



# CARLOPS CHURCH

In the community, for the community

## Newsletter

Volume 19, Number 3; March 2025

### Services, March 2025

Services held in church and available via Zoom  
Request link from [sessionclerk@carlopschurch.org](mailto:sessionclerk@carlopschurch.org)

:  
2 March 10am: Rev Dr Tony Foley  
9 March 10am: David Henderson-Howat  
16 March 10am: Stephen Whalley  
23 March 10am: Rev Dr Tony Foley  
(Communion)  
30 March 10am: Patsy Campbell

**Join us, in the church, and in other activities**

**We promise you a warm welcome**

**[www.carlopschurch.org](http://www.carlopschurch.org)**

***Carlops is one of the West Tweeddale linkage of churches***

**[www.westtweeddale.org.uk](http://www.westtweeddale.org.uk)**

# Our Minister

## Survival – By Thomas Hardy

"Cogitavi vias meas" \*



A cry from the green-grained sticks of the fire  
Made me gaze where it seemed to be:  
'Twas my own voice talking therefrom to me.  
Of how I had walked when my sun was higher -  
My heart in its arrogancy.

"You held not to whatsoever was true,"  
Said my own voice talking to me:  
"Whatsoever was just you were slack to see;  
Kept not things lovely and pure in view,"  
Said my own voice talking to me.

"You slighted her that endureth all,"  
Said my own voice talking to me;  
"Vaunteth not, trusteth hopefully;  
That suffereth long and is kind withal,"  
Said my own voice talking to me.

"You taught not that which you set about,"  
Said my own voice talking to me;  
"That the greatest of things is Charity. . ."  
- And the sticks burnt low, and the fire went out,  
And my voice ceased talking to me.

It is not the most cheerful of poems, but then the season of Lent is now upon us. A period of time in the Church's calendar that calls us to stop and reflect, to as it were, take our spiritual pulse. To

pay heed to the voice of our individual and collective conscience. To reflect on what kind of person and people we have become and how we came to be that person and people, and whether we wish to remain so. In Hardy's poem the voice of conscience is repetitively relentless in its 'talking', until that last unsettling line when it goes silent. The warning is obvious. The voice of conscience if ignored too often eventually it goes silent. What then? What kind of person and people will we become with a deadened conscience? Not a bad question to start Lent with.

Peace,

Tony

*\*I have thought about my ways.*

This is the beginning of Psalm 119 v 59 "I thought on my ways, And turned my feet unto thy testimonies"



## Meteorological Miscellanea

*The memory of Eowyn of the red warning was just a day old when my last report went out. We are four weeks on and the impact is still awesome whatever the direction of travel. Eight miles SW of Carlops at Stonypath, Dunsyre, Little Sparta, at nearly 300m, was exposed to the full brunt of the storm. Destruction was dramatic. 20 mature trees, including original planting, crashed down flattening fences and drystone walls. Many pieces of artwork were lifted up and wrenched out of shape.*

*Dawyck Botanic Garden, between Broughton and Stobo, suffered devastation with over 100 trees down, some over 100 years old. Remedial work will probably take 18 months to complete. The Royal Botanic Garden Edinburgh suffered well reported damage. The 100ft 166 year old Himalayan cedar, Edinburgh's tallest tree, was perhaps the greatest loss. It was still a youngster as the species is known to live for 600 years in its native habitat.*

*The collateral damage from Eowyn is not hard to find. Take a walk along the Roman Road or up to Baddinsgill to find local examples.*

*After Eowyn it all went a bit quiet! January's sunshine was about 90 hours following December's 28 hours. January's precipitation was 3.54 inches (90mm) following December's 5.63 inches (143mm).*

*February came in with a near max hour sunny day that saw off the last snow but then we were back to 'DULL' with 9 sunless days largely due to a settled easterly that persisted for almost a fortnight. There was then a sudden change on the 19th. I was on Mount Maw at the time - the last local locality to hold snow. After 31°F (-0.5°C) overnight the temperature rose to 43.5°F (6.4°C), the highest temperature for 15 days. The easterly wind (force 3, gusting force 5-6) veered to the south to sample warmer air. The snow soon vanished - the 'hair-dryer' effect! The following day saw double figure degrees Celsius - the mildest*



since early November. We were back to storminess on the 23rd with a gust of 70mph at Drumalbin, South Lanarkshire.

