

MEARNS KIRK NEWS

The official newsletter of Mearns Kirk



IN THIS ISSUE

- A Letter from the Interim Moderator
- Midweek Worship
- Sunday Tea & Coffee
- The Locum's Letter
- Congregational Survey Report
- In Memoriam
- Pastoral Care Group
- Eastwood Bereavement Support Group
- Jars of Grace
- Christian Meditation Group
- Knit & Natter
- Christian Aid 2026
- Retiring Offerings
- Fundraising - Abba Night
- Used Stamps Appeal
- Sunday Club
- Family Church BBQ
- upLiFT
- Mearns Primary School Nursery
- Lodging House Mission & ER Foodbank
- The Friendship Club
- The Guild
- Thank You - Mandy Stewart
- Church Flowers
- Digital Giving
- Prayer Points
- The Circle of Prayer
- MKHH - AGM
- Mearns Kirk Helping Hands - What's On

A Letter from the Interim Moderator

by Rev. David McKee

Hello everyone,

I hope you are well and have had a relaxing summer if possible. The work of the Church never stops, but I do hope that July and August have given you some time to pause and reflect in the busyness of life.

I am conscious I have not been with you in a while but I look forward to leading worship on Sunday 23rd August.

In the meantime, you are very well served by Eddie and a committed and very able team of Elders and Office Bearers. They and your Nominating Committee are working hard to find the right person to be your new Minister. Please keep them in your prayers.

In these times, perhaps the poem below will offer some comfort.

What God Has Promised

by Annie Johnson Flint (1866-1932)

God hath not promised Skies always blue,
Flower-strewn pathways, All our lives through;
God hath not promised, Sun without rain
Joy without sorrow, Peace without pain.
But God hath promised, Strength for the day,
Rest for the labour, Light for the way,
Grace for the trials, Help from above,
Unfailing sympathy, Undying love.

May you all hold the undying love that God has for you and always will.

Your friend and Interim Moderator,

David

Midweek Worship

by Pam Martin

Midweek worship will return on Wednesday 16th September at 10.30am in the Wee Hall.

Following this service, we will continue meeting on the first and third Wednesdays of each month. Dates for future services will be advertised in the Order of Service and on the church website.

We look forward to welcoming you.

Sunday Tea & Coffee

Tea and coffee after the service will resume on 13th September. Thereafter, refreshments will revert to being served on the second and fourth Sundays of each month. We warmly invite you to stay, enjoy a cuppa, and have a chat.

The Locum's Letter

by Rev. Eddie Simpson

Dear Friends,

Sometimes our prayers flow easily. On other occasions, it is hard to pray, especially when we are too distracted or restless and it is difficult concentrate. We just cannot find the words. There is a long tradition in the church of praying other people's prayers and of praying with other people.



One such prayer is this one which was written by someone else, and which you can pray knowing that others are praying it too.

Your friend and Locum,

Eddie

Eternal and loving God, whose strength has been our comfort, whose presence has been our joy, whose grace has been our life, hear our prayer. God, you know us well, and we open our hearts to you. We open to you the bright, glad places of celebration, in our lives, where hope shines and happiness dances within us.

For everything that makes our spirits soar and our hearts sing, we give you thanks. We are grateful for the changing rhythm of summer: for long days that linger into twilight. We are thankful for the changing rhythm of our lives as well, as we find ourselves slowing down and breathing more deeply,

