

Parish of Upper Tweeddale

KIRK MATTERS



Easter 2026

CHURCH'S VISION STATEMENT

The vision of the Church of Scotland is to be a Church which seeks to inspire the people of Scotland and beyond with the good news of Jesus Christ through enthusiastic worshipping, witnessing, nurturing and serving communities

UPPER TWEEDDALE WEBSITE

www.uppertweeddale.org.uk Charity No. SC004728

Part of the West Tweeddale Parishes linkage (www.westtweeddale.org.uk)



@parishofuppertweeddale

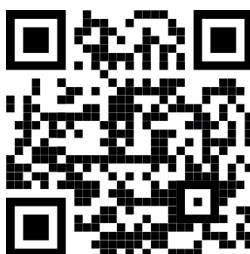
SUNDAY SERVICES

Occasionally we hold joint services for instance for a breakfast church. Advanced notice will be given at church services and on the website and Facebook.

In Broughton Village Hall at 11am

In Tweedsmuir Church at 9.30am

In Skirling Church at 11.30am



**"Support Broughton ,
Skirling and Tweedsmuir
Church of Scotland**



www.stewardship.org.uk
For the Parish of Upper Tweeddale



Front cover picture: Bee on Buddleia

A letter from our Minister

'A lunchtime interrogation'

It was lunchtime. I decided to sit on one of the benches near the village green in West Linton with my Co-op deal meal. There were young families playing on the green that day. A young girl approached and sat on the same bench. Turning to look at me she said, *"I have been talking to my Granny about things and Mummy says I should ask you."* 'Ask me?' I replied. *"Yes, she said the man with the collar might know."* 'What is it you want to ask me?' I replied. *"I want to know how big a soul is?"*



'A soul.' I said. *"Yes, are they all the same size, like really small, like small enough to fit inside my baby sister?"* 'Well,' I said.

But the little one just carried on gesticulating, *"I mean can they grow? Can some be bigger than others? Like, is my Daddy's bigger than my Mummy's?"* 'What great questions,' I said. Alas, the stream continued unabated, *"And can they be broken, you know like the way your arm or leg can sometimes get broken? If they can, where do people go to get their souls fixed? What do you do with a hurt soul? Granny says there are lost souls. How do you do that?"* 'Do what?' I asked. *"Lose your soul, I mean can it fall out of your body, and if it does, how do you get it back in? Is there a place for lost souls? You know, like the lost property room at school? Granny says that your soul is what keeps you alive, but if you lose it how do you stay alive while you are looking for it?"*

Just then the family got up to leave, and the little girl's mother called for her. She looked up at me smiling and said, *"I have to go now, thank you for listening to my questions."* And with a hop, skip and jump she was gone.

What do you think of the little girl's questions? How would you answer them?

Peace, Tony

Schoolhouse Garden Produce

Seasonal, fresh produce boxes available from May All contents are home grown and produced sustainably. Soft fruit, vegetables, eggs honey and preserves. Local delivery available.

For further information to discuss requirements or to reserve a box then please get in touch.

Contact: Mike Thompson Tel :07931 226 363

Email: schoolhousegardenproduce@btinternet.com
Schoolhouse, Skirling by Biggar

Letter of Demittance

Dear Church Family,

It is with deep and sad emotions that I share the news that I will be leaving my position as Minister for the Parishes of West Tweeddale. My last Sunday as your minister will be on the 31/05/2026.

Serving this community of churches has been one of the richest and most profound blessing in my life and ministry. I am and will remain so very grateful for the opportunity you all gave me to be part of your lives as church communities. You are easy people to be with, easy people to minister among, and even easier people to love. I have learned a great deal from you all during my time with you and have really enjoyed the blessing and support of sharing the responsibilities of ministry with all the members of the various Kirk Sessions and of course the members of the Worship Leadership Team. I will take those lessons together with a great many happy memories with me.

I really wanted to say all of this to you in person but because of the logistics of our family of churches, the timing of our services etc that was not possible. It has to be done this way so that everyone gets to hear the news at the same time. There will of course be opportunities in the coming weeks to talk with you in person but for now this is the best I can do.

While I am now moving on to what I hope will be a new chapter in life and ministry I will always cherish my time West Tweeddale and will continue to hold you all in my prayers. During the coming weeks I will of course remain fully committed to ministry here and will do all I can to make this period of transition as smooth as possible.

With gratitude and blessing, Rev Dr. Tony Foley

[Editor's note. A joint service is being planned for Sunday 31st May in St Andrews Church, West Linton. This will give everyone an opportunity to give thanks for Tony's ministry among us and bid him farewell. Please look out for further information nearer the time.]



Taylor's of Biggar

Fresh Dairy Ice Cream, Homemade Tablet and Handmade Chocolates

Available at Cones and Candies,
129 High Street, Biggar,
ML12 6DL
www.conesandcandies.co.uk
01899 220139
@ Taylorsofbiggar

TAYLOR'S of Biggar Dairy Ice Cream

The Church in Broughton

As I write this article, the world seems to be going mad. Battles in the Middle East and the west is in new economic turmoil. Spring is on the horizon and I wonder where we are heading.

