

Columba News

January
2024
No. 256



Winter at Culzean



*Now well
into Janu-
ary, Spring
days will
soon be
with us*

Waiting to welcome you

Sundays	Team	Leader
January 28	Team 6	Mr J. Hume
February 4	Team 7	Mrs H. Fullarton
February 11	Team 8	Mrs F. Boyd
February 18	Team 9	Mrs E. Gardiner
February 25	Team 10	Mr G. Park
March 3	Team 11	Mrs J. Paterson
March 10	Team 12	Mrs H. Docherty
March 17	Team 1	Mrs C. Morrison
March 24	Team 2	Mr. A. McKinlay
Holy Week	Team 3	Mr C. Naismith
March 31	Team 4	Ms G. Watson
April 7	Team 5	TBC
April 14	Team 6	TBC
April 21	Team 7	TBC
April 28	Team 8	TBC

Evening Services:

January 28: Team 6; February 25: Team 10; March 31 Team 4; April 28, Team 8



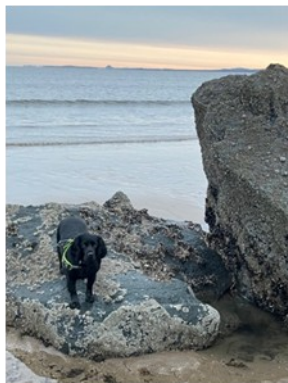
From the manse *January 2024*

Dear Friends,

The season of Christmas is well and truly over. The excitements and joys of Christmas Day have now passed. It was good to have so many well-attended services at St Columba over the Christmas period. The tree and all the decorations in the sanctuary were very beautiful and greatly appreciated. Thanks, as always, to the tremendous work done by the Flower Team. Having supported the work of the charity Night Before Christmas this year and over several



years, it was very good news to hear that the power behind the charity, Jodie MacFarlane, was awarded the BEM in the New Year's Honours List: this acknowledgement of Jodie's outstanding commitment and work is thoroughly well-deserved!



At the end of November, we held our annual Service of Remembering ('Time to Remember'). A peaceful, comforting service, it was an opportunity to remember those we love and have lost awhile. There were hymns, prayers, poems, silence, and an opportunity to light a candle in memory of our loved one. We are blessed with a rich and elegant sanctuary: it is

good to remember.

In December, I moved from Alloway to the new manse in Doonfoot. Perhaps not the best time of the year to move, but it all worked out extremely well. I'm still living out of boxes, but the house is truly wonderful. Shelagh and I have settled in, and so too Rosie! We're not far from Greenan Castle.

At the December meeting of Kirk Session, I



thanked the Elders for their kindness and generosity in taking the decision to change the manse, and for their hard work on this over many months. In appreciation, I thanked Bob, Walter, Tom, John, Gillian, Keith, and Ann.

Rosie continues to thrive, though having been away from her doggy day-care for a couple of weeks over the holiday period, her exuberance drove me mad. I've included photos of Rosie at Greenan and on Portobello Beach with the Berwick Law in the background.



Blessings and peace to you.

Scott

Revd Dr Scott S McKenna

Sacrament of Holy Communion

The Sacrament of Holy Communion will be celebrated in the church on Sunday, January 28.

There will be a service 10.30am and an evening Communion service at 6.30pm.

The Kirk Session decided that the time was right for the Communion services to revert back to the traditional style of serving the elements.

The small capsules of bread and wine the church used during Covid will also be available at the door if some members would prefer to use these instead of the common plate.



From Westminster to HMP Kilmarnock for the Fellowship

The year end is closing is closing in fast and our autumn session of talks is now complete. We have had a variety of topics ranging from Westminster to HMP Kilmarnock!

We were very saddened to learn of the passing of Robbie Park who was a long term member and staunch supporter of our predecessor, the Men's Association. He was a very keen member and participant of the Thursday Games and will be well remembered by all.

Our 2024 session starts on January 15 with a talk by Ian McAnnula, a political cartoonist. He is followed on the 29th by David Simpson, Service Delivery Director of Scotrail given an overview of "40 years of Scotrail". There will probably be an intensive Q & A session following his talk!!