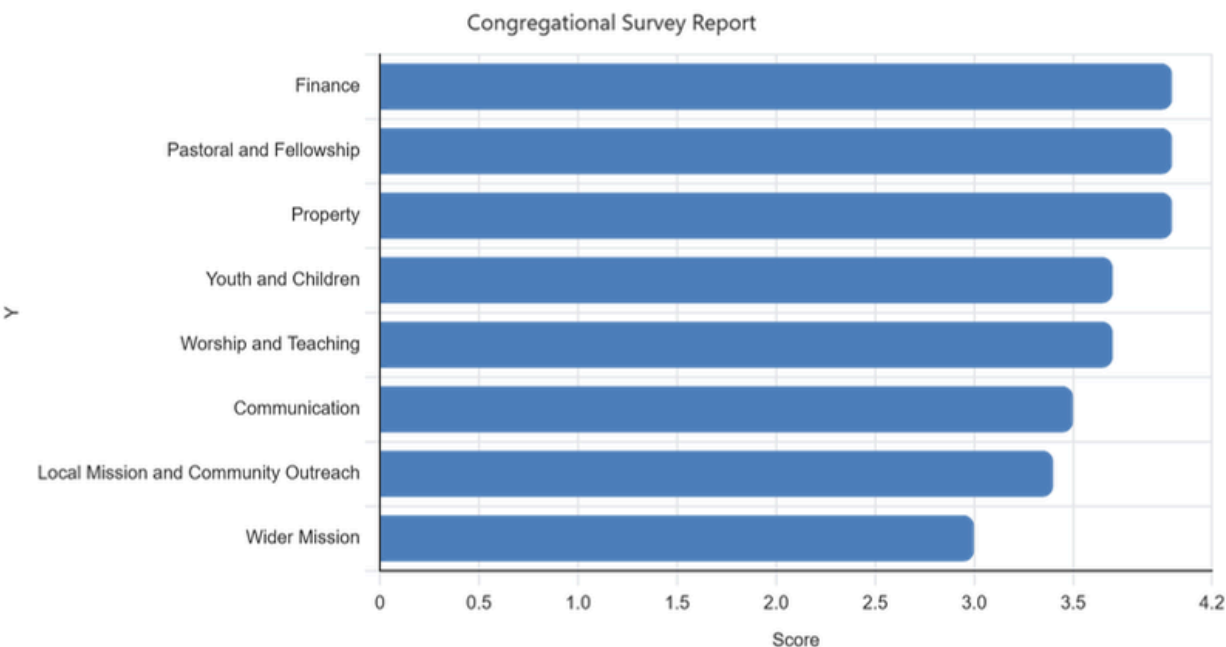
O God, as we bring to you our joys, so do we also bring our fears and our sadness. We open to you the frightened and uncertain places in our lives, the places within us that ring with questions, that are hammered by doubts. Places of fear of what might be, places torn by difficult decisions we have to make, places that weep bitter tears, places of deep sadness and feelings of regret or loneliness.

We pray for others: those who are held captive to poverty, hunger and despair, that the chains holding them will be broken by compassion and care. We pray for those who are imprisoned by war, terror, fear and isolation, that the walls of hostility and violence will come tumbling down, and your peace surround them. And we pray for those isolated by bereavement and profound sorrow, that they may know your abiding and comforting presence. For all those held captive by addiction or circumstance, imprisoned and vulnerable, we pray for your everlasting mercy and the liberation of unexpected grace. In the silence of this moment we lift up in prayer those whose needs are known to you, those we hold dear in our own hearts and our very selves. Through Jesus Christ our Lord. Amen

Congregational Survey Report

by Marje Gillies, Liz Ronald & Christina Shafi

The Congregational Survey was carried out in March 2026, and 60 anonymous responses were received. Each question was scored 1-5 (with 1 representing the lowest rating and 5 representing the highest rating):



Communication is at the route of everything we do so this should be a priority. Finance and Pastoral Care are working well. Sunday Club has started their Saturday evenings for young people and had their first excellent event recently! While our property remains in good condition overall, we are aware that the car park requires resurfacing. This is a significant expense, and we are currently exploring how best to undertake this work. Worship is going very well however we are aware that we need to work on teaching. We hope that a new minister will provide strong leadership in this area .

Local and wider mission both need further consideration which starts with actions from the Presbytery Mission Plan. Specifically, there will be actions via a new Congregational Action Plan which is particular to each church. It replaces what was previously known as the Quinquennial Visit, subsequently the Local Church Review, and is an annually reviewable plan. Our Congregational Action plan is drafted and has been seen by Elders. It will go to Presbytery this month for their agreement.

Thank you to everyone who took part in the survey including those of you who made comments which were all helpful. A few examples are:

Our halls are very adaptable. Church probably not.

Replace the pews!!!

Our car park is not well maintained.

Don't know if our church is involved in the work of Eco Congregation.

Our locum is superb and responsible for 'making me feel closer to God' when at church and for me finding 'worship inspiring and uplifting'.

In Memoriam

by Pam Martin

Sadly, since our last newsletter, we've said goodbye to some beloved members of our church family.

We are truly grateful for the lives of Betsy McKinlay, Jan Munro and Jean Webb.

