



July - August 2019
Issue No 41

Reflections

The magazine of Kay Park Parish Church Kilmarnock
..... a welcoming church in the heart of the community

This was such a stunning and thought-provoking introduction to the Minister's sermon on Sunday 21 July, that we asked if it could be printed in this issue of Reflections. We hope you enjoy it and think it over. Written in 1995, it is as relevant to our lives today as it was then.



Quote from essay. The Paradox of our Age Dr Bob Morehead (1995)

(Dr Bob Morehead was the pastor of Overlake Christian Church in Redmond, Washington for 30 years. He holds a Ph.D. from the California School of Theology, an undergraduate degree from Phillips University, and a Bachelor of Divinity degree from The Graduate Seminary)

"The paradox of our time in history is that we have taller buildings but shorter tempers, wider Freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness. We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things. We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less. These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom."

For reflection:

In these days how do we best bring the Good News message from Jesus, where he says, '**Come to me all you who are weary and heavy laden and I will give you rest...**'

- Who are the weary?
- Who are the heavy laden?

Let us commit to praying for each other and for those who need to know the welcome and restoration that only Christ can give. And as a church community may God give us courage to live out our faith with words and actions. Strength for today... hope for tomorrow Rev Fiona

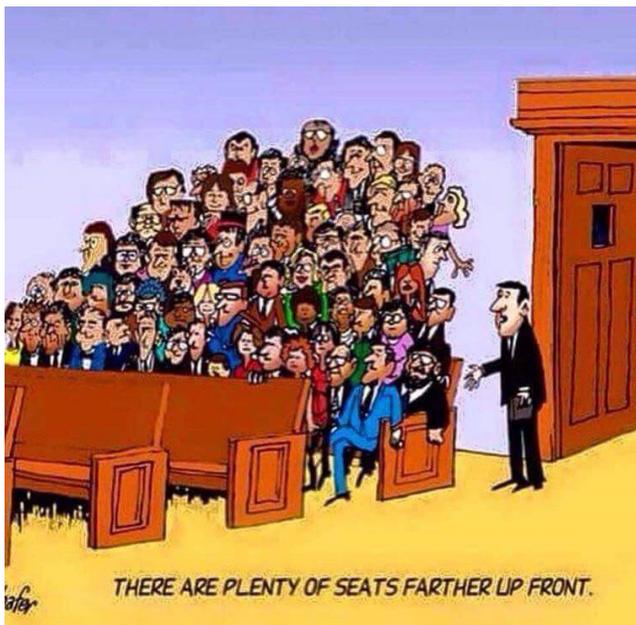
Harvest 2019 in Kay Park will be on Sunday 6 October

Please Save the Date

On this Sunday there will be a simple Soup and Sandwich Lunch after morning worship.

Everyone will be asked to bring along ONE item for the Salvation Army Foodbank (more about the Foodbank in the column on right)

There will be an opportunity at the lunch to give a financial donation to The Christian Aid Harvest Appeal.



BOOST OUR BASKET DRIVE

Thank you for all your food donations over the years which go to the Salvation Army and are distributed to the homeless and to those who are struggling to make ends meet.

Over the past months the donations have dwindled and I would like to ask you to consider helping by adding some of the items below to your shopping bag. On a Sunday just pop them into a bag (so that you don't forget them!) and drop them into our basket at the front door of the church as you come in.

Items for donation:

Tins – soups, fish, all-in-one meals, veg, beans, fruit, desserts.

Packets - tea, sugar, pasta, pasta meals, rice, meals, breakfast cereals, dried fruit

Jars, bottles - coffee, pasta sauces, stir fry sauces, tomato ketchup, brown sauce, jams,

Toiletries - soap, toothpaste/brushes, face cloths

Goodies - sweets, biscuits, soft drinks (concentrates) crisps

No perishable food please

Thank you again

Jim Raeburn

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COME ON, WEBMASTERS — we know you're out there!

There must be someone who would be interested in working on our website - it's a job, that you can do at home at times that suit you.

If anyone is even a little bit interested and would like to know more can they please get in touch with the Publications Convener, Ellie Hamilton, on 07910 300716 or email ellieham@gmail.com.

In this day and age, every church is expected to have a working website. Please help if you can.

YOUR CHURCH NEEDS YOU



Kay Park Church Family Focus

Betty Booker

A long-standing member of our church is Betty Booker. She was born in Kilmarnock, but moved to Belfast as an infant when her father was sent there by Saxone to work. The family remained in Ireland for the next three years, during which time, in 1941, Belfast was blitzed, but the family, unlike their immediate neighbours, were safe. On their return to Kilmarnock, they set up home in a brand new house in the then relatively new Shortlees.

