

# Park Pages

the magazine of Uddingston: Park United Free Church of Scotland



## Pastoral Letter

Summer 2025

Dear Friends,

The month of May has been marked with celebrations to mark the 80th anniversary of the ending of the War in Europe: VE Day. Although there are very few people who are still alive who served in that war, it is right that we should mark this anniversary to pay tribute to a generation who, either on the Front Line or on the Home Front, served our nation to secure ours and others' liberties. **We shall remember them!**



However, remembrance has to have a point. When the victory in Europe was declared 80 years ago, His Majesty King George VI spoke of the vital necessity that the future must be one of peace and justice if the sacrifice of so many in past wars of the century was not to be in vain. Thankfully, in the midst of so much global turmoil, we, as a nation, have known 80 years of peace as far as our own shores have been concerned. Despite The Troubles in Northern Ireland, social unrest brought about by the economic changes of the 70s and early 80s, and the turmoil of the Brexit debate, a large measure of peace and security has been the inheritance that the wartime generation has bequeathed us.



### We give thanks to Almighty God!

Unfortunately, we live in a world which is at war. In many places, including Ukraine, Gaza, Sudan, Burma and now India and Pakistan, countries are at war. As Jesus warned us:

***When you hear of war and rumours of war, do not be alarmed. Such things must happen. Nation will rise against nation and kingdom against kingdom. There will be earthquakes in various places and famines. These are the beginnings of birth pains. Mark 13 v 7-8***

As Christians, we should never be surprised that the lasting peace and justice that every generation longs for, has not been globally established. The story of Cain and Abel in Genesis 4 shows us that the wars and strife that afflict our world begin with the human heart. As the Lord said to Cain:

***If you do not do what is right, sin is crouching at your door; it desires to have you but you must rule over it. Genesis 4 v 7***

Unfortunately Cain gave into his baser desires and anger towards his brother Abel, and we read that:

***Cain attacked his brother Abel and killed him. The Lord said to Cain, "Where is your brother?"***

***"I don't know. Am I my brother's keeper?" Genesis 4 v 9***



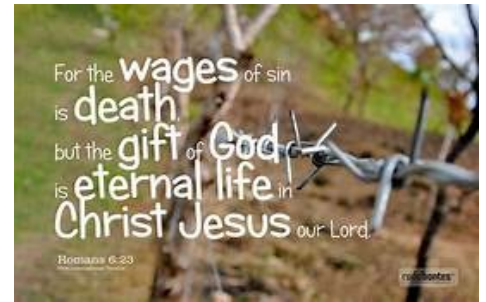
Denial of actions, perverting the truth, avoiding the consequences...all of the issues that cause strife and can lead to war, either at an interpersonal level or between nations, start in the human heart.

***The Lord said to Cain, "What have you done? Listen! Your brother's blood cries out to me from the ground. Now you are under a curse..." Genesis 4 v 10-11***

As the apostle Paul tells us:

***The wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6 v 23***

Our longing rightly is for the Day when, the same Lord God who knew what was in Cain's heart, will:



***...judge the nations and will settle disputes for many peoples. They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore. Isaiah 2 v 4***

On that day, God will give the nations Light and Jesus Christ, the Lamb, will be its Lamp.

***The nations will walk by its light, and the kings of the earth will bring their splendour into it...The Tree of Life's leaves are for healing of the nations. No longer will there be any curse. Revelation 21 v 23-24 Revelation 22 v 2b and 4***

Truly, there will be a new order where:

***...there will be no more death, or mourning or crying or pain, for the old order of things has passed away. Revelation 21 v 4***

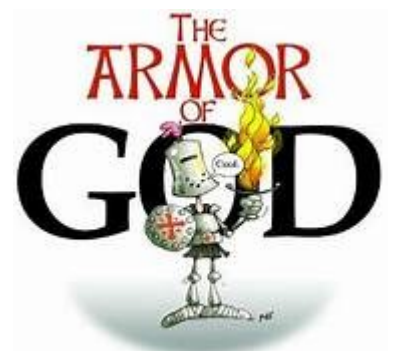
The wartime generation fought through the war with the hope of final victory over our earthly enemies. As servants of the Kings of kings, we serve Him in our world with the hope that one day war will end and there will be eternal peace. In the meantime, we remember that:

***...our struggle is not against flesh and blood... but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6 v 12***

Inspired by the earthly example of past generations of servants of the Kingdom, we face the future of that Kingdom in the midst of a troubled world. If we are going to do so, we need to:

***Take up the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. Ephesians 6 v 17-18***

Let us not grow weary as we serve the Prince of Peace. Rather, inspired and encouraged by Him himself, we press on in our service of Him, with the cry of the ancient church still on our lips:



***Amen. Come, Lord Jesus...***as we hear the voice of Jesus Christ saying:

***Yes, I am coming soon. Revelation 22 v 20***

***With warm Christian Greetings***

*Mr B Russell*

## Dates for the Diary



Sunday 1 June	10.30am Youth Service led by Jessica and Connect	
Sunday 8 June	Morning Service 10.30am Rev Ian McQuarrie	
Sunday 22 June	10.30am Holy Communion Gifts for Park Kids	
Sunday 10 August	10.30am Back to School with God	
Sunday 7 September	10.30am Harvest Thanksgiving Gifts for the work of Mission Aviation Fellowship	

## Summer Timetable for Fellowship Groups

### Women in the Word

Sunday 1 and 15  
June  
New session 10  
August—Meal out



### Refresh on Wednesdays

11 June—Visit to  
the Glo  
New session 30 July



### Faith on Friday

6 June and 20 June  
for coffee  
New session 1 August



Ladies' Association  
Ladies' Day in  
Perth 4 June



### Men at the Manse

12 June Curry Night  
New session 7 August



Manse Garden  
Party  
Thursday 3 July



# God is Faithful

Jessica Beecroft

As the school year draws to a close, I am thrilled to share what God has been doing in the lives of our children and young people. Across all of our ministries—**Park Kids and Teens**, **MEGA**, **Connect**, and the **Scripture Union groups at Muiredge** and **Uddingston Grammar**—we've journeyed through Scripture, asked big questions, and discovered more about God's never-failing faithfulness.

## Park Kids and Teens

At the beginning of this year I felt God calling me to use His word to equip the young people for hard times they may encounter in the future, by journeying through parts of the Bible that will help them to understand that God is always faithful. He never promised us a trouble-free life, but He has promised to be with us every step of the way. We explored this through the powerful stories in Daniel 1–6, where Daniel and his friends remain faithful to God—even when they're taken from their homes, face fiery furnaces and are thrown into a den of lions.



This theme continued when we learned about the Prophets. As I began my lesson preparation I had a moment of full-on panic. The prophetic books are difficult for adults to understand - how on earth did I think I was going to be able to teach them to children?!

Of course, God has a sense of humour because the place to start was with Moses...who also had a crisis of confidence and made lots of excuses when God asked him to do something hard. This really put things into perspective as writing lesson plans is much easier than leading people out of exile. And who am I to get in the way of God's plan?

So we continued with the Prophets! Their messages, though sometimes hard-hitting, consistently pointed to a faithful God who **always had a plan** and **never abandoned His people**, even when they turned away. Each week, the children learned that **God is with us**, no matter where we are or what challenges we face.

A verse that kept coming up as we reflected on God's covenant with His people was **Deuteronomy 7 v 9**.

**Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.**

I am pleased to say that God has truly been faithful this year. One thing that has been very clear is that the children aren't just learning stories—they're understanding the heart of God through them. Their questions have been deep and sincere, often challenging us as adults to revisit our own understanding of Scripture.

What a beautiful reminder that the Word of God is living and active, and that faith can take root and flourish in the youngest of hearts. Jesus said:

**Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these. Matthew 19 v 14**

We are witnessing the truth of that promise in our midst.

## MEGA



### Exploring Emotions through the Book of Acts

This year at MEGA we welcomed quite a few new children thanks to our wonderful church kids being evangelists and bringing friends along. This has meant that some weeks at MEGA have been particularly boy-heavy. And with numerous boys of a similar age, sometimes there can be quite a bit of carrying-on. This could have been a concern during teaching times; however, this year we introduced a new approach to the teaching at MEGA - drama!

By acting out the Bible stories, the children have all been really engaged. So much so that instead of summarising the lesson at the end as we've done in the past, I've started asking the children questions to draw out their thoughts and reflections on the story. It's incredible how much they are taking in!



We combined fun and faith using the **Inside Out** film as inspiration to explore emotions through the lens of Scripture. We followed the Apostle Paul on his incredible journeys in the Book of Acts, focusing on three stories that connected with different emotions:

- **Joy and Surprise** – on the Road to Damascus, where Paul's dramatic encounter with Jesus changed everything.
- **Fear and Trust**—during the shipwreck, where Paul's confidence in God kept others calm in the storm.
- **Hope and Praise**—even in prison, where Paul and Silas sang hymns, showing us that joy can exist in hard places.

We talked about how all emotions are part of life and how God is with us in every single one. Whether we feel angry, sad, scared, or happy, we can bring it all to Him—because He cares, and He never leaves us.



**Please pray that the children will hold on to these truths.**

## CONNECT

In Connect, our older primary-aged group went on a big-picture journey through the **whole Bible!** From Genesis to Revelation, we traced God's plan for His people and the consistent thread of **His faithfulness** running through every story.

We explored the creation, the Fall, the promises to Abraham, the rescue from Egypt, the kings and prophets, the birth and ministry of Jesus, the growth of the early church—and the hope we have in His coming Kingdom.

