

INSPIRE

EAST, OLD & INVERARITY
PARISH MAGAZINE



Issue 11: AUTUMN 2026



EAST, OLD and INVERARITY PARISH



Services of Public Worship:

† **INVERARITY: Every Sunday at 9:45am**

† **EAST & OLD, FORFAR: Every Sunday at 11:15am**

Additional service:

† **First Sunday of the month: Breakfast Service
9:30am at East and Old Church**

Minister:

The Rev. Thomas MacGregor

Tel: 07353185017

e-mail: **tmacgregor@churchofscotland.org.uk**

Church website: <https://www.thebigkirk.co.uk/>

Church e-mail: admin@eastoldandinverarityparish.org.uk

Scottish Charity No: SC004921

find us on **facebook**

<https://www.facebook.com/thebigkirk/>

I have been taking a deep dive into the Lord's Prayer in recent Sundays. It is a Prayer that is very familiar to us, perhaps so familiar that we can sometimes say the words without hearing them. Yet beneath its simplicity lies a radical vision of how we might live.

It begins with "Our" — reminding us that faith is never simply about me, but about us. We belong to one another.

It asks for God's kingdom to come and God's will to be done "on earth" — calling us to help create a world shaped by justice, compassion and peace.

We ask for daily bread, recognising our dependence upon one another and upon the gifts of creation.

We ask for forgiveness, while being challenged to forgive others.

And finally, we ask for guidance when life is difficult.

The Lord's Prayer is not simply words to recite. It is an invitation to live differently — with trust, generosity, forgiveness, hope and love.

Our Father which art in heaven,

Hallowed be thy Name.

Thy Kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil:

For thine is the Kingdom, and the power and the glory, for ever.

Amen

Malcolm Rooney

Interim Moderator and Locum Minister

KEEP SMILING

A smile and a cheerful word,
can brighten someone's day,
takes 42 muscles to frown, but only 28 to smile.

Count your joys instead of your woes,
count your friends instead of your foes,
count your courage instead of your fears,
count the laughs instead of your tears.
count your health instead of your wealth,
count on God instead of yourself.

and next time you see someone without a smile,
give them one of yours.

ANON.

Reverend Willie Strachan contributed the following pieces:

"I LOVE THIS ANALOGY:

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

"Because someone bumped into me!!!"

Wrong answer.

You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup is what will spill out.

*Therefore, when life comes along and shakes you (which WILL happen),
whatever is inside you will come out.*

It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?"

When life gets tough, what spills over?

Joy, gratitude, peace and humility?

Anger, bitterness, victim mentality and quitting tendencies?

Life provides the cup, YOU choose how to fill it.

Today, let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, resilience, positivity; and kindness, gentleness and love for others."



"An old story speaks of a group of people. There were different types of people in the group:

- o Old and young*
- o Rich and poor*
- o Christians and non-Christians*
- o University graduates and tradespeople*
- o All different types of people*

They were very concerned with the way of the world: the greed, exploitation, division, war and inequality. The group were told to go and find a clearing in a wood where they would find God, who would tell them who could make the world a better place.

It was a long journey, across many glens and mountains, but the group eventually, after lots of physical and mental effort, made it to the clearing.

But, when they got to the clearing in the wood, there was no king or queen or anyone else there - just a crystal-clear mirror, in which they saw themselves.

They saw their own fears, prejudices, potential and strength. They grew in confidence, wisdom, empathy and love, becoming strong and more able together to change the world around them for the better.

They were no longer dismayed or worried, they had found hope - the fruit of faith in their journey, themselves and goodness itself.

Let's find hope, and God, in, and through, each other."

Art Group

Our Art Group is held in the Social Area at East & Old Church on a Thursday afternoon, with a 1:30pm start time. The weekly cost is £3.

Our numbers are down at the moment so we have capacity to welcome new people along, and if this is something you think you would like to take part in, please make enquiries with Glenda Robertson.



East, Old and Inverarity Parish

The Big Kirk Folk Night

Enjoy a relaxing evening with good company and great local music

7pm - WEDNESDAY 16 SEPTEMBER



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£5 entry (free for musicians)

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We are looking forward to seeing you all for another season of good music and friendship at our regular Folk Nights held in the East & Old Church Sanctuary on the third Wednesday of the month. The first session is Wednesday 16 September starting at 7pm. Please remember it's 'open mic' at these gatherings, so if you can sing a song or play an instrument, come along and you'll be made very welcome.

