

The Link



**The magazine for the linked congregations and community of the
West Kirk of Calder and Polbeth Harwood**

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Reflections 16 – May 2008

The natives treated us with uncommon kindness: because it had started to rain and was cold they lit a bonfire and made us all welcome.

Acts 28:2

Recently we had to organize a journey to London and I sat down confidently to book online. Well, I could have walked to London quicker. Many frustrated hours later, looking for someone to blame – as you do – I told the better-half, in no uncertain terms, to do it himself. Since he does not know a web-site from a building site, the ensuing domestic storm continued for several days before we sought arbitration. Off we went to consult the librarians. Where would we be without their kindness and patience? Jean soon had the problem solved: “It’s not you or your computer; it’s the BMI web site that isn’t working properly. Phone or go into the airport.” So we did and were shown more patience and kindness. We booked our trip and a shamefaced calm was restored, but, as far as I was concerned, I was finished with the internet.

Our elderly friend told us about a journey he made late one evening. His car broke down at a roundabout and another car stopped behind him. Out jumped three scruffy looking young men. “This is it,” he thought. “I’m going to get mugged.” He could not have been more wrong. They lifted the bonnet, inspected the engine, found the fault and fixed it. Then with cheery banter, they waved him off safe and very grateful.

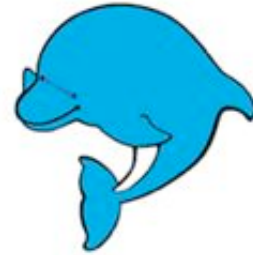
In Japan in the winter of 1963, Mr Seiji Kaya, the president of Tokyo University was also making a journey. While ticking off a commuter who had jumped the queue, he was attacked. Saddened that no other passengers in the crowd lifted a hand to help him, he started a crusade and urged his undergraduate students to “be brave and practice small acts of kindness, thereby creating a wave of kindness that will some day wash over all of Japanese society.” He received support from Japanese leaders, and the Small Kindness Movement was born and endorsed by the Japanese Government. It has handed out 3.4 million awards to people all over Japan for their kind deeds. The movement went global in 1997 when it initiated the World Kindness Movement. It now has nineteen member countries and includes Kindness Scotland, launched in November 2000.

In Singapore, for example, the Prime Minister, Goh Chok Tong, urged that the country should “not only develop its economy, but should complement it with growth in personal development and in social behaviour.” So the Singapore Kindness Movement was created. Its logo depicts two people in a red and green heartshape, one who does the act of kindness and the other who receives it. Red symbolises love for mankind and green represents appreciation for the environment, tolerance, creativity and consideration. Secondary school



children were asked to search for a mascot and chose the dolphin because these are felt to be kind animals. They live and move in groups, reflecting the bond and the need to care and share with one another.

Luke's narrative in Acts 27 and 28 describes his hazardous journey to Rome with Paul. For fourteen nights they endured wild storms, sickness and starvation. The sailors tried to abandon ship and the soldiers wanted to kill Paul and the other prisoners. But Julius, the wise centurion in command, who recognized Paul's innocence, forbade it and gave every man on board the chance to survive. When the ship sank, they all swam to the safety of the island of Malta where people helped both prisoners and their captors to recover from their terrible ordeal. The chief magistrate, Publius, gave them hospitality for three days and Paul, in his turn, helped the magistrate's sick father to recover. These were great acts of human kindness shown to the new Christians so long ago.



In today's global disasters of terrorist attacks, tsunami tidal waves, and cyclones, communities rise to the occasion and respond with great generosity. Yet the World Kindness Movement focuses on the small, simple acts of kindness on a daily basis that truly determines our humanity: the smile, the bunch of flowers, the card, the smoothing out of problems, the courtesy and consideration in times of difficulty, fairness in business dealings, the calming of the storm. It is timeless and knows no religious or cultural boundaries:

“Only a life lived for others is worth living.”

Albert Einstein

“Be kind to each other. It is better to commit faults with gentleness than to work miracles with unkindness.”

