thegoodneighbour

November 2019



Parish Register

NEW MEMBER

October 2019 Margaret Goldthorp, The Oval, Clarkston

BAPTISM

22/9/19 Heather Eleanor Cameron, Strathearn Road, Clarkston

"Let the little children come to me, and do not hinder them, for the Kingdom of heaven belongs to such as these"

Matthew 19:14 NIV

WEDDINGS

29/9/19 Joanne Hart and Jordan Hunt, Hamilton Road, Cambuslang

Jordan and Joanne met Friday,13th 2013 (lucky for some!) and have been together ever since. Joanne's sister, Jennifer Hart, was maid of honour and Jordan's older brother, Adam Hunt, was best man, Jordan's younger brother, Sam, was an usher as was Joanne's older brother, Daniel. Their reception was at the Busby Hotel in Clarkston and they have set up home in Cambuslang. Joanne commented, "The most memorable part of the day for me was when the music started; this is when it hit home for me. I felt my heart pounding in my chest and tears begin to fill my eyes and it all became real." The couple are currently in Mexico enjoying their honeymoon and have the joy of picking up their new puppy when they get home to start their married life together.

5/10/19 Natalie Chalmers and Graham Scott, Frenchland Drive, Moffat

Natalie grew up in Clarkston and attended Sunday School, Rainbows and Brownies, before becoming a young leader, so she has always had strong links to Greenbank Church. Graham and Natalie met in Edinburgh and had their first date 11 years ago. Since then they have been on all sorts of adventures together and have bought their own home in Moffat, after supporting each other through numerous degrees and jobs. Graham surprised Natalie by proposing on Easter Sunday 2018 at Dawyck botanical gardens in Peebleshire. On the bridge in middle of the snowdrops, he got down on one knee. Natalie always knew she wanted to get married at Greenbank as it was so important to her. She remarked: "John Meek remembered me straight away!" Driving away from Greenbank Church in their 1950's Lincoln Capri in powder blue she realised how perfect it had all been. Natalie continued, "The most memorable part of the day was the church ceremony, from the layout, to the choices of readings, I'd like to take this opportunity to thank John Meek and Jeanne for arranging the church in such a beautiful way and for the welcome they gave to our family and friends."

"[Love] always protects, always trusts, always hopes, always perseveres. Love never fails."

Corinthians 13: 7 NIV

DEATHS

19/9/19	Mrs June Morton, 5 Lembert Drive, Clarkston
26/9/19	Mrs Mary Mackay, Kingsgate Nursing Home, 149 Glasgow Road, East Kilbride
2/10/19	Mrs Barbara Bradshaw, 124 Beech Avenue, Newton Mearns
9/10/19	Mr John (Jack) Mellish, 10 Stamperland Gardens, Clarkston
16/10/19	Mrs Marjorie Melrose, 3 Bridges Care Home, 108 Carmunnock Road, Glasgow

"My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?" John 14:2 NIV

*On the noticeboard situated in the halls' corridor are Orders of Service of those whose funerals and weddings our minister has recently conducted. After a few weeks the orders are taken down but will still be available in the church office.

Dear Friends,

In his book, 'A Life In Pictures', a book donated to Greenbank by one of one of our late elders, Ken McKenzie, Alasdair Gray records his life as an artist. For those interested in looking at it, the book can usually be found on the organ in the sanctuary. In one part of the book, Gray writes about being homeless and working at Greenbank for months, spending his nights in a sleeping bag on the vestry floor, until he was ejected when he broke the toilet there after trying to fix it when the water froze in winter. Shut out of the vestry, he slept under the communion table in the sanctuary and continued to paint the Ruth mural in the transept while services were taking place. As is the case with much of Alasdair Gray's work, he moved on before finishing the mural and it was completed by someone else.

At the end of his book he adds a postscript which begins, "This book has said too little about close friends" and he goes on to tell the story of a disabled friend called Nellimeg, for whom he was adding paintings about her life and family, to a book that she owned. Gray writes that the proceeds from his own book would support her and people in similar circumstances. Despite becoming an acclaimed Scottish writer and artist, Alasdair Gray has not left his friends behind and it seems like the story from the book of Ruth, depicted in the mural he painted in our transept, is a fitting tribute to his own life.

