

# thegoodneighbour

April 2020



# Keeping in touch

## WORSHIP

While physical services are cancelled, Greenbank has moved to online worship, a new way of worshipping as a church together, which you can link in to each Sunday morning at 12:00pm (29<sup>th</sup> March – 14<sup>th</sup> June)

Please use the following link each Sunday to take part and then put in the details:

Link: <https://zoom.us/j/757322655?pwd=czBQdmNIUFpqWEpDUk9GREduMEU2dz09>

Meeting ID: 757 322 655

Details of how to access worship will also be on Greenbank's Facebook page and website and for further details on how to join zoom view the video at [www.greenbankglasgow.our.uk/live](http://www.greenbankglasgow.our.uk/live).

Further details about virtual midweek worship and meetings will be made available in due course

## GREENBANK OFFICE

Jane Mayer, our Church Secretary, has moved to home working and can still be contacted at the church email address [greenbank.office@tiscali.co.uk](mailto:greenbank.office@tiscali.co.uk) If you have any queries about anything to do with church please feel free to contact Jane or our minister Jeanne at 01416441395 or [jroddick@churchofscotland.org.uk](mailto:jroddick@churchofscotland.org.uk)

## MEMBERS' EMAIL ADDRESSES

**It is now more important than ever that the church office has your email address**

If you have not already done so, could you please send an email to the church office at:

[greenbank.office@tiscali.co.uk](mailto:greenbank.office@tiscali.co.uk) along with your name and address to allow us to add your email to our records.

The data will not be disclosed to third parties.

Derek Christie

Session Clerk

## BEFRIENDERS

### KEEPING IN TOUCH IN DIFFICULT TIMES

We appreciate that these are very difficult times for us all, when we are being asked to keep social contact to a minimum and avoid visiting those who may be most vulnerable in contracting the coronavirus infection. Yet reduced physical contact can lead to people feeling very isolated and anxious, especially when social gatherings, including worship services, have ceased for the foreseeable future. One way we can help our parishioners at this time is by telephoning them, having a chat and checking if there is anything they need. We hope to call on those who live alone and may appreciate the contact. We are looking for volunteers who would be willing to call a small number of people to have a chat and ensure that all is well. If you would like to help, please email Jane Mayer at the church office [greenbank.office@tiscali.co.uk](mailto:greenbank.office@tiscali.co.uk)

Dear Friends,

Amidst this uncertain and scary time our usual pattern of Sunday worship and other gatherings has been put on hold but that does not mean that Greenbank is no longer functioning as a church. Worshipping together as a church will continue each Sunday, albeit in a different format. Details of how to participate are given on page 1. A printed copy of the service can be emailed to you on request. Although distribution might be difficult, if you can do this safely and within the limits of government guidelines, please free to share copies of the service with those unable to connect into the services each Sunday.

I have asked our elders to be in touch with everyone in their districts to check if help is needed. Please let your elder or me know if there is any way we can help at this time, even if this is simply a weekly phone call to check in. It is important that you and others know that the church is there offering hope in the face of fear. The current crisis affords each one of us an opportunity to live out our faith by actions of love and kindness to others.

There is a wider community effort being made to assist anyone who needs help at this time. We have linked in with Voluntary Actions East Renfrewshire and a local list of volunteers has been collated. We have leafleted most of the people in our Parish giving them our church contact details; telling them that they do not need to be a member of the church to contact us for help and letting them know that that even in isolation, they are not alone.

Jane, our Church Secretary is working from home at this time. If you have any queries about anything to do with church; want to help; need help; or know someone who needs help; please email Jane at [greenbank.office@tiscali.co.uk](mailto:greenbank.office@tiscali.co.uk) or contact me directly at any time [jroddick@churchofscotland.org.uk](mailto:jroddick@churchofscotland.org.uk). The Manse telephone number is 644 1395.

