

Park Pages

the magazine of Uddingston: Park United Free Church of Scotland



Letter from the Minister

Spring 2020



Dear Friends,

Most of us like to make plans, whether it be as mundane as what we are going to have for our tea tonight, right through to plans for holidays, retirement or even our death! We have made our holiday plans for the coming year...and yet even already, for a number of reasons, some of them are up in the air.

For instance, who among us would want to visit northern Italy if the coronavirus outbreak in that part of the country cannot be contained? One might come back from holiday with more than a suntan!

Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own troubles be sufficient for the day.

Matthew 6:34

Jesus is giving sound advice for troublesome times. He does **NOT** mean that we do not properly prepare for the future by putting in place sensible plans and provision. Rather what he *is* saying, in the context of this part of the Sermon on the Mount, is that followers of Jesus should be those whose lives are not marked by senseless anxiety, carelessness or confusion. Believers should have a calming and coherent trust in God's faithfulness towards His people. Jesus exhorts us:

....**not to be anxious about our lives...** (Matthew 6:25) and to guard against the almost obsessive and compulsive stressing that comes when our lives are built around the questions:

What shall we eat? or What shall we drink...or What shall we wear? For the pagans run after all these things, and your heavenly Father knows that you need them all. Matthew 6:31

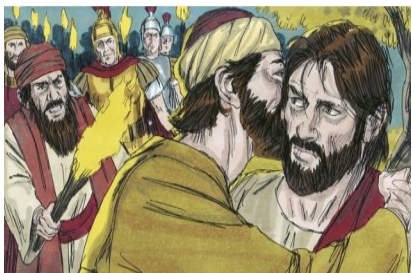
There are challenging times ahead. The uncertain outcome of our negotiations with Europe, with the risk of a "no-deal exit". The risk of a global flu pandemic; the last one in 1918 killed 65 million people. Undoubtedly, we will see increasing social and communal breakdown brought about by many of the cultural and sexual changes that are taking place. This will see the young, poor and vulnerable suffering the most.

However, God's people have habitually lived in the midst of conflicting times. This should not surprise us. The whole Easter story tells us of that.

From that time, Jesus began to show His disciples that He must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day be raised. Matthew 16:21



The reaction from Peter and the others shows that they did not, at yet, understand that this was all part of what it meant for Jesus to **...be on the side of God**. Matthew 16:23 As they began their journey up to Jerusalem, Jesus expanded on what it would mean for him.



The Son of Man will be delivered into the hands of the chief priest...they will condemn Him to death and deliver Him to the Gentiles to be mocked, scourged and crucified... Matthew 20:18

As the time of his death approached, it was Jesus who said:

Behold the hour is at hand and the Son of Man is betrayed into the hands of sinners. Get up, let us go. See my betrayer is at hand.... Matthew 26:46

He stood still and silent before Pilate, the Roman governor. The silence was not one of emotional failure or of collapse. Nor of passive acceptance of the charges laid against Him. Rather it was the silence of One who had gone through His own dark night of the soul in the Garden of Gethsemane and had prayed:

Father, if it is possible, let this cup pass from me, nevertheless, not as I will, but as you will. Matthew 26:39

Settled in His soul with His Father in Heaven, and with Himself as the Servant of the Lord, He faced it all with the peace of God which *does* pass all understanding. His cry of desolation on the cross:

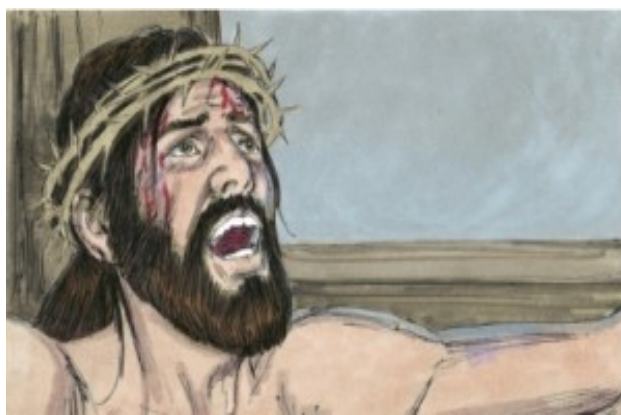
My God, my God, why have you forsaken me? (Mt 27:46)

was the supreme moment when the Son of God entered into the forsaken place of a fallen, sinful and God-separated humanity. Little wonder that for those who had “eyes” to see and “ears” to hear, His death was a new beginning for them.