At the beginning of October, I spoke at the Guild on its 2019 theme called 'Companions on the Road'. We thought about Ruth and the choice she made to be the friend and companion of her mother in law, Naomi, through life. At the meeting we also took some time to share our stories, about the people in our lives who have been good friends and companions to us.

We all felt blessed to have good friends and companions in our lives. What about you? Perhaps we might all take some time in this month of remembrance to thank God for the blessings that friends and companions bring to our lives, for all those who love us no matter what; who share our sorrows; laugh with us in celebration; weep when we weep; hold us when words fail; need us as we need them and give us the freedom to be ourselves.

When I see a deed of kindness, I am eager to be kind.
When a weaker brother stumbles and a strong man stays behind
Just to see if he can help him, then the wish grows strong in me
To become as big and thoughtful as I know that friend to be.
And all travellers can witness that the best of guides today
Is not the one who tells them, but the one who shows the way.

[..from 'Sermons We See' by poet Edgar Guest]

Yours,

PULPIT DIARY

1 st November	4.00pm 7.30pm	Messy Church Preparatory Service
3 rd November	10.30am 6.30pm	Sacrament of Holy Communion & Sunday Club Evening Communion Service
10 th November	10.30am 6.30pm	Remembrance Sunday Worship & Sunday Club Prayers for Healing Service
17 th November	10.30am	150 th Anniversary Crossreach & Sunday Club
24 th November	10.30am	Sacrament of Holy Baptism & Sunday Club



SATURDAY MORNING BOOK CLUB

The Club meets in room A of the church halls, on the first Saturday of each month. The next meeting takes place on Saturday, 2nd November when we will continue reading 'The Books of the Bible – The Prophets', which is a fresh, yet ancient, presentation of Scripture, using the full NIV text with an 8 month reading plan.

In 'The Books of the Bible - The Prophets', readers will read about God's messengers proclaiming hope and truth by reading the Hebrew prophets in an historical order. The Bible books included are, Jonah, Amos, Hosea, Micah, Isaiah, Zephaniah, Nahum, Habakkuk, Jeremiah, Obadiah, Ezekiel, Haggai, Zechariah, Joel and Malachi.

Meetings last one hour and breakfast refreshments are served form 8.45am for a 9am start. All welcome.

Prayer Diary

Remember, remember! the fifth of November, Gunpowder treason and plot. (excerpt from traditional folk verse c1870)

So we're setting off our fireworks, looking out the woollies and the soup recipes; we're into chilly days, wet days, hopefully some crisp sunny days. We've got the Christmas Fair to look forward to on the 23rd, and I'm thinking you may have had your first mince pie even before then. This is quite a nice time to look back over the year and see what you've achieved - or not; a time to give thanks for what we've got; a time to ask for help to get you where you want to be.

As ever, the news is full of trouble and strife. Give thanks that we live in a peaceful place as you remember those who live amongst war and terror; whose lives can be torn apart in an instant, and who may be forced to accept that as a way of life for long years.

As thoughts turn towards the peace and joy of the festive season, keep those who are struggling with physical or mental illness in your prayers. And pray for friends and families who're doing what they can and coping as best they can.

Pray for our congregation as we strive to make necessary changes to keep our church strong and relevant in an everchanging world. Pray for each person who contributes what they can in whatever way they can. Many hands make light work.

And pray for the work we do in our community, that it brings different kinds of people together and forges new bonds.

As we head into winter, with our weather seeming to become increasingly unpredictable, pray that the winter weather will not be too extreme. Pray that mankind will realise that we are the protectors of our world; that we need to look after it; that we need to share its resources and find ways to live well without destroying the very world that nurtures us.

'So do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings.' Matthew 6:34

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 Prayers for Healing Service and throughout the month by members of the Prayer Group.

A Prayers for Healing service takes place on the 2^{nd} Sunday of every month in the church at 6.30pm. (Enter by Link building). Everyone is welcome to attend.