This week, I discovered that the children in our community have been drawing pictures of rainbows and placing them in their windows. Rainbows are often used as a symbol of peace and hope because they generally appear when the sun comes out following a heavy rainfall. Rainbows serve to remind us that there is hope and light to follow even after the dark times. When I heard about the children's rainbows I was reminded of the lines from George Mathieson's hymn: "I trace the rainbow through the rain, and feel the promise is not vain. That morn shall tearless be".

In the midst of uncertain and scary times and a season when we think about Jesus' death on the cross, our faith proclaims that God's love is stronger than death and despair. In our life with the risen Christ, we are invited to do more than hope for a bright future and trace the rainbow through the rain, believing that Easter love revealed by our God through His Son will never let us, or this world, go.

Your minister,  
in love and service,

Yours,

A handwritten signature in cursive script, appearing to read 'Jeanne', with a long, sweeping underline.

# Prayer Diary

'Listen can you hear it? Spring's sweet cantata. The strains of grass pushing through the snow. The song of buds swelling on the vine. The tender timpani of a baby robin's heart. Spring!'

(Diane Frolov & Andrew Schneider, 'Northern Exposure')

As the natural world stirs to life, early flowers like the daffodils brave the wind, rain, hail and snow and I recently saw a robin fluttering around my nesting box. But at the same time as we see these signs of renewal and rebirth, the world is facing the onslaught of the Coronavirus. Please pray for the sick and the grieving. Pray that people remain calm and sensible, that they try to protect themselves and others, and do not panic.

And while the virus is uppermost in everyone's minds, please also remember other ongoing struggles, be it conflict, disaster or injustice; and ask that our leaders consider their actions carefully in the days ahead.

As we enjoy Easter treats: chocolate eggs, hot cross buns; remember the real Easter celebration. Here's a little prayer I came across.

Easter Sunday Prayer (unknown)

Lord God,

You loved this world so much that you gave your one and only Son, that we might be called your children too. Lord, help us to live in the gladness and grace of Easter Sunday every day. Let us have hearts of thankfulness for your sacrifice. Let us have eyes that look upon your grace and rejoice in our salvation. Help us to walk in that mighty grace and tell your good news to the world. All for your glory do we pray, Lord.

Amen

I wish you a happy, peaceful and safe Easter. I'm asking for a little bit of blue sky, a little bit of sunshine, and a little bit of warmth that will gladden your hearts.

'I am the resurrection and the life. Those who believe in me will live, even though they die. And all those who live and believe in me will never die.' (John 11:25-26)

## **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.

Gillian Foy, Prayer Promoter (638 6245)

## **ALASDAIR GRAY**

Artist, Alasdair Gray died on the 29<sup>th</sup> December last year. He studied at [Glasgow School of Art](#) from 1952 to 1957. As well as his book illustrations, he painted portraits and [murals](#), including one at the [Òran Mór](#) venue and one at [Hillhead subway station](#). His artwork has been widely exhibited and is in several important collections. We are lucky enough to have one of his murals at Greenbank. Alasdair painted the murals of the story of Ruth on the walls in the transept. It was painted as a memorial to the late Reverend Fulton and dedicated to him at a service on the 8th of April 1973. The mural had still not been completed by 1977 when the church approached the Glasgow School of Art to recommend someone to finish the task. In the end it was completed by a friend of a member of Session, but not until 1979, nine years after Rev. Fulton's death.

## WHO DO YOU THINK THEY ARE? (Greenbank Players)

Name? June Alexander  
 Over 21 Only just  
 Fav food Fish  
 Fav TV Downton Abbey  
 Fav actor Gregory Peck  
 Fav film Rebecca  
 Fav music Brahms  
 Fav joke What do you call a pig that does karate?  
 A pork chop!!



Name? Alan Williams  
 Over 21 Just  
 Fav food Roast beef  
 Fav TV Only Fools and Horses  
 Fav actor David Jason  
 Fav film Greatest Showman  
 Fav Music 1960's  
 Fav Joke Since the football's been cancelled I've discovered my wife has been made redundant from Woolies!!