I had similar thoughts about where Broughton Church was heading three years ago when it became obvious that the church building was no longer fit for purpose. I could not see any firm direction in which we could go. Just when you think that our maker has disappeared, something changes and the way becomes clearer.



In the last year, I have spent time showing potential buyers around the old church building. Many were just curious and some were interested in it. After several bids and numerous detours, the building has finally been sold. By the time Kirk Matters goes out, completion should have taken place next week. We are not sure how it will be used in the future but it still has a future use.

The church members have now been using the small hall in Broughton every Sunday. It is a warm, welcoming place and the heating bills are substantially less than in the church. It is also much more accessible being in the heart of the village. The way we approach worship has also changed. And once a month we also have Café Church.

The world may be in turmoil but it is still possible to concentrate on doing what you can whether it is helping family, friends or the community. We are living in worrying time but attempting to stay grounded in our community and do what we can, when we can is a hopeful sign. Happy Easter and a hopeful spring.

Alexis Marr

Café Church in Broughton

With Broughton Church now meeting in the Village Hall, we have an opportunity to do things a bit differently and in a more relaxed style. Each week we meet from 10:30 for a cuppa, usually some home baking and a chat. Recently, on the first Sunday each month, we've started a café church which is geared up for all ages. In the past few months, we've played with lego, drawn pictures, made crosses out of reeds and had some good laughs along the way as we explore what it means to be a Christian today. We end up with a simple soup and sandwich lunch. After Easter this is going to change to sandwich and ice cream lunch for the summer.

If this is maybe not what you imagine Church to be but if it sounds interesting, come along and join us, we'd love to see you. Children have space to play during the service, and we offer activities to keep them engaged. And don't worry, they will never be in the way.

Fiona Burnett



11AM

CAFE CHURCH

ALL-AGE WORSHIP
BROUGHTON VILLAGE HALL

FIRST SUNDAY OF THE MONTH
COFFEE FROM 10:30AM
STAY FOR LUNCH AFTER

PARISH OF UPPER TWEEDDALE

A conversation with Arthur Lucas, chair of Broughton Village Hall Committee

How did you come to live in Broughton?

I started off my career in the Bank of Scotland aged 16, later qualifying as a bank accountant and working in Edinburgh for 23 years. After this we moved out to Balerno 'village' to run the local post office for 26 years before retiring to Broughton in 2005. I had a family connection to Broughton as my sister stayed in the cottage at Easter Calzeat before moving into the village. When she died in 2004, we took over the house in the village and have been here ever since.



What was village life like in Balerno?

We had a good going post office and shop which was the centre of the village, and it did everything. In the days before online services, the Post Office offered so many services and was very busy. It was good to be part of a smaller community compared to the bank and was a better environment to bring up our 3 children. Balerno felt very much like a village even though it was on the outskirts of Edinburgh. It had lots of farms surrounding it and the paper mill was the biggest employer. When that finally closed, Balerno became more of a dormitory village for Edinburgh, but it still retained its village feel for a long time, where there remained a sense of community with people helping each other.

Much like Broughton?

I think Broughton does very well. It's got a bit of character about it and an easy place to live. I've got some very good friends here.

Has Broughton changed over the years?

In a positive way it is possibly more organised with the community shop being a focal point in the village. We're far enough out of Edinburgh for it not really to be a commuter place. Sadly, we've lost a lot of our amenities, and the bus service is not so good, but the core of the community is still the surrounding farming community. The ability to be able to work from home has also led to an increasing number and variety of self-employed businesses being set up in the area. That has helped keep a working population in the area. I've also had great pleasure in my involvement with the bowling club, heartened by the increased membership. It's things like this that makes village life what it is.

How did you get involved in the Village Hall?

I was invited by Murdo Elder to come onto the committee and it progressed from there. Whilst saying I've enjoyed being on the committee is maybe too strong a word, I'm very glad to have been involved. It can be quite challenging at times as there are lots of maintenance tasks like fire alarms, heating systems and general maintenance to be addressed. We are very fortunate in that we have a very good committee in place that all contribute in one way or another. But we are always looking for new members to volunteer to keep the hall going.

Why is it important to keep the Village Hall going?

The Village Hall is such a worthwhile community space to have, and we have such good facilities in Broughton. We need to keep them going for the good of the community. Halls run by the Council are a bit under threat at the moment with strained finances, so we need to work to make sure our halls are well supported and managed. There is such a variety of activities that take place each week with opportunities for the community to meet together in the halls. But there are still spaces in the schedule for other activities if people want to start something else up. The local pub initiative is a good example of this. Also, with modern houses being a bit smaller now, the hall is ideal to rent for a one-off family gathering or party. The windfarm money has been a tremendous support in upgrading the facilities in the hall and we are always looking for ways to improve things.

And the Church moving into the Hall?

