

***LARBERT EAST CHURCH - LIST OF OFFICE BEARERS***

Ministry Team:	
Rev Philip Hacking (Locum Minister)	07985625831
Rev John Brown (Pastoral Assistant)	617352
Marianne Harvey (Parish Outreach Worker)	07986509892
Church Officer:	
John Carmichael	556534
Session Clerk: Margaret Tooth	562880
Depute Clerk: Robin Duncan	556026
<u>Session Teams:</u>	
Buildings Management	
Co-Conveners: Craigen Smith	562785
Gillian Hessett	555044
Hall Lets Convener: Robin Duncan	556026
Finance and Planning + Fundraising Sub-Team	
Convener: Irene Railton	07885306561
Treasurer: Catherine Nichol	557558
Gift Aid: Kate Duncan	556026
Assistant Treasurer: Stuart Rae	556175
Fund-raising: Irene Railton	07885306561
Growing Faith + Safeguarding Sub-Team	
Convener: Senga Smith	562785
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Convener: Alex. Duncan	01259 730649
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Convener: Dorothy Sinclair	558389
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Publicity and Communication	
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Organist: Martin Fairbairn	0753 1953 770

***'EASTWORDS'***  
***LARBERT EAST***  
***CHURCH OF SCOTLAND***



***SPRING 2022***

***SCOTTISH CHARITIES NO. SC006456***

## Locum's Letter- February 2022

***“Be strong and courageous.... for the Lord your God goes with you. He will never leave you nor forsake you.” Deuteronomy 31: 6***

Dear Friends

How courageous do you consider yourself to be? Recently I read the obituary of a teacher who was the co-founder and first headteacher of a school in Perthshire. He had a fearless reputation, having been on RAF service and then suddenly losing his wife and then coping with his three children all of whom had additional needs. The writer of the obituary said that the headteacher *“always showed such courage whatever life threw at him.”*

Real courage is something that most of us need to get through life at a much more day-to-day level. It takes real courage to admit you have been wrong. It takes real courage to deal with the diagnosis of a serious illness. It takes real courage to change your career. It takes real courage to come to terms with bereavement. It takes real courage to end a relationship, or to begin one. It takes real courage to be a volunteer and to make a commitment. Courage is something that we will all need at different times of our lives. Over the next few months, as members of the church, we are going to be looking for people to be courageous with their time. As part of ongoing discussions with the other local churches we are going to be looking at the different areas of our church's life where help is needed. It is relatively easy to sit back and assume or hope that somebody else has the courage to say, 'Yes, I think I could help with that.' Courage, at whatever level, requires a degree of determination and commitment.

I never underestimate the bravery some people show in being unashamed of their faith and being resolute enough to do something about it. When the surrounding culture in 2022 is often one of wanting more 'me' time and looking to our own needs, not only does it require courage to go against the prevailing cultural norm, it also means, if we say 'yes', that we have the opportunity to work together in community. Learning from each other, sharing with each other, helping each other. And that can only be for the good of the Church, and the good of society. There is such a thing as society, though it takes a degree of courage to engage with it actively.

Throughout His ministry Jesus was courageous. He was courageous in taking on the religious authorities of His day. He was courageous in associating with the kind of people who were often pushed to the margins of society. He was courageous in helping the sick. He was courageous in His teaching. He was courageous on the cross. And I believe Jesus has been courageous ever since. Courageous enough to trust in people like you and me to continue His work on His behalf.

As we approach the season of Lent, can I encourage you all to show some courage and sign up for a Bible Study group this year or join the regular on-line prayer meetings that we are holding? Details will be in the orders of service. Come and join us!

Love from Philip



## **REGISTER OF BAPTISMS, WEDDINGS and DEATHS**

### **BAPTISMS**

‘Let the children come to me’

Baptisms can be arranged in discussion with the minister.

