Living our **faith** by our **actions** at the heart of the **community**
Parish Register

BAPTISM
14/8/16  Brodie Coll, Sunbury Avenue, Clarkston

DEATH
9/916  Mrs Agnes Macaulay, Eastwoodhill Eventide Home, 238 Fenwick Road, Giffnock

“Dependent on your bounteous breath, we seek your grace alone,
In every stage of life and death, to keep us still your own”

PULPIT DIARY
2nd October 10.30am  Harvest Thanksgiving & Sunday Club
7th October 4.00pm  Messy Church
9th October 10.30am  Worship & Sunday Club
          6.30pm  Prayers for Healing Service
16th October 10.30am  Sacrament of Holy Baptism & All Age Family Worship
23rd October 10.30am  All Age Family Worship
30th October 10.30am  Youth Service

FLOWER LIST FOR OCTOBER 2016

<table>
<thead>
<tr>
<th></th>
<th>Communion Table</th>
<th>Centenary Chapel</th>
<th>Side Windows</th>
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<tbody>
<tr>
<td>2nd October</td>
<td>HARVEST</td>
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<td>9th October</td>
<td>Maysie Fenton</td>
<td>Barbara Low</td>
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<td>16th October</td>
<td>Anne Dykes</td>
<td>Elaine Carr</td>
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<td>23rd October</td>
<td>Allan Gray</td>
<td>Beth Jardine</td>
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<tr>
<td>30th October</td>
<td>Doreen Cunningham</td>
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</table>

The Flower Lists for 2016 are on the transept windows; you are invited to put your name and telephone number on a list to donate flowers on the date of your choice. A member of the Flower Committee will contact you during the week prior to this date.

Elizabeth Cross (638 5162)

PRAYER REQUESTS & PRAYERS FOR HEALING
If you need prayer for yourself, a loved one or a friend please use the Greenbank Church Card [see reverse side] which can be found at the end of the church pews, and place it in the box at the front door of the church. Alternatively, prayer requests can be given to our Minister, Rev. Jeanne Roddick. Those for whom prayers have been requested will be prayed for at the monthly at the Prayers for Healing Service and throughout the month by members of the Prayer Group.
Dear Friends,

On 1st October a candidate for full-time ordained ministry is coming to Greenbank to commence his first placement as part of the training requirements of the Church of Scotland. Every candidate for the full-time ordained ministry is required to complete four placements during their training. Two of these placements are part-time during the academic session (i.e. October to Pentecost); one is a 10-week full-time summer placement and the final placement, which commences after the completion of academic education, is a 15-month full-time probationary placement.

The student coming to Greenbank is called Fergus Cook. Fergus lives in Waterfoot and he has been married to his wife Shona for 21 years. They have three teenage daughters, Catriona, Heather and Lori. Fergus has been a member of Giffnock Orchardhill Parish Church for over 20 years. At various points throughout his time there, he has been an elder, Stewardship Convener, Clerk to the Congregational Board and has participated in numerous other ministries.

Fergus is currently studying at Glasgow University and he is in his second year. Most recently he has been working in the Leisure Industry at Paisley Lagoon where in addition to his Leisure Attendant duties he has been working as a swimming teacher. Fergus enjoys sports and outdoor activities and is presently the East Renfrewshire Girl Guides Duke of Edinburgh Expedition Trainer and Supervisor. For relaxation he enjoys reading, films and theatre. He tells me that he also enjoys whisky - both collecting and consuming! Fergus has carried out various talks to whisky clubs and likeminded groups on various whisky related topics. His next one is a fundraiser for Orchardhill, in October. This will be a talk on the real story behind the SS Politician which sank in 1941 giving rise to Compton MacKenzie’s Whisky Galore.

Fergus won’t be here at Greenbank on a full-time basis just on Sundays and a few hours during the week. So please look out for him and make him feel welcome. Please also pray for him and his family as he begins the period of training required for the full-time ordained ministry in the Church of Scotland.

