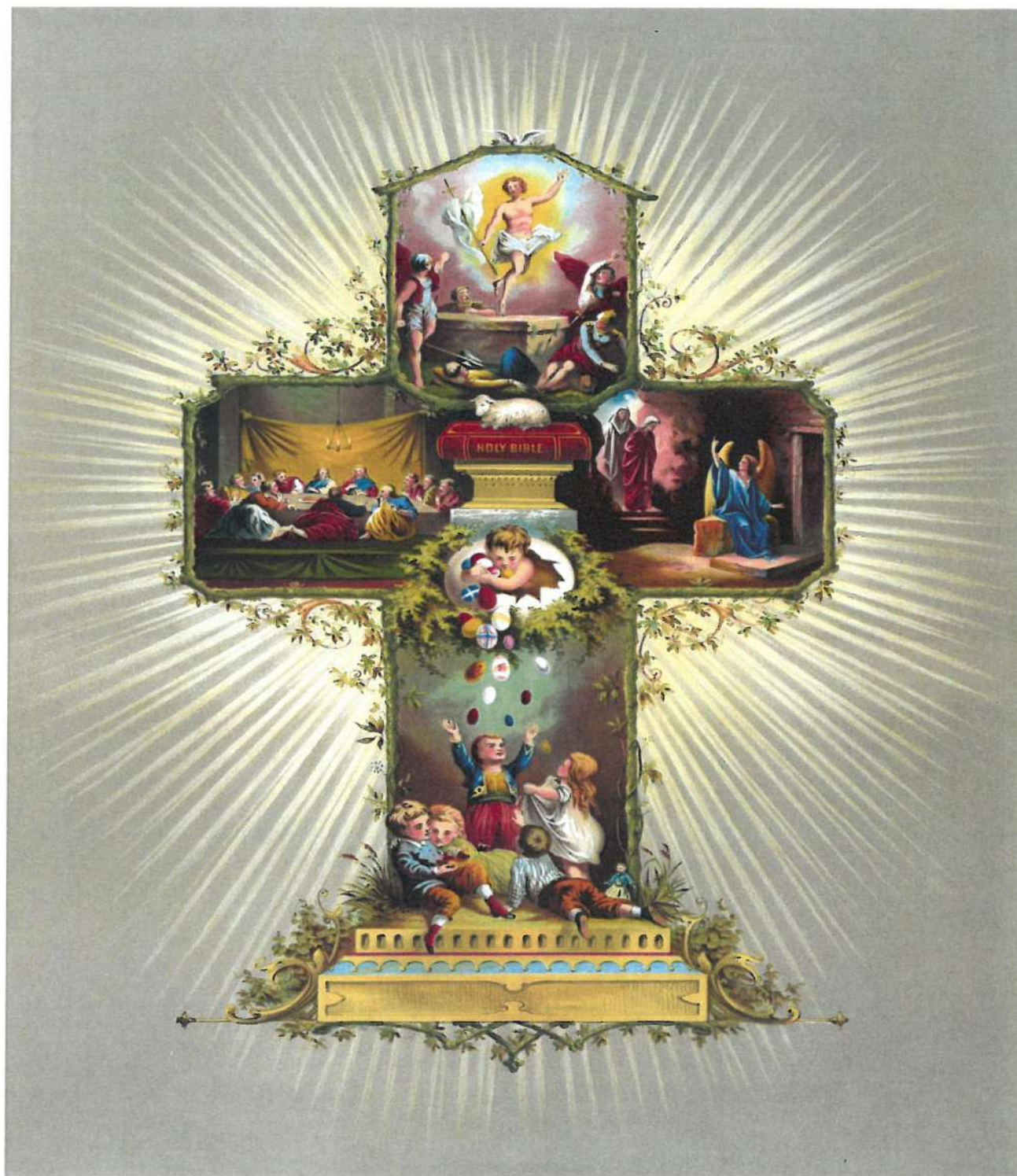


BRIGHT LIGHTS



SPRING 2022
BRIGHTONS PARISH CHURCH

CHURCH CONTACTS

OFFICE BEARERS

Minister	Rev Scott Burton
<i>e-mail</i> - scott.burton@churchofscotland.org.uk	
Session Clerk	Eric Smith
<i>e-mail</i> - sessionclerk@brightonschurch.org.uk	
Depute Session Clerk	Jean Meek
<i>e-mail</i> - deputesessionclerk@brightonschurch.org.uk	
Pastoral Assistant	Ian Baillie
<i>e-mail</i> - ianb@brightonschurch.org.uk	
Treasurer	Sharon Glass
<i>e-mail</i> - treasurer@brightonschurch.org.uk	
Gift Aid Convener	Ken Goodwin
Clerk to Deacons' Court	Malcolm Lewis
<i>e-mail</i> - clerk@brightonschurch.org.uk	
Organists	Jill Dickson Jon-Luke Kirton
Choir Master	Morag Lang
Beadle	Margaret Scott
Presbytery Elder	Eric Smith
<i>e-mail</i> - presbytery@brightonschurch.org.uk	

Communion Sunday

"This do in remembrance of Me"

As a member of the Church of Jesus Christ
you are invited to accept our Lord's invitation to
the Sacrament of Holy Communion
which will be celebrated **only at 11 a.m.** on
Sunday 6th March 2022

Elder Pastoral Group:

Contact tel. no:

A Message from the Manse

Dear friends,

Change is afoot! And not just in my own household. Of course, the arrival of little Innes on Christmas Eve, weighing 8lb 11oz, was a change we were anticipating and looking forward to immensely – and at the time of writing (in the picture below), he's now above 12lb and slowly we're (re)learning the things that work for him. Thank you for everyone's kindness, support and generosity – the warmth and welcome of the Brightons' church family has been greatly appreciated and made these initial weeks that bit easier.

