

ST MARY'S PARISH CHURCH

Scottish Charity No: SC012233



CHRISTMAS 2025

Bulletin No 369



OUR CHURCH FAMILY

-----oOo-----

FUNERALS

"I am the resurrection and the life"

24 October	Mr John Crawford
5 November	Mrs Grace Neill
11 November	Mrs Christine Allan
13 November	Mrs Myra Wilkie

-----oOo-----

NEW MEMBERS

Mr and Mrs J Sparks

-----oOo-----



A Christmas Prayer

God of joy,
remind me to rejoice.
Wrapped up in my Christmas gifts,
tied down in my debts,
I have forgotten.

God of peace,
remind me of your calm.
In my anxiety
and in my haste,
I have forgotten.

God of all,
remind me
of the true light of Christmas,
of your gift shared.

In my own wants
and in my own needs
I have forgotten.
Wrapped up in my little world,
remind me of your world.
God of joy, remind me
to rejoice.

Amen

Linda Jones/CAFOD



November 2025

Dear Friends:

It is a joy to be writing my Pastoral Letter for the Christmas Edition of our Church Bulletin. It's always amazing how fast the year goes around! It seems like no time since I was writing for our Spring and Summer Editions. Along with Summer Holidays, Christmas is my favourite time of year.

As the nights get darker and winter creeps in, Christmas is a beacon of light in the dark and cold of the season. I love it when the Church Christmas Tree is decorated for the first Sunday in Advent [30 November] - our Church Sanctuary always looks and feels even more special and sacred. Our Church Christmas Tree has several thousand lights which twinkle and illuminate the other tree decorations.

During Advent we also light our Advent Candles - one extra each Sunday - the Candles of Hope, Peace, Joy and Love. And then at the Watchnight Service on Christmas Eve, as we move into Christmas Day, the Christ Candle is lit. It is Jesus, the baby of Bethlehem who is the Light of the World and His Light brings Hope, Peace, Joy and Love to all in a world that seeks, craves and needs each of these wonderful qualities. As the Prophet Isaiah proclaimed, 700 years before the birth of Jesus, ***"The people who walked in darkness have seen a great light; those who lived in a land of deep darkness - on them light has shone...For a Child has been born for us, as Son given to us..."*** [Isaiah 9:2 & 6]

May the Light of Jesus, the Light of the World, illuminate your Christmas this year and the New Year ahead.

Here are some Advent and Christmas dates for your diary:

SUNDAY 30 NOVEMBER:
ADVENT COMMUNION & CHURCH ANNIVERSARY

SUNDAY 7 DECEMBER:
CHRISTMAS GIFT SERVICE

SUNDAY 14 DECEMBER:
LESSONS AND CAROLS - WITH OUR CHURCH CHOIRS

SUNDAY 14 DECEMBER [6.30 PM]:
CAROLS BY TORCHLIGHT

SUNDAY 21 DECEMBER:
JUNIOR CHURCH CHRISTMAS NATIVITY

WEDNESDAY 24 DECEMBER [11.15 PM]:
WATCHNIGHT SERVICE

THURSDAY 25 DECEMBER [10.30 AM]:
CHRISTMAS DAY ALL AGE SERVICE

SUNDAY 28 DECEMBER:
END OF YEAR SERVICE

SUNDAY 4 JANUARY:
EPIPHANY SERVICE

You, your family, and friends, are invited to all these very special services.

In the last Church Bulletin, I mention **Annual Action Plans**. Since, that Bulletin - our Presbytery has unfortunately put this process on hold. As **Annual Action Plans** are a requirement under Church Law, however, it is my hope that Presbytery can allow the process to go ahead in the New Year.

When/if it does, our Kirk Session and Teams will work together on this vital piece of work and will produce the best **Action Plan** that we can for St Mary's - in 2026 and each subsequent year ahead.

In the last Church Bulletin, I also mentioned that our Ups and Down's Theatre Group, who are celebrating their 30th Anniversary this year, had won the Daily Record Pride of Scotland Award this Summer. Further to this, Ups and Downs have recently been awarded the Pride of Britain Award and the group visited London for the Televised Ceremony. Some cast Members were on ITV's This Morning and visited 10 Downing Street - meeting and talking with the Prime Minister. To Sean, and all the members and leaders of Ups and Downs, huge congratulations! Rehearsals for the next show have recently started in the Avon Hall on Sunday afternoons. I look forward to the next production!