It's been amazing to watch the teens' understanding of the Bible grow—not just through individual stories, but as **one big story of God's faithfulness.**

One particular highlight has been seeing every young person find their place and feel truly welcomed. Whether they have been coming for years or just joined recently, each one is valued, seen, and encouraged to be themselves.

Strong friendships are forming—built on trust, laughter, and shared faith. As they grow together, we're witnessing not just connection with one another, but a deepening connection with God too.



## Scripture Union Groups

### Muiredge Primary



What a transformation we have seen this year at the Muiredge Primary SU group! Last year conversations often began with uncertainty.

***“If God exists...”***

but now we are hearing:

***“When I pray...”***

It has been incredible to watch as the children grow in confidence, not just in Bible knowledge, but in their personal faith.

Each week, we have explored stories about Jesus—His miracles, parables, and moments of love and compassion. The children are beginning to see Jesus, not just as a figure from the past, but as someone real, present and active in their lives today.

### Uddingston Grammar

At Uddingston Grammar, we have a small, faithful number of attendees who are already committed Christians familiar with the Bible. Because of this we decided that it would be best to do a Bible study together. We introduced them to a method called the **Swedish Bible Study**—a simple but powerful tool to go deeper in Scripture.

**Here is how it works:**



**Lightbulb** – Something that stood out or caught their attention



**Question Mark** – Something they did not understand or they want to explore



**Arrow** – A challenge or application for their own life



**Speech Bubble** – Something worth sharing with others

Using this method, we made our way through the Book of Acts, reflecting on the growth of the early church and the courage of the first believers. Each session sparked great conversations, and helped the young people make personal connections with the stories and apply them to their lives today.

### Looking Ahead with Confidence

Across all our ministries, we have seen God’s faithfulness at work—not just in the stories of Scripture, but in the lives of the children and young people we are blessed to journey with. They are asking deeper questions, forming stronger friendships and growing in their understanding that God never leaves, never forgets and always loves.



As we look forward to next year, please continue to pray for these young hearts—that the truths they have learned this year will take root and flourish. I am so grateful for your ongoing support, encouragement and prayer.

With love, Jessica

# Managers' Property Report

Colin Bickerton

Both our Church and Manse are beautiful buildings; however, they are over 150 years old and require regular maintenance and repairs to keep them in good condition. In 2023, extensive work was carried out to remove wet rot both from the accessible toilet and also the entrance foyer of the church. Fortunately 2024 was a quieter year. However, this does not mean that nothing is happening, and we thought it would be helpful to provide an update of works in progress and plans for future work on the Church and Manse.

## Church

1. Repairs to the stonework and pointing on exterior walls began on 13 May.
2. Repairs to the roof and guttering between the sanctuary and the hall are expected to start end of May. This is preventative work as the leak above this area was fixed last year.
3. The hole in the wall between the kitchen door and the door leading into the sanctuary was made last year to allow debris to be removed from the wall cavity and to allow the area behind the wall to fully dry out following the leak referred to above. A check was also made for dry/wet rot. The hole was extended once the weather improved sufficiently to allow the radiator to be removed, whilst maintaining a comfortable temperature in the hall. This hole will be boarded up shortly but final plastering and decoration will be completed at a later date once further repairs and upgrades are carried out to the hall.
4. The hall guttering has given problems for a long time and has recently caused water ingress above one of the windows. The existing guttering is of a very poor design and does not have the capacity to cope with the higher volumes of rainfall we are now experiencing. A group of managers is planning to look at this in June and they will consult with roofing/drainage companies to determine the best long-term solution.
5. Work is in hand to remove the old (unsafe) gas fire in the vestry and replace it with an electric heater. Investigations have taken place to try to determine what is causing the unpleasant smell in the vestry. CCTV discovered a broken drain in the toilet and this is scheduled to be repaired. Once this work is complete, we plan to redecorate the vestry.



## Manse

1. The Manse needs a full electrical upgrade to bring it up to standard for the modern-day needs of a household and the number of electrical appliances used in today's world.
2. The central heating boilers are old and need to be replaced.



We do not propose to carry out any of the above works on the manse while Bruce and Elizabeth are still living there due to the upheaval this would cause. It would be our intention to carry out these works during the vacancy once Bruce retires.

We would like to thank Bruce and Elizabeth for all the time and money they have invested in the manse themselves over the years, and for making it such a welcoming place for church meetings and activities.

In addition to the items listed, the managers (with help from other members of the congregation) continue to ensure that both the church and the manse are kept to a good standard of repair and safety and repairs are carried out as required. Our finances are audited by OSCAR and we comply with all regulations.

We thank all members of the congregation for your ongoing generosity which makes it possible for us to carry out this work.

If you have any questions regarding any of the above, please speak to myself or any of the managers.

In Christ,

On Behalf of the Board of Managers

Colin Bickerton  
Clerk to the Board

thank you!

