

## Family Social Committee

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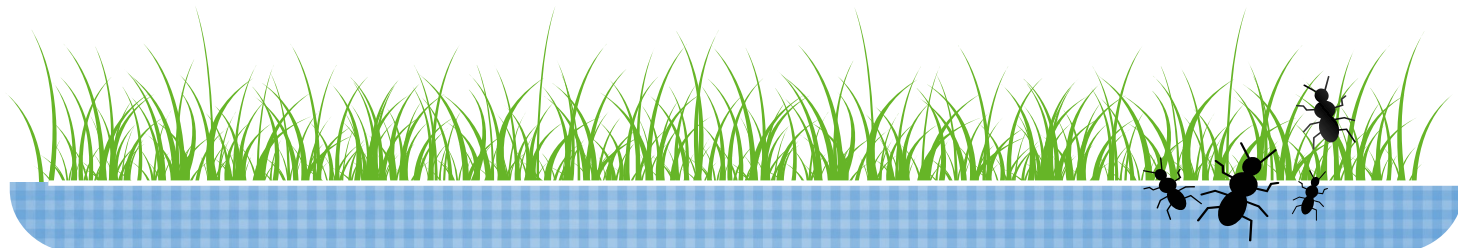
Monday morning came all too soon, and after an early rise we headed north, leaving behind the Milford Hotel and its wonderful staff. Our route took us through the rolling countryside of Yorkshire, Lancashire and Cumbria, and like the Scottish Borders earlier in the weekend, the lambing season was in full swing with the fields full of sheep and lambs – a wonderful sight.

A brief stop at Kirkby Lonsdale, situated between the Lake District and the Yorkshire Dales allowed us time for a morning ‘cuppa’, before moving on to Peebles where we enjoyed a soup and sandwich lunch at the Green Tree Hotel and some last minute shopping.

Despite encountering heavy traffic on the City Bypass and Forth Road Bridge, we returned safely to Kirkcaldy shortly before six o’clock after another very enjoyable weekend.

Successful events of any kind of course don’t just happen, and thanks are due to a number of people – to our coach drivers, Douglas (Kirkcaldy to Ecclefechan) and Lewis (Ecclefechan to Yorkshire to Kirkcaldy) for their undoubted driving and navigational skills, however particularly to Lewis for joining in with the group and being so helpful; to Glenda at AT Travel, Edinburgh for her advice and assistance in the organisation of our itinerary; to Alison for such a wonderfully thoughtful Service on the Sunday morning; to Margaret G. for making up the quiz, (and for providing the answers!); to John W. for his unique resume of our holiday; to members of the Family Social Committee and finally to my fellow travellers without whose interest and support our weekends away would simply not take place.

**Ken Bellingham**  
**Chairman, Family Social Committee**



## Newsletter - June 2017

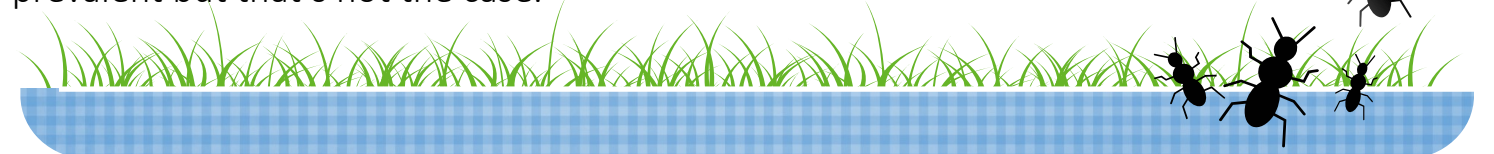
The Peace which surpasses all human understanding

Dear friends

The world seems to be going through a turbulent time and, these days, watching the news is certainly not good for mental health. Just living in modern day society seems to be challenging for mental health. The BBC has highlighted this in recent programmes which have looked at the problem of sleep disorder. Most recently, Dr Michael Mosley’s “The truth about sleep” has offered valuable advice on how to get a good night’s sleep. Apparently, the pace of modern life, the 24/7 pressures most of us face, coupled with the all-pervasive screen time on laptops, smartphones and tablets, all disrupt normal healthy sleep patterns. So many people live in a sleep-deprived state which can lead to longer-term health issues.