So, how is this winter doing? Winter 2009-10 saw 55 days with snowfall, 80 days with frost and 104 days with lying snow. Winter 2012-13 saw 63 days with snowfall, 95 days with frost and 95 days with lying snow. So far Winter 2024-25 has seen 14 days with snowfall, 43 days with frost and 24 days with lying snow. A bit to go then?!

Peter Woolverton, Pyethall

25 February 2025

Eagle-eyed observers will notice the image to the left is different to that on the page above. Both are taken from the beautiful felt hanging by Jenny Mackay and helpers - *Carlops, the Seasons*. You can read more about it here [Artworks - Carlops church](#)



# News



## Malawi update

In last issue we said “We are hoping to raise funds towards a kitchen space and two pit latrines as a contribution to a village hall. The hall will be used for early years learning and for vaccination programmes for children.”

Since then, cuts in international aid by the US meant that the NGO Robert (our contact) works for would not be able to pay him for 3 months and as a result the project in Malawi was at risk of stalling for some time.

£173 raised at our recent talk plus a generous £220 donation from the Carlops Jazz Band mean we have, amazingly, been able to send Robert £393 towards the project costs. Robert immediately set about getting materials for the project and went on site to deliver them. Full details of the project are displayed at the back of the church and Sheena L has been providing updates.

The congregation also contributed £520 to support Robert and his family for 1 month and with this he was able to pay school fees and medical and utility bills.

We are hoping that he and his children will be able to join us on Zoom after church on Sunday 2 March for further updates.

Thanks to everyone for coming together to make a difference to Robert and support the project. We are planning a fundraising evening with African food and music, so watch this space for more details on that.

## Our Village Talks

Monthly talks and a chance to chat



### Upcoming talks

**Friday 14th March, 7.30 pm *Love Plants?*** Rona Dodds will talk about creating Quercus Garden Plants, a beautiful garden centre at Macbiehill which specialises in hardy plants for our Pentland Hills climate.

**Friday 11th April, 7.30 pm *The Philosophy of Rudolf Steiner*** Colin Third and colleagues will talk about the philosophy of Rudolf Steiner and how his gentle approach influences the care of adults with learning disability who live at Garvald West Linton.

Watch this space for more talks in the coming months! Possible topics include AI, local walks and an in-person summer garden tour.

## Event report – Can we prevent or cure dementia?

Prof Tara Spire-Jones from The University of Edinburgh spoke to us in February about the scientific progress in understanding, treating and preventing Dementia. The evening was very informative, and Tara answered many questions from the audience, which was around 30 people.

Coffee and heart-shaped biscuits baked by Anna M made this a lovely Valentine's Day social occasion too.

Tara has passed on some useful information, which includes the advice below about reducing your risk of dementia. There are also some links for those who wish to participate in or support dementia research.

To participate in research <https://www.joinementiaresearch.nihr.ac.uk/>

To advocate for research <https://www.alzheimersresearchuk.org/how-you-can-help/>

Reduce  
your risk

## STEPS TO A HEALTHIER BRAIN



### KEEP ACTIVE

Aim for at least 150 minutes of physical activity each week.



### LOOK AFTER YOUR EYES

Get any concerns about your vision checked by a professional.



### DO NOT SMOKE

If you smoke, quitting is one of the best things you can do for your brain health.



### MANAGE CHOLESTEROL LEVELS

Try to keep your cholesterol level below 200 mg/dL. Many of the other steps listed here may help you do this.



### CUT DOWN ON ALCOHOL

Drink less than 14 units of alcohol per week.



### PREVENT OR MANAGE DIABETES

By eating healthily and managing your weight, you can reduce your risk and manage symptoms of diabetes.



### LOOK AFTER YOUR MENTAL HEALTH

Speak to your GP or somebody you trust if you have concerns.



### KEEP SOCIALLY CONNECTED

Take part in regular social activities like dance classes and game nights.



### PROTECT YOUR HEAD

Wear a helmet during sports or when riding a bike.



### STAY SHARP

Keep challenging your brain throughout your life.



### TAKE CARE OF YOUR HEARING

Get your hearing checked regularly, and wear a hearing aid if you've been given one. Wear ear defenders in noisy environments.



### MANAGE YOUR BLOOD PRESSURE

Get your blood pressure checked regularly. Try to keep your systolic blood pressure at 130 mm Hg or less from age 40 years.