Gillian Foy (638 6245)

To encourage worship outside our church walls this Advent, Mary, Joseph and the donkey from Greenbank's Nativity Scene will journey from our church building in a story bag with a copy of the Christmas story, plus a diary in which all those who host the figures can share their experiences. Also included in the bag will be an Advent candle which can be lit and burned down one section on each night that Mary and Joseph and the donkey stay. Photos taken in each home can be emailed to the Church Office at greenbank.office@tiscali.co.uk - these will be shown



on PowerPoint each week of Advent. The last household will bring 'Mary and Joseph' to church to the family service on Christmas Eve where they will be welcomed back to the Nativity Scene. For anyone wishing to take part a 'signup' sheet will be available in the Centenary Chapel of the Church from 10th November.

What's On

THE GUILD

Wednesday	6 th November	2.15pm	A Walk Through History Colin Mackie
	13 th November	2.15pm	The History of the Glasgow Police Alistair Dunsmore
	20 th November	2.15pm	Guild Afternoon Tea
	27 th November	2.15pm	One Lump or Two? Yvonne Neville

The Guild has enjoyed excellent entertainment and good attendances at their meetings so far. As Guild Week is now officially celebrated in September before many Guilds start, we in Greenbank are celebrating our own Guild Week on 20th November with an Afternoon Tea.

Reminder that if your Sunshine Bag has not been collected by the end of October, please leave it with the Duty Team on a Sunday and it will be passed on to the Guild. Again, sincere thanks for your support and generosity.

Enid Dron, Secretary

THE LUNCH CLUB

Lunch Club is well into the new session - our next meeting, the last before Christmas, will be on Friday 29th November, 12noon till 1.15pm. We serve soup, filled rolls, tea, coffee and biscuits. This month there will also be mince pies! Everyone will be made very welcome.

In 2020 Lunch Club dates are as follows: 31st January, 28th February, 27th March, 24th April and 29th May.

If you would like to know more about the Lunch Club, or would like transport to join us, please phone Jan on 258 4959 or Maureen on 639 5114.

TIME OUT

October is a busy month with three meetings for Time Out, as follows:-

Our first meeting in November is:

14th Nov A visit from the Dogs' Trust

As always everyone is welcome.

The talks are in the Church Hall at 8pm. For further details contact Moira McAldine at busymoira@aol.com or Sharon Mitchell at sharonemitchell@hotmail.co.uk

GREENBANK CHURCH FILM SOCIETY

The next gathering of the Film Society takes place on the 4th November Le Boucher (1969) Starring: Stéphane Audrun & Jean Yanne, director: Claude Chabrol

At a wedding in a quiet rural French village, school headmistress Helene (Stéphane Audran) meets local butcher Popaul (Jean Yanne). Though the reserved Helene is still traumatised by the failure of a past relationship, Popaul's boyish charm draws her out of her shell. However, shortly after their relationship begins, a string of murders surrounds the village and when Helene recognises an item she had given Popaul near one of the crime scenes she begins to suspect he may be the murderer.

Release date: 19 May 1972 (United Kingdom)

The Society meets monthly on Monday evenings at 7.30pm from September to April in the Session House.

Jim Guy

LADIES BADMINTON

Ladies Badminton takes place on Thursday afternoons starting at 1.15pm - all welcome to join our friendly group for fun and games. Come along and make a racquet!!

Telephone: Margaret Kennedy 07806434321 for more information.

CLARKSTON COMMUNITY CHOIR

The Clarkston Community Choir Christmas Concert will take place on Saturday 7th December at 7.30pm in Greenbank Parish Church. The concert will feature all of your festive favourites sung by the choir, accompanied by a fabulous orchestra of musicians from the Royal Conservatoire of Scotland. Tickets £5, includes tea and coffee afterwards in the halls. If you aren't able to see the choir on this date, there is another performance on Sunday, 1st December at 7.30pm in Langside Parish Church.