Betty has two sons from her first marriage - Jim, who was born in Kilmarnock, and Brian, who was born in Germany, where her husband was stationed in the RAF. The family actually lived across the border in Holland. Jim has spent all his working life as an engineer with Spirit, formerly British Aerospace, at Prestwick Airport. Younger son Brian, who is based in Wiltshire, is an aeronautical engineer, who trains test pilots at the college for test pilot training.

One Saturday night about forty years ago at the former Foxbar Hotel, Betty met husband Tom and four months later they were married in Henderson Church by John Cook. They will soon be celebrating their Ruby Wedding. Betty was one of the earliest tenants in New Farm where she and Tom still live.

Betty's church life began at the then new Shortlees Church, where she taught in the Sunday School and was also part of the Young Wives. After moving to New Farm she joined Henderson and was also a member of Young Wives in the early days. Betty recently received her long service certificate as a result of being a member, of Young Wives and then the Guild, for a total of fifty-three years. In the past she was a Sunday School teacher, helped in the creche and was also found behind the hatch at Sunday coffee. Over many years she has often been seen in the church kitchen helping at various functions. During her long affiliation with our Guild Betty has served on several committees. She is now a "Shining Light" on the Friendship Club committee, and for several years has sung in our church choir. In 2005 Betty was ordained as an elder.

When she left Kilmarnock Academy, her first job was in the design office of the former BMK - a job which she loved, and, I am sure, would be very skilled at. In 1960 she became a telephonist at the old telephone exchange, but had to leave two years later, when she was expecting Jim. Those were the days before equality for women! As the boys got older, Betty, along with four others, started the Henderson playgroup, which is still in existence today. Betty is probably best known, when in 1972, she began working in the gift and china

department in Frasers (previously Lauders) department store. She later became manageress for Wedgwood and only had to leave when, sadly in 1988, the shop closed. This closure has subsequently had a great impact on our town. For the next five years Betty worked in Hourstons in Irvine, before retiring in the early nineties. It is unfortunately a sad reflection of our times that department stores in provincial towns are few and far between.

Tom spent most of his working life at Glacier Metal and between them the Bookers have four children, eight grandchildren and two great grandchildren. Betty and Tom now holiday nearer home and often go to visit Brian and family in Wiltshire. In their younger days they enjoyed many holidays abroad, but now prefer to stay in this country. The Bookers see a lot of their family, who live locally, and are very involved in their lives.

Apart from church, Betty was a hospital volunteer for many years, working at the tea bar at Crosshouse. She meets friends regularly and is a rather keen shopper. One of her favourite shopping expeditions is going to Ayr every Friday with her friend Rena. Knitting and reading also occupy much of her time. Betty will always have a good recommendation for a book she has just read. Family and church are both important to Betty and she devotes much of her time to both. Like all of us in Kay Park she is enjoying this new stage in the life of our church.

SKT



**Copy deadline
for the
October -
November issue
is
22nd September**

“WHAT A WONDERFUL WORLD”

Kay Park Church was well filled for the “What a Wonderful World” event on Saturday, 8th June, 2019. It was organised by ‘Grasping the Nettle’ – an ecumenical network of people committed to transforming the public understanding of the issues at the heart of the Science/ God debate. It does it through staging events like ‘What a Wonderful World” and promoting the DVD Series “Explore the God Question”.

The glory of God in creation was well celebrated that night through drama, music (thank you Dreghorn Musical Society!) and conversation.

Our guest interviewee was Dr. Deborah Haarsma (seen here in conversation with Grasp the Nettle’s Iain Morris). Dr Haarsma is an American astrophysicist who heads up BioLogos, a Christian advocacy group established in 2007.



She gave a clear account of how orthodox science fits well within the framework of a belief in God.

The organisers were delighted to host the evening in Kay Park Church and are grateful to all who helped in any way.

As a follow-up, Grasp the Nettle’s liaison officer – Rev. George Lind provided a ‘Taster’ session on ‘Explore the God Question’ two weeks later, as part of KPC’s Week-End of Invitation. It attracted 20 people and it is hoped that a 6 unit series will be run in early Autumn.

More details regarding this will follow soon.

