



# CARLOPS CHURCH

In the community, for the community

## Newsletter

Volume 19, Number 6; June 2025

### Services, June 2025

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

:  
1 June 10am: Chris Levison  
8 June 10am: Murray Campbell  
15 June 10am: Rev Dr Tony Foley  
22 June 10am: Fiona Burnett  
29 June 10am: Peter Worthington  
6 July 10am: Rev Dr Tony Foley

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

**We promise you a warm welcome**

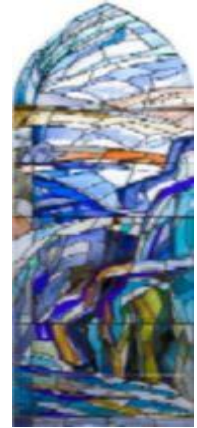
**[www.carlopschurch.org](http://www.carlopschurch.org)**

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

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

# Our Minister

**‘Focus on the GOOD and the GOOD will come into focus.’**



Evil by its very nature is narcissistic. What evil hates is to be ignored. That is why it demands, yea craves our constant attention. It wants us to keep watching. It wants us to believe that ‘it’ is the only thing worth watching. It constantly seeks to dupe us into believing that ‘its’ story is the only story worth listening to. It will seek to entertain or intimidate us just so long as it gets our attention. And once it has that attention it wants us to never look away, to surrender completely to its false narrative, to the lie. To completely forget to look at or to think about what is truly good. In the creation story in the book of *Genesis* we are told, ‘*God saw all that he had made, and it was very good*’. The message of hope contained there is that creation was birthed not in chaos but in goodness.

This is why St Paul urges us in his letter to the *Philippians* [4:8] to be careful to maintain a focus on what is good. He encourages us to do this not as a mindful exercise to help allay our personal anxieties but for our moral well-being. When we deprive narcissistic evil the oxygen of our attention its power to deceive and control is depleted. So much of contemporary culture is marked by an obsessive addiction to virulent forms of narcissism cloaked as entertainment. It has contaminated our personal, social and collective political life. A narcissism that constantly urges ‘click bait’ that rots the soul of the individual and society. It has produced a society so preoccupied with looking at itself it fails to notice the slow rot of its moral conscience. Sadly, all this is nurtured and propagated by the efforts of some of our best and most creative minds.

Our attention, like our mind, is ours until we surrender it to someone else. If we are to survive the onslaught of the social and spiritual toxins of the obsessive ‘self-observed observing mind’ culture that is being nurtured and nourished by a voracious social media industry we must take St Paul’s advice to heart and train our minds, imaginations and creativity to ‘*focus on the good*’. I leave you with some wise counsel from the novelist John Steinbeck

*“What is important to keep in mind about evil is that ultimately it never wins — it never does, it never will. But the awful thing about evil is that it doesn’t die easily. It often simply lies in wait for the new opportunities that the human heart will invariably provide. And so, we must always be on our guard against the human tendency to let evil in.”*

Peace, Tony



## Meteorological Miscellanea

On the fifth day we noted some modest cumulus development over the Wainwrights, but the sky was blue again when we set off on the short walk to the 'Theatre by the Lake' to watch 'Of Mice and Men'. In the warmth of the evening, we wore light attire and Anna wore sandals. Just as we approached a well-placed pedestrian underpass, we felt a drop or two of rain. It was odd because the evening sun was shining brightly. Within moments it was stotting down and within a few more moments it was over, and we emerged bewildered, Anna with wet feet. Just one sharp shower in a week in the mountainous Lake District was remarkable. More remarkable was what followed once we were home.

April was a dry and sunny month. 1.08"/27mm over 10 days made it the 5th driest April in 32 years. April is the driest month of the year on average with 2.46". We enjoyed about 210 hours of sunshine over 28 days. 70.5F/21.4C on the 29th was the third earliest '70' in a year. The Weathermen and Weatherwomen were forecasting high pressure to persist well into May. The driving Jet Stream was to take a diversion via Scandinavia. I scurried to check our longest dry spell - 20 days in March 2003.