Truly this was the Son of God. Matthew 27:54

This is the same Jesus who stands as the Risen Christ before His disciples and says:

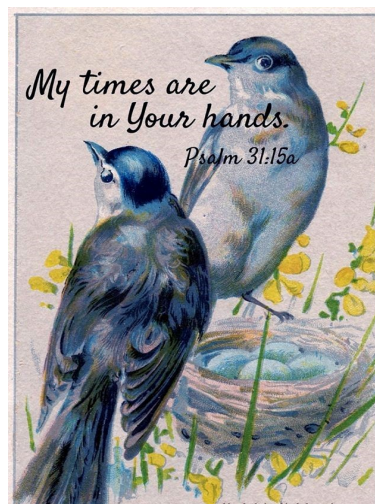
All authority in heaven and on earth has been given to me...Go therefore and make disciples of all nations... Matthew 28:18



Most of us like making plans. Like Rabbe Burns, we also know that the plans of mice and men can go asunder. Whatever our plans may be, we need to keep the One who was crucified and risen at the heart of our thinking, planning and doing. He is to be the ultimate Diary Planner.

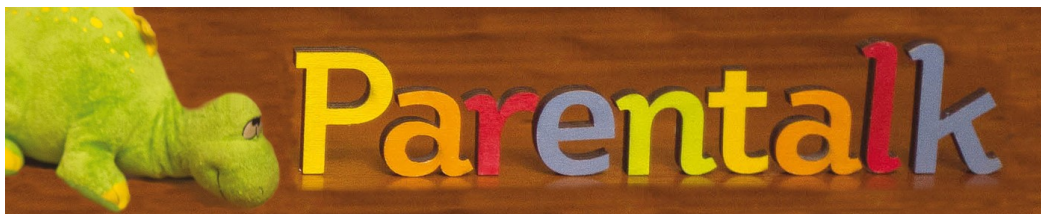
The message of Easter tells us that God’s plans for us may well involve a journey to our own “Jerusalem and Gethsemane”, where we will find challenging and difficult circumstances. But the story also tells us that the God, who in Jesus Christ had planned all of that, and had the final victory over what befell Jesus in the glory of the resurrection, will journey with us as we trust in Him.

May we celebrate Spring and Easter, with that Holy Confidence that comes from what it means to put “our times” into His nail-pierced “hands”.



Psalm 31:15

With much love in the Lord Jesus
Your friend and minister



Over the past couple of years, I, and some others from the congregation, have been part of the **Cinnamon Network** in Uddingston. This is a group of three local churches who came together, with guidance from the Cinnamon Network, to carry out a community audit, to ascertain what life is like living in Uddingston. The hope behind this project was that the consultation might flag up areas of need in our community, which we could then address as a way of the churches 'blessing the community'.



One of the main things highlighted by the research was that parents are feeling a great deal of stress and/or pressure with juggling family life and working lives. While the stress of being a parent is nothing new, we felt it was important to recognise that parenting today comes with many new challenges and worries. It is also being done at a much faster pace. Therefore, the group began to explore ways in which the churches could provide a safe space to support and equip parents in their fast-paced lives.

The result was the *Parentalk* course. *Parentalk* is a six-week, DVD-based course produced by *Care for the Family*, a national charity which aims to promote strong family relationships. It covers different topics for parents of children in the primary school years, and aims to provide space for parents to talk and share their own experiences with one another.

The format is very simple; we gather together and watch the DVD session which is a mixture of real family interviews, and presenter-led discussions. We pause between each section to have a discussion around the table in response to what's been said. All of this is done over coffee and fresh scones, creating a relaxed and informal atmosphere.

It would be great if you could support us in prayer over the next six weeks as *Parentalk* runs from 29 January to 4 March 2020.



Pray that it would be a safe space for those who attend so that they can be open and share with others.



Pray that God's love and care would shine through in all we do and say as we help our community in this practical way.

