

ST PAUL'S MILNGAVIE

LIFE



2 NOVEMBER 2025

5TH ISSUE



*“THEY WILL BEAT THEIR SWORDS
INTO PLOUGHSHARES
AND THEIR SPEARS INTO
PRUNING HOOKS.
NATION WILL NOT TAKE UP
SWORD AGAINST NATION,
NOR WILL THEY TRAIN FOR
WAR ANY MORE.”
ISAIAH 2:4*

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Editor's Note

STEPHEN BRENNAN

November is a time for reflection. We start the month with All Saints' Day and Remembrance Sunday, when we look back and remember those who have gone before; before the end of the month, we will be into Advent, when we look forward to the coming of Christ. It's a time to stop, take stock, and ready ourselves for the busyness and joy of Christmas.

I hope you will find something in this month's *Life* that is helpful in your own reflections.

Thanks as always to our contributors and the rest of the editorial team.

Stephen

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Lynsey's Letter

REV LYNSEY BRENNAN

Dear friends

As we approach Remembrance Sunday, our hearts turn once more to those who have given so much in the service of peace — to those who laid down their lives, and to those who returned carrying wounds both visible and invisible.



Every year, as we gather in church and stand in silence at the eleventh hour, we are reminded of the weight of history and the cost of conflict. We remember courage and sacrifice, but also the pain that lingers long after the guns fall silent. For some, that pain is seen in the lines etched on their faces; for others, it remains hidden — carried quietly within, unseen yet deeply felt.

This year, as we reflect together on the words of the Psalmist,

“The Lord is close to the brokenhearted and saves those who are crushed in spirit” - Psalm 34:18

we are reminded that God's healing presence is found not only in moments of victory, but in places of deep sorrow. God is not distant from our pain; He draws near to it.

For many, Remembrance Sunday brings deep pain — for lives lost, for relationships broken, for memories that still wound. And for others among us, the invisible scars may come not from war, but from the battles of ordinary life: the loss of a loved one, the ache of loneliness, the quiet struggle with anxiety or depression. Whatever form it takes, pain has a way of isolating us — of making us believe we must carry it alone.

But the heart of the gospel tells us otherwise. In Christ, we find a love that crosses every boundary, a love that refuses to walk away from pain. This is the love that meets us in the dark places and helps us catch our breath again.

As a church, I believe we are called to reflect that same love — to be a community of compassion and grace, ready to listen, ready to care, ready to sit with others in their suffering. Sometimes people walk away from church because life has hurt too much. They drift from faith not out of defiance, but because they cannot bear to bring their pain into a place where they fear it won't be understood.

That's why I'm so looking forward to our special service on **Sunday, 30th November — Back to Church Sunday**. It's an opportunity for us to extend a heartfelt invitation to those who have been away for a while or perhaps have

never felt they belonged in church at all. It's a chance to say,

“You are welcome. You don’t need to have it all together. Bring your story, your questions, your pain — there’s space for you here.”

Sometimes coming back is hard. Sometimes it takes courage to cross that threshold again. But my hope is that together, we can be a church that meets people not with judgement, but with grace; not with platitudes, but with presence. A church that listens more than it speaks. A church that offers hope — not a shallow optimism, but the deep hope that comes from knowing Christ is near, even in our brokenness.

So as we remember this month — those who have fallen, those who still suffer, and those who quietly carry the invisible wounds of life — may we also recommit ourselves to being a people who love as God loves: patiently, gently, and without condition.

Let us remember — and in our remembering, let us bring healing.



As always, if you or someone you know requires a pastoral visit, a confidential space or spiritual support, please get in touch with myself or Rev John MacGregor.