The choir welcome all enthusiastic singers to join them on Wednesdays 7.30pm-9.30pm, and all of the music is sung from word sheets only so there is no prior musical training required. New members go free on the first rehearsal, thereafter £3 subs are paid weekly on the door. Members are also welcome to attend rehearsals without committing to singing in concerts, as sometimes it can take a while to build up the confidence to do so.

Richard Scholfield

TUESDAY NIGHT WALKING GROUP

We meet on Tuesdays at 7pm prompt (weather permitting) and walk around the local area chatting all the way. Our walks usually last an hour. Feel free to join us on any Tuesday. Evelyn Clelland (07762 065507)

SNAP COMMUNITY YOUTH CLUB

Any new members from P7 to S3 are very welcome to come along SNAP runs every Saturday (term time) from 7pm till 9pm. If you're P7-S3, come along for some Saturday night action packed fun and meet new friends - all are welcome. The SNAP team is looking forward to more games, crafts, baking and sports. Please feel free to register on the night or email: <a href="mailto:SNAP@greenbankglasgow.org.uk for more information.

MESSY CHURCH

The next Messy of the Session takes place on Friday, 1st November starting at 4pm in the church halls.

If anyone would like to be added to the WhatsApp group or to be kept informed of what's happening at this and future Messys, please send your mobile number and name to me at 07970192541.

The other Messy Church dates for this year are as follows: 6th December, 31st January, 28th February, 24th April and 5th June.

Lorna Preece

PRINCE & PRINCESS OF WALES HOSPICE COFFEE MORNING – 9TH NOVEMBER

The Southside Friends of the Prince& Princess of Wales Hospice are holding a Coffee Morning in the Giffnock Scout Hall, Arthurlie Drive, G46 6UP on Saturday 9th November from 10am till 12noon. Tickets £1 include tea/coffee and homebaking. Stalls - home baking, gifts, books, £1 bags & Raffle. All welcome.

FRIENDSHIP CAFE

The Friendship Cafe is open from 10am every Friday. (except the last one of the month when the Lunch club is on). We were fairly small in number at the close of last session but big in spirit and welcome. Give us a shot and join us for tea/coffee and a blether. (No mention of Brexit – promise!)

If you would like to lend a hand, contact Blair Miller on 0141 577 5449.

MACMILLAN CANCER SUPPORT - COFFEE MORNING

Glasgow Presbytery Office staff are having a Coffee morning in aid of Macmillan Cancer Support at Garthamlock and Craigend Parish Church on 22nd November and would welcome any donations of knitted items for one of their stalls. Any knitted items can be left at Greenbank's church office.

Young People's



Hi Guys,

Remember, Remember the 5th of November, Gunpowder, treason and plot. We see no reason. Why gunpowder treason. Should ever be forgot!

Yep, it's Guy Fawkes night again. We celebrate Guy Fawkes Night by building bonfires and setting off fireworks but did you know the first fireworks were probably made in China, around 2,000 years ago. Rumour has it that a Chinese cook "invented" them when the ingredients he was mixing burnt and exploded! Now my cooking is bad, but not as bad as that!! The first time fireworks were seen in Britain was at the wedding of King Henry in 1486. That's nearly 120 years before Guy Fawkes! America was introduced to fireworks by Captain John Smith of Pocahontas fame. China remains, however, the largest exporter of fireworks and 90% of all fireworks come from there. And how they changed! A rocket can now reach speeds of 150mph and a sparkler reaches the same temperature as a blowtorch. Ouch! A chocolate firework 3m high, 1.5 m round was set off in Switzerland. When it exploded it released 60kg of chocolates. Wish I'd been there for that one!!

See you next month Al the Ed



Fireworks at the Edinburgh Festival

PS Did you know that the biggest firework display in Europe happens in Edinburgh where a million fireworks are set off in under an hour!



FROZEN 2

Release date: 22nd November Running time: 100 minutes

Why was Elsa born with magical powers? The answer is calling her and threatening her kingdom. Together with Anna, Kristoff, Olaf and Sven, she'll set out on a dangerous but remarkable journey. In "Frozen," Elsa feared her powers were too much for the world. In "Frozen 2," she must hope they are enough. Starring Kristen Bell, Idina Menzel, Jonathan Groff and Josh Gad.