Leuchars in Fife, at 38ft/12m above sea level, declared 35 consecutive dry days by the 22nd, but hillier Carlops just needed 21 days for a record. Rain was forecast for the 23rd - the race was on! On the 22nd we just needed the day to stay dry till bedtime. It looked a certainty with 13 hours of sunshine before sunset. We went to Peebles to hear the Budapest Cafe Orchestra at the Eastgate. As we left the theatre there were cries from the filing out audience of "It's been raining", "It's been raining". I cried "Oh no". No record - lost in the last 3 hours. BUT.... the road home was dry by Earlyburn - it had not been raining in Carlops! The southbound cold front had spared us - we had our record!





This month has been fascinating in many ways. By the 17th minimum temperatures averaged 40.2F/4.5C while the maximum temperatures averaged 62.4F/16.9C. A wide range each day. On the 6th there was ground frost at 34F/1.1C. On the 11th we climbed 32 Fahrenheit degrees to 74F/23.3C. We had our share of haar but there hasn't been a day without some sunshine. Our dry spell easily qualified as a "drought" - a second in 1 month and 3 days. Previously it was 8 in 32 years. So, it's back to normal? Five consecutive days with rain now making it wetter than the whole of April already!

*Peter Woolverton, Pyethall, 27 May 2025*

# News



## Malawi update

After discussions and feedback with those who attended the meeting in April Sheena has proposed the following for the project in Makwangwala, Ntcheu District. The plan is widely supported.

- Ensure that the pre-school building, including toilets and kitchen area is completed and fully resourced.
- Look into teacher provision including funding for teacher training.
- Look at skills training and adult literacy training.
- Learning resources will be required for pre-school, primary, adult literacy and skills classes.  
**There is some difficulty finding pre-school resources in Malawi so we will send what we can from here. If you have any books to spare with suitable material, lots of pictures and something a young child in Africa can relate to, please get in touch.**
- We will tell the village leaders roughly how much money will be available, in total, by the end of the year, and ask them to tell us what they would like to use it on. This will help them to prioritise their needs and should encourage them to use their own local resources and any help available from the government, whilst using the money donated from our fundraising to get a foot on which ever ladders they wish to climb.
- A letter will be sent to the Chief of the village with all relevant information.

Additionally, Robert Chibisa the project co-ordinator (this is his home village) has not found a new job yet so we will send him an amount to support him at this time.

Thanks to everyone for your continued engagement with and support for the project.

## Our Village Talks

Monthly talks and a  
chance to chat



### Upcoming talks

#### **Friday 20<sup>th</sup> June, 7.30pm Injury Prevention – is it for me? Thoughts and Tips from an NHS Physiotherapist**

Juliet Gold, Physiotherapist, Edinburgh Royal Infirmary, will provide her thoughts and tips for staying injury free.

#### **Friday 11<sup>th</sup> July, 7.30 pm Garden Design in the Pentlands**

Gill Gold will give a short talk on garden design considerations when establishing a garden at about 1,000ft. in the Scottish Borders.

The evening will include a garden visit and refreshments.

***Please note: the venue for this talk will be Birchbrae, Macbiehill, EH46 7AZ***

**<https://maps.app.goo.gl/imtTK6kVjMciwkj49>**

#### **Friday 8th August, 7.30pm Conservation, Protection & Enhancement**

Andrew Marsden, Chairman, Friends of the Pentlands, will present on the Pentlands Way and the E2 Long Distance Path. Andrew's talk will cover woodlands creation and path maintenance.

#### **Friday 12 September, 7.30pm Butterflies on the Pentlands**

Bob Douglas will talk on butterflies native to Carlops and surroundings, and on the Friends of the Pentlands 'meadow-making' programme.

Raising funds for Malawi (suggested £5 donation per event)

## **Event report – A Village Pharmacy**

We were lucky to host Martin O'Dwyer from West Linton Pharmacy for our talk in May.

He described the challenges faced when operating a rural pharmacy today and covered the history of the role in the village plus his own family's path to West Linton.

We found out about the services offered in the pharmacy, supply chains, NHS payments, deliveries, the impact of international politics on supply and the top 10 medications by prescription and by cost amongst many other things.

There was a lengthy Q&A session, and the audience was extremely appreciative of the time and effort Martin and his team put in to providing the excellent services they do.

Our local pharmacy is a treasure, so please consider using it if you don't already.

