

The vision of the Church of Scotland is to be a church which seeks to inspire the people of Scotland and beyond with the Good News of Jesus Christ through enthusiastic worshipping, witnessing, nurturing and serving communities.

Autumn 2025

# Kay Park Parish Church Newsbite!

## A WORD FROM THE MINISTER

You may have heard the word 'toxic' used to describe someone's behaviour. This refers to behaviour that causes harm, stress, or negativity to others, often through manipulation, control, or lack of empathy. Toxic behaviours can drain energy, undermine self-esteem, and create conflict, making interactions emotionally exhausting and unhealthy. I have seen and experienced this kind of behaviour in various aspects of my life including the church. In Matthew's gospel we read these sobering words, 'the things that come out of the mouth come from the heart...' It makes you think, doesn't it? Ask yourself, what do my words say about my heart? In his letter to the church in Ephesus, Paul writes, 'Do not let unwholesome talk come out of your mouths, but ONLY WHAT IS HELPFUL FOR BUILDING OTHERS UP.'

In an increasingly 'toxic culture', our calling is to bring words of hope, light and love, Lord, may it be so.

The powerful words below say what is on my heart just now better than I could.

May we as followers of Jesus Christ be ready to offer "a word that heals, a word that opens windows, a word that cuts the ropes of despair and may the words we share with one another be, "medicine, music and light." And if they are not, may we be silent.

Blessings, Rev Fiona

Anxiety is heavy, a stone in the chest,  
a knot in the stomach,  
a whisper at midnight that will not hush.

It weighs us down, pulls us under,  
closes the windows, bolts the doors.

But, a kind word, a gentle syllable,  
spoken not as syrup  
but as bread for the hungry,  
as water for the thirsty.

We need it. We ache for it.  
We live on it.

But not only us,  
the stranger across the street,  
the friend who hides their tears,  
the child whose silence is louder than noise,  
the one who posts jokes while  
bleeding inside.

We need to give it.  
To offer the word that heals,  
the word that opens windows,  
the word that cuts the ropes of despair.

Kindness is not a luxury.  
It is survival. It is a commandment.  
It is gospel. So let our words  
be medicine, be music, be light.

And may we speak them today  
before the silence breaks someone.

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Proverbs 12:25,  
'Anxiety weighs down the heart, but a  
kind word cheers it up'



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## SPECIAL POINTS OF INTEREST

- Doors Open
- Around the Globe
- Monday Boys

## FIVE MARKS OF MISSION

To seek to transform unjust structures of society, to challenge violence of every kind and pursue peace and reconciliation

To proclaim the Good News of the Kingdom

To teach, baptise and nurture new believers

To strive to safeguard the integrity of creation and sustain and renew the life of the earth

To respond to human need by loving service

## DOORS OPEN DAY 2025

### 36 TH ANNUAL DOORS OPEN DAY

Preparations are in hand for Kay Park to open its doors on Saturday 13 th September 2025 from 1.00 until 4.00 pm.

Doors Open Day is a Council of Europe initiative and in 50 countries it will be celebrated with the opening of some of each country's most important buildings to heighten the public's awareness of their own heritage.

Fifty of Ayrshire's finest venues will be open over the week-end. I am sure there will be something which might interest you amongst these venues.

I would like to take the opportunity to thank our volunteers in advance for giving of their time to allow Kay Park to once again participate.

Janet Grant

*For the **beauty** of the earth, for the **beauty** of the skies  
For the **love** which from our birth, over and around us lies.*

## KIRK SESSION

These past couple of weeks have seen our weather beginning with gales and now at present glorious sunshine. The children returned to school today and this also heralds the beginning of a new season in the Church Year.

During the summer months it has been encouraging to have many visitors join our worship on a Sunday – some folks visiting family locally and several visitors from different churches in the area.