Ellen MacLeod



I would like to express my thanks to all the friends who visited me in hospital during my recent stay there and who continue to do so now I am at home, as well as for the lovely cards and flowers I have received. I have only gratitude for the care and kindness I was given in Crosshouse Hospital and for the continuing care at home. I look forward to being back in church soon, where I can say thank you in person.

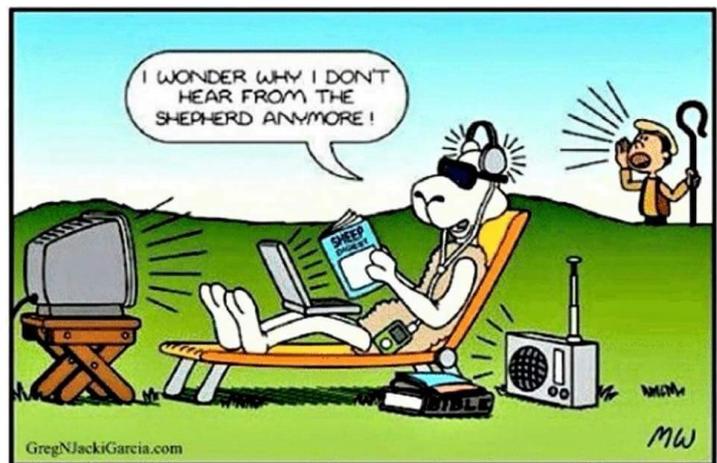
 Margaret Heath

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My sheep listen to my voice; I know them, and they follow me.
 - JOHN 10:27 NIV

El Camino de Santiago de Compostela Pilgrimage

It is said that to walk, is to pray with your feet. If this is the case, I set off on a 114km prayer at the beginning of July, following the Camino, or the Way of St James!

St James was one of Jesus' closest disciples, present at some of the most significant events in the Gospels.

Mark 1, 19 - 20

Jesus calls his first disciples

When he had gone a little farther, he saw James, the son of Zebedee and his brother John in a boat, preparing their nets. Without delay he called them, and they left their father Zebedee in the boat with the hired men and followed him.



Present at the Transfiguration and chosen by Jesus to keep watch in the Garden of Gethsemane, James was martyred after Jesus' crucifixion

Acts 12, 1 - 2

It was about this time that King Herod arrested some who belonged to the church, intending to persecute them. He had James, the brother of John, put to death with the sword

It is believed that James's remains were brought by sea to the area now known as Santiago and interred there. Pilgrims have made their way there for over 1200 years –

Along with 23 others, I too set off in those ancient footsteps, not from 800 miles away, as some do, but from the town of Sarria, some 114 kms from Santiago. Pilgrims completing over 100kms are recognised by the Cathedral of Santiago.

We walked through varied terrain; pastoral, villages, a few towns, hills, valleys, exposed plateaux, and sheltered eucalyptus forests. Cows halted our progress at times. Some 300,000 people a year now walk the Camino, but many stretches are quiet and conducive to contemplative progress.

Pilgrims often stay in simple hostels, with shared dormitories, but our group, travelling with McCabe Pilgrimages, overnights in hotels with good facilities.



This was welcome, as the days were long, covering 18 miles over ten hours, all in punishing temperatures of 25 to 30 degrees C .

Worship was central to our pilgrimage, both private, formal, communion services in churches and informal gatherings, every morning and often at some point during the day, praying and singing together.

One of the true joys of the Pilgrimage was those we met along the way – people travelling alone, in families or groups like ours. All nationalities and ages were to be found, although it was notable that a large number of young people, mostly Spanish, were undertaking the challenge.

Following the way markers, the journey is evidenced through gathering a number of rubber stamps in the Pilgrims' Passport each day. These are gained in cafes, wayside shrines and chapels. For me, the most moving one was in a chapel, where the blind custodian took each pilgrim's hand, to be guided to the passport to be stamped, then blessed the recipient.

Each day held many marvels, but the way was arduous and challenging for many, including me. The heat and distances covered led to me developing debilitating blisters on the first day of the Pilgrimage. At times, I wasn't sure if I could make it, so my arrival at Monte del Gozo, the Mount of Joy where ancient pilgrims, and I, caught first sight of the distant spires of Santiago Cathedral, was wonderful!



Arrival at Santiago Cathedral a few hours later was very emotional. We filed past the relics of St James and although important as our final destination, more significant in a way had been the journey in the footsteps of all the other pilgrims over the past 1200 years and gaining knowledge about St James, and through him, Jesus. Personally, in a more mortal sense, I gained greater empathy with those living with pain.



The Pilgrims' Mass was very moving and that Latin O level came into its own to make sense of the Certificate received on submission of the stamped passport.