## **Gaelic Psalm Singing group – BBC Alba**

The Gaelic Psalm Singing group, which meets on the church on Tuesdays at 7.30 pm, will feature on BBC Alba in the near future. The TV crew attended their session a couple of weeks ago - watch this space for more info on the programme.



# Christian Aid Plant Sale at Carlops Café

**Saturday 31<sup>st</sup> May 10.30am – 12pm**

We will be having a Plant Sale, as we did last year. This will coincide with our monthly coffee drop-in so it's a perfect opportunity to chat and have a browse.

As always, we welcome donations of plants – any shape and size – on the day.

**Plant Sale!**

**PROCEEDS TO**  
**christian aid**

**BRING & BUY**  
**ALL PLANTS WILL BE**  
**GRATEFULLY RECEIVED**

**CARLOPS**  
**CAFE**

**Last Saturday**  
**of month**  
**10:30am-12noon**  
**Carlops Church**

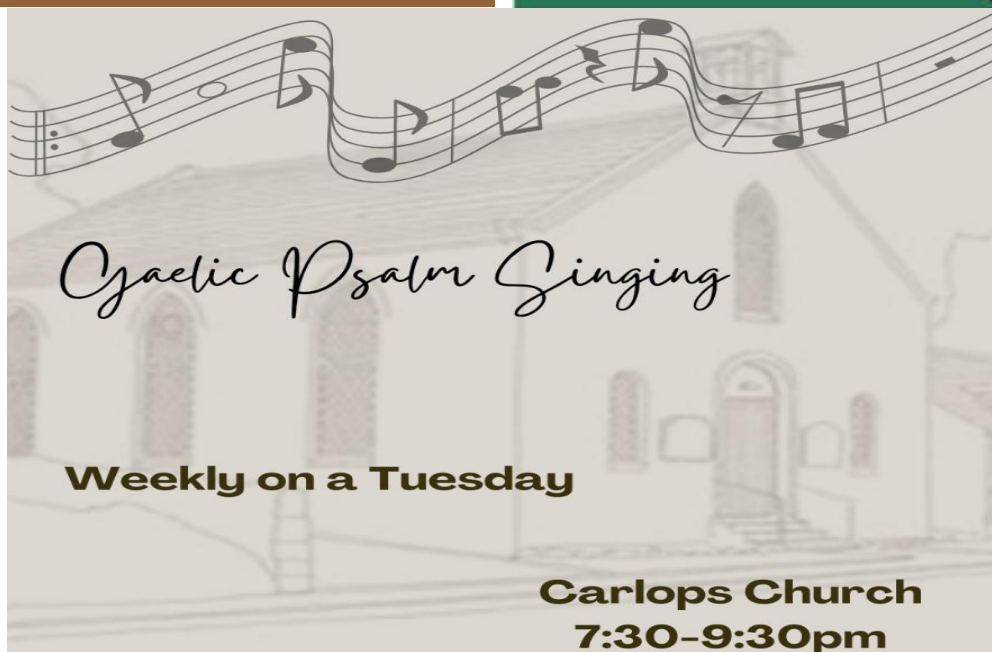
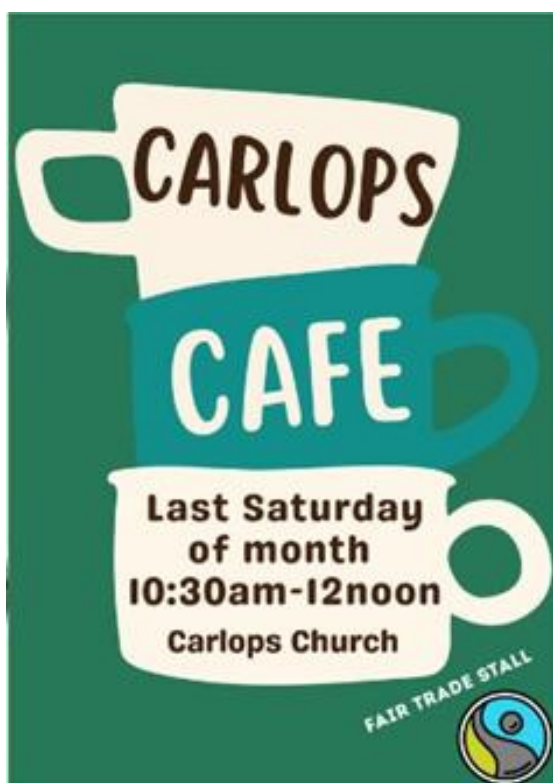
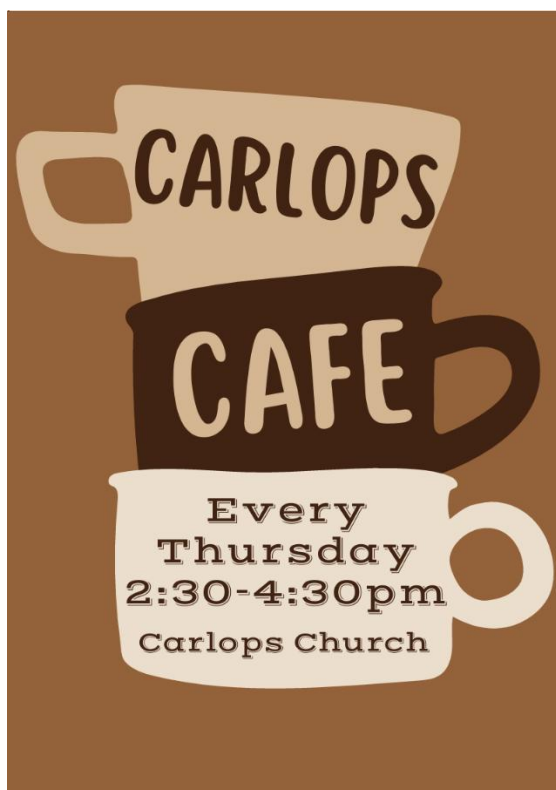
**Saturday**  
**31st May**

