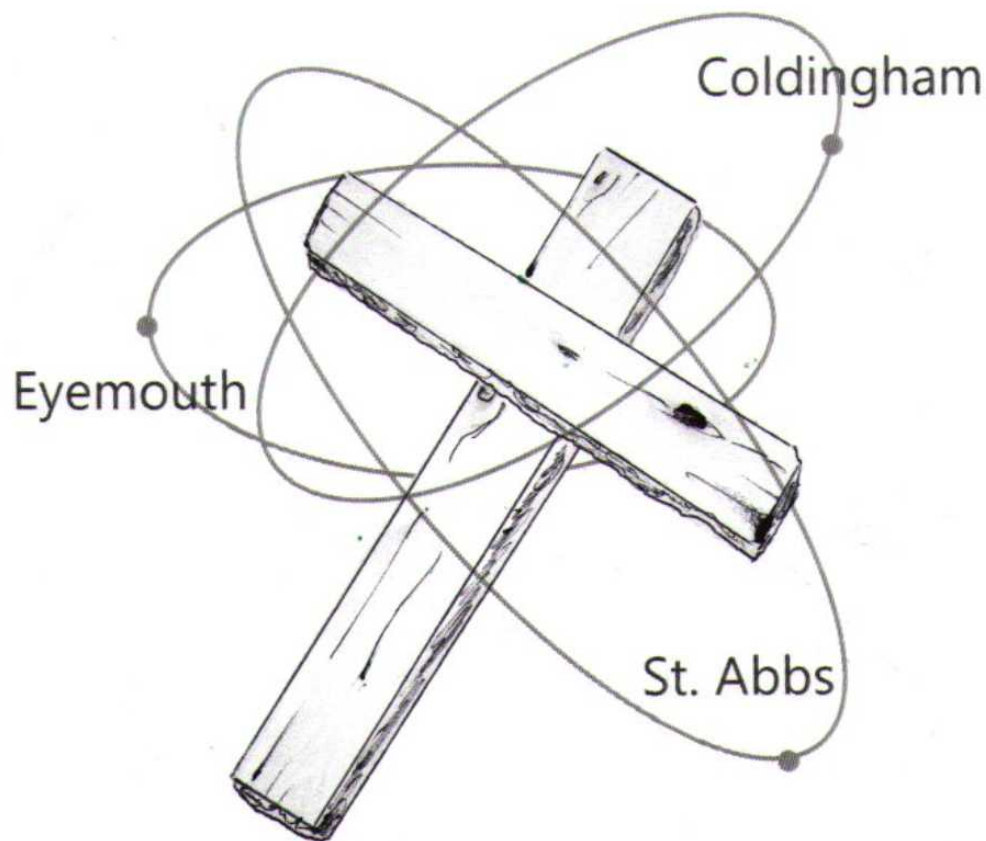


# UNITED UPDATE

Advent/Christmas 2023 Edition



Newsletter of the Parish Church of **Coldingham & St. Abbs** linked with **Eyemouth Parish Church**

For to us a child is born, to us a son is given,  
and the government will be on his shoulders.

And he will be called

Wonderful Counsellor, Mighty God,  
Everlasting Father, Prince of Peace.

**Isaiah 6:9 (NIV-UK)**

## Wake UP!

*“He was in the world, the world was there through him, and yet the world didn’t even notice. He came to his own people, but they didn’t want him. But whoever did want him, who believed he was who he claimed and would do what he said, He made to be their true selves, their child-of-God selves.”* John 1:10–12 (The Message)

Dear friends,

I don’t know about you, but although the light fails much earlier due to the season, I still find myself going to bed as late as usual and then struggling even more to get up as the mornings are dark too! As we move towards the celebration of Christmas and all that entails (in the church and personally) it is hard not to get over tired with all the preparations and busy-ness that is coming our way, which makes the waking up in the morning even harder.