It seems to work very well. The small hall is an ideal size for it most of the time and there is the option to move into the big hall for larger gatherings such as joint services. It's sad that Broughton Church has had to close but it feels like a good fit to use the hall each week. It's warm, easily accessible, in the heart of the village and manages to give a sizeable contribution to hall finances. We're also hoping to put up the rolls of honour in the front door of the hall. They were in the church and need a wee bit of cleaning and attention first. We are trying to find someone who might help us with this.

And the future?

By improving the facilities, we hope to attract more activities into the hall. We need to improve on our marketing of the place but we now have a good website that will help this. We also need new blood to come onto the committee, with new ideas and to help keep the place up to date. So, if you are interested, get in touch.

Thanks Arthur for all you do as Chair of Broughton Village Hall Committee and also thanks to the other village hall Chairs in Tweedsmuir, Skirling, Stobo and Drumelzier for all they do within their communities.

Fiona Burnett March 2026



Interior & Exterior Painting & Decorating

Spray Painting

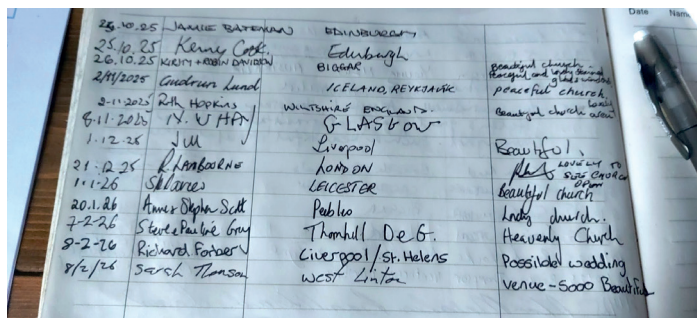
Wallpaper Hanging

Fully Insured

Now at Springwell Brae Broughton,
on 07709323125 and at info@patdecor.co.uk

Does Tweedsmuir Kirk Matter?

When asked to submit something from Tweedsmuir for Kirk Matters March edition – the heading Does Tweedsmuir Kirk Matter? jumped into my head. Tweedsmuir Kirk is one of the Kirks deemed for closure – unless we, the community, can make a good case for an appeal against the decision of Presbytery and Church of Scotland to close and sell Tweedsmuir Kirk just like Broughton Church!

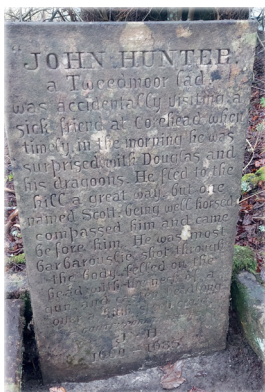


We can boast a full kirk at our candle lit service, our visitors book is evidence of visitors using our Kirk out with Sunday services. We have members, adherents and volunteers representing a good percentage of Tweedsmuir Community and the West Tweeddale Leaders team support us in regular services keeping the Kirk open and welcoming to all who visit. The War memorial is within the Kirk and we can boast that we have a covenanters' grave as well as many war and local graves. Most of Tweedsmuir children have grown up being part of our Kirk, the younger generations are proud of our Kirk and read in the Christmas Eve service. and when Ross White volunteered to clean the Kirk as part of his Duke of Edinburgh award - the offer was eagerly accepted. Ross had to deal with seasonal pine needles, brass polishing and candle wax.

So, what can we do to keep Tweedsmuir Kirk open? Can we use the Kirk for other events? Tweedsmuir Kirk is planning a conventicle to celebrate our Martyr – covenanter John Hunter who is buried in Tweedsmuir – is this the future? holding services outside on a hill??? Would the community be interested in attending history information events? Storytelling? Singing? (we have very good acoustics), weddings? Christenings?

If you would like to support the appeal to keep Tweedsmuir Kirk open – please let me know and any ideas are very welcome. Meanwhile - the Kirk is open daily, why not visit and see for yourself why we feel our Kirk is worth saving and maybe send up a prayer... remember to sign the visitors book.

Christine Parker - Aparkerpolmood@gmail.com



A Celebration of Pentecost

Sunday 24th May 2026. Manse Garden, West Linton

The festival of Pentecost, or Whitsun as it is sometimes called happens 50 days after Easter and celebrates the beginnings of the Christian Church. It's the church's birthday if you like and unlike Christmas and Easter, is not really celebrated outside the church. This year though, West Tweeddale Parishes want to change all this around and invite you to an afternoon of fun, activities and entertainment to celebrate Pentecost.

We are inviting all the organisations throughout the parishes which have a link with the church, big or small to set up a stall or activity promoting their organisation. This will include, amongst other things, games, activities, storytelling, music etc. It's a way of highlighting how the Church and organisations work together to make our community thrive. It's also giving an opportunity for these organisations to advertise what they are doing and attract more people to join them. There will be refreshments on sale, birthday cake to hand out, (after all it is the birthday of the church!), and there might be a treasure hunt or two to take part in. We'd like to end the afternoon in praise of God for the joy of Pentecost, so we'll have an open-air Songs of Praise.