Mother Teresa

“Kindness is the golden chain by which society is bound together.”

Johan Goethe

“Tenderness and kindness are not signs of weakness and despair but manifestations of strengths and resolutions.”

Kahlil Gibran

“My religion is very simple – my religion is kindness.”

The Dalai Lama

The reader will be happy to learn that much of my research comes from the internet, which I have kindly forgiven for its failings.

Ann

The Parish Record

Funerals

7th April – James Davidson, Ambrose Rise, Dedridge

15th April – Marjory Bellingham, Park Drive, Polbeth

23rd April – Jean Graham, Glebe Road, West Calder

Sunday Morning Worship takes place in the West Kirk at 9.30 am and in Polbeth Harwood at 11.15 am.

West Kirk Fundraising Group Report

The Candy Bars continue to be very successful.

The Guild made an excellent total of £757 in April followed by the choir in May raising £660.



Our Annual summer buffet is on 7 June with a delicious assortment of cold meats, fish and salads.

The Candy Bars have been so well supported and our thanks go to everyone who comes along or helps in anyway.

There will be a break until 6 September when we hope to welcome you again.

Have a good summer whether at home or away.

The next meeting of the group is on Monday 11 August, in the hall, at 7.30 pm. New members will be made very welcome.

Jill Murray (Convener)

West Kirk – Crafty Church during the Summer Holidays

This summer, for those amongst the Young Church who find the prospect of having to sit through a whole ‘regular’ Church Service just a little too much, there will for most weeks be an alternative on offer: children can come out into the Hall at the time they would usually come out for the Youth Link activities, and do some crafting, or listen to music, or talk – and there may even be early juice and biscuits too ...

Rosanna Rabaeijs

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June 2008 – July 2008

West Kirk – Eco-Congregation

Keeping it brief this edition, as I decided I only have one thing to say. It's a date for your diaries, especially for families:

Sunday 7 September is the West Lothian Environment Fair 2008 at Almond Valley Heritage Centre (Mill Farm), Livingston, 12 pm – 4 pm.

Local groups get together to present a day of activities, games, displays and entertainment exploring the wonders of our natural environment.

See you there!

Rosanna Rabaeijs

Life & Work – June Issue

The Editorially Independent Magazine of the Church of Scotland
www.lifeandwork.org

Interview with the First Minister

Alex Salmond MSP speaks of the Kirk's influence on his upbringing, and his support for faith communities in modern Scotland.

Forces For Good

The work of the Kirk's chaplains to the Armed Forces.

General Assembly 2008

Four pages of reports to the General Assembly.

West Bank Witness

Jackie Macadam meets a retired minister who is off to the Middle East with the Ecumenical Accompaniment Programme in Palestine and Israel.

From Glasgow to South India

The work of PICT, a charity founded by members of a Glasgow congregations, which provides health and education services to low-income families in India.

Plus – our presbyteries focuses on Perth, the series on Scottish cathedrals visits Dunkeld, all the regular columnists, letters, book reviews, news and crosswords – all for just £1.60



West Kirk Guild Report

On **Saturday 5 April** the “Candy Bar” raised a total of £750. Thanks to all who came, donated, and helped.

On **Monday 7 April** we held our AGM and Bring & Buy, a total of £950 was distributed to several well-deserved areas including the Church.

Our Convener Mrs Evelyn Paterson stepped down after completing her two years of term service and was thanked for her hard work through a difficult year.

Mrs Olive Gibson retired as treasurer after over 20 years service and was thanked for all her hard work.

Our new Convener will be Mrs Juanita Allan and Mrs Liz Dyer will take over as treasurer.

Our closing social was held on **Thursday 24 April** in the church hall.

We enjoyed a beautiful three-course buffet; there was a lot of laughter and enjoyment through the whole evening and a good time was had.

