

Columba News

September
2023
No. 253





A word of warning

Members of the congregation should plan ahead when attending church on Sunday, September 10, due to road closures and parking restrictions in the area close to the church.

Waiting to welcome you

Sundays	Team	Leader
September 10	Team 10	Mr G. Park
September 17	Team 11	Mrs J. Paterson
September 24	Team 12	Ms H. Cousins
October 1	Team 1	Mrs C. Morrison
October 8	Team 2	Mr A. McKinlay
October 15	Team 3	Mr C. Naismith
October 22	Team 4	Ms G. Watson
October 29	Team 5	Mrs N. Mackie
November 5	Team 6	Mr. J. Hume

Evening Services:

September 24: Team 12; October 29: Team 5; November 26: Team 9



From the manse *September 2023*

Dear Friends,

Shelagh and I were on holiday in Northumbria in July. We stayed for a week on a working farm in a 'bothy' – a converted farm building.

We enjoyed temperatures of 13 – 17 degrees and about 60% rainfall throughout the week: we loved it! We were blessed to visit Durham Cathedral, Hexham Abbey, and Carlisle Cathedral. Each of these historical jewels had their own rich story to tell, not least the magnificent cathedral at the heart of Durham. The cathedral is the home of the Shrine of St Cuthbert. In addition to St Cuthbert, the cathedral also houses the body of the Venerable Bede, a seventh/eighth century monk who is sometimes known as 'The Father of English History'.



There is a story told of St Cuthbert called, 'Food in the Wilderness'. One day, Cuthbert set off to visit a distant village accompanied by a young companion. Trekking across the bleak moorlands, 'a wilderness', the boy became anxious about their lack of food. Cuthbert reassured him that God would provide.

In Scripture, in the wilderness Jesus told Satan that 'We do not live by bread alone'. Soon, a magnificent eagle appeared in the sky. Cuthbert pointed out the bird. 'God is able to provide for us today, even through the ministry of that eagle', he told the boy.

They continued their journey. Suddenly, they saw the eagle again. It flew towards them with a large salmon in its mouth; it dropped the fish almost at their feet. The boy took up the fish and ran back excitedly to the saint. The eagle watched them from the riverbank. 'Why have you not given our fisherman his share?' asked Cuthbert. The boy understood. He quickly cut the fish in two and returned half to the riverbank. Later, once at the village, Cuthbert brought out his Gospel of St John and fed the boy and the villagers with the Word of God.

He explained that each Gospel had a sign and St John's was the eagle. All ate and all were satisfied.

Pure hagiography, surely, but a story to remind us of the nourishment of Scripture.

On the working farm, Shelagh and I were visited by a lamb! A day or so earlier, a border collie puppy also visited: she stayed and played for twenty minutes.

We were fortunate to visit Vindolanda, a Roman fort dating from 85CE. With soldiers from Gaul, Syria, the Netherlands, Belgium, the Iberian Peninsula, and Britain, the army was multi-national which meant a rich blending of cultures, myths, and story-telling. At Vindolanda, there was a statue dedicated to the goddess Gallia, and a temple to the god Mithras.

I find it fascinating and inspiring to explore the religious stories of other cultures, and to examine how they conceived of the Mystery at the centre of life, the elusive reality we call 'God'. There are as many pathways to the Divine as there have been human beings on Earth or, even, as many creatures as have ever lived. Each of us is to discover God on our own terms through our own life story and experiences. No story is any more important than any other. Together, we are all pilgrims, no less than St Cuthbert and his young companion.

It is always a pleasure for me to see you at church and, if you are able, I very much look forward to welcoming you.

Blessings and peace to you.

Scott

Revd Dr Scott S McKenna



Copy deadline for the October issue will be
Sunday, October 1
Copy should be emailed to
editor.columbanews@gmail.com

Wedding joy at the morning service



Weddings bells rang out at the morning service on Sunday, August 13 when Linda Scott and Frank Bonfanti were married by our minister Scott.

In front of a busy church the couple took their vows supported by family and the congregation.

