursday	28 <sup>th</sup>	Bible Study	via Zoom	19.00
Friday	29 <sup>th</sup>	Youth Group	West Kirk	19.00



## October 23

Sunday	1 <sup>st</sup>	Harvest Thanksgiving Bible Class	West Kirk Polbeth Harwood West Kirk	09.45 11.15 09.45
Sunday	8 <sup>th</sup>	Morning Worship/ Admission of elders Teen Time	West Kirk Polbeth Harwood West Kirk	09.45 11.15 18.15
Wednesday	11 <sup>th</sup>	Wednesday Warblers	West Kirk	11.30
Thursday	12 <sup>th</sup>	Beyond Kirk Walls services	Dickson Court Burngrange Home	14.00 15.30
Sunday	15 <sup>th</sup>	Morning Worship	West Kirk Polbeth Harwood	09.45 11.15



### Monthly Mid-week Services

Finding it difficult to get to Sunday morning worship but could manage a short service on an afternoon during the week?

Our congregations hold **short informal reflective services** followed by tea, coffee and chat once a month. These are held on the second Thursday of the month **2pm at Dickson Court** and **3.30pm at Burngrange care home**

and on one Wednesday a month at **3.30pm in The Quiet Room at Polbeth Harwood** (check the monthly calendar for the actual date)

Why not come along to share and enjoy fellowship at any of these?

You'll be made very welcome.

## Parish Record

### Baptisms

***“Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as them.”***

23<sup>rd</sup> July – Charlie Ian Douglas, infant son of Blair and Oonagh Douglas (nee McGillveray)

30<sup>th</sup> July – Roman Thomas Edward Walker, infant son of Paul Walker and Kaci Size

### 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.***

24<sup>th</sup> June – Margaret Mitchell, Burngrange Care Home, West Calder

8<sup>th</sup> July – Margaret Paton, Mooreland Gardens, Loganlea

29<sup>th</sup> July – Effie Whigham, North Berwick Care Home, North Berwick

1<sup>st</sup> August – Douglas Ferrier, Bankton Way, Livingston

11<sup>th</sup> August – Kenneth MacKay, Redmill Nursing Home, East Whitburn

13<sup>th</sup> August – Rosemary Meiklejohn, Cuthill Brae, West Calder

God of truth and integrity,

May those in the shadows of despair be blessed with the light of hope;

may those in the shadows of exhaustion

be blessed with the light of rest;

may those in the shadows of loneliness

be blessed with the light of companionship;

may those in the shadows of grief be blessed with the light of comfort.

Amen.



Above is our amazing holiday club team of 2023! All these happy faces tell a story of fun, friendship and an amazing week this summer in Polbeth Harwood Church.

Familiar faces returned, new friendships were made, age was no barrier and the community was welcomed with open arms. It really was an amazing week! Sincere thanks to all the volunteers, who gave of their time and talents to make this all possible.

You can find a poster with more pictures in the café area at Polbeth Harwood and in the West Kirk church hall.

On the last day of holiday club our craft was to make a grass head or hedgehog from a pop sock, soil and wood shaving mix and some grass seed. We have invited the children to come and join us in church when Sunday & JAM club resumes, so hopefully we will have a few children & grass heads in church this Sunday on September 3<sup>rd</sup>. To give you an idea here are two as sent by Jinty, Iza and Abner's mum. Mum said the kids had really enjoyed watching the grass grow and were curious to see the funny faces they produced.

