KNÉC NÉWS

DECEMBER 2019





Kirknewton and East Calder Parish Church of Scotland Scottish Charity No: SC006973



This month includes:

From the Manse

Boys' Brigade

News from Session

Cyrenians

GDPR

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Youth Church

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Vine Trust

In Focus

Chríst ís ín Chrístmas

It always amazes me how quickly the time comes around again to write another article for the newsletter! I can't believe that we're now thinking about Christmas again!

Some would say that Christmas is the most important time in history. If we say His story, then we're saying that Christmas is the most important event in the story of God.

For God so loved the world that he sent (he gave) his one and only Son so that all who believe in him would not perish but have eternal life (John 3:16).



Christmas then, is the event that begins the life of God with us, and baptism is the means of grace that brings that new life into being.

I like what Thomas Keating said about the Incarnation (the becoming human) of God in Jesus: "now God has become one of us and is breathing our air. In Jesus, God's heart is beating, his eyes are seeing, his hands are touching, his ears are hearing. Through his humanity the whole material universe has become divine. By becoming a human being (God) is in the heart of all creation and in every part of it."

Keating went on to say that because of all of this "every human person, by virtue of the Incarnation, is Christ. Everything in creation has been transformed by contact with his humanity".

The Good News of Christmas is that God in Christ has done all that is needed for humanity to be one with God and one with one another in love. What we often struggle with is to simply accept that truth and become aware of it what it means. It's as if we need to be daily awoken to the incredible reality that God is with us, dwelling in the depths of our (human) being.

Paul says in Galatians 2:20, "it is no longer I who live, but Christ lives in me".

May the Spirit of God awaken us all to a greater depth of that reality, so that the Christmas Gift of Christ in us might draw out and raise up eternal treasures for God's Kingdom, of faith, hope and love.

And, when it comes, may Christmas be blessed indeed and may we know the peace of Christ with us, now and forever.

Alístaír

Pastoral Care

Please let Alistair know if you'd like a home visit, or to go out for coffee. He doesn't always know who'd like a visit, so it would help if people asked for one. He'd hate to miss out people. Also, if you are happy for Alistair to hold your 'phone number on his mobile 'phone, please let him know if you haven't done so already.

Funerals

Mrs Margaret Kennedy on September 30th in Kirknewton Church.

Mr Peter Mushet on October 21st in East Calder Church.

Mrs Marion Wallace on November 20th in East Calder Church.

In Our Thou & Prayers



1st East Calder Company

An early Christmas treat for all the Boys this year. On the 29th the Anchors and the Juniors had a party with Cool Creatures, and a few goodies to eat. To avoid any confusion, the animals did not have the food!!! Great fun had by all.

The Company Section had a 'Bowl and Bite' evening at Deer Park. It's always good to build up your 10 Pin Bowling skills.

Moving forward a couple of weeks, we're having an evening of carols, readings and mince pies on Friday, 13th December at 7.00pm in East Calder Church Hall. An invitation is extended to everyone not just Boys and families. We hope many of the congregation will be able to join us. We look forward to seeing you.



Christmas Post

Post boxes will be in both Churches on the 8th and 15th December. The cards will be delivered within Kirknewton and East Calder villages **only** on the 15th or as soon as possible after that date.

Please write complete names and addresses on the envelopes and a donation of around 30p per card would be appreciated. The money should be put in the postbox with the cards.

Burns Supper and Family Quiz

Our annual 'Burns Supper and Family Quiz' will be held on Friday, 24th January, at 7.15pm. in the Church Hall. Watch the intimation sheet for further details



The profit from all our fund raising activities this year is going to Marie Curie - Registered Charity, England and Wales (207994), Scotland (SC038731).

Extracts from Session minutes of 24th September and 29th October.

Follow on from Alpha. All who participated have moved forward in their faith journey and want something to continue. 3 have attended church and 1 comes to Bairns' Rock. Post Alpha discussion group starts Thursday 31st October at the manse.

Inclusion (LGBTQ+). Rather than mention any particular groups in our society Session reiterated that Kirknewton and East Calder Church welcomes everybody.

Listening Project. The Report of the Research phase was accepted and agreed by Session. Session agreed that we should now proceed to apply for a Pilot Grant of £5,000 from Go For It. This has subsequently been granted.

