

Cambuslang Parish Church

Newsletter

Sept 2026



We are a warm and welcoming Church who seek to help all people experience and share the love and teachings of Jesus Christ In our worship and community involvement. We affirm the dignity of all people through compassion and kindness.

Contents

A Note from the Editor	4
Introducing Our Locum Minister	6
Introducing Our Interim Moderator	8
Some Fond Farewells	10
A Story from One of Our Members	13
Sunday Clubs	16
Youth Organisations	20
Update on the Sanctuary Renovations	23
Our Elders	25
Building People of Faith	28
Prayer	40
Teams	41
Contact Us	44



A Note From the Editor

As I was drawing the material together for this my first Newsletter, apart from feeling hugely daunted, I seemed to picture the idea behind the Roman God Janus: he looked both ways simultaneously, to the past and to the future.

And certainly it's true, some of the articles reflect the past, others look more to the future: a Newsletter looking both ways!

And yet if that was my first impression, it was soon overtaken by a much more present and powerful one.

It became ever more apparent that, taken together, the articles said more and most about our wonderful present, the 'now' of our fellowship: it's energy, richness, diversity, it's enterprise and commitment, all so eloquently expressed through what is happening NOW!

Sure, we should be proud of and thankful for our past. We should be excited, even uncertain about our future. We can be all these things. But we shouldn't be blind to our 'now', to our present, celebrating everything and everyone that we have. And so perhaps we might joyfully join with the Psalmist (Psalm 118:24) as he reminds us that:

'This is the day that the Lord has made; We will rejoice and be glad in it.'

That's what shouts out to me from the many pages that follow. But best to see for yourself. See what you think. The many contributions, so kindly provided to your anxious Editor, shout out to me that we can be thankful for our past, optimistic for our future, because of all that we are and have now. I hope then that like me, you can, this day, rejoice and be glad in your church,

Cambuslang Parish Church.

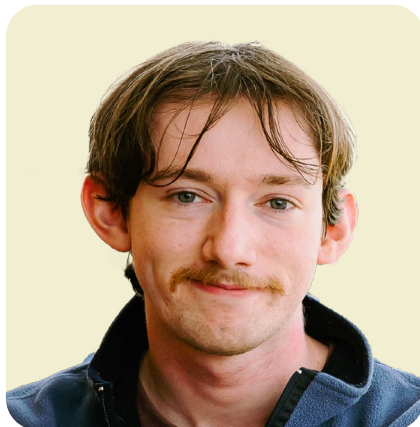
I'm more than grateful to everyone who has contributed to this edition. And looking forward, I'll be delighted to receive your views, feedback, ideas, and even real content (!) for what we might include in future editions.

You can get me on:
alecscrimgeour@gmail.com

or grab me on a Sunday. I won't be wearing the bow tie!

[Note from Ed. Photo is an attempt to pretend your editor is classy – like a 1950s Newsreader!!]

Alec Scrimgeour



A Note From the Designer

Hello!

Privileged to be taking on the responsibility of designing our newsletter. I hope you'll find it legible and easy to navigate. As this is our first edition of the new run it's highly likely that things will move around a bit and evolve as we progress with the publication.

Please feel free to share your constructive feedback, either with myself, Alec, or our Convenor, Hillary.

Fraser

Introducing Our Locum Minister

Rev Mike Gargrave

Dear Friends

I start as your locum minister on Sunday, 13th September on the basis of working Sunday and one day per week. I have 'signed on' for six months, or until the ordination or induction of your next minister. I look forward to us working together.

My name is Michael Gargrave and I prefer to be addressed as Mike. I am married to Mary who prior to her retirement was a Church of Scotland Deaconess. I was born and brought up in Edinburgh and I came to faith in Jesus Christ in 1987 just before my thirtieth birthday.

Prior to me starting my training for the ministry, I spent thirty years working for Edinburgh Council's housing department. I moved to Glasgow in 2007 to start my probation placement in Claremont in



East Kilbride and I was ordained in December 2008 to Mount Florida Parish Church, which became Clincarthill following a union with Battlefield East Church. In 2014, I sensed God calling me to a new challenge and I moved to the parish of Thornliebank, where I had nine very happy years until my retirement in October 2023.

My years in ministry taught me that my gifts are mostly pastoral, and I have a firm belief in being led by God's Holy Spirit in all things. Among my many faults is impatience, and I'm not a great fan of meetings unless they are short and fruitful. I am sure you will discover my other faults as we get to know each other!

In my spare time, I enjoy listening to music and among my favourite artists are The Beatles, The Beach Boys and The Hollies. I am a supporter of Heart of Midlothian FC which has been a character-building experience. I enjoy fly fishing and reading books on history.