The February dates are 12th and 26th - keep a watch on the Sunday Intimation sheet for details nearer the time.

All our talks are on a Monday afternoon at 2pm in the Midton Hall and they are open to all comers. So, you will be made very welcome to attend.

With best wishes to you all for a healthy 2024.

John Ferguson
secretary

Table Talk takes to the streets

While most of us are tucked up in our beds on Saturday nights, a team of dedicated volunteers are setting out for their work on the streets of Ayr and Prestwick and Janette Martin from Lochside Church is one of them. She is a Street Pastor and works with lots of other people, always in teams of three.

They take turns at carrying a large rucksack crammed full of items which will be helpful to those in need : flip flops to give out to (mostly!) young women whose high heels are hurting them: bottles of water for those who may be dehydrated: foil blankets to help those who are shivering with cold: lollipops for energy: a shovel and brush to sweep up broken glass.

Janette is so enthusiastic about her job. She loves meeting the great vari-



ety of folk they come across during the early morning hours and no shift on the streets is the same. She finds that most people are very grateful for the help they are given- a helping hand(literally) and a listening ear. Sometimes the teams find themselves helping to diffuse an angry exchange, which without their presence, might develop into violence.

The teams (they always work in 3s) go to the clubs and pubs in Ayr and Prestwick where they are well known and respected by the “ bouncers”.

They always check with them if anyone is in need of a little help and never go into the clubs themselves, always waiting outside at the door. Their role is not to ” proselytise “ but sometimes some one will ask a question about faith or request a prayer and of course they are delighted to oblige.

There is absolutely no judgement in their approach - everyone is accepted exactly as they are, as beloved children of God. It is a truly wonderful “ calling” and we were all full of admiration for Janette and the invaluable work she and her fellow pastors do.

Muriel Wilson

Ministry of flowers blooms

Each week there are fresh flowers in the chancel thanks to the generosity of the congregation. Hand-tied posies are also delivered to people who may have been ill, bereaved or who simply deserve them and we know from the many letters of thanks we receive that the flowers are so much appreciated and go a long way to cheering people up, sometimes when life is perhaps getting them down.



If you know of anyone who deserves a posy, please let Scott, David, your elder or Irene know so that we can continue to spread a little happiness.

Our thanks go to the ladies of the flower team who give of their time and talents each week and to those members of the congregation who are happy to deliver the flowers.

The 2024 flower calendar is now up in the Carrick Park hallway - if anyone wishes to contribute to the flower fund please feel free to add your name on your chosen date. All donations should be placed in an envelope with your name and date and handed in to the office. Please make any cheques payable to Ayr St Columba Flower Fund.

Again our sincere thanks for your continued support.

Anne Drennan, Flower Convenor



Memories of the Nativity



Scott's sermon preached on Sunday, December 10
from St Mark 1: 1-8

The Gospel of Mark opens in strident tones: 'The beginning of the good news of Jesus Christ, the Son of God'. Drawing on the rich imagery of the Old Testament, we hear of John the Baptist, a messenger preparing the way of the Lord, who appeared in the wilderness. Baptising people in the River Jordan, he was clothed in camel's hair and leather belt and his diet was locusts and wild honey. An incredibly vivid opening, full of drama and colour, it sets the scene for the ministry of Jesus. The first words of Jesus in the first Gospel written are these: 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

The Gospel of Mark has Jesus speak of the kingdom of God, while the



Gospel of Matthew records Jesus speak of the kingdom of heaven. In the ancient world, heaven was the home of the gods or God, and it was a term synonymous with the Divine. The kingdom of God is near; heaven is near; the Divine, the Sacred, the Eternal, is near. Over thousands of years, different cultures and civilisations have believed in heaven; heaven as a 'place', if place is the right word, a place that was in some way different from earth, from the material universe. What do we think about heaven? What do we be-

lieve? This is a tender subject and preachers must be respectful, and careful.

Over the course of the nineteenth century, more and more people came to doubt the existence and reality of hell. This was in part because as the British Empire expanded British people encountered wonderful human beings from across the world, people who had never heard the name of Jesus. At home and abroad, Christians could no longer believe that such people were condemned to hell simply because their religious traditions and practices were different. Although the notion of hell receded, though it still lingers today, belief in heaven remained central to the Victorian



Church.