No, change is afoot for us all, really. Whether it be coronavirus, and we all hope this is the year when masks can be removed for singing in church, or in other areas of life, change is coming.

One of the biggest areas of change in the year to come will be news of the Presbytery's Mission Plan and what that will mean for Brightons and the Braes churches. A separate letter is being sent out with Bright Lights about that, so please do take the time to read it.

In the midst of all this change, what are we to do? Where do we ground ourselves? What gives us confidence? How do we hold on in hope amidst such confusing times? Well, our recent series on Colossians has much to encourage and challenge us about, and I encourage you to dig into the recent teaching again, maybe on our website or YouTube channel, or getting a copy of the sermon on CD or DVD.

After all, Paul and the Colossians were facing their own pressures, their own uncertainties, and yet they stayed steady through prayer (Col. 1:3-14), through faith in Jesus as God in human form (Col. 1:15-23), and in the salvation and security secured for us through His death (Col. 2:6-15).

Maybe, Friends, when surrounded by such change, and waiting for things to improve or settle down, maybe the best thing we can do is pursue Jesus, 'continue in Him' (Col. 2:6) as Paul says. Because, Jesus doesn't change – He is the same yesterday, today and forever (Heb. 13:8).

What would that look like for you, this year? Do you need to try coming back to church? Or tuning into Thursday Live Prayer (ask us how to phone in from home!)? Does it mean getting into your Bible afresh through daily reading notes or the Lectio365 app? How might you pursue Jesus, and amidst the change, find that anchor for your soul?

Brothers and Sisters, change is afoot, but it doesn't need to distract us from our commission (Col. 1:24-2:5) or steal our peace, because these things we receive from Jesus – and He isn't changing. May you know a closer walk with our Lord in these days and in the year ahead.

With love to one and all,

Scott



Congregational Roll Update

Baptism

January **Rae daughter of Chloe and Jon-Luke Kirton**

Deaths

January **Mr Bill Wintrup**

Mr Stuart Alan

February **Mrs Catherine Aitken**

Mr Andrew Fulton

Where, O death, is your victory? Where, O death, is your sting? The sting of death is sin and the power of sin is the law. Thanks be to God! He gives us the victory through our Lord Jesus Christ." 1st Corinthians 15:55-57 (NIV).

The Guild

And it's all change, again! The Guild had to cancel its meeting in January this year and the committee has re-adjusted the remaining meetings so that we continue to be flexible in response to changing covid circumstances. Our latest plans are to meet on Monday 21st February at 7.30pm to explore the Guild annual theme which this year is 'Lights and Bushels'. We are not changing our plans to hold our ABM on Monday 21st March, at 7pm, after which at 7.30pm our speaker will be Marion Graham with poetry. We will be complying with covid rules in force at the time, which currently include wearing masks in any indoor setting. The committee will plan at least one more meeting for April, so keep an eye open for news of that.

Brightons Guild is part of a network of Guilds Together and the local ABM will be held on 24 March at 2pm in Blackbraes and Shieildhill Church. The Summer Rally will be in Grahamston United Church on Thursday June 16th – a little later than previously planned so that there is no clash with the Queen's Platinum Jubilee events. These events are always encouraging and enjoyable, reminding us that we are not alone and that we live in God's world and are called to celebrate God's presence and to love and serve others.

Elspeth Reid
Convenor

World Day of Prayer

This year's World Day of Prayer will be led by Rev. Scott Burton at Brightons Parish Church on the 4th March 2022 at 7.00 p.m.

The theme this year is **"I know the plans I have for you"**

Through World Day of Prayer, people are encouraged:

To become aware of the whole world and no longer live in isolation.

To be enriched by the faith experience of Christians of other countries and culture.

To take up the burdens of other people and pray with and for them.

To become aware of their talents and use them in the service of society.

To affirm that prayer and action are inseparable and both have immeasurable influence in the world.

All are welcome to join us in this annual support of the "WDP" which is a worldwide movement of Christian women of all traditions symbolised by an annual day of prayer and celebration.

Please note that the service will be live streamed on the Brightons Church You Tube Channel.

Anne Tomlinson

Church Work Party



In case you are not aware, most Wednesdays, throughout the year and every Saturday morning in summer, a group of church members gather at the church to work on the numerous tasks involved in maintaining the fabric of our buildings and grounds. Their work includes, inspection of fabric, grass cutting, hedge trimming, general garden maintenance, changing light bulbs, plumbing issues, Church decoration, Christmas decoration, setting up pre-fives, fire and electrical safety checks, etc.

In recent years church ceilings have been patched and painted, Manse decorated, drainage problems fixed, storage areas in halls and behind organ tided to improve accessibility and efficient usage.

We require additional help.

At the moment it is all men (Gordon, Ian L, Graham, Ian H, David and Roy) but if women also want to join us they would be made most welcome.



If interested, please contact Gordon Scott or Ian Lawson.

Pastoral Assistant's Message

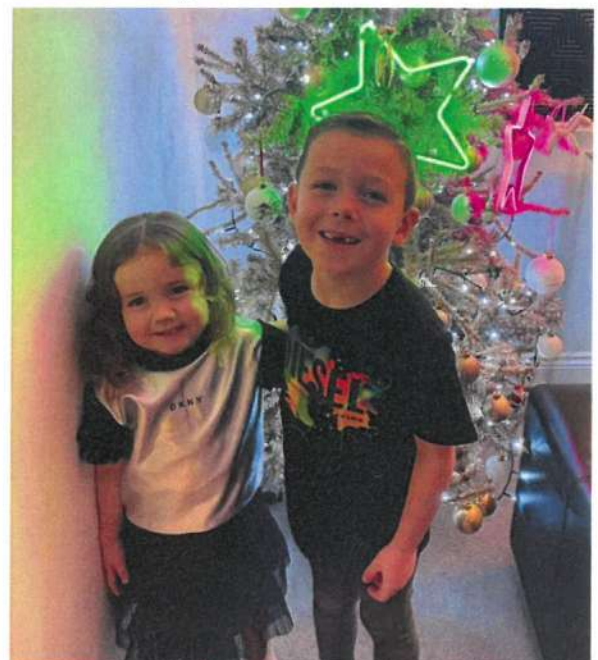


“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.” Psalm 139



As I write this Lesley and I have just shared our first four hours home alone with our new grandson Roman. Modern technology had already confirmed he would be a boy and only his parents knew that he was to be called Roman Iain Baillie. Thereafter only God knew he would be born on the 7th February at 03.58 weighing 6lb 12oz, baby, mother and dad all well. God already knew he would have a thick head of dark hair and, in these early days,