I have a strong sense that the people of Cambuslang church have a bright future, and that God is guiding you forward. While we go through changes, the Gospel tells us that Jesus stays the same. He brings us the same love and compassion that we see in His ministry. Jesus is still able to save, and His Spirit is always with us. Psalm 23 assures us that God is the Good Shepherd and He is with us in every situation. So take heart, God will be with you in this new chapter at Cambuslang.

I look forward to getting to know you and making new friends.

My contact details are:

Flat 0/1, 6 Cartbank Grove,
G44 3JD
mike.gargrave@btinternet.com
07927 476915.

If you're in Muirend, you are warmly invited to drop in and we'll have the kettle on.

Yours in Christ

Mike

Introducing Our Interim Moderator

Rev Dave Slater



Hello!

They say that a 'new broom sweeps clean' but as I begin as your Interim Moderator, taking over the reins from your very capable Interim Ministers, I'm not sure there will be that much sweeping needing done!

I'm Dave, Minister of Gartcosh linked with Glenboig not too far up the road, and I look forward to serving as Int Mod - though hoping for you all, that it's a short spell, before the Nominating Committee identify a Sole Nominee! Meantime you'll be in capable hands of Rev Mike Gargrave as locum, and while you likely won't see much of me if you're not at various meetings, do feel free to get in contact with me, by email or via the Session Clerk team, if I can help with anything.

I won't 'bristle'!

Whether it's with David and Hilary, myself and Mike, or your future minister, we know that God says to Isaiah (and to his people down through the ages!) 'Behold, I am doing a new thing; now it springs forth, do you not perceive it?' (Isaiah 43:19).

Our challenge is to hold firm to Christ, the one who is the same yesterday, today and forever, while being ready for the new things brought by the wind of the Spirit; trusting always in the Father's love both for us, and for those we've yet to welcome into his house, family and fellowship!

I trust that whether sweeping, meeting, worshipping or working, we will build this next part of the congregation's story together with

God, as we seek to bless the community and parish, and continue to serve as His people, the church!

With every blessing,

Dave



...And Some Fond Farewells

Dear friends in Cambuslang Parish Church,

It would be impossible to express my very deep gratitude adequately for the wonderful 'send-off' you gave Hilary and me at the end of our Interim Ministry time with you.

Thank you so much!

The Friday evening event in the hall was just marvellous and was evidence of so much thoughtful planning, preparation, and effort from so many. It was such a good evening and I found it quite overwhelming.

And the kind words said then, and also on the Sunday following, were very much appreciated, as was the most generous gift.

I will continue to pray for you through this period of search for your new Minister, and as you enter a new chapter in the ongoing story. You have proved to have such ability, resourcefulness, resilience, and faith that I am quite sure that there lies ahead a very hopeful future.

Every blessing for the next steps on the journey.

David (Denniston)





Dear Cambuslang Parish Church,

Thank you!

The period of Interim Ministry at Cambuslang Parish Church was something of a roller coaster adventure, and it seems strange to be writing 'goodbye' when, in fact, I'll be back sitting in a pew in due course!

I want to thank the Kirk Session and the congregation for their full support and participation throughout the 12-month period. There was much hard work done by everyone to bring about change, so that the vacancy could be advertised with confidence. I recognise that change is not always welcome, but David and I rarely heard words of concern or complaint as we ministered alongside you. Your commitment was outstanding.

It would be difficult to highlight particular moments during the year, but there were some which brought huge joy to me.

The introduction of the Children's Bible brought all the children into the worshipping life of the congregation. The little ones carried the Bible into church with pride, while the older children read confidently and brought fresh insight to well-known stories.

The Tuesday service morphed seamlessly into 'Coffee and Chat' on a Tuesday morning, and members of the congregation have felt empowered to volunteer to lead

short devotions each week. It has been wonderful to see this sense of confidence and participation grow.

The Summer Services were a triumph of creativity, fun and Bible learning. My thanks go to Linda Neeson and Anne Boyd, who decorated the church with aplomb; to members of the Bible Blethers group for leading our prayers of intercession over the six-week period; and to Tim and the band for the uplifting music week by week.

Lastly, I want to thank Janet Stewart and her team who organised a wonderful send-off for David and me on Friday 7th August. It was a joyful end to our Interim Ministry, and to have so many of the church family present in the large hall was very emotional. I remain in awe of Stephen Dickson and his fellow caterers, the Hospitality Team for ensuring hot food arrived at every table, and all those who performed on stage.

Two days later on Sunday 9th August, David and I received overwhelmingly generous gifts and these were a reflection of the generosity with which you greeted us at the outset of Interim Ministry and of the journey you willingly undertook with us.

As you blessed us, may you know God's blessing upon your lives as you walk with him into this new future.

Hilary (McDougall)

A Special Story From One of Our Members

Leah McMullin

A few months ago, Leah professed faith, was confirmed, and became a member of our congregation.