Community Social Enterprise. An application is with OSCR to set up a charity called Reuse and Thrive. There are 3 directors on the board (1 being the Minister); but more are needed. There are lots of people willing to assist day to day; but more people are required to actually get the enterprise up and running i.e. be trustees and, for example, assist in drawing up a business plan and run finance. Once the enterprise is up and running it is envisaged that it will be self-sustaining. The plan at present is to have a pilot shop on Main Street East Calder up and running in the first quarter of 2020.

Well Equipped Spaces in the Right Place. This is in part a vision from the General Trustees but mainly it is a consultation on the future use of church buildings across the country. There was a consultation event at the EICC in Edinburgh on 30th August attended by the Minister and 3 of our elders and a subsequent questionnaire which Session filled in and returned.

Appointments. Board has appointed Jean Gilchrist as the new Board Clerk. Board has agreed that the post of Treasurer be split into 3 parts. The Finance Committee is pursuing positive lines of enquiry to fill the 3 parts. *Spiritual Health Check of Congregation.* The Minister hopes that we can make improvements as a result of the views gathered.

Review of Summer Activities. Session agreed that these were all excellent. The only comment was in connection with the Holiday Club. Whilst the week itself including the Friday night get-together was very good, the service on the Sunday afterwards did not work well due to the lack of parents and children attending.

ECO Congregation. Do we want to join this movement? It needs a named individual and perhaps a small group to take things forward. The Session Clerk will approach 2 individuals to sound out interest.

Torchlight Procession. Licence, Door duty, Carol sheets and Torches all arranged. The Session Clerk will try to arrange catering from 11.00pm. Posters will be displayed in the local shops to advertise the event.

Another Job for the Minister. He is Interim Moderator at the vacant charge of Whitburn South from 2nd December.

Contribution to Central Church. In 2020 we will pay £65,856 (2019= £67,223) a large proportion of which pays for our own ministry.

Boys' Brigade. Jean and David Gilchrist have informed Session that they intend to retire from the Boys' Brigade prior to Christmas 2020. Session thanked Jean and David for their 40 years of dedicated service in advancing Christ's kingdom amongst boys in the 1st East Calder.

Andrew Coutts Session Clerk **Cyrenians OPAL,** Older People Active Lives is a service provided in West Lothian for those 60 and over. They provide befriending by telephone and face to face and also have 13 groups in West Lothian that older people can access. Below are examples of ways in which they have helped people.

Telephone Befriending - Helen was referred to the service after moving back from abroad, she was suffering from depression and anxiety. She was having to use dial a ride to get to appointments as she couldn't face public transport. She didn't want someone coming into the house as she felt uncomfortable with what she called strangers. Telephone befriending was put in place to allow her to chat to someone and have a person who could encourage her to try different things. The calls took place each week, the first few calls were the ladies getting to know each other. Helen said that what she really wanted to do was to be able to get to Prestonpans to meet up with her best friend.

When Lynne heard this she thought of ways to encourage Helen to be able to do it. Lynne suggested to Helen to take a short walk with her dog to the bus stop and just sit and get a feel for what it was like, Helen would then feedback to Lynne what had happened and Lynne would set her another small goal to try, e.g. getting on the bus, going a stop further on the journey etc. Over time Helen felt much more confident and was getting the bus to her hospital appointments, meeting family, going shopping. Having Lynne to talk to and provide encouragement really benefitted Helen and as she gained confidence trying new journeys she took the decision to go to Prestonpans, she caught up with her old friend and continues to do so and to access more local activities.

Face to Face Befriending (time limited for up to 9 months) - Tom was referred to us by Reablement in December. He had been discharged from hospital to his daughter's home but was returning to his own home shortly after with the support of Reablement carers. Tom had been a keen walker and wanted to do this once again, he was also keen to try to meet others.

OPAL volunteer David was introduced to Tom in January. David enjoys walking and was very keen to help Tom get back to walking independently. The two men started walking on the 5th of February, on the 19th of February they tried the bus and in early March they took a trip to Livingston and had a walk there.

In April Tom tried the Memory Café at Rosemount Gardens and the Singing for Health group at Boghall Community Wing. By the end of April Tom was back to doing his daily walk and had attended the Nibble &Natter social group at Royal Scot Court. He was feeling confident using the bus and walking. He also felt that he would regularly attend some of the groups he had tried.