Yet maybe we need to remember that before Christmas is Advent. A time of waiting. Waiting not just for Christmas to come, but waiting for the coming of our Saviour. Not just as a baby over 2000 years ago, but His return at the end of time. A time we are told will be very soon, although at times “soon” feels very much like the “we’ll see” I sometimes say to my children when they ask for something which simply means not now and possibly not ever! Yet the truth is Jesus is coming back and simply are we ready?

Advent is a time of preparation, but this year lets take some time to prepare ourselves. Maybe we need to wake up to the wonder of the gospel and the transforming power of the Holy Spirit, maybe we need to wake up to the knowledge that we are loved, that we are children of God, or maybe we need to wake up to Christ’s call to us to draw close to Him, to believe He is who He said He was and to do what He says, to follow His teaching? Whatever it is, we need to wake up to the reality of what it means to be a Christian, to be a member of the church, Christ’s body, to be a follower of Jesus. The Jesus who calls us to wake up and do something about it!

God Bless

Andy



## **Eyemouth Kirk Session News**

On 22<sup>nd</sup> October Andy Leach and Eleanor King were ordained as elders and we welcome them to the Kirk Session. We have been saddened this year by the death of 2 of our elders – Peter Craig and Elizabeth Bennie. We give thanks for their many years of faithful service to the congregation.

## **Presbytery News**

1<sup>st</sup> January this year saw the new Presbytery of Lothian and Borders created by uniting the former presbytery of Lothian with Duns, Melrose and Peebles and Jedburgh presbyteries. Rev Norman Smith was appointed as Presbytery clerk, Rev Peter Wood as Presbytery Missions Officer and Caroline Kirk as Presbytery Administrator.

Uniting 4 presbyteries, all with their different presbytery plans to implement is a huge task but is progressing. The committee whose task it is to oversee the implementation are having discussions with ministers and will in time have discussions with Kirk Sessions. Norman Smith and Peter Wood are very keen that the focus of presbytery is not on the implementation of the plans but on the mission of the church in worship, service and sharing the good news of Jesus in our communities.

Indeed Peter Wood led our discussions at the last Away Day. He was so interesting and challenging that people requested that he come to the next Away Day in the spring to continue helping us explore what mission would look like in our communities.

## **Home Groups**

Currently we have two home groups running. One in Coldingham at Heather's home (4 Abbey Court) led by Bruce Neill on the 1st and 3rd Tuesdays of the month at 2pm. One in Eyemouth at Ishbel's home (Springbank, Victoria Road) on Thursday evenings. Please speak to Heather, Bruce, Ishbel or Andy for more information or if you would like to join a Home group.

# CROSSREACH

Care you can put your faith in

Alison Halsall in Coldingham would like to thank all who contributed to this year's Crossreach Christmas Appeal. She was able to send them £492.30, which is up from last year. In these difficult times it is so gratifying to see the generosity given to those less fortunate than ourselves in the name of Jesus.

## Christmas Greetings

As we enter the season of Advent leading us to Christmas, you may like me be lighting an Advent candle, that burns off the days until Christmas. Jesus came bringing light into a dark world and our world today seems dark – wars, violent crime, poverty, climate change bringing more natural disasters – the list goes on.



Yet as we light the candle each day we can think of Jesus, Light of the world, who is able to bring light and hope into our world and our lives today.

*Wishing you all love, joy,  
peace and hope this  
Christmas and for 2024.*

*Heather Johnston*

*The following is a reproduction of an article entitled “The Write Angle” from the Editor’s desk of Andrew Halloway of the “Good News” newspaper dated July 2023*