Leah suffers from a condition that is not very widely known: 'Functional Neurological Disorder' (FND). She was keen to provide folks with an insight into this condition, and so very kindly agreed to share her story.

What is functional neurological disorder (FND for short)? FND is a problem with the central nervous system where the brain has difficulty sending signals. There's no damage to the 'wiring' of the brain and the central nervous system; it just doesn't function properly.

Imagine your brain is like a computer. In this computer there is hardware or cable work, then there is also software. In FND it's the software part of the brain that is affected, which is the part of the brain that controls how the brain communicates with itself, the outside world, and also the body.

FND is like 'glitches' in the software, as if you are watching TV or YouTube and the stream 'buffers'. That's what happens when you have FND.

These brain 'glitches' can cause different symptoms, which include the likes of non-epileptic seizures or dissociative attacks, movement disorders (such as difficulty with walking, or tremor, or uncontrollable shaking, and sometimes even whole body paralysis).

Other symptoms of FND include dizziness, sensory problems, speech disturbances, cognitive symptoms, and much more besides. An additional symptom, which can cause misunderstanding, is sudden periodic spells of becoming non-verbal, sometimes lasting hours.

The good news is that this disorder is treatable and many people can improve using a multidisciplinary approach.

FND is probably the most common condition you've never heard of! It is, in fact, as common as MS and Parkinson's, and there are 8,000 new diagnosed cases a year in the UK. It can take over 10 years to diagnose, although I was lucky and got diagnosed in just 2 years 3 months.

The condition is hard to understand, as it is so unpredictable, the symptoms change minute by minute and can come and go. Because most people haven't heard of FND and don't understand it, those with the condition can be left feeling really isolated (although there are Facebook groups etc which help you feel less alone).

What causes functional neurological disorder and can anyone get it?

There are usually several factors that play a part in the development of FND; biological, psychological, and social factors. Physical injury, pain, traumatic experiences, anxiety, and depression can all be triggers. However, people can develop FND without any of these triggers. Anyone can get FND.

In my case, I was in a car crash in November 2017 and hurt my back, but didn't think anything of it. But then a month later my mobility rapidly went downhill and I went from being able to walk unaided to crutches, and then by September 2018 I was in the powered wheelchair for 5 years.

On a cruise in 2018, I experienced a slight burning pain in my legs, but thought nothing of it. Then I woke up the next day and I was paralysed from the waist down for 20 minutes.

I was absolutely petrified and every time I took a step I felt like I had weights tied to my ankles and had constant burning pain going through my legs. I couldn't put weight through my legs so I was having to use my full upper body strength to get me around with the crutches.

Within a few days I was requiring a wheelchair for the rest of the cruise

and the trip back home. When I got back home, I thought maybe it was just a bad few weeks and I'd be back to normal. However, I ended up getting worse, and started falling.

I was referred to the neurologist.

I got a loan of a friend's manual wheelchair while I was getting various tests done, but I still couldn't self-propel so I got a second-hand powered wheelchair until receiving my diagnosis, two and a bit years later. What started off as only 2 symptoms has now turned into 28 symptoms due to my FND being progressive. In spite of pain medication and rehabilitation, and having suffered a bad fall, I am now back in a wheelchair and my consultant is not confident that I will ever walk again.

I would like to thank my partner, Scott Laidlaw, for helping me day in and day out. It is not easy to deal with, but he does it really well and has helped me through it all and is such a good support. And thanks also to David and Hilary for letting me submit this article.

If you have any questions please don't hesitate to ask me, and if you want to learn more about FND you can go to the neurosymbols.org website or the 'FND hope' website or 'FND action.org.uk'.

Leah

News of Our Young Church Family Activities

Sunday Club Update

It has been lovely to see our Sunday Club continue to grow, with children coming along each week to learn, explore and have fun together.

Our Junior Group is for children aged 3 years to P5, while our Senior Group is for children from P6 upwards. Having two groups allows us to make our teaching more appropriate to the different ages, while keeping the focus on helping every child grow in their understanding of God and the Bible.

The Junior Group will be exploring the Children's Bible readings that we are hearing together in church through stories, games, crafts, songs and activities.

Our Senior Group have the opportunity to look at the Bible in a little more depth, discussing what different passages mean and how they relate to our lives and faith today. It is fantastic to see the

young people engaging with some challenging questions and developing their own understanding of their faith.

We hope Sunday Club is a place where children feel welcomed, valued and able to learn about God in a way that is meaningful and enjoyable for them.

We look forward to another year of learning, questioning, discovering and growing together.

Nicola O'Connor
Sunday Club Convenor



David and Zoe

Zoe and David, two of our Senior Sunday Club members report on the past year

Last year the Senior group was formed and has been meeting in the Morrison room. It has been led by Mabel and William.