As we remember them, we keep their families and loved ones in our thoughts and prayers. May they know God's comfort and strength in the support and care that surrounds them.

Pastoral Care Group

by Mary Deas

The Pastoral Care Group continues to make visits to the elderly, lonely, housebound and those in care homes.

If you would like a visit or know of anyone who would like to be visited, we shall be delighted to add them to our list. Please give Pam a call at the office on 0141 639 6555.

Also if you are ill, in hospital or facing particular difficulties, please phone Pam and she will inform Eddie.

Eastwood Bereavement Support Group

by Christina Shafi

The Bereavement Group continue you to meet in the halls on the 1st Tuesday of the month at 7pm. We are a peer support group and aim to provide a safe and welcoming space to share and listen to others. If you are struggling with the loss of a loved one whether recently or some time ago please join us, no need to book.

Jars of Grace

by Mary Deas

Once again, many thanks to everyone who has been filling up their jars of grace throughout the year. So far, we have collected £370. We will be sending the money to the Prince and Princess of Wales Hospice at the end of September so if you would still like to make a donation please leave it in the box in the vestibule.

Many thanks again for a good response.

Christian Meditation Group

by Mary Bell

The Group meets in our Church on the Chancel. We follow the practice of WCCM (World Community for Christian Meditation). "Meditation is about coming to stillness of spirit and body. To reach this stillness we have to devote time to the work of silence. To do so we recite a short phrase, a prayer-word known today as a mantra, chosen by you."

During our time together we have:

Opening Prayer : Bible Reading and Reflections : 25 mins Silence : 5 mins Reflective Music : Closing Prayer.

We are so fortunate to have total silence in our Church and to feel the stillness around us as we meditate on our Chancel. You are welcome to join us. Please contact the Church Office to advise them and for further information.

Tel No 0141 639 6555 or email office@mearnskirk.com

Knit & Natter

by Christina Shafi

The knit and natter group continue to meet and is currently at full capacity. Along with our own projects we have recently made little hearts for the Queen Elizabeth University Hospital. We are so delighted that our simple knitting will give comfort to many.

We also continue to give hats, blankets and premature baby jackets to Paisley Maternity.

Church members have also donated knitting which has been distributed to homeless charities, a community midwife led programme, and local care homes.



Christian Aid 2026

by Mandy Stewart & Shona Clark

Many thanks to everyone for the amazing support to help support Christian Aid 2026. This years appeal focused on turning hunger to hope for mothers and families facing severe urban poverty in Nairobi, Kenya.

We started our Christian aid week with The Big Breakfast. A wonderful buzz filled the hall along with the delicious aromas coming from the kitchen. A buffet table filled with fruit, yogurt, juice, granola and tempting bakery items including croissants and pain au chocolate were all in offer as well as the legendary Scottish rolls and square.

Thanks to our marvellous minister Eddie for taking the cafe service and also to Charlie Meiklejohn from Christian Aid who came along to help us understand this years appeal and also the work of Christian Aid. She spoke so eloquently and we all felt energised to dig deep and help the cause. Herb and vegetable seeds were handed out after the service to encourage folk to grow at home.

Our next event was the plant sale and strawberry tea. Building on yearly this is a marvellous opportunity to refresh your garden whilst supporting Christian Aid and also catching up with friends over a freshly baked scone and cuppa.

I can't thank all the many helpers who stepped up to help make these events so successful and also run so smoothly. Huge thanks go to everyone at Mearns Kirk who supported the events and also raised the most amazing amount of money for Christian Aid this year. We raised £3,233.67.

Look forward to seeing you all next year...dates for your diary: Big Breakfast 9th May and plant sale 15th May.

Retiring Offerings

by Pam Martin

Thank you to everyone who has contributed to the recent Retiring Offerings. Your donations make a huge difference.

Our retiring offering at June's Communion service raised £292 for Maggie's - Everyone's home of cancer care.

The charities we will be supporting for the rest of the year will be decided in September. Further information will be shared once the selection process has been completed.

Fundraising - Abba Night

by Mandy Stewart

Get ready for an unforgettable evening of music, dancing and nostalgia with a LIVE ABBA TRIBUTE BAND performing all the greatest hits!

🎵 Dancing Queen

🎵 Waterloo

🎵 Mamma Mia

🎵 Gimme ! Gimme ! Gimme !

🎵 Take a chance on me

.....and many more !