Saturday 10 May was our outing, at 10.30 am, 38 ladies left on the bus heading off for “Dobbies” in Stirling, then to “Gartmore House” in Aberfoyle, for a history tour of the house, then high tea in Gartmore House, with a walk round the grounds before heading home.

The Guild will **recommence in October 2008** and we hope to see you all again new comers will be very welcome.

Moira Jack (Secretary)

Pastoral Care Group

If you know of anyone who is ill or in Hospital or who would like a visit, please let the Minister know or telephone Bill Russell (01506 871693) at any time, or tell any member of the Pastoral Group.

The Group also organises trips, which are for everyone – details as follows:

Train trip to Stirling: Tuesday 10 June 2008, leaving West Calder Station at 9.39 am. The train fare is £7. If you would like to go please contact Bill, Victor or Liz as soon as possible.

Visit to Hopetoun House and South Queensferry: Monday 28 July 2008. This trip will be by car, leaving at 10.30 am. To reserve a place, contact Jill, Beryl or Bill – the cost will be £3 per passenger.

Train trip to Largs: Saturday 30 August 2008, leaving 9.00 am – contact Bill, the cost to be advised (as it will depend on the numbers travelling).

It is important that you let the appropriate people in the Pastoral Group know if you intend going on any of the above trips **at least one week** before the departure date so that the exact arrangements can be made (so that we can organise cars/drivers etc)

The Pastoral Care Group consists of:

- Bill Russell
- Jeanette Ferguson
- Joyce Moore
- Liz Dyer
- Beryl Henderson
- Jill Murray
- Victor Ferguson
- Eileen Milne
- Betty Short

Also if anyone would consider joining our Group, please speak to a Member, you will be made very welcome and your participation will be valued greatly!!!

Bill Russell (Convenor)

20 Ways to Maintain a Healthy Level of Insanity

- 1 At lunchtime, sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down.
- 2 Page yourself over the intercom. Don't disguise your voice.
- 3 Every time someone asks you to do something, ask if they want fries with that.
- 4 Put your garbage can on your desk and label it "In."
- 5 Put decaf in the coffee maker for 3 weeks. Once everyone has got over their caffeine addictions, switch to espresso.
- 6 In the memo field of all your cheque stubs, write "For smuggling diamonds".
- 7 Finish all your sentences with "In accordance with the Prophecy."
- 8 Don't use any punctuation
- 9 As often as possible, skip rather than walk.
- 10 Order a diet water whenever you go out to eat with a serious face.
- 11 Specify that your drive-through order is "To go."
- 12 Sing along at the Opera.
- 13 Go to a poetry recital and ask why the poems don't rhyme.
- 14 Put mosquito netting around your work area and play tropical sounds all day.
- 15 Five days in advance, tell your friends you can't attend their party because you're not in the mood.
- 16 Have your co-workers address you by your wrestling name, Rock Bottom.
- 17 When the money comes out the ATM, scream "I Won! I Won!"
- 18 When leaving the zoo, start running towards the car park, yelling "Run for your lives, they're loose!!"
- 19 Tell your children over dinner. "Due to the economy, we are going to have to let one of you go."
- 20 And the final way to keep a healthy level of insanity ... Pass this on to make someone smile.

Becoming Older

Do you realise that the only time in our lives when we like to get old is when we're kids?

If you're **less than ten years old**, you're so excited about aging that you think in fractions.

"How old are you?"

"I'm four and a half."

You're never 4 and a half ... You're four going on 5.



You get **into your teens**; now they can't hold you back. You jump to the next number.

"How old are you?"

"I'm gonna be 16."

You could be 12, but you're gonna be 16. Eventually.

Then the great day of your life: **you become 21**.

Even the words sound like a ceremony. You BECOME 21 ... Yes!!



Then you **turn 30**.

What happened there? Makes you sound like bad milk. He TURNED; we had to throw him out. What's wrong? What changed? You BECOME 21; you TURN 30.

Then you're **PUSHING 40** ... stay over there.



You **REACH 50**.