look like his mother’s side of the family. God knows everything about Caleb, Seren and Roman’s future - even when Caleb’s teeth will come back in again.



He knows everything each of us has gone through - especially in these past two years since the outbreak of Covid-19. He knows if you have been able to make a return to sharing in worship in the sanctuary or perhaps with online broadcast or watching "Songs of Praise" on a Sunday. Perhaps you are still feeling rather uncertain if you'll return to worship or even get out of your house to any other social gathering. He knew whether we would get Covid as I did over Christmas and how we would feel and what sort of recovery we would make. He gave knowledge to the scientist and pharmacist and knew that a vaccine would become available and that we would be spending a lot of time "home alone" throughout this pandemic. God knew what illness would come our way and the sadness and grief we would bear following the loss of our loved ones - either with Covid or something else during these two years and even before that.

He also knows what the future will hold for each one of us. Perhaps our health will improve, or we might even be cured. Our job prospects might improve and as one generation leaves this world He knows when every new child, grandchild, great niece or even new puppy will come into our world - His world. It is so wonderful to know that if we keep our faith and trust in Him as the hymn says, *"With God things don't just happen everything by Him is planned. So as I face tomorrow with its problems large and small, I'll trust the God of miracles. Give to Him my all!"*

We don't know yet if Caleb, Seren or Roman will grow up to be a great sportsperson, a famous actor or a gifted scientist who might rid the world of Coronavirus but we know they will be loved very much and cared for by their family and in the same way our God who "holds the future" will love and care for each one of us until, as my chosen verses say, *"All the days ordained for me were written in your book"*.

Father, thank you for creating me. Sometimes, it feels like nobody loves me, but I know that you knew me and loved me before I was even born. Thank you for always being with me, even on my darkest days. Help me to love the parts of myself that I've struggled to accept. Help me to treat myself and others as your spectacular work of art. AMEN.

Ian Baillie

Painting Sale

During lockdown last year Bill Hodgson, one of our members who now lives in Stirling, kindly donated a number of his paintings to the church for fund raising purposes.

Maralyn and myself visited Bill and took possession of the paintings with the intention of offering them for sale / donation at some future Church event. Sadly we have not yet been able to do this but now we feel able to sell them virtually through Bright Lights.

The following pictures are only a small proportion of his prolific output but it would be a start until we can hold face to face fund raiser.

In light of the forthcoming young people's trip to Israel, we agreed this would be a worthy cause.

Please let myself or Maralyn know if you would be interested in any of the paintings for a small donation. Many thanks to Bill for his offer.

Roy Graham, Maralyn Stirling



COMMUNITY OUTREACH

Mission Jars (Jars of Grace)

Prospects for Scotland - will receive Mission Jar monies donated throughout 2021. The total to be disbursed to the group is **£335.50**. Our own **"Friends of Jesus"** group will receive this money.

Any small change can be brought to the Sanctuary on Sundays. However, there is also a secure post box located at the entrance to the halls where cash may be deposited. Alternatively, the church website has details on how to donate.

The next beneficiary for your "loose change" has still to be confirmed. Details will be shown later in the Church News-sheet.

Once again, many thanks to those folks who continue to hand in their small change to benefit others.

CrossReach

Edition 1 2022 of CrossReach News is available for uplift from the sanctuary and also available at the rear vestibule. This informative and interesting publication can also be delivered at the same time as Bright Lights to those members who are unable to attend church in person.

Thanks for all the people who have supported the varied work of CrossReach. In particular, thank you for buying Christmas cards and calendars from CrossReach Trading over the years.

St Margaret's House, Polmont is a 36 bed specialist care home for people living with dementia. Please pray that residents of St Margaret's will continue to find strength, encouragement, support and good health.

Unfortunately, due to COVID, Outreach visits and Guild visits to St Margaret's have been curtailed. Please pray that God will continue to bless the care given by all who work for CrossReach at St Margaret's House whether as staff or volunteers.

Christian Aid Week – 15th – 21st May

This year CAW will focus on the plight of drought which numerous countries face around the world. It recognises that droughts have become more intense and more common because of the changing climate. Further details and resources will be made available on our church webpage nearer CAW.

Thank you to everyone who supports and prays for the work of Outreach in Brightons Parish Church. We are all part of this ministry.

*Maralyn Stirling and Roy Graham
Co-conveners Community Outreach*

Pre-Fives Group



Pre-fives has been running for many years and continues to provide a place for parents and carers, with children under 5, to come and enjoy company and support, and where their children can play and socialise in a safe and comfortable environment. It provides a very practical way for us to live out our church Family value.

Covid restrictions have, of course, impacted us greatly, and still does so, with many absences due to the virus and people's safety conscious attitude to avoid spreading coughs and sneezes.

We continue to run Tuesday morning and Tuesday afternoon sessions. Morning is pretty much full with a waiting list; afternoon has space for more people to attend. If you know of anyone with under-fives who might like to attend, please pass their name to Gill Burton, Rachel Gilmour, Jim Dick or James Falconer.