On emailing home one night, despairing about the state of my feet, my husband Colin said, 'look behind you, Jesus is right there.' So he was, and along with the blessings from many of you, together, we made it!

Silvija Wilde



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AGAIN**

Lunch Break



**Come back to Lunch Break
when we re-open on
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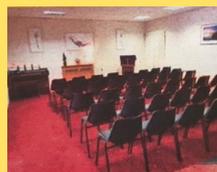


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Our Fiona Kendall is working in Italy with Mediterranean Hope, as European and Legal Affairs Advisor, on behalf of the Church of Scotland and Methodist Church in Britain. Here she shares a little about the situation of asylum seekers in Italy.

A Different Perspective – Fiona Kendall

The more time I spend working with Mediterranean Hope, the wider my eyes are opened to how very different the lives of people on this planet can be.

Sara, one of the Syrian women participating in our humanitarian corridor project, meets me once a week for English conversation. Although proficient in English when she lived and worked as a teacher in Syria, since arriving in Italy with her husband and two small children, the focus of this Arabic-speaking family has obviously been on learning Italian. In that context, her English has become rusty and she is determined to recover the fluency she once had, since this might make her more attractive to potential employers.



Sara, like all of those participating in the project, is actively seeking employment. This is not simply to help the family to become financially autonomous but, from her perspective, something of a psychological necessity. Four years of living as a refugee have taken their toll. The family have witnessed horror and death. Equally as challenging, however, has been the loss of their homes, jobs, structure and autonomy. Sara is highly qualified but would gladly work in a factory, not only to improve the family's financial position but primarily to recover something of the sense of purpose and stability that she has lost.

During our English conversation sessions, we've been working on interview practice. As we've considered standard questions which interviewers might ask, it's become clear that Sara's self-esteem has been shattered. It's also evident that Sara has difficulty in calling to mind parts of her old life, which can make it hard for her to give the kind of examples which often form the basis of a response to these standard

questions. The effects of trauma run deep.

As we worked through the Guardian's "top ten interview questions" we came to "Describe a time when something went wrong and how you dealt with it." The example Sara gave was simple but shocking. She described teaching a class of infants in Aleppo when bombs fell for the first time. She spoke of the distress of the children, as well as her own rising sense of panic. She talked about how she had to master her own fear in order to reassure the children, how, in order to quell their panic, she told them that this was simply a drill and calmly got them out of the classroom to a place which the teachers had designated to be safe. Indeed, the children were so persuaded by her calm approach



that they did not hurry – a different problem to be tackled without undoing the good work she had already done.

This is not, I suspect, a typical response to a standard interview question – at least not in the UK where we have not experienced bombs dropping for over seventy years. Viewed through a British lens, Sara's experience is fairly unique. However, my conversation with her was a stark reminder that, across the world, what people experience on a daily basis could not be more different. We are unwittingly cocooned by what we see around us. And I wonder this: were people to be fully conscious of the daily tragedies experienced by our brothers and sisters in other places, and were people to have a sense of how that compares, in relative terms, to the challenges experienced by some in our own country, would the climate of hostility to migrants continue to prevail?

Fiona



@fionakmedhope



WEEKEND OF INVITATION IN KAY PARK CHURCH

Friday - PIE& A PINT QUIZ



Saturday -MESSY CHURCH



Sunday MORNING WORSHIP & FAMILY BBQ



KAY PARK Strollers & Striders

A busy few weeks for the Strollers and Striders began with a visit to Eglinton Park in Kilwinning. Fifteen strollers spent a surprisingly warm and dry morning wending

our way around the waymarked trails past the loch, old dovecot and riverside before enjoying refreshments in the Tournament Café.

This was followed by a new addition to our striders walk roster, with a trip to Auchincruive led by Alex Dunsmuir. For a variety of reasons, turnout was lower than normal, with eight enjoying the park and woodland walk. Another new addition was the refreshment venue at Sandyford Toll.

The “Weekend of Invitation” got off to an early start with an evening walk on the Thursday. Twenty seven met at the Park Hotel, before heading down Aird Avenue to meet the Kilmarnock Water. Turning right on the riverside path, we soon joined the River Irvine and continued alongside this until the bridge at the entrance to Caprington Castle Estate. Another right turn along Holmes Road took us back to the Park Hotel for the refreshment of choice.