Busy new session for Guild

Whose we are and Whom we serve

After a pleasant summer and a rest from regular meetings to enjoy the holiday months, the Committee of the Guild is eager to resume the fortnightly afternoon gatherings in the Midton Road Hall.

The Guild will meet again on Monday, October 2 at 2 pm when all will be made most welcome.

Grateful thanks go to our Secretary, Maureen Fullerton, who has been busy over the Summer break organising the Syllabus for the coming session. The October meetings are as follows:-

Monday 2nd October- Opening Address by Revd Dr Scott McKenna
Monday 16th October- The New Burrell – John Rattenbury
Monday 30th October- Chocolate Heaven – Pioneer Project – Ruth Box
All meetings commence at 2 pm

Our forthcoming fund-raising event will be a:

Coffee Morning

On SATURDAY, NOVEMBER 18, 10 AM – NOON

On behalf of the Guild Committee, I welcome back existing members and invite interested members of the Congregation to any of our meetings where a warm welcome awaits.

Dorothy Bone, Convener

Monday Fellowship about to get underway again

Summer is nearly over for another year (are they getting shorter?) and the Monday Fellowship is gearing up for our next session which starts on Monday, October 9, at 2pm in the Midton Hall.

Our opening guest speaker will be our very own Reverend John Mathews OBE and he is going to enlighten us about his life and times in the Ministry - and beyond!

Our following meeting will be on Monday, October 23, when the well-kent face of Bill Grant will be divulging the inner secrets of his year at Westminster as our MP. We welcome the return of Bill as he has previously given of his time throughout the years from his days in the Fire Service and as a South Ayrshire Councillor.

On Monday, November 6, George English, a local Genealogist, is talking about Family History and the History of Surnames. You never know - it might be yours!

Every meeting is held in the Midton Hall and starts at 2pm. They are open to all members and friends of the congregation and you will be most welcome to join us.

John Ferguson
Secretary



High flying visit at the rescue station

Nine church members and friends recently visited the Coastguard Rescue Centre at Prestwick Airport.

Following strict security entry procedures we had explained to us the parameters of operating the Coastguard Rescue service based at Prestwick Airport. This is run by Bristow Helicopters and now has no connection at all with HMS Gannet. They have two designated custom designed helicopters, operated by four separate crews of four crew each.

Each helicopter weighs 8.5 tons. They cover a large geographical area from the North of England/Lake District to Ben Nevis and across to Dundee and south as far as Newcastle/ Sunderland. They can fly in almost all weathers including winds of upwards to 50knots. Fog is the obvious restriction but there are even some ways around that. Prestwick is the busiest Coastguard Rescue centre with some 450 'call outs' per annum.

These can vary from someone stuck on Goat Fell in flip flops, to severe mountain falls on a vertical rock face on Ben Nevis.



Much training is required and it was really brought home to us how lucky we are to have such a group of people and an organisation who are willing to go to such extreme lengths to rescue their fellow man. All in all an extremely interesting and educational visit.

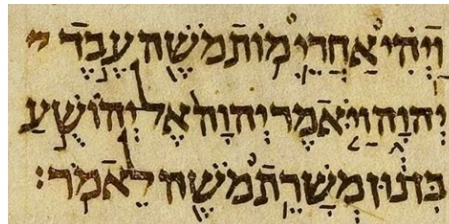
Robin White

Scott's sermon preached on Sunday, August 13
from St Matthew 14 22-33

Jesus dismissed the crowds, went up the mountain by himself to pray and, when evening came, he was alone. Under the stars, in the darkness and stillness of the mountain top, Jesus was alone. I find the storytelling of Scripture to be evocative and inviting. We are invited to imagine the scene and, for a spell, enter into it: in the mind, may we sit in silence alongside Jesus? May we let the silence of the mountain and the silence of his soul, quieten the turbulence and storms of our own soul? Focussed utterly on the Divine around him, and the Divine within him, Jesus sat at peace, in peace, saturated by the Sacred. May we be filled with his peace: this is the spiritual power of Scripture.