Adapted from The Lancet standing commission on dementia prevention, intervention and care, 2024.

**ALZHEIMER'S  
RESEARCH UK** **FOR A  
CURE**

Registered charity numbers - 1077089 & SC042474



# Carlops “Man Soup” Lunch

Wednesday 12th March 2025 12noon-1.30pm

The next soup lunch in Carlops Church will be the annual “Man Soup”. Put the date and time in your diary and come along to join in the fun: Wednesday 12 March 2025, 12noon to 1.30pm.



Guests will be invited to choose from a selection of home-made soups, sprung from the creativity and culinary skills of the Carlops’ Man Soup team. Second helpings are permissible and indeed, encouraged! For afters, there will be a range of sweet bites (to take away the taste?!), coffee and tea. In addition, expect to be serenaded by the soup-chefs, who will present the renowned Carlops Soup Song and perhaps, the world première of a new composition.

There is no charge for lunch or for entertainment, but charitable donations will be invited.

We look forward to greeting you, feeding you, and entertaining you!

Rennie McElroy

*For the Carlops Man Soup team, 2025*

## Lent studies

Lent begins on Ash Wednesday, 5 March.

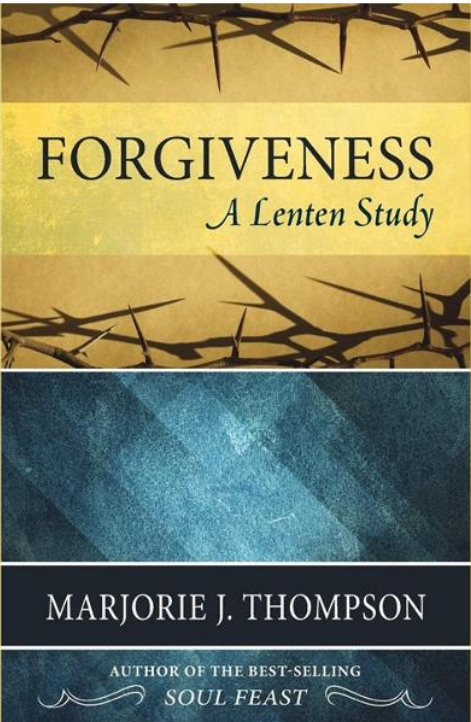
For the next six weeks a series of studies on the theme of forgiveness will take place on Tuesdays and Wednesdays.

**Tuesdays from 4 March**, 10am at the Laurel Bank Tea Room in Broughton

**Wednesdays from 5 March**, 7pm on Zoom

<https://us06web.zoom.us/j/88017734989?pwd=z27NKhlfomEM2yB3GFZzSUaifchZE3.1>

Meeting ID: 880 1773 4989      Passcode: 031485

	<h2>Lent Studies for 2025</h2> <p><b>Starting the week beginning Monday 3<sup>rd</sup> March for six weeks</b></p> <p><b>Forgiveness by Marjorie J. Thompson</b></p> <p>Join either of two groups, one in person and the other online using Zoom on the following days:</p> <p><b>Tuesday 10am to 11am</b> – the <b>Laurelbank</b> in <b>Broughton</b> led by <b>Isobel Hunter</b></p> <p><b>Wednesday 7pm</b> – <b>Zoom</b> study led by <b>Steven Whalley</b> and <b>Kevin Scott</b></p>
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## Christian Aid's 80<sup>th</sup> Anniversary

Our journey together began in 1945 when Christian Aid was founded at the end of the Second World War. For 8 decades, we have been united in the fight against poverty and injustice – and with your continued support, we won't stop. 2025 will be a year to reaffirm our resolve, to remember the work we've done together, and to reflect on how we should respond to the challenges we're still facing as a global family. We've always shared a gospel call to champion dignity, equality, justice and love. Together we've grown and evolved, living these values – even when the going got tough. We've never been more committed to our calling and hope we can count on you to stay the course with us.

There will be a service of thanksgiving on Saturday 17<sup>th</sup> May 7pm – 9pm at St. Giles Cathedral – all are welcome to attend.

### Christian Aid Week 11-17<sup>th</sup> May 2025

Last year, a fantastic total of £730,000 was raised due to the generosity and creativity of churches and supporters in Scotland. CA Week is one of the biggest acts of Christian witness in our country.