Alf Birse



In May we read a novel by Mitch Albom entitled 'Twice' a love story about a young boy who was given the gift – of reliving events if he wished to change them. Some were for the better, some not. The moral

here is maybe not to regret events of the past, as any change may not prove better. The story shifts from the present day to the past, which can be confusing at times. We all enjoyed this book, nevertheless. In June we enjoyed 'Dangerous Destiny' by local author Christine Longmuir, who often has a stall at the Forfar Market held in the Campus on the second Saturday of the month. This story is about the Suffrage

movement in Dundee when Churchill was campaigning for election. There is a murder mystery, plus child brutality and a family holding their daughter to ransom because she had a child out of wedlock. A lot in this book, but a happy ending. A good read.

July's book was **'The Figurine'** by Victoria Hislop, a prolific writer of stories set in Greece, Cyprus and Spinalonga, to name a few. This book is about stealing artefacts from archaeological "digs" throughout Greece. The main character is sent to live with her grandparents and inevitably falls in love with a "cad" who is stealing said artefacts. She finds out and gains the help of a legitimate art dealer to reveal the truth. We felt the story was a bit long but gave it a good rating.

Our selection for the next three months: **'Hear No Evil'** by Sarah Smith – a young deaf girl accused of murdering her child; **'Looking for Jane'** by Heather Marshall – adoption of babies in 1970s Canada; **'Diva'** by Daisy Goodwin – a fictionalised version of soprano Maria Callas's life and love affair with Greek shipping billionaire, Aristotle Onassis.

Linda Spence



We've had to make scheduling changes for Autumn/Winter 2026, due to the reduced number of volunteers making soup, sandwiches and serving.

The Café restarted on 19 August in the Social Area at East & Old Church and will continue each **1st and 3rd Wednesday of the month.**

We serve a choice of two delicious homemade soups accompanied by a selection of breads, then tea/coffee and

biscuits. Upcoming dates are: 2 & 16 September; 7 & 21 October; 4 & 18 November and so on – scheduling is advertised on our website calendar and our Facebook page.

Boys Brigade and Girls Association



At the end of last session we had a successful award/parents evening and during our final 2 weeks we had games nights which all the members enjoyed.

Within weeks of discharge, Alistair and Tyler successfully completed their gold Duke of Edinburgh expedition, canoeing the River Tay over four days. Alvin and Alistair enjoyed a week-long camp at Inverbervie with our friends at 30th Dundee; Alvin joined our 1st Carnoustie friends for a weekend at Ladenford.

As we start back for session 2026/27, we would like to thank Betty Lovegrove for all her many years of service to Boys Brigade both as an officer and latterly as captain. Betty has now retired from BBGA and we are hugely thankful and grateful for her time with us.

This leaves us short of officers, so we are looking for more adults to volunteer in this role. Volunteers need to be PVG checked and undertake training, which is available online.

We are also recruiting young people from P1 upwards. We meet on Thursday evenings at 6:15pm during term time.

Anyone interested in volunteering or who has young people looking to join us, should contact us on 2ndForfar@boys-brigade.org.uk

Jenny Lovegrove



- ◆ 22 Market St, Forfar
Tel: 463315
- ◆ 8 The Cross, Forfar
Tel: 462762
- ◆ 9 High St, Kirriemuir

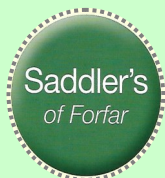
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AUTUMN 2026

Following on from a very successful spring and summer of Guild meetings and events, we are now planning and looking forward to our Autumn session.

Meetings are held in the East & Old Church Social Area at 2pm unless otherwise stated.

- 20 September – 11:15am Guild Dedication Service at East & Old
- 7 October – Opening Social – Alf and Kenny entertaining
- 14 October 7:30pm at Inverarity – Stories of Forfar & Inverarity
- 21 October – to be confirmed
- 4 November – Angus Small Repairs*
- 18 November – At 'All Souls' joint meeting 2pm – Guild Project "Release International"
- 2 December – Christmas Trees (craft)
- 9 December – Christmas Lunch

As always, we would be delighted if anyone would like to come along and join us, either as a member or even as a visitor if any of the speakers interest you. *e.g. Angus Small Repairs is an amazing "not for profit organisation" and of interest to most of us (over 60).

We are looking forward to seeing everyone.



Upcoming FACT meetings at Forfar Community Church starting at 7pm:

- Tuesday 20 October
- Wednesday 20 January 2027



MUSIC CAFÉ

We always enjoy the Monday afternoon Music Café in the East & Old Church Social Area, which welcomes people with early-onset dementia and their carers.