In our story, the disciples of Jesus were in a boat which was being battered by the waves; the fierce wind was against them. It seems as though the disciples had been caught up in the storm for many hours. In the early hours of morning, as the sun rose, Jesus came walking on the water towards them. The drama of the story is reminiscent of the resurrection: on that first morning, at dawn, we learn of the Risen Christ. In our story today, at Lake Galilee, as if banishing the darkness, Jesus came to the disciples through the storm walking on the water.

Of course, this story may be straight history, a factual, historical account of an actual event. Perhaps, however, more than that it is a spiritual story of encountering Jesus in the midst of the storms of our lives; the storms, dangers, and darkneses in our own lives. We live in a scientific world; we analyse reality through the physical sciences.



We formulate scientific theories and over time theories evolve and old ideas are discounted; new ones emerge. In the ancient world, myths were the means of thinking about reality. There was a pantheon of myths and a sharing of mythology across cultures. In Greek mythology, the giant huntsman, Orion, walked on water: he possessed the power of walking upon the waves. And, in Jewish mythology, in the Book of Sirach, written 250 years before the Gospels, Wisdom is personified and walks on water. Wisdom is the agent of God; Wisdom says, 'Come to me' and eat of me,

and drink of me. Is it possible that the Gospel writers drew upon Jewish mythology to frame the story we have before us today?

Whatever the case, the story of Jesus walking on water is incredibly powerful. In the midst of the storm, Peter got out of the boat and, with his eyes fixed on Jesus, he too walked on water. Only in the moments when he noticed the strong winds and the rising waves did Peter begin to sink. The spiritual meaning, surely, is clear: we are to keep our eyes fixed on Jesus. In meditation, in moments of reflection, amidst the storms, struggles, and temptations of our lives, we are to keep our eyes fixed on Jesus. His hand will catch us.

The Scottish mystic, the late George Matheson of Innellan, saw himself step out of the boat and walk upon the water. At night, in the stillness of his room in the manse on the banks of the Clyde, Matheson felt the loneliness of Jesus on the water and left the boat to be with him. Scripture is an art form: it is theological theatre played out in our soul, in the imagination, that our lives may be changed.

It is quite something that, in the midst of a storm, to choose Jesus over the relative safety of the boat. Is it possible to absorb ourselves sufficiently in Jesus, at least for a time, so that we no longer see and feel the power and threat of the storm? As Jesus walked on the waves he brought to his disciples the peace, the perfect peace, of the mountain top. It is true, however, that some personal storms are terribly fierce and some personal darkneses seem impenetrable.

It is important in church, in theology, and in pastoral ministry not to imply that if we are good, if we choose and do the right things, if we pray hard enough, then Jesus will appear, things will get sorted, and our life will be great. Really, life is not like that and I believe that the solace that



faith has to offer is a kind of strength, a glimmer, a sustenance, through life's stresses, suffering, and hardships. It is not a magic wand.

Albeit not without controversy, the late saint, Mother Teresa of Calcutta, was for me a spiritual giant and inspiration. Before she arrived in India, she described herself as being very happy, 'the happiest nun'. It was when she began her work among the poor that her spiritual life began to face the most terrible storms. In her journal, she began to write of the emptiness and the darkness. The saint wrote:

Since 1949 this terrible sense of loss – this untold darkness – this loneliness – this continual longing for God – which gives me that deep pain down in my heart. Darkness is such that I really do not see – neither with my mind nor with my reason. The place of God in my soul is blank. There is no God in me.

When the pain of longing is so great – I just long and long for God – and then it is that I feel – that He does not want me – He is not there. Heaven – souls – why these are just words – which mean nothing to me....God does not want me. The torture

and the pain I can't explain. From my childhood I have had a most tender love for Jesus in the Blessed Sacrament – but this too has gone. I feel nothing before Jesus.....