With love and every blessing,

Lynsey

Book Club

JOYCE CLARK

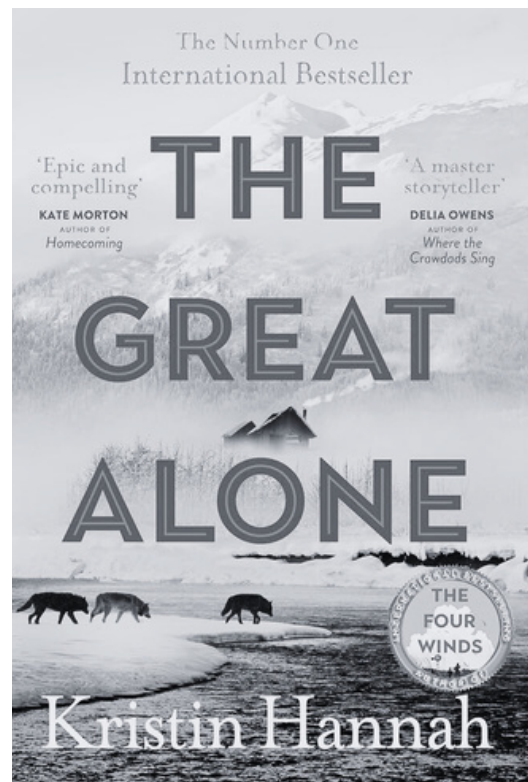
The author we were discussing this time was Kristin Hannah and the book was *The Great Alone*, one of the 22 books she has written.

The book is set in Alaska between 1974 and 1986. Life and living conditions were challenging to say the least, and the author described them in vivid detail, dealing with a husband returning from Vietnam with PTSD, an abused wife and no help available to either because of the isolation.

Some of the group did not like the harrowing subject matter, but others thought the author's writing was perceptive and excellent and were totally engrossed with the characters.

The whole point of our group is to discuss the book we have been reading, and it was a lively and interesting discussion due to the difference of opinions. This of course is why we meet, often reading books we would not normally choose.

Our next book choice is *James*, by Percival Everett, and we are meeting on Tuesday, 16th December.



Hello from Sakata

LORNA FERGUSON

I magine you have been asked to do a Scottish cooking class for a group of Japanese ladies. What would you cook? This is what the church here has asked me to do on 19th November. I opted for lentil soup with cheese scones and apple crumble for dessert. We will all make the food and then eat it together. We hope that

some non-Christian ladies will come, and I will also give a short message.

The minister has asked me to consider starting children's English classes at the church, possibly from January. As well as fun and games in English, I could do a short Bible story at the end of each class. We are also thinking about doing something for adults too.

Most Japanese people know very little, if anything, about the Bible, church, or Jesus. As we run events like cooking classes or English classes, we hope to introduce a little about what it means to be a Christian and ask whether anyone would like to learn more. Often, it can take many months, or even years, before someone says they would like to know more, so much patience is also needed.

When you move into a new area with young children who go to school, it is easy to get known and build relationships with local people. This is the first time I have moved to a new area on my own, so I need to be proactive about being visible in the community and meeting new people. One thing is to use communal spaces. I am writing this Life article



from the local library. There are desks where you can use your computer, free Wi-Fi and heating (which will be especially good in the winter!).

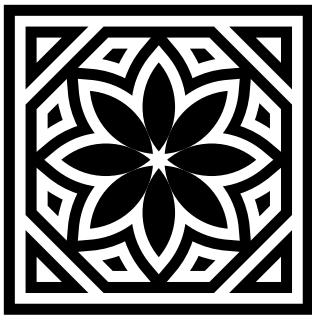
I hope that people will gradually get used to seeing me around. I also think of what Paul wrote in 2 Corinthians 2:15 about us being the “fragrance of Christ”. So as I go to places and interact with different people, I pray that I can spread the fragrance of Christ, not by my own strength but by the power of the Holy Spirit in me. Even if I don’t manage to speak to anyone, it is also an opportunity to pray for the people around me, asking God to work in their hearts and lives, and to give opportunities to speak.

Again, this requires patience, something I am not naturally good at. Please pray that I can be both proactive and patient! Please pray too for the thousands of people in Sakata who have never heard of Jesus.

Thank you so much for your prayers and support.

Every blessing, Lorna





Recipe of the Month

BUTTERNUT SQUASH AND COUSCOUS

ANN MACLEOD

Many people are trying to cut down on meat and this is an easy, filling recipe. Quantities can be adjusted to suit a number of servings. Serves four.