**10:30am –**  
**12noon**

**FAIR TRADE STALL**

## Our regular events

Note – soup lunch takes a break from now until the Autumn.



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

## Other events



There will be an open-air Communion service followed by a picnic for the whole West Tweeddale linkage at the site of the old Newlands church on Sunday 29th June at 3pm. Parking will be in the car park opposite the current Newlands Church.

Everyone should bring their own picnic and folding chairs or a rug to sit on.

There will be transport from the church car park across the field to the graveyard for those who need it.

In the event of the weather not co-operating we will take refuge for the service and the picnic in the current church. Everyone is welcome.

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





Community Sister Choirs  
*with International Soloists*

Crescendo

Wednesdays

Serendipity

Saturday 21<sup>st</sup> June  
2025  
7.30pm

Tickets £15  
Supper included

Newlands Centre  
Romano Bridge  
EH 46 7BZ










**Sat 24<sup>th</sup> May 2.30pm**  
**Wed 4<sup>th</sup> June 9.30am**  
**followed by Bite and Blether )**

**Wanderings is a reflective woodland wander; a gathering where all ages can reflect, talk and walk together.**

Meet at the main layby carpark at Broughtonknowe woods. We will be walking about 3km, slowly through the woods on rough, steep, muddy tracks. It is essential folk wear stout boots with good grip and warm, waterproof clothing. There will be some thoughts shared, a Bible verse, time to chat, share and consider as well as some silence and a cuppa.

Under 18s must be accompanied by an adult.

**Meet at what 3 words: certainty.questions.flown**  
**OS grid ref: NT103391**  **#Wanderings - Scotland**



# The Column

## The Magic of Sleep

*We are such stuff*

*As dreams are made on, and our little life*

*Is rounded with a sleep.*

**The Tempest (4.1.168-170)**

We all know the wonders of a good night's sleep. We feel full of energy and all those troublesome tasks and to-do lists suddenly seem manageable. We feel more confident and ready to enjoy the day.

Most of us know many ways in which we can help ourselves sleep - we avoid caffeine late at night and keep our bedrooms rooms cool and dark. If you have children, you will be well aware that it is best to avoid screen time before bed and that lots of exercise during the day will bode well for bed time. A warm bath raises our core temperature and there is something so reassuring about a comfortable bed and pillows.