On the 30th of April David and Tom had their last outing as Tom had achieved his goal of walking on his own. He now had social groups to attend and felt confident using public transport. If you would like further information please get in touch at opal@cyrenians.scot<mailto:opal@cyrenians.scot> or call 01506 815 815

General Data Protection Regulation 2018 (GDPR)

It's now 18 months since the GDPR became effective. At that time, we advised that the Kirk Session and Congregational Board had agreed a Privacy Notice outlining how we use, disclose and protect personal information. Copies of our Privacy Notice, Data Protection Policy and Data Retention Policy are available on the Church's website at www.knec4jesus.org.uk Copies of the Privacy Notice are also displayed in both Churches and in East Calder Church Hall.

One of the requirements of the GDPR is that the information held by the Church is accurate. Please let your elder or Session Clerk know if any of your personal data changes e.g. name, address etc.

Gift Aid Declarations

If you have signed a Gift Aid declaration and your tax circumstances have changed please speak to the Treasurer or email knec.treasurer@gmail.com and your records will be updated.

However, if you require any further information regarding data protection matters please contact David Gilchrist at knec.dataprotection@outlook.com or telephone 07900 592417.

Moderator Designate 2020

A minister who set up a mental health support service following the suicide of Frightened Rabbit frontman Scott Hutchinson has been chosen to be the next Moderator of the General Assembly of the Church of Scotland.

Rev Dr Martin Fair, who will take up the ambassador role next May, said he was left "devastated" after the singer of one of his favourite bands took his own life and decided he could no longer stand idly by and do nothing. The 55-year-old, minister of St Andrews Parish Church in Arbroath, Angus, oversaw the rollout of three services delivered by the congregation's social action project, Havilah, earlier this year. Dr Fair said faith groups and other bodies have an "obligation" to fill gaps in public provision because the level of statutory support for drug addiction and mental health in Scotland is "desperately short" of what is needed. He said too many vulnerable people were being failed and politicians must redouble their efforts to address the crisis.

Dr Fair, who was ordained and inducted into St Andrew's Parish Church in 1992, said he hoped to highlight addiction and mental health issues during his year in office. He will be the first Moderator from Arbroath to serve as the Kirk's ambassador at home and abroad during what will be the 700th anniversary year of the Declaration of Arbroath. Dr Fair and his congregation set up Havilah in 2006 and paid staff and volunteers have helped around 1,000 people to date. Open five days a week, it used to predominately help addicts but services have been broadened with the introduction of a community choir, a therapeutic garden and a drop-in service. The new service provision was designed by six members of the congregation— three mental health professionals and three people who have struggled with their own mental health.

Dr Fair said: "Suicide is a horrendous endemic problem and we decided, as a church, that we had to do something. "I have buried too many people who have taken their own lives over the years because they felt alone and helpless in the darkness which many think is their only friend.

"I am a big fan of Frightened Rabbit and was absolutely devastated by Scott's death. "When his body was found something snapped within me and I decided that I could not go on merely saying 'isn't it terrible' every time someone took their own life."

Official figures show there were 1,187 drugs related deaths in Scotland in 2018, up from 934 the previous year while there were 784 probable suicides last year, 104 more than in 2017. Earlier this month, The Royal College of Psychiatrists warned that a UK-wide shortage of psychiatrists is forcing troubled youngsters to wait longer for NHS care.

Dr Fair, who grew up in Thornliebank on the southside of Glasgow, said: "The statutory provision to support people with drug additions and mental health is desperately short in terms of what is needed to address the epidemic. "There must be much more investment in mental health services to address gaps in provision which includes a shortage of practitioners. "I am not knocking the providers of mental health services - they are doing their best to support people but they are so stretched. "Churches and the wider voluntary sector have an obligation to step in and fill the gaps until they are able to access the appropriate services." Dr Fair said faith groups can provide therapeutic, welcoming communities that are full of people who care and are prepared to listen to people without judgement. "Havilah, which is referenced in the Bible as an area of the Garden of Eden where treasure of great worth is found, is a light in the darkness," he added.