Our next Strollers’ outing returned to Seamill. Setting off from West Kilbride Golf Club, fifteen were again rewarded with views across to Arran and beyond as we headed off along the beach side path towards Portencross. Turning right to join the minor road from Portencross, an uphill stretch led to another right turn to start the return journey. A carefully navigated walk across the golf course rejoined the beachside path back to Seamill and a return to the Waterside Hotel for refreshments.

July’s evening walk was next on the agenda. This again proved popular despite fierce competition from a certain European football fixture being

played that evening (we all know who made the better choice of activity). Twenty strollers assembled at the Dean Castle Country Park and spent the best part of an hour meandering around the various paths therein. This was followed by Jeff and Sheila Davies kindly hosting tea, coffee and cake for those who wished to join them.

Finally, for this edition, nine Striders took on a challenging 7.5 mile circular walk. Starting from Galston, we took the path through Burnawn Woods, then the minor road behind Cessnock Castle. This led to Sornhill Cottages, from where a left and right saw us continue high up on to the valley side. This was followed by a fairly lengthy, level stretch before a left turn into a dip, then another left to join the slightly lower, Mast Road. Now onto the downhill return leg, a short break was followed by a diversion for a visit to Gallow Law Cairn before returning to Galston where, for some, lunch was taken at the café in the local Co-op.

Next up for the Strollers and Striders is the joint outing to Arran on Saturday 17th August, leaving Ardrossan on the 0945 ferry.

David Miller



Next Strollers Dates

Saturday 17 August
(Arran)

Tuesday 10 September

Wednesday 9 October

Thursday 7 November

Friday 6 December

Strollers meet at 9.30 am

Next Striders Dates

Saturday 17 August
(Arran)

Wednesday 18 September

Tuesday 22 October

Thursday 21 November

Friday 13 December

Striders meet at 9.00 am

Please note – Strollers should meet in the church car park at the times shown, unless there are specific changes to the arrangements.

Everyone is most welcome to join either group as they are able. Please bring friends along if you wish.



HOSPITAL VOLUNTEERS

If you visit Crosshouse Hospital you will almost certainly have visited the Tea Bar or the Shop; and if you have been a patient you will have been grateful to hear the trolley arriving with daily papers or sweets, fruit, biscuits or juice to fill in the gaps in your appetite.

You see ladies and men serving in both and probably assume that they are employees at the hospital. In fact all of the people at the front are volunteers. There are one or two in the office who are paid.

Do you have any idea how much money is raised by these people every year for the hospital. Over £250,000! And that money is used to purchase equipment for which there just isn't any money in the bank of the Trust that runs the hospital. Some money is kept in reserve for really expensive projects, so the Hospital Volunteers were able to give over £1,000,000 towards the costs of the Day Surgery Unit.

Last year the money went towards creating Relatives Rooms in the wards. These are the places that relatives go to rest when their loved one is critically ill and they want to be near or where they go with doctors or nurses when they are to receive bad news. Until now these have been cold and uncomfortable as well as offering no physical or spiritual comfort. Not now. Over the past year and still going forward, a group of dedicated nurses, physicians and health experts have created havens in the wards. Discarding the uncomfortable furniture and creating comforting environments using expert guidance in colour and décor.

If you would like to help in the tea-bar or shop on a team with many of our members for just a couple of hours a month, please ask Eleanor Hamilton 526817 or Shiona Thomson 533574 for further information. It is just amazing what a lot of people can achieve by giving such a small amount of time..... and it's great fun as well, especially when you can operate the coffee machine and call yourself a Barista!

Celebrate Kilmarnock



22nd August from 6.00—8.00 pm

in the Celebrate Office opposite Marks and Spencer
in King Street

The first of these interactive talks “Unlocking the Unsung heroes in our Community” will be delivered by William Stafford, Deputy Lord Lieutenant for Ayrshire and Arran.

William has a wealth of experience working across various community-led projects and has had extensive charity involvement with various organisations, ranging from the Loudoun Valley Trust to the ex-veterans’ mental health charity, Gardening Leave.

He will outline his duties for the Queen in his role as Deputy Lord Lieutenant and discuss the recognition for individuals through the UK Honours system.

Given the increasing role that the voluntary sector and charities play in delivering essential services, he will outline how the true unsung heroes in our communities can be recognised through the Queen’s Award for voluntary service.

Come along if you are interested in the work of voluntary groups, if you believe a voluntary group in East Ayrshire deserves some formal recognition of their good work or if you are interested in the work of the Lieutenancy of Ayrshire and Arran.

