





### Articles and letters

*The Link* welcomes articles and letters, which can be sent by e-mail to **cafair-holm@outlook.com** or by post. All communications should bear a name and, if possible, a telephone number. Anonymous contributions will not be accepted.

#### Copyright

May I ask you to ensure that any article submitted is either one you have written yourself or one that you have had permission to reprint.

Editor

I would like to thank all those who have contributed to this edition of the Link Magazine— Local businesses and of course our regular contributors. All the contributions make for an interesting and varied read.

We trust you have a wonderful summer. The winter edition of the Link is due out in November. The Editor.

"God never said that the journey would be easy, but He did say that the arrival would be worthwhile" - Max Lucado



ood Bank

#### Collection of food items for local families.

May I remind you that this is still continuing and the school is always very grateful for all contributions which they ensure are delivered to those in our communities who need a helping hand.

The collection box is in the foyer of Kirkpatrick Juxta church and is emptied regularly.

Alternatively contact Laurie McVeigh on Tel 478604 to arrange for items to be uplifted.

Thank you.

For Freshly Ground Coffee, Snacks, Lunches and

Afternoon Teas, try

#### THE RUMBLIN TUM—HIGH STREET MOFFAT

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#### **Charity Plant Sales**

This year there have been several charity plant sales which have raised a record amount of money for different charities. Thanks to everyone who has donated plants, bought plants and to my regular helpers without whose support this would not be possible.

DEC Turkey Syria Appeal	£207.00
Moffat Music Society	£375.00
Scout Group	£302.20
Bankfoot Care Home	£244.50
Civic Pride	£937.06

#### **Upcoming plant sales**







# 10-12noon outside MOFFAT TOWN HALL

Sunday 23<sup>rd</sup> July **Moffat Town Hall Trust** 

Saturday 12<sup>th</sup> August

### **Christian Aid**

### Saturday 2<sup>nd</sup> September Kitega Community Centre

Please come along and support us in all our fundraising efforts. Anne Gibbard

# **ST ANDREW'S PARISH CHURCH**

(Charity registration number: SCO12236)

#### https://www.standrewsmoffat.org



#### MINISTER **OFFICE BEARERS Rev. Elsie Macrae** Session Clerk: Donald Walker Treasurer: Mrs Ann Sanders Elsie.Macrae@churchofscotland.org.uk



#### A time for quite – Ecclesiastes 3:1-8

We really cannot complain, the last few weeks have been a surprise, over 2 weeks of sunshine and dry weather- totally unheard of in Scotland. As much as we all loved the weather there was something we can openly and honestly say, there was a lack of sea/pool and air conditioner. The weather we experienced is the weather we pay a lot of money to fly abroad and lazy about. The lifestyle we lead does not even allow us to pause, the world we live in does not allow us to wait, to wait or listen. We are pressured to do something and if we are idle for whatever reason, we are frowned upon. We feel time must be used in doing things and if we aren't doing anything we feel guilty. Success is measured by actions and not relationships. We make excuses for an abrasive character by saying, 'well, he gets things done,' when in fact we should be encouraging him to take time to stop and listen to others. The writer of Ecclesiastes writes there is a time for everything '.....a time to be silent and a time to speak...' some customs expect you to have time for others - time to make the right greetings, time to listen to them, time to show respect, time for relationships. If only we can take heed to the words in Ecclesiastes and find a balance, we might indeed be more understanding and be discerning witness.



Take time to enjoy and appreciate your surroundings, your family and friends and have a fantastic summer whatever you do,

Yours Elsie

# **Dates for the Diary**



23<sup>rd</sup> July 10am Plant sale for Moffat Town Hall Trust

12<sup>th</sup> August 10am Coffee Morning and Plant Sale for Christian Aid

2<sup>nd</sup> September 10am Plant Sale for Kitega Community Centre

3rd September 14:00 Dowding Memorial Day—Station Park

11th November 11:00am Armistice Day—War Memorial

12th November 11:00am Remembrance Sunday—War Memorial then St. Andrews

#### Local support services

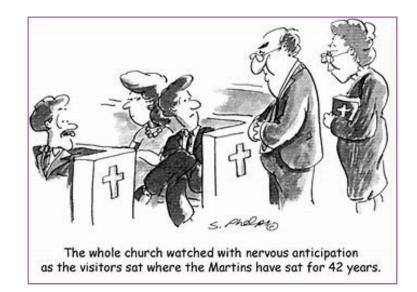
Minister- Rev Elsie Macrae 01683225146	Samaritans. Tel. 01387 253555
DRI. Hosp. 01387 246246	Dr's Surgery Moffat 01683 220062
Citizens advice 01387 252456	Dumfries Council. 030 3333 3000
Social Work Dept. 01387 273660	Criminal Social justice 0303 333 3001
Dentist's surgery 01683 220753	Chemist Moffat. 01683 220024
Town Hall 01683 221102	Food train. 01556 288427
Alcoholics Anonymous 03301 596 494	Women's Aid. 07710 152772
Childline 0800 1111	Health Visitors 01576 205531
School Nurses 07795 291296	

I suppose the question I really want to ask is, as we move into our new union and church, with all the exciting possibilities its great new space offers, do we support those whose artistic tastes mirror our own, what we have grown up with, what we expect in the church? Or do we open our doors to those- particularly the young- who want to express themselves in new ways? Who have something to say, perhaps just about themselves and what is currently challenging them or those they love- poverty, mental health issues, addiction, homelessness. They may wish to express their feelings in ways with which we feel a bit uncomfortable or which we don't understand. But that never bothered Jesus, so why should it bother us?