Looking for something to do in November? Here are a couple of ideas:

Nae Firework Nights. Escape the fireworks with the dog and head to Whitelee for our huge firework-free nights! Visitor centre re-opens 5 - 10pm (café closes 9pm). Ranger led walk from 7pm (bring a torch). Sunday 3rd - Tuesday 5th November 5pm – midnight. A Whitelee Visitor Centre Drop-in event

Rockin' Robin's Feathered Feast. Robin and his pals need your help this winter to put on a feast like no other. So drop in and make your own bird-feeders to delight your feathered friends. Saturday 9th November 1 - 3pm. A Whitelee Visitor Centre Drop-in event.



Hi everyone,

I can't believe I'm typing this for the **NOVEMBER** Good Neighbour magazine already! It doesn't seem very long ago that we had the Sunday Club Prizegiving and Trip, and I was wishing you all a good summer holiday!!

However, I do love this time of year – not because it's getting colder and the days get shorter and the nights get longer – but because of all the beautiful colours we see as the leaves change colour. The cover of October's Good Neighbour had a lovely photo of these, and although it might be cold outside, seeing these colours always makes me think of feeling warm, and having tasty warm food like stews and casseroles, and delicious warm puddings like apple crumble with custard....and then there's Hot Chocolate too...which reminds me – I haven't visited JAM for a wee while – I think I feel a visit coming on!! You have been warned.

Helen

Sunday 3rd November Communion Sunday - Sunday Club meets in halls as usual, then

children come into church for Communion.

Sunday 10th November Sunday Club as usual Sunday 17th November Sunday Club as usual Sunday 24th November Sunday Club as usual

FIND THE WORDS

gunpowder, Edinburgh, chocolate, firework, sparkler, Chinese, treason, explode, rocket, Fawkes, plot, guy,

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GHA FIREWORK DISPLAY

November 5 @ 6:00 pm - 9:00 pm

The Southside's biggest and best fireworks display! We also have Music, Food Stalls, Strike It Lucky Ice cream and Novelties. Buy your tickets online from the GHA website to avoid the queues and also take advantage of our discounted Family Ticket for families of 4 or more (2 Adults plus 2+ children). (Note that Under 5s are FREE)

Tickets will also be available on the gate.

Gates open at 6.00pm. The display will start at 7.15. (Please arrive before 7.00 pm to avoid

FIREWORK CODE

- Never play with fireworks
- Only adults should light or hold fireworks
- When you are watching fireworks stand well back
 Never go near a firework that has been lit
- Fireworks will frighten your pets keep them inside
- If you are given a sparkler always wear gloves and hold it at arm's length
- Don't set off fireworks late at night and never after 11pm

HAPPY NOVEMBER BIRTHDAY

o Jessica Paul, Grace Bradshaw, Rebecca Marin and Harris Simpson.

Hope you have a blast!!



JOKE CORNER

- Q. What do get when you cross a t-rex with a firework?
- A. Dinomyte
- Q. What's Guy Fawkes favourite food?
- A. Bangers and mash
- Q. What do you call an exploding monkey?
- A. A Bab-boom.
- Q. Why did the cow get in the rocket?
- A. To go to the mooooon....





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News and updates

ED LINES

Hi Folks,

I heard on the radio recently that it is 75 years since 76 prisoners of war made their escape from Stalag Luft III, a German prison camp. You might know this better as the story of "The Great Escape", a tale of bravery, determination and heroism which was immortalised in the film of the same name. Allied soldiers spent many long weeks and months digging three tunnels, Tom, Dick and Harry as a means of escape.

Many years ago, when I worked in Eastwoodhill, I had the pleasure of meeting Murdo Ewen Macdonald. Murdo or Padre Mac, as he was fondly known, came from Harris. He studied Divinity at St. Andrews, before accepting a charge at Portree. He was minister at St George's West in Edinburgh for 16 years before being appointed as Professor of Practical Theology at Trinity College, University of Glasgow in 1966. Murdo had many claims to fame. He was university middle weight boxing champion. He was a Munroist having climbed Scottish mountains over 3000ft. He climbed the Matterhorn and he was ex Prime Minister Gordon Brown's godfather!!