Look out for posters, save the date and come along on Sunday afternoon, 24th May to the manse garden in West Linton (across the road from St. Andrew's Church) for a fun packed afternoon. And if you are interested in having a stall or helping on the day, please contact Fiona Burnett (fiona@glenholm.co.uk, Tel 07944 196234) for more details.

NOW OPEN
7 days - 10 till 4.30



• TWEEDSMUIR •

wee crook café

Breakfast • Light Lunches • Home Baking • Hot & Cold Drinks

Tweedsmuir, ML12 6QN | mjcatering.twc@gmail.com

Praying for Upper Tweeddale - The Gospel of Thomas

Our prayer group has been focusing on Julian of Norwich' Revelation of Divine Love for the past year or so. We are almost at the end of this and from May onwards have decided to focus on the Gospel of Thomas. This document was discovered in the last century amongst documents buried in the desert at Nag Hammadi. It consists of just over 100 sayings that are attributed to Jesus (Yeshua in the text). Scholars now believe that it was written earlier than any of the books included in the Bible, and possibly even written whilst Jesus was still alive, or at least very shortly after his death and resurrection.



The books that were to be included in the New Testament were agreed on by the end of the 4th Century and any documents that were not officially included were ordered to be destroyed. The desert monks in Syria and Egypt buried many manuscripts in jars, along the lower banks of the Nile, rather than destroy them and the Gospel of Thomas is one of these long lost documents. It is written in the tradition of wisdom literature found in parts of the Old Testament – a style of writing that would have been familiar to Jesus.

We will use some of these sayings as a focus for contemplative prayer, and for discussion.

We currently meet at 10.00 a.m. on the first and third Monday of each month in the meeting room at the end of Broughton Village Hall. Anyone is welcome to join us. During April we will still be focusing on Julian of Norwich.

Linda Hill

Scott Vehicle Repairs

Service • Repairs • MOT Testing • Tyres & Exhausts
Calor Gas, Coal & Car Wash
The Garage, Broughton

Telephone: 01899 830 240

A Prayer for the Middle East



Whilst putting this Kirk Matters together, our thoughts are very much on what is happening in the Middle East. Sometimes it's good to just pause and tell God how we feel, and what is on our mind. So, I offer this prayer, written by Rt Rev Rosie Frew, Moderator of the General Assembly of the Church of Scotland in the hope that these words might help.

Blessed are the peacemakers, for they will be called children of God.
(Matthew 5:9)

Loving God
We come before you in sorrow
For once again we are a world affected by war
So many lives disrupted
So much destruction
So much needless loss
So much fear and uncertainty
So much grief and pain
Forgive our inability to live at peace

We pray for peace and unity
Not just the cessation of hostilities
And the laying down of the weapons of war
But the costly, just peace
that transforms hearts, structures, and lives

We pray for those in power
For wisdom and courage for world leaders
A willingness to negotiate
For blessed are the peacemakers

We pray for one another
That we would be true to Christ
Who calls us to be peacemakers
Who calls us to pursue justice
Who calls us to love both neighbour and enemy

We pray for safety and security
For residents and visitors across the Middle East
For our church staff and students in the Holy Land

We pray for comfort and compassion
For all those who are grieving
For all those who are afraid

Blessed are the peacemakers,
for they will be called children of God.
In Jesus' name we pray,
Amen.

And a prayer for Unity

Two peoples, one land,
Three faiths, one root,
One earth, one mother,
One sky, one beginning, one future, one destiny,
One broken heart,
One God.

We pray to You:

Grant us a vision of unity.

May we see the many in the one and the one in the many.

May you, Life of All the Worlds, Source of All Amazing Differences

Help us to see clearly.

Guide us gently and firmly toward each other,
Toward peace.

Amen.

Rabbi Sheila Weinberg Jewish Community of Amherst, Massachusetts

Spring in the parishes of West Tweeddale

Look out for updates on noticeboards and websites for the events listed below

MARCH/APRIL

Holy Week Services

Theme – The Beatitudes. Each service will last approximately 30 minutes (except Thursday) and will be a time of prayer, reflection and music.

Monday 30th March Living Openly. Tweedsmuir Kirk 7pm

Tuesday 31st March . Living Purposefully . St Andrews West Linton 7pm

Wednesday 1st April. Living Lovingly. Broughton Village Hall 7pm

Thursday 2nd April. Living Differently. Holy Communion. Newlands Church 7pm

Friday 3rd April. Living in the shadow of the Cross Skirling Church 7pm

Also Tenebrae service. Carlops Church 8pm

Saturday 4th April A gentle Wandering in Glenholm churchyard followed by a cup of tea at Glenholm Cottage. 10:30am

Easter Sunday 5th April

A Joint service in Broughton Village Hall followed by refreshments and "eggtivites" 10am

Bite and Blether

Broughton Village Hall

Wednesday 1st April 10-12 Hot roll, home baking tea/coffee. Suggested donation £5

Films that make you think

Broughton Village Hall

Friday 10th April 7pm

The story of an elderly man's drive across Iowa and Wisconsin on a lawnmower.