# Church News

## Memorial Plaque

A plaque was laid in memory of Irene Cassels by **Grow Uddingston** and her husband, Scott. Irene was a stalwart supporter of Grow Uddingston and provided hospitality for them when they held their meetings in Park.

## Coffee Morning

A coffee morning was held on Saturday 10 May in conjunction with the **Grow Uddingston** plant sale. £400 was raised for the denomination's Easter Appeal which was in support of **SU Scotland's Additional Support Needs (ASN) Ministry**. This important work supports children and young people across the country while sharing the Good News of Jesus in a way that is engaging for them. It is estimated that 40% of young people in Scotland have an additional support need. Please pray for this important work.

## Happy Birthday

We wish **Elizabeth Thomson** a very happy 99th Birthday on 12 June. Elizabeth has been coming to Park Church all her life and still likes to sit up in her seat in the gallery! We look forward to celebrating her centenary next year!

## Passed into Glory

### Wilma McLean

It was with great sadness that we learned of the passing of **Wilma McLean** on 26 April. Her funeral service took place at Daldowie Crematorium on 12 May and the songs reflected Wilma's faith in her saviour—What a Friend we have in Jesus, Blessed Assurance and The Lord's my Shepherd. Wilma fought a brave battle against her illness and although we will miss her, we know she is now safe in the arms of Jesus. Wilma was a wonderful visitor to the housebound over the years and her apple pies were legendary at church events!

Our thought and prayers are with John and the wider family.

### Marjorie Cunningham

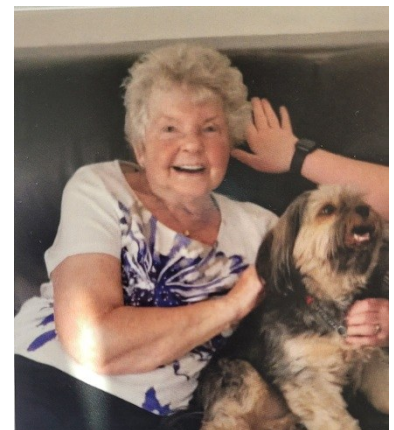
Marjorie was a faithful member of our congregation for many years but in recent years had suffered from dementia. Her funeral will take place in Park on Wednesday 4 June. Our thoughts and prayers are with her family.

## General Assembly

The General Assembly will take place in Perth from 4-6 June this year. Isabel Martin and Colin Bickerton will represent the church along with the minister. Ladies' Day is on 4 June—speak to Isabel Martin for details.

## The Gathering—Save the Date!

The Gathering will take place on **Saturday 16 August** at Lendrick Muir where there will be a time of praise and worship, followed by workshops on topical issues to choose from. The Keynote Speaker is Dr Mark Stirling who lectures at Highland Theological College.



# Time to Praise

by Eric Todd

Eric Todd, one of our managers, shares some of his reflections on the subject of praise.

If you had lived during the Thirty Years' War, could you have praised God? This war occurred from 1618-48 and was the last of the great religious wars of Europe, a conflict that began between Protestants and Roman Catholics. Before it was over it had spread from Germany, where it began, over most of Europe. There was a general struggle for territory and political power. During the horror of the war, Pastor Martin Rinkart faithfully served the people in Eilenburg in Saxony. He conducted as many as 40 funerals per day, totalling over 4,000 throughout his ministry. Yet out of this devastating experience, he wrote a "table grace" for his children which we now sing as a hymn of thanksgiving.



Now thank we all our God  
with heart and hand and voices  
Who wondrous things hath done  
in whom His world rejoices!  
Who from our mothers' arms  
Has blessed us on our way  
With countless gifts of love,  
And still is ours today

O may this bounteous God  
Through all our life be near us  
With ever joyful hearts  
And blessed peace to cheer us  
To keep us in his grace  
And guide us when perplexed,  
And free us from all ills  
Of this world in the next

All praise and thanks to God  
The Father now be given,  
The Son and Spirit blest,  
Who reign in highest heaven  
The one eternal God,  
Whom heaven and earth adore  
For thus it was, is now,  
And shall be evermore.

To listen to this hymn, click [here](#)

The Apostle Paul learned that Praise is an important factor in achieving victory when all around is dark and the future is unknown. He learned that "**Praise** changes things" just as much as "**Prayer** changes things". Praise God because He is the Father of our Lord Jesus Christ! Praise Him because He is the Father of Mercies! Praise Him because He is God of all Comfort!

It is a good thing to give thanks to the Lord, and to sing praises to His name, O most high  
to show forth thy loving kindness in the morning and thy faithfulness every night. Psalm 92 v 1-2

GIVE THANKS  
TO THE LORD  
FOR HE IS GOOD  
His LOVE endures FOREVER!!!

It is the risen Christ who gives us the power we need on a daily basis for life and service. I never want to be the kind of Christian who portrays themselves as perfect. I have flaws and I have struggles. That's why I need Jesus. It was Martin Luther that said:

God doesn't love us because of our worth, we are of worth because God loves us.