Admission is **FREE** but booking is essential. Visit the Celebrate Office or go to the website at www.eventbrite.co.uk/o/celebrate-kilmarnock-18261422367



Flat Jesus goes with us everywhere

At the end of June, Rev Fiona gave us a stencil of Flat Jesus and asked us to take him with us wherever we go during the summer. This very visible expression of our faith is a great opportunity to create conversations with friends & family as we take him with us.

You can still collect a Flat Jesus at church, colour him in, cut him out and stick a lollipop stick at the back. Or don't—just take him with you. The pictures below show a few of the places that FJ has visited from Wimbledon to Liverpool, from Normandy to Arran and where he has been conducting the National Youth Orchestra of Scotland! Email yours to ellieham@gmail.com and we'll try to put them in the next issue.



*And surely I
am with you
always, to
the very end
of the age*

Matthew 28v20

Friendship Club

We set off on the 30th May, on a very dreich and damp day, to the Designer Outlets at Livingston. Our bus driver was very helpful and we enjoyed a smooth run through to the east. As it was pouring on arrival we quickly went into the shopping mall and the retail therapy began. It is a very large shopping centre and you could not cover it all.

As is our custom we enjoyed an excellent evening meal at Piersland House Hotel in Troon, and by the time we were heading for home the rain had stopped. In spite of everything the ladies had an enjoyable day.

We are now looking forward to our new session which begins on Thursday October 3rd at 2pm, when we will be welcoming Fiona Mackenzie and "the Unlikely Lads". Members old and new will be made very welcome.

Enjoy the rest of the summer.

Shiona Thomson.

After a delightful holiday in Portugal I found myself in Hospital three days later, after a middle-of-the night trip to the bathroom ended with me on the floor and unable to move. This was not the spot I would have chosen for my demise. Within 15 minutes Paramedics had arrived and I was taken in to Crosshouse Hospital

As the week progressed, I was totally impressed by the professional attitude and commitment shown by the ward staff, the physios and occupational therapists.

With their help I recovered enough to be discharged from hospital six days later.

Since that time I have had support of the amazing Intermediate Care Team of East Ayrshire physios and occupational therapists at home.

I want to thank sincerely all Church Members who sent cards, made phone calls and kept me in their prayers.

Alistair Watson



The Guild

The Guild is in recess for the Summer but the work of the Committee goes on and we have now finalised our Syllabus for 2019 – 2020.

The theme this year is: 'COMPANIONS ON THE ROAD'

Companion is defined as: associate, partner, escort, colleague, work-mate, co-worker etc.

In other words, it is about support, encouragement, empathy and co-operation. Marriage ceremonies speak of 'richer and poorer'; 'better and worse'; 'sickness and health'.

In these phrases we see the difference between companionship and acquaintanceship or fellowship. There is something there about sharing joy and pain and the ups and downs of journeys, be they real or metaphorical.

GUILD WEEK is in September this year from Sunday, 8th until Sunday, 15th September

Our new Guild Session re-opens on Tuesday, 10th September, 2019 at 2pm (all Guild Meetings unless otherwise stated are at 2pm). Our guest speaker for our Opening Meeting is Provost Jim Todd

24 September : Sarajevo – Was it genocide? – Jim Anderson

8 October : Captain Emma Heal – Salvation Army Bible Study

Sadly there is no change in Office Bearers and it would be encouraging to see husbands and wives attending our meetings and perhaps becoming office bearers in time.

Ellen MacLeod

Convener



The Kindness of Strangers

by Tracey Neilson

When I was asked to go out and train the Asia team for a week in Thailand, I was of course honoured to be asked and excited to have this opportunity, but I was also rather apprehensive of having to travel so far alone and to a country which was never even on my bucket list. However, when someone hands you an opportunity, and everyone else in the office is telling you what a thrill it will be, I decided that the world was telling me to do this and not to worry. I was also encouraged to take some days holiday whilst I was there, so I decided that I'd start to get excited about it.

I planned to have 3 days in Bangkok and 3 days to the north in Chiang Mai before the difficult week-long conference, followed by my reward of 3 days holiday at a beach in the south of Phuket.

I arrived rather jet lagged having travelled for just under 17 hours, despite having a bed on the plane. Still nervous, there was the language barrier, plus new currency to calculate and a fear of all the holiday horror stories you hear of. I was to be most pleasantly surprised.

They call it the country of smiles, and this is a reputation which the Thai people work very hard to convey, especially to a travelling foreigner. They greeted you with free tamarind seed soft drinks, and put me at ease as I felt their kindness and helpfulness. They take pride in every part of their customer service roles no matter what job they have, and were truly considerate.