As we start this new year in church life the Kirk Session will have a major focus in preparing a Mission Plan. This is an instruction from the General Assembly to all Church of Scotland congregations and it is to be submitted annually for Attestation with all church records. Putting together the Mission Plan will help us to celebrate all that we are currently doing and plan for the future life and witness of Kay Park Parish Church.

Meantime thank you all for your faithful support and the part you play in the life of Kay Park Parish Church.

Jean Johnston

## Poppy Appeal

For Remembrance Sunday this year we are planning on having a poppy display, so we need your help. If you can knit and are willing, we are looking for as many red poppies as possible. We are also looking for a few White, Blue and Purple poppies. The pattern can be found on the Church website or ask on a Sunday morning for a printed copy and get those knitting needles out. In the coming weeks there will be a box in the café area to put your completed poppies. We need these by Sunday 19 October. Thank you.





## WALKING GROUPS

While it is some time since news of our activities have featured in Newsbite, we have continued our regular walks throughout.

The Wednesday Walkers continues to be a success with our regulars having their stroll around Kay Park before retiring to the Church café for tea / coffee, biscuits and enthusiastic chat. The pace can best be described as “leisurely” and there is even a “shortcut” for those who don’t wish to tackle Strawberrybank Road. There are normally around a dozen walkers who meet at the car park area adjacent to the Burns Centre at 10am each Wednesday and would welcome anyone who wishes to join. If you would like a short walk of around 25 minutes and don’t like the idea of walking on your own, this could be for you. Why not give it a try?



The Strollers walk once / month for around 1 hour. Our routes this year, so far, have mainly followed our tried and tested routes around Irvine, Prestwick, Alloway and Galston with each walk concluding with refreshments at a nominated venue.

The Striders also walk once / month (offset by two weeks from the Strollers) and generally walk for between 1½ to 2 hours. Again we have used a variety of routes in places such as East Kilbride, Dumfries House, Newmilns, Troon and Stewarton. As you might expect, these also conclude with refreshments.



In addition to these regular activities, this year we have tried to re-introduce summer evening walks (with mixed success). These were held once / month over May, June, July and August and lasted up to 1 hour. Our first venture from Hurlford along the riverside path to Templetounburn and back via Crookedholm was held in persistent heavy rain yet still attracted 11 hardy souls. Next was Eglinton Country Park which, while held in better weather, proved less popular. The greatest turnout so far has been in July with 22 walkers tackling a route in and around the Dean Castle Country Park. At the time of writing, our final walk at Irvine harbourside and beach park has still to take place. A big thank you is due to Jean Deans and her teams of helpers who opened up the Church café and provided tea / coffee and biscuits for our local walks.

Another aspect to our walking groups is our social evening to which all walkers and partners are welcome. This is currently being organized and full details are not yet available. However, if you think this may be of interest to you, then the proposed date and venue are :

Friday 31 st Oct at Kilmarnock (Barassie) Golf Club.

Once we have received a menu and costings, information will be circulated by email and order of service with details of how to confirm your booking and choices.

### **Dates for our walks**

Strollers – 10th Sept, 16th Oct and 14th Nov.

Striders – 24th Sept, 30th Oct and 28th Nov.

Note : there will be one joint walk in December which will be on the 13 th .

Newcomers (and returning walkers) are always welcome. See weekly intimations or phone David Miller on 07977050624 for details.

David Miller



## FRIENDSHIP CLUB

It is that time of year again when our thoughts turn to our winter activities. During the summer we have met up a couple of times in the cafe area for coffee and chat.

At the beginning of August we had a special extra meeting when we were ably entertained by the fantastic singing group True Colours . Everyone was singing along to the great songs from the sixties and seventies.

The committee has compiled a varied programme for the coming session which should appeal to everyone.

Our first meeting is on Thursday October 2nd at 2pm when we look forward to welcoming Reverend Fiona as the first speaker of the new session.