Yours,

[Signature]

The next meeting of the Shawl Ministry Group takes place on Saturday 5th November at 10.30am at Craigend East and Garthamlock Parish Church. If you would like to come along please contact the church office – lifts can be arranged. We will leave Greenbank at 10am. As well as shawls the group has also begun knitting ‘Twiddle muffs’ for people with dementia or Alzheimer’s. If you would like to knit a shawl or muff but can’t manage the meetings the group would be delighted to receive items knitted lovingly and focused on the care and wellbeing of their anonymous recipient. Knitting patterns for shawls and muffs have been placed on the table outside the church office - please feel free to take one. A blessing will be offered over any completed items by the Shawl Ministry group before being sent on its way. Thank you to everyone who has donated needles, wool and work for this Ministry your kindness has already brought great comfort to many.

SATURDAY MORNING BOOK CLUB

The next meeting takes place on Saturday 29th October at 9am for one hour with breakfast refreshments being served from 8.45am in Room A. We will continue to read from the OLD TESTAMENT COVENANT HISTORY – beginning at Samuel-King we will read to page 149. The Book Club is for everyone – you don’t have to have a great knowledge of the Bible to join in. It is just an opportunity to get to know the Old Testament better. Why not give it a try? If you would like one of a copy of the book please contact the Church office.
KIRK SESSION – WHAT DO THEY TALK ABOUT?
The Kirk Session met on 22nd August with 57 members attending and they discussed a wide range of issues.

Worship: The monthly Saturday morning book club has recommenced in September and is discussing the book of Ruth. The position of Prayer Promoter has not yet been filled. If you are interested in finding out more about this role contact the Minister or Session Clerk

Outreach: The Kirk Session received an update on our work with Christian Aid. Alex Howie, one of our elders, who volunteers to help at Glasgow NE Foodbank, expressed thanks to Greenbank for its continued support. Alison Allan, one of our elders, who is our representative for the Lodging House has been invited to become a member. The Lodging House Mission is a company limited by guarantee and appoints members to support and promote the values of the company as well as voting at members meetings.

Finance: The Financial Position was updated and it was noted our overall offerings had increased for the 32 weeks to 7th August by 2.3%. Recent contributions from church organisations have been received from Greenbank Players, Badminton Club, Lunch Club, Bowling Club, and 1st Clarkston Brownies. External organisations continue to generate useful income. The Kirk Session approved the new rate for external organisations that use our halls for 2017.

Fabric: Douglas Carswell has agreed to take on the important role of Property Convenor. The Kirk Session approved the replacement of the manse boiler which is no longer working efficiently. The new boilers that serve the church have been fitted and work on new pumps, and zone controllers should be completed shortly. The Whitelee Windfarm & Resource Efficient Scotland grants cover approximately 75% of the total cost of the project and the payback time in terms of savings is estimated at two years. Thanks were expressed to Graham Roddick for his hard work in managing and supervising the project. A number of painting jobs were carried out by volunteers over the summer.

Health & Safety: In the light of recent events in Europe and based on advice from the Church of Scotland the Kirk Session were advised that a security review of the property and processes at Greenbank would be undertaken in the near future.

Fellowship: The Kirk Session was advised the Bookbug mornings had continued over the summer and were much appreciated by those who attended. The Social Committee are planning a Ladies Night on the 14th of October and a Winter Fair on the 12th of November.

Youth: Hilary Carswell gave the Kirk Session an update on the proposed new Youth Club. Agreement is still waiting on funding but it is hoped to start in October.

General Assembly Report: Graham Roddick was thanked for his report on the 2016 General Assembly (the full report is elsewhere in Good Neighbour)

Legacy Update: The Kirk Session received an update on the Legacy work and was told that it will shortly be receiving and considering the feasibility study on the three property options commissioned last September by the Kirk Session. The three options, outlined in the November Good Neighbour last year, were a redevelopment of the current church building, a new build on the current site and a new build on some other site. Before any final decision is taken by the Kirk Session the congregation will be asked for their input.