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

Colossians 3v17

Putting down Roots

Paul Stewart, along with his lovely wife, Ashleigh, have been part of our church family for just over a year. Paul tells us here of how he was brought up going to chapel but fell away in his teenage years. However, God kept His hand on Paul, brought him back to faith and led him to find a church family here at Park in Uddingston. We extend a warm welcome to Paul and Ashleigh; may God richly bless them as they start their married life together.



Tell us a little bit about your early life and education

I was born in the east end of Glasgow, and lived predominantly in Carntyne. I grew up with an older brother, mother and father. We used to live in Budhill in Shettleston before moving to Carntyne. I was christened and raised as a Roman Catholic. I went to St Timothy's Primary School in Greenfield and St Andrew's Secondary School in Carntyne. I was always good at accounting in school and when I left school I worked as an assistant accountant. This encouraged me to build a career in accounts. First of all I went to, what was known at the time as, the Central College of Commerce for an HND in accounting. I subsequently went on to Strathclyde University and obtained an honours degree in Accounting and Finance.

I generally had a happy childhood; quite boring with no drama. I wasn't particularly sporty and was more inclined to play video games.

How did you come to faith? And what brought you to Park?

As mentioned, I was raised a Roman Catholic but stopped attending mass when I turned 16. It was only after my father died that I started attending South Carntyne Church, which was part of the Church of Scotland. Roland Hunt was the preacher there and I liked the services. I did enjoy going and, in particular, I liked the style of preaching. I stopped attending when I moved away from the area.

Before I came back to faith, I used to sit beside someone in my work who was a devout Catholic. I would always question and challenge him about his faith; however, it turned out that I came round to **his** way of thinking. At that point I had an idea that I would eventually return to church.

When Ashleigh and I moved to Uddingston, I started to feel settled. When we first moved, I attended a couple of services at the Old Parish Church. However, on the day of the Uddingston Christmas Fayre, Park Church was open for visitors. I popped in and started chatting with Bruce. I attended Park the following Sunday. I liked the style of preaching and the welcome I received, and have been a member of the congregation ever since. I attend the Men's Bible Study Group on a Thursday evening which helps me navigate the bible a lot better. I am also considering making a proclamation of faith this year, if I am able.



What made me come back to church? Well, I maybe felt I was missing something in my life, and I felt compelled to go back and attend church. I can't really put my finger on any tangible reason why I came back, although I have a couple of theories.

- maybe nostalgia because I used to go to church when I was younger, or when I was looking initially to get involved more in the community, I saw the church as being the cornerstone of that community.
- However, I also wanted to get more in touch with my faith and explore Christianity at a deeper level. I go to the GLO bookshop in Motherwell occasionally and have a look at books that explore the faith.

Tell us about your work and hobbies

At the time of writing this, I am employed as a senior management accountant for a television production company. I've been with the company almost six years; I started as a junior management accountant overseeing the IT department. However, I have recently accepted a job offer to be a Finance Manager for a company in East Kilbride and start my new job at the end of February.

I have not come across any major conflict with my job and my faith. I am quite open about my faith and have not really encountered any major problems. Most of the conversations I have had in relation to church were to do with our wedding last year; church weddings seem to be more rare than they used to be. Related conversations seemed to be quite favourable though.

In my spare time I like to occasionally play cricket; I used to play for a club in the west end of Glasgow but I will probably try out for the Uddingston Cricket Club now as I won't be working near the West End much longer.

I enjoy hiking and long distance walks and have completed some sections of the West Highland Way, namely, Balloch to Helensburgh. I have also climbed some munros, including Ben Nevis, but would hope to hike up all of them eventually.

I also enjoy fishing but I've only ever caught trout at fisheries to date. It's something I'm hoping to get more involved in this year. I also started sailing last year and am currently taking sailing lessons at Largs. So far I've learned how to sail a dinghy. I'm planning and hoping to gain qualifications and certificates so that I can graduate onto yachts and sail as part of a crew.

I do a lot of outdoor activities now; as mentioned earlier I wasn't particularly sporty as a child. I am making up for all those outdoors activities I missed out on in my youth!

How did you and Ashleigh meet and what brought you to Uddingston?

Ashleigh used to work around the corner from me; before I had the car I often saw her on the subway. Eventually we got chatting and we started going out. We used to stay together in Shettleston but decided we wanted out of the city, and so we moved to Uddingston. We rented a flat off the Main Street at first. However, we decided we really liked living here so we bought a house and have now put our roots down here.