On many occasions, Queen Victoria expressed her profound belief in heaven. More than that, she spoke often of heaven as a place of reunion. On one visit to a woman who lived in a cottage in Windsor Great Park, a woman who was gravely ill and dying, Victoria said, 'I come not as a Queen, but as a Christian lady. Put your trust in Jesus, and you will soon be in a land where there is no pain. You are a widow, so am I; we shall soon meet our beloved ones'. In hymnody of the period, heaven featured in numerous hymns. Thomas Taylor wrote:

*I'm but a stranger here,
Heaven is my home;
Earth is a desert drear;
Heaven is my home.*

And, another hymn writer, Andrew Young, penned:

*There is a land, far, far away;
Where saints in glory stand, bright, bright as day....*

*Come to that happy land, come, come away;
Why will you doubting stand, why still delay?*

*Bright in that happy land, beams every eye;
Kept by a Father's hand, love cannot die....*

What do we believe? Jesus said that the kingdom of God is near, the kingdom of heaven is near, but what do we think? Not everyone by a long way, but over my years of ministry, I have met people who have felt the presence of a deceased loved one or friend to be very near. Such experiences tend not to be alarming, but rather comforting. In the Gospels, when asked about the resurrection, Jesus said that 'in the resurrection' there shall be no marriage, but we will be like 'angels in heaven'. What does that mean?

Over two, three, four millennia and more, human beings have believed in a world beyond this world. In the mythology of ancient Greece, the after-life was lived in Elysium, or the Elysian Fields or Plains. In modern France, the Champs-Élysées is the Elysian Fields, and the official residence of the French President is the Élysée Palace. In Homer's *Odyssey*, Elysium is a paradise, where life is easiest and the hardships, sufferings,

and struggles of this life are gone. In paradise, there is no snow, heavy storm, or rain. 'Elysium' means deeply stirred by joy.

In the mythology of ancient Egypt, A'Arū was the Egyptian afterlife; it meant Field of Reeds or Field of Rushes. Death was not the end of life but a transition on one's eternal journey. That sense of a continuing journey is found in the Indian religions of Hinduism, Buddhism, Jainism, and Sikhism. Reincarnation, rebirth, or the transmigration of the soul is the belief that our essence, the non-physical essence of who we are, begins a new life after each death. In the Jewish tradition, in the two hundred years or so before the birth of Jesus, the idea of resurrection began to take root. As in most other faiths, the question arose: what happened to righteous people, to good people, at death when they had died a bad, cruel, or unjust death? How can be it that beautiful and decent human beings are killed: where is God's justice for them? Egyptian, Greek, Indian, Jewish, and Christian traditions all reach out for some sort of heaven, of some reality beyond this material world, this world which is often, too often, unjust and barbaric. What do we believe?

The American neurosurgeon, Eben Alexander III, writes about his deeply held belief that consciousness survives the death of the brain. In 2008, while being treated for bacterial meningitis, he went under a medically induced coma. He describes a near-death experience and his sense of consciousness not being limited to the brain.

In the same way that mystics of all faith traditions struggle to describe their experience of union and oneness with God, with the Sacred, Alexander says that his experience of consciousness beyond his physical self was like a chimpanzee becoming a human being for the day, learning about language, calculus, and the scale of the universe, and returning to being a chimpanzee while having no means of explaining the experience. May Alexander be wrong, but mystics over thousands of years have written about being drawn into something larger than themselves.

The writer and former atheist, Philip Pullman, has spoken also of personal experiences consciousness which has led him to believe that consciousness is everywhere. Like mass and electrical charge, consciousness is an integral part of matter and not unique to human beings. He describes himself now as agnostic.

For myself, I think that consciousness is a perhaps a modern way of describing what previous generations may have called the soul. All human ideas of God are partial, vague, even distorted, but thinking of God as the consciousness of the universe, the consciousness of which our consciousness is a part, I find helpful.