She was a saint. Her faith was monumental because in the face of no sensible awareness of the Presence of God she believed that God was there, that God would not let her down and that, if God wished her to remain in darkness for all eternity to be a light to those in darkness, then she would do so. Mother Teresa came to understand her spiritual pain as a gift. It became a means and point of her complete identification with the poor, with 'her people', in their misery, loneliness and rejection. She lived everyday with that sense of being hated and unloved, unwanted and worthlessness.

Through the most arduous spiritual journey, through incredible storms, she displayed deep and strong faith. In 1942, as a young nun, she had promised God 'to refuse [God] nothing.' God took her at her word.

How do you interpret the story of Jesus – and Peter – walking on the water? What does it suggest to you? Mother Teresa 'saw' God, but it was a quite different understanding from when she started her journey.

Flaming June for the walkers



Despite the weather the walkers enjoyed our walk round Irvine harbour and Beach Park at the end of June - but we made sure to have our coffee break in a nice warm cafe!

We were luckier in July when we did the 'church walk' at Straiton, ending with a picnic.

After a break in August our forward plans are:

September 29 - Troon

October 27- Dumfries House

November 24- a loop round Monkton.

For more details contact Helen Greig or Irene in the office (whom we thank for keeping our publicity 'poster' up to date).'

Catch up with the Kirk Session

A meeting of the Kirk Session, chaired by the Moderator, The Revd Dr Scott McKenna, was held on April 18, 2023. A summary of issues discussed at this meeting is given below:

Elders were encouraged to think of door duty as a welcome ministry. It was very important to make everyone feel welcome as they came into the church.

The Moderator proposed that three new groups be set up by the Kirk Session. A Planning Group which would help to future proof the building

by identifying improvements for the next few years, a Research Group to consider possible developments in the future and a Human Resources Group to be responsible for the duty of care for employees and for employee reviews.

It was decided that, for a trial period in July and August, there would be a single Sunday service commencing at 10.30am. Sunday School staff and parents would be consulted on their views on such an arrangement and volunteers would be sought from across the congregation to provide tea and coffee after each service.

The Moderator informed members of Session that Mr David Donaldson, a Divinity student, would begin a ten-week placement with us on 1st May.

The Clerk reported that both Mrs Elaine Kerr and Mrs Jean Stewart had taken the decision to retire as active Elders. Both were well known and respected Elders who had given commendable service to the church and its members. The Clerk was instructed to write to Mrs Kerr and to Mrs Stewart to express the gratitude and goodwill of members of Session.

The following dates for meetings of the Kirk Session in 2023 were approved by members of Session: Tuesday 13th June, Tuesday 12th September, Tuesday 10th October and Tuesday 12th December.

The Risk Assessments which had been written during the pandemic were now out of date and new Risk Assessments for Midton Road and for Lochside had been produced. Organisations should make themselves aware of the details and prepare Risk Assessments for their own activities.

Miss Muriel Wilson reported that the first meeting of the expanded Faith Nurture Committee, which now incorporated the former Education Committee, had taken place. Revd Roddy McNidder had reported on the good relations being formed with members of Newton Wallacetown Church.

The retreat at the home of Ian and Amanda Stirling had gone very well and the hosts were thanked for their organisation and for their hospitality.

Miss Wilson said that she was going to Malawi in the summer to see the work being done there by Abba's Rest. She intended to raise funds to help people in the area which had been badly affected by Cyclone Freddy. The Business Committee had agreed to Jane Hunter's suggestion that buckets for donations be made available at the Coronation Street Party on 7th May.

Miss Wilson paid tribute to Mr Keith Fullerton for his ongoing work with the Sunday School which currently had around ten children involved.

R A Bartholomew
Session Clerk



Mary and Zione are both orphans - parents died of HIV/ AIDS. We no longer support them as they are over the age of 17 but Abbas Rest still keeps in touch. Zione stays with her 94 year old grandad who still goes out working on his bike! Mary stays with the father of her baby.