In his song 'Mind Games', John Lennon gives us two lines which I think are truly worth pondering as we consider how we in Upper Annandale Parish Church will interact with our communities. The first is, "Love is the answer". The second is, "Yes is the answer".

Andy Shuttleworth.

THE
ANSWER
IS
YES!!



#### The Church and the Demise of the Fab Four- Lessons to be learned?

When I was 16 I was in a rock band with three pals. I wanted to be John Lennon, Richard wanted to be Jack Bruce (Cream), Gordon wanted to be Ozzy Osborne (Black Sabbath) and the other Andy just wanted to play whatever anyone was willing to listen to. Time has blurred many of the memories, but I think it is probably not an exaggeration to say that we were, without doubt, the worst rock band that ever took to a stage in the 1970's.

We were supported by a benevolent teacher who let us practice in his classroom after school but, come the summer holidays, we needed to find somewhere else. Richard and I had both been regular bible class attendees and I was in church with my family every Sunday, so we approached our minister who kindly allowed us a one-off practice one Saturday morning; he advised that he would have to run it past the kirk session for a more regular arrangement. When the answer came back from the kirk session it was a resounding 'NO'.

At the time we were obviously severely aggrieved (in fairness, as 16 year-olds that was part of our job description) but now, probably the same age or even older than the men who made that decision in 1975, I can understand why. Our kind of music didn't fit in with anything the Church of Scotland had to offer and the world, still reeling from the painted faces of Glam Rock's David Bowie and Marc Bolan, was now having to endure the arrival of the Clash and the Sex Pistols who clearly heralded the end of society as every decent elder perceived it.

Our own band broke up not too long after that. It would help the rock 'n' roll narrative had it been due to this knock-back from the church but the truth is we broke up due to musical differences. In short, we thought we were musical but everyone else seemed to think differently.

In hindsight, while I can understand the kirk session's viewpoint, it still saddens me. We were four lads from decent enough homes who just needed an outlet for our hobby, somewhere where we could make a bit of noise. And our church, already in decline, once again showed itself as 'the church that likes to say "no". I contrast that with the tales of those great artists of our time who's first steps in their musical career were taken in their own churches- Aretha Franklin, BB King, Elvis, Donna Summer, Witney Houston. The list of greats who first developed their artistic skills in, and had their passion for creativity supported by their church goes on.

Bach and Mozart had different attitudes to the church and their faith. While the former seemed to centre his life around his faith and dedicated much of his work, religious and secular, to God, Mozart it seems was a little more ambivalent about the Christianity. Yet both of these were supported by the church throughout their lives and what they were doing in their respective days was as groundbreaking as anything that has occurred in my lifetime. So when, and why did things change?



The Kitega Centre continues to operate, and the impact it continues to make is confirmation that the ministry is

needed more than ever. In 2024 the Centre will celebrate its silver Jubilee and we are thankful for its 25 years of faithful service to the community. Celebrations will begin in December 2023 and will climax in August 2024.

Some of the founding Board members have now retired but their wisdom and guidance will be retained as they join a new Board of Advisors.

The Executive Committee comprises several different skills and ministries – educational, vocational, welfare, community outreach and others.

Apart from our dedicated staff, there are many local volunteers who help to make the centre run, but we also need several professional, permanent staff. Most of these are now paid for out of commitments by donors and we have been able to make other benefits such as housing, medical care and education for their children available as part of their stipend.

30 Children attend the centre regularly, 10 more have been assessed and ready to join the centre at the end of June 2023. Our current capacity cannot allow more children but we have a long waiting list.

We have also left provision for children that moved due to effects of the pandemic in case they return we will be able to take them back.

Currently six children are under the home based care program

As well as the educational programme for the disabled children, our educational and vocational community programmes continue to expand.

The school at Katungalu, which the centre supported, has been closed temporarily and all the children were moved to Lugazi but the centre continues to provide basic education needs and project porridge to the entire school of over 300 children

We are hoping the new health centre at nearby Katungalu will soon open, complete with a treatment room equipped by sponsor money from Ally and Jenny's West Highland Way walk.

Vicoba Plus members are working hard to achieve their dreams and several new projects have been established

We are holding a coffee morning in the Town hall on Saturday 2<sup>nd</sup> September to raise funds for staffing at the centre and hope you can come and support us on the day. Offers of baking or items for the tombola would be gratefully received. Please speak to Alison Kirkwood or Anne Gibbard

...../cont

# SCANTO GIVE

If you wish to give a donation all you have to do is use your phone to scan the QR code on this poster! You will find the poster displayed in the church. The scan to give is not a replacement for regular congregational envelopes or standing orders but for adhoc giving, perhaps in response to a particular event or a retiring collection for instance.



Just hold your phone camera on the pink dot and follow the instructions to donate.

# THANK YOU

Not sure how to use the QR code? Just enter the URL standrewsmoffat.bee-online.com into your browser!

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#### **Bankfoot Church Services**

Church members of St Andrew's and residents of Bankfoot can now enjoy an online service in the upstairs lounge each Sunday.



#### KIRKPATRICK JUXTA PARISH CHURCH

(Charity registration number: SCO05701)

Minister: Rev. Elsie Macrae

Session Clerk: Mrs Mary Brown Treasurer: Mrs Jackie Shuttleworth

#### **OFFICE BEARERS**

**Kirk session:** Mrs Mary Brown, Mr Graham Gardiner, Mr Peter Newsome and Mr Andy Shuttleworth

Church officer: Mr. Andy Shuttleworth	Fabric convener: Mr Andy Shuttleworth
Christian aid: Mrs Thelma Boncey	Flower convener: Mrs Mary Brown
<i>Life and Work Magazine</i> : Mrs Fay Paterson	Gift aid: Vacant
Sunday Service 10am	<b>Social/fund-raising committee</b> : Andrew and Jackie Shuttleworth and Mrs Mary Brown.

