



NEWTON MEARNS PARISH CHURCH OF SCOTLAND

CROSSTALK



SEPTEMBER 2026



Newton Mearns Parish Church
"Church at the Cross"

Hope That Holds Us

Hope is one of the great gifts of the Christian faith. It is more than optimism, and it is deeper than wishful thinking. Optimism says, "Things may get better." Hope says, "God is with us, whatever comes." That difference matters, especially when life feels uncertain, when prayers seem unanswered, or when the news around us is heavy with sorrow.

In Scripture, hope is not presented as a fragile feeling that disappears when circumstances change. It is rooted in the character of God: faithful, merciful, and steadfast. The psalmist can cry out from difficulty and still say, "I will yet praise him." The Apostle Paul can write of suffering and endurance, not because pain is easy, but because God's love has been poured into our hearts. Christian hope looks honestly at hardship but refuses to believe that hardship has the final word.

We see this hope most clearly in Jesus. On Good Friday, hope seemed buried in a tomb. Yet Easter morning declares that darkness, fear, sin, and death do not have the last word. The risen Christ meets his friends in their grief and confusion, speaking peace, offering forgiveness, and sending them out with courage. That same living hope is offered to us today.

Hope is also something we practise together. A kind word at the church door, a shared meal, a phone call to someone who is lonely, a prayer whispered for a neighbour, or a candle lit in worship can all become small signs of God's promise. We may not always be able to solve every problem, but we can help one another remember that no one has to walk alone.

As our church family looks ahead, particularly as the search for a minister continues, we hope not because we know exactly what the future will bring, but because we trust the One who holds the future. Hope gives us patience when change is slow, courage when the path is hard, and joy when signs of grace appear in ordinary places. As the dusk now comes earlier each night, hope teaches us to look for God's light, even before the dawn has fully broken.

May we be people of hope: steady in prayer, generous in love, and ready to encourage one another. And may our hope point beyond ourselves to Christ, who is our peace, our strength, and our sure foundation.

Ian Galloway Locum Minister



Sunday 6 th September	10.30am	Morning Worship and Celebration of Holy Communion with Rev Ian Galloway
	2.00pm	Celebration of Holy Communion held in the Murray Mackay Room
Sunday 13 th September	10.30am	Morning Worship
	2.30pm	Service at Newton House Care Home
Sunday 20 th September	10.30am	Morning Worship
Sunday 27 th September	10.30am	Morning Worship
Sunday 4 th October	10.30am	Morning Worship
Wednesdays	10.30am	20's Plenty short midweek worship, meeting in the Murray Mackay Room then returning upstairs to the Boyd Scott Room on Wed 30 th September.

Sunday Morning Worship is live streamed on the church Facebook page.

At the time of Crosstalk going to print, a date had not been finalised for our Harvest Thanksgiving service. This will be confirmed via the weekly What's On.

This month at NMPC

Wednesday 2nd September

Kirk Session, 7pm, meeting in the Boyd Scott Room.

Saturday 5th September

Coffee Mornings resume, 10am in the Old Hall, today. As always donations for the tearoom and baking stall would be much appreciated.

Monday 7th September

The Guild, 2pm, meeting in the Murray Mackay Room.

Sunday 20th September

Music in The Mearns returns, 3pm, for the autumn season. Today we welcome Solas Ensemble, a quartet of graduates from the Royal Conservatoire of Scotland, celebrated for their luminous a capella sound and refined ensemble singing. Tickets £10, cash only, include refreshments following the concert.

Monday 21st September

The Guild, 2pm, meeting in the Murray Mackay Room. Today's speaker is Fiona MacDougall from The Iona Community.

Wednesday 30th September

Wise Words book group, 2pm, meeting in the Vestry. We have two titles for this month, The Correspondent by Virginia Evans and Sunstruck by William Hunter.

Saturday 3rd October

Coffee Morning, 10am in the Old Hall, today in aid of Homeless Project Scotland, a charity run entirely by volunteers across Scotland. The project offers a safe haven for those experiencing homelessness via soup kitchens, street team support, a 24/7 emergency helpline, advocacy, night shelter accommodation and more. As always donations for the baking stall and tearoom would be much appreciated.