### **WEDDINGS**

‘Let us love one another, because love comes from God’

Weddings can be arranged in discussion with the Minister

### **IN LOVING MEMORY**

**For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.**

**John 3:16**

17.11.2021	James Martin
22.11.2021	Norma McCarron
03.12.2021	George Leishman
13.12.2021	Ernie McIntyre
27.12.2021	George Gillespie
29.12.2021	Esther McInlay
31.12.2021	Janet Wardlaw
06.01.2022	Freda Woods
23.01.2022	Dorothy Bryce
27.01.2022	Jim Kerr
31.01.2022	Elizabeth (Beth) Brown
03.02.2022	Robert Forrester



### **GEORGE GILLESPIE**

The family and friends of George thank the Church family for their support after his sudden death. A wonderful £720 was collected at the Crematorium for Strathcarron Hospice.

# DATES TO REMEMBER

**Sunday 6<sup>th</sup> March- First Sunday of Lent- 10.30am -** Sacrament of Holy Communion will be celebrated.

**Guest Preacher - Very Rev A. David K. Arnott - Former Moderator of the General Assembly. Retiring Offering will be for Bethany Christian Trust. (Ending Homelessness in Scotland)**

**Sunday 13<sup>th</sup> March- Second Sunday of Lent - 10.30am -** Morning Worship - Laying up of Boys' Brigade colours will be included in the service

**Sunday 20<sup>th</sup> March- Third Sunday of Lent- 10.30am-** Morning Worship

**Sunday 27<sup>th</sup> March- Fourth Sunday in Lent- 10.30am-** Morning Worship for Mother's Day

**Sunday 3<sup>rd</sup> April- Fifth Sunday in Lent- 10.30am-** Morning Worship

**Sunday 10<sup>th</sup> April- Palm Sunday - 10.30am -** Morning Worship

**6.00pm - Larbert Churches Together- Palm Sunday Songs of Praise** service in Larbert West followed by refreshments

**Monday 11 April- Holy Week services begin -** details of the services will be included in the Orders of Service

**Thursday 14<sup>th</sup> April - Maundy Thursday Communion Service** followed by refreshments.

**Sunday 17 April- Easter Day Service at 10.30am-** Guest Preacher- Rev Dr George J. Whyte- Principal Clerk of the General Assembly

**Sunday 24 April- 10.30am -** Morning Worship - Colourful Service

***WEEKDAY WORSHIP takes place each Thursday at 11.15am in the Church.***

## JOINT KIRK SESSIONS MEETING HELD ON 13<sup>th</sup> JANUARY 2022

The meeting was held online with representatives from the 6 congregations in the Larbert area: Larbert Old, Larbert West, Larbert East, Stenhouse and Carron, Bothkennar and Carronshore, and Airth.

At the previous meeting the group looked at what factors could help us move closer together and what factors we were unable to change. Falkirk Presbytery will soon become part of the new Forth Valley and Clydesdale Presbytery which will be much bigger and the decision making will be less "local".

The closure of buildings: every building in the new presbytery will be assessed and the General Trustees will make recommendations on which to keep/dispose of etc. The local group can't *make* the decision but we can show how we are serving the people in our areas. We are the people who know the area best and can make acceptable proposals, which the planning team will want to hear. There is a history in Larbert of churches working together, and we can influence the decision.

Looking at the Larbert area in 10 years' time: We need a strong presence, mission orientated, *one* large parish? We want something that will flourish. Individual congregations may lack skills in particular areas but if we think of ourselves as one, we can build up to a united structure with a strong future. This is something like the Hub proposal of last year.

How will we get there? We are looking for the route. We don't have a precise timescale. The landscape can change quickly, e.g. new housing. However generally numbers are reducing especially after lockdown. What is the best way to stay committed to God's work in our area?

What does one parish look like? It could include different ways to worship, at a different time. People are coming to faith and growing, but don't come to church. We need to ask them what their vision is. Larbert Churches Youth Trust wants to support youth work in the local churches so that pupils can be directed to get involved and to produce and share a list of what is available/happening in the area for young people.

Above all commitment to prayer is essential. There will be a monthly prayer meeting, on Zoom, from 8.00-8.40am on the 3<sup>rd</sup> Friday of the month, (18<sup>th</sup> February and following), details will be made available.

Please speak to one of the representatives from your congregation for more information, let them hear how you see the future of the Church of Scotland in the Larbert area.