🌟 Come along with friends, sing your heart out and dance the night away to the timeless music of ABBA.

This wonderful fundraising event for the church will take place on Saturday 19th September at 7:30pm. Tickets will be £25 and that will include popcorn plus an interval ice cream. Please bring along a bottle of your choice and any snacks you would like to enjoy during the evening.

Fancy dress encouraged! Dust off your flares, sequins and platform boots - prizes for the best ABBA-inspired outfits.

Tickets will be available from Pam at the office. Details will follow.

Don't miss the ultimate feel good night of music, fun and dancing whilst raising funds for Mearns Kirk.

Used Stamps Appeal

by Elizabeth Harris

Thank you to everyone who has handed in used stamps for the above appeal, be it one or two stamps or whole collections, there has been a tremendous response. All used stamps are acceptable whether British, foreign, old or new.

Please continue to collect the stamps as this is an ongoing project. If possible, leave the stamps on the envelope / wrapping paper with a margin of about ½ / ¼ inch round them. They can be handed in any Sunday and put in a box in the Church entrance.

Sunday Club

by Marianne Macgregor

On Sunday 6th September Sunday Club will restart at 10:15am in church as usual and we look forward to welcoming back all the smiling faces - big and small. Hopefully everyone is refreshed after the summer holiday break and the children have settled back into their school routine. If you are new and wish to explore coming along on a Sunday, you will be made very welcome. Please contact the office with your details.

It was lovely to see a full turnout of the extended Sunday Club family with parents and grandparents for our "Commonwealth Games on the Glebe" on 1st August - an event run with the help of the young people of our new youth group and Shona Clark. The weather stayed dry for our afternoon with all sorts of races for all ages including the parents and also the grandparents. After the races Alexandra and Georgia treated us to a well rehearsed gymnastics display.

Everyone had brought their camping chairs and we enjoyed burgers and hot dogs with the help of Elizabeth and Stephen. Rev. Eddie was roped in to present the medals at the end. It was a very enjoyable family day out and may become an annual event - watch this space next summer!



Here are our meeting dates until Christmas - please take a note for your diaries:

6 th	Sep	Start after summer	15 th	Nov	
20 th	Sep		29 th	Nov	1 st Advent
4 th	Oct	Harvest	6 th	Dec	Gift Service
18 th	Oct		13 th	Dec	Christmas Party & Santa
1 st	Nov	Communion	20 th	Dec	Family Service

Youth Club

We are starting a new youth group for S1-S6 running every first Saturday of the month from 5-7pm - the next dates will be 5th September and 3rd October.

Our helpers and parents have been going through the PVG process and we are ready to get started. The young people, our 'Young Directors', are involved in the planning of the evenings - more details to follow.

Sunday Club

by Marianne Macgregor

Back-to-School Prayer for Children

Dear Heavenly Father,

As our children step into a new school year, we place them in Your loving care.

Bless their minds with curiosity, their hearts with kindness, and their spirits with courage.

Protect them from harm, guide them in truth, and surround them with friends who uplift and encourage.

Grant them patience when learning feels hard, and joy when they discover something new.

Bless their teachers with wisdom, compassion, and strength to inspire every student.

May each day be filled with peace, growth, and the assurance that they are never alone – for You walk beside them always.

In Jesus' name we pray, Amen.

Family Church BBQ – A Brilliant Evening of Fun and Fellowship

by Ella Taylor

What a fantastic evening we had at our Family Church BBQ, organised by the Youth Club! It was a wonderful opportunity for families and friends of all ages to come together, enjoy good food, have plenty of laughs and make some very happy memories.

A huge thank you must go to Stephen and Elizabeth, who did an amazing job with the food. Gazebos were set up and everyone arrived with their own food, chairs and tables. Before long, the whole area had the atmosphere of a proper wee festival!

There was certainly no shortage of fun and friendly competition. The races were a particular highlight, with children, parents and grandparents all getting involved. Even Eddie the minister took part in the grandparents' race!

Not wanting to miss out on the excitement, Cooper the dog decided to join in too, resulting in a hilarious false start and plenty of laughter from everyone watching!

Family Church BBQ – A Brilliant Evening of Fun and Fellowship

The Sack Race was another highlight, and Marianne's fantastic photo really captures the excitement of the occasion.