When World War II began, Murdo was called up to be chaplain to the Queen's Own Cameron Highlanders. He later joined the parachute regiment and after being wounded was captured and sent to Stalag Luft III. The British had two chaplains, so Murdo volunteered to go to the American camp as they had none. The British had a smuggled radio and could hear what was happening with the war effort. Murdo and a fellow Hebridean passed the news between the camps using "the Gaelic"; this caused their captors much consternation and kept up morale in the camp. Being a man of God, he was deemed as being trustworthy by the guards, a fact he used to his advantage as it was his job to dispose of the dirt from the tunnels. Sadly although 76 men escaped through the tunnel, only 3 made it back home.

Acts of bravery, heroism and selflessness happened in camps and on battlefields; in towns or the countryside; at sea; in the air and on the beaches.

It is only when we hear these tales and relate them to our children and grandchildren that we can ensure these stories will never die. Then, we will always remember them.

Alison

ARTICLES FOR THE DECEMBER ISSUE OF GOOD NEIGHBOUR SHOULD BE SUBMITTED BY SUNDAY 10th NOVEMBER PLEASE

90KG RICE CHALLENGE

I am delighted to report that Greenbank has completed the 90kg Rice Challenge! All 90 bags of great tasting Kilombero rice were sold on Harvest Sunday. There was a long queue of eager customers and I am grateful to Lorna and Allison Preece for helping to sell the rice. A certificate of achievement for completing the challenge is displayed in the Hall of Friendship. Thank you to everyone who bought rice - you have supported a Malawian rice farmer and enabled him/her to educate a child for a year. Apologies to those who were disappointed - hopefully we will repeat this at some point in the future and you will have another opportunity to buy and try this delicious rice. The rice can also be purchased online from Just Trading Scotland. Visit their website at www.its.co.uk

JTS is a not for profit fair trade organisation set up to facilitate the import and distribution of fairly traded products in the UK. They are located in Paisley.

I hope that everyone who bought rice enjoyed it as much as I did!

Alison Allan

LODGING HOUSE MISSION

Harvest

Sincere thanks to all for donations of food and money for the Lodging House Mission on Harvest Sunday. All food donations were delivered to LHM after our Harvest service, and were greatly appreciated. LHM was also very grateful for the beautiful floral arrangement. Thanks to Jamie Stewart and Allison Preece for their help in receiving donations from the congregation before the service.

Christmas Cards

The Lodging House Mission Christmas card selection will be on sale in the Fraser Hall after the morning service from Sunday, 20th October until Sunday, 8th December. Cards are £4 per pack of 10 cards.

Alison Allan

MEMBERS' EMAIL ADDRESSES

The Kirk Session, at the September meeting, agreed to ask members to add their email addresses to the roll records held by the church. This will allow faster communications with members and save on postage.

The data will not be disclosed to third parties.

Could you please send an email to the church office at greenbank.office@tiscali.co.uk along with your name and address to allow us to add your email to our records.

Derek Christie Session Clerk

CHRISTIAN AID NEWS

Congratulations to the 8 Greenbank swimmers from Greenbank who took part in the annual sponsored swim at Eastwood swimming pool on 5th October. All of our swimmers completed the maximum distance of 20 lengths and will receive certificates shortly. Thank you to all who took part and to their supporters for the sponsorship. Final figures for the sum raised should be available shortly, and will be included in the Sunday intimations. Our fundraising focus will now move to the Annual Art Show and Exhibition in March next year, which promises to be a milestone event as it celebrates its 40th anniversary - further details in due course.