Over this time period we have been looking at the Bible and analysing it in more depth. We have covered countless stories and advanced topics such as the Holy Trinity, how to connect dots in the Bible

and why Jesus sacrificed himself to save our sins.

This year three/four new members have joined us. We are looking forward for the future and how the Senior group will keep growing.

Thank you for reading.
Kind regards,

**David O'Connor
and Zoe Young
Senior Sunday Club
Attendees**

And our junior Sunday Club members have been busy not just learning but painting, and creating...



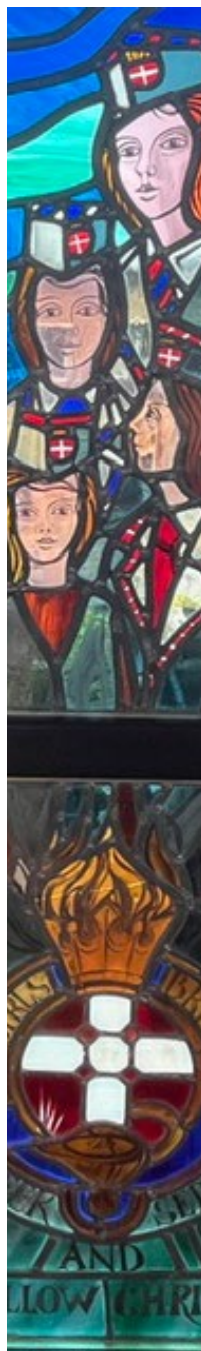
Albas gives helping hands to Moses



Together they made worry/prayer stones to remind us that just like Moses we do not have to carry our worries alone, for God is watching over us and has a plan for each one of us.

....and over the summer our young folk made our very own hanging gardens bloom !





Our Youth Organisations:

The Girls Brigade

The Girls Brigade is a Christian Youth organisation that helps girls and young woman discover their potential, develop skills, build strong friendships and explore Christian Faith.

2nd Cambuslang Girls Brigade meets every **Monday evening in Cambuslang Parish Church.**

We are a vibrant, happy welcoming group of girls who come together to have fun, make friends and learn new skills.

We work towards badges and the girls have the opportunity to try lots of different activities, including **baking, first aid, crafts, parachute games, challenges, sports, dancing and art.**

We also explore the Bible in a fun and interesting way, discovering how its teachings can be part of our everyday lives and how we can use this to help and support others.

The times for our sections are as follows :

Primary1-7:	6:30pm-7:30pm
Secondary 1-6:	7:15pm-8:30pm

If you would like any other information please contact:

Leader in Charge: Kirsty Stewart

☎ 07800 594086

All girls are very welcome! Come along, have fun, make friends and discover something new.

The Boys Brigade

The 229th Glasgow BB Company

caters for boys and young men from Primary 1 through to the end of secondary education. Formed over 100 years ago, the Company is an integral, faith based part of the church.

We meet on Thursday evenings in the main church hall and are made up of the following sections:

Anchor Boys

Primary 1 to Primary 3, meets 6.30pm-7.30 pm

Junior Section

Primary 4 to Primary 6, meets 6.30pm-8.00pm

Company Section

Primary 7 & upwards, meets 7.15pm – 9.45 pm

Each section gives the boys varied opportunities to learn and express themselves in physical, sporting, educational and faith based activities, all of which are carefully aimed at the appropriate age group. They seek to promote habits that will give the boys a sense of self respect, respect for others and helping to equip them for life in general and within the church.

And This is Not to Forget the:

- **150th Scout troop** which meets in the Kirkhill Hall: Beavers and Cubs on a Thursday and Scouts and Explorers on a Friday
- **138th Scout Troup** which meets in the Church Halls in Arnott Way on a Friday night and accommodates Beavers, Cubs, Scouts and Explorers
- **1st Cambuslang Rainbows, Brownies and Rangers**
- **2nd Cambuslang Girl Guides** which all (1st and 2nd) meet on a Tuesday night at the Kirkhill halls.

Update on the Sanctuary Renovations

Following the completion of the feasibility study into the renovation of the sanctuary (principally the removal of the pews) and the subsequent consultation with the congregation and indicative vote, in April the Kirk Session gave its formal approval to the general specification of works detailed below. It also gave the Interim Ministry team (David and Hilary) authority to approach various people to be part of an Implementation Team.

There was an initial meeting of those asked to be part of the Implementation Team in May which outlined what would be involved and asked them to consider whether they wished to be part of the process.

Over the summer there were meetings with the Presbytery Buildings Officer and a representative of the General Trustees, whose permission we need to obtain once we have settled on an agreed specification.

The meeting with Presbytery confirmed the procedure and sequence which needs to be followed in terms of the various consents which we need to obtain. We have subsequently obtained approval in principle from Presbytery although we still require to obtain detailed approval, again once we have a detailed specification.

