

Sept, 2016
Clark Memorial Manse, Largs.

Minister's Letter

Dear members and friends of St. Cuthbert's, Saltcoats,

I'm sure that, like me, many of you have been enjoying watching the Olympic games on television. The venues in Rio de Janeiro all look fabulous as does the stunning backdrop of Sugarloaf Mountain.

Another of the iconic images of Rio de Janeiro is the enormous statue of Christ the Redeemer which dominates the skyline. The statue was built in 1931 as a symbol of Brazilian Christianity. It stands 28.9m (98 feet) tall and the outstretched arms have a span of 28m (92 feet). It is the fifth tallest statue of Jesus in the world and it weighs 635 tonnes. The stone from which the statue was built came from a quarry in Sweden; it was constructed in pieces and carried to the top of Corcovado Mountain to be assembled. The money to build the statue came from Brazil's Roman Catholic community and was completed in 1931 at a cost of \$250,000. Several designs were suggested but the design which was chosen with arms outstretched was to symbolise the love of Christ for the whole world and his readiness to embrace all who come to him.

In the Olympic Games themselves, I was again impressed with the back stories of the competitors and medallists. A tremendous level of dedication is required to qualify for a place in the Olympic team, never mind win any kind of medal. The haul of medals for Team GB was very impressive and will result in this being the best overseas games for a long time. I have to confess that I wasn't enough of a sports fan to stay up into the wee small hours, even for Andy Murray, but there was always a nice surprise in the morning at the team's latest achievement! The sports personalities who are used to competing at big events in professional sport say that there is a different atmosphere at the Olympic Games which they attribute to two things: firstly, because one is competing for one's country, and secondly, because there is such a great spirit within the team. Everyone in Team GB encourages and supports each other; success tends to breed success. It would be great if we could try to foster a similar spirit in St Cuthbert's to encourage each other, celebrate our achievements and bring out the best in one another.

Rev. David Watson

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Choir

The choir will be back "in residence" on Sunday, 4th September, with practices resuming also that day at 10.15 a.m. I have certainly missed hearing the choir sing over the last two months so it will be great to have them back to lead our praise.

We would be delighted to welcome any new members - no experience required - just a love of singing!

Anthems for September

- 4th - Lead me Lord. Wesley
- 11th - Christ be with me. Norman Bowman
- 18th - What a friend we have in Jesus. Requested by
N. Chalmers
- 25th - Think of the world. Hymn 155

Rosemary Smith



Recyclable Waste

We are now required by law to recycle all possible items.

We are in the process of obtaining a blue bin and, to this end, there are now recyclable bins in the kitchen, hall vestibule and church office.

Please ensure that all CLEAN recyclable items are placed in these bins.

The recyclable items include:-

- Glass, including rinsed drinks bottles and food jars.
- Metal, including rinsed cans and tins.
- Plastic, including rinsed drinks bottles and food containers.
- Cardboard – flattened.
- Paper - clean paper only.

Any food waste should be placed in brown bin (recyclable bags can be found under the kitchen sink).

We would appreciate everyone's co-operation as, if we do not comply, we could be liable for a fine of up to £10,000.

Ann Turner



The Guild

The new session commences on Wednesday, 7th September, at 2 p.m.

Our theme for this year is '*Go in Joy*'. We will begin with a sing-along, accompanied by George and Michael.

We extend a warm welcome to anyone who wishes to come along to see what we do now in the Guild: you may be pleasantly surprised!

Our new syllabus will be put up on the Guild notice-board in the church hall. Do have a look at this and see what the team have planned for you. If you see anything that appeals to you, feel free to join us, and there is always time for a 'cuppa' and a chat at the end.

Sheila Sarginson



Afternoon Club

The Afternoon Club resumes on Monday, 5th September, 2 – 4 p.m.

Anyone interested in playing bridge, board games or making various craft items are most welcome to come along and join us.

A cup of tea and a chat are guaranteed!

Nan Smith



Country Dancing

The Country Dance Club resumes for the next session at 7.30 p.m. on Monday, 12th September. If you are interested, please come along and give it a try.

This class is open to anyone and is not restricted to church members. If you know of anyone who might be interested, please let them know.

Ann Turner



Church Flowers

August

- 7th - Jean Parker
- 14th - Julie Fisher
- 21st - Sheila Hanlon
- 28th - Pat Hoyland

September

- 4th - Maureen Crilley
- 11th - Christine Carswell
- 18th - Liz Copeland
- 25th - Available

Annita Gillespie and Elsa Kirk,
Flower Conveners



Girls' Brigade

The Girls' Brigade will resume for the new session on Tuesday, 6th September, 2016. We meet each Tuesday during term time all sections meet from 6 p.m to 7.45 p.m.