We have a fantastic team of helpers who ensure that things run smoothly and that everybody has someone to talk to. There is always space for more helpers; it's not an onerous role and most of the team only need to attend every second week or less. If you feel you could help and would like to join us, please speak to one of the above, or drop us an e-mail (info@brightonschurch.org.uk).

Whether you are involved or not, we would really appreciate your prayer support for those who bring their young ones along and for our dedicated team of helpers.

Pre-Fives Team



BELONG: Light Wins, Hope for tomorrow

*For the word of the Lord is right and true; he is faithful in all he does.
The Lord loves righteousness and justice; the earth is full of his unfailing love.
Psalm 33:4-5*

What a message we have to share with friends and family and our community! These words, spoken or sung more than 2400 years ago remain right and true today. He is faithful, come Covid or Kingdom come. Do you agree?

That's the story of Belong in 2021. Whilst Covid restrictions made it practically challenging to meet every 2 months, God allowed and willed an enthusiastic group of volunteers to design, plan, prepare and share the good news that God is Light of the World (Light Party) and sent a Saviour for you and me (Nativity Fun Day).

The Light Party, held as a family-friendly alternative to Halloween, had the theme "Angels and White Knights". We made crowns, swords and lanterns, enjoyed a snack, decorated cupcakes, did a treasure hunt in the park, and went on an LED-lit walk with our lanterns and swords to admire our huge sign in the Church windows (see below). We finished with a short talk about Jesus, Light of the World and an invitation to meet Him and join our Church family.

Closer to Christmas and with the spectre



of omicron, **the Nativity Fun Day** was transformed at the last minute into a one-way, well ventilated and low-touch trail through the Church halls, rooms and ending in the Sanctuary. Kids were hunting for the characters from the nativity story and with each one came a message or a craft to take away and remind them of the Christmas story.

So was it worth it? Running an event is never easy, not least during Covid restrictions, with last minute changes and the risk of illness. There are two measures of success in God's Kingdom- faith and furtherance of that Kingdom- and one weak human measure- numbers hearing the truth about God in a relevant and accessible way.



Both events attracted a large number of unchurched in our community, roughly 60% of around 70 and 50 people attending respectively. Put in those terms, and against Covid odds, that's pretty encouraging and thanks to God for everyone who came and heard, invited friends and prayed. If even one child or parent remembers the message or passes the Church and sees the images and puts their trust in God's unfailing love, then it was more than worth it!

Thanks to all those volunteers who stepped out in faith to organise and run the events. God blessed them and blesses us when we take those steps no matter how small. If you read this and think, "Wow! That's great I'd like to help", then please reach out to me or the Outreach team.

The next Belong will be held in March or April, God willing and Covid permitting! Look out for details in the news sheet nearer the time.

Rachel Gilmour,

FLAIM (Forever Living Alive in Me)

God has blessed Brightons with a large number of young people, aged 11-14 (roughly S1-S4), who have been able to meet throughout most of 2021 whether online or, since September 2021, in person! They're a smiling, enthusiastic and inspirational bunch, who ask some great questions and who are taking steps of faith.

We've had the privilege to meet regularly, albeit socially distanced or off-site, with face masks. We even managed a Christmas party! Here are a few highlights:

TIME magazine published a list of the “**Top 100 Most Influential People of all Time**”. Yes, that's right... ALL TIME! Besides the broad scope and our psychological disposition to more recent influencers, TIME put Jesus Christ top of the list! We looked at influencers and Jesus' impact on the world in a 3 part series during October 2021.



*What do you think is TIME's greatest influencer?
Who is your greatest influencer?
How has Jesus influenced your life choices and how
will you let him influence your future?*

Light Wins!

FLAIM helped children with crafts at the Light Party, a family friendly, ghoul-free alternative to Halloween.

Falkirk Foodbank Collection@Tesco Redding.

FLAIMers spent an afternoon in November collecting 4 trolley loads of food and a substantial monetary donation for the Foodbank. Despite Covid complications, 6 young people welcomed and informed shoppers of the collection at the entrance door and then celebrated their donations on their exit! Mercifully, God protected us from Covid and the Foodbank expressed their gratitude with chocolates for the next FLAIM meeting!



Advent-ures with FLAIM

With Advent coming early in 2021, we studied the purpose of Advent- a time of waiting, listening, preparing- and tried to practise these things too. In the run up to Christmas when we often find ourselves stressed, overwhelmed with things to plan, prepare and provide, it was a timely reminder of the real meaning of Christmas, for the young people and for us as leaders!

Christmas Party!

FLAIM joined with TripleS for an in-person team-building exercise. In teams, they had to find the clues to escape from the Nativity Escape Room. They also proved their Pizza-eating potential (vast)! Lots of (Covid-safe) fun was had.

We saw the departure of a much loved leader (Laura Eckles) and the arrival of two new helpers (Nadia Cowan and Caroline Whittit)!

Pray for FLAIM

Our young people would value your prayers as they re-join school full-time, mask or no-mask. And our FLAIM leaders would value your prayers for regular attendance of the FLAIMers, particularly post-Covid, when other activities compete for Sunday mornings.

Douglas & Rachel Gilmour

George Mann

Nadia Cowan

Caroline Whittit

flaim@brightonschurch.org.uk

Boys' Brigade

Company Section

The Company section has continued to meet with good numbers of boys attending most Friday evenings. We just managed to hold our Christmas party before the December "restrictions" kicked in. We had a mixture of activities over the evening finishing off with Pizza and juice. Then the Boys went home with a selection box to enjoy later.