Dr Fair was brought up in Spiersbridge Church, now called Thornliebank Parish Church, and his wife Elaine, a primary school teacher by profession, was his childhood sweetheart. The couple, who grew up on the same street and attended the same school, have three sons, Callum, 23, Andrew, 20 and Fraser, 18. Dr Fair said his passion for social justice was ignited by a favourite aunt and his time working for the Church of England as a youth worker in a deprived area of Leeds. "My Aunt Margaret was very motivated by her Christian faith and social conscience and told me that I have a responsibility to try and make our society better," he added. "My faith has always motivated me and in respect of Havilah, I absolutely fundamentally believe that what we have to offer drug addicts is more than a methadone programme, it is actually Christ. "The biggest success stories we have had in getting people clean is folk who have understood that their freedom is in Christ and for me, that is the Kingdom of God. "Yes, we campaign for social justice, we work against exclusion and we work for fairness but we are motivated by our belief that is what the Kingdom of God demands for us." "My favourite Frightened Rabbit song is 'Living in Colour' which is a brilliant anthem and a metaphor for what is possible in life.

"For me, that is what Jesus meant when he said 'you can have life in all its fullness' – it is living in colour as opposed to monochrome and that is what my ministry has been all about."

Dr Fair said he is excited and a bit daunted about becoming Moderator and his one regret is that his beloved parents, Ena and Bill who were born and bred in the Church, did not live long enough to see him take up the 12 month role. "I am really excited about the future of the Church and quite frankly, if I solely focused on statistics that suggested terminal decline I would have quit the ministry years ago," he added. "It is at a key crossroads and we are letting go of some of what has been and embracing what is to come. "I am looking forward to getting out and about and being alongside folk in the local church and hope to be an encouraging voice to help prepare all of us for what God has in store. "There is a wonderful opportunity for the Church right now to rediscover its meaning and purpose for the people of Scotland and beyond in the here and now. "I am totally fired up as a minister and as Moderator, I want to communicate that excitement and positivity."

Dr Fair, who spent a year as a youth minister in Bermuda before swapping the island for Arbroath, said claims that the Kirk is in its "death throes are well wide of the mark". "As I travel round the country even now, I see green shoots of growth and live in hope for what is going to come," he added. "What we will see emerge will be fresh and new and to quote a phrase, God is not finished with Scotland or His Church."

In addition to his doctorate from Princeton Theological Seminary, New Jersey, USA, the Moderator Designate holds a degree in Politics and Geography from Strathclyde University in Glasgow and a Bachelor of Divinity from the University of Glasgow. When he is not engaged in ministry in all its permutations, Dr Fair enjoys exploring the great outdoors and is a keen hill walker, mountaineer, camper, football fan and golfer. As a teenager, he had a handicap of two and a favourite family story is the time he forfeited the chance of winning a club championship by walking off three holes early because he feared he would miss a cinema date with his now wife.

Golf continued to be a passion into adulthood but a "life changing" accident in August 2017 now means Dr Fair's handicap of eight has slipped. He tripped and fell in the street in Arbroath and broke his left arm which has never properly healed despite three operations.

His left hand does not function properly and he is unable to tie his own shoelaces and necktie and relies on a specially adapted car to get around under his own steam. Dr Fair said: "It has been a huge learning curve and for the first time in my life I have had to ask for help. "While I wish this had not happened to me, good things have come from it because when you are dependent on people for help you take on a different view of life. "The support I got from my family and the Christian community was phenomenal and I think I am a more rounded person because of that experience. "My attitude is 'ok, let's get on with life' and I am not going to let it stop me or define me.

"I am now learning how to play golf one-handed."

ANNUAL BEREAVEMENT SERVICE

Our annual Bereavement Service takes place in East Calder Church on 1st December at 3.00pm. This service is for all who have ever lost a loved one and would like to remember and reflect in the tranquil surroundings of God's house.



This service will be followed by tea/coffee and home baking in the Church Hall.

All welcome.

REUSE AND THRIVE

Reuse and Thrive is the name of our new community social enterprise. We are having a Festive Information Evening on Monday 9th December at 148 Main Street, East Calder from 7.00 - 9.00 pm.



Come along and hear about the plans for this exciting, new venture.



There will be a short Christmas Service in the Lounge at Manse Court on Monday 23rd December at 11.00am. We look forward to sharing a time of carols, readings and fellowship with the residents.