Stobo Community Coffee Mornings

Stobo Village Hall

Saturday 11th April 10:30 – 12. £2 donation. All proceeds to Peeblesshire Foodbank

Skirling Lunch Club

Skirling Village Hall

Thursday 9th April From 12-1:30

Soup, roll, traybake and tea/coffee. £3. All welcome

Biggar Singers Concert

St Mary's Hall, Biggar

Saturday 25th April 7:30pm Singing Matthew Coleridge Requiem and a selection of short pieces. Tickets £10 from choir members or from Anne 07748638933.

MAY

Bite and Blether

Broughton Village Hall

Wednesday 6th May 10-12 Hot roll, home baking tea/coffee. Suggested donation £5

Stobo Community Coffee Mornings

Stobo Village Hall

Saturday 9th May 10:30 – 12. £2 donation. All proceeds to Peeblesshire Foodbank

Christian Aid Car Boot sale

Skirling Green

Sunday 10th May from 2pm (but stalls appear from around 12 noon)

Plants, ice-cream, home baking, bargains and of course teas in the Village Hall £8 per car with all proceeds going to Christian Aid (see pg 18 for more details)

Skirling Lunch Club

Skirling Village Hall

Thursday 14th May From 12-1:30

Soup, roll, traybake and tea/coffee. £3. All welcome

A Celebration of Pentecost

Manse Garden, West Linton

Saturday 24th May starting around 2pm See article on pg 9 and look out for posters nearer the time

Farewell Service for Rev Dr Tony Foley

St Andrews Church, West Linton

Sunday 31st May, Time, TBC

JUNE

Bite and Blether

Broughton Village Hall

Wednesday 3rd June 10-12 Hot roll, home baking tea/coffee.

Suggested donation £5

Skirling Lunch Club

Skirling Village Hall

Thursday 11th June From 12-1:30

Soup, roll, traybake and tea/coffee. £3. All welcome

Stobo Community Coffee Mornings

Stobo Village Hall

Saturday 13th June 10:30 – 12. £2 donation.

All proceeds to Peeblesshire Foodbank

Our Lent Studies - The Beatitudes

These eight radical sayings from Matthews Gospel contain both values for living and promises of blessing, they reveal both how Jesus lived his earthly life and his message to his followers on how to be truly happy. During Lent we are asked to re-examine our spiritual lives and in Upper Tweed we have been studying these 'beautiful attitudes' and have learnt how their teaching can cut across the values of our times.

- Blessed are the poor in spirit, for theirs is the Kingdom of heaven.
It is not saying it is good to be poor, rather it is good to acknowledge our needs, to realise we cannot do it all by ourselves, to be interdependent rather than independent.
- Blessed are those who mourn for they will be comforted.
We should be open to the pain and injustice of the world, but without abandoning hope and without compassion fatigue.
- Blessed are the meek for they shall inherit the earth.
Looking for quiet strength not doormats, people who empower others, who find contentment in what they have.
- Blessed are those who hunger and thirst for righteousness for they will be filled.
A longing for the world to be made whole to confront evil and injustice, not advocating self-righteousness.
- Blessed are the merciful for they will receive mercy.
When we care for others we find ourselves cared for, it's not about letting people off the hook for wrongdoing.
- Blessed are the pure in heart for they will see God
We need to be honest about ourselves so that we can become part of the solution not part of the problem
- Blessed are the peacemakers for they will be called children of God.
We need to be constructive not destructive, to respect all people and the earth and its resources, by making peace we are most like God.
- Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.
We need to speak and stand up for what is right, resist the pressure to conform, be willing to be marked out as Christian.

The beatitudes are a challenge to us all especially in a time of conflict when the world seems to be moving in the opposite direction from their teaching. These thoughts are based around our Lent Study Text; Life Attitudes by Robert Warren and Sue Mayfield.

Isobel Hunter

[Editor's note: This year our services for Holy Week are going to be based around the beatitudes, two per night with the service on Friday bringing it all together. Please come and join us for these services as we journey towards the joy of Easter morning]

The Laurel Bank Takeaway

A few weeks ago, the Guild had a visit from one of the staff at the Peeblesshire Foodbank as its speaker. It was good to hear how our donations of food and money were being used but it left us wondering what more we could do to help, especially in a rural community like ours. If you live in a town or city there are lots of services that are set up where people can access help and support, often anonymously. It's a bit more difficult in villages and small communities. Poverty in rural communities is very often kept hidden, and the sudden loss of income or a large, unexpected bill can have an impact on almost anyone.



After much thought and discussion, we have come up with an idea- and we're calling it the "Laurel Bank Takeaway". If you find yourself in difficulties with no cash and wondering where the next meal is going to come from, please pop into the Laurel Bank during opening hours and ask for a "Laurel Bank Takeaway". You will then be given a mug of soup and a filled roll to take away. No questions will be asked, no judgements made, just a simple gift given.