As Parish Minister, I wish you all well in the weeks and months ahead as we journey though the Christian Year towards Advent, Christmas, New Year and Epiphany.

If you need my help and support at any time, please remember to call me or send an e-mail. [Phone: 07401949831] [E-Mail: bcalder@churchofscotland.org.uk].

God Bless: Bryce

Becoming A Member at St Mary's

If anyone would like to become a Member of St Mary's Parish Church, or find out what this means, please contact Rev Bryce Calder - either by phone or email. Bryce will be happy to help you.

Home Phone: 01692 328665

Mobile: 07401949831

Email: BCalder@churchofscotland.org.uk



The Award-winning Ups and Downs Theatre Group

St Mary's Outreach Team

Support from the congregation drives our work

Christian Aid

There are a couple of upcoming Christian Aid events. The CAST team will be serving tea and coffee after the church services on 16 November and 14 December.

These events provide an opportunity to contribute to Christian Aid Emergency Appeals. Tragically there is no shortage of these at the moment; earthquakes in Afghanistan and Myanmar, and the humanitarian crises in Sudan, Gaza and Ukraine.

Harvest Service

We donated the food collected at the Harvest Service to the Food Bank; we estimate there was in excess of £500 worth of food.

The toiletries collected together with the cash of £237 was donated to the Reach Out Project (the charity that provides meals to people in need in North Motherwell). Thank you to everyone who donated.

Food Bank

Other donations in the last couple of months have taken the support for the Foodbank in this calendar year to £1,930 in cash and an estimated £1,500 of food.

We hope you are able to continue to support this project. As we approach winter increased energy bills will be putting pressure on household finances.

Street Project

The team continue to work closely together to ensure we cover the town centre every week and share experience on who we meet.

So far this year we have used approximately £430 from the Presbytery grant and our own matched funding to provide food and clothing to those in need.

Through the connections made through conversation the team are providing an empathetic listening ear as people share the challenges they face.

Learning from the practical experience of the Glasgow Street Pastors, the team are now equipped to be able to charge up folks' mobile phones, which are an essential way for everyone to keep in touch with family and friends and stay on top of finances.

Wrap Up Lanarkshire

St Mary's members have been supporting the Rotary Club campaign to collect thick, warm, good quality winter coats for distribution via charities helping people in crisis. The collection has now closed and, subject to confirmation, in excess of 150 coats have been collected across the county.

Our Street Project team are able where necessary to distribute jackets collected through the Rotary Club's Wrap Up Lanarkshire campaign.



EVENTS TEAM

The Events Team will be decorating the Church on the 27 November. Anyone wishing to help would be made most welcome. There might even be home baking!

On the 14 December at 6 pm it will be Lessons and Carols - weather permitting - outside in Church grounds then the Y-Zone annual pantomime. There will be soup and a mince pie available at this and it would be lovely to see as many people as possible.

The events team would like to take this opportunity to wish everyone a Merry Christmas and A Happy New Year

Kristeen Kennedy



13TH MOTHERWELL BOYS' BRIGADE
CHRISTMAS COFFEE MORNING
& Christmas Tree Festival

Tea, Coffee, Home Baking, Entertainment, Stalls
Hot Rolls available to purchase

Saturday 6th December 2025, 10-12
St Mary's Parish Church, Avon St, Motherwell

TICKETS £2 AVAILABLE FROM BOYS & OFFICERS



GUILD



Our session began this year with our Opening Social on 6 October. The entertainment was provided by Airdrie and Coatbridge Amateur Operatic Society Concert Party who delighted us with a wide variety of songs. We had a very good attendance on the evening with a number of new members and guests. The evening concluded with a light supper and was thoroughly enjoyed by everyone.

Our Dedication Service on 19 October was well attended by Guild Members. It was a very meaningful service as our Minister spoke to us about our theme - Living Stones. Each Guild member was given a stone from a collection Bryce had and we held them during the prayer.

Our meeting on Monday 20 October was our Theme Night. Our Speaker that evening was Rev Colin Brown from Auchterarder who also spoke to us about Living Stones but it was from a different perspective and the ladies found it enjoyable.

On Monday 3 December we are joining the Men's Fellowship for a Musical Mystery Tour? Leading up to Christmas we have Aileen Brown speaking about the Dalitso Project (Malawi), A Panel Night, Christmas by Candlelight and our Christmas Lunch at the Moorings.