Let us give thanks for Christ's Resurrection!





## Botswana 2026 Visit

The Global Focus Working Group is delighted to announce a Denominational Visit, in 2026, to our long-term partner, Flying Mission Care, Botswana.

The exact cost of the trip is unknown [at the moment](#), due to flight costs not having been announced yet, but it is estimated that it will cost in the region of £2,000-£2,500 per person for a 10-day visit.

We will visit Flying Mission Care Projects, including time spent with the children of Lerotlhe, the teenagers of Kgatelopele and the women of the Lebogang Empowerment Project. There will also be the opportunity to attend Sunday worship and some sightseeing.

What might we be doing at Lerotlhe Day Care Centre? Well, the Lerotlhe Day Care Centre, located in the remote village of Seherelela (130km west of Gaborone), is a community-based project that provides pre-school education and meals for orphans and vulnerable children from three nearby cattle posts, namely Seherelela, Tsonyane and Sesung. At the moment, Flying Mission Care are thinking we can join in with a two-day Summer Camp for the children. This will include games, Bible stories, singing and a talent show!!!

Kgatelopele: A survey conducted in 2015 by the Botswana Department of Social and Community Development in Bontleng and Old Naledi, revealed that 90% of orphaned or vulnerable children do not qualify for tertiary education. Even when a vulnerable youngster is entitled to tertiary education early school dropout is common and this has a significant impact on their prospects of economic independence. Often future income then depends upon them becoming part of the Government Programme ' , a programme for unemployed Batswana. Lack of prospects often leads to unhealthy behaviours such as alcoholism, drug abuse, risky sexual behaviour (which can lead to teenage pregnancy; developing HIV/AIDS; STDs). The majority of the Kgatelopele participants' families are struggling with one or more of the challenges listed above. We are hoping to spend time with some of the students either just chatting or being involved in tutoring or playing games.

Lebogang: Besides the general challenges faced by families in their daily lives, there are additional issues for the extended family when they take on responsibility for an orphaned or vulnerable child. Although the Botswana Government supports orphaned or vulnerable children (and their foster families) financially and with food baskets, it is barely enough to get through the month. Further research by African Havens identified 'economic disadvantage' as a major issue.

Female heads of families, who foster an orphaned or vulnerable child, are often the main breadwinner. Lebogang, therefore, focusses on the empowerment and development of the skills of the female heads of families of Kgatelopele participants. One suggestion has been that we facilitate a 'women's empowerment session.

The proposed dates are 26 June 2026 until Sunday 5 / Monday 6 July– dates will be firmed up when flight details are available.

There will be a selection process for a few reasons:

- we may have too many people wishing to go on the visit (the maximum number will be 10)
- to ensure there is an understanding of the purpose of the visit
- to explore cultural issues/potential health challenges

Applications should be submitted by 31 August 2025, with interviews taking place in September 2025.

For further details or to have a chat, please contact Tricia Johnston, Convenor of the Global Focus Working Group, on [botswana2026@ufcos.org.uk](mailto:botswana2026@ufcos.org.uk) or on 07903 465138

**We were asked to circulate this document by the denomination. If this is of interest to anyone, please speak to Bruce or Elizabeth in the first instance.**

by Max Lucado

In a few moments the day will arrive. It will roar down the track with the rising of the sun. The stillness of the dawn will be exchanged for the noise of the day. The calm of solitude will be replaced by the pounding pace of the human race. The refuge of the early morning will be invaded by decisions to be made and deadlines to be met. For the next twelve hours I will be exposed to the day's demands. It is now that I must make a choice.



A word cloud where the word "kindness" is the largest and most central element. Other prominent words include "goodness," "compassion," "generosity," "sympathy," "tolerance," "friendship," "charity," "love," "gentle," "help," "affection," "kind," "grace," "support," "cordiality," "emotion," "humanity," "friendly," "altruism," "giving," "benevolence," "careful," "merciful," "hand," "generous," "lenderliness," "courageous," "positive," "together," "good," "hope," "faithful," "trustworthy," "considerate," "kindness," "humble," "modest," "unassuming," "selfless," "disinterested," "impartial," "objective," "fair-minded," "just," "equitable," "reasonable," "pragmatic," "realistic," "down-to-earth," "no-nonsense," "straightforward," "frank," "open," "transparent," "honest," "truthful," "sincere," "genuine," "authentic," "natural," "spontaneous," "impulsive," "instinctive," "intuitive," "gut-feeling," "heartfelt," "wholehearted," "full-on," "all-in," "total," "complete," "comprehensive," "thorough," "in-depth," "detailed," "meticulous," "scrupulous," "conscientious," "diligent," "hardworking," "industrious," "ambitious," "driven," "motivated," "energetic," "vigorous," "active," "dynamic," "outgoing," "social," "gregarious," "sociable," "personable," "likeable," "approachable," "easy-going," "relaxed," "calm," "composed," "poised," "confident," "assertive," "decisive," "firm," "resolute," "steadfast," "persistent," "perseverant," "tenacious," "determined," "committed," "dedicated," "loyal," "faithful," "devoted," "committed," "dedicated," "loyal," "faithful," "devoted". The words are arranged in various sizes and orientations, creating a dense, colorful collage of positive traits associated with kindness.

**Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.** To these I commit my day. If I succeed, I will give thanks. If I fail, I will seek His grace. And then, when this day is done, I will place my head on my pillow and rest.



*"Keep in step with the Spirit."*

*Galatians 5:16-26*

11

## Fruit of the Spirit

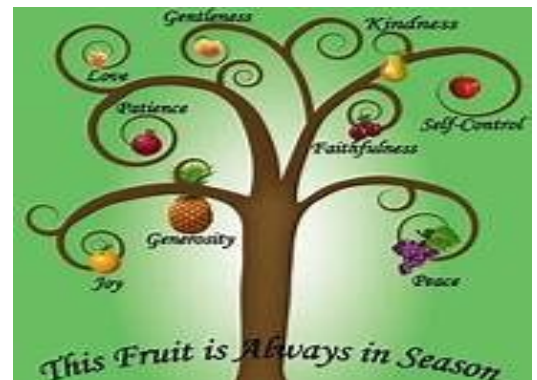
As I was surveying all the lovely summer fruits in the supermarket the other day, I was reminded of the Fruit of the Spirit that Paul writes about in Galatians 5 v 22-23. Just as fruit takes a long time to grow and ripen, so does developing these qualities or character traits in our lives. It may be we still haven't managed to develop them all even at the end of our lives! The Bible talks of these values as fruit and just as fruit is good and nutritious in keeping us strong and healthy, these Biblical fruits also make us strong and fruitful Christians.



**So, what are the Fruit of the Spirit and how do we achieve them?**

**But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.**

**Galatians 5 22-23**



All these qualities reflect God's character and these are also the characteristics and behaviour that Christians filled with the Holy Spirit should be demonstrating in their own lives. To achieve these fruits, we need to firmly connect ourselves to the vine and live by God's ways. As we let the Holy Spirit change us, our behaviour will change and bear fruit. Paul is writing to the churches in Galatia and is frustrated because he feels many are not following God's way.

**I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. John 15 v 5**

Let's examine each fruit in detail.

### Love

Paul often teaches that love is essential to human life (1 Corinthians 13 v 4-7). Love is not just an emotion, it must also be an action. Genuine love is grounded in God who **is** love (1 John 4 v 7-8). The greatest act of love was when God sent His only son to redeem mankind. This is Agapé; pure, selfless and self-sacrificing love. As Christians we are called to love others, even when we don't feel like it. When we walk in the love of God, everything else falls into place.



### Joy

Joy is described in the Oxford dictionary as "a feeling of great happiness". As Christians our joy comes from our gratitude for God's gift of salvation and his promise that he will make all things new. We can feel joy at both the momentous and mundane; joy can erupt at the birth of a baby or at the sight of a beautiful sunset. In James 1 v 2-4 we are to "consider it all joy" when we face trials as we can trust that God is working all things for our good. Our joy is a contentment that comes from having a relationship with God.



## Peace

The word used is the Greek word, *Eirene*, which refers to both internal peace in our hearts and relational peace with others. Jesus tells us we can have peace because he has overcome the world (John 16 v 33). We are also called to be peacemakers, living in harmony with those around us.

## Forbearance (Patience)

This is probably a difficult one for many of us! Rather than blowing up or being judgmental, we are called to cultivate the spiritual fruit of patience, showing forgiveness and supporting people. God is patient in bringing judgment, not wanting any to perish. 2 Peter 3 v 9

## Kindness

God has shown his kindness by offering humanity salvation through Jesus' death and resurrection, so we should reflect God's kindness by showing love and generosity to people, even when we think they don't deserve it.

## Goodness

Goodness is a mark of godliness. When God created the universe he saw that it was good and when he created humans to inhabit it, he said it was *very good* (Genesis 1 v 31). We are called to be lights in a dark world. By demonstrating God's goodness and love through our lives, we will draw people to him.

## Faithfulness

God is always portrayed as faithful and trustworthy. Jesus' choice to remain faithful in the Garden of Gethsemane is a real demonstration of faithfulness. As we submit to God's will we too will become more faithful and trustworthy in our commitment both to God and to our fellow men.