Mark Allan

PRACTICES FOR NINE LESSONS AND CAROLS

The Church Choir will begin rehearsing for the Nine Lessons and Carols service on Thursday 31st October at 8pm in the church. We warmly invite anyone who wishes to sing with us at this service to come along to the rehearsals - you don't need to be able to read music and a CD of the various choir pieces is given out to help with learning the music. This year's Nine Lessons and Carols service will take place on Sunday, 15th December at 10.30am. For further information please speak to the organist.

Peter Howard

FLOWER LIST FOR NOVEMBER 2019

Communion Table Centenary Chapel Side Windows

3rd November J. Harvey Jane Mayer

10th November

17th November The Guild Elizabeth Cross Moira McAldine

24th November Esmae MacEwan Sheila Matthews

Please note:

The Flower Lists for <u>2019</u> are on the transept windows and you are invited to put your name and telephone number on the list at the date of your choice. A member of the flower committee will contact you in the week prior to this date. Elizabeth Cross (638 5162)

BUSHIDO KARATE CLUB

Our students are working hard towards their next grading and our Association will have a course coming up for all our students. In addition, our students are sending in their drawings to design the 2020 BKA Calendar.

Facts about Karate

Karate is a widely practiced martial art that is rich in history and tradition. In addition to teaching self defense techniques, it also has many other known benefits that include improving physical and mental health, building self-esteem, and strengthening self-confidence, while providing an effective and enjoyable workout.

Karate is a martial art that originated in Okinawa, Japan and can be traced back to the late 17th century. It was created in response to a ban on weapons that was imposed by the samurai rulers of Japan.

Karate stems from two words: "kara," meaning empty, and "te," meaning hand.

Karate will debut as an Olympic sport at the Tokyo 2020 Olympic Games.

The uniform that karate students wear is called Gi.

Dojo is the name of the place where you learn karate. Greenbank Church Hall is our DOJO.

Best wishes,

John Elliot, Bushido Karate Association Chairman

WHO DO YOU THINK THEY ARE? (The Lunch Club)

Name? Anne Jaap Over 21 I think so Fav food **Beef Stroganoff**

Fav TV **Hard Talk** Fav actor Richard Gere

Fav film Giai

Fav music Classical -(none of your pop rubbish!!!)

Fav joke What is grey, has big ears and a trunk?

A mouse going on holiday.

Fay Thompson Name? Just a little Over 21

Fav food Fish

Fav TV **Downton Abbey** Fav actor Maggie Smith Fav film **Guys and Dolls** Fav Music Placido Domingo Fav joke What do cats eat for

breakfast? Mice Krispies!



Name? Jan Millar Over 21 No!! Fav food Steak

Fav TV **Documentaries**

Art Malik Fav Actor Fav Film **High Society** Fav Music Wagner Ring Cycle Fav Joke What did the big chimney say to the little chimney?

You're too young to smoke!



Name? Maureen Moss Over 21 Afraid so Fav food Moussaka Fav TV The Apprentice Fav actor Hugh Bonneville Fav film Downton Abbey Fav Music Loch Tay Boat Song Fav Joke What's an "ig"?

A cold house without a toilet!



135TH **CELEBR ATION**

Over weekend of the 5th and 6th of October we celebrated Greenbank' 135th S birthday. A

very successful, fun filled evening was held on Saturday the 5th and at church on the following day we had a birthday cake. The cake was cut by Douglas Nicholl. Douglas has been attending Greenbank since he was five but became more involved after becoming a Life Boy at the age of nine. Douglas says he has seen many changes over the years but the one thing that has never changed has been the friendliness of Greenbank's congregation. Happy Birthday Greenbank!



LETTER TO THE EDITOR

Everyone had a fantastic night celebrating 135 years since Greenbank Parish Church was built. The evening started with a warm welcome and a glass of Prosecco. There was also a craft sale with 7 of 8 stalls to browse and pick up the odd gift or two or a wee treat. Upstairs games were set out: snooker, bowls and darts presented us all with a challenge. After all this, we went through to the Cowley Hall where tables were set out. We started with pass the parcel done in rows with 3 tables in each team; the winner in each team getting a big box of Celebration sweets I There was a quiz

testing your knowledge of things around the church, your fashion knowledge and your knowledge as to who invented what. We then played bingo with a difference; instead of numbers you had to have certain objects at your table - things such as a hairbrush, lipstick, stiletto heel, gold bangle, £20, - you get the picture; a great variation on the game. We were then entertained by a group of men from the Church who were the Bay City Rollers. They were fantastic. Time, then, for food - fish and chips, which were delicious, from Buon Appetito.