Meetings for 2026 start on Monday 5 January when we can again look forward to some interesting speakers.

Thank you to the committee and all the Guild Members for your support during the session and I would like to take this opportunity to wish you all a peaceful Christmas and New Year.

Myra Philip
Guild President

MEN'S FELLOWSHIP

1965 - 2025

60 Years of Fellowship

The Men's Fellowship has started, with our first meeting being on Monday 6 October. At that meeting, **Bryce Calder** spoke about **Buckhaven, Kirkintilloch and Motherwell**. These are the 3 towns where he has served as Parish Minister. He outlined the ministries that he had in each of these Churches. Sadly the church in Buckhaven is no longer required by the Church of Scotland, and has been sold. At our next meeting, **Stuart Baird**, from the Scottish Roads Archive, spoke about the **construction of the M74 Motorway**, and the challenges faced during the construction. The works involved the realignment and upgrading the old A74. Also the construction of new road sections to link with the upgraded sections. Some of the construction methods used, were pioneering.

On Sunday 26 October the Men's Fellowship celebrated their **60th Anniversary**. This included taking a part in the morning service, followed by a Lunch in the Moorings Hotel. At the lunch, Myra Philip, on behalf of the Guild, presented to the Men's Fellowship, a framed picture setting out in numbers, the last 60 years of the Fellowship (See below)



Celebration Cake



We have 5 more meetings before Christmas. One is a joint meeting with the Guild "**Christmas by Candlelight**" which will be held on Monday 8 December. Reports about the remaining meetings this year, will appear in the next magazine.

Howard Rennie
President

Work Party

By the time you read this short report, we will have completed our labours for another year. There have been no high profile works this year. However there has been a number of small, but essential works undertaken, throughout the church properties, both inside and out. In the early part of the summer, whilst the church house was vacant, we maintained the front and rear gardens of the house. That responsibility has now transferred to the new tenant. It has been another satisfying year, as on your behalf, we continue to maintain and improve the fabric of our church property.

It was with great sadness we recorded the death of our most recent member of the Work Party, Tom Stewart. Tom was enthusiastic in all that he did as part of the Work Party. He was a keen and talented gardener. He was also an excellent tradesman, taking great pride in all that he did at our meetings on a Monday morning.

Howard Rennie

Clare Mackenzie is pictured at St George's Parish Church in Paisley where she gave a talk on the Prayer Shawl Ministry. Clare was invited by the Rev Hazel Shaw to speak to the Guild she has formed since taking up her ministry there.



SAVE THE DATE

AFTERNOON TEA DANCE

Tuesday 24 March 2026

1-3 pm

Avon Hall

We revisit the successful Afternoon Tea Dance organised by Mrs Renee Turner.

An afternoon of dancing, good music and refreshments.



News from the start of the new session...

Our numbers have grown from last year and we now have a very healthy 43 boys on the role in the company section with average attendance in the mid thirties.

We have had an amazing 14 new recruits added to the 10 from last year meaning that over half the company size is in P7 and S1 year groups - great news for the future!

Our first block of our session until Christmas is following our regular programme. Our parade night currently has 2 main sections to it which are then topped and tailed with opening and closing devotions. We have continued with the first part of the night after our opening formalities and devotions where we are focusing on preparations for First Aid, Drill and Bible Knowledge competitions as well as providing an induction programme for the new recruits. For the second half of the night the boys are then split into junior (P7-S3) and senior (S4-S6) age groups for games and activities.

COMPETITIONS - BATTALION & NATIONAL

We are in a busy period for competitions! We have entered the National competitions for Masterteam Quiz and FIFA this year and at the time of writing we have successfully progressed through the first round of the FIFA but are looking forward to the first round of the Masterteam. The Battalion competitions calendar is also in full flow - so far we have achieved 2nd place in the Senior Football 5-a-side and a 1st place in the Swimming Gala.

We have the Junior 5-a-side and Restricted Drill all taking place before Christmas.

PARADES & SERVICES

We are looking forward to being on parade in St Mary's with the other uniformed organisations for Remembrance Sunday.

COFFEE MORNING

Our annual coffee morning will take place on Saturday 6 December and will get everyone in the mood for Christmas with its usual mix of good coffee, home baking, entertainment and good chat among friends! We look forward to welcoming you along.