The Guild, through money raised throughout the community and at such events as the hamper raffle at the annual craft fair, will pick up the tab. We have no idea what the take up will be or if indeed it is a service that will be used but we offer it freely and without conditions. We will run with it for a year and review it next Spring. So, please pass on the message to anyone who might be interested and remember, the thing to ask for at the Laurel Bank tearoom is a "Laurel Bank Takeaway"

Fiona Burnett

J. B. HAMILTON & SON **Butcher • Poulterer**

17 High Street, Biggar. Telephone: 220013

Award Winning Steak Pies & Haggis

Specialists in Steak Pies, Mince, Pies & Sausage Rolls.

All own baking

**Home-made Sausages & Burgers
Finest Quality Beef, Lamb & Pork**

When counting sheep just doesn't work

Maybe it's the age I'm getting to, or what is going on in the world at the moment but waking up in the middle of the night and finding it difficult to get to sleep is becoming a common problem. I was therefore very interested when on one such occasion I read an article about Cognitive shuffling.

Cognitive shuffling is a form of mental distraction which involves thinking about random, emotionally neutral words or images rather than all the thoughts and worries keeping you awake. It's a simple technique



1) Take a word, like flower. It needs to be a something that is neutral and doesn't get your worried or excited.

2) Then in your mind visualise all the words that you can think of that begin with the first letter, eg ferret, fox, flour, floor). Try to spend five seconds on each word, visualising each one as clearly as you can.

3) When you run out of words, go onto the next letter and so on until you fall asleep. And that's it. If you get to the end of your word, just choose another and keep going.

Like most things. It doesn't work all the time or for everyone. Sometimes I get distracted by some word that takes me off to other thoughts and if this happens, don't worry, choose another letter and try again.

And the science behind it all? The technique was developed by Dr. Luc Beaudoin, a cognitive scientist and an adjunct professor at Simon Fraser University, British Columbia. While struggling with Sunday-night insomnia as a graduate, Beaudoin became fascinated by the mental states involved in falling asleep. Could a technique be designed to deliberately mimic the mental drift into sleep?

Beaudoin's theory suggests that the brain struggles to fall asleep when it's engaged in structured, goal-oriented thinking, like worrying or planning, as this signals alertness and activates mental arousal. To fall asleep, the brain needs to disengage from coherent thought and shift toward random, emotionally neutral, and non-goal-directed mental activity. By forcing the brain to think of random images, you break the cycle and allow it to go to sleep.

All I can say is, I tried it and it works, and a lot easier to do than trying to count those blessed sheep who always seem to run away.

Fiona Burnett



WELLY WANDERS

10.30am
Third Friday of the month
(usually)

Broughtonknowe Woods

Welly Wanders meet once a month for a fun, woodland journey exploring how we can connect life and faith in the forest. If you're a pre-school child and you'd like to join us, bring an adult and a snack and meet us at the main layby car park at Broughtonknowe woods 10.30am 3rd Friday of the month (usually), we aim to be back to the cars by noon. It is essential folk wear suitable boots with good grip and weather appropriate, waterproof clothing. Some of our routes are "off-road" and buggies would struggle; baby carriers and wellies are best! For more information search Wanderings-Scotland on Facebook. You can also keep up to date by signing up for our mailings here <http://eepurl.com/iMttSs>



Sat 28 Mar 2.30pm
Sat 4 Apr 10.30am -
prayer walk at Glenholm graveyard
Sat 25 Apr 2.30pm
Wed 6 May 10am -
accessible Wandering at Glenholm
Sat 30 May 2.30pm
Thurs 11 June 10.30am
Sat 27 June 2.30pm
Wed 1 July 10am -
accessible Wandering at Glenholm
Sat 25 July 2.30pm
Thurs 13 Aug 10.30am
Sat 29 Aug 2.30pm

Wanderings is a reflective woodland wander; a gathering where everyone is welcome to come and reflect, talk and walk together.

Meet at the main layby carpark at Broughtonknowe woods (or Glenholm). 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. For up to date info or to contact us visit our Facebook page.

Under 18s must be accompanied by an adult.

Meet at what 3 words: [certainty.questions.flown](https://www.facebook.com/wanderings-scotland)
OS grid ref: NT103391  #Wanderings - Scotland

Christian Aid Annual Review 2024-25

"Our Year of Impact"

You can read the full report on the CA website but here are the edited highlights: Last year, as CA marked its 80th year, it's time to reflect on what truly sustains our life-changing and life-saving work to end poverty. It was a turbulent year, marked by the scale and intensity of emergencies around the world, and dramatic cuts in official aid funding.

The answer is simple – DONORS, like YOU! This partnership between you, CA and the communities they serve is what keeps hope alive. Please don't underestimate the phenomenal difference your donations make. Time and again, CA hears from communities that it's not only the practical help they value. What they treasure most is knowing they aren't forgotten – that you love them, pray for them and speak up for them. That knowledge gives them real HOPE because it shows that compassion travels across borders.