Time for shopping

Muriel on her African trip

Muriel Wilson from the church is currently in Africa with her charity Abbas Rest. A full report will be in the October edition of Columba News



If these two growers by the side of the road don't sell their wares they won't get ANY income



Trophy time for Katie

The youngsters at the Sunday School finished off their session with the presentation of prizes where Katie Gow scooped a special achievement award. After the prizegiving they all headed off to the Farm Park for a fun afternoon.





Check out the latest news from the Presbytery

Note of the Presbytery Meeting of the South West which took place within the Howard Centre, Kilmarnock on 10 June, 2023

The Presbytery of the South West is one of the largest Presbyteries in Scotland and comprises the former six Presbyteries of Annandale and Eskdale, Ardrossan, Ayr, Dumfries and Kirkcudbright, Irvine and Kilmarnock and Wigtown and Stranraer.

With such a diverse Presbytery, currently numbering 167 congregations, there is a large amount of business which is discussed and agreed at Presbytery meetings

To ensure that the notes of Presbytery meetings are manageable and meaningful, I intend to continue to report only on those decisions which will keep members of the Kirk Session and the congregation up to date with relevant information.

Mission Presentations: Three speakers gave presentations on how mission is being delivered.

Rev Lyndsey Brennan, Dundonald Parish Church - Belong Before Belief which entails the church driving forward local initiatives within the Dundonald community to make it more viable.

Rev Jamie Milligan, Dreghorn and Springside Parish Church - Crossing Together Programme which is undertaking new mission work involving what the church could look like to meet the needs of the community by growing in faith, identifying mission audits to identify where the gaps in mission are.

Michael Harvey, initiator of Back to Church Sunday who has developed ACORN which is a movement that seeks to connect Christians with the work God is doing in others through caring conversations. God walking with us.

Presbytery Dues: Letters to congregational treasurers detailing how the Presbytery dues are calculated and the amount due have been issued and should be paid to the Presbytery Treasurer by 31 July 2023. The Central Church is expecting the Presbytery to be self sufficient by the end of year three.

Property: *Ayr St Columba Church* Presbytery approved the sale of the present manse in favour of a more efficient and smaller building and as

approved by the General Trustees in due course. Kirk Session to contact 121 for guidance on the particulars and procedure for selling and purchasing housing and to ensure the house to become the manse has the necessary accommodation as listed by the Church of Scotland.

Ayr Auld Kirk Parish Church: Presbytery approved the expenditure of approx. £70,000 for window replacements and doors within the Halls and Kirk House.

Kirk of the Covenant Church building, Dalmellington: Presbytery approved the sale of the building in accordance with the Presbytery Mission Plan.

Interim Moderator's Training: Presbytery welcomed the forthcoming Interim Moderator's Training and commend the course to Kirk Sessions to advertise among Elders for any nominations which should be forwarded to the Rev Kenneth Elliott, Minister at Prestwick South Parish Church by 20 August 2023.

Basis of Union: Presbytery noted 8 Basis of Union between various congregations (none within the former Ayr Presbytery).

Presbytery Mission Plan: Presbytery agreed the Presbytery Mission Plan for the former Presbytery of Dumfries and Kirkcudbright dated March 2023.

Mission: Presbytery request congregations to forward details of their links/support to congregations/projects in other countries to the Mission Committee via Steve Flower email: Steve.flower26@btinternet.com

*George Park
Presbytery Elder*

Tribute to Ayr St Columba elder Margaret Cardie

Today we celebrate the life of Margaret Cardie, who leaves behind her daughters, Cathryn and Ann, and her son, Andrew; together with her grandchildren, Ava, Calla, Patrick and Caelan, and her sister-in-law, Marion, a wonderful friend.

Margaret was well known in Ayr and touched many people's lives.

She was born in Lethanhill to her parents, John and Catherine, the youngest of three children. She grew up in Lethanhill, or 'the Hill' as the

locals called it, where her father worked as a locomotive engineer for the Dalmellington Iron Company. Tragically, her father died when she was young, but this brought her closer to her mother and her brother John. Along with her sister Agnes, they stayed with her mother in the family home in Jelliston Crescent, Patna.