INGREDIENTS

- 1 tbs honey
- 2 tbs olive oil
- Small butternut squash peeled, seeded and cut into 2cm cubes
- 500ml/1 pt vegetable stock made with stock cube
- 1 courgette diced
- 1 red pepper deseeded and diced
- Juice of half a lemon
- Seasoning and parsley to garnish

METHOD

1. Heat oil to high in a large frying or saute pan. Add squash and fry until starting to brown.
2. Turn heat to medium, add pepper and courgettes and fry for 1 minute.
3. Add 200ml vegetable stock. Cover pan and simmer for 5 to 8 minutes until squash is tender.
4. Using packet directions, soak couscous in vegetable stock until liquid is absorbed (3 to 5 min).
5. Add to pan with honey and lemon juice.
6. Heat gently until all liquid is absorbed. Season to taste, garnish with chopped parsley.
7. Serve with green beans or sugarsnap peas.

John's Reflections

REV JOHN MACGREGOR

Dear friends

“Can I get you a glass of water?” came the gentle but reassuring voice of the session clerk at Torrance Church, just as I was getting ready to begin a recent service.

Little did I know that this gentle voice was Hing Leung, Professor of Urology at Glasgow University and researcher into prostate cancer at the Beatson. On a Sunday morning, he turns up to serve his people.



When Jesus calls us to follow Him, He calls us to service. From the very beginning of His ministry, Jesus modelled a life of service. He healed the sick, fed the hungry, comforted the bereaved, and washed the feet of His

disciples. In every act, He showed us that true greatness in the Kingdom of God is not found in being served but in serving others with humility.

In our world today, service often goes unnoticed. Yet it is through the small acts of service, a comforting word, a shared meal, a listening ear, an email, a letter, a text, that the light of Jesus shines most brightly.

Over the past eight months, Susan and I have been blessed by so many people showing us kindness as Susan journeyed with breast cancer. So many kind and good people have been there for Susan on this journey, and we are so grateful for all the support given.

Yes, we are grateful to the surgeon, the oncologist, the nurses and doctors at the Beatson, but we were also so blessed with family and friends who turned up at the right moments. I'm delighted to say that Susan rang the bell on the 20th October, marking the end of her treatment and the beginning of a bright future for us both.

As your pastoral assistant, I hope and pray that I also model a good example of service. I ask the Lord daily in prayer,

“How can I serve You today by serving those around me?”

Can I encourage you also to say that same prayer each morning?

Perhaps it's visiting someone who feels forgotten, helping a neighbour in need, volunteering to help in the church, or simply being present in someone's pain. Every gesture of love and self-giving becomes a living testimony that we are serving Jesus and that He lives in us.

Let us continue to serve Jesus with His grace and humility and to recognise that no task is too small and no challenge is too big. May our hands be willing, our hearts be open, and our spirits be filled with joy as we follow Jesus' example of humble service.

Every blessing,

John



Men's Association

BRIAN ADAIR

The association met twice in October, when most interesting speakers shared their knowledge of fire safety and prison chaplaincy with us.

In November, our first meeting is on Tuesday, 4th November, when our speaker is Iain Wotherspoon, who will be talking about the life of a Victorian actor, which, for the avoidance of doubt, we are sure he was not!

Our second meeting is on 18th November, when our very own David Lawson will be giving us an insight into the Trades House of Glasgow. Both meetings will start with tea, coffee and a nibble from just after 7pm, and the speakers will commence after devotions at 7.30pm.

We also remind all of our meeting on 2nd December, when we will have Brian Spence from Alzheimer's Scotland as our speaker. In October's Life, readers will have seen Linda Muirhead's advice to come to listen to this gentleman.

By the time you are reading this, we hope you will have

supported our coffee morning to raise funds for Dalmuir Barclay Community Pantry and Faifley Upcycling Project. A report will follow in December *Life*.

Thank You

GRAHAM GETTY

May I, through the courtesy of *Life* magazine, thank the family of our St Paul's Church for all the telephone calls, letters, cards and flowers delivered to me following my lovely wife Jean's passing on 20th September.

I was quite overwhelmed by the love and good wishes expressed to me and my family, which continues to this time of writing.

Jean and I had a marvellous time of some 60 years together, both in our youth and onwards to our later years, and it was indeed an honour for me to have been her husband of 54 years, and for our son Alastair and daughter Alison, their partners and families to have had such a wonderful mother, mother-in-law and gran.

Jean loved her friends and her church family, as

witnessed in the numbers who attended her funeral service in St Paul's and the reception in the main hall. It was truly magnificent.

The retiral collection for cancer research realised the sum of £1250. Our heartfelt thanks to you all for your care and concern.