Sack Race Results

Age 2–5 🏆 Gold Medals – Emily, Luisa and Chloe

Age 6–9 🏆 Gold – Georgia 🥈 Silver – Magnus 🥉 Bronze – Rocco

Age 10–11 🏆 Gold – Brodie 🥈 Silver – Robbie 🥉 Bronze – Anna

Age 12–16 🏆 Gold – Isaac 🥈 Silver – Alexandra 🥉 Bronze – Ruaridh

Unfortunately, we don't have a note of the winners of the parents' and grandparents' races, but one result definitely remembered is The Chisholms winning the three-legged race! 🥳

The lovely feedback afterwards summed up the evening perfectly:

“What a brilliant event!”

“That was a super evening.”

“We had a brilliant time and it was so well organised.”

“What a lovely night with such special people.”

There was lots of fun, laughter and fellowship throughout the evening, and it was wonderful to see different generations of our church family enjoying themselves together.

A huge to everyone who helped with the food and setting up, and to all those who came along and made the evening so special.

A brilliant family event and definitely one to be repeated!

LIFT

A LiFT event

Curious About LiFT?

Come and Discover More!

LiFT is a welcoming, ecumenical community for 18–40 year olds, supported by the Church of Scotland Guild.

✨ **Meet new people**

✨ **Learn what we're all about**

✨ **Find your place in a supportive community**

We're hosting a special event to help you get to know us, hear what we do, and see how you can get involved. Lunch provided.



When?

**Saturday 24th October
2026
Time: 11am-2pm**

 **Where?**

**Carnwadric Parish Church
556 Boydstone Rd,
Thornliebank
Glasgow
G46 8HP**

How to find us...

**Carnwadric Parish
Church is an 11 minute
walk or a 7 minute bus
journey from
Thornliebank train
station.**

Why should you attend?

**Our goal for this group is to provide younger people
within the church a place to relate, learn and have fun!
If that sounds like something you're interested in, then
come along!**

**Scan to
sign up!**



To find out more about LiFT or the event:

 **Email: YAG@churchofscotland.org.uk**

 **Facebook: [Lift CofS](#)**

 **Instagram: [@lift_cofsg](#)**



Mearns Primary School Nursery

by Susan Fraser

For those of you already aware of our engagement with Mearns Primary School Nursery, I thought you would like to know how this relationship has progressed since the last newsletter.

This year is the 150th anniversary of Newton Mearns Primary School and to mark this milestone Isabel Alexander and I were asked to contact any former pupils from our congregation who might be willing to share their memories of time spent at the school. Isabel and I were delighted when Elizabeth Harris, Shona Clark, Anna Thom and her friend, Ann Russell, came forward. Together, we visited the Nursery children and shared with them lots of memories, photographs, prize certificates and even a very impressive report card. The children had plenty questions about school 'in the olden days' and were most generous with their hospitality – although the fear of spillage was ever present!

After our afternoon visit, we were able to supply the Primary School with copies of these pictures, reports and school photos for inclusion in the exhibition being prepared for their special celebration. We were then thrilled and honoured for us all to receive invitations to attend the school's 150th birthday celebration on 25th June.

The performances by the Primary School children, including taking us through the school's history, the carefully curated exhibition further detailing that history, the amazing art and technology presentations, the lavish hospitality brilliantly served by the children, tells us that Newton Mearns Primary is in very good heart and well prepared to meet all the challenges to be faced in the years ahead. This being the case it is incumbent on us, as members of one of the churches local to the school, to do all that we can to support the teachers and pupils of the Nursery and Primary School in whatever way we can as they take forward the school's values in a very different environment from that which existed 150 years ago.

Isabel and I hope that come the start of the new school year, we will be able to build on our relationship with the Nursery and offer the services of our members to assist in whatever way we can, in ways which are beneficial to both the children and to ourselves as we seek to reach out to our local community. If you are interested in joining us in this outreach, please get in touch either with Isabel or myself.

The school's anniversary exhibition will be going on tour and when we have further information about places and times, we will ensure that it is intimated in church.

As we approach the start of the new school year, can I ask that you hold the young people attending Mearns Primary and Nursery in your prayers, as we look to strengthen our friendship in ways that are meaningful and beneficial to both them and to us.