## UPDATE FROM FINANCE AND PLANNING GROUP

### FINANCES

Our total income for 2021 was £134,799 (2020 £129,600) and our expenditure was £125,281 (2020 £171,850). This included a reduction in our Ministry and Missions allocation to pay our locum's salary and £3,000 towards our Parish Outreach Worker's salary also.

Overall, at the end of the year, we had a surplus of £10,319 (2020 deficit £9,017) in our General Fund to transfer to our reserves. Thanks to all of you for your generous giving.

**Retiring Offerings** – Our retiring offering for Poppy Scotland was £446, December retiring offering for Quiet Waters counselling service raised £445 and Christmas services for Strathcarron Hospice raised £350. A Big thank you for your generosity.

However, as you know, costs are rising very quickly and our predicted figures for 2022 anticipate a deficit of £15,480. This includes staff increases of 4% (no increases were given last year). Our Ministries and Mission allocation is also rising to £83,209 although this will be offset by our locum salary costs, giving us an outlay of over £7,200 every month from February to November for Ministries and Mission alone!

**Bank Closure** – By the time you read this edition of Eastwords, Virgin Money (Old Clydesdale Bank) will have closed. This closure impacts on how we deposit our offerings. We would therefore like to encourage as many of you as possible, if you don't already do so, to consider giving by Standing Order. It is very easy to set up and can be paid weekly, 4-weekly, monthly or any other frequency to suit yourself. The details you require to give to your bank are as follows: Virgin Money – **Larbert East Church Treasurers Account, Sort Code 82-68-01, Account number 10108107**. Please ensure you **insert your name**, so we know who is crediting the account.

1. **Coin Cans** – Just a reminder that Eleanor Neilson is still collecting your cans. £112.12 was given in 2021.

2. **Kirk Session Social** – Due to ongoing COVID issues and the age demographic of attendees, the Kirk Session Social 2022 has been postponed.

3. **Fundraising** – There are no planned fundraising events. However, should you have an idea or would like to hold a fundraising event for church funds please contact the Finance Team.



## BRITISH HEDGEHOG PRESERVATION

**Hello, I'm a volunteer Hedgehog Champion with the British Hedgehog Preservation Society/Peoples' Trust for Endangered Species.**

How long is it since you last saw a hedgehog? They are now officially classed as vulnerable to extinction in the UK. There are many reasons and it's sad to think of such a fate for this prickly little God's creature. Here are ways to help:

1. Link your garden with Hedgehog Highways
2. Create a wild corner
3. Make your pond safe with a ramp
4. Clear away netting and litter
5. Put out food and water
6. Stop using chemicals
7. Check before strimming
8. Be careful with bonfires
9. Make a home for hedgehogs
10. Become a Hedgehog Champion



What's a Hedgehog Highway? Since they travel between 1-2 km a night searching for food and a mate, a small gap in your fence the size of a CD case will let them pass through. Ask your neighbours to do the same!

If you spot a hedgehog when driving at night, and can't stop in time, try to steer so it will pass under the middle of the car where least likely to be harmed.

You can become a Hedgehog Champion by registering on <https://www.hedgehogstreet.org/website>, which has resources to make your garden, neighbourhood and Parish hedgehog-friendly zones. Moira Grant, Falkirk

## MEMORIES GROUP

Meets on the first Wednesday of each month in the Large Hall. Our next meeting is on 2<sup>nd</sup> March at 2.00pm. Our theme is "An evening at the Oscar's" with Michael Whyte. All welcome.



## LARBERT CHURCHES YOUTH TRUST

Things are slowly returning to something like normal for our young people and our Youth Workers, Mike Glass and Gregor McKay.

Bible studies are going well on a Monday exploring the book of James while the Wednesday Refresh groups for Senior and Junior students continues exploring “hope to cope” under the daily challenge of teenage life.

A new group exploring the “Seasons for Growth” programme has started with around 12 young people coming along. This is a very challenging programme which explores how these young people can cope with significant loss and grief in their young lives. It is exhausting and challenging for both the young people in the group and Mike as he leads them through it, however, we are grateful for Mike’s experience and strength in this essential work.