You BECOME 21; you TURN 30; You're PUSHING 40; you REACH 50. Then you **MAKE IT to 60**.

By then you've built up so much speed, you **HIT 70**.

After that, it's a day-by-day thing. You **HIT Wednesday** ...

You get into your 80's; **you HIT lunch, you HIT 4:30**.

My Grandmother won't even buy green bananas. "Well, it's an investment, you know, and maybe a bad one."

And it doesn't end there....



Into the **90's, you start going backwards**. "I was JUST 92."



Then a strange thing happens; if you **make it over 100**, you become a little kid again. "I'm 100 and a half."



West Kirk – Rota Information

West Kirk Crèche Rota

8 June	Melanie Dickinson
15 June	Aileen Hull
22 June	Val Occardi
29 June	Margaret Farquhar
6 July	Kathy Black
13 July	Shirley MacRae
20 July	Mary Calder
27 July	Olive Gibson
3 Aug	Aileen Hull
10 Aug	Val Occardi
17 Aug	Margaret Farquhar

West Kirk Tea Rota

Contact Olive Gibson 01506 871291
Note: Tea Makers, please bring milk.

8 June	Margo McEwan	Hettie Speirs
15 June	Jim Allan	Juanita Allan
22 June	Olive Gibson	Kate Jessiman
29 June	Alison Baxter	Alison McNaught
6 July	George Stott	Morag Stott
13 July	Olive Gibson	Katie Albon
20 July	Liz Dyer	Janice Cooper
27 July	Irene Grindlay	Margaret Rennie
3 Aug	Olive Gibson	May Young
10 Aug	Margaret Lamb	Janet Meikle
17 Aug	Moir McRae	Jill Murray

West Kirk Flower Rota

If you cannot manage your turn to arrange or deliver flowers, please either swap, or contact Margaret Greenhorn (01506 871139) for help in finding someone.

The calendar is on the wall in the Church entrance, but this rota covers a long period so there are still quite a few gaps. If you would like to donate flowers in the coming weeks, please still do so, by speaking to whoever is the arranger for the relevant week.

We could really do with a few more folk on the rota, both to arrange and to deliver – please consider this and let it be known if you can help.

	Given	Arranged	Delivered
8 June		Margo McEwan	Ivy Johnstone
15 June	Dehmel-Schluter	Rosanna Rabaeijs	Moir McRae
22 June	Helen Sneddon	Katie Albon	Irene Grindlay
29 June	Margaret Brock	Margo McEwan	Kathy Black
6 July	Rosanna Rabaeijs	Rosanna Rabaeijs	Ivy Johnstone
13 July		Katie Albon	Moir McRae
20 July		Margo McEwan	Irene Grindlay
27 July	Mrs M. McCulloch	Rosanna Rabaeijs	Kathy Black
3 Aug		Katie Albon	Ivy Johnstone
10 Aug		Margo McEwan	Moir McRae
17 Aug		Rosanna Rabaeijs	Irene Grindlay

West Kirk Duty Rota

	Door Duty			Car Run
8 June	George Stott	Jill Murray	Juanita Allan	Hugh Clarkson
15 June	Richard Bryce	May Arnott	Angus Baxter	George Stott
22 June	Jeanette Ferguson	Liz Dyer	Alex Easton	Alan Jessiman
29 June	Lorna Graham	Victor Ferguson	Irene Grindlay	Beryl Henderson
6 July	Beryl Henderson	Alan Jessiman	Alison McNaught	Richard Bryce
13 July	Stewart Munro	Jill Murray	Christine Nicholl	Hugh Clarkson
20 July	Hazel Tod	George Stott	Juanita Allan	Robert Hawes
27 July	May Arnott	Angus Baxter	Richard Bryce	Beryl Henderson
3 Aug	Liz Dyer	Alex Easton	Jeanette Ferguson	Alan Jessiman
10 Aug	Victor Ferguson	Lorna Graham	Irene Grindlay	George Stott
17 Aug	Alan Jessiman	Beryl Henderson	Alison McNaught	Richard Bryce