# **Session Clerk Report**

In 2020 a row of trees were planted in the Beattock Play Park, the holes were already prepared and the children from the Beattock Nursery Class put a small sapling into each hole, and the children filled the holes in with soil, and watered them in. Martin and I had been invited to come and help with the

had been invited to come and help with the planting, we were able to chat with the children about what would happen to the saplings and how big they may grow. It was the day before 'Lock Down'.

Three years later I was invited to join the Nursery class of 2023 to unveil the plaque which commemorates the planting and also Martin's part in facilitating the tree planting.

The saplings have, on the whole, survived and some are now in leaf and looking really health.

You may have seen the photo in the Moffat News, which includes members of the Community Council, staff of the Nursery and parents, together with the children. It was a perfect day to be out in the sunshine, very warm and clear blue sky sharing time with the children.

Mary Brown



#### The Wamphray Warm Hub

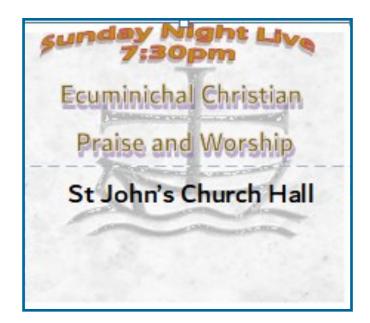
The Hub is continuing to be popular with Wamphray residents and we have members and friends now coming from Johnstonebridge, Beattock and Lockerbie. It is held in the Village Hall every Monday morning from 10am till noon.

Scones, cakes and biscuits along with tea and coffee are on offer all morning.

On the first Monday of the month during the colder weather we have had soup and a filled roll before we leave. Now it is warmer we will change and have sandwiches.

There is a grand selection of books or jigsaws to borrow. Dominoes and cards are available for a game or three!! There is always a happy atmosphere, and the aim is to have a place for camaraderie, fellowship, friendship and chat.

If there is a need for a quiet place, we can accommodate that too.





CHU	RCH	Income	
FINIA		Grants	£215,000
		Legacy	£357,000
Redevelop	oment Project Update	Members	£ 21,985
		Fundraising	£ 6.510
Updated Co	st	Pews	£ 12,229
Project	£564,785 Inclusive of	Chair Sponsor	£ 1,525
floorcoverin	gs	VAT	£116,135
Fees	£ 37,200	Other Income	£ 5,434
Chairs	£ 13,602	Gift Aid Tax	£ 4,500
VAT	£123,615		£740,318
Overrun clai	m <u>£ 16,000</u>	Shortfall	<u>£ 14,884</u>
	<u>£755,202</u>	AV Equipment	£ 72 000

The cost of the work has risen partly due to the need to install emergency lighting at a cost of a minimum of £10,000 and having to increase the fire alarm requirement, an additional £7,000. These were required to comply with the regulations for events which we plan to hold in the building. In addition, boxing in the pipes around the church, cupboards in the transepts, some using wood from the pews, and a manifold cupboard cost a further £20,000. The contract will overrun its completion date of 3<sup>rd</sup> July and as a result there is the potential of a claim of an additional £16,000 by the contractor.

There was great interest in the pews and we give our grateful thanks to our Session Clerk Donald for all his work in connection with the sale of the pews and the proceeds of over £12,000 is a very valuable contribution to the project. We are also inviting

everyone to consider sponsoring a chair and there is a separate article in the magazine with all the information. Already 12 chairs have been sponsored and we express our thanks to the sponsors. We appreciate the generosity of our members who have supported the project and who continue to give their support by way of their monthly contributions.

You will note that at 21<sup>st</sup> June there is a shortfall of £14,884 however the Audio Visual equipment has still to be purchased which would increase the shortfall to £86,884. Grant applications totaling £30,000 towards the equipment have been submitted and we await a decision. My income figures do not include any allowance for fundraising events nor monthly pledge contributions over the next 6 months, estimated at around £6,000.

Whilst we have been offered, and accepted, a loan of up to  $\pounds 100,000$  interest free and repayment over a 12-year period my view

would be that any sum borrowed should be such that it can be repaid over this 12year period without reverting to realizing any of our assets.

It is not too late to offer financial support to the project and donations, no matter their amount, will be gratefully received by our Treasurer Mrs. Anne Sanders.

In 2020 we carried out a survey of members in which we asked two questions namely

What would make Church more enjoyable? And How can the building be used to benefit our members and the community? In response to the first question improved seating, lighting and Audio-visual equipment featured strongly, and to the second question

Meeting Places, Youth Club,

**CHOLERA APPEAL** 

HELP STOP DEADLY OUTBREAKS

PROVIDE CLEAN WATER AND SANITATION AT HOSPITALS AND HEALTH CENTRES. DONATE TODAY: EMMS.ORG/CHOLERA Wellbeing & Reflection Spaces and Classes, Indoor Play Area, Concerts and Exhibitions, all featured strongly.

When complete the building should allow us to fulfil all of these requests and we hope that you will all come along participating in and supporting the various activities.