It will be lovely to see all our members again and we would be delighted to welcome some new ones. It is a very enjoyable way to spend a Thursday afternoon. A delicious afternoon tea is also provided!!

Until October 2nd.

Blessings from the Shining Lights.

### Autumn Programme

2 October	Rev Fiona Maxwell	13 November	Ayrshire Ukes
16 October	Musical Tour with Aileen	27 November	Christmas Stall & Quiz
30 October	What's it worth	11 December	Christmas Extravaganza

**A sweet friendship refreshes the Soul**

*'For the **beauty** of each **hour** of the day and of the night,  
Hill and vale, and **tree** and **flower**, sun and moon and stars of light.*

## PROPERTY TEAM UPDATE

As some of you may have noticed, the Property Team have been carrying out two larger projects within the church recently. We wanted to provide you an overview of what is being carried out.

The glass partition and doors at the rear of the sanctuary are having extra support panels added. These panels are being included to provide extra support. The partition is already fully safe and compliant with health & safety and building regulations but we wanted to add more supports to bolster the glass wall, where possible. The missing corner piece of glass, on the partition wall adjacent to the lift and disabled toilet will be replaced shortly too, as part of this work. The total cost for these works is £11k. We are fortunate enough to have funds available to us to cover this higher than usual cost.

You may have also noticed the scaffolding that has been erected on the lane side of the church. This is to allow some fairly major roof repairs to be carried out. A large iron gutter had become loose which started allowing rainwater to enter the sanctuary. The area where the water was entering the building shows just above the font. We have accepted a quote from our usual roofer to repair this gutter. While the scaffolding is up, the roofer will also take care of all other roof related repairs that need done, to that side of the roof. This also has a higher than usual cost. The work will cost £6,500. Almost £5k of that is just for the scaffolding. Again, we are able to cover this cost within existing church budgets. We hope the work will be completed by the time you read this update in the church magazine.

If you have any questions about this, or any other property related activity, please get in touch with one of the team.

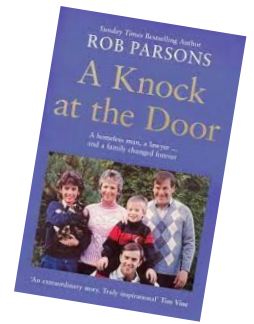
God Bless. Michael Lacy

## BOOK REVIEW

### A Knock at the Door—Rob Parsons

**An astonishing story of kindness, self-learning, pain, unbelievable hope and the sheer power of love to change a life.**

***Christmas 1975 and Queen's 'Bohemian Rhapsody' is riding high in the charts. In a residential street just outside Cardiff, a persistent knocking breaks the stillness of the evening ...***



When Rob Parsons, a young lawyer, opens his door he finds a man standing before him clutching a bag of belongings and a frozen chicken. Rob and his wife, Dianne, invite him into their home, cook his chicken and offer him shelter for the night. What happens next is an astonishing story of human kindness, self-learning, incredible pain, unbelievable hope and the sheer power of love to change a life.

*A Knock at the Door* is the true story of Ronnie Lockwood, a homeless man who entered the home of a young couple, became a dustman and lived as part of their family for over 45 years until his death. But this is not just Ronnie's story – it is also that of Rob and his family. Outwardly the two men's lives were worlds apart – as Ronnie emptied rubbish bins, Rob flew on Concorde – and yet, they discovered they had similar struggles. Then the day came, at the lowest moment of the couple's lives, when they turned to the homeless man for help.

You will have never read a story like this before, but at its heart is a simple message: whether we are a lawyer or a dustman – tomorrow doesn't always have to be like yesterday.

A beautiful, extraordinary and truly inspirational story.

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*For the **joy** of ear and eye, for the **heart** and **mind's** delight,  
For the mystic **harmony** linking **sense** to sound and sight.*

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### WEDNESDAY CAFE

The cafe is a bit like the Windmill Theatre, we never close. (Well, only over the Christmas period).