Studies have shown how sleep deprivation can be bad for doctors, who have to make many critical judgements every day – but we all know anecdotally, how a poor night’s sleep can affect our performance the following day. Why should we be concerned about these things we might wonder? I would argue that Christians should be very concerned about these things out of basic love for one’s neighbour. Jesus said that He came to bring life – not just existence – and He said that He came to bring it in all its fullness. Sleep deprivation, worry, anxiety, stress, overwork and the inability to relax all rob people of the life which Jesus promised.

I am sure that we all know someone who is struggling with sleep at night and failing to function properly in the day because they are worried and stressed, either about themselves and their own situation, or about a family member. It is possible too that we are that very person! We might assume that with Spring, when the weather improves and the days get longer, that the problem would be less prevalent but that’s not the case.

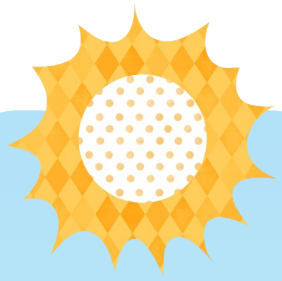


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### Important Dates

**10th June Summer Fair**  
**3rd July Holiday Club**



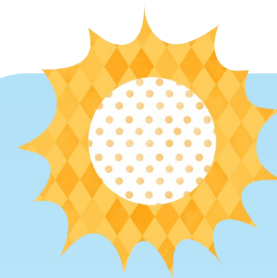
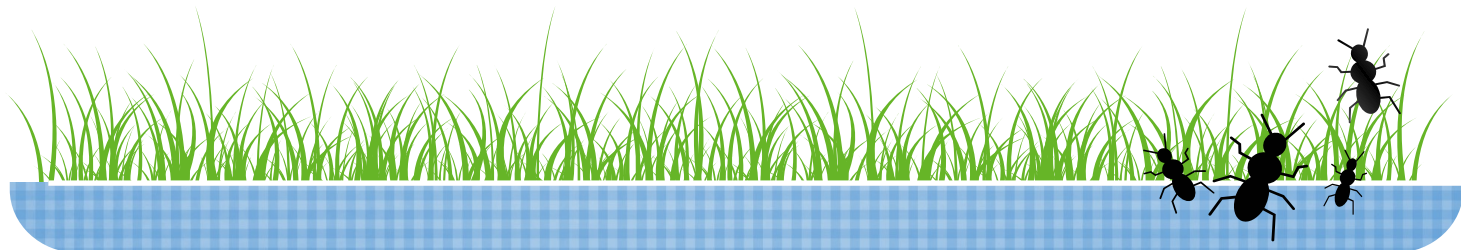
## Gardeners' Corner

The Guardian online states, "The seasonal effect is seen all over the world, with the northern hemisphere witnessing a big rise in suicides in May and June and the southern hemisphere seeing a similar rise in November."

We need to remind people every day that they are loved and valued by God, not by their achievements and productivity but because of who they are. We need to step back from a critical spirit when tempted to pile pressure on other people. We need to ask ourselves if we really need to ask for things to be completed in an unreasonable timescale. We need to remind ourselves that everyone faces hidden pressures in their lives and that happy exteriors can often mask many internal worries and burdens.

Thank God for the scientific community, which can offer good, practical, sound advice on how to get a good night's sleep and how to live well in a challenging climate. But let us also remember the insights we gain from our Christian faith. Books about "Mindfulness" are everywhere and people may gain the impression that it is a new discovery. But mindfulness has many parallels with the life of prayer. It involves setting aside a disciplined time to be "in the present moment". For the sake of brevity, prayer is setting aside a disciplined time to be "in the present moment – with God!" That calm, serene, moment, so lauded by proponents of mindfulness is something which the religious community has preserved over centuries and which the secular world has often derided. Prayer is the purest form of mindfulness because it acknowledges the serenity we gain when mindful of a loving Creator. The green pastures, beside the still waters, resting under the Shepherd's tender care is no illusion. Find that moment of mindfulness every Sunday morning in church and in your quiet time with God each day.