The meeting with the General Trustees' representative clarified the guidance which the General Trustees (who own our building) will expect us to follow when making any changes to the sanctuary. In general terms however we are confident that our proposals will be acceptable.

At a meeting held on 29th. August the composition of Implementation Team was finalised. In addition we agreed a strategy to enable us to progress matters, both in terms of the works, but also in terms of seeking out and applying for external funding to help with the costs.

It is not possible at this stage to put a definitive timescale on how long this project may take to complete. We are hopeful that over the next few months the specifications will be finalised, the necessary drawings prepared, applications for consents lodged, tenders obtained and funding applications made. It is likely therefore to be into 2027 before any works commence. We will keep both the Kirk Session and the congregation updated on a regular basis.

In the meantime if you have any questions please feel free to approach me and I will do my best to help.

Bob McDougall

General Specification of Works to Be Carried Out:

Within the entrance foyer to the sanctuary, including the passage from the Welcome Area, the passage at the entrance from the Main Street, and the toilet:

- Redecoration, and the installation of new improved lighting.

Within the sanctuary:

- Removal of the pews to be replaced by 300 appropriate chairs;
- The creation of two storage cupboards at the rear of the sanctuary;
- The reconfiguration as required of the heating system (which currently has pipe work above floor level) together with repairs as necessary to the floor;
- Upgrading of the radiators;
- The installation of improved lighting;
- The extension of the dais within the chancel area;
- Construction of a moveable baptismal font and children's lectern;
- Redecoration as required.

Our Elders

At a special meeting of the Kirk Session, held on 21 July 2026, to consider in more detail a report on Elders' Districts, it was agreed that steps should be taken to ensure that all congregational members would be allocated a District Elder. This will take a little time to plan and put in place but the intention is real and the process to realisation is underway.

The role of elders is an important one in our reformed Presbyterian tradition. Consequently our church remains committed to ensuring that elders are supported and encouraged to fulfil the duties to which they have been called.

Cambuslang Parish church is where it is today, due, in large part, to the service, dedication and leadership of all those who responded to the call to become Elders down through the years. We owe them a debt of gratitude.

And CPC is equally blessed that on the 12 July 2026 four new Elders joined the Session: Alison Suttie, Stephen (Steve) Loomes,

Michael (Mike) Netten and Alec Scrimgeour. It goes without saying that it is vitally important, that as elders of many years' service earn a well-deserved rest, new resources are found to fill (however inadequately!) the gap! It seemed appropriate therefore to ask one such outgoing elder and one incoming elder to share their respective thoughts on past and future service.

Some Reflections From a Retired Elder

Having reached the grand old age of 80 and after serving as an Elder for 45 years, I felt it was the right time for me to retire from the Eldership. I remember when I was asked to become an Elder being apprehensive about taking on the responsibility. However, I decided I would give it a go as I believe everyone should serve the Church in any way they can. In attempting to fulfil the role of an Elder I tried to stick to four practical principles:

- Attend Session meetings regularly.
- Get to know my fellow Elders.
- Visit my District at every Communion and get to know my members.
- Get involved with Session committee work.

In following these simple steps and looking back, I can safely say that I not only enjoyed my time as an Elder, I also got a great deal of satisfaction carrying out the many duties that I was involved in over the years and most importantly I made many friends in our Church Family.

David Black

...And From a New Elder

When David asked to speak to me one Sunday morning, my immediate thought was "*what have I done wrong?*" When asked if I would consider becoming an Elder, I was surprised, shocked and honoured.

After some time, thought and prayer, I knew that this was the way that God wanted me to serve. I trust that he will guide and show me the way to be a faithful and effective servant to the church and this congregation.

I am sure I speak for the four of us (Alec, Mike, Stephen and myself) when I say, thank you for sharing the day of our admission/ordination with us. Thank you for your prayers, kind wishes and trust in us.

Alison Suttie



Your Elders

Seun Adideran
Jeanette Alexander
Isobel Allison
Charlie Burns
Colin Fell
Archie Fotheringham
Kenny Finnie
Scott Hamilton
Steve Loomes
Bob McDougall
Graham Macgregor

Lorna Morrison
Linda Neeson
Michael Netten
Jim Nixon
Nicola O'Conner
Heather Reilly
Alec Scrimgeour
Janet Stewart
Alison Suttie
Alison Thomson
Susan Young

Building a People of Faith, Building a Community of Love

There are so many ways beyond and in addition to that vital part of Christian life and witness - the Sunday morning Service - to find and explore, test and strengthen, our faith. There are so many ways beyond and in addition to the Sunday morning service to enjoy fellowship and friendship as we enter and leave the sanctuary or welcome space, sit in our pew, or share a cup of tea or coffee after the service: all wonderful opportunities to nurture our life together for sure. But, let's celebrate the fact that CPC does so much more to enhance and encourage our outreach and our growing together.