Cafe will be open throughout the year and although we can't be like the Windmill's Folies Bergere or Moulin Rouge, we can offer up a wee singsong or just a blether.

As well, of course, as a tea, coffee or cold drink.

If you've never been, please drop in any Wednesday morning between 10am and 12 noon. We would love to see you.

We also have fortnightly health checks from Claire who works for Vibrant communities.

Councillor Barry Douglas now holds a surgery once a month too. I'm sure he would be happy to help with any council related concerns that you may have.

If you are new to Kay Park it's a great place to meet people. We would love to see you and get to know you.

Jean Deans

### BLYTHSWOOD CARE SHOEBOX

#### APPEAL

#### Bring hope this Christmas

If you are able to support the above Appeal, I hope you are continuing to slowly get your box filled. Slowly but surely, I think is key.

If you are unable to fill a whole box individual items would be very welcome including hand knitted hats, scarves and gloves/mittens. Every little helps and if everyone is able to give something the contribution from Kay Park will be boosted.

The shoeboxes will be collected in at the end of October for onward transportation possibly to Ukraine.

Janet Grant





## POSTCARDS FROM AROUND THE GLOBE



During the course of 3 months since we launched our postcard appeal we have received 64 postcards. As you can see the Kay Park family have travelled far, thank you to everybody who has brought a postcard back from their travels.



# Thank you

At the General Assembly in May this year, it was with great sadness that the Church took the very hard decision to cease production of Life and Work in its current format.

The Life and Work magazine was established in 1879 by Archibald Hamilton Charteris, which means it's been in print for 146 years.

Derick & Helen Lancaster have been the people behind the scenes looking after the Life and Work Subscriptions for 20 years, they have quietly got on with this job and recently received flowers from the church as a thank you for their commitment to this task.

## GUILD

Well here we are at the opening of our Guild session for 2025–2026. This year we have a variety of speakers and events, including a Dean Park Ranger, a fitness expert, a musical trio and the National Convenor of the Guild, to name but a few.

We would love to see new members, both women and men joining us but if you would just like to come and visit us for one or two meetings on Tuesday afternoon be assured you will receive a very warm welcome.

Our Syllabus for the year will be available soon, so if you would like to see what's on offer, please ask Jean Herbert, Heather Lohoar or myself for a copy.

Jess Barry

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*For the **joy** of human **love**, brother, sister, parent, child,  
Friends on earth and friends above, for all **gentle** thoughts and mild*

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## MUSICAL NOTES

A new choir year is about to begin at Kay Park Parish Church, and we're excited for all that lies ahead. Once again, our voices will join together each week to lead worship, bring music to special services, and enjoy the fellowship that comes from singing as a family.

### Sundays Together

Each Sunday, the choir will be there to guide the congregation in song led by Alex, Charles, Grant and Stacey. From well-loved hymns to anthems prepared for seasonal celebrations, our aim will be to add depth and beauty to the fellowship of our church family. We will continue to introduce new songs of praise to enhance the worship.

### Special Events to Come

We're especially looking forward to two big musical occasions. In November, the choir will host a Praise Night – a chance for the whole congregation (and friends from the community) to gather for an evening of uplifting music and worship. Then, in May, we'll hold a concert, where we'll share a programme of favourite pieces old and new. Both events promise to be joyful celebrations of music, faith, and community.

### More Than Music

Rehearsals will begin on 25th September at 7pm in the Choir Room. and we know they'll be filled not just with practice, but with laughter, encouragement, and friendship. Singing together is a joy, but the fellowship we share makes it even more special.

### An Open Invitation

If you enjoy singing—even just in the shower—you'll be very welcome to join us this year. You don't need to read music or have experience, just a willingness to give it a try. There's always room for another voice.

Here's to a new year of song, service, and celebration at Kay Park Parish Church Choir.