#### Adam Anderson Finance Convener

The following grant bodies provided a combined total of £215,000 towards the project for which we are most grateful: Annandale and Nithsdale Community Benefit Company Ltd Baird Trust Benefact Trust Church of Scotland General Trustees Ferguson Bequest Fife Environmental Trust Garfield Weston Foundation Ling Trust J. Murray Napier Fund Swinton Paterson Trust One charity wished to remain anonymous

#### Fundraising

We held Whist Drives in January £52.00, February £85.00, March £115.00, April £115.00 and May £105.00.

Tea and Coffee Fund raised £100 for Air Force January to March, March to June  $\pounds100.00$  for Turkey and Syria Disaster.

**Scottish Women's Institute (SWI)** has finished for the summer after a good session. We are visiting the Museum in Dumfries on the 8<sup>th</sup> July then tea at the Caven Arms.

We will meet again for the start of the new session on the 12<sup>th</sup> September at 7.15pm.

**The Carpet Bowling** will resume on Thursday 12<sup>th</sup> October 2023 at 7.30pm in the Village Hall. New members welcome!

#### Wamphray Wednesday Walkers.

Every Wednesday night people meet at the Hall at 7pm for a walk round the area. There are many different walks and are enjoyed by all. On return tea / coffee and a chat concludes the evening from May till the end of August.

#### **CHURCH FLOWERS Spring**

July 2nd July 9th July 16th July 23rd July 30th	Karren Currie Denise Dempster Helen Harrison Rosemary Cowan Shelia Thomson	October 1st October 8th October 15th October 22nd October 29th	Sandra Laidlaw Moira Hogarth Linda McMinn Fiona Richardson Lynn Scott
August 6th August 9th August 16th August 23rd August 30th	Ann Braid Denise Dempster Helen Harrison Rosemary Cowan Sheila Thomson	November 5th November 12th November 19th November 26th	Elizabeth Harper REMBRANCE E.J. Wilson Margaret Shearer
September 3rd September 10th September 17th September 24th	Kirsty Scott Lorna Sloan Sandra Johnston HARVEST		

### EMMSInternationa Health for Today, Hope for Tomorrow Deal | EMMS International Walawi is enduring its worst cholera

outbreak ever recorded. More than 1,000 lives have been lost, with 24 people in one village dying in one day. You can help stop the spread of this deadly disease and save lives.

#### WAMPHRAY PARISH CHURCH

(Charity registration number: SCO07536)

MINISTER	OFFICE BEARERS
Rev. Elsie Macrae	Session Clerk: Mrs Helen Braid
	Clerk to Congregational Board: Mrs Linda McMinn
	Treasurer : Mrs Sheila Thomson

# **Session Clerk Report**

We have definitely had a lovely spell of weather it's a pity it does so much damage .Nice not needing to cut the grass but for the farmers it's awful no grass ,crops not growing we don't realize how much we depend on rain.

Take a break from boring chores,

On sunny days get out of doors,

Gardening, chilling, taking a stroll,

Is so good for heart and soul.

Have a family picnic tea,

In the park or quite country,

As always it is great to be,

In Mother Nature's company.

As I write this article we are about to go into Union with Kirkpatrick Juxta and Upper Annandale Church as from the 13 th August when we hold our United Service in Moffat.It will all be so different, Kirkpatrick Juxta will have their last service in December. We will continue services at Wamphray if we are able to.

#### **Future Services**

10<sup>th</sup> September Wamphray Communion at 10am.

24<sup>th</sup> September Harvest at 10am some vases of flowers would be appreciated.

12<sup>th</sup> November REMEMBRANCE at 10.55am.

24<sup>th</sup> December Christmas Eve Service at 7pm.All Welcome!

# Session Clerk Report

Despite the temporary shutdown of St Andrews for the renovations, weekly worship continues successfully at Wamphray and Kirkpatrick Juxta. The latter venue is supporting a weekly congregation of 50-80 people. Both churches continue to provide a very cordial, intimate and joyous atmosphere of worship and fellowship.

Session meetings have been curtailed to a minimum, both physically and by Zoom, mainly to facilitate the change from being a Linkage to a Union which is now in the final stages.

The renovations in St Andrews (soon to be renamed Upper Annandale Parish Church) continue successfully. The underfloor heating system supplied by Airsource Heat Pumps is now complete, and a new peripheral radiator system also installed in both the church and the hall. The latter two are supplied with heat from a new gas boiler which will be employed when necessary to supplement the Heat Pumps. The church now has insulation in the loft and under the floor and the hall also has insulation under the floor. The ceiling insulation in the hall will be done by ourselves at a later date.

Two new accessible toilets have been formed in the entrance vestibule and a new fire escape with a wheelchair ramp is being constructed at the North side door.

The Servery is currently being built in the South East corner of the church and 100 new chairs have been ordered in time for delivery at the beginning of August. Our "Sponsor a Chair" campaign has been launched and we look forward to this being successful in financing the purchase of the new chairs.

Inevitably some Mission/Contract Creep has occurred, and this has been manifested in the form of the need for an increased emergency exit lighting system and a new fire alarm system. The cost of which will be in the region of  $\pounds 30,000$ , and a delay in completion of the project which it is hoped will now be in mid August.

On the positive side, the general reaction of those people who have seen the inside of the church has been really good, and a lot of interest is being shown by potential users of the new flexible building. Our first large booking takes place on September 23rd and is a concert by the Budapest Café Orchestra with other musical events in the pipeline.

We look forward to the successful completion of the renovation and restart of worship in St Andrews.

Wishing you a safe and pleasant summer

Donald Walker, Session Clerk



**Presbytery Report** The whole presbytery of the South West of Scotland met together in Kilmarnock at the Howard Centre - Saturday June 10 th and there was a very good attendance from our three local churches.