Your friend and minister,  
Andrew Donald.



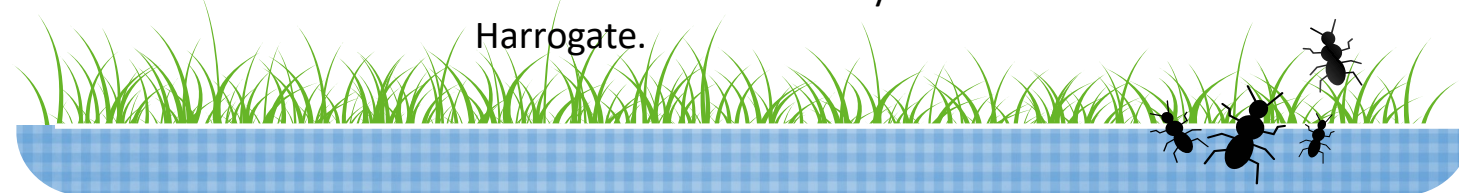
## Family Social Committee

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James Alfred 'Alf' Wight, alias James Herriot wrote a number of short stories about his life as a vet in Yorkshire, and inspired the television series 'All Creatures Great and Small'. Although a very proud 'Honorary Yorkshireman', Alf Wight was born in Sunderland in 1916, and when only three weeks old, moved to Glasgow where his father had obtained employment in the shipyards. He was educated in Glasgow and on leaving school attended Glasgow Veterinary College (later to be incorporated into Glasgow University), from where in 1939 he graduated with a degree in veterinary medicine. He worked briefly as a vet in Sunderland, however in 1940 he moved to Thirsk where he joined the practice of Mr Donald Sinclair, (Siegfried Farnon in the TV series). The rest they say, 'is history'! 'The World of James Herriot' at 23 Kirkgate, Thirsk is set in the former surgery and home of Alf Wight and offers a rare insight into the man himself, his work as a vet and the film and television adaptations which his books inspired. He died in 1995 aged 78 years.

After a few hours in Thirsk we headed for Helmsley, once described as *'the perfect English Market Town.....bustling square, dramatic castle ruins, charming tea rooms, inviting inns, all surrounded by mile after mile of the beautiful North York Moors.'* Negotiating the infamous Sutton Bank was the next challenge for our driver, however he succeeded in getting our coach up the steep incline without difficulty. The North York Moors National Park did indeed greet us at the top, and after a short time we arrived at Helmsley – and yes, the Square was bustling with visitors, especially bikers having a welcome rest from their travels.

The committee had proposed that for the Sunday afternoon, *'we enjoy a relaxing drive around the picturesque towns and villages of North Yorkshire'*, and that was just how things turned out. We ended the day in Pickering, yet another historical market town and the home of the North Yorkshire Moors Railway, which regularly featured in TV's 'Heartbeat' and the 'Harry Potter' films. (Many will remember travelling on the steam railway between Goathland (Aidensfield) and Pickering in 2004 when the Family Social Committee were based in Harrogate.







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Arriving at York early afternoon, we were met by further road closures in the city, however thankfully, we were able to park only a short distance from the Minster. Always popular with tourists from home and abroad, York has a unique atmosphere, and the majority of our group took the chance to remain in the city centre and join in the fun of the street performers and musicians, while others visited the National Railway Museum a short distance away.

After a 'late' breakfast the following morning, we set off for Thirsk and our first visit of the day – 'The World of James Herriot'. On the way however, we enjoyed yet another Family Social Committee tradition – a short Sunday Service on the coach. Alison Davidson again led us, reflecting on how we should all support each other along life's often difficult road, drawing on the analogy of wild geese flying in a 'V' formation. She concluded, *'If we have as much sense as the geese, we'll stand by each other and give our love and support to those in need'*.