Alex Ferguson

## COMMUNITY HALL LETS

<b>Mon</b>	Scalliwags	9.30am
	Brownies & Guides	6.00pm
<b>Tues</b>	Killie Heartmates	6.00pm
<b>Wed</b>	Physio Class	2.30pm
	GA	7.15pm
<b>Thur</b>	Killie Heartmates	6.30pm
	Rock Choir	7.30pm

For more information on any of the above groups or information about hiring the halls, please contact the Church Administrator.

## GAMBLERS ANONYMOUS SCOTLAND

Gamblers Anonymous is a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.

### Is Gambling causing problems in your life?

If so ..... We can help!

- Website: [www.gascotland.org](http://www.gascotland.org)
- Email: [info@gascotland.org](mailto:info@gascotland.org)
- Helpline: 0370 050 8881 (24 HRS)

## HALL LETS

The Church halls are used on a regular basis but there is still availability for other lets. Over the last few months we have had yoga classes, birthday parties, Anxiety Management classes and concerts. We are a multi purpose building and will try to accommodate most events.

To hire our halls contact the church administrator on

07394 173977 or

[kppcchurchoffice@gmail.com](mailto:kppcchurchoffice@gmail.com)

## SCALLIWAGS

The Scalliwags meet every Monday morning from 9.30am, the group caters for children under 3 and are usually accompanied by parents, grandparents, aunts, uncles and friends. It is a friendly group and all are made welcome. If you would be interested in joining the group please email

[scalliwags@live.co.uk](mailto:scalliwags@live.co.uk)

## ROCK CHOIR

If you like to sing, you'll Love Rock Choir!

Pop, rock and chart singing for adults and teenagers.

No auditions and no need to read music



## BROWNIES & GUIDES

17th Kilmarnock Brownies and 6th Kilmarnock Guides meet most Mondays at 6pm and 7.30pm

## KILLIE HEARTMATES

Killie Heartmates is an active cardiac exercise group. They meet all year round to offer support and help to improve members health and fitness. The group have fully qualified B.A.C.R. instructors (British Association of Cardiac Rehabilitation)



## MONDAY BOYS

The first photo is of one of our Christmas lunches

We lost our friends Alex Wotherspoon, Gordon Larmour, Hugh McCrone and most recently Jack Leishman .Their experience and knowledge cannot be matched.

On a happier note our friend Douglas McCreadie and his wife May celebrated their 70th wedding anniversary on the 1st July. What an achievement !!And what a lovely couple as I'm sure you'll all agree. May worked in Lauders ,Hector McDonald and BMK. Douglas served his apprenticeship with Muir the builder .He met May at the Bobby Jones in Ayr and did his National Service from 1954 till 1956. He managed to get a week off the army for their wedding in 1955. They have two sons Douglas and David .May and Douglas both enjoyed music and were members of the Henderson choir. Douglas has been a Killie supporter from 1949 and loves watching football. May is a shopper and likes to hop on a bus and looks for the bargains.

We meet every Monday from 12.30 till 3.30 and always finish our work with a blether cuppa and cake .We always welcome members and would appreciate their help.

John Dyet



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*For each **perfect** gift and sign of your **love** so freely given,  
**Graces** human and **divine**, flowers of earth and buds of heaven.*

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Thought for the day/week/month or year

*A Church is not an organisation you  
join.*

*It's a family where you belong.*

*A home where you are loved.*

*A place where you'll find healing.*



## CHURCH FLOWERS

Sincere thanks to the following people who have donated to the Flower Fund

### June

Mrs Marion Paterson  
Mrs Sadie Plenderleith  
Mrs Ann Porteous  
Mrs Maureen Moore  
Mrs Liz Dyet  
Mrs Ann Mair  
Mrs Maureen Taylor  
Mr Raymond Waddell  
1 Anonymous

### July

Mrs Marjorie McConnell  
Mrs Rena Larmour  
Mrs Audrey Gray  
Mr Raymond Waddell  
Mrs Cathie Williamson  
Mrs Maureen Moore  
1 Anonymous

### August

Mr Alan Hamilton  
Mrs Aileen Sansum  
Mrs Maureen Hume

Donations can be placed in an envelope marked 'Flower Fund' and either put in the offering plate or given to Aileen Sansum.