Mearns Kirk Helping Hands. You will be aware that MKHH run several groups throughout the week. Information on all their groups is available on their website www.mkhelpinghands.org.uk

Tuesdays and Thursdays

The Cosy Café. 2 - 4pm. Our friends at Newton House continue to extend a welcome to pop in for coffee, cake and conversation.

Newton House, North Greenlaw Way, Newton Mearns G77 6QZ.

Looking further afield

Sunday 6th September

Commonwealth Games Thanksgiving Service, 7.30pm - 9.30pm at Govan Salvation Army Community Church, 44 Golspie Street G51 3EW. This is an inter-agency celebration of God's goodness during the Commonwealth Games.

Friday 11th September

Blythswood 60th Celebration, 7pm at Harper Church, Craigiehall Street, Kinning Park G51 1EU. An evening of prayer, worship and refreshments with updates from Blythswood's partners Light of Reformation, Ukraine. There will be a freewill offering. (Many of you will be aware of Blythswood's annual shoebox appeal.)

Sunday 27th September

European Doctors Orchestra Charity Concert in aid of CHAS, Children's Hospices Across Scotland 5pm - 7.30pm in Glasgow Royal Concert Hall New Auditorium. Tickets from the box office at www.glasgowlife.org.uk or 0141 353 8000.



LHM360

It seems some time since I brought you up to date with the LHM so the arrival of their September newsletter is a good prompt. In recent months they have welcomed a new Chaplain, Rev Aime Aitken who comes to LHM following 15 years in pastoral ministry and three in social care homeless services. Shortly before Aime's arrival the LHM sadly lost Archie, 'a beloved gentle giant who meant so much to the whole community.' Archie worked in the kitchen for over 40 years. The LHM deeply value being held in prayer by all their support churches and this month they would appreciate your prayers for the following:

1. Safety for all their guests and staff. Numbers have increased during August making it a little harder to keep everyone safe and spot those in need of help. One day in August peaked at 139, the highest since 2021.
2. Wisdom for the staff as they work alongside individuals experiencing complex mental health challenges.
3. New volunteers that they feel welcomed as part of the team and enjoy their time at LHM.

This year's Homelessness Service will take place at 6pm on Thursday 8th October, always a lovely service and always a warm welcome. I really would encourage you to attend.

At time of going to print we have not finalised the date of our Harvest Thanksgiving Service but please use the Harvest Donation Request List as a guide. The date will be confirmed in What's On.

Please visit www.lhm360.org or their Facebook page to keep up to date with everything going on less than half an hour away inside a wonderful building at 38 East Campbell Street.

Thank you

Susan Rocke.

Harvest Donation Request List

Cereal	Tinned Fruit	Tinned Goods
Corn Flakes/Crunchy Nut	Pears	Baked Beans
Weetabix	Pineapples	Chopped tomatoes
Rice Crispies	Mandarins	Coconut Milk
Sugar Puffs	Fruit Cocktail	Condensed Milk
Frosties	Other	Potatoes
Coco Pops	Diluting/fresh juice	Custard
Cheerios	Coffee	Rice Pudding
Porridge	Biscuits	Butter Beans
Dried Goods	Crisps	Cannellini Beans
Cous Cous	Tea Bags	Chickpeas
Bulgur wheat	Long life milk	Tinned lentils
Paprika, Cumin	Rapeseed Oil	Other
Lentils	Plain Flour	Brown Sauce
Mixed herbs	Corn Flour	Tomato Sauce
Garlic powder	Mustard	Vinegar
Onion powder	Butter	Soya Sauce
Chilli powder	Bottle lemon/lime juice	Worcestershire Sauce
Crushed chillies	Dry yeast	Olive oil
Ground coriander	Baking Powder	Vegetable oil
Black pepper	Red wine vinegar	Gravy Granules
Salt	Apple Cider Vinegar	Veg Stock cubes/ bullion
Pasta	Vanilla Extract	Jelly
Long grain rice	Essentials	Sugar
Bay Leaves	Washing up liquid	Tomato Paste
Lasagna Sheets	Washing Powder	Passata
Coriander	Toilet Tissue	