The service was magnificent, with the church, music, worship and the assistance of Rev Lynsey and Rev John, both at the crematorium and church, and to Derek, Brian, Carla, Hugh, Marilyn, and to you, dear friends.

May God bless you all.

Graham

*“HE WILL WIPE EVERY TEAR FROM
THEIR EYES. THERE WILL BE NO MORE
DEATH OR MOURNING OR CRYING OR
PAIN, FOR THE OLD ORDER OF
THINGS HAS PASSED AWAY.”
REVELATION 21:4*

Christmas Cards

GORDON FAIRBROTHER

We are again arranging a special Christmas delivery from St Paul's to every household within our parish boundary.

The delivery will take the form of a Christmas card and will include an invitation to come and join us at our Christmas services.

Extra cards will be made available at the back of the church if you wish to hand these to any other households you may know that might consider coming along to join us at St Paul's this Christmas.

I am sure that anyone who takes up our invitation will experience the warmth and support of a loving and caring family at St Paul's, and that this will encourage them to come back to learn more. If you are able to assist in the delivery of our Christmas cards, please contact me by phone or mail. It is anticipated the cards will be available for delivery in mid-November.

Phone: 0141 563 8698 Email: gordonf62@gmail.com

Roll changes

Sorry, this section isn't available online.

1 REMEMBRANCE SUNDAY



A Service of Remembrance will be held at the war memorial in Milngavie Precinct commencing at 10.50am, on Sunday 9th November and will be conducted by the Rev John MacGregor.

It will be attended by the Lord-Lieutenant, representatives of East Dunbartonshire Council, the community council, churches and youth organisations. All organisations invited to be present should gather at the war memorial in Milngavie Precinct by

10.40am. Ex-servicemen and women are also welcome to assemble.

Representatives laying wreaths from EDC, the community council, clergy and emergency services will assemble in the Fraser Centre at 10.40am.

Representatives of other organisations, relatives and members of the public wishing to lay wreaths are asked to do so at the end of the service.

The Garden of Remembrance outside the Fraser Centre will be dedicated on Monday, 3rd November at 11am.

There will be a short and reflective Armistice Day Service at the war memorial on Tuesday, 11th November, at 11am.

2 THE GUILD

The Guild meets on Monday afternoons at 2pm in the large hall.

Our topics for November are as follows:

- **3rd November**
Operation Hope, serving Christian communities in Egypt, which is one of the National Guild Projects
- **10th November**
Bible study led by Rev Lynsey Brennan
- **17th November**
Musical Mates
- **24th November**
EDC Libraries

Visitors are most welcome to join the Guild members, and there is always time for a cuppa and a chat at the end of each meeting.

3 CHRISTMAS CHOIR

Is it ages since you sang in a choir, maybe at school? Would enjoy the challenge, enjoyment and reward of singing Christmas music in the church? Now's the time to give it a try!

Practices for the Christmas repertoire to be performed by the church choir are starting from the beginning of November on Thursday nights from 7.45pm until 9.15pm in the church.

Last year we very successfully augmented the choir and we're hoping that even more people will join us this year.

You would be most welcome to come along on any of the Thursday evenings leading up to Christmas. Further details from Derek Norval, 07814389262.

4 ST PAUL'S ON TOUR 2026

Our dates next year are 17th to 21st April, and we are visiting Northumbria, staying at the Radisson Blu hotel in Durham.

As well as exploring Durham, including an optional boat trip and an National Trust garden, we shall attend Sunday service in the cathedral, visit Bamburgh Castle, Beamish Outdoor Museum, Bide-a-Wee Garden and Hadrian's Wall.

All rooms are now booked but the waiting list is open. Anne Ritchie, group leader. Tel: 07811 973 375

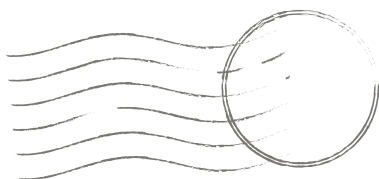


5 STAMP APPEAL

This year the appeal will support The Al Ahli Hospital in northern Gaza, which is owned and run by the Anglican Diocese of Jerusalem and is a partner of the Church of Scotland.

Further details of this appeal are on a poster attached to the collection box in the Strathblane Road entrance.

Please remember this appeal during the Christmas season as we all receive more letters and parcels. The collection box is in place all year to collect any donations of used stamps or stamp collections.