We owe a lot to the church as the congregation made us feel very welcome and part of the community. So welcome in fact that we wanted our wedding to take place in Park Church. I really liked the service and received good feedback from friends and family who also enjoyed the wedding. I think the highlight was the number of the congregation who came to show support, and, of course, the exchanging of the wedding vows.

Do you have a favourite verse of Scripture and favourite hymn?

Last year when I started attending church, I downloaded the Bible app (software application). The first passage that showed up was from Ephesians 6:11.

Put on the full armour of God so that you can take a stand against the devil's schemes.

That seemed to resonate with me so I saved that passage on my phone.

My other favourite is 1 John, 3 v 18.

Dear children, let us not love with words or speech but with actions and truth.

In terms of faith, it's a strong message of devotion. It's also a simple but effective passage that faith can be used in all aspects of life.

In terms of hymns, I'm not much of a singer and I'm still learning the hymns. I did like *Standing on the Promises of God* which we sang a few weeks ago.

One for fun! If you could be any superhero, which one would it be?

I would say Batman; he has a big house full of gadgets, cars and planes!



Come let us sing for joy to the Lord!

We're looking at two songs of praise exalting our God, the King of Heaven, and exploring His attributes. The first one, written in the 19th century, speaks of God's sovereignty, while the second song, written in 2016, focuses on His holiness. Both songs speak of a God who is powerful, majestic and omnipotent but yet takes a personal interest in each one of us.



Praise, my soul, the King of Heaven

This is a hymn that gives praises to our God, the “King of Heaven” and probably one that we all know well. It was written in 1834 by Henry Francis Lyte, an Anglican clergyman in Devon who was actually born near Kelso in the Scottish Borders. It was first published in a collection of 300 hymns entitled, *Spirit of the Psalms*. This was a new concept; until then hymns were direct translations or paraphrases of the psalms but these new hymns were different. They were inspired by the psalms and aimed to capture the “spirit” of scripture so that people would see the psalms in a new light. This hymn is based on Psalm 103.

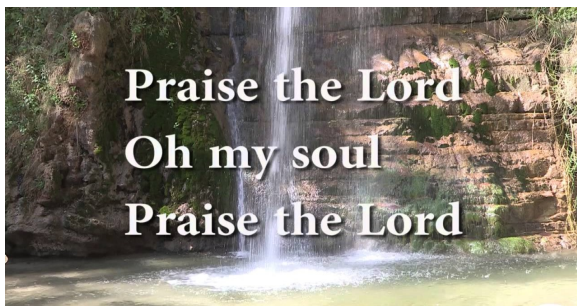
Psalm 103

Praise the Lord, my soul;
All my inmost being, praise His holy name.
Praise the Lord, my soul,
And forget not all His benefits -
Who forgives all your sins
And heals all your diseases,
Who redeems your life from the pit
And crowns you with love and compassion,
Who satisfies your desires with good things
So that your youth is renewed like the eagle's.

Hymn

Praise, my soul, the King of Heaven;
To His feet thy tribute bring,
Ransomed, healed, restored, forgiven,
Evermore his praises sing:
Praise Him, Praise Him,
Praise the everlasting King.

The idea of God being the One who forgives our sins, heals our diseases, who redeems our lives from destruction and who showers us with His mercy and loving-kindness is captured in the four words, *ransomed, healed, restored and forgiven*. The primary theme of psalm 103 is to give God praise and that is reflected in the refrain:



**Praise Him, Praise Him,
Praise the everlasting King!**

The hymn speaks of the love of God and our dependence on Him and uses beautiful imagery and words to help us give praise to God with all our heart, mind and soul. The hymn bears testimony to the sovereignty of God, His grandeur and power as the King of heaven, but also His tenderness and mercy to frail humanity. In the last verse even the created universe - *sun and moon bow down before him* - joins to give Him praise.

This hymn is very popular for both weddings and funerals alike. The music *Lauda Anima* (the opening words of the psalm in Latin) by John Goss and written in 1869, adds to the majestic feel of the hymn. Indeed, our present queen had it played for the processional in her marriage to Prince Philip in 1947, and the late president of the United States of America, George H. W. Bush had it played at his funeral in 2018. The hymn has stood the test of time because its truths are eternal. God has used this song from a lowly pastor to touch the lives of many people down through the years. Your soul can't help but be lifted up while singing this song.