I met other travellers, many solo travellers just like me. It appears the reputation of Thailand is so friendly that lone travellers flock here in their droves. After a few days I found that I was keen to experience as much as I could possibly cram in. I attended a fruit-carving class (my salads will be less boring from now on), rode on an elephant, got cuddled by a baby

elephant, rode on boats at a floating market, rode on speeding river boats and visited many temples. I had wanted to try to find some monks as I'd heard that they like to practise their English. I did find a few, however a meaningful discussion regarding their religion was just out of reach as their English was limited. I did mistake one monk for a temple statue, as he was seated in flowers deep in meditation. He was so utterly still for my whole 50 minute visit.

A corporate treasure hunt (with colleagues from Japan, China, Singapore, Taiwan, India, South Korea and Australia) saw us in teams racing all over the city of Chiang Mai, in monsoon weather, tracking down clues and having a wonderful afternoon getting to know colleagues I only ever email and telephone. I even had to eat a dried worm (3 actually) in order for the team to get a point. As the only westerner at the business meeting, I was the only one who didn't think it was a delicacy. Fortunately by the time the grand gala dinner rolled round, it was back to more appetising morsels as we watched traditional and beautiful Thai dancing.

Chiang Mai is one of the more northernly parts of the Thailand, near to the Myanmar (Burmese) border. I got to walk with elephants through the jungle, then swim with the elephants in the river, before chopping down some sugar cane (using a very large machete) for their snacks, swam alone in a jungle pool, and went white water rafting. What was I thinking?

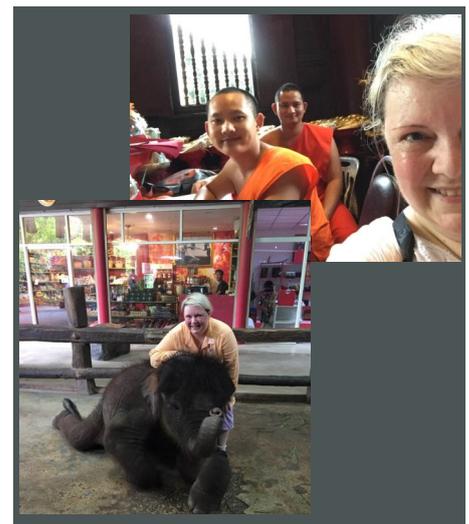
I did meet lovely locals who talked to me and who I felt were keen to put me at ease. I even met 2 people from Edinburgh in the jungle, and the guide could not be convinced we did not know each other. Hysterical...I was in the middle of nowhere meeting people living 60 miles from Kilmarnock.

Phuket saw me watch elephants take part in a war dance, Thai boxing (not my cup of tea, although they spent more time blessing and praying than they did boxing each other) and I was left in charge of a local handbag shop for 10 minutes whilst the shopkeeper went an errand. Fortunately I had no customers.

Finally after warm goodbyes from new-found friends/colleagues, I headed off to the island of Phuket. Here the hotel was on the beach, however the recent storm meant that no swimming or even paddling in the ocean was allowed. It was as bracing as Barassie beach. The hotel concierge took me under her wing and advised the best places to visit and safest modes of transport.

I visited James Bond Island (from the Man with the Golden Gun), went sea canoeing, speed-boating, caving, had lunch with a lovely Australian family on a floating village, and swam on a deserted beach (although going by both number of ants plus tour boat crew, it was not as deserted as I would have liked).

As lovely as it was to be away, it was lovely to arrive back home. My memories are not of just the weird and wonderful, but of the genuine friendliness of the local Thai people and their pride in their country. If I am ever offered to do another such trip, I definitely won't require to think about it overnight this time ☺



Prayer Time

From Rene Larmour

Saviour Jesus
Understands us
Makes us his own
Marvel at his world
Eternal love
Redeems us



*Enjoy the summer, family,
 grandchildren, the sunshine and the
 rain. They complement each other as we
 do with Jesus
 May **JOY** fill your heart and **PEACE**
 fill your soul*

Sunrise, a new day
Utterly amazing Jesus
Nature given by God
Sunset end of our new day
Holidays, precious memories
Insects, bees butterflies
Never lets us go
Eternal love

*We pray that you keep healthy and fit to
 enjoy all the good things GOD has given
 us—all for free. No strings attached.
 Where else can you find a bargain such
 as this?*