The Scottish minister and mystic, George Matheson, said that our immortality is assured because of our union, our oneness, with the Immortal. In a meditative prayer, Matheson asked of God:

Teach me that the state after death exists already before death, that I need not taste of death until I have seen the Kingdom of God. Teach me that my immortality is not to come, that it is here, that it is now. Teach me that the life eternal is not merely the life beyond the grave, but the life on this side of the grave. Reveal to me that I am now in eternity, that I am breathing the very air of those that have passed the gates.....Let me feel that I am already immortal; that death could no more destroy my life than it could destroy Thine....

What do you believe about the kingdom of God, of heaven?

Walkers change their direction



Our November walk was due to be around Monkton, walking through fields. However due to the amount of rain that had fallen, this route was postponed till the New Year and instead we had a walk along the prom in Ayr.

Eight of us gathered at Ayr India and we were blessed with a cold, bright and sunny morning - the views over to Arran spectacular were spectacular.

We carried on by the River Doon, up past the Secret Garden, and crossed over into Belleisle. A welcome coffee and a chat in the Stables Cafe followed and then we headed back along the prom. It was a very enjoyable time!

Why don't you think of joining us? New members will be made very welcome! It's a good opportunity to make new friends and enjoy easy walking!

Margaret Johnston

Catching up with all the Kirk Session news

A meeting of the Kirk Session, chaired by the Moderator, The Revd Dr Scott McKenna, was held on 10th October 2023. A summary of issues discussed at this meeting is given below:

The incoming Depute Session Clerks, Gillian Watson and Keith Fullerton, both took the Oath de Fideli. Members of Session expressed their warm approval of these appointments.

The Moderator was pleased to announce that six of the individuals approached to become Elders had replied in positive terms.

The Moderator invited members to make proposals regarding the recipients of this year's charity offerings at the Christmas services. The charities agreed were Crossreach and the River Garden Project, Auchincruive.

The Moderator noted that this was an appropriate time to take a formal photograph of the Kirk Session. He had spoken to Mr Alastair Swan and it had been agreed that the photo would be taken after the service on an appropriate Sunday to be announced.

The Clerk reported that, thanks to John Ballantyne and John Stewart, the Lintel at the Carrick Park door was now strengthened and safe. John Ballantyne had put together a report on the problem, which may affect other churches. This was sent to the Safe Buildings department at 121 with a recommendation that they alert all churches to the potential problem.

Mr Ballantyne had scoured the church for any RAAC concrete in our building. He was confident there was none other than possibly in the lintel behind the lintel which has been reinforced. He had inspected this and can assure us that there is no cracking or any signs of distress, so we are pleased to record that Ayr St Columba is safe regarding RAAC concrete.

Muriel Wilson spoke of her trip to Malawi with Abbas Rest. It had been a wonderful experience and the local people were very grateful for all that was being done for them. She was pleased to pass on the thanks of the people there for the generosity which had been shown to them. They were very grateful for everything. Muriel thanked members for their generosity, reminding them that £2500 had been raised prior to her trip.

R A Bartholomew
Session Clerk





Christmas congregational lunch serves up a tasty treat



**Copy
Deadline**

The copy deadline for the April issue of
Columba News will be Sunday, March 24





Santa dropped in to our senior Christmas party with members from the Auld Kirk and St Andrews also attending

PARTY TIME FOR THE SENIORS





Festive wreath making event proved a winner



Ayr St Columba got the festive season off to a start with an afternoon of wreath making on Saturday, November 25. There were plenty of Christmas jumpers on show as everyone enjoyed mince pies, home baking and mulled wine before Ann Drennan shared her expertise and demonstrated the art of wreath making.

With plenty of greenery, pine cones, bobbles and bows to choose from, participants created their unique designs, all accompanied by David McKay on the piano who treated the group to some Christmas classics. Everyone left with a smile on their face, brimming with the festive spirit.

Thanks to all who came along and made the day such a success. Special thanks to Ann Drennan and the flower team for their invaluable guidance, to David for his musical accompaniment, and to Garrocher trees for donating foliage. The event raised £82 for the “Night Before Christmas” charity.