It's a lively singing session, some weeks with keyboard accompaniment and sometimes with recorded music. We sing favourite hymns, songs from shows, old ballads, Scottish or wartime, and provide songbooks with words in easy-read print. Starting at 2pm, then a half-time tea-break to ease the throats, continuing till 3:15pm.

You'll get a warm welcome, a social get-together, a singalong and maybe a dance, with refreshments – come and join in – no charge!

Showing off our hats at a recent Music Cafe





Property Report

There's nothing like a heavy rain shower to force me back into the office and remember to write a note for Inspire and take a wee breather. It's been great harvesting weather this week and unusually being able

to combine from morning till late evening. With GPS steering the combine nowadays, I like to do a bit of nature watching. The startled roe deer with their give-away long lugs sticking out from the wheat – yes, they seem to prefer wheat to barley crops to lie in – or the buzzard with their incredible eyesight diving out of nowhere to catch that field mouse for breakfast.

Over the summer the property work has been quiet, with a few repairs as always. The shop had the biggest drama, with water coming through the ceiling from the flat above and probably provided the majority of small jobs between lights, sockets and the Hoover.

The (mostly) ladies do a great job there for the church. If you've never visited, then take some unused items or go for a browse through their large and varied stock.

The only larger work this time was at Inverarity Hall. The main hall, vestibule and toilets were given a fresh lick of paint and are all looking much better.



Remember that like many of the East & Old rooms, the hall can be offered out for community use to individuals or organisations.

David Pate

**Please remember to turn
your clocks BACK ONE hour on
SUNDAY 25th OCTOBER when
British Summer Time ends**



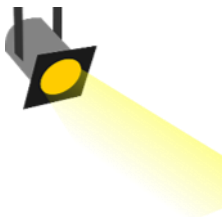
Social Committee Report

On Saturday 8 August, the Social Committee held a very successful and delicious 'Summer Fruits Afternoon Tea'. The guest speaker was Mrs Alison Easson from local business "Hemp it Up" who spoke on the many health benefits of hemp. The sum of £947 was raised for church funds through ticket money, a raffle and a quiz.



Our next event is a 'MacMillan Coffee Morning' which will be held in the Social Area of East & Old Church on Saturday 19 September at 10am. We look forward to your on-going support.

Elizabeth McLeod



SPOTLIGHT ON

My name is Karen Kelly and I was born and brought up in Forfar. My family, on my maternal side the Lowsons, have been involved with this Parish since it was the Old Parish Church and then throughout the various unions.

My husband, Lewis, and I have been married for over 30 years and we have 2 sons, Matthew and John.



Within the church I was invited to join the Congregational Board when the Reverend Graham Norrie was with us. This progressed to becoming an elder in 2012 when asked by the Reverend Barbara Ann Sweetin, proudly alongside my mum, Isobel Archibald. I became Depute Session Clerk in 2021 and now Session Clerk. Alongside these roles, I am also the roll keeper and carry out other tasks within the church.

Outside my church life, I have worked within the care sector for over 20 years, currently as a Social Care Officer at the Deirdre Knight Centre, Forfar Day Care, meeting so many different people and taking part in many different activities which I love. I stepped down last year as District Commissioner for Girlguiding Forfar, Glamis and Kirriemuir after a period of 9½ years and I am a Rainbow and Brownie leader with two of the units in the town, having been a leader for over 30 years with the Brownies, in the same unit as when I joined as a young leader aged 17.

On top of this I am heavily involved with Forfar Athletic Supporters Club, currently holding the role of Secretary. I have been a supporter of the club for over 40 years, seen many ups and downs, but wouldn't be anywhere else on a Saturday afternoon or evening if Forfar are playing at home.



We have a very small team these days and are thankful to Doug Robertson for keeping the planters outside the church looking beautiful.

We would urge you to keep recycling as much as possible.

- paper and card into your blue wheelie bins
- tins, plastic bottles and food trays into the black wheelie bins
- remember that the big local supermarkets can recycle some of the things you would put into the general waste bin, such as crisp packets and plastic food bags.



Don't waste water:



- perhaps spend less time in the shower
- repair dripping taps
- check for silent toilet leaks that can waste hundreds of litres a day
- use 'Eco Modes' on dishwashers and washing machines
- instead of a garden hose, use a watering can or install a water butt

Save power:

- air dry laundry whenever possible;
- switch off appliances at the wall instead of leaving them on standby
- switch off lights in unoccupied rooms
- don't overfill the kettle, boil only what you need
- with colder weather just around the corner, draught-proof/repair gaps around windows and doors to prevent warm air escaping.