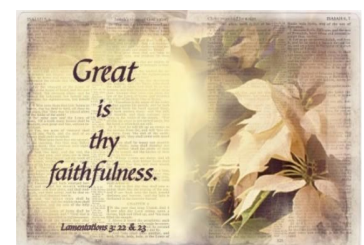
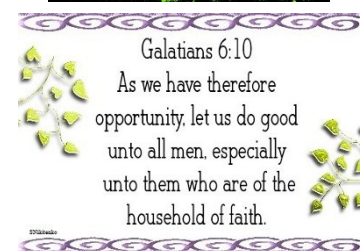
## Gentleness

God is often portrayed as having great power and strength but he is also the gentle shepherd who gathers up the lambs. We should show humility and compassion and treat people with gentleness. **A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15 v 1**

## Self-control

Have you ever tried to diet and deprive yourself of your favourite treats? It's not easy to exercise self-control! Paul encourages the Corinthians to apply self-discipline and to turn away from "works of the flesh". Following our own desires looks like the best path to freedom but without self-control we end up controlled by these same desires. Living our lives for God gives us true freedom.

**These fruits are to be shared!**



# Come let us sing for joy to the Lord!

These two songs speak of the mystery of God becoming flesh and dwelling among us. Both speak of Jesus' life here on earth when he took on frail flesh. He was both "manhood and deity", the man who was paradoxically also God. Jesus put the heart of God on display, reflecting his divine nature while also living out his life and mixing with ordinary people. He showed both his strength and his vulnerability and, through his sacrifice on the cross, God's glory was revealed.



## Meekness and Majesty

**Graham Kendrick** was inspired to write this song in 1986 when he was reading the works of A W Tozer. Tozer described God as both meek and majestic as seen in Christ. At first glance the two words seem to contradict each other but they are actually at the heart of the gospel. Kendrick writes:

*I started to write down some ideas as I often do, filling up a sheet of paper with all sorts of thoughts. I quickly realised I was dealing with paradoxes. Meekness and majesty are paradoxical in many contexts, but that's the beauty of it. The indestructible God actually coming among us in frailty is wonderful and deeply moving.*



The theme of paradox continued to shape the song with lines like "love indestructible in frailty appears" and we marvel at the mystery of God's strength being revealed through humility. There is a tension between strength and vulnerability.

The Creator of the universe humbled himself to walk among us and takes on a lowly nature. He is "clothed with humility" and we see how he is not above washing the disciples' feet, something that would normally be carried out by a servant.

We are invited to bow in awe and worship before this God who rules with majesty yet draws close to us in meekness. His glory is revealed in the ultimate sacrifice on the cross.

## This is our God.

1. Meekness and Majesty, manhood and deity  
In perfect harmony, the man who is God  
Lord of eternity dwells in humanity  
Kneels in humility and washes our feet

### Chorus

*O what a mystery, meekness and majesty  
Bow down and worship  
for this is your God  
This is your God*

2. Father's pure radiance perfect in  
innocence  
Yet learns obedience to death on a cross  
Suffering to give us life  
Conquering through sacrifice  
And, as they crucify,  
prays "Father, forgive"

3. Wisdom unsearchable God the  
invisible  
Love indestructible in frailty appears  
Lord of infinity stooping so tenderly  
Lifts our humanity to the heights of His  
throne



To listen to the hymn click [here](#).

## The Image

This song was written and released in 2025 by **Matt Redman** and features Kaestrings, a Nigerian worship leader. It was written during a songwriting camp for **Gather Worship** with the hope it would be the key anthem for **Gather25** whose purpose it was to gather the church worldwide through an unprecedented 25-hour global broadcast to pray, repent, worship and discover how the love of Jesus is transforming the world through everyday people. This happened on 28 February and 1 March this year. This collective features 20 worship leaders from 10 nations including Nigeria, the US, India and the UK. This song is part of the album called **Hear the world that you so love sing back to you**.

The Son is the image  
of the invisible God,  
the firstborn over all  
creation.  
Colossians 1 v 15

In keeping with Gather Worship's mission to represent a glimpse of the global Church—every tribe and every tongue worshipping together—the song has been released in three different languages - English, Spanish and Mandarin.

Redman says

*One thing I love about this song is it touches on the years between the cradle and the cross. We will sometimes sing of the birth and the death of Jesus, but not much else in-between. It's so important to sing about those years because even before the cross, as He lived among us, Jesus put the heart of God fully on display...The lyrics aim to capture the essence of Jesus' image, reflecting his divine nature and the impact of his earthly life.*

The song centres on the concept of Jesus as the “image of the unseen God”, emphasising both his divine nature and his role as the perfect representative of God. It follows his life and ministry on earth showing us his love for humanity, how he was not afraid to visit the homes of sinners which the religious leaders of the day would never have done, and how he opened the eyes of the blind both literally and metaphorically. The song emphasises his love and faithfulness and encourages us to acknowledge his presence, celebrate his glory and reflect on all that he has done for us through our offerings of praise.

The video that accompanies the English version of the song features artists singing from stunning landscapes in their homelands—Nigeria, New Zealand and the US.