Sarah Gow and Muriel Wilson



Keep up to date with the news around the SW Presbytery

Note of the Presbytery Meeting of the South West which took place by zoom online on 5 December 2023

Overture Re - Confessions of Faith: The oath which is used at the ordination of ministers and elders and is currently the principal subordinate standard of the Church of Scotland is the Westminster Confession of Faith approved by the General Assembly of 1647, containing the sum and substance of the Faith of the Reformed Church.

It has distinctive positions - events happen by the will of God; Christ is sole mediator and predestinations i.e. saved or damned.

The General Assembly is asking to move from the reformed position of the Westminster Confession of Faith to the general and accessible documents of the Apostles Creed and the Nicene Creed in a Book of Confessions.

The consent of not less than two-thirds of the whole of the Presbyteries of the Church obtained in two immediately successive years are required to change the current situation.

Following a lively debate, Presbytery voted - For the Overture 81 (54%) Against the Overture 68 (46%).

Property: Presbytery Planning Presbytery approved a number of Basis of Unions including Alloway Parish Church and Fisherton Church. The name of the united charge will be Alloway and Fisherton Parish Church of Scotland. No later than September 2025, the Church at present used by the congregation of Fisherton shall be sold, let or otherwise disposed of. Presbytery agreed to Ayr St Columba Parish Church purchasing a new build manse with any bridging loan being covered by the church if delays in the sale transfer occur.

Presbytery instructs congregations to inform the Church of Scotland Insurance Scheme (COSIS) when the use of a church building changes.

Finance: Presbytery approved the Presbytery Dues remain at 1.5% of individual congregations assessable income based on congregations' 2022 accounts.



Presbytery instructed that all congregations adopt the guidelines, annual templates and inspection methods offered by the Stewardship and Finance Department for Congregational Annual Accounts.

All congregational accounts should be prepared using template provided by Church of Scotland and that the accounts be delivered to the Presbytery Office electronically by 31 March each year.

Presbytery approved the proposed budget for 2024.

General Business: Presbytery granted permission to the congregation of Ayr St Andrew's to worship in the Breckenridge Lounge until the church's heating is fully functioning.

Presbytery granted permission to the Rev Scott McKenna, Minister Ayr St Columba to offer seven hours Chaplaincy service each week to the Ayr-shire Hospice, with effect from 1 January 2024.

Presbytery reminded congregations of their responsibility to offer the pulpit supply fee of £100 (with £50 for an additional service) to a person entitled to it and likewise the fee of £100 for any funeral service.

George Park, Presbytery Elder

Festive afternoon tea and music for the church Guild

"Whose we are and Whom we serve"

We were truly blessed at our November 13 meeting when our good friend, Alastair Swan, offered, at the very last minute when we were let



down by the arranged speaker, to delight The Guild with a presentation of some of his wonderful photographic productions.

We thank all who supported our Coffee Morning on November 18 when we raised over £900 which has enabled us to donate to our own Church towards heating and lighting and consider, in the New Year, what we give to Guild Projects

and other charities.

We finished the year on December 11 with a splendid Afternoon Tea, entertainment being provided by Loudoun Friends who are no strangers to St Columba. Toes were tapping, hands were clapping as we sang along to the music of the varied repertoire provided by keyboard, accordion and fiddle professionally played by the Trio from north of the County.

I must give thanks to our wonderful Committee for their hard work behind the scenes, suitably lead by Tea Convener Isobel Sutherland, in providing a beautiful Afternoon Tea to round up the afternoon.

Our first meeting in the New Year was on the afternoon of **Monday 8th January** when Mr Dennis Rattenbury told us about **Ayrshire Smugglers**. All are welcome to attend.

On behalf of the Guild, I wish you a very Happy Christmas and a Healthy New Year.

Dorothy Bone



TAKING AN ECO LOOK by Andrew Muirhead

**What practical steps can we take with our diet,
that will improve health and reduce our impact on
our world at a reasonable cost?**

Key words: Health, Diet, (Organic, Ultra processed food)

The food we eat is an important factor in our health and the health of our world. Do you want to be healthy and keep our world healthy? Your diet matters and here are some practical things we can all do even if our budget is tight.

