

West Linton St Andrew's Parish Church

January 2026

Scottish Charity No SC003938

Minister: Rev Dr Tony Foley

Busy is a decision

More than we care to admit so much of our unhappiness lies in our refusal to admit that *'busy is a decision'*.

So much of our *'busyness'* is an attempt to make ourselves bigger, taller, easier to see than those others around us. And yet ironically so much of our *'busyness'* is a convenient way of distracting us from ourselves. In fact, so much of our *'busyness'* is our own self-made obstacle to living the life we have been given. Perhaps that is why we find it so much easier to show up for our obligations than we do *being present* with ourselves and those we love and who love us.

At the start of this New Year, we human beings filled with a new-born New Year's resolve, will as we do every New Year, promise ourselves that we will better ourselves by eradicating our old unhealthy habits and cultivating healthy new ones. Unsurprisingly most of our New Year's resolutions tend to be about bodily health. Rarely are they about a deeper kind of health, the health of heart and mind and souls, all of which determine the quality of our physical health. Our most meaningful contributions to the lives of others flow out of our hearts, minds and yes, our souls. To those that matter to us and to whom we matter *'our presence is infinitely more rewarding than our productivity'*.

This New Year as you set out to make new resolutions for yourself why not take the time to think about how healthy you want your heart, mind and soul to be in 2026. As you do, consider St Paul's advice on how to best care for your heart, mind and soul.

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'Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. PHILIPPIANS 4:8

Peace,

Tony

Church Flowers

Happy New Year everyone.

As the days start to get longer don't forget to look out for signs of the shoots of spring flowers starting to pop through everywhere. Spring is just around the corner!!

Thanks to all who continue to donate to the Flower Fund which allows our beautiful church to be adorned with colour and fragrance; and for flowers to be distributed within our community to give comfort, peace and joy to those who need our support in this way.

I would very much like to take this opportunity to express thanks to the Flower Team. To Jill Green who arranged the flowers in church at the beginning of December and to this year's Christmas Flower Team, Kate Dykes, Fiona Hessey, and Sheila Forsyth, whose time and talents did not go unnoticed over the Christmas period. The church looked absolutely beautiful. Also, to Nancy Porteous who arranges and looks after our much-admired advent wreath. Thanks as always to Kate Dykes who donates the Christmas tree each year and to Elaine Robinson and her grandchildren who decorated it this time. It was lovely to hear so many people comment on how wonderful the church looked.

Our flower arrangers in January, February, March and April will be Ann Lyon, Nancy Porteous and Sheila Forsyth.

Ann

Christmas Church Floodlights

A very special thank you to everyone who has added their name to the list for floodlighting sponsorship. Many contributors have paid already but Michael or me will be glad to receive your pledges when convenient.

Neil Calvert

Christmas Gift Collection

I never cease to be amazed at the generosity of the community when responding to the request for gifts for children. We delivered our carload to the Salvation Army Citadel in Hawick where we were advised by Caroline, the local officer in charge that the demand for gifts exceeded 250 families this year. We also were shown the gifts which had been collected Borders wide and which had been spread out on tables and segregated into boys and girls and by age group. It was a most impressive operation. We received a special thanks for our collection which I am now passing on to you, the congregation. Thank you one and all!

Neil Calvert

Peebles Youth Trust

Helen and Sharon from the Peebles youth Trust thank all at St Andrews who so generously supported this year's hamper appeal.

Hampers were packed and delivered to 122 families, including 225 children all over Peeblesshire.

Grateful thanks were expressed by the families on receipt of the hampers.

Pat Graham

Sunday Club

Thanks to everyone for helping to make our Sunday Club Nativity Service on 7th December such an enjoyable occasion. It was a very happy morning and we are hugely encouraged by the positive feedback from everyone. It was so good to have visiting families joining us too.

In the afternoon of the 21st December the Sunday Club children had their Christmas party and this year we extended an invitation to the boys from the Boys Brigade. Everyone enjoyed party games and party food and it was evident that a good time was had by all. We would like to say a huge thank you to our amazing Sunday Club parents for all their help and support both on the day and indeed throughout the year.

Sunday Club dates are as follows

Sunday 11th January

Sunday 1st February

Sunday 1st March

On Sunday 5th April there will be no Sunday Club because of school holidays, however as it happens to be Easter Sunday that day all our families will be invited to the Easter Service and our Easter Egg Hunt in church that morning.

Happy New Year to you all and our sincere thanks for your continued support and encouragement in our efforts with the children. Your welcome towards them and their families is very much appreciated.

Ann and Kate

Need some emergency help?