## **The mystery of beauty**

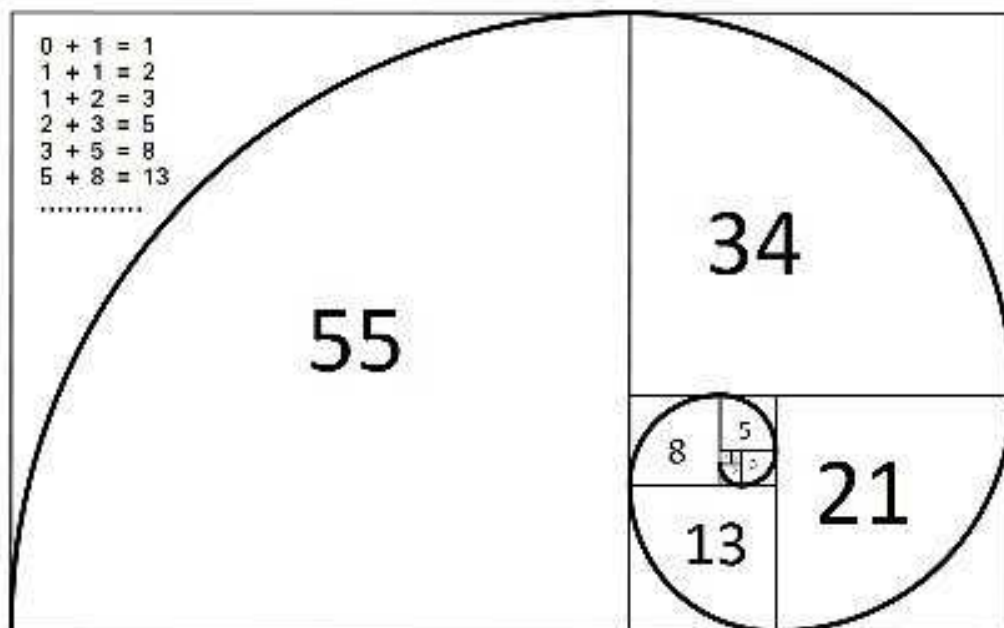
When you hear a bird singing, it makes your heart sing too. Many birds seem to have perfect pitch and some even change key in the same song. Some can sing two notes simultaneously, and the nightingale actually sings harmonies.

The purpose for birds is just communication but, curiously, to us it’s far more.

And, did you know that there is absolute beauty – not just in the eye of the beholder but appreciated by everyone? Apparently so. It can be measured with maths (a subject which experts say is “beautiful” too, but the way, though it elegance bypassed me at school!)

There is a special number called phi – (the 21<sup>st</sup> Greek letter) 1.6180339887, also called the **Golden Number**, **Golden Section** or **Divine proportion**. It’s a ratio of proportion which results in beauty – every time! Fascinatingly, it appears everywhere in nature – whether the human body, plan structures or the solar system. And in the human world of art and architecture, not to mention the word structure of the **Bible**.

It creates the best acoustics in the design of music studios, cathedrals and many musical instruments. The ancient Egyptians and **Greeks** used it in their buildings, which we still appreciate as beautiful today (unlike some modern “monstrous, carbuncles”!) It also produces a balance and a harmony which we call beautiful.



## Let's face it

Scientists have even found that the human faces most universally admired by all races are those with measurements closest to phi.

Then there's the Fibonacci series – a sequence of number formed by adding together the two previous numbers as in 0, 1, 1, 2, 3, 5, 8, 13, etc.

It occurs in the proportions of nature, from the spirals of seashells and number of petals in a flower, to the pattern of seeds on a flower head, the leaves around stems ... even the construction of the human ear! And, we see beauty in all these things ... apart from perhaps the human ear!

So why is there a mathematical design built into the universe and why does it cause beauty?

The answer can only be the Designer of it all – “The Great Mathematician.” A great physicist Paul Dirac said: “God used beautiful mathematics in creating the world.”

Or as Ralph Waldo Emerson put it: “Beauty is God's handwriting.”

The question is, “Are you reading it or ignoring it?”





## Eyemouth Foodbank

With the ongoing rise in the cost of living the foodbank continues to be needed and well used. The foodbank covers the East Coast of Berwickshire and inland towards Ayton, Foulden and Grantshouse. The numbers for each month have remained fairly quiet over the Summer, however over the last three months of the year the foodbank has seen a marked increase and has delivered 116 food parcels feeding around 225 people.