To listen to the song [click here](#)

Only a Holy God

This is a hymn written by CityAlight who are the worship group in St Paul's Church in Castle Hill in Sydney, Australia. Their vision, in their own words, is to write:

"...songs for the church. Like you, we love to hear the church of Jesus sing His praises. And so these are biblical truths put to very simple melodies... There is nothing on earth like the sound of a church singing, big or small, ancient or modern, skilled or not. The sound of a church singing has preceded almost every great revival in church history. The church is God's witness and representative on earth."

The song, *Only a Holy God*, was written in 2016 by a group from the church. The verse asks a question and the chorus responds with God's holiness. The song would work either as a call to worship or a song of praise and adoration. It has biblically rich lyrics and an easy melody which any church would be able to sing.

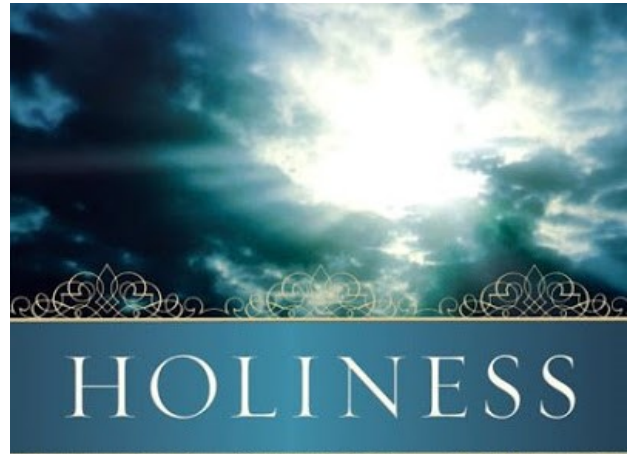
1. Who else commands all the hosts of heaven
Who else can make every king bow down
Who else can whisper and darkness trembles
Only a Holy God
2. What other beauty demands such praises
What other splendour outshines the sun
What other majesty rules with justice
Only a Holy God

Chorus

Come and behold Him
The One and the Only
Cry out, sing holy
Forever a Holy God
Come and worship the Holy God.

3. What other glory consumes like fire
What other power can raise the dead
What other name remains undefeated
Only a Holy God

4. Who else could rescue me from my failing
Who else could offer His only Son
Who invites me to call Him Father
Only a Holy God
Only my Holy God



The concept of God's holiness is really beyond human comprehension. We can imagine His might, strength and majesty but His holiness is set apart. This song tries to portray some aspects of His holiness. He commands all the hosts of heaven (Isaiah 45 v 12), He can make kings bow the knee (Isaiah 45 v 23) and He can strike fear in the hearts of His enemies (Exodus 23 v 27). This same power that terrifies His enemies is a wonderful thing for believers as it defeats evil, and even death itself, as we see in verse 3. Our God is also a God of great beauty (verse 2). In Chronicles 16 v 29 we read, "Ascribe to the Lord the glory due his name; bring an offering and come before him. Worship the Lord in the splendour of his holiness."

The fourth verse is personal and the *who else?* makes plain that our salvation can only come from the Lord. Our own failings contrast with His holiness. Despite this, He offers us His only son as an atoning sacrifice and invites us to call him Father. No one else can rescue us. God's holiness causes us to worship Him in reverence and awe.

All songwriters love to hear how their songs have impacted the people who listen to them. Christians from a country where it is illegal to be a Christian, and where they live in fear of their neighbours reporting or betraying them, wrote to CityAlight to tell them how much this song meant to them. Living under a repressive regime, but knowing that even these evil regimes tremble when this *holy God whispers*, strengthens their faith and gives them hope. They know they are protected under His shield, strength and might and one day everybody will have to bow the knee to this Holy God.

Praise God that through CityAlight and this song, these believers were given hope in times of trial and persecution.

To listen to the song [click here](#)

Short-Term Mission

By Martin Paterson

Jesus commands us in the Great Commission to go and make disciples of all nations (Matthew 28). What does that mean for us as everyday Christians in the 21st century? Here Martin Paterson gives us his views on short-term mission and how we can all be a part of it, whatever age we are.