Our next update will be in the New Year.....have a fantastic festive season from the BB!

Captain Stewart Maxwell

Wednesday Coffee Morning



Coffee, tea, treat and chat from 10 - 12 noon.

We continue to be busy on a Wednesday morning. 17 December will be our last day before the Christmas and New Year holidays. We will start back on 7 January 2026.

A big thank you goes to all who come to serve on a Wednesday morning. We have a team of around 24 who come to serve tea, coffee, and treats, and also bake. We can always find room for more. It is a time for chat and fellowship enjoyed by many in our congregation and beyond.



6th Rainbows

The Rainbows have had a busy start to the session. They have been working hard towards their badges and enjoy playing lots of games and having fun each week. Here are the girls at their recent Halloween party!



6th Guides

This session the girls have been working their way through the Unit Meeting Activity - Express Myself. They have covered tasks that allow them to express their inner and outer feelings - creation of masks. They have shown Creativity, Confidence Building and Performance in a variety of ways.

Glow stick dancing, Body percussion, Paint pouring, clay figures and making shrinky keyrings have all been activities thoroughly enjoyed.

Eating always features in Guide activities and this session they have been working on the Confectionary Badge.

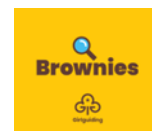
They are also looking forward to going to the Vue Cinema in Hamilton with the Rainbows and Brownies to see Zootropolis 2 at the beginning of December.

6th B Brownies

This year the Monday Brownies went to Gowanpark on Pack Holiday in October. The weather on the Saturday was kind to them as can be seen from the picture below.



6th Brownies



The Brownies started back their new session at the start of September and the fun has not stopped!

Games night is always a firm favourite after the holidays for everyone, including the leaders, to get up to full speed with fitness, fun and laughter! 'Ladders', 'Bear and the Honey Pot', and 'What's the Time Mrs Wolf', and a couple of new games to keep everyone on their toes!

A number of the Girls 'jumped' up to **Guides** and we have welcomed a few **new Brownies**, including a couple of friends of current girls, who came along to a 'Bring Your Friend to Brownies'

evening! The girls are in their new '**Six groups**', the Rabbits, the Foxes, the Hedgehogs and the Squirrels!

We have also **welcomed 2 new Young Leaders, Rebecca** (Badger!) and **Zoe** (Mole!), who are proving to be an excellent addition to the Brownie Pack! They have thrown themselves right in, which can be seen from their photograph from the Halloween party, and have both also started their Young Leaders qualification.



Badge work is also well underway. The **Safety badge** has involved learning emergency numbers, addresses, and the traffic lights game, but by far the most exciting part was a visit to **Motherwell Fire Station**. The girls spent the night with 3 officers learning about fire safety in the home, learning about the appliances, the water rescue team, and much more! They got to try the hose and sit in one of the engines, and had to perform a salute when the Station Captain joined us!



Games Master badge is our 2nd badge for this session, this is a new one! "1, 2, 3, game on!" The Brownies create their own brand new game or try out some old ones to become a games master! We have played team games, board games and the girls have created their own version of 'snakes and ladders'!

Then there was the Halloween Party, a fun night, with some great costumes, although as an old Snowy Owl, I have to say all the costumes are becoming a lot more scary! The girls enjoyed 'dooking for apples', 'donuts on a string', the 'toilet roll mummy game', 'scary pass the parcel' and some food and drinks!



As we enter November, the girls are approaching **Fireworks Night**, where we will be doing some Fireworks Art, toasting marshmallows and trying a small sparkler! We may look to start a new badge and the girls will also attend the **Remembrance Service** in the church.

Thank you for reading, and enjoy a peaceful Christmas when it comes!

Brownies and Leaders of the 6th Motherwell Brownies

Junior Church

Junior Church have had a wonderful start to our first term of 2025! We were especially excited to introduce Bunty, our Prayer Bunny, to the children! Each week, one child has the special opportunity to take her home for the week, bringing her along to their normal activities and sharing their adventures together. It's been such fun hearing what Bunty has been up to each Sunday, and she's been a wonderful reminder to take time for prayer and thankfulness throughout the week.



Over the past few weeks in Junior Church, we've been exploring some amazing Bible stories, including Noah and the Ark, Loaves and Fishes and the Mustard Seed Story to name just a few. These stories have helped us think about faith, trust, and how even small actions can make a big difference. We have many more exciting stories and activities to look forward to in the coming weeks!