6 ST PAUL'S SERVICES

All Sunday morning services this month will take place at 10.30am and will be led by Rev Lynsey Brennan, except on the 2nd November, when Dr Stephen Thoms will lead. As always, we invite you to stay for tea and a chat after the service.

Sunday 30th November is our "Back to Church" service in the morning; later that day, we have our evening service, "The Way", which has a St Andrew's Night theme. Doughnuts and coffee at 6.30pm - service 7pm.

Our Advent services begin on Saturday, 29th November at 10am. Beforehand, we host the Milngavie churches' prayer breakfast at 8am.

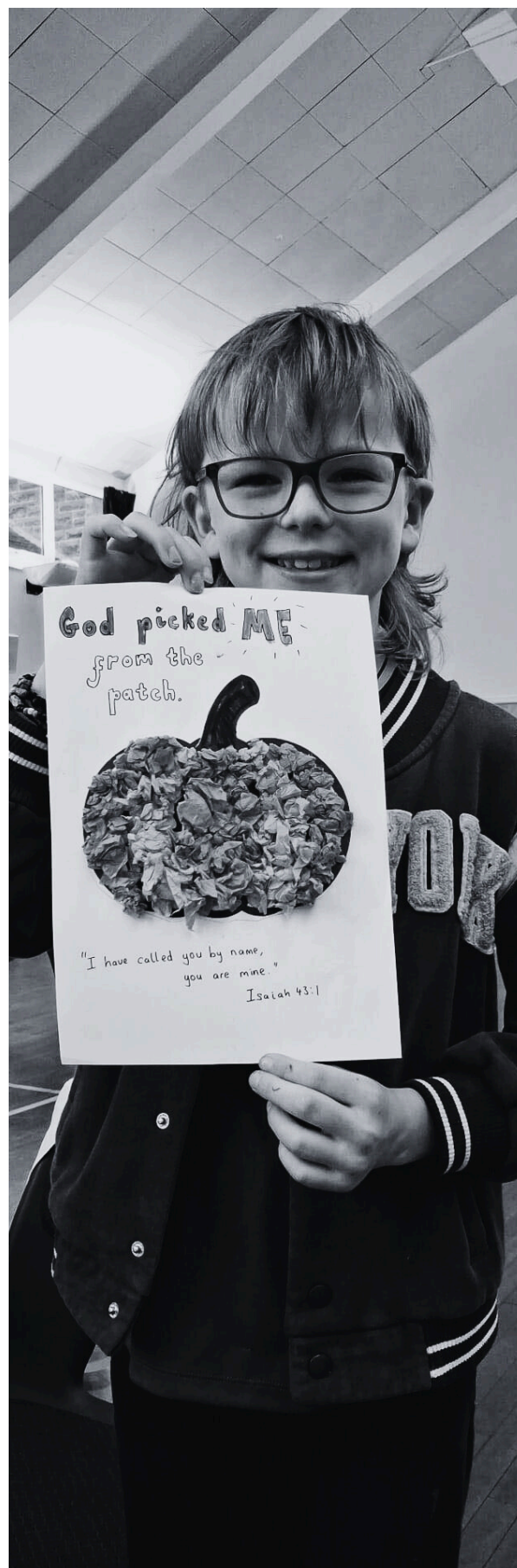
7 BALDERNOCK SERVICES

All Sunday services this month will take place at noon. Our services will be led by Rev Lynsey Brennan, except on 2nd and 16th November, when we have guest preachers.

The church will be having a film night on Saturday, 22nd November.

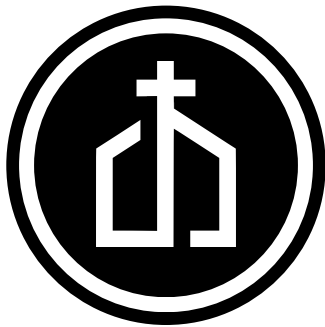
8 LIFE DEADLINES

The next issue of St. Paul's Life will be published on Sunday 30th November. The deadline for submissions is Sunday 23rd November. Please note the earlier deadline so that we can get the magazine out for the start of Advent. All submissions and suggestions are welcome. Thank you for all your continued support.





Scenes of our amazing volunteers hard at work at the Blythwood Shoe Box Appeal wrapping day. Thank you to everyone who took part!



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