Name? Moira Simpson  
 Over 21 Age doesn't matter unless you're cheese  
 Fav food Pistachio korma  
 Fav TV Simon Reeves  
 Fav Actor Hugh Grant  
 Fav Film Sound of Music  
 Fav Music Queen  
 Fav Joke Hear about the pupil who failed his art exam for using the wrong pencil? It wasn't 2B



Name? Liz Smith  
 Over 21 Ever so slightly  
 Fav food Roast dinners; fish; curry  
 Fav TV Line of duty  
 Fav Actor Steve McQueen  
 Fav Film Thrillers  
 Fav Music Anything but Country & Western  
 Fav Joke Why do cows wear bells?  
 Coz their horns don't work!



## LONG SERVICE CERTIFICATE

Gordon Dickson was recently presented with his long service certificate.

Gordon was ordained in King's Park Parish Church by the Rev. Jim Hosie. Gordon is married to Moira. They have two daughters, Julie and Jenny and three grandchildren. Gordon has been on many different groups and committees: To name but a few, he was a B.B. officer for many years, leader of the Bible Class and Superintendent of the Sunday School, leader of the Greenbank Summer Mission team to Dornoch for ten years with Joyce McMeeking and the Chair of the Legacy Project Group, looking to the future.

In addition to these positions, Gordon has always been a District Elder, in his view one of an Elder's most important roles, and one in which he has had the privilege of meeting some remarkable people over the years.

Gordon commented: "There have been so many changes over the last 50 years. The days of elders in morning suits, 450 children and young people in the Sunday School and Bible class every week and 4 double deckers leaving for the Sunday school trip are over and will not return. However the church has always changed and adapted to reflect the times, while keeping the simple message of the Gospel at its core.

We continue to play our part in the evolving Church through what we are endeavouring to do in our Legacy project."





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# YOUNG PEOPLE'S PAGE

## Activities for Kids Stuck Indoors

**Hide the Thimble** (or a teaspoon if you don't have one). Pick someone to hide the item. cover your eyes while they do it then go searching. They can shout hot if your getting close and cold if you move away from it to give you clues.

### Kim's Game

Put some items on a tray. Look at the tray for a minute then cover it up. Try and remember and write down all the items on the tray. You can add more items the better you get.

### Scavenger Hunt

Ask your mum to write down a word (it could be your name) Try and find one thing in the house or garden that matches each letter of the word.

### Board Games

Get out the old favourites. Cluedo, Monopoly, Game of Life. Will keep you going for hours.

### Tower Building

Use anything safe to, build one that's as tall as yourself.

## Try Googling!

[https://  
www.buzzfeed.com/  
mikespohr/activities-for-  
kids-while-inside-  
because-of-the-  
coronavirus](https://www.buzzfeed.com/mikespohr/activities-for-kids-while-inside-because-of-the-coronavirus)

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## Hi Guys!

Stuck indoors? Missing your friends? Bored? Even beginning to think school is not such a bad place after all! I'm sure you have all been told why it is so important for us all to stay indoors but it's not an easy thing to do. Even if you don't go out much, it's the idea you can't go out when you want to that feels so frustrating. Most of you will have phones to keep in touch and games consoles that you can use to pass the time and even use to challenge your friends to competitions. There's also plenty you can watch on TV. You're far better off than your grandparents would have been if they had had to face this situation at your age. They had stuff like jigsaw puzzles, books and board games to keep them amused and not very many of them at that. So as well as your friends remember to contact them and talk to them too. We all need to help each other in any way we can and that includes brothers and sisters and mums and dads who are dealing with this situation too!

Lots of activity can help keep our minds off stuff that worries us but it is difficult not to worry when we care about what happens to all the people we love. The news is full of stories that scare us and make us feel helpless but we are lucky because we have a God who loves us and cares for us to help us. When we have feelings that seem too much for us, we can always talk to him. You don't need fancy words. Just say what you need to say. Church is closed now for while but on the last Sunday it was on we sang a hymn called "God Behind, God Beside, God Ahead". The words tell us that God surrounds with his love and that he is always with us no matter who we are, where we are or what we are doing.

Take good care of yourselves and each other.