Our craft sessions have been a real highlight, with the children loving the chance to create art that brings each Bible story to life. The crafts have helped them engage with the stories in a fun, memorable and hands on way.

Every Sunday is special, but we're especially excited for Sunday 23 November, when we'll be launching our 2025 Nativity! We can't wait to start practices and share this joyful performance with everyone on Sunday 21 December.

We have lots to look forward to in the coming weeks and months. As always, details of upcoming events will be shared with our Junior Church families via our WhatsApp group.

Dates for the Junior Church diary:

23 November	Nativity launch! 4 - 5 pm in church
30 November	Nativity sing a long in the hall 11.00 am - 1.30 pm
7 December	Presents, party and practice! 10.30 am - 12.00 pm
14 December	Nativity sing a long in the hall 11.00 am - 12.00 pm Nativity practice and dinner 3.00 pm - 6.00 pm Candlelight carols in the church grounds 6.30 pm
21 December	Nativity Sunday 9.30 am sing a long in the hall and breakfast!





Wrap Up Lanarkshire

This is the fifth year that St Mary's has been involved in the 'Wrap Up' project, organized by the Rotary Club of Motherwell and Wishaw.

The project's aim is to provide warm coats/jackets for the homeless and people in need. Once again, during October, donations of coats and outdoor jackets were collected from special boxes placed in local churches, chapels, schools and workplaces. Rotarians were engaged in the collecting, bagging and distribution process, that took place very Monday and Thursday morning, in an area of the football stadium in Hamilton.

The generosity and concern for those in need have again been very evident in our own church of St Mary's, where the members have donated the very impressive 200 quality coats/jackets, as well as other warm items. As in past years, members of St Mary's Street Reach Out team have distributed some of the warm jackets to those in need in our town centre. On behalf of the Rotary Club of Motherwell and Wishaw, a sincere thank you to everyone in St Mary's who supported 'Wrap Up Lanarkshire 2025'.

Working together, the Rotary Club of Motherwell & Wishaw and the Rotary Club of Hamilton collected over 1600 coats/jackets as well as hats, scarves, and body warmers. These are being distributed to charities, churches and organisations in the local area and Central Scotland that support those in need. This year, children's coats and jackets are being given to a local organisation that transports aid to Ukraine.

Ian Carrol

"Poor persons will never disappear from the earth. That's why I'm giving you this command: you must open your hand generously to the needy among you, and to the poor who live with you in your land." Deuteronomy 15:11

Answers to Merry
Christmas around the
World - Page 19

Philippines - Maligayang Pasko	- Portugal Feliz Natal	Wales - Nadolig Llawen	- New Zealand Meri Kirihimete	- Italy Buon Natal
Japan - Meri Kurisumasu	- Sweden God Jul	- Germany Frohe Weihnachten	- Spain Feliz Navidad	France Joyeux Noel

ECO Committee

You may recall that earlier in the year we applied for a Bronze ECO Award. The fact that having read our presentation, and interviewing the Committee, the ECO Panel awarded St Mary's a Silver Award, which I think it is fair say, took our breath away, as we had not expected this.

In 2026 (Commonwealth Games Year) along with the athletes taking part in that event, representing St Mary's, we are on the final leg of this ECO Marathon. *Going for Gold!* It will be a Marathon, not a sprint. However, we have studied the route that has been set for us. We are currently building our mental fitness, so that we are ready to start the Marathon in early 2026.

More to follow in the Church Magazine in early 2026.

Eco Awareness & Activities 2025/26

www.ecocongregationscotland.org

Month	Eco Event	Website	Church Activity
October	Harvest Festival	Church Challenge Local Support	Organic Gardening Homegrown Fruit & Vegetables Foodbank & Outreach Prog. Wrap-Up donations for the reuse of coats (Rotary Club)
November	National Tree Week 22 – 30 Nov. COP 30 10 – 21 Nov	National Tree Week - the UK's largest tree celebration UNFCCC	Eco Notice Board <ul style="list-style-type: none"> • Info. posters and Eco Notice Board posters • activities
December 2025	The Letter A Message for our Earth	Home - The Letter Watch - The Letter	Cold, dark and wet nights need a film to watch at home.