GB is for girls from Primary 1 upwards, so come along and see what GB has to offer. For further information, contact Lorna Hamilton by email at:

lornacelt2001@hotmail.com

*Lorna Hamilton
Captain*



Church Outing

Our trip this year is on September the 17th, travelling to Linlithgow Palace and the Royal Yacht Britannia at Leith.

Cost will be £50 maximum (hopefully a little cheaper if the bus is filled). There will be a small reduction of £2.50 for senior citizens and students. Price includes entry to both attractions and high tea on the journey back.

There will be time in Linlithgow to visit any of the numerous eating places near the castle for coffees or lunch. The menu is below. If you would like to go, please give your name and £10 per head deposit to Graeme or Liz Sutherland by Sunday, September 4th, at latest.

MENU

Homemade Beef Steak Pie with Potatoes and
Vegetables

Breaded Haddock served with Crisp Salad and Fries

Supreme of Chicken coated in a Creamy Diane Sauce
and served with Potatoes and Vegetables

Oven Baked Lasagne, Crisp Salad and Fries

Spinach and Ricotta Tortellini bound in a Parmesan
Cream

Assorted Cold Meat Salad

Served with freshly brewed Tea and Coffee and a
selection of Cakes and Scones

Graeme Sutherland



Cleaning Rota

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|------|----------|----------------------------------|
| Fri. | 2 Sept. | - Ann Turner, Elsa Kirk |
| Fri. | 9 Sept. | - Maureen Crilley, Eileen Ramsay |
| Sat. | 17 Sept. | - Susan Cross, Nan Smith |

- | | |
|---------------|-------------------------------------|
| Fri. 23 Sept. | - Sheila Hanlon, Elizabeth Murray |
| Sun. 2 Oct. | - Gillian Morrison, Shona Turner |
| Fri. 7 Oct. | - Sheila Hanlon, Elizabeth Murray |
| Fri. 14 Oct. | - Sheila Hanlon, Christine Saunders |
| Fri. 21 Oct. | - Sheena Love, Agnes Algie |
| Sun. 30 Oct. | - Anita Gillespie, John Campbell |
| Sat. 5 Nov. | - Elizabeth Barclay, Liz Sutherland |
| Fri. 11 Nov. | - Ann Turner, Elsa Kirk |
| Fri. 18 Nov. | - Maureen Crilley, Eileen Ramsay |
| Sat. 26 Nov. | - Susan Cross, Nan Smith |

If any of the above dates are not suitable, please feel free to swap with someone else or, alternatively, contact me.

Ann Turner



Keep Fit Class

Our very popular exercise class has now resumed after the summer break. We meet in the hall every Wednesday morning at 10.30 for an hour of music and movement, led by our tutor, Donna. The weekly cost is £2.50 and everyone (men and women) is welcome to give it a try – we already have two male members!

If you feel you would like to do a little exercise then do come along. The nature of the class is such that it caters for all levels of fitness and you simply work within the limits of your own body's capabilities but, whatever stage you may be at, there is always some benefit to be gained from even the gentlest of exercise. If you are unsure of being fit enough to take part, Donna will advise.

Christine Saunders



Humour

A minister's son had just got his driving permit. He asked his father if they could discuss the use of the car.

His father took him to his study and said to him, "I'll make a deal with you: you bring your grades up, study your Bible a little and get your hair cut and we'll talk about it."

About a month later the boy came back and again asked his father if they could discuss use of the car. They again went to the father's study where his father said, "Son, I've been real proud of you. You have brought your grades up, you've studied your Bible but you haven't had your hair cut. The young man waited

a moment and replied, "You know Dad, I've been thinking about that. You know, Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair" "

To which his father replied, "Yes, and they walked every where they went!"

Contributed



Church Register

Deaths

- July - Mrs. H. Ramsay, Arranview Nursing Home
- Mrs. I. Cochrane, Sorbie Road, Ardrossan
- Mrs. E. Baillie, Abbotsford Nursing Home

Material for the OCTOBER edition of the magazine will be due on Sunday, 18th September, 2016.

Weekly Calendar

- Mondays: 2.00 p.m. - Afternoon club for beginners', improvers' bridge, crafts, etc.
7.30 p.m. - Country Dancing (a social dancing class)
- Tuesdays: 10.30 a.m. - Informal mid-week service
6.00 p.m. – Girls' Brigade
- Wednesdays: 10.30 a.m. - Keep Fit Class
2.00 p.m. (fortnightly) – The Guild
- Thursdays: 9.30 a.m. - Mother and Toddler Group
- Fridays: 6.00 p.m. – Boys' Brigade