Lodging House Mission & ER Foodbank

by Violet Kavanagh

Our collections for LHM and East Ren Foodbank are on the FIRST SUNDAY of the month at the CHURCH service at 10.15am, with a further drop off session on the FOLLOWING WEDNESDAY at the HALL between 10 and 11am. Food donations will be taken to both places as soon as possible after the Wednesday. A couple of weeks before the collections we will publish the most needed items in the Sunday intimations and on the church website.

Thank you to everyone who continues to support these two worthwhile causes. Both organisations greatly appreciate our regular monthly contributions.

It seems a long time ago but since the last magazine was published we participated in The Easter Egg Appeal for The Lodging House Mission. Mearns Kirk donated 113 eggs. These were labelled as “A Gift of Hope” and distributed to the folk that are connected to The Lodging House Mission.

More information about these organisations can be found on their Facebook page or website.

Friendship Club

by Shona Clark

It has been a few months since we last met up and that was for our wonderful afternoon tea at The Fenwick Hotel. It was lovely to have as our guests the volunteer drivers, who members rely on to get to the club. Their kindness is invaluable and appreciated. We enjoyed a lovely afternoon with a great spread of food, lively chat, music and laughter, and we were well looked after by the hotel staff.

In June, Anne Stewart was presented with an award called “Room to Reward”. Anne, our youngest volunteer, who has been helping at the club for three years, was nominated for this by the Mearns Kirk Helping Hands staff team. To Anne’s delight and surprise, the award was presented at the Volunteer Party, and she thoroughly enjoyed the opportunity to stay at a hotel of her choice. She chose a short break at a hotel in Perthshire with her parents Alison and Alastair. Well done, Anne!

For our opening meeting on 8th September, we will have our friends from Eros Musical Society along to entertain us. Please consider joining us regularly (we meet fortnightly on Tuesdays from 1.45-3.15pm) for company, chat, laughter, music, a cuppa and delicious home baking.

Just catch up with me or Christine MacIntosh in church or contact the MKHH office if you are interested in coming along. We are looking forward to welcoming new and existing members very soon.

The Guild

by Sheila Goldie

Greetings to everyone from the Guild. I hope you have all had a good and enjoyable summer, with optimistically more good weather to come.

We are all looking forward to the start of the Guild autumn session in September, with a good variety of Speakers, and some fun afternoons. We are still blessed with excellent bakers in our midst, so afternoon tea is always a treat!

Our opening meeting is at 2 p.m. in the Wee Hall on 2nd September, and will be our annual 'Bring and Buy' - the start of our fund-raising.

At our A.G.M. in June we disbursed our funds as follows:

Mearns Kirk	£400
Erskine	£100
Chas	£100
Crossbaskets	£100
Age Concern	£150
British Heart Foundation	£100

Please do come along and join us, where you will be made most welcome. Anyone requiring more information can find me on the following number: 0141 639 1551.

Thank You

by Mandy Stewart

Dear friends at Mearns Kirk Church,

I would like to express my heartfelt thanks to everyone for the love, support and condolences you have shown me following the death of my much loved Mum.

Your kindness, prayers and friendship have been a great comfort to me during this sad and difficult time. Thank you for surrounding me with such love, your support has meant more to me than words can express.

Church Flowers

by Margaret Withycombe

Thank you to the following people for donating the church flowers.

July

- 5th Isabel Alexander, in memory of her beloved parents.
- 12th Nancy Harrison, in memory of her mother-in-law, Ruth.
- 19th Nancy Harrison
- 26th Mrs F Campbell, given by the family in memory of Morag Slater.

August

- 2nd Aileen Courtney in memory of her late Mum, Mrs Doreen Fleming.
- 9th Mrs S Goldie
- 16th Christine Macintosh, in memory of her Mum & Dad, Marion & Eddie McGee.
- 23rd Jane Morton, in loving memory of Russell and Clair Linn.
- 30th Elaine Briggs in memory of her Mum, Isabel, and Dad, George.

September

- 6th Mrs Wendy Taylor
- 13th Mr & Mrs D Paterson
- 20th Mr & Mrs K Mitchell
- 27th Mrs S McFarlane

October

- 4th Harvest
- 11th Irene Duff and Family
- 18th Mr & Mrs R Withycombe
- 25th Mrs B Cruickshank

Digital Giving

by Pam Martin



Our digital giving options provide a convenient and secure way to make a donation, whether you are attending a service, visiting during the week, or supporting the church from home.