November Communion Arrangements: The Minister advised the Kirk Session that at the General Assembly there had been a plea for children to be included in the Communion Service, feeling that it was one of the most important occasions in the church and should be shared by families. After discussion it was agreed that children including JAM and Sunday Club should be invited to the November Communion service as a trial.

Other Matters: Jim Harvey gave a comprehensive report as liaison officer on behalf of the organisations (was printed on page 9 of the September issue of Good Neighbour).
(Please speak to your elder if you would like further information on any of the above.)

GENERAL ASSEMBLY 2016
A huge amount of information was distributed and a wide range of business conducted. There were many highlights including:

**Annual Report and Accounts 2015**

The Church of Scotland has 380,000 admitted members, with thousands more ‘attached’; 800 ministers of word and sacrament; 400 readers, deacons and ordained local ministers; 30,000 elders; 560 volunteers serving on various Councils and Committees: and 2,300 paid staff, including 200 in the church offices, 100 in parishes and presbyteries, and the majority in CrossReach (the second largest care provider in Scotland, after the NHS – referred to as the Church of Scotland’s best kept secret).

Expenditure in 2015 was £106m, including £42.2m to provide ministers and £40.1m to run CrossReach. Income during the same period was £110m, including £47.1m from congregations and £42.3m from CrossReach (including income from local authority fees, self-funding residents, etc).

Achievements at home and overseas were focused on giving priority to the poor, tackling the fall in the number of parish ministers, spreading the Word, serving the vulnerable, promoting reconciliation, promoting social justice and the values of the gospel, caring for creation, developing ecumenical partnerships, promoting community projects for all ages, empowering young people in the church, reviewing church practices and structures, developing leadership skills, and helping those within the church to recognise and develop their gifts.

A copy of the Annual Report is available in the Greenbank Church Office.

**The Business of the Assembly**

**World mission:** Our ‘problems’ are trivial compared those in Syria, South Sudan, Nepal, Lebanon, Palestine, etc. Christians are being persecuted in many of these countries. One third of the 6.5M population of Lebanon are refugees. Climate change, natural disasters and oppression hit the poorest hardest. Many in these countries see us as wealthy heroes who are able to help them.

**Guild:** Numbers are shrinking but in many ways the Guild is the backbone of the church. Their Action Plan is worth reading and is available in the Greenbank Church Office.

**Moderator’s priorities for 2016:** These are to focus on the problems of poverty and homelessness and the recruitment and wellbeing of ministers, many of whom are struggling with the growing pressures of ministry.

**General Trustees:** The General Trustees hold titles to most Church of Scotland properties (including the single largest number of listed buildings in Scotland). There are 230 vacant buildings, 800 manses, 12,500 acres of glebe (fields) and huge problems with a lack of maintenance. It will be necessary to reduce the number of church buildings by half within the next few years and to use retained buildings more imaginatively. We need fewer and better buildings. We need to focus on sustainability and discourage local authorities from listing buildings if they are not willing to meet the cost of maintenance. This is not the responsibility of ministers.

**Special guests:** There were wonderful contributions from the Lord High Commissioner Lord Hope, the Archbishop of Canterbury Justin Welby and many children who read the gospel in Gaelic and played beautiful music.

**Signs of hope:** These were many signs of hope throughout the Assembly, including the Youth Assembly (with many enthusiastic articulate representatives contributing to the debates), fresh expressions of church, café church, the decade for ministry (recruitment of ministers), strengthening and empowering local leadership, and the opportunity for the church to get involved in the Scottish Government’s year of young people in 2018. There were passionate appeals to support the work of the BB, to find better ways to connect people and to encourage children to participate in communion. We were reminded that young people bring young people into the church, and that young people are not the future of the church - they are the now of the church.