Margaret was introduced to Andrew in 1961 as she worked with his sister, Annette in Begg's Hosiery. Their first date was in the Bobby Jones dancehall, although Margaret had to be persuaded to go by her mum as she didn't like dancing. She did go on the date; however, that was the last *dance* date: from there on in, dates were at the 'Pictures'.

Two years later Margaret married Andrew in Waterside Church; he was the love of her life. They began their married life together in Green Street Lane where they celebrated the birth of their eldest daughter, Cathryn in 1965. Three years later a new addition to the family was born, their second daughter Ann. In 1973 the family was completed with the birth of their son, Andrew.

It was a happy home. Friday nights were often spent with Cathryn and Ann playing cards. Parties were held and the table wasn't complete without Margaret's legendary chicken *vol-au-vents* or a pot of her homemade lentil soup – oh how she loved her pressure cooker!

The family enjoyed holidays to Blackpool, Whitley Bay and Southport. However her children recall going to Edinburgh every year as one of their highlights as well as the inevitable sandy sandwiches for picnics on Ayr beach; Margaret always preferred picnics on the Low Green.

Family holidays in the UK were followed later in life by trips overseas. Their travels took them to Europe, the US and a couple of visits to Australia to visit their daughter, Cathryn. Rumour has it that Margaret loved her first ever wine tasting tour, perhaps a little too much!

Margaret was very family orientated. She was extremely proud of her three children, particularly when they all graduated from university and began to have careers and families of their own. She absolutely adored her four grandchildren: Ava, Calla, Patrick and Caelan.

Alongside her life-long friend and husband Andrew, Margaret was a church elder, firstly at Lochside Church. It was here that she, alongside her sister-in-law Annette, started a Girls' Brigade group. Margaret became a member and elder of St Columba as a result of a merger with Lochside Church. It was here that she joined 'The Guild', where she helped found the Lunch Club: those soup making skills came to the fore. She went on to receive recognition for her long service.

Margaret was also a keen bowler and member of Hawkhill Bowling

Club, where she became Ladies' President. She also picked up a few trophies along the way.

Sadly, for the last few years of Margaret's life, she slowed down a bit and as result she was unable to live in the family home. She spent her final few years with Andrew in Oakbridge Care Home where they both became much-loved residents.

She is remembered as a hard-working, community-minded, extremely kind, and well-respected person. If she could see us now, she would say "aw you've made my day" and then laugh.

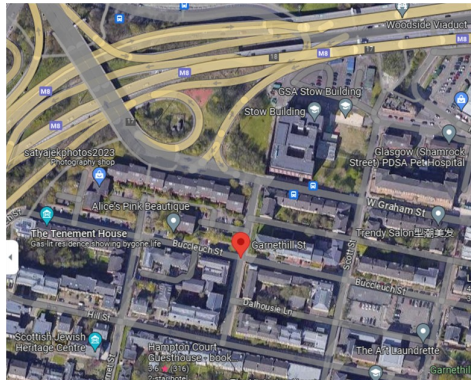
Revd Dr Scott S McKenna

TAKING AN ECO LOOK by Andrew Muirhead

Ultra low emission zones: Public health measure or environmental policy?

I recently spoke at length to a tradesman who lives in the Garnethill district in Glasgow. He drives a large van that is more than 8 years old, but it works well. He is very unhappy that the exemption to the ULEZ (ultra low emission zone) rules he has, will soon be gone. He said: "After all, Glasgow's heavy industry all closed under Thatcher and there is no thick smoke any more. Anyway the M8 runs close by and there are diesel trains in the 2 big stations and there are still buses belching fumes. Why do they pick on me? The Council does not appreciate that people live in the city centre."

In 1989 I worked in Glasgow Royal Infirmary (on the East boundary of the present ULEZ). Most days I took the subway or train to central Glasgow and then walked to work. I



Google earth image of the Glasgow's Garnethill

enjoyed running in my spare time and noticed that I became wheezy and then had trouble sleeping due to my wheeze and a new cough. I attended a respiratory clinic in Glasgow Royal and was asked, "How does it feel to be diagnosed with a chronic lifelong illness?" The doctor had just told me I had maturity onset asthma and had prescribed 2 different inhalers. A few months

later I moved to Ayr.