Is short-term mission more than nice pictures, great status updates...?

It was dark, and I had woken with a start. There was an unusual noise washing over me. As I looked out the window, in the distance the sun was rising. It turned out this was the normal start to every day in this country of South East Asia. But the minaret of a local mosque had never been my alarm clock before.



Maybe you are reading this because you are considering being involved in short-term mission this year. I really want to encourage you, this is great to hear. No doubt you will have similar experiences like I had when you are in another culture. In fact, you will have many experiences. But are nice pictures, great status updates and eating different food really what it's all about?

For what it's worth, I don't think that's true. Here's what I think. Short-term mission is about God's glory in Christ being displayed, through his church, among all the peoples of the world. Put it another way. Short-term mission is all about God and His glory and serving His mission.

Having this as our starting point means we will think about short-term mission very differently. It is no longer something I am doing. Instead, we see it as a beautiful thing that **God** has invited us to participate in.

God's purpose in the world is to see His gospel proclaimed among all peoples, to see churches established and to see believers strengthened. If that is the case, how should this shape where we go and what we do? Well, it means a couple of things at least.

- First, we should desire to serve alongside believers where there is little or no gospel witness. That makes sense, doesn't it? Where there are not so many people living and speaking for Jesus, that's where we want to be. That is the gospel in action. Seeking to serve the forgotten people because they matter to God.
- Second, it should get us to think strategically about strengthening our local churches' global gospel workers. Instead of working out where to go, we can support people who have already gone. This is a beautiful way to serve short-term as it displays loving commitment and a desire to serve others' needs, not **our** wants. Find out who your global partners are, and ask if coming over to serve would be helpful.
- One final thing. Short-term mission is about **servicing**. Those who learn most, and are of greatest, long-lasting, kingdom-expanding impact, are the people who serve with an attitude of humility. They are not the sort of people who arrive and think that they are going to save the world. Instead, they know the One who saved them, and are willing to please the saviour by serving His people.

As you think and pray about short-term mission, where to go and what to do, take the chance to learn about the unreached peoples of the world. Download the [Unreached of the Day](#) app or check out [Operation World](#) for helpful information. Through all of this ask that the Lord would give you a heart of humility as you seek to see His name glorified throughout the peoples of the world.

This article was written for *Generation Mission* which works closely with Operation Mobilisation who run short-term mission trips. If you are interested in learning more, you can find information on their website at www.uk.om.org or from Martin at martin.paterson@omfmail.com.

God Provides

by Elizabeth McDowall

Park has had a long-standing association with Scripture Union in Ukraine (Open Bible) whom we seek to support through prayer and financial gifts. Elizabeth visited Ukraine last February but recently some of their members were in Scotland and asked to visit Park one Sunday evening. Here Elizabeth tells us what happened and also offers our younger members an opportunity to take part in a short-term mission trip.



On Sunday 12 January we had a visit from some Ukrainian friends to our evening fellowship. The visitors' names were Dasha Karbovska and Andrii Stupak from Open Bible in Ukraine, pictured above with Jackie Ringan, SU Director of Development and, of course, myself.

Dasha and Andrii were visiting Scotland to plan an international youth camp this summer and attend an SU Scotland training conference, and they asked if they could visit Park Church. Andrii has just been appointed manager of their camp centre in Vorzel, where I stayed last February, and he thanked us for the gift of money we had sent which enabled them to replace the leaky roof in their kitchen. (We sent a gift of £3000 last year.)

Andrii and Dasha shared some prayer points for Open Bible.



For planning for the international camp. This is a week-long event held in July followed by a week's mission to poorer villages around Ukraine. We pray too that some Scottish young people will want to join in; it is open to those aged 16-student age. If anyone is interested, find out more at www.suscotland.org.uk/events.



For Andrii, as he has just become manager of the Vorzel centre. It is a responsible job! He asked for prayer that they will be able to build a third floor, enabling more children to come to the camps.

I asked if they had the finance for the building work, and he said No! As ever, they operate on a basis of faith and trust. Dasha went on to tell of a wonderful story of answered prayer. Last December they had a Christmas camp. A friend, who works in an orphanage, asked if he could bring eight children, but he had money for only five of them. Dasha told him to bring them, trusting that God would supply the finances.