For CA Week 2025, we will be sharing stories from our work in Guatemala, where farmers like Aurelia are pushing back against poverty and the effects of the climate crisis. Guatemala faces immense challenges:

- \*more than half the population work in agriculture, yet Guatemala is a hunger hotspot
  - \*Guatemala has one of the highest rates globally of stunted development in children
  - \*Guatemala is one of the 10 countries in the world rated most vulnerable to climate emergencies
- Aurelia is an inspirational farmer of the Q'eqchi community. She has 8 children and many grandchildren. She moved to the region when she was 2 years old. Things were very different then: "there was an abundance of trees, plants and wild animals. There was lots of water close to the community and it wasn't that hot."

The water sources that were near Aurelia's home have been drained by heatwaves and industrial plantations that monopolise the water supply and deforest the land. Now collecting water for her crops is laborious and time consuming.

It's testimony to Aurelia's endurance and hope that she proactively set out to find solutions. She discovered the work of our partner Congcoop, putting herself forward to attend the specialist training on offer. She has learned to adapt to the changing climate. She now grows climate resilient crops, produces fertilizer and builds rainwater collection systems. She's leading her community by sharing the skills and knowledge she has gained. It's vital that this programme continues.

For more information, go to the website [caweek.org](http://caweek.org)

Robert Higgins, CA Chair

## Sowing Seeds for Christian Aid Plant Sale

We will be having a Plant Sale for Christian Aid in May, as we did last year.

Now is a great time to sow seeds indoors, so why not plant a few extras and bring them along for the plant sale?

## Easter Breakfast

We will host an Easter Breakfast in the Village Hall from 9am – 10am on Easter Sunday, 20<sup>th</sup> April.

Hope to see you there!

Volunteers most welcome, just contact Mary Levison or Julie Gamble to see how you can help.



Please come and join us for our next Messy Church session on Sunday 16<sup>th</sup> March at 4pm at the New Church Hall, West Linton. The theme is Joseph.

All children from babies to P7 are welcome to come and join in the fun. All children must be accompanied by an adult.

For more information contact Jean Howat (01968 660677) [howatjean@gmail.com](mailto:howatjean@gmail.com)

# LINTON SINGERS

CHARITY CONCERT SUPPORTING

mary's  
meals

a simple solution  
to world hunger

GIOACHINO ANTONIO

# ROSSINI

## Stabat Mater

Saturday, 12<sup>th</sup> APRIL 2025, 7.30PM

CANONGATE KIRK, Edinburgh EH8 8BN

TICKETS £15 ON THE DOOR, Eventbrite or Alex Hazlewood

Conductor – Murray Campbell

with invited Orchestra and Soloists

Caroline Gold - Soprano, Hannah Haynes - Mezzo Soprano

Mathew Todd - Tenor, Tembu Rongong - Baritone

mary's

we get on with

making  
music

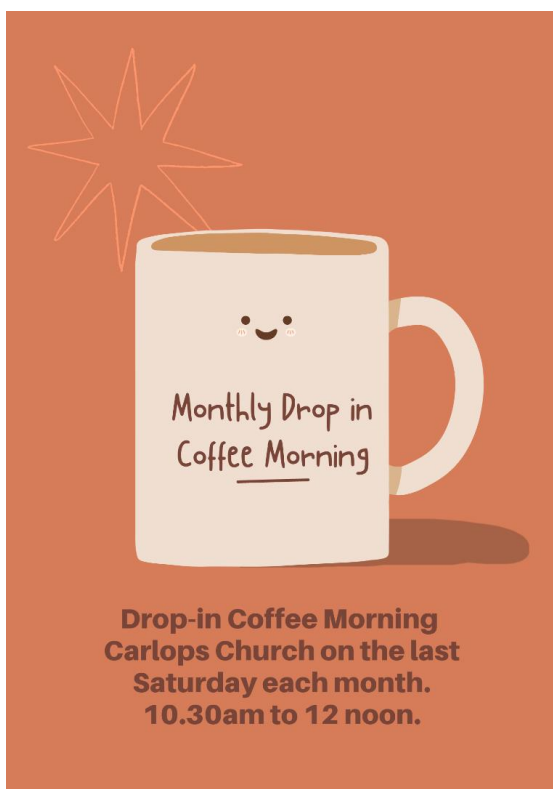
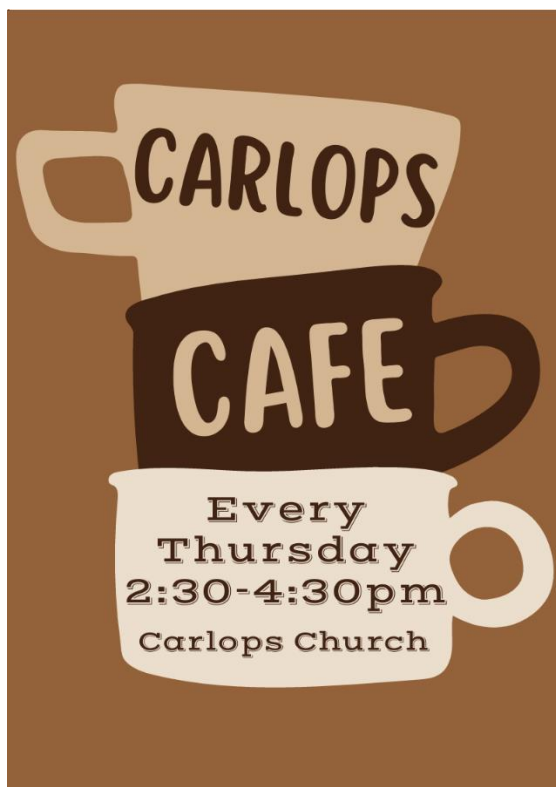
[www.lintonsingers.carlops.net](http://www.lintonsingers.carlops.net)