**Caring for creation:** We must lead by example, support eco groups and get more young people involved

**Difficult issues:** It was fascinating to see two Professors of Theology debating the history, context, theology and biblical references on the civil partnership / single sex marriage issue. The term ‘constrained difference’ was used to illustrate ways that we can agree on most things but in some cases we have to agree to disagree.

**Conclusions**

I have no hesitation in recommending attendance at the General Assembly. It will increase awareness of the work of the Church of Scotland in a global context, provide inspiration (particularly the worship and the singing), provide a unique opportunity to witness high quality debate, and probably lead to a personal reflection on faith, values and commitment. Kirk Sessions should do more to inform congregations about the scale and range of work being carried out by the Church of Scotland.

Graham Roddick, Commissioner to the General Assembly, 2016
THE GUILD

Diary

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
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<tbody>
<tr>
<td>5th October</td>
<td>2.15pm</td>
<td>Speaker to be announced</td>
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<tr>
<td>12th October</td>
<td>2.15pm</td>
<td>Coco Chanel</td>
<td>Canine Partners</td>
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<tr>
<td>19th October</td>
<td>2.15pm</td>
<td>Chaplaincy at The Fort and Princes Square</td>
<td>Wendyl Sandiford</td>
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<tr>
<td>26th October</td>
<td>7.30pm</td>
<td>Guest Night</td>
<td>Aria</td>
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We look forward to the interesting array of speakers arranged for us and to welcoming old and new members to our meetings. Do come and “try us out” without any obligation. You will enjoy a pleasant afternoon in good company and hopefully you will decide to join us every week. The Guild theme for this year is “Be Bold Be Strong – Go in Joy” and we very much hope that we will be given the strength to live up to this ideal.

We would remind ladies of the congregation that Sunshine Bags will be collected during October and take this opportunity to thank everyone once again for their generosity. If your Sunshine Bag has not been collected by the end of October, please leave it with the Duty Team at a Sunday service and it will be passed on to the Guild.

HARVEST

Don't forget to look out the harvest envelope for the Lodging House Mission you received in last month's Good Neighbour. It can be handed in on Harvest Sunday (2nd October) or to the church office.

LADIES EVENING

Once again it’s that time of year when our ladies of Greenbank are treated to an evening of good food, good company, a bit of retail therapy and a laugh at the expense of the gentlemen. The 2016 Ladies Evening will be held in our halls on Friday 14th October, starting at 7.00pm. This year we are changing the format slightly - there will be a 2 course meal served by male waiters and the evening will be chaired by Rev Catherine Beattie from Giffnock South.

No further information will be provided so come along and enjoy the evening. Tickets are available from Neil Scholfield, Stephen Blanchflower or Graham Vance.

LUNCH CLUB

Meet and Eat. We welcome you to the above on Friday, 28th October for soup, filled rolls, tea, coffee biscuits and fellowship. Anyone wishing transport please call the church office on 0141 644 1841. Maureen, Jan and all the Team. See you there.

CHRISTIAN AID SPONSORED SWIM

The annual sponsored swim will take place on Saturday 8th October at Eastwood swimming pool from 6-7.30pm. Swimmers may swim any distance up to the maximum of 20 lengths of the pool. Children under 8 years of age may swim in the small pool unless accompanied by a competent adult swimmer. Sponsor forms are available from the Hall of friendship and from Mark Allan and Ron Livingston. Please lend your support to this fun event by taking part or by sponsoring one or more of our participants. Refreshments will be available for all those taking part following the swim. Thank you once again in anticipation of your support for Christian Aid.

Mark Allan

WALKING GROUP PROGRAMME - 2016

The Walking Group programme for the remainder of 2016 is shown below.

New members will be warmly welcomed. Come along and enjoy the fresh air and good company.

All walks are on Saturdays except 20th November which is a Sunday.