The Y-Zone

The Y-Zone have enjoyed another Saturday night games night - 24 teenagers and 10 'young at heart' leaders.

Games, challenges, fellowship and of course some Pizza and treats.

A wonderful night had by all.

We have also enjoyed another full session of challenges, bible quizzes and preparation for upcoming special services.



THANK YOU

Over 160 bin bags full of clothes
which have been reused,
recycled and repurposed.

**£250
raised**



FLOWER LIST FOR 2026



JANUARY			FEBRUARY			MARCH		
			1st	Miss C Kelly	Doonside Twr	1st	Mrs M Carrol	Elvan St
4th	Mr H Rennie	Kay Gardens	8th	Mrs D Livingstone Mrs C Brownlie	Manse Rd	8th	Mrs M Watson	Chestnut Grove
11th	Mrs M McArdle	Crawford St	15th	Mr & Mrs Malcolm	Cherry Walk	15th	Miss I Johnstone	Sleaford Ave
18th	Miss J Graham Mrs M Wilson	Broomside Cres Inveravon Dr	22nd	Rainbows, Brownies, Guides		22nd	Mrs J Findlay	Kerr Grieve Ct
25th	Church Choir Mrs J Munro	Sadie Knox Aikman Dr				29th	-	
APRIL			MAY			JUNE		
5th	Mrs E Calder Mr A Craig	Hamilton Rd Adele St	3rd	Mr & Mrs Malcolm Mrs J McPherson	Cherry Walk Caldwell Quad			
12th	Mrs H Graham Mrs E Currie	Douglas St Manse Rd	10th	Mrs J Conquer Mrs C Allan	Leven St Nelson Cres	7th	Mrs C Anderson	Sandilands Cres
19th	Mrs E Taylor/ Mrs J Findlay Mrs E Simpson Mrs E Scott	Glenhead Dr Avon Court Blair Path	17th	Mrs S Brown Mrs J Westwood	Airbles Farm Rd Annan Glade	14th	Mrs I Scott	Netherton Rd
26th	Mrs L Kelly Mrs Anne Johnstone Mrs J Knox	Airbles Dr Dalzell Dr Avon St	24th	Mrs A Pearce	Coatbridge	21st	Mrs F Hannah	Dalzell Park
			31st	Mrs Corbett		28th	-	
JULY			AUGUST			SEPTEMBER		
5th	Mrs E Blackwood Miss J Graham	Barclay Rd Broomside Cres	2nd	Miss A Gibson	Arnott Quad			
12th	Miss L Clarkson Mrs F Shearer	Mincher Cres Airbles Cres	9th	Mrs L O'Neill Mrs J Hunter	Roman Rd	6th	Miss J Graham	Broomside Cres
19th	Mrs E Galloway Mrs J McInnes	Firpark St	16th	Mrs J Crawford	Kirkland St	13th	Friends of Irene Nimmo	
26th	Mrs F MacFarlane Mrs M Tracey	Avon Street	23rd	Mrs J Paterson		20th	Mrs J Loughbridge	Merry St
			30th	-		27th	Mrs J Findlay	Kerr Grieve Ct
OCTOBER			NOVEMBER			DECEMBER		
4th	Mr A Joyce (Jnr) Mrs B Aitkenhead	Dunbar Dr Neilsland Dr	1st	Mrs M Tracey	Avon Street			
11th	Mrs S Forrest	Airbles Dr	8th	Mrs S Sinclair	Ailsa Ave	6th	Mrs I Scott	Netherton Rd
18th	Mrs I Dougal Miss V Craig	Inveravon Dr Viewpark Rd	15th	Mrs A Corbett	Heathfield	13th		
25th	Rev & Mrs J Thomson	Hamilton	22nd	Mrs M McCloy Mrs D Livingstone Miss J Graham	Greenacres View Manse Rd Broomside Cres	20th	Mrs F Renwick	Earnock Ave
			29th	Mr S McCue-Dick The Guild	Glenhead Dr Anne Gibson	27th	Mrs D Connor	Orchard St

There are a number of dates which are currently free. Should you wish to put flowers in the sanctuary on any of these dates please contact June Graham, Flower Convener.

This is a valuable part of our church ministry reaching out to those ill, bereaved or unable to attend church and can be contributed to by all ages of our congregation.

Suzanne O'Reilly Fitness

BRINGING A NIGHT OUT TO YOUR WORKOUT!