The Rev Dr Graham McWilliams led us through the main business of the morning which was the Basis of Union for 9 groups of churches within the presbytery. He opened by explaining that throughout the process the area of

change that had caused most concerns and questions was to do with buildings and he and his committee understood that painful decisions, in many areas had been made.

Here is a shortened version of our Basis of Union which was agreed by presbytery:-( Rev Elsie or myself or the other congregations presbytery elders could let you see the whole document if requested.)

"The congregation of Wamphray Church of Scotland ,the congregation of Kirkpatrick Juxta Church of Scotland and the congregation of St Andrews Church of Scotland ,Moffat shall be united on a date to be determined by Presbytery ,and that on the following terms and conditions:-

The name of the United charge shall be Upper Annandale Parish Church of Scotland and SC012236 will be retained.

The property and funds belonging or held on behalf of each congregation shall belong to or be held on behalf of the United charge and any transference necessary shall be duly

The Church at present used and occupied by the congregation of Moffat: St Andrew's Parish Church shall be the place of worship of the United charge. The bounds to be served by the United charge shall be designated as the bounds of the parishes of Beat-tock, Johnston Bridge, Moffat and Wamphray, or as the Presbytery shall determine.

The elders of all Kirk Sessions shall form with the minister the Kirk Session of the United charge. The Rev Elsie Macrae ,currently minister at Wamphray linked with Kirkpatrick Juxta linked with Moffat St Andrews, shall be minister of the United charge .

While the articles and terms shall form the Basis of Union for the three congregations now uniting, the united charge shall be free, like other congregations, to adjust arrangements under the authority of Presbytery as the need may arise."

As far as I am aware the presbytery has not yet set a definite date for our Union, so at the time of writing we are still named St Andrews Parish Church, Moffat.

After all nine basis of unions had been agreed we broke for lunch.

Thereafter much of the afternoon session, after business matters in connection with other congregations presbytery mission plans were debated, was concerned with Mission and we had inspirational talks and experiences shared as to how we must all work and pray for support in developing this important facet of our personal and our church's Christian life. I am going to give you some " sound bites" from the speakers-I hope they make sense and make you think!

. Are we confident of what we do in our community, or are we complacent?

How can we connect? Is your church clearly open , how do folk walking past know?

Consider offering food banks, community help, individual help to those in crisis. Alpha courses, prayer chains, children's chaplency through schools. .../cont

Hello Summer readers, from Restore Me Acupuncture in Moffat. My clinic is tucked away in a secluded corner of the town surrounded by nature where I treat a wide range of physical and emotional issues, but my area of expertise is treating mental health, particularly stress-related symptoms and conditions.

At the time of writing, we've just had a momentary reprieve from our unusual Scottish heatwave with some much-needed rainfall. We're not used to such hot weather here, are we? I know some of my patients have reported struggling with keeping cool and the heat has made it tricky getting to sleep at night.

When I look through the Chinese Medicine lens to understand what is out of balance with a patient, it is helpful to ask them if they feel more hot or cold in terms of body temperature. Some of us are 'caul tatties' no matter what the weather, whereas others report having cold hands and feet - perhaps the hot weather has been easier for them to bear?

However, those of us whose body temperature runs on the warmer side may be finding the additional environmental heat particularly uncomfortable. In clinic I commonly hear this from women in perimenopause and menopause. Perimenopause means "around menopause" and refers to the time during which your body makes the natural transition to menopause, marking the end of the reproductive years. In Chinese medical terms, this is a time when the body's internal cooling system begins to work less efficiently resulting in additional warmth. In Western Medical terms this equates to fluctuating oestrogen levels.

Common menopausal heat-related symptoms manifest as vasomotor symptoms like hot flushes, night sweats and feeling physically hot. Other menopausal symptoms which Chinese Medicine sees as caused by a less efficient cooling system include anxiety, irritability, mood swings insomnia, restlessness and drying of body fluids.

For my 'warmer' patients I have been incorporating heat-clearing points into several of my treatments alongside hands-on massage to reduce tension. Some recommended lifestyle tweaks and tips have included:

staying well hydrated. If you get bored drinking plain water add a slice of lemon or cucumber or brew your favourite herbal tea and let it cool. reduce energetically 'heating' drinks like coffee and alcohol swap spicy food with energetically 'cooler' foods like:

Cucumber Watermelon Grapefruit Lettuce

place a pair of socks in the fridge for 2 hours before bedtime then wear them to bed to cool your feet

If you are busy and stressed look after your mental health by building in small moments of 'you' time during your week; if you are feeling low and lethargic, call a friend and go for a walk outside of peak sun hours or invite them round for a refreshing drink of cool peppermint tea and a slice of watermelon - I bet you'll both feel better!

Nicola Wardhaugh

#### **Church Flowers**

		1st October	Anne Colledge
9th July	Ann Walker	8th October	Jessie Newlands
16th July	Sandra Taylor	15th October	Maureen Renton
23rd July	Anne Colledge	22nd October	Hilda Saville
30th July	Margaret Bell	29th October	Ann Walker
6th August	Liz Brown	*	
13th August	Marion Little		1
20th August	Wendy Simpson	Action	
27th August	Margaret Richmond		209
			1
3rd September	Anne Gibbard		
10th September	Laurie McVeigh		
17th September	Jessie Ritson		《法法法
24th September	Joan Allan		
<u>-</u>	·		

Once again thank you for all your lovely contributions to the church flowers.

As you can see we are always looking for more people to help out by donating. We are now having to ask people on the rota to give twice a year and I don't really want to have to do that. So if you know of anyone who would be happy to help, please let me know.