Within 6 months here, my wheeze and cough completely resolved and I have

not been troubled by it since. I have little doubt that if I had stayed in Glasgow, my doctor would have been correct.

I was interested to read that Sadiq Khan (pictured left), Mayor of London developed asthma in 2014 when training for the London marathon and later had an episode of chest pain when visiting Glasgow in 2021 (COP 26). The COP 26 was held just outside the present Glasgow ULEZ..



Glasgow Royal Infirmary

In the past, smog was caused by smoke from burning coal. It was dense and smelly. Diesel fumes are less smelly and less easy to see, because the particles are finer. Emissions from domestic gas boilers and log

burners also contain similar gases and particles to diesel fumes. Air pollution is well known to cause respiratory illness including asthma. The direct effect of air pollution on the human heart and circulatory system is a little less widely known. Very small particles of smoke, less than 2.5 nanometres in diameter cannot be seen nor do they smell. They can pass directly through the lung tissue into the blood stream. In big concentrations, these cause an inflammatory response and damage to blood vessels. When pollution is high, blood vessels may become obstructed by blood clots, caused by the particles. These clots cause heart attacks and strokes especially in older people. In smaller amounts over long periods, these particles can cause angina and dementia. Air pollution is not the only cause of



respiratory illness, strokes or heart disease of course, but it is an important one.

What is too much air pollution? The World Health Organisation has issued guidance. Initially this was based on the revolutionary work of Anthony Seaton and his colleagues in 1995. That work led to the smoking ban in public areas in Scotland in 2006, which was followed by an immediate reduction in heart attacks. There was increased appreciation that breathing air laden with cigarette smoke was unhealthy and there was less indoor smoking overall. The incidence of children's asthma went down a little later.

In broad terms, air pollutants from burning fossil fuels come in two common types. Firstly there is fine particle smoke that damages blood vessels and the lungs and secondarily gasses such as nitrogen dioxide that damage the lungs.

Over time, the limits on air pollutants have been revised downwards. The air in central Glasgow was found to have levels of pollutants well above the recommended maximum in 2008, especially in Hope street on the main bus route. Over the past few years the Scottish Government has introduced some restrictions on buses and taxis. They have now established the ULEZ (ultra low emission zone) in central Glasgow and plan to do the same in more Scottish cities over the next year or so. This means that petrol cars older than 2005 and diesel cars and vans older than 2015 are banned as too polluting. In all, around 10% of UK cars are considered too polluting to drive in the centre of big Scottish cities. Excluding polluting cars will improve air quality. People like the Mayor of London, visiting for conferences, should be at lower risk of having a heart attack even when there is a temperature inversion.

There has been some criticism of politicians for introducing restrictions on drivers, especially where this affects people in lower income bands. The matter is further complicated because there are competing recommendations and standards. For example, the WHO recommendations in 2021 (below) would be breached by most domestic kitchens with a gas cooker and are not based on practical observations that relate pollution to illness but are from a modelling exercise. The 2005 recommendations are therefore more widely used.

World health organisation recommended limits on air pollutants.

I therefore contacted Prof Anthony Seaton to enquire if the Scottish Government's standards were reasonable (they are much higher than the 2021 WHO recommendations). He said, yes the Scottish standards are appropriate for disease prevention. They should be achievable with limited

action in the small areas where pollution has been shown to be high, such as Hope Street in Glasgow and Nicholson Street in Edinburgh.

What about the tradesman from Garnethill? He has a point. There is a motorway that carries unrestricted traffic through the centre of the city, which does its residents no good. He is wrong about the diesel smoke, which will harm his health if nothing is done. He is also wrong about buses, taxis and trains which have mostly been modified, but he is not receptive to other points of view. If reasonably fit and active people are to be encouraged to walk or cycle in cities, then air pollution must be addressed. Might the city fathers have done something a bit different? For example would restricting the most polluting vehicles from using the city centre **and** the M8 motorway during rush hour, have been as effective? Ordinary members of the public will never know.