Food Parcel Items

pot noodles/packet noodles	Tinned ham, corn beef, tuna,	Tinned spaghetti, spaghetti hoops	Tinned meatball, macaroni tinned dinners eg:curries
instant mash	Microwave rice pouches, pasta pouches	Biscuits, cereal bars	tinned soups packet soups



The Guild

After the summer break the Ladies of the Guild enjoyed tea and scones at Parklands. This was a chance to catch up with everyone.

The new session of the Guild begins on Monday 7th September at 2pm and an interesting syllabus has been prepared. The first speaker will be our locum Minister the Rev Ian Galloway. Looking forward to seeing everybody again. Lyn Knox



Flower Delivery

Sept 6th Lynn Moleshead
 Sept 13th Margaret Bell
 Sept 20th Mary McLaren
 Sept 27th Lynne Ross

Flower Donations

Sept 6th Ann Barnett
 Sept 13th Lynne Ross
 Sept 20th Aileen Brodie



Communication

Back in the stone age and the world of work, our community rehab team received a regular magazine, Communication Matters, a speech and language publication about adaptive communication aids. I always thought it was just the right title. Communication does indeed matter so here is a wee explanation of some of what we are trying to get right.

What's On

A weekly update is emailed to all, and the same information is then added to the Order of Service for the benefit of those not on email or visitors to the church. Sometimes we receive information late in the day, so a weekly sharing helps fill the gaps between monthly Crosstalk publications.

Flyers

You will find information re hall let groups on the table in the Memorial vestibule and local church and community information in the back vestibule. We receive regular updates from the Community Hub at Rouken Glen Park and this is shared via flyers. Any thoughts, suggestions, whatever please contact me. If I don't know the answer I will find someone who does.

Susan Rocke

0141 571 3905 or susanrocke@live.co.uk



Tea and Coffee Rota

6 th Sept	Eleanor Dalglish Lynne Ross
13 th Sept	Adele Stewart Hilda Reynolds
20 th Sept	Helen Colvin Marjory Buchan
27 th Sept	Elsie McLellan Evelyn Moran



Coffee Mornings

Our monthly coffee mornings return on Saturday 5th September at 10am in the Old Hall. The coffee mornings will be held on the 1st Saturday of the month with various church organisations hosting them throughout the next session. The charity we will be supporting in September is the Glasgow Childrens' Hospital Charity who celebrate 25yrs of helping children at the hospital with a special donation appeal. We will be having our homebaking stall and a raffle and would appreciate donations for both. Please join us for coffee, tea and a chat.

Susan and Belinda



The Trussell Trust, East Renfrewshire Foodbank

The 'food bank' remains busy but surprisingly less so on occasions during the school holidays. However, donations are down and recently larger amounts of supplies have required to be 'bought in' to maintain stock levels and keep up with demands. This is no doubt a sign of the times when many people are finding it difficult to support different charities with the rising cost of living.

If you are in a position, and wish to support the food bank, all donations are welcome. Fliers with 'suggestions' are available above the donation bucket at the back door of the Church. Thank you

Helen Colvin

Shopping list
Beans / Soup
Tinned Meat/Fish
Tinned Veg / Fruit
Chopped Tomatoes
Pasta sauces
UHT Milk
Breakfast Cereal
Toiletries



Happy Language Learning

French classes for children

The La Jolie Ronde French classes are back for another year of fun French learning! Children learn French in a fun environment with the award-winning La Jolie Ronde methodology, a proven method of learning a language, used for over 40 years in the UK. Being a French native, Julie offers a first-class accent to copy and an excellent knowledge of the French language and culture. In La Jolie Ronde classes, children enjoy the chance to join in with action songs, rhymes, stories, games, book activities and role play.

Classes take place on Saturdays term time. *Age range is for guidance and does not prevent a younger or older child from joining a class.* (See What's On) **Free taster sessions available.** More information at <https://learnfrenchglasgow.co.uk/>
Contact: Julie Olliero, julie@learnfrenchglasgow.co.uk, 07762428875



Start your week with Dance of Life!