Here are just some of the ways you or people you know, might find a secure place to explore faith and fellowship in today's world.

Coffee and Chat



As the Tuesday services drew to a close in their present format at the end of June, David and Hilary [former Interim Ministers] consulted with those who attended the services, about the pattern of worship going forward. It was recognised that as we approached the vacancy, a Locum minister working Sunday and one day a week covering pastoral duties, would not also have time to prepare and lead the Tuesday service. A proposal to continue to meet on a Tuesday morning in a different format was mooted and so Coffee and Chat began.

Coffee and Chat meets each Tuesday at 11am and ends with a short devotion at 11.45. It provides space for the congregation to gather socially and catch up with one another. A member of

the congregation, who has already volunteered, leads the brief devotion. At the end of each month there will be a regular, short, service led by Graham MacGregor/ Locum minister.

It is quite some time in the history of our union that we have had weekly social gatherings and Covid certainly put an end to it but Coffee and Chat now provides that opportunity where we can be together in a relaxed space and enjoy each other's company. Please support this venture when you can and if you know of anyone in the congregation who would particularly benefit from being together with others, please encourage them to come along, or pick them up on your way!

Close Knit Group

What is Close Knit?

The Close Knit group started in late 2024 when an appeal was made by the Glasgow Presbytery 'Close Knit' project for knitted squares to be made into blankets for those who were homeless. This was to take place during 2025 when Glasgow was celebrating 850 years since receiving their Royal Charter. This was announced in

church in December 2024 and by February 2025 there were hundreds of squares. Members of the congregation and some friends started meeting once a month to sew the squares together. The 14 blankets we produced were displayed in the Church in June 2025.



The Close Knit Group making squares for blankets

We enjoyed an outing to the Briggait to the exhibition of blankets made across the Presbytery of Glasgow.

The monthly get-togethers proved very popular and it was decided that we should meet once a month from October 2025–March 2026 continuing to use the name 'Close Knit'. Kirk Session was happy for us to proceed and the group produced a knitted 'Nativity' which was delivered to some housebound church members throughout Advent and after Christmas. Feedback was very positive. We also knit small blankets for residents in local nursing homes and some people knit hats for premature babies.

A warm welcome awaits all! Bring any craft you or someone you know might be working on: knitting, crochet, needlework or none at all. Best of all just bring yourself and enjoy the chat! It is open to anyone who wants to come along and enjoy meeting other people

over a cup of tea/coffee and a bit of home baking. Attendees are happy to share their skills and knowledge. There is no cost, but a donation is welcome at the end of our session to be given towards the church heating costs.

The meetings for 2026-27 are scheduled once a month on a Thursday 1:30 -3:30 pm:

- September 3rd
- October 1st
- Nov.5th
- December 10th
- January 7th
- February 4th
- and March 4th

We meet in the Large Hall at Cambuslang Parish Church, Arnott Way.

If you have any questions about Close Knit contact Lorna Morrison on tel. 07962086130.

Lorna Morrison

Bible Blethers



Bible Blethers began February 2025, as a forum to explore in a relaxed and accessible way the challenges, opportunities and excitement of living out the Christian faith in today's world.

Sometimes the thought of a 'Bible Study' group can be a bit daunting, even off-putting. And so Bible Blethers has from the outset sought to address any such misgivings by starting with a film! *Shadowlands* and *the Chronicles of Narnia: the Lion, the Witch and the Wardrobe*; *The Kings Speech*; and most recently *Chocolat*. All of these films, through the human dramas that unfold, raise either directly or indirectly, many key and central

questions around the challenges of living out our Christian faith in a world of pain and suffering, joy and fulfilment. Discussions are aided by the excellent studies written by Hilary Brand. She teases out the issues presented by the films, in parallel with what the Bible might have to say on these same topics.

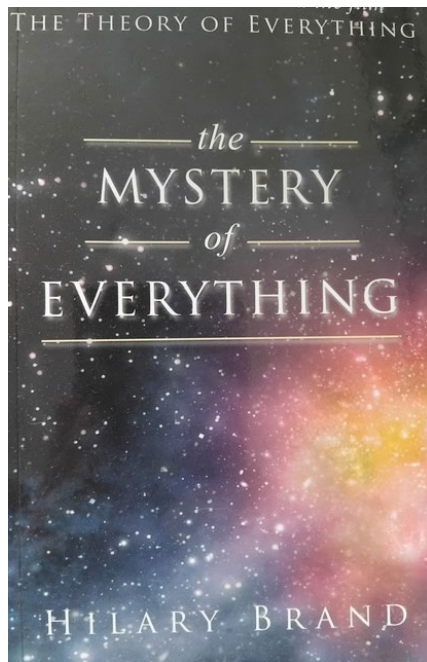
It has been wonderful to witness how this approach has enabled members of the group to share and express with openness and honesty their thoughts, fears, doubts and joys around their own faith journeys. If 'Blethers' suggests inconsequential chatter, then you haven't been to Bible Blethers.