## Our regular events – Some changes

Cuppa and Company is now called Carlops Café and is running 2.30-4.30pm on Thursdays

Soup Lunch will have a new time of 12.30pm – 2pm from April



Keep up to date with all events across the linkage [West Tweeddale Parishes Diary](#)

# The Column

## RSPB Big Garden Bird Watch, weekend 24 – 26 January 2025

The first day of the 2025 Big Garden Bird Watch weekend was Friday 24<sup>th</sup> January which was when we experienced Storm Eowyn – which made it impossible to count normal bird activity. I chose Sunday 26<sup>th</sup> between 1.30pm and 2.30pm for my hour's observation. Only birds that land are included in the count and not any that are seen only to fly over the garden. The total recorded for any one species is the greatest number seen together at any one time – which obviates any bird being counted twice.

I have kept a copy of my results for the past few years, and it is always interesting to compare them. Some years there is a pleasant surprise such as in 2022 when a beautiful male mistle thrush landed under my bird table halfway through my hour – which was a most unusual occurrence. Other years bring disappointment when birds, that are usually to be seen at the feeders, fail to arrive at all during the designated hour. For example, this year a goldfinch, tree sparrow, magpie or crow, which are usually common visitors, failed to put in an appearance and it is difficult to be strictly accurate and resist the temptation to include the ones that can usually be observed. (I can assure you that I have however always managed to do so!!)

The RSPB wish to be informed even if not a single bird is observed during the hour since this information helps to collate the national picture.

My tally for 2025 is as follows! – 1 blackbird, 4 blue tits, 3 chaffinch, 1 coal tit, 2 dunnock, 2 great tits, 2 robins, 2 nuthatch and 1 jay which makes a pretty average year.

I will send this list off to the RSPB and await with interest the national results which are due to be published in July. They will name the most commonly seen type of birds and give the percentage trends up or down for each species.

Meanwhile we are so fortunate to live where we can enjoy wildlife by just looking out our windows! Happy bird watching everyone!

Nan Buchan

## Do you have something to share?

Contributions for *The Column* are sought for forthcoming issues. If you have anything you'd like to share – a thought, a poem - it will be gratefully received.

Email to [julieggamble@yahoo.co.uk](mailto:julieggamble@yahoo.co.uk)

## If you need help

Our linkage of 6 churches has some help available for anyone in need.

### Food bank

The minister's benevolent fund offers emergency assistance throughout our linkage areas. If you require assistance, please contact us by email. All emails will be dealt with in the strictest of confidence. People may need other kinds of support and we are also ready to help with that or direct you to others who can

[emergencyfoodbank@standrews-westlinton.org](mailto:emergencyfoodbank@standrews-westlinton.org)

### Pastoral Group

We are a small group of people who are there to offer a listening ear in confidence. We are not professional counsellors but rather sympathetic listeners.

If you know anyone who might appreciate a visit, please do contact our minister [tfoley@churchofscotland.org](mailto:tfoley@churchofscotland.org) or our pastoral group lead Jean Howat [howatjean@gmail.com](mailto:howatjean@gmail.com)

We are not professional counsellors but rather sympathetic listeners.