Al the Ed

## INDOOR EXERCISES FOR KIDS

Don't forget to exercise. You Tube has lots of fun stuff and every one in the house can join in. Joe Wicks has is like a PE teacher and has loads of videos to help keep you fit. If you want something a bit different, try Cosmic Yoga.







## Vanilla Cupcakes

### For the cupcake mixture

120g butter softened  
120g caster sugar  
1 egg  
1 tsp vanilla extract  
120g self-raising flour

### For the buttercream icing

140g butter, softened  
275g icing sugar  
1-2 tbsp milk  
A few drops of food colouring (optional)

### Method

1. Heat oven to 180C/160C fan/ gas 4 and line a 12-hole muffin tin with paper cases. Cream the butter and sugar together in a [bowl](#) until pale. Beat the eggs in a separate bowl and mix into the butter mixture along with the vanilla extract.
2. Fold in the flour, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are three quarters full.
3. Bake in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 5-10 minutes. Then place on a [wire rack](#).
4. For the buttercream icing, beat the butter until soft. Add half the icing sugar and beat until smooth.
5. Add the remaining icing sugar with 1 tbsp milk, adding more milk if necessary, until the mixture is smooth and creamy. Add food colouring (optional) and mix well.
6. Spoon the buttercream into a piping bag and add a nozzle of your choice. Pipe in a swirl motion and then enjoy!

## Pizza with Homemade Tomato Sauce

### Ingredients

300g strong white bread flour, plus extra for dusting

tsp instant yeast  
1 tbsp olive oil

### For the tomato sauce

1 tbsp olive oil  
2 garlic cloves, crushed  
200ml passata  
For the topping  
8 mozzarella pearls, halved  
small bunch fresh basil



### Method

1. Tip the flour into a bowl, then stir in the yeast and 1 tsp salt. Make a well in the centre and pour in 200ml warm water (make sure it's not too hot) along with the oil. Stir together with a wooden spoon until you have a soft, fairly wet dough.
2. Tip the dough out onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside for an hour or so or until the dough has puffed up and doubled in size. You can also leave the rough, unkneaded dough in the bowl, cover with a tea towel and leave in the fridge overnight and the dough will continue to prove on its own.
3. Meanwhile, make the tomato sauce. Put the oil in a small pan and fry the garlic briefly (don't let it brown), then add the passata and simmer everything until the sauce thickens a little. Leave to cool.
4. Once the dough has risen, knead it quickly in the bowl to knock it back, then tip out onto a lightly floured surface and cut into two balls. Roll out each ball into a large teardrop that is very thin and about 25cm across (teardrop shapes fit baking sheets more easily than rounds)
5. Heat oven to 240C/220C fan/ gas 9 with a large [baking sheet](#) inside. Lift one of the bases onto another floured baking sheet. Smooth the sauce over the base with the back of a spoon, scatter over half the mozzarella, drizzle with olive oil and season. Put the pizza, still on its baking sheet, on top of the hot sheet in the oven and bake for 8-10 mins until crisp.

Happy April Birthday to  
Eve Sanderson  
Jessica Martin  
Rachel Gow  
& Arran Muir