Our Monday morning Dance of Life class at Newton Mearns Parish Church is a fun, friendly way to get your body and brain moving. This low-impact class combines simple movement with brain exercises designed to support concentration, coordination and keeping the mind sharp. We also work on things that become increasingly important as we get older, including balance, mobility and strength. There's no jumping involved, but you'll still get a great workout – and hopefully leave feeling energised and smiling!

Since starting at the church, our group has grown into a lovely little community. Dance of Life is a Community Interest Company, meaning profits are reinvested to help keep classes affordable and accessible.

Everyone is welcome – whether you're 20 or 120!

Mondays, 10am–10.45am

£6 – cash or card. Just turn up!

07815 616 999



Move it or Lose it with Annette

Exercise class for seniors

At Move it or Lose it we believe that age is just a number, and that staying active should be fun, friendly and accessible to everyone. My class is designed round a FABS programme, which focuses on improving your Flexability, Aerobic, Balance and Strength.

All exercises I do can be done seated or standing depending on your ability and there is no floor work involved. It's great for your mental well-being and reduces loneliness, and it is a lot of fun. Keep your body in good condition, helping you to live your life to the fullest.

The class on a Wednesday at 10.30am is currently full so I am starting another class in the same venue at an earlier time of 9.10am.

Please contact Annette on 07425156827 for more info. Or email annette.urquhart@moveitorloseit.co.uk



BrawTechies – Be tomorrow-ready, today

At BrawTechies, we believe that every child has the power to innovate, create, and lead. Our hands-on, future-focused programs equip students with essential technology skills from an early age.

Whether it's building robots, developing apps, designing games, or exploring the exciting world of Artificial Intelligence, BrawTechies empowers kids to transform ideas into reality.

- Create their own apps and websites.
- Build and program robots.
- Build their own games.

When & where: Every Tuesday and Thursday evening at Newton Mearns Parish Church, Ayr Road, G77 6AA, Glasgow.

Enrol now by visiting **brawtechies.co.uk** or call **07586 134 358** to reserve a spot for the next term.

Let's give your child the skills to shape the future.

SEPTEMBER WHAT'S ON

MONDAY	9.30am	LA Physiotherapy Pilates	info@laphysiotherapy.co.uk
	10.00am	Mathain Beaga: Pàrant is Pàiste Siorrachd Rinn Friù an Ear – Gaelic Toddler Group	0141 258 2424 kirsteen@cnaq.org
	10.00am	Dance of Life	Dance-rs@hotmail.com 07815 616 999
	11.00am 2.00pm	ERu3a Keep Moving The Guild- <i>fortnightly</i>	groups@eru3a.org lynknox04@btinternet.com 0141 639 5103
	4.15pm	Livewire Theatre Company	admin@livewiretheatreco.com
	6.00pm	1 st Mearns Rainbows	mearnsrainbows1st@hotmail.com 07779645877
	6.30pm	Mudra School of Bharatanatyam,	megalaitm@gmail.com 07462 082 396
	6.00pm 7.15pm	Traditional Taekwondo Assoc. 7 th Mearns Brownies	07709 721097 willpiers@aol.com mearnsrainbows1st@hotmail.com 07779645877
TUESDAY	7.30pm	Sanaa Akter Pilates	sonouk@live.co.uk 07780718460
	9.30am	Julie Gray Pilates	Physio.fit.julie@gmail.com 07775841588
	10.00am 2.00pm	LA Physiotherapy Pilates ERu3a Science & Technology 3rd Tuesday each month	See above groups2@eru3a.org
	4.00pm	Mearns Gymnastics Club	mearnsgymnastics@hotmail.com 07736928043
	5.00pm	The Performance Academy 5.00pm Mini performers age 2.5-6 6.00pm Junior performers age 7-12 7.00pm Senior performers 13-18	lisa@theperformanceacademy.co.uk 07813 518016
	6.00pm	BrawTechies	mark@brawtechies.co.uk 07586134358
	7.15pm	Badminton	dmair1982@hotmail.com 07743 861561
WEDNESDAY	9.00am & 10.30am	Move It Or Lose It	urqueannet@aol.com 07425156827
	11.15am	Jo Jingles	glasgowsouth@jojingles.co.uk 07454106097
	12.30pm 2.00pm	Singing For the Brain Wise Words <i>book group last Wed of the month</i>	ylaird@trfs.org.uk 07730644503 office@thechurchatthecross.org.uk 0141 639 7373
	2.00pm	ERu3a Scottish Country Dancing – 2 nd & 4 th week of the month	groups@eru3a.org
	4.00pm	Rosi Art Classes 8-10yrs	rosiartclasses@gmail.com
	4.45pm	McLaughlin School of Irish Dancing	sinead_79@hotmail.com 07779 913815
	5.45pm	United Karate Association U.K.A.	unitedkarateglasgow@gmail.com 07597 210 237
	6.00pm	LA Physiotherapy Pilates	See Monday