We leave from the Church at the times shown:

<table>
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<tr>
<th>Date</th>
<th>Walk</th>
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<tr>
<td>15th October</td>
<td>Water of Leith</td>
<td>9am</td>
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<tr>
<td>20th November</td>
<td>Clyde Walkway (Glasgow)</td>
<td>1pm</td>
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For further information contact Allan McLaren (639 5848) or Douglas Paterson (638 6350)
LADIES AFTERNOON BADMINTON
I'm not sure that I would call the 3 months since we last met "summer" but perhaps you have been luckier than I have!! However we are looking forward to meeting again and catching up on news. New members are always welcome. So if you're looking to get smashed on a Thursday afternoon, come and join us.

GREENBANK WALKERS
We are a friendly chatty group who meet outside the church every Tuesday night at 7pm (unless weather really bad). We walk and chat for an hour usually covering approx. 3 miles. If you feel like it why not join us?
Evelyn Clelland

MESSY CHURCH FRIDAY 7th OCTOBER, 4PM – 6PM
For more details, to book a place or offer help, please phone/text Lorna Preece at 07970192541 or email: messygreenbank@gmail.com

COVENANT FELLOWSHIP SCOTLAND
Covenant Fellowship Scotland is holding a series of gatherings in the next few weeks to allow people to come together and spend some time looking outward and upward - focusing on those aspects of our faith which encourage and uplift us.
The theme of these evenings will be "Glorify God and enjoy Him forever" and we will spend time reflecting on this from His word as well as praising and praying together.
There will also be an opportunity to talk with representatives from Covenant Fellowship Scotland.
These gatherings will take place in Stornoway, Inverness, Glasgow and Aberdeen and dates, times and exact venues are listed in our "Upcoming Events" panel on the website (http://covenantfellowshipscotland.com/) and in the attached PDF poster.
Please pray for these gatherings, tell others about them and, if you are able to attend, then come along. We really look forward to meeting with you on these evenings.
If you require any further information, please contact me at director@covenantfellowshipscotland.com
Eric Smith, Director

SHAWL MINISTRY
Can’t knit? But you can help. Help the knitters knit. The knitting is going so well that the volunteers are running out of wool. Donations of wool can be handed in to the office or left on the table opposite the office door.

BOOKBUG BOOKS
Bookbug Sessions have been running on Thursday mornings at 9.30 for five months now. A healthy number of parents and carers have been bringing along their babies and toddlers to sing songs, join in rhymes and listen to stories, led enthusiastically by Elizabeth Wishart, Elaine McNeill and the team. The feedback from those attending has been very complementary.
Normally these sessions take place in libraries and nurseries where stocks of books are available for the children to read and look at. Obviously this is not the case in Greenbank – yet. So if you have books suitable for babies and toddlers that you no longer require and wish to donate, please leave them in the church office or the box in the Hall of Friendship. The children and the team would be very grateful.
ED LINES

Hi Folks,
When I was in Tesco's last weekend, I saw a shopping bag which said "It's what's inside that counts". I presume it meant the groceries I'd just bought but it got me thinking. I recently attended a training course. Everyone was there, the course was well underway, when the door opened and in came a late entrant. She was dishevelled and looked unkempt. I'm ashamed to admit it but I was quick to jump on the judgmental bandwagon and form a not very flattering opinion of this lady. It's easy to do and something that many of us will have done at one time or another.

I remember a friend telling me of a time she and her family  been in a car accident. Fortunately no one had been hurt but the car was unable to be driven. A well dressed, well-spoken woman came to speak to them. She was angry, very unsympathetic and blamed them for everything, even though she hadn't been personally involved. She was annoyed that her journey had been disrupted. When a rickety recovery truck arrived, driven by a dirty, oil-stained old man, they thought their day couldn't get any worse. However, the old man couldn't have been nicer. A friendlier more helpful man you couldn't have met. He reassured them and took them, their children and their car home safely.

I spoke to the lady who had arrived late on the course. She was lovely, very friendly and caring. She was going through a difficult time as her husband has just been badly injured in a motor bike accident two days before and was in hospital.