It's serious, yes, but warm and supportive. The group has grown in strength, mutual respect and care for one another. And perhaps most important of all, it has almost certainly reassured its members that while faith in Christ is no walk in the park, it is never a walk you have to walk alone. We are in it together!

Bible Blethers meets every fortnight in the lead up to Christmas, and then again in the lead up to Easter, usually over 6 sessions each.

We will be starting up again on Wednesday 7th October and the film that will launch our reflections is *The Theory of Everything*, using one of Hilary Brand's study books *The Mystery of Everything* as our basis for discussion. We'd be delighted to welcome new members to the group: please come along and explore with us the trials, tribulations and celebrations of our wonderful faith. If you want to find out more please feel free to speak Graham MacGregor who leads the sessions.

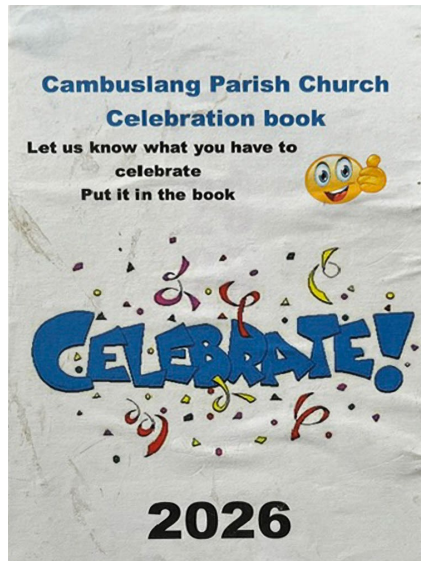
Alec Scrimgeour





Prayer Tree

Central to the Christian life and to our relationship with Christ is the ministry of prayer. Situated in our Welcome area is our Prayer tree. You are invited to write on one of the cards beside the tree the name of a person (s) you feel particularly needs our prayers and then attach it to one of the tree branches. All those mentioned on the tree are prayed for every Sunday during our prayers of intercession and at Coffee and Chat during the time of reflection. And members are always encouraged to remember those named on the tree in their personal prayer life. It's wonderful to think that even if we feel unable to 'do' anything for whatever reason, we can ALWAYS pray, and that silent commitment, can move mountains.



Celebration Book

There is a special book called the Celebration book! It's there for you to record anything in your life or that of others known to you that is worth shouting out about! The celebrations you record are shared with the congregation during our Sunday morning services and so allows all of us to celebrate with you! Whether it's the loss of a tooth, a 50th Wedding anniversary, a birthday, or a special prize or award at school we want to smile, clap and shout 'Hoorah!' along with you. That's what all the best families do, and CPC is one big family. It's always good to count our blessings, and even better if we can also count those of our members. You are free to write in the book whenever you have something to note, or speak to Tony Neeson, the Celebration Book coordinator.

Meet & Two Veg



This is a fantastic initiative run in partnership with the charity Canape. Its aims are to reduce food waste by collecting food which is destined to go to landfill from around 11 supermarkets/food outlets in the local, and make it available to any who can use it. It operates from the Church vestibule on Monday and Wednesday evenings between 8.00 pm to around 9.45 pm. It involves a whole group of 'driver collectors' and folk who are on hand to assist with the layout, distribution of the food on the night, and end of session clear-up. It draws anything from 15 to 35 folk each evening from the local area, who very clearly benefit from the availability of free produce. Meet & Two Veg is a practical way to address the shocking waste of food in our society, assist folk who have need, and develop imaginative soup making skills among the helpers, as they seek to utilise any excess produce left on the night. The team are always looking for additional volunteers in whatever capacity, and if you would like to help, and if you would like some tips on that soup making, then please speak to Hilary, who will be more than happy to fill you in on what's required.

AS & Hilary Mcdougall

And in Addition to These Groups There is:

The Guild

The Guild meets fortnightly on Mondays at 2 pm between the months of October to March.

Its aim is to 'invite and encourage both men and women to commit their lives to Jesus Christ and to enable them to express their faith in worship, prayer and action'.

We are a small friendly group who enjoy hearing various speakers and entertainers, as well as enjoying a cup of tea and a blether!

We follow the strategy set by the national church. Our latest theme was 'Living Stones' and last session we chose to support the Scottish Bible Society's 'Bible for Bairns' initiative.



The Walking Group

The Walking Group, established in 1995, organises walks throughout the year. Walks normally take place on the first Saturday of the month, with evening walks taking place from May to August. We also enjoy additional social events throughout the year!