*God bless everyone from Rene Larmour,
 Olive Gow and our Prayer Group.*



*If you want to request that the Prayer Chain prays for you or someone you
 love, please complete one of the Prayer Request Forms available at the front
 door or at the bottom of the stairs at the back door. All requests are handled
 in confidence.*

*If you cannot find a form or it is in the middle of the week, phone Rene
 Larmour or Olive Gow with your request.*

SCRIPTURE READERS IN CHURCH

AUGUST	SEPTEMBER
11 Tracey Neilson	1 Jack Leishman
18 Colin Wilde	8 Olive Caldwell
25 Eleanor Hamilton	15 Ronnie Hamilton
	22 Janette Steven
	29 Linda Wallace

Would all scripture readers please note it is their responsibility to find a substitute if they cannot read on their given date and to let Jess Barry or Janet Grant know. Also please report to the sound desk for a sound check before the service. If anyone is not willing to continue being a reader would you please let Jess know as soon as possible.

NOTICES

Church Flowers



Sincere thanks to the following people who have donated to the Flower Fund in June-July 2019 :

Mr Dempster, Mrs Richardson, Mrs Mackenzie, Mrs Phillips, Mrs Andrews, the late Mrs E Steven, Mrs Millar, Mrs Watson, Mrs Mair, Mrs McKnight, Mrs Neil, Mrs Wotherspoon, Mrs McCreadie, Mrs Sansum, Mrs Kelso and one Anonymous donor.

Donations can be placed, in an envelope marked 'Flower Fund', on the Offering Plate, or given to Moira Neil or Aileen Sansum. Cheques should be made payable to Kay Park Church Flower Fund.

We need more people to deliver the flowers on a Sunday. It doesn't take long, but means such a lot to those who receive the flowers.

This whole page was sponsored by

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FUNERAL

"In my Father's house are many mansions; if it were not so, I would have told you"

19.7.19

Mrs Effie Steven, 50 Harperland Drive D30

CHANGE OF ADDRESS

Mr Andrew and Mrs Linda Robinson
to 2 Kilmaurs Road, Fenwick D52

Mrs Lauren Field
to 23 De Walden Drive, Kilmarnock. D7

NEW MEMBERS

Mr Iain McCulloch
38 Annanhill Avenue D24

Mrs Agnes Lindsay
4 Craufurdland Road D3

BAPTISM

28.07.2019

Max Douglas Bryan

Infant son of Linzi and James Sansum

66 Hunter Road

Crosshouse D19

Sincere apologies to Mrs Aileen Millar, widow of the late Mr Walter Millar of 64 Manor Avenue, for printing the incorrect date of his funeral in the last magazine. In fact Mr Millar's funeral took place on 8th. May 2019. The editor regrets any distress caused by this error.

AUGUST - Sunday worship will be conducted at 10.30 am by the Rev Fiona Maxwell unless otherwise stated

- 3 9.00 am—3.30 pm
Elders' Away Day in Monkton Church Hall
- 4 10.30 am Morning Worship
- 11 10.30 am Morning Worship
- 17 Strollers and Striders to Arran—meet at Ardrossan by 9.30 am for 9.45 crossing
- 18 10.30 am Morning Worship
- 10.30 am Morning Worship
- 25 2.00 pm Wedding of Kerr Duff and Alana
Conducted by the Rev Grant Barclay
- 28 7.30 pm Kirk Session meets in the Hall
- 31 9.30 am Presbytery Prayer Meeting

ELDER IN CHARGE: TBA

Margo Raeside

Doreen Walkinshaw

Jess Barry

Olive Gow

BEADLE: ANDY RAESIDE

Ian Bremner

Michael Lacy

SEPTEMBER - Sunday worship will be conducted at 11.00 am by the Rev Fiona Maxwell unless otherwise stated

- 1 11.00 am Sunday Worship with Holy Communion (uncarded) and Ordination of a new Elder
- 6 11.00 m—3.00 pm Doors Open Day
- 8 11.00 am Sunday Worship
- 10 9.30 am Strollers meet in Church Car Park
2.00 pm Guild meets "An Afternoon with the Provost"
- 15 11.00 am Sunday Worship with Rev Jeanette Whitecross
- 18 9.00 am Striders meet in Church Car Park
- 22 11.00 am Sunday Worship with Rev Jeanette Whitecross
- 26 12.15 pm Lunch Break re-opens
- 29 11.00 am Sunday Worship

ELDER IN CHARGE: GORDON SLATER

Janette Steven

Jean Deans

Carol Raeburn

Jeff Davies

BEADLE: JIM WILSON

Maureen Miller

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