## Flowers

### Family Register

## Flowers

The Flower Team wish to thank all who give monetary donations for flowers that are displayed in the Church each Sunday. The flowers are greatly appreciated by those who receive them.

### March 2017

5th. Mrs E Duncan  
12th. Flower Box

19th. Mrs. A. Mitchell  
26th. Mr D Todd

### April 2017

2nd. Mrs T Simpson  
9th. Mrs A Davidson,  
Mrs S Welensky  
16th. Mr & Mrs J Horn  
23rd. Flower Box  
30th. Flower Box

### May 2017

7th. Mrs. A. Brown &  
Mr. & Mrs. A. Hugh & Family  
14th. Mrs C Hunter  
21st. Flower Box  
28th. Flower Box

*Thank you to all  
who arrange the  
flowers in the  
Church and*

### Deaths: Jesus said, 'Because I live, you will live also'

*Mrs Ena Matthew,  
Dysart Road, Kirkcaldy.....16th March 2017*

*Mrs Irene Peebles,  
96 Mid Street, Kirkcaldy....2nd April 2017*

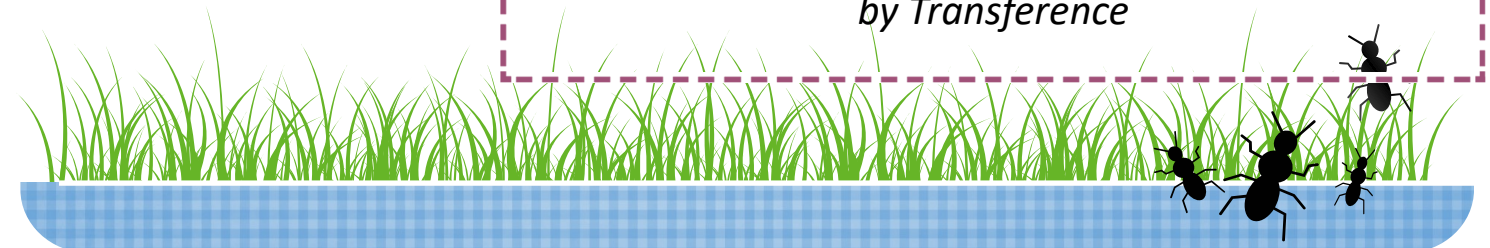
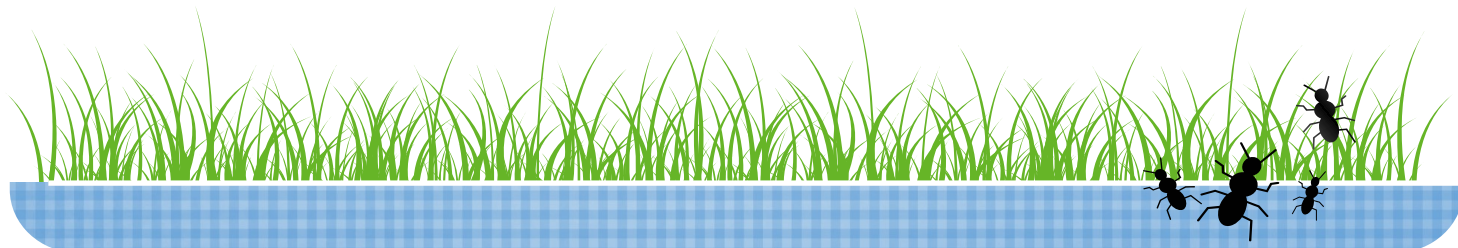
*Mr Hunter Graham,  
244 Ravenscraig, Kirkcaldy..... 17 April 2017*

*Mr David Dobbie,  
3 Mill Street, Kirkcaldy..... 18 April 2017*

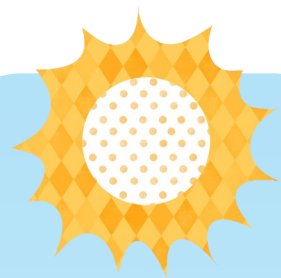
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### New Members

*Myra Porteous,  
185 Ravenscraig, Kirkcaldy  
by Transference*







## Summer Fair

### Gardeners' Corner



Thanks as always go to the enthusiastic helpers who all work extremely hard to make, bake and prepare for the **Summer Fair**. A further thanks to all those who donate goods and cash to the various stalls.

