



# CARLOPS CHURCH

In the community, for the community

## Newsletter

Volume 16, Number 9; September 2022

### Services, September 2022

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

28 August 10am: Rev Dr Tony Foley  
4 September 10am: Prof Murray Campbell  
11 September 10am: Rev Chris Levison  
18 September 10am: Rev Dr Tony Foley  
25 September 10am: Steven Whalley

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

**We promise you a warm welcome**

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



# Our Minister

## Happiness is O-shaped

The data is in: *happiness is O-shaped!*

In 1938, researchers at Harvard Medical School initiated a study that involved studying a group of participants who were studying at Harvard over the course of their life, from youth to old age. Every year or two, researchers asked the participants about their lifestyles, habits, relationships, work, and happiness. The study has since expanded to include people beyond the initial group of Harvard students and its results have been updated regularly for more than eighty years.

Our sense of happiness peaks in our 20s and tends to decline after the age of 30, eventually bottoming out at about age 50. The good news is that it heads back up again in our 60s.

According to the Harvard study, the single most important trait of happiness in later life is healthy relationships. Robert Waldinger, a psychiatrist at Massachusetts General Hospital and a professor of psychiatry at Harvard Medical School, who currently directs the study, reports ... *The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health ... [In fact] well-being can be built – and the best building blocks are good, warm relationships ...* The study revealed that more than money or fame, good relationships are what keeps people happy throughout their lives. It is our healthy relational ties that help to delay our physical and mental decline, and they are better predictors of long and happy lives than social class, IQ, or even genes. These findings proved true across the board.

Who knew that Jesus' teaching on loving our neighbours and our enemies might be good for our long-term health?

So, people, if you want to be happy and healthy do the work now and begin to cultivate healthy relationships. Find people with whom you can grow and whom you can count on. In fact, why not give church a try this Sunday? You might be surprised what kind of people you will meet there.

Peace

Tony

# News



## Welcome, Michelle Fraser

We extend a warm welcome to Michelle Fraser as she joins West Tweeddale linkage as our new, part-time Church Administrator. Michelle's main responsibility is to provide organisational management support to Rev Dr Tony Foley and the West Tweeddale linkage in general. She works closely with all the Session Clerks, acts as a central point of contact for the linkage, and will manage the organisation of cross-linkage events.

Michelle is based in a newly established church office in the Old Church Hall, West Linton. She can be contacted by telephone on 01968 733 112, and by email at [cos1560.tweed@outlook.com](mailto:cos1560.tweed@outlook.com). These details will appear in each issue of the *Newsletter* and on our website [www.carlopschurch.org](http://www.carlopschurch.org).



Michelle and her partner Gordon live in Broughton with their five children, springer spaniel and two cats. They enjoy walking, cycling and other outdoor activities. Michelle herself enjoys reading, baking, cooking, playing the piano, and sitting in her garden when the weather permits. She is studying for a degree in psychology and expects to complete her CIPD professional qualification in Human Resource Management soon.

Michelle says that there is always a pot of coffee brewing in her office, and she invites anyone and everyone to drop in to test her coffee and to chat!

We wish Michelle a happy and satisfying time with us and we look forward to seeing her at some Carlops Church occasions and other linkage events.

Rennie McElroy *Editor*

## Coffee morning reminder

Carlops Church will host a drop-in coffee session on Saturday 27 August 2022, 10.30am to 12noon. All are welcome; we hope we may look forward to seeing you.

These informal coffee mornings are now a fixture on the last Saturday of every month. We look forward to seeing you for coffee and a chat soon.

## Cross-linkage Pastoral care group

*The June issue of the Newsletter carried a brief report announcing the establishment of the linkage Pastoral Care group. The Group has now released more information about itself ...*

We are a group of people working throughout the linkage who are here to reach out to anyone who is struggling in any way. We have no specific remit but we just want to be present with people, to listen and to create an ethos of caring and loving in West Tweeddale. We are happy to visit, go for a coffee or just have a chat on the phone.

Anything that we hear will be treated with total confidentiality.

Please do get in touch if you would like to speak to any of us or if you know of someone who is in need of support. More information can be obtained from any of the Group's members

Broughton	Alexis Marr
Carlops	Patsy Campbell
Kirkurd & Newlands	Jean Howat <i>Group Convenor</i>
St Andrew's	Mary Turnbull
Skirling and Tweedsmuir	Isobel Hunter

The Pastoral Care Group can also be contacted through Michelle Fraser, Church Administrator: E [cos1560.tweed@outlook.com](mailto:cos1560.tweed@outlook.com); T 01968 733 112

## The Column: why not have a go?

On the next page of this issue, we are delighted to publish a prompt and welcome response from Jo Blackburn to the recent plea for new *Column* material. The editor's drawer still has plenty of space for more submissions. Please, please, pretty please?!