Anne Colledge 01683 220446

Happy Summer time to everyone.

.\*Do you know what need there is locally? What do you believe God wants you to do to help?

Have a mission audit. Have a community audit. Build up relationships in community and beyond. Develop Christian mission, don't get tied down by worry about retaining what we have, knock down old walls surrounding religion and connect with people today.

The following speaker explained how he believes we might connect with the public.

\*Be a walk and talk church -be visible -be inviting . Make your morning prayer "Lord, who do you want me to speak to today?"

Make sure you chat to anybody and everybody in every day life , be approachable.

\*He used the acronym ACORN to explain his spiritual practice for mission

- A. Ask- Pray is there someone God wants me to connect with?
- C. Call- After our daily prayer we are called to action
- O. Obey Trust and obey as the hymn says. Our greeting might be "how are you?" Gods call to us is "where are you?"
- R. Report.- Testimony, Christians together connecting, considering.

**N**. Notice. - What is God doing in the present day? Not in the past, not in the future but concentrate on TODAY.

It was a thought provoking afternoon.

We had a couple more reports to listen to - in particular the safeguarding committee are keen to find people who are willing to become a Safeguarding Trainer in an effort to alleviate the current shortage of trainers. At the moment there are two trainers for a congregational membership in the South West presbytery of 38,400 making it difficult to comply with the COS requirement for every elder to be trained in safeguarding.

The next face to face meeting will be in September, probably in Kilmarnock but the venue hasn't been confirmed yet.

Laurie McVeigh

"If you can't fly, then run, If you can't run, then walk, If you can't walk, then crawl, but whatever you do, you have to keep moving forward." - <u>Martin Luther King Jr.</u>



#### OUR BRAND NEW CHURCH- WHAT'S HAPPENING AND WHAT IT MEANS

Further to articles in previous copies of 'The Link' we are pleased to be able to bring readers up to date with the latest progress on our union. As long ago as June 2022 we reported

on the proposed union of our three churches, together with the parish of Johnstone. After much consultation, debate and a number of public meetings, the Presbytery of Southwest Scotland has approved the Mission Plan originally proposed by the Presbytery of Annandale and Eskdale which included uniting our currently 'linked' churches, parishes and congregations.

Much has been said and written regarding the reasons for the strategy currently being implemented and mirrored in every presbytery and parish throughout Scotland. None of the decisions taken have been reached without a great deal of soul-searching by those responsible; the proposed changes to churches and parishes in which we have wor-shipped both collectively and individually for many decades do not come without sadness for many, if not the majority of members. However, in accepting and voting through the proposals presbytery members have acted faithfully in what they firmly believe to be right for the longevity of witness in our area and the furtherance of Christ's Kingdom in Upper Annandale.

Having been approved at the recent full meeting of the Presbytery of the South West (10<sup>th</sup> June 2023) all necessary legal measures have been put in place to enable the union. All that is required is a letter from Presbytery formally confirming the date on which this union will take place. At the time of writing we still await this communication but it is expected soon- and certainly before the next 'Link' magazine is due out!

#### What does it all mean?

As is right and proper for such a major step in the life of the church, the decisions and articles associated with the union are carefully constructed and recorded in various official formats ranging from legal documents, committee reports, minutes and appendices. However, we felt it important to provide a 'lay-person's' explanation so, in an effort to clarify some of the key issues, here are the main points as they will affect us.

1. From the date of union (set out in the letter we will receive from Presbytery), our three current churches- Kirkpatrick Juxta, Moffat St Andrew's and Wamphray, together with their parishes, will cease to exist.

2. A new parish of 'Upper Annandale' will be formed.

3. A brand new church will be created in the building previously occupied by St Andrew's church in Moffat and this new church will be called 'Upper Annandale Parish Church' (UAPC).

#### Areas of responsibility and those in charge St. Andrews

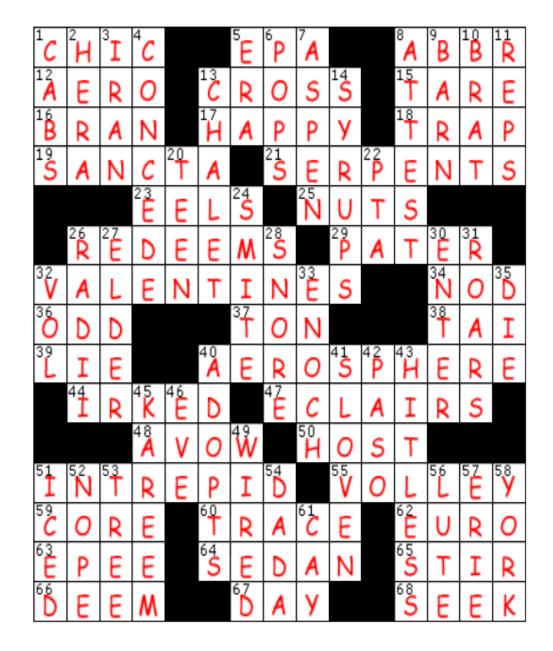
Church cleaning	Mr Donald Walker	220707
Church flowers	Mrs Anne Colledge	220446
Finance convener	Mr Adam Anderson	221164
Free-will offering	Mrs Marion Little	220922
Gift aid	Mrs Anne Sanders	222850
Hall lets	Mrs Alison Kirkwood	478149
Keeper of the	Mrs Hilda Saville	221827
congregational roll		
Life and Work &	Cheryl Fairholm	478367 (cafairholm@outlook.com)
"The Link"		
Moffat Toddler	Mrs Alison Kirkwood	478149
Organist/Musical direct	t <b>or</b> Ms Kate Durran	220742
Pastoral care	Mrs Hilda Saville	221827
Property committee	Vacant	
Safe Guarding Office	Liz Tait	
Seekers 316	Mrs Fiona Paton	220164
Session clerk	Mr Donald Walker	220707
Treasurer	Mrs Anne Sanders	222850
X7 41	M E' MI	



Mrs Fiona McLean



# Spring edition crossword solution



4. The new church will have one unitary governing body (kirk session) as a replacement for the previous three kirk sessions and all decisions regarding worship, mission and outreach etc, throughout the new parish, will be the responsibility of this new body (serving elders will automatically transfer to the new kirk session).