*Can you help?*

*Can you donate?*

*Can you attend?*

Anyone who is willing to help please contact one of the stall holders (see below) or contact Tracey Graham on 01592 204635. Donations of cash or goods/articles for any of the stalls may be handed in on the Friday evening or Saturday morning prior to the Fair.

**Books** - Eddie Cockburn, **Bottles** - Alison Davidson, **Cakes** - Tracey Graham, **Ice-cream & Candies** - Nan Dick, **Silent Auction** - Angus Hugh, **Soft Goods, Boutique & Plants** - Elizabeth Duncan, **Teas** - Mina Paterson, **Oddments/Toys** - Rodney Hunter.

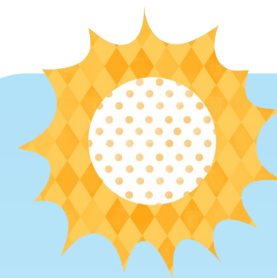
### Gardeners' Corner



The big birch tree in the John Ogilvie garden has been pruned having not been pruned for at least 10 years. This had to be done by professional tree surgeons due to the scale of the job.

The garden team have made a good start to the season but growth in the garden has been slowed due to the lack of rain. Bedding plants in the form of perennial ground cover plants have been laid in the front border of the John Ogilvie garden and have taken root. The grass appears patchy but will come good in June as new grass seed takes hold after recent much needed rain.

The garden team meets every Monday morning during the season for 2 hours in the garden and a cup of tea and a blether afterwards. New members most welcome. If you would like to join in please contact Paula in the office.



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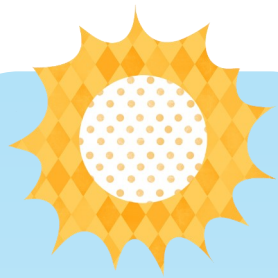
After a group photograph, by now an inherent part of our weekend away, we set off for Richmond in the Yorkshire Dales, the first of many market towns to be visited. Although only a short stop-over to allow us to stretch our legs, the coffee shops and restaurants saw a dramatic 'spike' in their profits..

On our arrival at the Best Western Plus Milford Hotel, Peckfield, near Leeds we were given a very warm welcome by the Duty Manager, and such fine Yorkshire hospitality continued throughout our stay. Accommodation and facilities were excellent, (the underfloor heating in the bathroom was quite a treat!), as were the meals and service overall.

The fine weather continued on the Saturday morning as we set off for Skipton, an hour or so drive away. The open-air market in the heart of the town offered everything from fruit and veg to hats and coats, and did a roaring trade. The town was bedecked with bunting, flags and a variety of paraphernalia associated with the Tour de Yorkshire cycle race, which although not scheduled to visit the town itself, had great support from the local community. With the second stage of the race due to finish that afternoon at Harrogate, many of the roads in the area were closed to normal traffic, and our coach driver had to use all his navigational skills to get us to our next destination. That said, we did see a great deal more of the Yorkshire countryside as a result.







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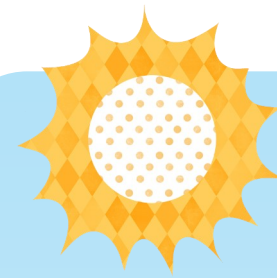
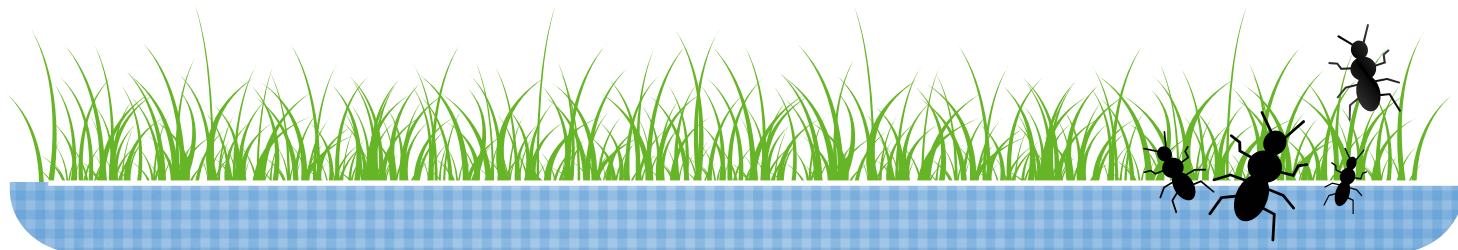
#### Weekend Away, Yorkshire