Every page of the review celebrates the power of ordinary people – supporters like you who believe that change is possible, even in the hardest times.

CA's work has always been powered by FAITH – a shared belief that every family deserves to live in hope and dignity. Whether you give, act or pray, you are part of a movement changing lives for good and helping to end the injustice of extreme poverty.



Statistics – number crunching

Total income raised was £71.1m, of which £52.2m came from supporters in the UK. CA Week alone generated £5.2m.

£77m was spent:

£32.9m was used for humanitarian emergencies which met the immediate needs of 8 million people.

4.1m people were directly engaged, 57% of whom were women and girls. A further 12.4m were reached indirectly.

6486 churches supported CA (Scotland 766, England 5126 and Wales 594).

463 projects were funded in 28 countries in Africa, Asia, Europe, the Middle East, Latin America and the Caribbean.

70 groups of UK CA supporters spoke face to face with their MPs about global policy.

CA website can be found at: www.christianaid.org.uk

Note for your diary: Christian Aid Week 10-16 May 2026

Robert Higgins, CA chair



Holy Week Pilgrimage Around the Churches of West Tweeddale

Sunday 29th March - services throughout West Tweeddale at the normal times

Monday 30th March - Tweedsmuir Kirk (7pm)

Tuesday 31st March - St. Andrew's, West Linton (7pm)

Wednesday 1st April - Broughton Village Hall (7pm)

Thursday 2nd April - Communion in Newlands Kirk (7pm)

Friday 3rd April - Skirling Church (7pm) followed by Tennebrae Service in Carlops Kirk (8pm)

Saturday 4th April - Wander at Glenholm Cemetery at 10.30am followed with refreshments

Sunday 5th April - joint Easter Sunday service for Upper Tweeddale in Broughton Village Hall at 10am; services in Carlops, Newlands and St. Andrew's West Linton at the normal times.

Learning and sharing

Shrove Sunday for our united congregations was special as we enjoyed pancakes with all the toppings and a visit from Helen Fisher and Donna from Edinburgh Northwest Church. This was an opportunity to learn more about the church we have been gifting to at Christmas for over 30 years.



Who is Edinburgh Northwest?

Over 30 years ago Upper Tweeddale twinned with The Old Kirk of Edinburgh in Pilton, then they were united with Pennywell church in Muirhouse and then, very recently, there was a union with the church in Cramond, hence Edinburgh Northwest. Looking at the map, this creates a huge parish stretching from the edge of Granton to the far reaches of new housing in Cammo. It is both extensive and diverse combining housing schemes qualifying for priority area status with new suburbs and old established areas of large homes. The union with Cramond is not a get out of jail card to Muirhouse. As a priority area they would have qualified for multiple ministers but now there is just one minister for the whole charge. Giving per head is actually higher in the old Muirhouse area. Those big houses may mean people are asset rich but carry big mortgages! Quite apart from change brought by the recent union, the area has seen 1500 social houses removed and only 150 rebuilt. The replacement private rentals and “affordable” housing leaves families with little disposable income.

How important is our gifting at Christmas?

Our gifts, along with those from Greenbank church which was twinned with Muirhouse when we were linked with Old Kirk in Pilton, are vital. They provide Christmas presents for children who would otherwise get very little, and for parents, a nice bubble bath for mum, or a pair of gloves for dad, as they are often the ones who go without. Big store gift tokens are sometimes given out with a bus pass so that families can choose for themselves what to buy. This recognises that people should be able to make their own choices and that overstretching at Christmas can leave families short in January. Some may be given as birthday presents during the year, the church works with the primary school to identify those children who might otherwise miss out. Often parents just don’t have enough for Christmas as they are too busy just keeping up with everyday school stuff. The primary school has now restricted clothing to black and white so some of the pressure to keep up has gone which helps.

Different languages and cultures

They have seen, as you would expect, Eastern Europeans and Africans in reasonable numbers in their parish but also at times Chinese and Spanish. They have 8 Nigerian families involved in the church but luckily with good English. The 2011 census shows 15% of households in the parish speak a language other than English at home compared with Scotland’s average of 7%, and that figure must be

way out of date. The same figure for Upper Tweeddale was 3%. There is clearly a lot of complexity in dealing with these kinds of demographic with one minister.

In what other ways can we help?

Helen was keen that we come and visit, learn about their church, learn not to be afraid of visiting a housing scheme: help to dispel the bad reputation that areas such as Pilton and Muirhouse are given; help to dispel the myths about poverty that those of us living comfortable lives often prefer to accept— that people don’t want to work, that benefits are widely abused, or that hardship is simply poor money management. The evidence tells a different story. Only a small proportion of welfare spending is lost to fraud, far less than many assume. Most children growing up in poverty live in households where someone is working. Living on a low income requires careful budgeting, and even then, small, unexpected costs can tip a family into crisis. Poverty is rarely about laziness or dishonesty; far more often it is about low wages, insecure work, rising housing costs and the daily strain of making ends meet

Earlier we enjoyed pancakes with every topping imaginable, but listening to Helen we were reminded of how easily we take abundance for granted. For many families in Edinburgh Northwest, there is no sense of “extra” at Christmas or at any other time of year — only careful planning and quiet sacrifice. Our twinning is not about rescuing anyone from a distance, but about friendship, understanding and walking alongside one another. In sharing what we have, and in learning from one another, we will discover that generosity flows both ways.