Although the buildings at Kirkpatrick Juxta and Wamphray are set for closure (in December 2023 and December 2025 respectively), until that date they may be used for worship or other activities deemed appropriate by the kirk session of UAPC. They will form key mission 'hubs' within the communities served, up until the point of closure; thereafter new mission hubs (e.g. village halls) will be used.

In due course the existing parish of Johnstone will be added to the parish of Upper Annandale. The time of this will be dependent, among other things, on the similar process which is currently underway for the charges currently linked to Lockerbie.

Despite the challenges faced, this represents an exciting time for us. As churches we have worked closely together for many years and this simply formalises and makes stronger existing bonds between us. We are fortunate that, entirely coincidentally but very much welcomed, is the fact that our new principal worship space- the new Upper Annandale Parish Church- is currently in the final stages of a major refurbishment. This will not only provide greater scope for developing our own worship but, together with our proposed mission hubs, will also present us with exceptional opportunities to engage with our communities.

We hope this short article has helped clarify some aspects of the transition currently affecting us all but, should readers have any further queries, please do not hesitate to contact our minister, Elsie, any of the current session clerks or presbytery elders.

**Mens Breakfast and Drop in Thursday** (used to be Wednesday) won't be on over Summer but Autumn will see a return and in the new look St. Andrews .church (God willing) Watch out for notifications on the St. Andrews website and Facbook pages.





The Organisers of these very popular sessions would like to thank St. Johns for being the host over the past 6 months.



Our Sunday morning seekers have been very blessed with the amount of sunshine and also the amount of outdoor space at Kirkpatrick Juxta (KJ). This has meant that we have been able to play games outside, hold discussions outdoors and go for walks too. We have been talking about who Jesus is, Jesus as a leader and also Jesus the healer. These are some of the comments that the seekers have written about who Jesus is:

"A brilliant kind of guy," "Good guy," "he died for us"

"he had lots of followers ", "I would be friends with him."

"Jesus would be friendly."

Jesus would be very calm and nice"

Jesus helped his people".

We are marking the end of our summer term with a prize giving on the 25th June at Wamphray.

Looking forward to the new school year which will hopefully see us in the newly refurbished St Andrews. But we have thoroughly enjoyed being at KJ and thank everyone for making us feel so welcome.

Jane Paterson

Mary's Meals has worked in Syria since 2017, providing school meals to thousands of vulnerable children in the city of Aleppo through our local partner Dorcas. We have taken the decision to launch an emergency appeal focused on Syria. Through Dorcas we are well-placed to respond to this emergency, with donations to our appeal helping to provide emergency food aid.

#### Mary's Meals – Syria Earthquake Appeal

Following reports of two devastating earthquakes affecting Turkey and Syria, the prayers of the Mary's Meals family are with the many families caught up in this disaster and those mourning loved ones. We invite you to join us in prayer for those affected, and for the success of emergency response efforts. Mary's Meals has provided school meals in Syria since 2017 with our local partner Dorcas, and we have now launched an emergency appeal to provide urgent support for children and families in and around Aleppo who are in desperate need. To find out more or donate, please visit marysmeals.org.uk/ campaigns/syria-earthquake-appeal or call 0800 6981212 or go to our website.

https://www.marysmeals.org.uk/campaigns/syria-earthquake-appeal

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Local residents, visitors and members of the congregation will likely have seen the updates on the church website and social media and in the local papers, detailing the large amount of work that has already taken place on the St Andrews Church Redevelopment Project as part of Phase 1.

Firstly, the pews and timber flooring and joists have been removed and replaced with a level concrete floor, which will make the space more inclusive for users with different mobility needs, as well as more flexible, to increase the different activities that can be held in the building by the church, community and external groups. Second, the inefficient heating system has been replaced with an underfloor heating system and extra insulation, making for a warmer building that is more environmentally friendly and costs less to run per hour. Finally, new toilet facilities are being installed, to ensure accessibility for all.

Phase 2 of the project, commencing now, will involve the purchase of floor coverings, chairs and audio-visual equipment, to further enhance the usability and inclusivity of the space. Unfortunately, there is a shortfall of approximately £80,000 to allow Phase 2 to go ahead and complete the overall project.

In order to help raise the outstanding funds, we are asking individuals and businesses to take part in a "Sponsor A Chair" initiative. Each new chair will cost £145, however we are asking for a donation of £125, and you can select to donate towards the cost of one or more chairs. Individuals that are UK taxpayers are asked to kindly consent to GiftAid if possible, as it will allow tax to be claimed back from the government at no extra cost to you. Businesses registered with Companies House should note that there is tax relief available for qualifying charitable donations.

Donations to the "Sponsor A Chair" initiative can be made by completing the online application and payment available at <u>https://www.standrewsmoffat.org/post/sponsor-a-chair</u> or by filling out the form on the opposite page and returning it to Anne Sanders, or to Elsie or one of the Elders at the end of Sunday Services.