Our primary activities have been dramatically reduced as you will all be aware, but we have hope as both Gregor and Mike have been in talks to start SU groups back in two schools which is very exciting. Our hope is that this will move ahead before Easter.

Focus now turns to the Easter end of term service and sharing the Word with the wider school population in an engaging way.

In addition, some of our young people recently joined Mike at an SU weekend at Lendrick Muir.

Mike and Gregor are also involved in other upcoming residential events – Easter from Saturday 9th April – Saturday 16th April. May weekend is also open for bookings 20th May – 22nd May and Magnitude festival is also opening for booking 23rd July – 27th July.

Details are available at [www.suholidays.org.uk](http://www.suholidays.org.uk) – Please pass on these opportunities to your young people.



Andrea Dunkin, Publicity Officer  
Larbert Churches' Youth Trust  
Scottish Charity No: SC040524

## MISSION AVIATION FELLOWSHIP – JENNY DAVIES IN SOUTH SUDAN

As a church we have been supporting Jenny Davies, both prayerfully and financially, in her work as a communications officer for Mission Aviation Fellowship (MAF) in South Sudan. MAF is a Christian Organisation that provides aviation services for people living in remote areas around the world, enabling work by aid and development agencies, local churches and other national groups.

Some highlights of MAF’s work in South Sudan over the last few months have included:

Flying for the Samaritan’s Purse Cleft Lip Programme – 10 flights, 151 passengers from eight locations across the country.

A shuttle service to Yida was launched to serve the organisations working there.

A new hangar was completed at Juba International Airport. the MAF planes have a new home after a decade of carrying out urgent repairs on the taxiway.

The airstrip at Arilo, in the eastern Equatoria state was reopened having been out of service since 2013. The area is home to the Tennet people who live mostly in South Sudan although some have been displaced into Uganda and Kenya by war. The first landing delivered 170kg of bibles in the Tennet language, a translation process which began which began in 1993.

Some interesting cargo included huge cooking pots destined for Holy Trinity Peace Village in Kuron. The children at the school there contribute firewood and in return receive three meals a day.

Other items flown by MAF over the period include seeds, solar radios, therapeutic food, land cruiser tyres, antiretroviral drugs and tents.

You can follow the work of MAF in South Sudan on Facebook, which has regular updates of the team’s activities and please remember them in prayer.



Gillian Hessett

## LARBERT EAST WOMEN'S GROUP

As you will already be aware, we had to postpone our January sessions due to guidance from Church of Scotland relating to the Omicron variant. As you can imagine we were all disappointed, especially since we had managed to meet September to December with no disruptions. Thankfully, we can now meet fortnightly from Tuesday 08 February 2022 at 7.00p.m. It is hoped that we will extend our session and move our AGM to Tuesday 05 April 2022, with further information being issued through the weekly notices. We would love to see some new faces; all ladies are welcome and don't need to attend Larbert East Church to join us. Looking forward to our February - April programme.  
Irene Railton/Sheila Summers



## WORLD DAY OF PRAYER 2022

Larbert East Women's Group, with the support of many local Churches, are hosting the above Service on Friday 4th March at 2.00pm in the Church. A warm welcome is extended to anyone who would like to join us at this lovely Service.

## FOODBANK

January 2022

**Food, Drinks & Toiletries**

**192.2kg**

**Donations**

**£90**

Also, a very large bundle of homemade Shawls was handed into the Church to be donated to the Foodbank.

A **"BIG THANK YOU"** to all who came along with donations to Larbert East Church as we began our monthly Foodbank Collection for 2022. Your generosity is much appreciated.

Also, to John for opening the Church, Kelvin, Ronnie and Alex. for our collection on Saturday mornings and

Kelvin and Ronnie for uplift and delivery to the Foodbank each month. A big **"THANK YOU"** again from Linda, Jim and all at the Foodbank Team.