**Friday, 28 April – Monday, 1 May, 2017**

The Bank Holiday weekend of May, 2017 might well go down in Yorkshire folklore as one which stands out for the number of unique events which took place, indeed it's one which is unlikely to be repeated – three days without a hint of rain, the Tour de Yorkshire cycle race featuring riders from around the world and attracting almost two million spectators, a charity Tractor Rally where over one hundred vintage tractors paraded through the streets of Pickering and surrounding area, and ..... Pathhead's Weekend Away, our seventeenth, to Peckfield near Leeds.

Unlike last year when we set off from Kirkcaldy in wintry conditions, (you may remember the blizzard which hit the town on the Thursday night), Friday, 28 April, 2017 saw a fine Spring morning, cold but sunny with clear blue skies. Thus, the scene was set for our group of thirty-nine Pathhead folk and friends. Disappointingly, one familiar face was missing on the coach. Emma Brown has been on every one of our previous trips, however health concerns meant she was unable to join us this year. In typical fashion though, Emma, a great supporter of the Family Social Committee, made sure that even though she couldn't be with us, her tin of sweeties could!

Crossing the Forth Road Bridge, we travelled along the Edinburgh City Bypass before zig-zagging cross-country to the M74 motorway, via Biggar and Abington and our first stop of the day. The staff at the Cressfield Hotel, Ecclefechan have looked after us well in recent years, and again we were treated to tea, coffee and freshly baked scones in comfortable surroundings.



## Money Matters

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The first four months of 2017 have seen an improvement in both the Church and Outreach finances. This can be attributed to the decision taken by the Finance Committee not to replace the caretaker or the Outreach Administrator. So a huge thanks to all the volunteers who have stepped up to the mark to make this decision work. There is a dedicated band of volunteers who work in the café, deliver meals, help with the cleaning, help to set up the hall at various times each week, look after the gardens and help with locking up throughout the week. Without their help it would not have worked. Over and above those there are the teams who man the coffee mornings and the Sunday teas each week. So if you have a couple of hours to spare in the week speak to the Church secretary, the Minister, the Session Clerk or myself. The load will be lighter if it is spread among more people. Although our finances have improved on last year we are still in a loss making situation. We must try everything in our power to remedy this.

[This is where you can help](#) - If you are a tax payer you could sign up to Gift Aid this would add 25% to your givings without costing you anything extra - [You can increase your givings or you could support the café.](#)

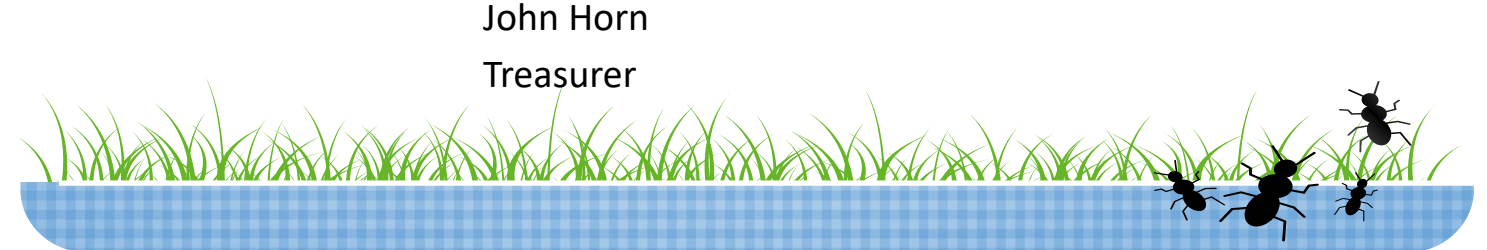
At the moment the majority of the people who use the café are not church members. If you have never tried the cafe meals you would be pleasantly surprised how good they are.