1. **Before the rugged cross  
Before You shed Your blood  
You came and walked with us  
And showed us Your heart  
You sat in sinner's homes  
You freed the tortured soul  
You opened blinded eyes  
Revealed who You are**



### **Chorus**

*And when I see You, I see mercy  
And if I know You  
I know I'm loved  
Your name is righteous  
Your heart is kindness  
Jesus, the image of the unseen God*

2. **You paid the price for sin  
With nails that pierced Your skin  
You came to save the world  
And not to condemn  
You let compassion flow  
I'm welcomed as Your own  
Forever reconciled  
When You called me friend**

**For everything I've seen so far  
I will praise You Jesus  
Praise You Jesus  
Though I've only seen in part  
I will praise You Jesus  
Praise You Jesus  
For everything I've seen so far  
I will praise You Jesus  
Praise You Jesus  
Though I've only seen in part  
I will praise You Jesus  
Praise You  
Praise You Lord**

3. **And when You call me home  
I'll fall before Your throne  
And feel the force of grace  
Like I've never known  
And there before my eyes  
The very face of Christ  
I scarce can take it in  
Too much to behold**

**Chorus**



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

# Grow Uddingston Update

Donald Burt



**A long hot summer? It has certainly been an extremely dry and warm Spring so far but it remains to be seen whether this "was Summer" or not!**

In addition to the regular meetings of our Litter Picker team, there was also a recent litter pick by St. John's Primary School's Eco Team along the cycle path, adjacent to the railway line. This was in conjunction with Grow Uddingston and was supported by Angels Hotel & Restaurant, to whom we pass on our thanks for providing refreshments for the hard-working young people. The school's Eco Team has also taken responsibility for planting and maintaining the large planter outside Smiths restaurant.

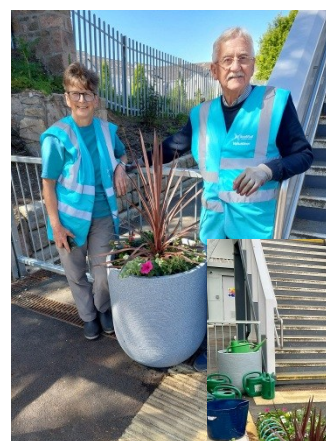
In early Spring, we had a small event at the entrance to Park Church where a plaque was placed in memory of Irene Cassels next to the previously placed rose bush. The plaque was placed by her husband, Scott. Irene provided hospitality for our meetings and was always smiling.

Our annual Plant Sale recently took place and was a great success; it was held in conjunction with a Coffee Morning in Park Church. This year again we were fortunate to have great weather for the sale which always brings more people out. Thanks again to Rev. Bruce McDowall and to the Ladies' Association for their continued support. We are always looking for new sponsors for the Planters and Lamppost Baskets and we were fortunate to gain a couple of new sponsors during the Plant Sale.



With the major construction work taking place at the railway station last year, it was only in September that we managed to start replanting and attempting to bring some colour to the surroundings. However, in the early part of this year, we purchased five large planters which were placed at various locations on the platforms. These have recently been populated with annuals etc. and we expect these to provide a colourful and uplifting display for passengers throughout the summer. These are in addition to the numerous wall planters that are mounted around the station building from the end of May.

The planters and baskets will be placed along the Main Street towards the end of May and we hope that all local residents, visitors and businesses will enjoy the colourful displays through summer and beyond.



# Fruit of the Spirit

by Ruben Gonzales



Only one life and it goes by so fast.  
Fill it with **LOVE** to make memories that last.

Making **PEACE** with ourselves is always a must.  
Forgiving our enemies gains us God's trust.



Receive **JOY** and peace that you can't fully understand,  
By accepting Jesus and following His command.



Lord, give me **PATIENCE**, like only you know how,  
I need it real bad, I can't wait...I need it right now!

Spread some **KINDNESS** by smiling at someone who is down,  
You might be surprised to witness a vanishing frown.



Domestic violence and hatred has our country in an uproar..  
Counter with **GOODNESS** and prayers till we reach the Narrow Door.

Treat others with **GENTLENESS** like the holy dove.  
Sharing the Blessings that come from Our Father above.



Our **FAITHFULNESS** will be rewarded when the race is finally won,  
Like candy for our ears when we hear Him say, "Enter, well done!"

The world is watching, we must fulfil our role.  
Show some Wisdom United; practise **SELF-CONTROL**.

Eternal Fruit of the Spirit from toddler to grandpa  
Because against such things there is no law.



**But the Fruit of the Spirit is love, peace, joy, patience, kindness, goodness, gentleness, faithfulness and self-control. Against such things there is no law. Galatians 5 v 22**



Heavenly Father  
We pray that the fruit of the Spirit would blossom, ripen and bear fruit in our lives.  
May the Spirit continue the work you have begun in us. In Jesus' name we pray. Amen



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