The Group is not exclusive to Church members but is open to welcoming folk from the wider community. Apart from enjoying the walk and the chance to explore different areas of our surrounding countryside and cityscapes, it's a fantastic opportunity to make new friends as has been more than proven over the years.

If you might be interested in joining the group please contact the Church Office – and please be assured, you don't have to be a power walker to join in!

The Men's Breakfast

The Men's Breakfast Club meets on the second Saturday of each month at Wetherspoons on Cambuslang Main Street at 8.30am-8.45am.

We average 8-16 participants each time and folk come from Cambuslang Parish, Flemington Hallside Church, Uddingston Old Church, Burnsdie Blairbeth Church and St Brides, BUT you don't have to be associated with a church to come along!

No booking is required. Just turn up, put in your order, pay and enjoy the company. You will be made most welcome!



The Walking Group



The Men's Breakfast

Prayer

This prayer was written as the foundational prayer for the Leading Your Church into Growth (LyCiG) organisation and course and has now been widely adopted across various Christian denominations. It seems very relevant to our Church at this time, and I commend it to you and your prayer time.

God of Mission

Who alone brings growth to your Church

Send your Holy Spirit to give

Vision to our planning,

Wisdom to our actions,

Joy to our worship

And power to our witness.

Help our church to grow in numbers,

In spiritual commitment to you,

And in service to our local community,

Through Jesus Christ our Lord

Amen

Teams and Team Convenors

We continue to recruit to, and develop the new Teams. The up to date list is below and a brief indication of the remit of each team is included.

If you would like to be involved in one of these teams, please do not hold back! Your contribution and involvement would be most welcome. Have a word with the Convenor, or one of the Ministry Team, or one of the Session Clerk Team.

COMMUNICATIONS

Convenor:	Hilary McDougall
Newsletter Editor:	Alec Scrimgeour
Church Facebook Page:	Will McArthur
Church Website:	Mabel Adediran
Newsletter Design; Screen:	Fraser Hamilton
Supporting Session Clerk:	Alison Thomson

To support the mission and ministry of Cambuslang Parish Church by ensuring clear, consistent and effective communication within the congregation and with the wider parish and community.

COMMUNITY INVOLVEMENT

Convenor:	to be appointed
Supporting Session Clerk:	Isobel Allison

To developing connections with our parish including good relationships with other Christian congregations and groups in the area. Promoting connections with the wider church and Christian Agencies Including Christian Aid etc, linking with Meet & 2 Veg, and developing connections with 'external' groups and organisations using our halls.

This Team has not yet begun to function, and it is hoped that it can be fully established after the vacancy.

FINANCE AND FABRIC

Convenor:	Bob McDougall
Treasurer:	Colin Fell
Fabric Convenor:	David Young
Halls Convenors:	Derek Burns & Stephen Dickson
Supporting Session Clerk:	Scott Hamilton

To deal with congregational finances, agreeing expenditure, WFO, Gift Aid, Standing Orders, and buildings maintenance, and halls and lets

FUNDRAISING AND EVENTS

Convenor:	Tony Neeson
Supporting Session Clerk:	Alison Thomson

Fundraising activities, congregational events including special events to promote community engagement.

HOSPITALITY AND PASTORAL CARE

Convenor:	Ohna Robertson
Pastoral Coordinator:	Janet Stewart
Supporting Session Clerk:	Lorna Morrison

To ensure and enable a welcoming environment for everyone who enters our church, to provide fellowship events, and to provide pastoral care for those who are elderly and/or housebound (including through organising and supporting a team of pastoral visitors, co-ordinated by Janet Stewart).

WORSHIP, EDUCATION, AND PRAYER

Convenor:

Graham Macgregor

The Minister(s)

Supporting Session Clerk: Isobel Allison

To support the Ministry Team, Musical Director, Choir, Praise Band, AV team, and Sunday Club in relation to Worship Services, including alternative and additional worship services. To promote and provide for congregational prayer opportunities. To promote and support Bible study, education and training.

Youth

Convenor:

to be appointed

Supporting Session Clerk:

Lorna Morrison

To support and ensure good connection with the young people in our Sunday Club, and Uniformed Youth Organisations, to liaise with ReachOut in relation to their links with local schools, to offer appropriate youth and children's events in order to advance our ministry with and mission to young people.

CONTACT US

Church Office:

0141 642 9271

office@cambuslangparishchurch.org.uk

Interim Moderator:

Rev David Slater

07722 876616

DSlater@churchofscotland.org.uk

Locum:

Rev Mike Gargrave

07927 476915

mike.gargrave@btinternet.com

Pastoral Co-ordinator:

Janet Stewart

07850 376703

jy@pennyfarthingcottage.co.uk

Session Clerk:

Scott Hamilton

sessionclerk@cambuslangparishchurch.org.uk

Safeguarding Coordinator:

Susan Young

cpcsafeguarding@cambuslangparishchurch.org.uk