# Diary notes



## Forthcoming events

**Gaelic Psalm Singing**, Tuesday 4 March 2025, 7.30–9.30pm

**Carlops Cafe**, Thursday 6 March, 2.30-4.30pm

**Gaelic Psalm Singing**, Tuesday 11 March 2025, 7.30–9.30pm

**Man Soup Lunch**, Wednesday 12 March 2025, 12-1.30pm

**Carlops Cafe**, Thursday 13 March, 2.30-4.30pm

**Our Village Talks, Rona Dodds from Quercus Garden Plants**  
Friday 14 March 2025, 7.30pm – 8.30pm

**Gaelic Psalm Singing**, Tuesday 18 March 2025, 7.30–9.30pm

**Carlops Cafe**, Thursday 20 March, 2.30-4.30pm

**Gaelic Psalm Singing**, Tuesday 25 March 2025, 7.30–9.30pm

**Carlops Cafe**, Thursday 27 March, 2.30-4.30pm

**Coffee drop-in**, Saturday 29 March 2025, 10.30am-12noon

**Gaelic Psalm Singing**, Tuesday 1 April 2025, 7.30–9.30pm

**Carlops Cafe**, Thursday 3 April, 2.30-4.30pm

**Gaelic Psalm Singing**, Tuesday 8 April 2025, 7.30–9.30pm

**Soup Lunch**, Wednesday 9 April 2025, 12.30-2pm

**Carlops Cafe**, Thursday 10 April, 2.30-4.30pm

**Our Village Talks, Colin Third and colleagues from Garvald West Linton on**  
**“The Philosophy of Rudolf Steiner”**  
Friday 11 April 2025, 7.30pm – 8.30pm

**Gaelic Psalm Singing**, Tuesday 15 April 2025, 7.30–9.30pm

**Carlops Cafe**, Thursday 17 April, 2.30-4.30pm

**Easter Breakfast**, Sunday 20 April, 9am-10am in the Village Hall

**Gaelic Psalm Singing**, Tuesday 22 April 2025, 7.30–9.30pm

**Carlops Cafe**, Thursday 24 April, 2.30-4.30pm

**Coffee drop-in**, Saturday 26 April 2025, 10.30am-12noon

**Gaelic Psalm Singing**, Tuesday 29 April 2025, 7.30–9.30pm

## Contacts

**Minister: Rev Dr Tony Foley**

Telephone 01968 660 221

Mobile 07793 294 000

Email [tfoley@churchofscotland.org.uk](mailto:tfoley@churchofscotland.org.uk)

**Church Administrator: Kate Whalley**

Telephone 01968 733 112

Email [kate@westlinton.com](mailto:kate@westlinton.com)

Office - Friday 9.30 am – 12.30pm

Old Church Hall - Friday 2.00 – 4.00pm

**Christian Aid: Mary Levison**

Telephone 01968 674 566

Email [marylevison@btinternet.com](mailto:marylevison@btinternet.com)

**Church bookings: Sheena Livingstone**

Telephone 01968 661 282

Email [sheena@deanfoot.onmicrosoft.com](mailto:sheena@deanfoot.onmicrosoft.com)

**Coffee drop-in and Carlops Cafe: Mary Levison**

Telephone 01968 674 566

Email [marylevison@btinternet.com](mailto:marylevison@btinternet.com)

**Eco Group: Anna Woolverton**

Telephone 01968 660 382

Email [annapye@btinternet.com](mailto:annapye@btinternet.com)

**Flowers: Hilary Watt**

Telephone 01899 221 100

Email [hilarywatt9lf@btinternet.com](mailto:hilarywatt9lf@btinternet.com)

**Newsletter and website: Julie Gamble**

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**Session Clerk and Organist: Murray Campbell**

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Email [d.m.campbell@ed.ac.uk](mailto:d.m.campbell@ed.ac.uk)

**Soup lunch: Nan Buchan**

Telephone 01968 678 352

Email [nan.buchan@hotmail.co.uk](mailto:nan.buchan@hotmail.co.uk)

**Treasurer: Anna Woolverton**



Telephone 01968 660 382

Email [annapye@btinternet.com](mailto:annapye@btinternet.com)

## Material for next issue

To Julie Gamble by Tuesday 25<sup>th</sup> March