Upper Tweeddale Services

Date	Broughton (11.00)	Tweedsmuir (9.30)	Skirling (11.30)
5 Apr	Easter Sunday Service in Broughton Hall at 10am followed by Bacon Rolls, Hot Cross Buns and Easter Eggs (led by Peter Worthington and Fiona Burnett)		
12 Apr	Rev. Chris Levison	Rev. Chris Levison	Rev. Tony Foley
19 Apr	Rev. Tony Foley	Rev. Tony Foley	Rev. David Bartholomew
26 Apr	Colin Herd	Colin Herd	Steven Whalley
3 May	Café Church	Fiona Burnett	Rev. Tony Foley
10 May	Rev. Tony Foley	Rev. Tony Foley	Fiona Burnett
17 May	Peter Worthington	Peter Worthington	David Henderson-Howat
24 May	Rev. Tony Foley	Ann Dawson	Linda Hill
31 May	Joint Service in St. Andrew’s, West Linton led by Rev. Tony Foley (time to be confirmed)		
7 Jun	Café Church	Fiona Burnett	Julian Birchall
14 Jun	Isobel Hunter	Isobel Hunter	Fiona Burnett
21 Jun	Julian Birchall	Julian Birchall	Peter Worthington
28 Jun	Peter Worthington	Peter Worthington	Murray Campbell
5 Jul	Café Church	Fiona Burnett	Isobel Hunter

Pastoral Update

Baptism

We are delighted to welcome into the Church family of Upper Tweeddale

Finlay James Warnock

Born 1st of March 2024 to Alan and Emma Warnock

A brother for Lucy and Andrew

Baptised in Skirling Kirk before family and friends

By Rev Dr Tony Foley on the 1st of March 2026



Deaths

We offer deepest sympathy to the families assuring them of our prayers.

Elizabeth (Betty) Eastland died on the 9th of December 2025 aged 97 years.

Rev Dr Tony Foley led a house service followed by an interment in Skirling Churchyard on the 18th of December.

Betty Eastland was a lifelong resident of Skirling whose involvement with Skirling Kirk and Upper Tweeddale included serving as an elder, a treasurer, a session clerk, a presbytery and guild member and a Christian Aid organiser. Many in the community have warm memories of her service to the church and of Gladstone and Core the drapers shop in Biggar where she had worked latterly with her sister Jessie. The sisters were caring neighbours to families **over the years and were always ready to accept change within their local church with a gentle smile.**



Rev William Buchan died on the 18th of December 2025 aged 89 years.

Rev Dr Tony Foley, his daughter Iona Goldie and family led a memorial service in Biggar Kirk on the 10th January 2026.

Bill had been first ordained as a Methodist minister in 1958, then spent years as a Personnel Manager in industry. On transferring to the Church of Scotland he assisted at Dunblane cathedral before being called to serve 15 years as minister of Kilwinning Abbey. His retirement was filled with looking after churches in Perthshire for 13 years and around Biggar since he arrived in 2018.

Rev Bill had not been a worshipper in Skirling Kirk for long but his warmth and openness very quickly made him a vital member of the church family. He was always willing to participate and on the 30th November 2025 - St Andrew's Day – read the lesson from a Scots translation of the Bible and wearing his tartan trews. Bill was never heard to say a bad word about anyone, a true exemplar of his Christian faith.



PARISH OF UPPER TWEEDDALE

Minister

Rev Dr Tony Foley

The Manse, West Linton EH46 7EW

Email tfoley@churchofscotland.org.uk

Tel. 01968 660 221 Mob. 07793 294000

Church Office

Old Church Hall, West Linton EH46 7EW

Email. kate@westlinton.com

Tel. 01968 733112

Session Clerk

Mrs Isobel Hunter

Firknowe, Skirling. ML12 6HD

Email. isobel@skirlinghouse.com Tel. 01899 860274

Treasurer

Dr Peter Worthington

Calzeat House, Broughton ML12 6HQ

Email. peterworthington@me.com Tel. 07796 694214

Contact – Broughton Church

Mrs Alexis Marr

3 Woodilee, Broughton. ML12 6GB

Email. alexismarr@btinternet.com Tel 01899 830662

Contact – Skirling Church

Mrs Isobel Hunter

Contact – Tweedsmuir Church

Mrs Christine Parker

Email. parkerpolmood@gmail.com Tel. 07543 605507

Contact – Kirk Matters

Dr Fiona Burnett, Glenholm Cottage, Broughton, ML12 6JF

email fiona@glenholm.co.uk Tel 07944196234



Email - info@saltiredriveways.co.uk

Mobile – 07737718777

Mobile - 07866595917

Saltire Driveways and Patios