We started back with a zoom night on 14th January and then we went back in the hall from 21st January. The senior Boys organised the activities on 4th February and it was great to see how they had prepared the activities for the younger Boys. Owen started the evening with a thought provoking talk about change and how God's love never changes. Gregor was in charge of the O'Grady drill session and took great delight in catching out a few Boys who were not listening properly. Lewis, Andrew and Matthew got the boys warmed up with their first games before we split the boys into 2 groups for other activities. Kai and Owen organised a hi-tech game of Catchphrase; Callum and Lucas led the badminton session while Liam and Matthew oversaw the challenge to build a tower using spaghetti and marshmallows. All in all, a good, fun night which took a bit of planning by the seniors. I think they now realise that Friday evening activities don't just happen!!

We have 8 boys going forward to the battalion leadership course in February which will hopefully qualify them for their President's badge.

As I write this, we are still undecided about a closing display. I hope we are able to do something so we can present badges to the Boys - especially those who have gained President and Queen's badges. The date for the display if it does go ahead, is likely to be 25th March with the closing parade planned for Sunday 27th March at the church.

As I indicated in the December issue of "Bright Lights", I am stepping down at the end of this session after 42 years as an officer, the last 31 years as Captain. We still need someone to come forward to replace me so the work of 1st Polmont can continue. There are likely to be others who retire at the same time as myself, so we also need staff for the Company Section and Junior Section to support the staff who will be remaining there. Serving as a BB officer in 1st Polmont has been a pleasure over the years. There have been many highs such as success in National Badminton and Quiz competitions; the Christian Faith Competition to win the Pulpit Fall; sports such as cross country, football, table tennis, swimming and basketball, as well as Junior Section success in Spiritual, Marching, Sports, and Football but the highlight

hope which we have as an Anchor for the Soul, Sure and Stedfast'. (Hebrews Chapter 6 v 19)

Thank you for all your support over the years.

Billy Rankine



Junior Section

While we continue to be small in numbers, the enthusiasm of the boys who come along every week is fantastic!

We were busy preparing for Christmas as we reminded ourselves that Christmas is all about Jesus! The boys made a paper chain – a link for each day of Advent! Each link had a verse from the Bible and told the wonderful events of the first Christmas. We had a party night a bit earlier this year, which we were very grateful for, as we had planned to attend the production of ‘Steve the Shepherd’ which, unfortunately, had to be cancelled.

Since returning in New Year, we have had very mixed numbers, due to boys and officers self-isolating however, we have continued with our themed programmes.

- Superhero Night - boys had a shot at showing off their super-powers (‘flying’ onto the crash mat being a favourite); playing superhero bingo; using the outline of their hands to create their own superhero, and of course talking about our real superhero - Jesus.
- Celebrate Australia Day - by playing games and crafts around the idea of Australian animals. Lauren showed the boys her boomerang and reminded them that our words and actions are like a boomerang – if we’re kind to others we will get kindness back.
- Chinese New Year - we made Chinese lanterns, bookmarks and posters representing the year of the Tiger. It won’t surprise you that the highlight of the night was eating sweets with chopsticks!
- Winter Olympics – we learned about the Olympic rings and while it’s great to win and feel like we’re the best, God wants us to love others as much as we love ourselves. The boys went on to make an ice hockey game and a slalom course and design their own snowboard.

Each week the boys also practise their marching and play games. This can be challenging with the smaller numbers – one week we had a total of 3 boys! The leaders all took part in the marching that night and Mr Huntley particularly enjoyed his game of football!

A huge thanks to all the leaders and parents for their continued support.

Helen Macleod



1st Polmont Anchor Boys

The boys finished their Christmas activities making Christmas trees from lego and the final week saw their Christmas Party which was somewhat different



from previous years due to Covid restrictions and had hoped to attend the puppet show in the Church to finish the first part of the session.

In the New Year our section got off to a wobbly start with a high number of Covid cases among the boys and for a couple of weeks we had only 4 boys with a ratio of 1:1 with the staff. The following week we still had 4 boys although a different 4 as Covid took a further grip in our schools.



Our section took part in the annual "bird watch" for RSPB and noted the various birds in their gardens and then the following week made suet feeding balls to hang out in their gardens. Harris MacAskill is seen here putting his feed tub out in his garden bird table. We are now making a bird themed freeze for the Church Hall wall and we have about five weeks to meet before having our Annual Display night on Tuesday 29th March.

Ian Baillie
Officer in Charge

Friends of Jesus Group

What a privilege to co-lead this special group! I have learnt so much from working with these adults with special needs, my co-leader Jennifer Maden and our willing and supportive helpers.

It was so wonderful to meet in person in Redding Church Hall in November after so long meeting on Zoom. Our Friends were delighted to see each other again and there was so much joy as we praised the Lord together. Singing is a big part of our meetings and Campbell does a great job leading us on his guitar!

We continued our theme on Creation looking at Adam and Eve and the wrong choices they made. Then we learnt about Noah and how he made the right choice to obey God. Then we looked at the Bible, (God's instruction book for us) and, finally, God sending his Son into the world and the Christmas story.

Then Covid struck again and so we were back on Zoom for our Christmas celebration. Sadly, this meant some Friends who didn't join us as they don't like coming on Zoom but others did who had been unable to meet in person could join us and felt blessed.

This year we have had meetings on New Beginnings and Prayer. It's lovely to involve our Friends in our meetings and they are keen to take part.

Please remember our Friends in your prayers as we, hopefully meet together in person again soon and also, that they will keep safe and well and grow in their love for their friend Jesus.

If you know anyone who would benefit from coming along to the Friends of Jesus Group, do get in contact with me. We meet in Redding Church Hall every second Thursday at 6.45pm.