Clubbercise® is a fun full body workout with a banging soundtrack that gets great results. One session burns around 600 calories. The routines combine toning and combat moves with options to suit all fitness levels. Classes are held in a darkened room with disco lights and our trademark LED glow sticks.

Thursday 6.45-7.45 in the Church Hall.

To book simply click on the link - <https://gymcatch.com/app/provider/4319>

JUST BREATHE YOGA GROUP

St Mary's Parish Church Hall

Saturdays 10:00 - 11:00 AM

You Can Join By Coming Along
Or Telephoning 07795 378490

St Mary's Church



TODDLER GROUP



**Tuesdays & Fridays
10:00 - 11:30 AM**

**For More Information Visit
St Mary's Toddlers Facebook Page**

New class alert - PILATES SCULPT

Time to make that change - this is not just for summer! Pilates has the power to change your body and the way you move forever!

This class is aimed at targeting those hard to reach areas - tummy, buttocks and arms!

It's suitable for all levels but I do ask if you have any back or knee pain please explore my Tuesday night class which can be tailored to individual needs. For more details please click on the link - <https://www.facebook.com/lauraphysiopilates>

Thursday 7.30-8 pm

St. Mary's Church,
Avon Street
Motherwell

EVENTS ON OFFER IN OUR HALLS



Artisew Sewing Classes

for beginners at St Mary's church,
Avon St, Motherwell

Come along and learn in a friendly and encouraging environment! Make new friends! Develop skills and confidence!

Saturday
Adult class- 9:30-11:00
Junior class (age 10-15)- 11:15-12:45
£18 per week
Secure your place now at
ArtisewScotland@outlook.com

Chair Yoga Sesions

Join us every Wednesday
9.30-10.30 am

Benefits:

- Greater flexibility, mobility, stamina and sense of balance.
- Fosters mental clarity, aids stress reduction, stimulates cognitive function and enhances a sense of wellbeing.
- Connect with like-minded people in a supportive and uplifting environment.

St Mary's Parish Church, Avon Street, Motherwell

First session FREE
£5 per session
£20 for a block of 5 sessions

Booking on www.mayaschool.co.uk



FORTHCOMING SERVICES

Sunday	30 November	11 am	Advent Sacrament of Communion and Anniversary Service
Sunday	7 December	11 am	Christmas Gift Service
Sunday	14 December	11 am 6.30 pm	Service of Lessons and Carols Carols by torchlight
Sunday	21 December	11 am	Junior Church Nativity Play
Wednesday	24 December	11.15 pm	Watchnight Service
Thursday	25 December	10.30 am	Christmas Day All-Age Service
Sunday	28 December	11 am	End of Year Service
Sunday	4 January	11 am	Epiphany Service

FLOWER LIST

NOVEMBER

- 2nd Mrs M Tracey
 9th Mrs S Sinclair
 16th Mrs A Corbett
 23rd Mrs M McCloy
 Mrs D Livingstone
 Miss J Graham
 30th Mr S McCue-Dick
 The Guild

DECEMBER

- 7th Mrs I Scott
 14th
 21st Mrs F Renwick
 28th Mrs D Connor

Useful Contacts

Minister: Bryce Calder 01698 328665
 Church and Halls: 01698 268554
 Telephone listening
 Church Service: 01698 533200



St Mary's Motherwell(@stmarysmwell)/X
 Rev Bryce Calder(@bryce_calder)/X



St Mary's Parish Church Motherwell

Website:

<https://www.stmarysmotherwell.org.uk>

St Mary's Parish Church, Avon Street, Motherwell, ML1 3AB



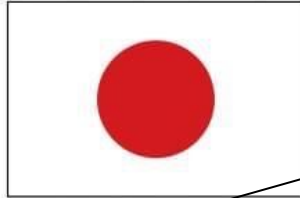
MERRY CHRISTMAS AROUND THE WORLD

The words below all mean Merry Christmas, but which countries do they belong to.

Match them to the flags, by drawing an arrow



Spain



Japan



United Kingdom



Philippines



Wales



Germany



New Zealand



Portugal



Sweden



Italy

Merry Christmas

Joyeux Noel

Feliz Navidad

Frohe
Weihnachten

God Jul

Meri Kurisumasu

Buon Natal

Meri Kirihimete

Nadolig Llawen

Feliz Natal

Maligayang Pasko

Answers on page 13