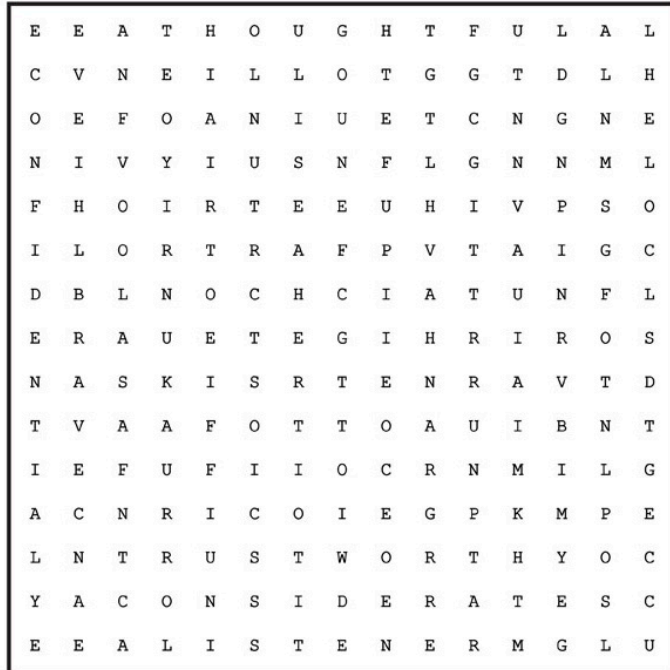


# FOR FUN



## HOW TO BE A GREAT FRIEND WORD SEARCH

Find each of the words about important friendship qualities hidden below.



### WORDS TO FIND

brave	empathetic	honest	loyal
caring	faithful	inseparable	protective
communication	forgiving	kind	thoughtful
confidential	funny	listener	truthful
considerate	generous	loving	trustworthy



## SOME HOPPY EASTER JOKES

- Q. Where does Christmas come before Easter?  
A. The dictionary!
- Q. What's the best way to make Easter easier?  
A. Put an "i" next to the "t".
- Q. How does Easter end?  
A. With an "R"!
- Q. Where does Easter take place every year?  
A. Where eggs marks the spot!
- Q. How can you make Easter preparations go faster?  
A. Use the eggs-press lane!
- Q. How should you prepare for Easter treats?  
A. Eggs-ercise!
- Q. What kind of jewelry does the Easter bunny like?  
A. A 14-carrot gold necklace.
- Q. What kind of bean can't grow in a garden?  
A. A jelly bean.

## COLOUR ME



## Veggies Quiz for Kids

Directions: Match the statement with the appropriate vegetable.

- |                     |  |             |
|---------------------|--|-------------|
| 1. I am a root.     |  | A. Onion    |
| 2. I am a flower.   |  | B. Cucumber |
| 3. I am a leaf.     |  | C. Pea      |
| 4. I am a stem.     |  | D. Corn     |
| 5. I am a seed.     |  | E. Broccoli |
| 6. I grow in a pod. |  | F. Beet     |
| 7. I am a bulb.     |  | G. Spinach  |
| 8. I am a gourd.    |  | H. Potato   |
| 9. I grow tubers.   |  | I. Celery   |
| 10. I am purple.    |  | J. Carrot   |

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# News and updates

## ED LINES

April 2020

My dear Good Neighbours,

Here is your 'Ed Lines.' It is the hardest 'Ed Lines' I've ever written. I have written and re-written it at least 7 times in the last 7 days. I have tried to write it in my usual "style" so I hope you don't find it too flippant. By now, I'm sure we all realise the gravity of the Coronavirus situation but none of us can know the implications it will have on our economy or society in the future. The Church of Scotland has taken some unprecedented steps. At Greenbank we have closed the halls. Organisations have stopped, and Sunday morning worship can no longer take place. (Though Jeanne has managed to set up an online link. The Good Neighbour will not be printed in a paper copy but will be available on our web site or you can have your copy emailed to you. I know this will not suit all our members as some don't have internet access. If you know of anyone who would appreciate the magazine being read to them over the phone, let me know. I was reading the material for the Holiday club. The topic for this year was supposed to be Moses. God sent 7 plagues to the Egyptians. I don't know how they coped; one is bad enough! But at the end of the day He led his people through. We have to keep heart, we have to keep planning for the future and above all we have to keep faith.

Stay safe. Stay well.

God Bless,

Alison

Hi Folks,

Coronavirus! The thing everyone is talking about. The word that has struck more fear, terror and panic into hearts and minds than the name Voldemort did to Harry Potter fans! It has brought more financial instability than Brexit, caused the cancellation of more flights than the ash from the Eyjafjallajökull volcano and cut off more cities and countries than Troy! At Communion last month, Jeanne announced that the Church of Scotland had issued guidelines to help stop the spread of the virus. Drinking from the common cup was out as was shaking hands. That was just the start of it. Initially people, myself included, didn't take it seriously enough. Now, the Coronavirus has spread like wild fire throughout the globe. Cities are in quarantine. Borders are closed. People are being advised to work from home and if they venture out, to stay a safe distance from anyone they meet. Shops are empty and panic buying is as much of an epidemic as the virus itself. Precautions and recommendations have been made and, hopefully, if we take these we can minimise the spread of this disease.