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Souper Fridays at Inverarity

The last Souper Friday event before the summer break raised £120.80 for the charity Murton Trust. During the summer months our soup ladles were well rested, but we've now resumed the regular month-end lunches from Friday 28 August with the Scottish Huntington's Association charity being the beneficiary.



Strawberry Cream Tea

Lots of happy faces attended the Guild's annual Strawberry Cream Tea at Inverarity Hall on Thursday, 25 June. Diners of all ages were treated to tea and scones, raising over £500 for Guild funds





During 'Volunteers Week' in June, Susan and Sheila organised a celebration Afternoon Tea in the Social Area in appreciation of the many people who volunteer in the church.



Around 20 attended to enjoy a chat, sausage roll and fancies with tea and coffee. Well done to the ladies for thinking of the helpers and providing the catering – it was very much appreciated!

EAST & OLD CHOIR

The choir have had a break during July and resumed on 20 August for our regular Thursday practice sessions at 2:30pm in the East & Old Church Sanctuary.

We are always on the lookout for people who enjoy singing to join us for a light-hearted go over the worship hymns for each Sunday. The choir also sing at care home services across the town each month when the residents join us in worship, singing the old familiar hymns. Bruce, our organist, choirmaster Bob and the choir will warmly welcome you.

Many thanks to Family Worker Sheila Whitelaw

As a volunteer, and on behalf of the many families who enjoyed the children's clubs at Forfar, Inverarity, and local schools, we are sad to see the end of Sheila's time as Family Worker.

I know many church members, kids and parents will really miss Sheila offering a warm friendly face, as well as advice when needed. Both 'Toddler Time' and the 'Baby & Me' groups were a place where kids could come and play with a huge and ever-changing variety of toys and games. Sheila went out of her way to organise many different events and outings, set up new activities like the Lego Club, always with lovely snacks.

We are grateful for Sheila's commitment, that involved helping a lot of people and doing a lot of work behind the scenes.

Her role also encompassed classroom support with the P1 pupils at Strathmore Primary School and she regularly helped at the after-school Kids Club at Inverarity.

Val Kidd

Transport to Church on Sundays

Another plea - we need several drivers willing to help bring elderly members to and from the church on occasional Sundays.

Please contact Jean Alexander on 07719564782, if this is something that you could help with.



PLEASE NOTE

We regularly take photographs and videos
in all of our buildings.

They can be used in print, on our website
and on social media.

If you are not happy for your image/recording to be used,
please make an elder aware or

contact: admin@eastoldandinverarityparish.org.uk

07897 456655



Looking Ahead.....



Midweek Reflections resume on Facebook
and YouTube on Wednesday 2 September

**MacMillan Coffee Morning in
East & Old Church Social Area at 10am
Saturday 19 September**



**Souper Friday at Inverarity
Friday 25 September**

**Wee Blether restarts
Thursday 8 October**



**Sacrament of Holy Communion
Sunday 25 October at both churches**

**Joint Worship Service Sunday 29 November
at Inverarity Church
(no service at East & Old Church that day)**



East & Old Church Ministry of Flowers

6	SEP	Karen Kelly	25	OCT	Karen Murray
13	"	Jean Alexander	1	NOV	Isabel Farquharson
20	"	Sheena Benvie	8	"	Irene Duthie
27	"	Margaret Forbes	15	"	Marion Birse
4	OCT	Margaret Myles	22	"	Marion Birse
11	"	Joyce Archibald	29	"	NO SERVICE at East & Old Church
18	"	Sheena Benvie	6	DEC	Lorraine Dick

13 December to 3 January (inclusive)

Flower Team - seasonal arrangements

Please pass your donations prior to your chosen Sunday to Catriona Milne, Irene Duthie or pop it in an envelope and hand it to Jennifer at PRIMA Gift Shop which is located next to the church gates.

We are looking for additional volunteers to join our Flower Team - please contact either Irene Duthie or Catriona Milne, if you are able to help with this.

Thank you

CONGREGATIONAL REGISTER

DEATHS

Ann Christie	5 June	< 30 >
Jim Nicol	28 " "	< 28 >
Hilda Greenhill	17 August	< 20 >

BAPTISMS

Mary Jennifer Dobbie - 26 July

Daniel Stephen Black - 23 August



CHURCH MINIBUS

Our Church Minibus is available for hire.
Drivers must have a valid D1 code on
their driving licence.

To make a booking, please contact
Johnny Forbes on 07718244872



~ NEXT ISSUE OF INSPIRE ~

The deadline for submission of articles for the **WINTER** issue:-

5pm on SUNDAY 15 NOVEMBER 2026

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