Polbeth Harwood – Rota Information

Stewart Court Taxi Rota	
8 June	David Prentice
15 June	Eleanor Davidson
22 June	Margaret Marr
29 June	Charlie Sturrock
6 July	David Prentice
13 July	Eleanor Davidson
20 July	Margaret Marr
27 July	Charlie Sturrock
3 Aug	David Prentice
10 Aug	Eleanor Davidson
17 Aug	Margaret Marr

Polbeth Harwood Cleaning Rota		
(for week commencing)		
8 June	Marian Kinsman	Joan Philips
15 June	Ann Watson	William Watson
22 June	Margaret Marr	Jocky Marr
29 June	Esther Hamilton	Pat Erskine
6 July	Linda Eardley	Hazel Speirs
13 July	Ena Prentice	David Prentice
20 July	Mary Mabbutt	Frank Mabbutt
27 July	Laura Carroll	Petrona Carroll
3 Aug	Reeta Griffin	Tom Griffin
10 Aug	Mary Gray	Josephine Greer
17 Aug	Dot Cibbald	Norma Wilson

Polbeth Harwood Duty Rota				
	Door Duty			
8 June	Betty Macauley	Gordon Erskine	Janet Russell	Alan Mercer
15 June	Anna Muirhead	Tom Walker	Reeta Griffin	Tom Griffin
22 June	Ena Prentice	David Prentice	Wilma Dickson	Lilias Fairley
29 June	Hazel Speirs	Linda Eardley	Margaret Hampson	William McCallum
6 July	Moiria Mushet	Marian Kinsman	Jimmy Greer	Charlie Sturrock
13 July	Chrissie McCormack	Esther Hamilton	Betty Upton	Margaret Dempster
20 July	Etta Walker	Eleanor Davidson	Effie Halliday	Frank Mabbutt
27 July	Alice Mackay	Kenneth Mackay	Jenny Doyle	Janice Doyle
3 Aug	Jessie Kelly	Tom Kelly	Ann Watson	William Watson
10 Aug	Betty Macauley	Gordon Erskine	Janet Russell	Alan Mercer
17 Aug	Anna Muirhead	Tom Walker	Reeta Griffin	Tom Griffin

Polbeth Harwood Café Rota		
11 June	Chrissie McCormack	Esther Hamilton
18 June	Wilma Dickson	Jessie Kelly
25 June	Betty Upton	Janet Walker
2 July	Grace Peace	Janet Russell
9 July	Frank Mabbutt	Gordon Erskine
16 July	Chrissie McCormack	Esther Hamilton
23 July	Wilma Dickson	Jessie Kelly
30 July	Betty Upton	Janet Walker
6 Aug	Grace Peace	Janet Russell
13 Aug	Frank Mabbutt	Gordon Erskine
20 Aug	Chrissie McCormack	Esther Hamilton

Church without Walls

The Church without Walls National Gathering at Ingliston on 3 and 4 May was brilliant! Such a variety of powerful worship, so many interesting, inspiring speakers, so many tents with people from churches in Scotland and all over the world, (as far away as Argentina!), telling their stories about where they are and what they're doing.



I will try to put a more detailed article together, including, I hope, some photos, for the next edition.

Rosanna Rabaeijs

Contributions for the next edition ...

The next edition is the August/September issue – if you are away on holiday in early July you might like to put pen to paper or finger to keyboard and jot down some thoughts.

Tell us about your holiday, why did you go there?, what was the weather like?, what thoughts might you share from your reflections in a peaceful environment?

Contributions for the next edition of *The Link Magazine* can be **submitted at any time** however for Issue 28 (August and September) the latest submission date is Sunday 20 July.



Issue 28 will be available for distribution on Sunday 10 August.

Remember that this is your magazine; your contributions are most welcome at all times.

Paws... for thought



It's easier to go down a hill than up it, but the view is much better at the top.

Arnold Bennett
English Author