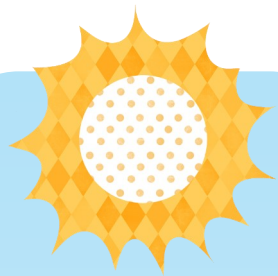
The food is top quality and reasonably priced.

The Saturday coffee mornings are supported by the same few church members. We are fortunate the people from G.A.Scotland patronise the coffee mornings otherwise they would be showing a poor return for all the efforts of the volunteers. Again if you have never been to the coffee morning you will be pleasantly surprised at the superb home baking that is on offer. These are just some of the ways in which you can help to reduce our losses,

John Horn

Treasurer





## Guild News

### Christian Aid 2017

The A.G.M. of the Guild took place on Monday 17th April. Convener Nan Dick had already indicated her intention to stand down after several years in the post. Finding people to fill Committee posts is not easy but Isabelle Povey let it be known her willingness to serve. Isabelle was duly proposed, seconded and elected as in-coming Convener. All other Committee members agreed to remain in post. This commitment is what makes Pathhead Parish a strong Guild.

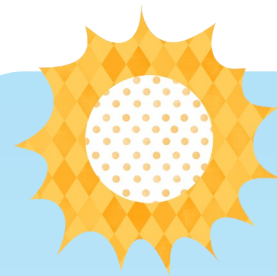
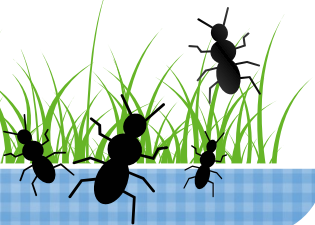
The A.G.M. signals the official end of the Guild year. However, on Monday 8th May, we had the first of two summer meetings. Alison Davidson supplied a DVD of "The Gathering". This is the coming together of Guild members from around the country in the Caird Hall in Dundee. We listened to some of the hymn singing and also to the address of the Moderator, Right Rev Russell Barr. Following that there was community singing led by Maggie Brown who had put together a programme of songs, old and new. Maggie has been hiding her light under Bushel because she is quite an accomplished pianist (Liberace, eat your heart out!) All this made for a happy evening of fellowship and fun.

The final summer meeting is Monday 12th June when the now famous fish supper evening takes place. Katie Samson organises this so anyone interested must give an order to Katie in advance of that date. The Guild resumes on Monday 4th September at 7.30pm. New members are assured of a warm welcome.

### Christian Aid Week 14-20 May



A very successful coffee morning was held on Saturday 13th and a total of £380 was raised. Thanks go to all the bakers, volunteers who helped and everyone who attended and supported this event. The total collected for this CA week will be reported in the next newsletter, but thanks go to all the volunteers who are collecting in the streets surrounding our church. A total of £270 from the retiring collection this year will be going to the South Sudan Appeal.



## Holiday Club 2017

### Showstoppers



**Get ready to lift the curtain on the greatest show on earth  
– God's great plan for salvation!**

**Pathhead Holiday Club: Monday 3 - Friday 7 July**

Our holiday club for primary school age children this summer will run every morning from Monday 3 - Friday 7 July and this year will have a theatrical theme - it's called Showstoppers. As always our holiday club can only go ahead if we have enough people involved in the team, not just helping with the children, but also in many other practical ways too. If you are free during that week in July and would like to help with the club (or would just like to find out more about what's involved), please speak to one of the planning team: Neill and Jacqueline Mitchell, Anne Deas, Rena Barclay, Kathy Glachan, Marilyn Davie, Aileen Yuile and May Snaddon.

If you know a primary school age child who would like to come along, ask one of the planning team for a flyer or get one from the church office.