Our Annual Torchlight Procession leaves from Meadowbank Road at 10.00pm on Tuesday 24th December. Torches will be provided and refreshments will be available prior to the Service in Kirknewton Church which begins at 11.30pm.

Please wrap up warm and join us.



THE BREAK

The Break: an opportunity to meet in fellowship for a short time of worship, prayer and thanksgiving. Meeting in the Prayer Room on the 1st and 3rd Thursday of the month at 12.30pm for 30 minutes, following the Lunch Club. After the summer, the Break started again in mid-September with our theme for the year being 'The Parables of Jesus'. Throughout the year, each meeting consists of a couple of worship songs, prayer and a short reflection led by a member of our fellowship (and a couple of guests Rev Ken MacKay and Rev John Povey).

Please check the intimations for who will be leading and the parable they will reflect upon. If you would like more information on The Break, please contact

Come and join us and share in fellowship, all welcome.

p.s. Thursday 7th May, Check your diary! This meeting is still available for anyone who would like to lead and reflect. Anyone interested, please contact



Youth Church, providing a time of worship, sharing, discussion and prayer is available for young people in S1 and above (meet at East Calder Church for the start of the 11:15am service before leaving to go across to the Kirk Hall).

Anyone interested in attending, please contact for more information.

HOUSE GROUPS

Our House Group programme has started again after the summer break. This mid-week opportunity for bible study, prayer and sharing in an informal and welcoming environment (starting with a cuppa, biscuit and chat) is an important part of fellowship within the life and work of our church. This term the group will continue to study the growth of the early church and Paul's first missionary voyage (focussing on Acts chapters 9 to 15).

Groups meets at the home of . All welcome.

If you would like to host a House Group or join one for the first time, please contact



Daily Reading Guidance

Sometimes we find ourselves with more questions than answers on dozens of key life topics. In His kindness, God has answered all our questions and many more, in the pages of His Word, the Bible. "Faith comes from hearing

the message, and the message is heard through the word of Christ" (Romans 10:17). The more time we spend studying God's Word the more our faith will grow.

However, should you wish some help with this, you may find using Bible notes helpful. Booklets such as Every Day with Jesus or Life Every Day (cost £3.25 per two months); Daily Bread or Encounter with God (costs £4.49 per three months) to name a few, all of which encourages us to read our Bibles every day, but also helps us to live our lives as Jesus teaches us to do.

If you have never used daily notes before, why not try them as we enter 2020. If you do, please let **and the second secon**

Vine Trust - Gathering 2019

Almost 100 delegates met at the Police Scotland College at Tulliallan over the weekend 16-17 November for the 2019 Vine Trust Gathering.

The weekend, in a conference style, was a time to celebrate all that our partners, volunteers, and supporters have achieved, and to look ahead to our 2020 vision.

The importance of partnerships can never be underestimated and Vine Trust were delighted to be joined for the Gathering by:

- Elena Pila (National Director in Peru for the Amazon Hope Programme).
- Rev Samuel Limbe (Programme Director for Jubilee Hope Programme). Samuel also heads the Kazunzu development.
- Archbishop Mussa Magwesela (Archbishop Geita Diocese, African Inland Church Tanzania)

The conference began with a welcome message from Vine Trust Chair Alec Carstairs and Chief Executive Willie McPherson. A number of interesting presentations followed, including 'medical' and 'building' breakout sessions. Throughout the day, delegates heard of the huge progress in the Tanzanian building projects with 135 individual homes built in the Moshi area (in the foothills of Mount Kilimanjaro) and the beginning of Vine Trust's biggest construction project yet at Kazunzu Village of Hope, on the shore of Lake Victoria, near Mwanza (where 8 family homes in 2 housing clusters will be completed by the end of 2019). The innovative and successful medical partnerships on the Peruvian Amazon and Lake Victoria Tanzania continues and Vine Trust were delighted to report that across both medical programmes over 2 MILLION consultations have now been delivered.

The presentations were concluded by Willie McPherson encouraging and enthusing everyone with an insight and flavour of Vine Trust's plans for the coming years.

Formal bits of the day over and it was time for the reunion dinner and for many folks to catch up with old pals and meet new ones. On the Sunday morning the Very Rev Albert Bogle, Founder and Chaplain to the Vine Trust Board led a short time of worship, before everyone headed home.