## HEALTHY BERRY CRUMBLE FLAPJACKS

### INGREDIENTS

225g Rolled Oats  
100g Wholemeal Flour  
 $\frac{1}{2}$  tsp Baking Powder  
 $\frac{3}{4}$  tsp Salt  
3 tbsp Clear Honey or 80g Soft Brown Sugar  
1 medium Egg  
80ml Rapeseed or Vegetable Oil  
20g Walnuts or Almonds, roughly chopped

### For the berries

300g Mixed Berries  
1tsp Lemon Juice  
2tbsp Clear Honey  
1tbsp Wholemeal Flour

### METHOD

Preheat the oven to gas 4, 180°C, fan 160°C.

Line a 20cm square tin with nonstick baking paper.

Mix the oats, flour, baking powder and salt in a bowl.

In a separate bowl, whisk the honey or sugar, egg and oil, then pour over the dry ingredients and mix together with a wooden spoon.

Transfer two-thirds of the mixture to the prepared tin and press down firmly with the back of a spoon to give an even layer. Bake for 15 minutes.

Put the berries, lemon juice, honey and flour in a small pan and simmer over a medium-low heat for 3 - 5 minutes until thick and jammy.

Spoon the berries over the baked oat base.

Stir the nuts through the remaining oat mix, then scatter over the berries and bake for another 18 - 20 minutes until golden.

Leave to cool completely in the tin before cutting into squares or slices.

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When they were talking about healthy eating, my grandson's class was asked to make something at home. I found this recipe in a magazine, and he enjoyed making and eating them! They were easy to make and delicious.

**FIONA JARDINE**



## BANNER GROUP

We are delighted to say the Banner Group will resume on Monday 28th February, meeting in the Small Hall at 2.00p.m. All welcome.

## PANCAKES

### INGREDIENTS

4 rounded tbsps Plain Flour  
½ tsp Baking Soda  
½ tsp Cream of Tartar  
1 Egg  
1oz Sugar  
Milk  
Lemon juice

### METHOD

Mix all ingredients together. Mixture should not be too thick. Pre-heat griddle. Spoon mixture on to griddle and turn when 'air bubbles' appear on top of pancakes.  
Pancakes are ready when 'air bubbles' appear round sides of pancakes.  
Lift off and place between folded tea-towel.

## SPICY SPONGES

### INGREDIENTS

5oz Caster Sugar  
5oz Marg  
5oz S.R. Flour  
3 Eggs  
1 tbsps Treacle  
1 tsp Mixed Spice  
1 tsp Ground Ginger  
1 tsp Ground Cinnamon

### METHOD

Cream margarine and sugar.  
Add eggs & treacle. Finally add flour and spice, ginger and cinnamon  
  
Bake Gas Reg. 4-5 for 20-25 minutes  
(2 cake tins)

## FRUIT LOAF

### INGREDIENTS

½lb Margarine  
1 cup Sugar  
1 cup Milk  
1 cup Raisins  
1 beaten Egg  
1 tsp Mixed Spice  
8tbsps S.R. Flour

### METHOD

Put margarine, sugar, milk and raisins into a pan and bring it to the boil. Boil for 1 minute. Leave to cool for a short time. Add rest of ingredients.  
Pour into a 2lb loaf tin.  
Bake Gas Reg 7 for 20 minutes  
Reg 5 for 20 minutes  
Reg 4 for 20 minutes

## TREACLE SCONES

### INGREDIENTS

1½ - 2oz Sugar  
½ lb S.R. Flour  
1 oz Margarine  
1½tsp Baking Powder  
Pinch Salt

1 tsp Mixed Spice  
1 tsp Ground Ginger  
1 tsp Ground Cinnamon  
1 large Dessertspoon  
Treacle  
Milk/Buttermilk to mix

**METHOD** - Rub marg. into flour. Add dry ingredients.  
Warm treacle in a little milk. Add and mix to a fairly firm consistency, adding more milk as required. Cut into circles.  
Bake Gas Reg 5 for 10 - 15 Minutes.

I don't usually bake very often, but like many others, when the first lockdown arrived and we couldn't go out for a coffee, it seemed a good thing to do. A bit of home baking is always welcome. However, we knew we would have to be careful, or we risked putting on a lot of weight, so I chose recipes which all freeze well. The Spicy Sponges are always successful and so easy to do. They are a great favourite of our family. The treacle scones' recipe came from my late sister, and I always think about her when I make (and eat) them.