WED CONT	5.45pm	Traditional Taekwondo Assoc.	07709 72109 willpiers@aol.com
	9.15am	Yoga with Hilary	hilary.yogaforyou@gmail.com
THURSDAY	9.30am	Julie Gray Pilates	07824873405 Physio.fit.julie@gmail.com 07775841588
	11.00am	Tai Chi	leehuatan@hotmail.com 07783 35893
	11.00am	ERu3a Yoga	groups@eru3a.org
	4.00pm	Rosi Art Classes 11-16yrs	rosiartclasses@gmail.com
	6.00pm	2 nd Mearns Brownies	mearnsbrownies2nd@outlook.com 07807671064.
	6.00pm	Jane's Pilates	pilatesayrshire@gmail.com 07305270539
	6.00pm	BrawTechies	mark@brawtechies.co.uk 07586134358 07957779417
	7.00pm	Southside Stompers Line Dancing	
	7.30pm	Sanaa Akhtar Training	sonouk@live.co.uk 07780718460
	7.30pm	7 th Mearns Guides and Mearns District Rangers	7th mearnsguides@gmail.com 07814 322632
FRIDAY	7.30pm	Yoga with Lizzie – Menopause Yoga	yogawithlizzie@outlook.com 07713839011
	9.45am	Lesley Smith Art Class	Lesley.e.smith@sky.com 07740676558
	4.00pm	Rosi Art Classes 8-10yrs	rosiartclasses@gmail.com
	6.00pm	79 th Glasgow Company Boys' Brigade 6.00pm Anchor Boys 6.30pm Junior Section 7.30pm Company Section Bible Class 7.45pm Company Section	bodaduk@googlemail.com 07973502095
SAT	9.00am	Rosi Art Classes 9am 11am & 1.30pm	rosiartclasses@gmail.com
	9.30am	Soccer Stars	glasgow@soccerstarsacademy.co.uk 07792 561383
	10.00am	NMPC Coffee Mornings -1 st Saturday each month	assistant@churchatthecross.org.uk
	10.00am	Margaret Gilbride School of Dance 10.00am Preschool 11.00am Preschool 12.00 Primary Foundation (Ballet, Tap, Jazz) age 4-6 1.00pm Primary (Ballet, Tap, Jazz) age 6-8	07837 170657
	11.30am	Mudra School of Bharatanatyam,	megalaitm@gmail.com 07462 082 396
	1.30pm	La Jolie Ronde French for children 1.30pm 2.15pm 5-7 Yrs 2.15pm 3.00pm 7-11yrs 3.00pm 3.45pm 8yrs+ 4.30pm- 5.30pm 10yrs+	julie@learnfrenchglasgow.co.uk <u>07762 428875</u>

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Deaths

**Mr Ken Fish
Mrs Isabel McLaren
Mr Richard Brown**



**In the event of any pastoral need please contact
the church office on 0141 639 7373**

If you would prefer to receive Crosstalk by e-mail, please contact

assistant@churchatthecross.org.uk

www.newtonmearnsparish.org.uk



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