And there was more

On Monday 18th November, 42 people met in the Prayer Room at East Calder (some from our own Fellowship were joined by a good representation from Kirk of Calder) as Samuel gave an update on developments at Kazunzu and Willie thanked both congregations for their support over many years.

Picture (L to R) Mussa, Elena and Samuel outside Branches gift shop in Bo'ness.



IN FOCUS

KNEC Church, offers an opportunity to meet with others for informal evening worship at East Calder Church Hall (6.30pm). On average, approximately 28 people join together in fellowship and participate in sharing experiences of God's love in action. All are welcome.

Through considering various topics, speakers focus on issues facing God's people in today's world and reflect on God's guidance in real situations. Raising these issues through prayer, singing and discussion, brings people together in understanding. The weekly programme can be found in the Intimations.

God's greatest gift of love to us all, is His son Jesus, we will remember His birth at Christmas Songs of Praise on 15th December and at Christmas in the community, held in EC Partnership Centre on 22nd December.

Following this, there will be a short break and In Focus will resume on 12th January 2020.

The In Focus Panning Team pray God's blessings for all.

Church Hall Bookings

Requests should come to the Hall Convenors, by the end of the first week of each month and they will be referred to the Congregational Board.

Magazine Articles

If you have an article for KNEC News please submit it, preferably by email, using the dedicated address: knecnews@btinternet.com The deadline for March's Magazine will be **Friday 21**st **February.**

Church Website

The Church's website includes sermons. To access them all you have to do is to go to the home page **http://www.knec4jesus.org.uk** and click on 'Sermons' – now available to listen to via the website or to download or subscribe as a podcast on iTunes etc – the links are all on the website.

Copies of KNEC News are also on the website.

Have a look!

If you would like to receive KNEC News by email please send your email address to: **knecnews@btinternet.com**

Church Roll

If you are moving, or any change is necessary to the entry regarding you on the Church Roll, please give the relevant information to either your Elder or the Session Clerk.



CHURCH GROUPS

CONTACT DETAILS and MEETING TIMES

Group	Contact(s)	Email	Tel	Details
Bairns' Rock				Wednesdays: 9.30am-11.30am
				East Calder Church Hall
				Pre-school children
Bible Study				Last Wednesday of each month
	-			10.00am-11.00am
				Kirknewton Church Hall
Boys' Brigade				Fridays: East Calder Church Hall
				Anchor Boys: 5yrs/P3-6.30pm-7.30pm
				Junior Sect: P4/5/6-6.45pm-8.15pm
				Company Sect: P7-18ys 7.30pm-9.45pm
Congregational				Meets on last Tuesday of Sept, Nov, Jan,
Board				Apr and 3 rd Tuesday of June at 7.00pm
				and on last Tuesday Feb a joint meeting
				with Kirk Session at 7.15pm.
				East Calder Church Hall
EnerJ	EnerJ			Sundays: 11.15am
				East Calder Church Hall
				Ages 3 – 11.
Forget-me-	not			Last Thursday of each month
Café				10.00am-12noon
				East Calder Church Hall
House Groups				Wednesdays: 7.30pm
				Thursdays: 7.30pm
Kirk Session				Meets on last Tuesday of Sep, Nov, Jan,
				Apr and 3 rd Tuesday of June at 8.00pm and
				on last Tuesday of Oct, Feb, Mar and May
				at 7.15pm.
				East Calder Church Hall

Group	Contact(s)	Email	Tel	Details
Lunch Club				1 st & 3 rd Thursday of each month
				11.30am-12.30pm East Calder Church Hall
Men's				2 nd & 4 th Saturday of the month
Fellowship				East Calder Church Hall 8.30am
Praise Band			Sundays: 11.00am East Calder Church and	
				6.00pm East Calder Church Hall
Prayer Group				Mondays: 7.30pm
				East Calder Church Prayer Room
Singing Group			1 st & 3 rd Tuesdays at 7.45pm	
				in Kirknewton Church
				2 nd & 4 th Tuesdays in East Calder Church
The Break				1 st & 3 rd Thursday of each month
				12.30pm-12.50pm
				East Calder Church Prayer Room
The Guild			1 st and 3 rd Tuesdays of the month	
				7.30pm in East Calder Church Hall
Youth Church	Youth Church			Sundays: 11.15am
				East Calder Church
				S1 upwards



Happy Christmas