Church Place, Moffat DG10 9ES, Scotland, UK Web: <u>www.standrewsmoffat.org/redevelopment-project</u> Mail: <u>standrewsmoffat@gmail.com</u> Charity no.: SCO12236







#### MESSAGE TO ST ANDREW'S CHURCH MOFFAT FROM THE DISTRICT GRAND PRIOR OF DUM-FRIESSHIRE AND GALLOWAY

I wish to thank you all for allowing us to hold our Annual Divine Service in your Church and especially the offer of participation through your choir, praise band and soloist. We have 3 Preceptories in this large area we cover. One in Stranraer (Kirkmadryme) one in Dumfries (Lincluden Abbey) and one in Lockerbie (Annandale). We are a Christian Order and each hold a Divine Service in their turn. The Preceptory of Annandale is the Host this year. As Annandale was founded in Moffat before moving to Lockerbie it is fitting that we return for this service. A warm invitation to all the congregation and their families to join us at the service is extended. These services are held all over Scotland by the various Districts and we travel to them offering our support. We will parade into the church in ranks of two and will be in the regalia of the order and our guests from other Masonic orders will come dressed in the regalia of their respective order. This will be a colourful spectacle for all to witness. We would like the congregation to join with us for refreshment after the service and we would be happy to meet them. Our Grand Master will also be attending. I am very much looking forward to this event, as are all our fratres.

Yours faithfully Daniel James McMeeken— District Grand Prior

Looking ahead to when the church reopens, we are delighted to welcome

# The Budapest Cafe Orchestra

Date for your diary

# 23rd September 7.30pm. £18

Tickets on sale via QR code or from Moffat Garden Centre.

Come along for great entertainment and to welcome our first evening event in the refurbished St Andrew's Parish Church Moffat

Fiona Paton



#### Christian Aid Week 2023 - Thank You

The local Christian Aid Committee for Moffat, Beattock, Wamphray and Johnstone Bridge would like to say a heartfelt thank you to everyone who helped raise the sum of £3075, making Christian Aid week a success in very difficult economic times.

A special thank you to A.M. Grieve Newsagents and Moffat Toffee Shop for hosting our collection buckets once again. We highly value the support you give by providing convenient drop-off points for donation envelopes.

Thank you also to Moffat Mill who kindly allowed our volunteers to collect at their premises, thus giving many visitors to the town the opportunity to give to a worthy cause.

A big thank you to the many volunteers who helped deliver Christian Aid envelopes to every address in our area. Also to volunteers who stood with collecting buckets at the Town Hall and those with collecting cans around the town, thank you for your patience and persistence.

Finally, a very special thank you to everyone who donated money, without it Christian Aid could not do it's vital work. Your generosity is effective in providing safety and essential provisions for people whose homes are destroyed by war or natural disasters. Also, Christian Aid is working to provide solutions to communities around the world where climate change and famine has caused crops to fail. This devastation is being reversed by planting drought resistant crops and setting up local cooperatives to enable local people to thrive and provide for their families.

To all of you, your contribution is making a valuable difference to the lives of people that have nothing left, your are giving them hope. On behalf of them we say thank you.

God bless you for your kindness, Moffat Christian Aid Committee

#### **Charity Committee**

A few dates for your diary for upcoming fundraising.

August 12<sup>th</sup> Coffee Morning for **Christian Aid** at the Town Hall from 10 – 12noon

September 2ndCoffee Morning for Kitega Community Centre in Uganda, at the<br/>Hall from 10 – 12noon

November 26<sup>th</sup> Coffee afternoon in St Andrews Church Hall (hopefully) 2-4pm, proceeds to **Mary's Meals** 

.../cont

We will be having a baking stall at the coffee mornings. Jars of jam, marmalade, lemon curd and other provisions also gratefully received. Please label baking and preserves with the ingredients in the item and if possible highlight any allergens.

We look forward to seeing everyone and raising funds for these worthwhile causes.

Anne Gibbard Charity Committee Member



We are **all** called to continue to care and minister to others in many different ways. Poignant words from one of my favourite hymns, "I the Lord of Sea and Sky" are "I will hold your people in my heart". We have been de-, 90<sup>th</sup> and even one 100<sup>th</sup> birthday cards.

lighted to send out several 80<sup>th</sup>, 90<sup>th</sup> and even one 100<sup>th</sup> birthday cards.

This group relies on receiving prompt, accurate information about members who have become ill, lost loved ones and also those about to celebrate significant birthdays and anniversaries. We are able to make contact, provide a listening ear, send cards, give flowers and offer comfort and prayers. Please provide information to Rev. Elsie Macrae, Hilda Saville, Jeff Brown, Laurie McVeigh, and Alison Kirkwood.

May God bless the work carried out in His name and to His Glory. AMEN

Hilda Saville

All of us in the Pastoral Care group would like to thank everyone who has donated items of food, household goods and personal care for families within our community via our church collection box.

All the goods are delivered regularly to the school who are always full of thanks.

At the moment the school is helping to support 32 families, and this support will continue throughout the school holidays.



I have been told that although all items are acceptable, especially welcome just now, would be "treat" sweets for the children. Apparently you can buy boxes of Ice pops, unfrozen, just ready to go in the freezer. Other items might be ice cream lollipops, unfrozen or sweets.

Not terribly healthy, but a treat for the summer.

So thank you again for your regular gifts of food etc for those who are struggling to feed their families within our local communities. Please keep them coming!

Laurie McVeigh