Wendy Dick

Colossians 3:12-15

U C O M P A S S I O N E I Q J B V
J W E T P E A C E B L V L P G F T
B E L O V E D H U M I L T Y G O H
X Y I A N F T I G Z I D Q H O R F
S E K W W R N I M I U U G A X G B
F N R A X W M P Z Z V F C R Q I O
D P Y D I T K V W R O Q P M Q V Y
X D D H J H L G K W D N H O E E H
U G O D S A O Y C B K R O N K N E
C H O S E N V J P H G P L Y I E K
H R Q P F K E W C D J A Y R N S L
R R M O R F T X L B E T V B D S F
I W T L Q U R L O X L I F P N V N
S X H P Y L D Q T Q V E Y N E Y O
T R U Y H E U R H G J N V G S I J
Q A W A Q W S Q E X Y C L R S I M
H F F I A H D I A H P E R K F H H

humility

patience

God

thankful

chosen

clothe

beloved

holy

peace

Christ

harmony

love

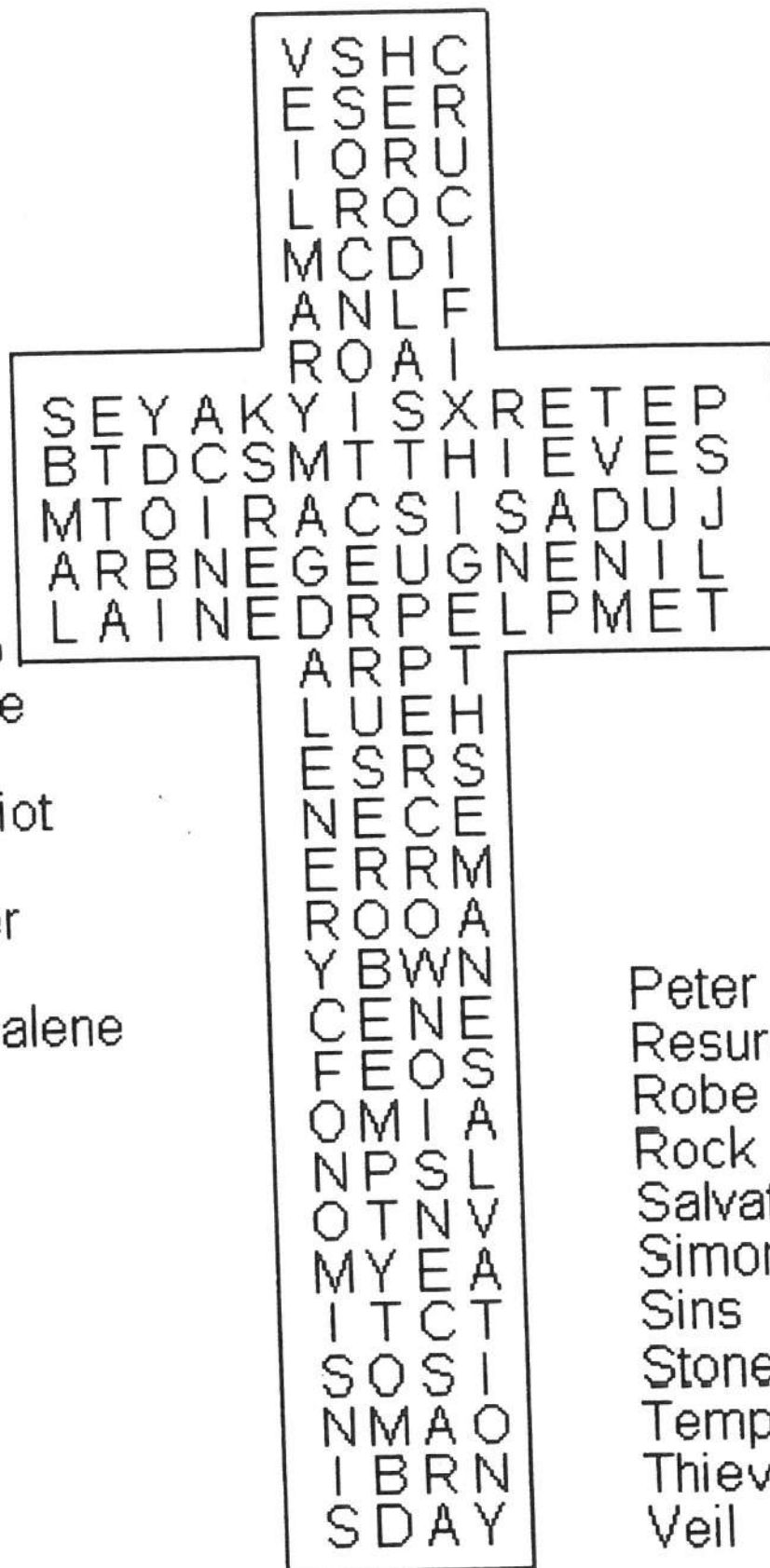
forgiveness

kindness

compassion

Easter Word Search

Ascension
 Body
 Cross
 Crown
 Crucifix
 Denial
 Empty tomb
 Gethsemane
 Herod
 Judas Iscariot
 Lamb
 Last Supper
 Linen
 Mary Magdalene



Peter
 Resurrection
 Robe
 Rock
 Salvation
 Simon of Cyrene
 Sins
 Stone
 Temple
 Thieves
 Veil



Prospects Across Scotland exists to raise awareness among Christians in Scotland about the needs of people with learning disabilities. We equip churches to be more effective in how they welcome people with learning disabilities and share the good news about Jesus, in a way they can understand. The local Friends of Jesus Group meets regularly (via Zoom during the pandemic) and, hopefully, soon, back in Redding and Westquarter Church Hall.

Our original shop was located in Glasgow and closed about two years ago. We decided to set up a new retail operation in the central belt just as the Coronavirus pandemic hit in March 2020, and everything came to a grinding halt. During the last six months however, we have been able to look at premises in Grangemouth and also Falkirk town centre, but have been unable to find anything suitable to our needs or at an affordable rental.