A few weeks later, his friend returned to say he was bringing ten children, but could still only pay for five. Dasha was in a coffee shop where another friend works, and noticed they were fundraising for an orphanage. It turned out it was the same orphanage these children came from! On finding out that these children from the orphanage he was raising funds for were going to camp, he offered to use the money that had been collected to pay for the children to go.



As Dasha related, God provides!

**Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.
Psalm 82 v 3**

Songs of Thankfulness

On the last Sunday of 2019 we were set the task of composing a song of thankfulness to God. Here are a few of the offerings. I don't think the Gettys will be too worried just yet; however, as we wrote these in about ten minutes, who knows what we'd have produced if we'd had more time?!



Thank you, Lord, Thank you, Lord
Thank you for our lives
Thank you for the freedom
That we can worship you.

Thank you, Lord, Thank you, Lord
You've been so good to us
For all the love you've shown us
Throughout the year that's past.



Thank you, Thank you, Lord above
For the love you show to us,
Thank you for family and friends
And on you our lives depend.

Continue to watch over us
When we stumble, you we trust
Continue thanking you we must
And help us never to go bust!
(and help us never fear the worst)

Tune: Come and Join the Celebration

To our God in heaven
We are thankful today;
Thankful for our many blessings,
You have given every day!

Thank you for safe travels
To America and back
Thank you for our family
Wherever they are found!

Chorus
Friends and neighbours
Gather all around in joy
New beginnings -
Whether in our homes or in the world.

Father, Jesus, thanks to thee
Thank you for my family
New beginnings and our health
Friendship, memories is our wealth.

Tune: Thank you for the music (Abba)

So we say thank you for the children
The joy they're bringing
Thanks for lives in Jesus living
Thank you for providing a home to live in
And for helping support our vision
Thank you for a decade of faithful provision

Tune: Merrily Merrily

Jesus, you are great!
Your love is true
You are our Saviour
And we're blessed by you!

Your promises are sure and true
You sent us Jesus
Now we're one with you.



Thank you, Father, for this year,
helping scatter gloom and fear,
Thank you for our families,
marriage, love and holidays,
Thank you for our church family
and for your death on calvary.

Thank you, God, for your love
For the freedom to worship you
With hearts full of joy and thankfulness
Did you ever get such a gift in your life
That assured you of your eternal life?
Thank you, God.

Jesus, Jesus, we love you
You are the Saviour and you are true
You keep your promises all the time
Much, much better than I keep mine
If we pray every day,
You'll be there, come what may.

Easter Reflections

Easter! A time of new birth after the long, cold and this year, very wet and windy, winter. We see new life all around us, trees in bud, spring flowers brightening our gardens and DIY stores selling their wares!

But for a Christian, Easter is so much more. Easter celebrates the resurrection of Jesus Christ from the dead on the third day, fulfilling the prophecy in Isaiah 53.

Easter is a message of love; through Jesus' death God offers forgiveness of sins - past, present and future - and eternal life with Him.

Everything changed with the resurrection. The world was turned upside down. The impossible became possible. Disbelief turned to belief. Love defeated hate. Hope defeated fear. Joy defeated sorrow.

And new life in Jesus defeated death.



With Christ You Can



The women who buried Jesus on Friday returned to visit him early Sunday morning. They brought spices and perfumes to anoint the body. What they found is the substance of Easter hope: no stone in front of the grave, no body within the grave. They found an angel, clothed in white, seated on the stone. "He is not here; for He is risen, as He said. Come, see the place where the Lord lay" (Mt. 28:6 NKJV).

When they did, they saw the first signs of the resurrection: a vacant slab, an abandoned burial cloth, a folded shroud, and a beaming angel. And, could we examine the empty grave with them, we'd find something else. Languishing in the corner, in the dust, doomed to be sealed and buried forever...your stacks of *I can't's*.

God buried your *I can't's* in the grave of Christ. Every last one of them. You say you can't forgive someone? You can't, but with Christ you can. Can't survive the struggle? You can't, but with Christ you can. Can't hang on any longer? Turn to Christ for help. "God's power is very great for us who believe. That power is the same as the great strength God used to raise Christ from the dead" (Eph. 1:19-20 NCV). The same steely, burly force that raised Christ from the dead will turn your "I can't's" into "I cans". "I can do all things through Christ, because he gives me the strength" (Phil 4:13 NCV).