But even with all this knowledge, sleep remains something of a mystery. It is now widely accepted that good sleep is preventative for many illnesses and medical conditions, and even curbs over-eating. As scientists learn more about sleep's secrets, so we discover more ways to sleep well. Here are four simple and less known tips to improve your sleep: -

### **1. Let in the light**

Try to get a good dose of daylight early in the day. Light is measured in lumens - while a 100-watt incandescent bulb might produce around 1,600 lumens, direct sunlight can reach 100,000 lumens or even higher. Our bodies follow a natural rhythm – our *circadian* rhythm – linked to light and dark. Exposure to bright morning light helps set our internal clock, making us feel more awake by day and sleepier by night. How wise of the people of Carlops to turn down the offer of streetlights and allow the nights to be truly dark.

## **2. Don't start enjoying night-time wakefulness**

We sleep in big cycles, plunging down to deep sleep and rising back up to periods of wakefulness during the night. If you wake during the night, try not to turn it into a habit or reward it with anything too enjoyable. Experts suggests lulling yourself back to sleep by counting backwards from 1,000. This was a bit too boring for me, so I relive favourite walks in minute detail. I used to have a recording of Stephen Fry recounting a journey through the lavender fields of Provence .... I never found out the end of the story.

## **3. Remember the old adage 'sleep on it'**

If you have a worry that is keeping you up at night, try setting it aside until the morning. It seems that one of the miraculous qualities of sleep is that it allows the brain to process difficult thoughts and emotions. Last night I was fretting about writing this article - and this morning it is a pleasure to put thoughts into words.

## **4. Give sleep the time it deserves**

You will be repaid many times over. Adults are recommended eight hours sleep a night yet many of us routinely get six hours or even less. Remember to allow time for winding down by listening to music or reading. There are now devices that track how long you sleep, but the real measure is waking up feeling good and ready for the day ahead.

Sweet slumbers!

*Sophie Pilgrim*

## **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, a good-spirited rant - 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

Saturday 31 May	10.30am -12noon	<b>Plant sale and Coffee drop-in for Christian Aid</b>
Tuesday 3 June	7.30-9.30pm	<b>Gaelic Psalm Singing</b>
Thursday 5 June	2.30-4.30pm	<b>Carlops Cafe</b>
Tuesday 10 June	7.30-9.30pm	<b>Gaelic Psalm Singing</b>
Thursday 12 June	2.30-4.30pm	<b>Carlops Cafe</b>
Tuesday 17 June	7.30-9.30pm	<b>Gaelic Psalm Singing</b>
Thursday 19 June	2.30-4.30pm	<b>Carlops Cafe</b>
Friday 20 June	7.30-8.30pm	<b>Talk <i>Injury Prevention – is it for Me?</i> With Physiotherapist Juliet Gold</b>
Tuesday 24 June	7.30-9.30pm	<b>Gaelic Psalm Singing</b>
Thursday 26 June	2.30-4.30pm	<b>Carlops Cafe</b>
Saturday 28 June	10.30am -12noon	<b>Coffee drop-in</b>
Tuesday 1 July	7.30-9.30pm	<b>Gaelic Psalm Singing</b>
Thursday 3 July	2.30-4.30pm	<b>Carlops Cafe</b>
Tuesday 8 July	7.30-9.30pm	<b>Gaelic Psalm Singing</b>
Thursday 10 July	2.30-4.30pm	<b>Carlops Cafe</b>
Friday 11 July	7.30-8.30pm	<b>Talk – Garden Design in the Pentlands with Gill Gold</b> (Venue is Birchbrae, Macbiehill, EH46 7AZ)
Tuesday 15 July	7.30-9.30pm	<b>Gaelic Psalm Singing</b>
Thursday 17 July	2.30-4.30pm	<b>Carlops Cafe</b>
Tuesday 22 July	7.30-9.30pm	<b>Gaelic Psalm Singing</b>

Thursday 24 July	2.30-4.30pm	<b>Carlops Cafe</b>
Saturday 26 July	10.30am -12noon	<b>Coffee drop-in</b>
Tuesday 29 July	7.30-9.30pm	<b>Gaelic Psalm Singing</b>
Thursday 31 July	2.30-4.30pm	<b>Carlops Cafe</b>

## 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)

### **Treasurer and Eco Group: Anna Woolverton**

Telephone 01968 660 382

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

### **Flowers: Hilary Watt**

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

### **Newsletter and website: Julie Gamble**

Telephone 01968 661 042

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

### **Session Clerk and Organist: Murray Campbell**

Telephone 01968 660 530

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)

## Material for next issue

To Julie Gamble by Friday 27 June please.