Our ideas then turned to the possibility of setting up a 'Pop-Up' shop in a church hall, and also holding major sales on a monthly basis at weekends. In the last few weeks, we have reached an agreement with Redding and Westquarter Church Hall Committee to take a lease on their hall which would give us access (when not in use by other groups) for both a shop and also a community hub and café for disabled people with learning difficulties. We are now urgently working to get this operation up and running over the next few weeks, with a view to holding our first major sale on Saturday 26th March.

We urgently need donations of good quality clothing (not infant and toddler); boots; shoes; handbags; bric-a-brac; books; dvd's; and cd's; etc. So it's time for an early spring clean and if you have any items you would like to contribute, or you would like to volunteer to help with the upcoming shop activities, please contact Iris O'Neill

Community Outreach – Litter Picking



In the last year the Church has organised 4 litter picks, covering Canal, Gray Buchanan and Quarry parks; the approaches to 3 schools - Braes High, Wallacestone and St Margaret's as well as the streets in the Brightons area. These events have been well supported and as a Church we are contributing to the efforts of many in the community, including individuals, Reddingmuirhead Community Council and the schools in an effort to keep our area beautiful.



We are working with Falkirk Council and they have loaned the Church 20 sets of bag rings and litter grabbers. When it is a Church organized event we will supply volunteers with the equipment but individuals and organizations are welcome to borrow if they want to do some picking on their own.

Brightons Church

Litter picking

The church has been loaned 20 sets of litter picking equipment for use by Church members. This procedure outlines how this will be controlled.

The equipment is stored behind the church in a gated opening adjacent to the boiler house as per attached photographs.



Individual or organisation use (small scale picks)

The gate is padlocked and the 3 digit code can be obtained from the scheme's administrator at communityoutreach@brightonschurch.org.uk.

Equipment consists of both child and adult grabbers, bag holder rings and black bags.

After obtaining permission from administrator to use, you will be provided with a 3 digit access code.

Open the black plastic box and remove agreed quantity of items, close the box and the gate, scrambling the padlock digits.

Use the equipment as per the safety guide lines out lined at rear of this procedure.

On completion of litter pick, wash jaws and sterilise all other surfaces handled.

Tie black bag securely and dispose in your own refuse bin or in the location agreed with administrator.

Return equipment to black box and re-lock gate.

Inform administrator of action taken.

Church organised events.

In the case of a Church organised litter pick, equipment will be supplied at a set location and distributed along with instructions on areas to be covered.

After the litter pick the equipment and filled bags will be returned to organiser.

Organiser will be responsible for cleaning the equipment and returning it to the storage area.

The organiser will be responsible for liaising with Council for special up lift.

Be safe and follow the guidelines. All children must be supervised by an adult.

Welcome to the Forth Valley CAP Debt Centre
Winter 2021/2022 Newsletter

Dear Friends,

As we entered 2022, one of our CAP clients received the news that they are now debt free. What a way to start the year! At the same time, someone else, possibly feeling overwhelmed by their circumstances, made the difficult call to ask for help.

Your support allows us to spend time with those who really need it, so thank you for all your support again in 2021. We are currently working with 19 people, and we'd be grateful if you would keep them in your prayers. I hope you had a peaceful Christmas and wish you every blessing in the coming year.

Fiona and the FV CAP Team

News

By October CAP Scotland had reached people over 19 million times with the good news of CAP!

We're delighted to welcome Brightons Parish Church and the Dawson Mission to the Forth Valley partnership and look forward to their involvement.

If you missed 'Unmissable' then go to <https://capuk.org/get-involved/you/events/unmissable> for an enjoyable hour of entertainment and inspiring stories.

Thanks to all who contribute regularly to the FV CAP Debt Centre and thanks to everyone who contributed to the Christmas gift appeal. Your generosity means a lot to us and the folks we support.

We need to raise about £8000 (over and above church and individual giving) to cover the cost of providing the debt service in the coming year. Thinking of doing a personal challenge this year? Why not use it to help raise funds for Forth Valley CAP?

Ways we've been able
to help people

- Debt Help
- CAP Money Training
- Sign-posting
- Prayer support
- Friendship
- Gifts and Cards
- **Support in a crisis:**
- Supermarket Vouchers
- Washing Machine

Next Prayer Meetings

WHERE?: on-line.
TIME?: 9:45am-10:30am
WHEN?: Saturdays:
Dates:
Feb. 5 2022
Mar. 5 2022
April. 2 2022

Cap Events
Coming Up

CAP Services:

Falkirk Baptist Church on 23 January 2022.
Denny Baptist Church on 6 February 2022.

Befriender Training (for new volunteers) –
Saturday 26 February (subject to restrictions)
In the morning.

CAP Money Course – watch out for details of
the next course <https://capuk.org/i-want-help/courses/cap-money-course/introduction>

CAP Scotland United Conference (for staff,
volunteers and church leaders) - Thursday 3
March

Please contact Fiona if you would like more
information about anything.



Former CAP client, Ron, struggled with his mental health after losing his job. He said "I was almost ready to commit suicide, I'd planned it. I was scared to go to bed at night because I didn't know what the next day was going to bring..... Working with CAP has really helped me financially and it's making a huge difference in all aspects of my life. It's given me a whole new lease of life."

With the announcement that Universal Credit would be cut by £20 per week from the end of September, Ron, who is now debt free, helped to petition for change. He said "I'm having to worry about things and how to make ends meet. I'll just need to cut back, eat less and not put the heating on at all." Please pray for those impacted most by rising costs and low income and pray that the UK government would find a solution to this problem quickly

Have You Seen a Hedgehog Lately

Hello, I'm a volunteer at 2 local rescues and a Hedgehog Champion with the British Hedgehog Preservation Society/Peoples' Trust for Endangered Species.