With Christ you can face the struggles of Friday. Set your mind on the joy that awaits you.

With Christ you can endure the silence of Saturday. Be patient. Christ will come.

With Christ you can celebrate on Sunday. The same power that defeated His death will give you life. Have you asked for it? Have you asked God to help you?

He will. He will give you strength in this life and eternal joy in the next. All you need to do is ask him. Make this prayer a part of your Easter celebration.

"Dear God,

Without you I can't solve my problems, remove my sins, or go to Heaven. But with you I can. I ask that you help me, cleanse me, and save me. In Jesus' name, Amen."

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Uddingston Pride Update

by Sandy Robertson



We said farewell to 2019 with a most successful Christmas Open Day, and we were blessed with fair weather which brought good crowds of supporters out to enjoy the activities.

Our thanks go to all the performers who came along, with a particular mention to the school choirs, the pipe band, the Salvation Army Band and the young dancers, who all performed so well and kept everybody entertained. Thanks too to all the shops who opened their doors specially for us; we hope they all had a successful day. Thanks again to Park Church for running a tearoom, and accommodating the Primary Schools' choir.

Once again, Santa put in an appearance, along with his Elf, and delighted the young ones in his usual inimitable way. The children also enjoyed the Cuckoo in the Nest quiz. Our sales table at the Cross, the raffle and the tombola were all very well supported, with the mulled wine and Christmas pies being particularly popular. The best shop window was won by *Currie and Quirk*, the Opticians, with a most colourful, festive display.



.....to **EVERYONE** who made it such a successful and fun day!

The concert by Alastair McDonald on 12 February in Park Church was very well attended and a sizeable sum was raised for Uddingston Pride. This money will be put to improving the street furniture on the Main Street.

A further donation from the Old Parish Church Community Café will be used to provide an attractive new seat for the Cross area in the summer.



This is a significant year for Uddingston Pride as it marks our 20th anniversary. The group was formed in 2000, with the modest aim of improving the appearance of our community. Since then we have greatly expanded our efforts, and have enjoyed a great deal of success in both the **Beautiful Scotland** and **Britain in Bloom** competitions. This year we have been asked again to represent Scotland in **Britain in Bloom**, so we will have to be at our very best to reach Gold Standard once more. With our 20th anniversary in mind, we are planning a number of special events, which we hope will bring pleasure to all as well as helping us in our aim to win our category.



The first event will be the planting of an Anniversary *Tree* outside the Bank of Scotland on Thursday, 5 March at 10.15am. We have carefully selected a fine young tree, and the Provost will carry out the ceremonial planting. We hope this most attractive tree will enhance the Main Street for many years to come. Please come along and support us at the ceremony, and show your usual level of encouragement for the efforts of **YOUR** Uddingston Pride.



It's going to be a very busy year for the group, and we hope you will all come out and support us. With the help and encouragement of the whole community of Uddingston, we are confident we will have another very successful year.

Dates for the Diary

<p>1 March Communion Sunday</p>	<p>10.30am Guest Speaker Release International 6.30pm Bield Housing Service</p>	
<p>Sunday 29 March</p>	<p>4.30pm Family Film Afternoon and Tea New version of Pilgrim's Progress 6.30pm Fish and Chips Tea</p>	
<p>Monday 30 March</p>	<p>Easter Code for Primary 7 children</p>	
<p>Sunday 5 April</p>	<p>10.30am Palm Sunday Journey to Easter 1</p>	
<p>Wednesday 8 April</p>	<p>7.30pm Journey to Easter 2</p>	
<p>Thursday 9 April</p>	<p>7.30pm Maundy Thursday Journey to Easter 3 Guest speaker—Elaine Duncan from Scottish Bible Society</p>	
<p>Friday 10 April</p>	<p>7.30pm Good Friday Journey to Easter 4</p>	
<p>Sunday 12 April</p>	<p>10.30am Easter Sunday Journey to Easter 5 Easter Day Celebration</p>	
<p>Friday 15 May</p>	<p>Uddingston Pride 20th Anniversary Celebration held in Park Church</p>	



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This magazine is also available on the church website