First impressions can be misleading. It doesn't matter whether clothes are nice or hair is coiffured; it's not important - that's on the outside. What is important is that, even if we don't like what we see initially, we take the time to stand back and have a second look because, as it says on my bag, "It's what's inside that counts".

Alison

ARTICLES FOR THE NOVEMBER ISSUE OF GOOD NEIGHBOUR SHOULD BE SUBMITTED BY SUNDAY 16TH OCTOBER PLEASE

Belated Happy 21st Birthday to Rebecca Maye r - hope you had a brilliant day!

WINTER FAIR – SATURDAY 12TH NOVEMBER 2016

Plans are progressing well for this year’s Fair which is on Saturday 12th November from10.00 am. – 1.00 pm.
Cost £2.00 per adult and £1.00 per child (school age and over).
It is planned to have the usual very successful stalls We would appreciate donations from members of organisations and the congregation for any of the stalls listed below:
Home Baking (on the day or left in the hall on Friday 13th November :
Children’s Toys and Books
Bottle Stall
Christmas Gift Bags (A gift, minimum value £2.00 to be placed in gift bag)
Toiletries/Jewellery
Christmas Stall which will incorporate Christmas Floral Decorations
Bric a Brac
Book Stall
New Unwanted Gifts
In addition there will be the ever popular Tea Room with a Christmas theme; along with the Christmas Hamper, Hyacinths (these will be already planted and should flower around Christmas), Guess the Birthday; Guess Weight of Cake, Human Fruit Machine, plus one or two additions. Stalls for the children will include the successful “Pocket Money Stall” along with the usual favourites of Nail Painting and Tattoos.
Donations for any of the stalls may be left in the large blue box in the Link Building (marked Winter Fair), taken along to any organisation or by contacting one of the names below and collection can be arranged.
We are in the process of contacting all organisations/volunteer helpers to see that their planning is progressing well and to confirm that enough help is available on the day. If any organisation has any additional questions they would like to ask, or if you would like offer your help on 12th November please contact Anna, Eleanor or Elizabeth, who will be only too pleased to hear from you.
Everyone’s support for this event has over the years been terrific and we look forward to an even more successful event this year.
Anna Martin 644 0972 Eleanor Johnstone 577 0335 Elizabeth Cross 638 5162
Sponsored cycle
Thank you to all who supported the Lodging House Mission sponsored cycle event this year.
To our cyclists:-
Mark Allan, Jennifer Allan, Heather Allan, Val Scholfield, Neil Scholfield and Bill Stein
To our volunteer marshals:-
Gordon Blyth, Jill Liddell and Peter Liddell
And to all family, friends and members of the congregation who supported through thoughtful and generous sponsorship.
The weather was favourable on Saturday, 3rd September and our cyclists and marshals did not get wet. Starting at Glasgow Green, the cyclists followed an 18.5 mile route which took them out to Clydebank with a finish back at the Lodging house Mission for refreshments. A special mention goes to Heather, who took part on her 19th birthday. The total raised by Greenbank will be £694, once all sponsor money is paid. This total will increase with Gift Aid. This is a fabulous amount so thank you all once again for supporting the event.

Harvest
All members of the congregation are invited to donate non-perishable food items to the LHM at our Harvest service on Sunday 2nd October. Items from the following list would be much appreciated:-
Cereal (Cornflakes, Crunchy Nut Cornflakes, Weetabix, Rice Krispies, Sugar Puffs, Frosties, Coco Pops, Porridge), Tinned Soup (Chicken, Tomato, Lentil, Scotch Broth, Vegetable, Minestrone), Tinned Meat / Fish (Tuna, Ham, Corned Beef, Meatballs, Hotdogs, Stew, Haggis), Tinned Pasta (Ravioli, Macaroni), Tinned Vegetables (Tomatoes, Carrots, Peas, Sweet Corn, Mixed Vegetables, Baked Beans, Potatoes, Pasta Sauce, Curry Sauce), Tinned Fruit (Peaches, Pears, Pineapple, Mandarin, Fruit Cocktails), Tinned Custard and Rice pudding, Other (Coffee – not decaffeinated, Sugar, Tomato sauce, Brown sauce, Vinegar, Long Grain Rice, Broth Mix, Dried Peas, Lentils, Fruit Juice, Diluting Juice, Biscuits)
The LHM currently has a plentiful supply of tea bags, dated until 2018, so tea bags are not required at the present time. The following items are also not required – dried pasta, pearl barley, drinking chocolate, marmalade, muesli, prunes, Shredded Wheat, tinned grapefruit.