The pancakes and fruit loaf recipes came from my mum. Again, the fruit loaf is easy to do, and I make it a lot. The pancakes are another matter. Although mine are usually ok, my mum was famous for her pancakes. She would always rustle them up if someone called unexpectedly. She would then serve them warm with butter and homemade strawberry jam and they were always delicious! So much so, that they got a special mention by the minister at her funeral! No-one makes pancakes like my mum did!

## KATE DUNCAN

### AULD NANNIE'S CHOCOLATE CAKE

#### INGREDIENTS

5oz (150g) Self Raising Flour  
6oz (170g) Soft Margarine  
3 Large Eggs  
6oz (170g) Caster Sugar  
3oz (85g) Drinking Chocolate  
3 Tablespoons Boiling Water

#### METHOD

Grease and line an 8" cake tin  
Oven 160 fan

1. Mix all ingredients together in a large mixing bowl
2. Beat quickly for one minute
3. Pour into cake tin
4. Bake for 50 minutes
5. Ice when cold

This was my Mum's fail-safe recipe. Loved by her children, grandchildren, and great grandchildren. The grandchildren nicknamed my Mum Auld Nannie, hence the affectionate name for her cake. Still requested for special occasions by all the family. Her legacy still lives on, but nobody can make it quite as good as she did.

## JANETTE BROPHY

**RECIPES TO SHARE WITH YOU !!!!!!!**

## FLOWER CALENDAR

We now have our Flower Calendar in the vestibule of the Church for March and April. If you wish to donate flowers for a special occasion or an anniversary, please add your name beside the date of your choice.



## FACEBOOK



If you have any 'news items' you wish to share on our Facebook page, please send full details to Ken Drummond at 'kendrummond1810@gmail.com'

## WINTER EMERGENCY APPEAL

Edinburgh Direct Aid is launching an emergency appeal to save the lives of vulnerable refugees living in and around the town of Aarsal in Lebanon. The town is situated at 5000ft above sea level and winter temperatures can drop as low as minus 15 degrees. There are approximately 70,000 refugees living in flimsy tented structures and makeshift shelters. The price of fuel for their small oil stoves has risen by 350% in real terms and can only be bought with dollars. None of the refugees has the \$345 they would need to buy enough to last the winter. We fear that the very young and the very old will die unless money can be found to provide them with fuel. We are working to alert larger agencies than ours to the impending crisis, but we hope to raise at least \$33,000 to get help to the 1500 Syrian families and 400 Lebanese families living in the highest areas. Please would you consider donating something, however small, to this appeal? Please make cheques payable to Edinburgh Direct Aid and post them to 29 Starbank Road, Edinburgh EH5 3BY, or go to the website [www.edinburghdirectaid.org/donations](http://www.edinburghdirectaid.org/donations), or by phone to 01315521545. Thank you so much for your help.

## CHRISTIAN AID

Christian Aid held an Online Supporters Gathering again this year on Tuesday 22<sup>nd</sup> February. Guest speakers included two of Christian Aid's Africa team, who talked about South Sudan. The world's newest country is being hard hit by climate change and conflict.

The Gathering will look ahead to Christian Aid Week 2022 (15-21 May) which focuses on CA's partners' work in Zimbabwe and there will be plenty of inspiring fundraising ideas.

There will be an update on the work being done with the Disasters Emergency Committee (DEC) and Scottish Government in Afghanistan.

With more than 22 million people desperately short of food and eight million on the brink of starvation, the people of Afghanistan continue to face harrowing days. Christian Aid's partners on the ground are scaling up their operations and are able to reach the people most in need. With your support, they and their local partners can:

- provide emergency food and nutrition support for children
- support healthcare facilities
- provide winter kits to help displaced families stay warm
- supply clean drinking water
- protect women and girls

If you would like to donate, you can do so through the Christian Aid website at <https://www.christianaid.org.uk/give/ways-to-donate>

We will keep you up to date with our plans, as a Church, for Christian Aid Week and hopefully have better news to report in the next edition of Eastwords.

Please continue to pray for the work of Christian Aid.