The two biggest needs for the foodbank is volunteers to help with organising the foodstore and for money to pay for the fresh produce and food vouchers that goes into each parcel. If you can help please speak to Andy. Do remember to continue to collect food and your donations can be dropped of on a Sunday for the foodbank. Once again, if you would be interested in helping out with food parcel deliveries, or taking collected food to the Foodbank store then please contact Andy.

### The Food List

Tins or packets of Soup

Tins of mince, stew, meat balls, curry pies in tins

Corned beef, spam, ham, tuna, sardines, pilchards, baked beans

Tinned veg and potatoes

Pasta

Pasta sauce

Tea & Coffee

Breakfast cereal

Dried or UHT milk

Custard

Tinned fruit

*The following items are added when the parcel is made up and delivered, so donations of money are always accepted: food voucher, bread, margarine, fresh milk, fresh potatoes (nappies and baby food, if required)*

DONATIONS NEEDED

**EYEMOUTH  
FOOD BANK**



## **Eyemouth RE:NEW Project Update**

It's wonderful to be back in the building and using the new space in Eyemouth. We've had some lovely comments from members of the church and the wider community about how welcoming and useful the new space is as well as warm, bright, spacious and comfortable it is. We have certainly achieved what we set out to do.

Although the contractor has left the building there are still a number of cosmetic items needing to be dealt with so you may see changes and re-organising happening all around the building as we figure out what extra things we need to make the space work for us and the community.

Financially the project has come in on budget which was only possible thanks to the hard work of the RENEW team and in particular the tireless efforts of our Quantity Surveyor, John Lockhart, whose wisdom and insight have meant not only that the project got off the ground in the first place, but continued to stay on budget over the course of several delays and changes required due to issues with supplies of building materials.

Looking forward we are planning a special opening celebration weekend in January (13th/14th) to which we will invite all those within our community who supported or contributed towards the work. On the Sunday we will have a special service and a lunch afterwards for the congregation.

If you have any questions about the project or ideas for how we might use the new space, then please feel free to speak to any member of the project group.

*Ishbel Dorward, Pete Gage, Andy Haddow, Carrie Haddow, Ian Hankinson, Andy Leach, Dixie Scott & Donald Wood*

## Help While You Shop

Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be collecting free donations for the Church?

There are over 3,000 shops and sites on board ready to make a donation, including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's – it doesn't cost you a penny extra!

It's as easy as 1, 2, 3...

1. Head to <https://www.easyfundraising.org.uk/causes/coldinghamstabbs/> or <https://www.easyfundraising.org.uk/causes/eyemouthparishchurch/> and join for free.

2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping, or download the easyfundraising donation reminder for your web browser.

3. After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever!

There are no catches or hidden charges and the Church will be really grateful for your donations.

You can now even download a handy reminder that reminds you to activate your donation when shopping on participating webpages.

## SUDUKO

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Hard

## Contacts

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## Regular Events

### Weekly

Sundays

Morning Worship, Eyemouth, 10.15am

Morning Worship, Coldingham, 10.15am

Mondays

Busy Bees, Coldingham, 9–10.30am

Tuesdays

Prayer time on ZOOM, 9am

Wednesdays

Busy Bees, Eyemouth, 10.30am–12noon

Busy Bees, Eyemouth, 1.30–3pm

Thursdays

Prayer Time, Eyemouth, 8.45–9.15am

Fridays

Tea & Toast, Eyemouth, 9.30–10.30am

Busy Bees, Eyemouth, 10.30am–12noon

### Monthly

1<sup>st</sup> Saturday

Prayer Breakfast, Eyemouth, 8.30am

3<sup>rd</sup> Saturday

Prayer Time, Coldingham, 9am

Last Sunday

Evening Worship, Eyemouth, 6.30pm