## YOUNG CHURCH

Our Young Church has now re-started with much enthusiasm and excitement. The YC Family now has an age range of 2 years – 14 years which is just wonderful!

This session, it is hoped that the children and young people continue to form strong friendships with each other and also with God, as they explore their faith through Bible stories and attend our Church events throughout the year.

We look forward to contributing to the Harvest Thanksgiving Service in a few weeks time!

With many blessings, from the Young Church Leaders.



## School Prayer



Dear God

Open my eyes  
to see new friends

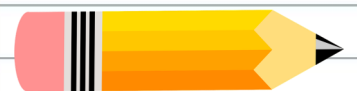
Open my ears  
to hear my teacher

Open my mind  
to learn new things

Open my hands  
to help others



Open my heart  
to love like you



I can do all things through  
Christ who strengthens me

Philippians 4: 13

## Kirk Session Committees

### Business

**Convenor:** Rev Fiona Maxwell  
Jean Johnston  
Jeff Davies  
Gordon Slater  
Michael Lacy

### Finance

**Convenor:** Gordon Slater  
Ian Bremner  
Alex Dempster  
Brian Sansum  
Alex Steven

### Property

**Convenor:** Michael Lacy  
Alex Dempster  
John Dyet  
Jim Wilson

### Safeguarding

**Co-ordinator** Olive Gow  
Olive Caldwell  
Janet Grant

### Pastoral Care

**Convenor:** Janette Steven  
Bill Caldwell  
Jean Deans  
Olive Gow  
Morag Lindsay  
Mary McDowall

### Connections

**Convenor:** Jeff Davies  
Jean Deans  
Bobby Goudie  
Moirra Graham  
John Houston  
Elaine McPherson

### Hospitality

**Convenor:** Moira Graham  
Marlyn Gorman  
Liz Goudie  
Maureen Hume  
Maureen Miller  
Maureen Taylor

### Hall Letting

**Convenor:** Vanessa Twomey  
Jean Herbert  
Gordon Slater  
Alex Steven

### Staffing

**Convenor:** Jean Herbert  
Tracey Neilson

## Other Church Committees

### Media

Fiona McBride  
Victoria Buckell  
Bobby Goudie  
Audrey Gray  
Sandra Jane Grier  
Heather Lohoar  
James McMahon  
Vanessa Twomey

### Communion

Jean Deans  
Maureen Taylor

### Flower

Aileen Sansum  
Grace Ferguson  
Jean Inglis  
Marilyn Malcolm  
Maureen Moore  
Janette Steven  
Ann Stewart  
Maureen Taylor  
Vanessa Twomey



## OFFICE BEARERS

### Minister:

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jane.johnston2@hotmail.co.uk

### Depute Session Clerk

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jeffandsheila@talktalk.net

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kppcchurchoffice@gmail.com

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Scottish Charity No: 008154

## FUNERALS

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

Thursday 24 July

Jean Wyper

## UPCOMING DATES

Sunday 7 September

Communion

Sunday 28 September

Harvest Thanksgiving

Sunday 2 November

Communion

Sunday 9 November

Remembrance Sunday

## KIRK SESSION MEETINGS

7pm in the Sanctuary

Wednesday 17 September

Wednesday 15 October

Wednesday 19 November

You are invited to join us as we celebrate the  
Lord’s Supper during worship, at 11am on the  
following

Sundays

Sunday 7 September 2025

Sunday 2 November 2025

Sunday 1 February 2026

Sunday 7 June 2026



Jesus said ‘Do this in remembrance of me’

Registered charity number: SC008154