These organisations are nearby: Penicuik Food, Facts & Friends

42 John St Penicuik EH26 8AB www.foodfactsfriends.org.uk

Peeblesshire Foodbank, 1 Silverbirch Studios, Cavalry Park, Peebles

EH45 9BU 07413 484174 www.peeblesshire.foodbank.org.uk

Crisis Assistance from the Minister's Barnabas Fund 07943 509906

emergencyfoodbank@standrewswestlinton.org.uk

Guid Blethers

January 14th

Memories of a Trip to India in the 1960's

January 28th

Our Garden Birds—George Stevenson

In the Old Church Hall from 2.00pm to 4.00pm

Followed by Tea, Coffee and Cake

Suggested weekly donation £1.00

All welcome

For further information contact **Helen Dry**



The next Messy Church session is on

Sunday 11 January

The session starts at 4pm promptly in the New Church Hall at West Linton and finishes at 6pm.

All children from babies to P7 are most welcome to come and join in the fun!

We will start with a Bible Story and a song and then the children will do a range of craft activities, followed by a prayer and finish off with a meal together. All children **MUST** be accompanied by an adult.

Please do consider joining us for an afternoon of fun activities and a family meal together.

For more information contact Jean Howat howatjean@gmail.com

Pastoral Group

We are a small group of people who are there to offer a listening ear in confidence. If you know of anyone who might appreciate a visit please do contact our minister The Rev Tony Foley

TFoley@churchofscotland.org.uk or

Jean Howat howatjean@gmail.com

We are not professional counsellors but rather sympathetic listeners.

Sip and Share — Fridays 2pm to 4pm

Cosy Coffee has restarted under a new name. It will now be known as Sip and Share (slightly less posh than Cake and conversation) but the idea is the same.

Entry is completely free, open to everyone (though under 16s must be accompanied by an adult), dogs welcome if well behaved.

Entry is free although donations are welcome.

Got a problem?

Parenting difficulties? Relationship issues? Work problems? Trouble at school/ college? Etc. Whatever the problem - large or small, recent or long-standing - Solution Focussed Brief Therapy can help.

Ask for an appointment at

THE OPEN GATE

Fridays 2pm to 5pm.

Anyone who wants help for their problem is welcome, and will be seen locally and in confidence by arrangement.

PHONE OR TEXT 07535 898 244

The Open Gate uses a counselling approach which is brief, effective and future-orientated, building on your own solutions. All sessions are free and confidential, with no long waiting-list.

Contacts

Minister: Rev Dr Tony Foley

Telephone: 01968 660221 email: tfoley@churchofscotland.org.uk

Mobile: 07793 294000

Linkage Administrator: Kate Whalley

Office: 01968 733112 email: cos1560.tweed@outlook.com

Telephone: 07973 501665 email: kate@westlinton.com

(Most of the time Kate will be working from home therefore use the contact details immediately above)

Joint Session Clerk: Kevin Scott

Telephone: 01968 661744 email: kevin.scott@energrow.co.uk

Joint Session Clerk: Steven Whalley

Telephone: 07525 378187 email: stevenwhalley.westlinton@gmail.com

Treasurer: Michael Knott

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Flowers: Ann Lyon

Telephone: 07702 984185 email: annlyon@live.co.uk

Sip and Share: Kate Whalley Telephone: 07973 501665

Guid Blethers: Helen Dry Telephone: 01968 660506

Baby Brunch: Mary Turnbull Telephone 01968 661737

Boys Brigade: Emma Lyon Telephone
Email: westlintonbb@gmail.com

January			
	West Linton 11.30 am	Carlops 10.00 am	Newlands 10.00 am
4th	Colin Herd	Colin Herd	Rev David Bartholomew
11th	Rev Dr Tony Foley	Rev Dr Tony Foley	Peter Worthington
18th	Peter Worthington	Peter Worthington	Rev Tony Foley
25th	Steven Whalley	Steven Whalley	Rev Chris Levison
1/2	Rev Tony Foley	Rev Tony Foley	Julian Birchall

Door Duties

January

T Hoskins	Choir
M Knott	Main
K Scott	Gallery

February

K Dykes	Choir
P Graham	Main
C Herd	Gallery

Readers

January

4th	Mary Turnbull
11th	Helen dry
18th	Helen Dry
25th	Elaine Robinson

February

1st	Elaine Robinson
8th	Robert Higgins
15th	Robert Higgins
22nd	Christine Leith

Material for the February Newsletter should be submitted to the editor by Monday 26th January 2026. Please include 'Newsletter' in the subject of your email. All submissions should be in MS Word or equivalent. Please do not embed in an email. The February 2026 issue will be available by 1st February 2026.