How long is it since you last saw a hedgehog? The UK has lost a third of its population since 2000, and their numbers are declining as fast as tigers in the wild. They are now officially classed as vulnerable to extinction in the IUCN's Red List for British Mammals. There are many reasons and it's sad to think that, for future generations, such a fate would make this lovely, prickly God's creature only a character in storybooks. Here are some simple tips to help them.

1. Link your garden with a Hedgehog Highway. Hedgehogs travel between 1-2 km a night searching for food and a mate. Leaving a small gap in your fence the size of a CD case will let hedgehogs through but be too small for pets. BHPT/PTES sell snazzy little recyclable Hedgehog Highway signs, for a few pounds. Ask your neighbours to do the same!
- 2 Create a wild corner in your garden so they can snuffle around for insects.
3. Tidy up netting and litter which can trap hedgehogs due to their spines. Even rubber bands dropped by the postie can become embedded in their skin, causing a slow, painful death.
4. Put out food and water. You can supplement their diet with wet dog or cat food (preferably not fish based). No bread, milk or mealworms, which are all extremely bad for them. For those who are into simple DIY you can make a feeding station to stop other animals having a free supper - details on the BHPS website/YouTube
5. Stop using chemicals especially slug pellets. Hedgehogs are a gardener's best friend as they eat slugs as well as many other beasts which would otherwise be devouring your prize flowers and vegetables
6. Check before mowing or strimming. Hedgehogs often sleep in long grass or hedges during daytime and won't run away if they hear a mower, resulting in horrific injuries or death. Use gloves to move a single hog to safety. If there's a family, call the BHPS for advice on 01584 890801, the SSPCA on 0300 999 999 or Google to find your local Hedgehog Rescue.
7. Be careful with bonfires or simply burning leaves. Piles of debris are irresistible to a hedgehog looking for somewhere to hibernate or nest – build it on the day of burning to avoid a tragic end, or if you have to build it before then check carefully with a pole or broom, not a spade or fork. They are usually in the centre.
8. Make a home for hedgehogs. A log pile is one of the best features for encouraging all kinds of wildlife, and easy to make. It will encourage insects and provide nesting opportunities all year around. Alternatively, you can make your own hedgehog house – download instructions from the BHPS website.
9. Keep an eye out for hedgehogs when driving at night, & let it get over the road safely if you see one. If you see it too late try to steer so it will pass under the middle of the car where it is least likely to be harmed.
10. Make your pond safe. Hedgehogs are adept swimmers but if they can't climb out of steep-sided ponds or pools they will drown. Use a pile of large stones or piece of wood to create a simple ramp.
11. Record hedgehog sightings, including dead ones, on The Big Hedgehog Map website. This is important in building up a picture of where they are most active & how we can encourage local populations. A hedgehog seen during the day is usually in need of help & you should contact one of the organisations above. If you'd like to do more, you can become a Hedgehog Champion by registering on the Hedgehog Street website, where you can find lots of resources to make your gardens, neighbourhood and Parish, hedgehog-friendly zones.

Moir Grant

Falkirk



Mission Aviation Fellowship

MAF flies in many countries around the world, enabling humanitarian, health and spiritual aid to reach remote communities. The latest magazine features the story of a Ugandan businessman who responded to the desperate need he saw in the Democratic Republic of Congo by selling up and moving to DRC with his wife and family to set up training and counselling opportunities for people in remote areas in order to help them improve their lives and earn a living. Eight years ago, this man and his family were travelling by road when they were stopped by rebels at a roadblock. The husband was dragged from his car, robbed, and their lives threatened. 'My prayer was that they would kill me and not touch my family. The rebels demanded I give them my phone and money, but then also told me to leave my wife with them. I pleaded and explained that I was doing mission work, and to please leave my wife alone. A large buffalo suddenly appeared and we were all scattered. It chased the rebel who had a gun. I knew it was God protecting us. I ran towards my family car - terrified the buffalo was going to kill me - and drove off like a madman. I hit the rebel barricades and kept going.'

In God's mercy they all escaped with only minor injuries and a damaged car! After that this the family thought they would have to give up their ministry, but then they heard about MAF. Since then, they travel on MAF flights, which is not only safer, but also means they can accomplish so much more because of time saved.

MAF has launched a School Partnership, providing speakers to give presentations on their work at schools across Britain, sharing exciting stories like this one. They have had an overwhelmingly enthusiastic response from schools, but now need many more volunteer speakers! Is this something you could do? If you have any of the following skills, contact Manda Wilson of MAF Youth at manda.wilson@maf-uk.org

Previous teacher experience in schools or church with 5-11 year olds

Confident speaking in front of children and leading an assembly

Happy to use PowerPoint presentations and the notes provided

Able to attend a short training course (online or in person)

Available for 3-5 assemblies a year (usually mornings)

Rachel Meek

FLOWER CALENDAR



	NAME
APRIL	
4 th	Margo and Robert Wilson
11 th	Coffee Morning
18 th	Ian and Lesley Baillie
25 th	Marie McCormack
MAY	
2 nd	Fiona McLuckie
9 th	Anne Tomlinson
16 th	Maralyn Stirling
23 rd	Alan and Lynne Macfarlane
30 th	Vacant
JUNE	
6 th	Jean Beattie
13 th	Winnie Patrick
20 th	Alan and Norma Thompson
27 th	Nancy Lees

From Sunday 13th February, fresh flowers will again be back in the sanctuary to be delivered as required and, initially, we are trying to keep this in bunches to put in the vase presented to the church by our Guild.

You can continue to make your donation in an envelope marked "Flower Fund" to the church Treasurer or purchase and place your own flowers in the church or have another do so for you on your chosen Sunday. Alison Cassells and Carol Callahan will assist in provision and delivery of the flowers each week. For further information or to volunteer to sort flowers or join the delivery rota, you can contact Alison or Carol or Ian Baillie