Our digital giving machine is available in the church vestibule on Sundays and in the foyer of the church hall during the week. It is simple to use and accepts contactless card payments, allowing you to give quickly and securely.

You can also make a donation by scanning the QR code displayed above and around our buildings, or by using the “Donate” button on the church website.

Every gift, large or small, helps support the ministry and mission of Mearns Kirk. Thank you for your continued generosity and support.

Prayer Points

by Mary Paton

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4: 6-7

Please pray for:

- Global Peace. Grant world leaders wisdom and a strong sense of justice to choose peace over power to protect human rights leading to an end to wars, violence and terror in all nations.
- Safety for Refugees. Protection and provision for families forced to leave their homes.
- Relief for Disaster Zones. Help and healing for communities hit by disasters.
- Safety for Refugees. Protection and provision for families forced to leave their homes.
- The Homeless. For individuals and families experiencing homelessness in need of safety, physical comfort and long-term stability.
- The NHS. Pray for all staff within in carrying out their duties.
- Global Warming. Grant us wisdom to care for Your creation. Inspire world leaders to act urgently and wisely.
- The Church of Scotland. For God's mighty powerful hand to direct the future of the Church of Scotland bringing spiritual growth.
- Selection Committee. Grant the members wisdom and discernment giving them clear guidance, insight and patience to recognise the right candidate bringing us the leader of Your choice and in Your time.
- Linkage with Newton Mearns Parish Church. For God to strengthen this linkage and blessing us with wisdom in administrative and ministry decisions made jointly.
- Our church family members. For our God to meet each person in their deepest needs bringing, His healing, peace, comfort and a deeper awareness of His loving Presence.
- Reverend Edward Simpson. For God to continue to inspire him in his endeavours and to bring us spiritual food through his sermons. For protection and blessings for him and his family meeting each in their deepest needs.

**When we bend our knees to pray,
God bends His ear to listen.**

The Circle of Prayer

by Mary Paton

We are a small group of church members who pray for others whether they are in our church family or not. Each member of the Prayer Circle is contacted by e-mail with the prayer requests. We don't meet up but we all pray for the people in the prayer requests. Any information we receive is treated with strict confidentiality and, in fact, no member of the Circle of Prayer will ask you about your prayer request but they will be praying for you.

There is a Prayer Box in the church vestibule with prayer cards beside it. If you would like for us to pray for any situation just fill in a card and pop it into the box. Alternatively, you can e-mail me on the e-mail address below.

We would be delighted if you would like to join our Circle of Prayer. If so, contact Mary Paton.

Mobile: 07495 434878

e-mail: robertpaton6@aol.com

Mearns Kirk Helping Hands - AGM

by Vicky Attwood

Please join us for our 10th Anniversary AGM.

Hear about what has happened at MKHH over the last 12 months, what our plans are for the next 12 months, and enjoy some delicious cakes and pastries.

Thursday 3rd September, 10am - 11.30am at Mearns Kirk Halls.

If you would like to attend please reply to hello@mkhelpinghands.org.uk / 07858 552767 for catering purposes.

MEARNS KIRK HELPING HANDS

September/ October 2026

To get involved with any activity, visit our website or get in touch



Monday

10am- 11am Tai Chi

2pm- 3.30pm Monday Meet Ups (dementia friendly cafe)

Tuesday

2pm- 3.30pm Crookfur Catch Ups (dementia friendly cafe held at the Hugh Fraser estate)

7pm- 8.30pm Eastwood Bereavement Group (first Tuesday of every month, 1/9/26, 6/10/26)

1.45pm- 3.15pm Friendship Club (fortnightly, from 8/9/26)

Wednesday

10am- 11.30am Men's Breakfast Club (at the GHA Rugby Club)

1.30pm - 2.30pm Gentle Exercise Class

2.45-3.45 Gentle Exercise Class

Thursday

12pm - 4pm Lunch and Social Club for People Living With Dementia

Friday

10am- 11am Mens Breakfast Club

11am- 12.30pm Sporting Memories Group

11am- 1pm Table Tennis

2pm- 3pm Gentle Exercise Class

07858552767

www.mkhelpinghands.org.uk



AGM: 3/9/26

10am- 11.30am, Mearns Kirk Halls

All welcome, please contact us for a space.

We also offer:

- One to one befriending
- Volunteering opportunities