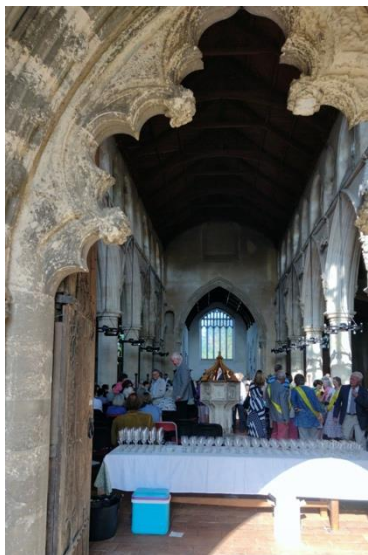
Rennie McElroy *Editor*

# The Column



## St Margaret's Church, Cley-next-the-Sea, Norfolk

Cley-next-the-Sea is the village on the North Norfolk coast where my family have had an old house for the past seventy years. It is separated from the sea by salt marshes, hence its name. In historical times it was an important port, trading wool with the low countries, but in the 1600s, embankments were built by the local landowners and the tides no longer swept up to the village.



St Margaret's is its magnificent, flint-faced church, standing on a rise close to where the harbour was in the middle-ages. It was founded in the fourteenth century, funded by wealthy benefactors, whose crests can be seen in the beautiful south porch. Inside, light pours in through its cinquefoil clerestory windows and its perpendicular style east window. Its nave has five, high, clustered arches flanked by large aisles. The corbels were originally carved and painted with figures of musicians. Some of these are still visible to the roving eye, but most were damaged in the time of the Reformation. The fifteenth century font pictures the Seven Sacraments. The nave has fifteenth century carved poppy bench ends depicting imaginative creatures, and there are fine brasses set into the floor. The transepts were never finished as originally planned, because of the "Black Death" that engulfed the country, but the remains of the beautiful, decorated tracery in the window of the incomplete south transept still stand.

Today, it is one of the five churches which form the Glaven Valley Benefice and share services. St Margaret's holds a range of evening services monthly: Café Church, Taize services, a meditative service, and a mid-week communion; the main Sunday morning services are held in the neighbouring Blakeney Church.

We went to a Café Church, which was well attended and thoughtfully planned. We also went to a wonderful concert there, given by the English Chamber Orchestra with the guitarist, Craig Ogden. This was a concert organised by "Music in Country Churches", of which Prince Charles is patron. Just before the due beginning, it was announced that there would be a fifteen-minute delay for the arrival of a special visitor, Prince Charles, and please would we all stand to greet him! He walked past us, only a metre distant and with minimum fuss.

Jo Blackburn

# Diary



## Forthcoming events

**Drop-in coffee** Saturday 27 August 2022, 10.30am – 12noon; all welcome

**Drop-in coffee** Saturday 24 September 2022, 10.30am – 12noon; all welcome

**Drop-in coffee** Saturday 29 October 2022, 10.30am – 12noon; all welcome

## Contacts

**Minister: Rev Dr Tony Foley**

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01968 660 221

Email [tfoley@churchofscotland.org.uk](mailto:tfoley@churchofscotland.org.uk)

**Church Administrator: Michelle Fraser**

Telephone 01968 733 112

Email [cos1560.tweed@outlook.com](mailto:cos1560.tweed@outlook.com)

**Christian Aid: Mary Levison**

Telephone 01968 674 566

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

**Church bookings: Sheena Livingstone**

Telephone 01968 661 282

Email [sheena@deanfoot.onmicrosoft.com](mailto:sheena@deanfoot.onmicrosoft.com)

**Cultural and social events:**

*Position vacant; contact Murray Campbell or Rennie McElroy*

**Eco Group: Anna Woolverton**

Telephone 01968 660 382

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

**Flowers: Hilary Watt**

Telephone 01899 221 100

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

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**Session Clerk and Organist: Murray Campbell**

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**Sunday School: Julie Gamble**

Telephone 07980 258 381

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

**Treasurer: Mary McElroy**  
Telephone 01968 661 042

Email [maryhmcclroy@outlook.com](mailto:maryhmcclroy@outlook.com)

## Material for next issue

To Rennie McElroy by Monday 19 September 2022