I suspect Sadiq Khan is biased, I certainly am after feeling the effects of air pollution personally. Who do you think should make changes; individuals, big organisations or both? Should we simply reduce our use of fossil fuels?

Andrew Muirhead 07526662044, a.g.muirhead@googlemail.com
References

Air Pollution: What is it and what we must do. Anthony Seaton Journal of the Royal College of Physicians of Edinburgh vol 52, issue 3, Nov 11th 2022, p267-272

<https://www.scottishairquality.scot/air-quality/daq>

**The Kirk Session's next meetings are on
Tuesday, September 12 and
Tuesday, October 10.**

**Copy deadline for the October issue will be
Sunday, October 1**
Copy should be emailed to
editor.columbanews@gmail.com

Ayr St Columba
Wednesday
at 1.45pm



Exercise helps you breathe more easily, move more freely and think more clearly

Exercise is good for you

Keep Fit & Relaxation

Diary dates

The Business Committee will meet on Tuesday, September 26 and the Administration Committee's next meeting is on Tuesday, September 19 at 2pm

Who to contact

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Church Charity Number: SC014338

Church Services (Midton Road):

10am - Family Service;
10am Sunday School,
11.15 - Morning Worship;
6.30pm - Evening Services
(Last Sunday of the month)
2pm: HOLY COMMUNION
(Last Wednesday of Month)

Church Services (Lochside):

10am Morning Worship

Webmaster: Iain Bartholomew,
email: website@ayrstcolumba.co.uk
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What's on in the halls

MONDAY

5.30pm **RAINBOW BROWNIES**

Aynsley Bell, 07914 842118

2pm: **THE GUILD** (fortnightly):

Mrs D. Bone, 441651

2pm: **MONDAY FELLOWSHIP**

(fortnightly):

Mr T. R. Swinn, 441896

TUESDAY

10am: Knit and Natter

Carol Morrison, 07999444200

WEDNESDAY

2pm: **HOLY COMMUNION** (4th Wed):

Church Office, 269524

2pm: **FITNESS with FRIENDS:**

Mrs Margaret Doncaster, 477381

5.45pm: **9th AYR BROWNIES,**

Sally Bentham 07817169436

THURSDAY

10am-noon: **OASIS CAFE**

Mrs M. Doncaster 477381 Mrs P. Naylor
570020

6.30pm: **CUB SCOUTS:**

Mr Jereon Bolte 07511489755

7.30pm: **SENIOR CHOIR:**

Matthew Hynes, 870449

FRIDAY

6pm: **BEAVER SCOUTS:**

Fiona Wilson, 290414

7.30pm: **SCOUTS:**

Jereon Bolte, 07511489755

Congregation and Parish Register



May-August

WEDDINGS

Emily Hunter and Calum Forgie
Christopher Mortimer and Catherine Barrett
Hope Cousins and Ryan Docherty
Linda Scott and Frank Bonfanti

DEATHS

Peter Howard
Sheila Allan
Elsie Murray
Andrew Naismith
Jean Newall
Wilson Bolland
Ella White
Nora Paterson
Fred Honigmann

MarchmontPodiatry

Anne Kidd Bsc.Pod., M.Ch.S.

Claire McTrusty Bsc.Pod., M.Ch.S.

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ONE ...

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One smile can begin a friendship:
One hand can lift a soul:
One word can frame the goal:
One candle can wipe out darkness:
One laugh can conquer gloom:
One hope can raise your spirits:
One touch can show you care:
One life can make the difference,
be that one today.

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As I walked out
the door toward
the gate that would
lead to my freedom,
I knew if I didn't
leave my bitterness
and hatred behind,
I'd still be in prison.

- Nelson Mandela 1918-2013

Copy deadline for the
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Sunday, October 1

Copy should be emailed
to
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Gifts of an early morning run

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too many'
Reflection on male suicide

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