Ultra processed food comprises over half of the average diet in the UK. It increases the risk of being overweight, maturity onset diabetes, heart attacks and strokes. [The British heart foundation](#) has published its top five recommendations to combat this problem

Instead of flavoured yogurts with added sugar or sweeteners, choose plain live yogurt and add your own chopped fresh, frozen or dried fruit for sweetness.

Instead of buying sauces or ready meals, cook your favourites in larger amounts at home and freeze the extra in portions to use another day.

Have porridge in the morning (ideally made from organic oats) with fruit and nuts instead of sugary low-fibre breakfast cereals.

Eat fresh, baked or stewed fruit instead of shop-bought fruit pies or cakes.

Have some nuts instead of biscuits with your afternoon cuppa.

These 5 items are reasonably easy to implement. If bread is an important component of your diet, then you should probably consider making a change away from supermarket bread too. Supermarket bread including sourdough, stone ground, seeded and bread baked on site, is all ultra processed. Rye bread from supermarkets might be OK. Better quality bread from an artisan bakery is expensive. One way round this is to use a bread making machine.

I have had a bread making machine for many years and until recently, used it only occasionally because the loaves were very variable. Recently I have learned how to make a consistent loaf in my machine. The recipes do not say that the order ingredients are added to the machine is important, and this was the cause of my problem. Salt deactivates yeast and should be added first. Yeast can be added with up to one teaspoon of sugar after the flour is



added. If any more than one teaspoon of sugar is used, it should be added with the salt at the start. This way, yeast is separated from salt and high concentrations of sugar at the start of the program. Yeast dispensers are designed to overcome this problem but do not work reliably. We now make almost all our bread. Although organic flour is more expensive than standard flour, I use it routinely and the cost of my organic loaf is competitive with supermarket bread even after energy costs are considered. The extra time and effort needed for making bread in a machine is trivial. Some of the loaf can be frozen if it is likely to go off before all of it is consumed. Of course if you have enough time and are happy to spend money on the electricity needed, you can make bread, ideally whole grain sourdough, in the oven. Flour with at least 6 grams of fibre per 100 grams is desirable.

According to Professor Spector, we should aim to eat “30 plants each week”. Ground coffee, pepper, spices such as turmeric all count as one plant each. You can see that a variety of 30 is achievable if fruit and vegetables and grains are an important part of our diet. By extension, meat and fish, should not be a particularly important part of our diet. We know that large amounts of red meat are harmful to health, so concentrating on a mostly vegetarian diet (including some dairy and eggs) is good for health. It is also good for our world. The carbon footprint of meat is much higher than for vegetables [according to Prof Berners-Lee](#), the footprint of UK produced milk is 1.9kg (CO2e) per litre, UK beef is 25kg (CO2e) per kg and 83.3kg (CO2e) for beef steak imported from deforested land. Potatoes and root vegetables are 0.3kg (CO2e) per kg.

Our environment is important and is already significantly degraded in the UK. Insects are needed for pollination and top soil is needed for agriculture. Fungi are vital in the soil and plant diversity is important too. British farms still use insecticides, herbicides, fungicides and chemical fertilisers liberally, inflicting a heavy blow to the natural world. Organic farming is less than 2% by value of the market in the UK compared to 15% in Finland. This low volume means that organic produce is more expensive than it needs to be and not always available. We spend half of the European average on organic food. The chemicals farmers add to our food damage our [microbiome](#) and in the view of some campaigners, such as the pesticide action network, are inadequately tested to ensure safety, by our Government. How can an ordinary citizen with a limited budget navigate through these problems?

Where harmful chemicals have been added to a crop, we can reduce their impact on us. For example, oats are often sprayed shortly before harvest in

order to help dry the crop (not even to kill weeds!), using Glyphosphate weedkillers. Oats therefore typically have 5 to 10 times the levels of this [Controversial weedkiller](#), when compared to other cereals. I now buy only organic oats because of this but am less particular with other cereals. Some fruit and vegetables are usually peeled before they are eaten, such as citrus fruit and onions. About half of the sprayed chemicals are in the skin and will be removed before eating. I am less particular about these than, for example, tomatoes. Washing fruit and vegetables will remove some chemicals, but washing with sodium bicarbonate will help more, according to Prof Spector. I keep my consumption of [The Dirty Dozen](#) fruits and vegetables low or try to get organic alternatives. The “clean 15” is based on data from the USA and gives a less reliable indication for items that might be less polluted here in Scotland. I have therefore not listed them.