Christmas Cards
Christmas cards will be sold again this year to raise funds for the LHM. Look out for them in the Fraser Hall after the morning service each Sunday from around mid-October until mid-December.

Church House
Church House was established in 1942 when the Rev Arthur Gray invited 11 boys to join him in an old derelict church. He read to them the story of Nehemiah and asked them to share in his vision of developing a centre that would give them a place to belong to and which would reach out to young people and their families. The next location for Church House was at Boden Street, where they remained until recently.
On Monday, 15th August I visited Church House to see their new premises at 22 Queen Mary Street, Bridgeton, Glasgow, G40 3BB. I enjoyed a tour of the building and appreciated the buffet lunch which was provided. The new building adjoins St Francis in the East Church and is only about 400 metres from Boden Street. The new building is modern and bright, with a large reception area; a beautifully furnished room with internet access which can be sub divided into two areas; a well equipped kitchen where young people and families will learn to cook nutritious meals; and a large hall with impressive colourful cupboards forming one wall. There is also an outdoor space available for use. Everyone is looking forward to using the new facilities. Church House plans to work more closely within the whole family rather than only with young people. The hope for the future is that Church House will remain open to serve the needs of the community and that it will change and adapt to meet changing needs. Let us wish them well in this new chapter and keep them in our thoughts and prayers. I have some photographs of my visit which may be of interest - please let me know if you would like to see them.
Alison Allan (638 3916)

BUSHIDO KARATE CLUB
With the start of the competition season, we had our first success when Nicola Mieklejohn achieved bronze at the Wishaw Open in the Kumite (fighting) category. We also had Lachlan Spencer who fought well and narrowly missed out in a medal, Finally, Orla O’Shea, although this was her first competition in Kata (forms), produced a memorable show but again missed out in a medal, However she has gained valuable experience.
We have our Association Kata course in November and also our black belt gradings as well – it will be a busy time.
Finally for our friends at Greenbank to learn some Japanese:- in counting:
One ichi (ee-chee) Two  ni (nee). Three san (sahn) Four shi (shee) Five go (goh) Six roku (roh-koo) Seven shichi (shee-chee) Eight hachi (hah-chee) Nine ku (Kyoo) Ten ju (joo)
Best wishes,
John, Bushido Karate Association Chairman
GOOD NEIGHBOUR CONTACTS

EDITOR
Alison Harvey 638 3679
E-mail: alih21@virginmedia.com

DISTRIBUTORS
Gordon & Margot Blyth 638 7646

LIFE & WORK
Ian McTurk 638 4649

OFFICE
The Church Secretary, Greenbank Church Office 644 1841
36 Eaglesham Road, Clarkston, G76 7DJ
Office Hours: Monday & Tuesday 9.15 - 12.15
Thursday & Friday 9.15 – 1.45
E-mail: greenbank.office@tiscali.co.uk
Website: http://www.greenbankglasgow.org.uk

Minister: Rev Jeanne Roddick. Tel: 01416441395
Session Clerk: Derek Christie. Tel: 0141 6380044.
Depute Session Clerk: Peter Liddell. Tel: 0141 6387870.
Church Office: 0141 644 1841. Email: greenbank.office@tiscali.c.o.uk
Church Address: 36 Eaglesham Road, Clarkston, Glasgow, Scotland. G76 7DJ.
Congregation No: 160863. Registered Charity No: SC011453.