Finally a group of entertainers from Runway Theatre Company sang songs from the shows - they were amazing - you didn't want them to finish. We all then went out into the rain having had a thoroughly enjoyable evening.

Well done to the organisers. You must have put in a lot of work, but it was worth every moment.

Thank you,

Sandra Williams

Social Events

CHRISTMAS FAIR - SATURDAY, 23RD NOVEMBER 10AM TO 1PM

It is hard to believe that there is only a few weeks to go before Greenbank's Annual Christmas Fair, which has become a favourite event in Greenbank's calendar and known for its friendly atmosphere.

Plans for this year's extravaganza are well underway and once again we hope you will support the Fair both by donating items for the stalls and by coming along on the day. Entry to the Fair has been kept at £2 and £1 for children. Tickets are now on sale and of course you will be able to pay at the door.

All the usual stalls will be there and at this time we would ask for donations for the stalls listed below:

Home Baking; Christmas Stall; Christmas Bags – gift of £2 please; Bottle Stall; Any New Unwanted Gifts; Toiletries/Jewellery; Toy Stall and Children's Books; Book Stall; Chocolate Tombola; Bric a Brac and others.

The CHILDREN'S ZONE has been very successful over the last few years and again we hope this will once again be a fun and a popular place for the children to visit. Games, crafts, face painting, nail bar, tattoos and lots more on offer!!!.

Santa will also be visiting the Fair between 10.45am and 12noon.

Donations for the various stalls can be brought along to Church any Sunday from now until the Fair and placed in the box in the Link Building, brought along to the hall on Friday 22nd November or on the day. Alternatively you may contact Anna or Eleanor who will be able to collect.

There will be the ever popular Christmas Tea Room where you can enjoy some Christmas goodies and friendship. Christmas Bulbs together with the super Christmas Hamper Raffle and a general raffle, which will include a beautiful fruit hamper, will be on offer. You will also have the chance to win your Christmas Cake, Guess the Birthday and win a cuddly toy and to win a fruit hamper when you play the Human Fruit Machine.

Donations of mince pies, shortbread and good quality biscuits would be greatly appreciated and these can be brought along any Sunday or dropped off in the kitchen any time week commencing Sunday 17th November.

The Sunday Club who organise the Toy/Children's Book Stall would especially appreciate donations of toys and children's books (in good condition) for their stall.

Bert McCrum will once again be available to check and clean any jewellery and we thank him for giving his time.

Opening times for setting out stalls and receiving donations - Friday 22nd November, 2pm - 4pm and 6pm-8pm.

We look forward to your continued support which is very much appreciated both in donating items for the various stalls and by your attendance on the day.

Anna Martin (644 0972) Eleanor Johnstone (577 0335)

BURNS SUPPER

Once again we are delighted to announce that our annual Burns Supper will take place on Sunday 26th January. An excellent selection of speakers has been lined up for your edification and entertainment. Tickets will go on sale in the next few weeks so watch out on Facebook, the intimations (which can be found on the church website) and the church notice boards for the release date. You'll have to get in early as they go like hot bannocks!

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Great news! SNAP Community Youth Club has been chosen to benefit from the next round of the Coop Local Community Fund. The funding round begins on 27th October 2019 and closes on 24th October 2020. During this time Coop members will be able to choose SNAP as their local cause.

If you are a member, every time you buy selected own brand products and services, you can choose that 1% of the money you spend can go to SNAP. Not a member! No problem. You can join online at membership.coop.co.uk/new-registration or enquire in store. Coop membership brings you benefits as well as funding for SNAP so it's a win-win situation.

Please encourage family and friends to participate too and nominate ${\sf SNAP}$ as their local cause.

Thank you.



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