List of the “dirty dozen” fruits and vegetables based on UK Government 2021 data. These record foodstuffs with more than one pesticide residue in them. Individual chemicals are tested for “safe” concentrations but combinations are not. Remember that half of the chemicals are in the skin.

Grapefruit 100%; Grapes 92%; Banana 72%; Berries 60%; Peppers 58%; Raspberries 54%; Spring Greens and Kale 49%; Melon 45%; Bean with pods 40%; Aubergine 34%; Broccoli 23%; Mushrooms 11%.

If we wish to keep our carbon footprint down and keep some control over costs, it is important to avoid food waste. Where peelings and unavoidable waste is generated, we should use a food bin to ensure that effective recycling is carried out and some benefit can be regained from the waste.

What is your new year resolution? Mine includes evolution of my diet.

Andrew Muirhead Email a.g.muirhead@gmail.com

References:

British Heart Foundation and ultra processed food <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/behind-the-headlines/ultra-processed-foods>

Prof Berners-Lee and carbon footprint of food <https://www.bbc.co.uk/food/articles/carbon>

Microbiome and health [How your microbiome can improve your health - BBC Future](#)

The dirty dozen [The Dirty Dozen - Pesticide Action Network UK \(pan-uk.org\)](#)

Ultra processed food https://www.youtube.com/watch?v=Xo_sdjOD_pw

Prof Spector's video about Food for Life <https://www.youtube.com/watch?v=T8MJus8IAOE>

Organic food video [The truth about organic food - according to science | Tim Spector - YouTube](#)

Inflammation and diet video https://youtu.be/BX_BcnACbO0

Supermarket bread video <https://youtu.be/1PGyv3nDv9e>

**The Kirk Session's next meetings are on
Tuesday, February 20 and Tuesday, April 16**

We were all moved when chief elf, Jodie McFarlane, spoke to the Congregation, explaining how the charity was founded, and whom they help.

Our Congregation, as we have come to predict, rose to the opportunity to do their part to “make a difference”. So many gifts were handed in to the office that we ran out of Red Bags, which was terrific! In addition we received many cash donations which are always welcome.

On December 8 our Minister, Scott and Bob and I delivered our donations – both cars were crammed full of pyjamas, teddy bears, cosy hats and gloves, toys of every description and warm clothes. The hub of the Appeal, which is manned by an army of amazing volunteers was overflowing with bags and boxes of gifts and the charity were so grateful for all of our donations. Thank you to everyone who donated cash and filled bags (of all colours). Every item has helped a family enjoy Christmas.



Congregation and Parish Register



November-December

DEATHS

Karen Rogerson
Robbie Park
Jim Lee

David Mullin
Phyllis Thornton
Robin McEwen



Who to contact

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Church Charity Number: SC014338

Church Services (Midton Road):

10.30am - Morning Worship;
10.30am Sunday School,
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.
www.ayrstcolumba.co.uk

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

Jean makes a visit to Whiteleys

Whiteleys Retreat is situated in verdant farmlands on the outskirts of Alloway. The original properties have been beautifully restored and provide accommodation for sick children and their families.

Upgrading is ongoing, with conservatories added since my previous visit.

Late autumn we were invited to inspect the progress. A group of ladies together with one gentleman enjoyed tea and biscuits whilst Maxine welcomed us to her office, explaining the need for this facility.

On this Friday, changeover day, the many volunteers were busy with household duties. Revd Ian Paterson recalled his visits to the former farm with his grandmother whose friend was Mrs Lamberton the farmer's wife many years ago. Ian walked to the farm from the bus terminus in Alloway, quite a big effort for a wee boy!

There is a monthly sales table selling tasty goods and hand knits at *St Columba's Oasis Cafe*, first Thursday of the month.

All monies are forwarded to this local hospice. The Whiteleys' team is extremely grateful to have this support from members of the congregation and friends.

Total donations for 2023 amount to £1630.

Jean Stewart

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