Although statistics tell us that of those who catch the virus only 2% are likely to have serious effects, our concern is for our frail, elderly, young and those with underlying health problems, who have increased risk. Panic and a sense of inevitability are setting in. Where we once were sceptical, in fact almost blasé, reality has dawned. There seems to be no way to avoid it and it looks like safety measures are going to be with us for the foreseeable future. The clouds on the horizon are dark and not many of them have silver linings. But people are coming together, neighbours are now looking out for each other, supporting each other and a sense of community is building. Forums have started with people offering their help to others with no thought of personal gain, just with the aim of supporting those in need. Isolation is a very lonely place so the phrase "phone a friend" is now even more relevant. Keeping in touch with friends and family is even more important at this time. But the biggest part you can play is just by being particular about your own personal hygiene. It was over 75 years ago that the slogan "coughs and sneezes spread diseases" was coined by the Ministry of Health. We constantly drum it into our kids to wash their hands. It seems a shame that all these years later we didn't learn the lesson. Sneeze into a hanky, cover your mouth when coughing and take care to wash your hands. While this may not cure the virus, it will certainly go a long way in curtailing its spread. If we show each other respect, if we are polite, courteous, and show just basic manners we can spread the love, not the virus, and the world will be a healthier and happier place in which to live.

Alison



**ARTICLES FOR THE MAY ISSUE OF GOOD NEIGHBOUR SHOULD BE SUBMITTED BY SUNDAY  
12<sup>TH</sup> APRIL PLEASE**

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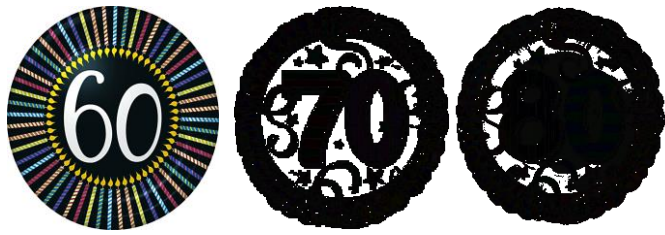
You may have noticed we have some new advertisers in the Good Neighbour. Although we as a church cannot accept any responsibility for them, I would ask that during this difficult time for all of us, if you have any need for their services you will try to support them and their businesses as they have supported us.

Thank you,

Alison



## HAPPY BIRTHDAY



A very happy birthday to three members of our congregation: Helen Howard, Tom Miller and Anna Maclure, all celebrated significant birthdays last month. Hope you all had a wonderful time.

P.S. Tom it wasn't Christine who told me!!!

## JUST FOR LAUGHS (and don't we all need some!)

The sermon this morning: "Jesus Walks on the Water;" The sermon tonight: "Searching for Jesus."

The Fasting and Prayer Conference includes meals.

Don't forget the Jumble sale. It's a chance to get rid of those things not worth keeping around the house - bring your husbands.

Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

## JOE'S CAFÉ (and the Coronavirus)

Unfortunately, due to circumstances beyond everyone's control the holiday club will not be taking place this year.

We hope to be back next year with our usual fun and frolics.

Thanks to everyone who has offered their support this year. I'll be back to bother you again next time.

Alison

## LODGING HOUSE MISSION

On 16th March, the LHM took the sad and distressing decision to close. This was a temporary measure, and was due to several reasons relating to the impact of coronavirus: a member of staff and a volunteer had the virus or had virus symptoms; the cook was vulnerable due to recent illness and was sent home; many volunteers had called off or were asked not to come in; and there were several other issues affecting the health and safety of the remaining staff, volunteers and LHM service users.

The service users were advised of other free food facilities in Glasgow, and it is hoped that LHM will reopen again as soon as possible.

This was a really difficult decision, but the safety of the remaining staff, volunteers and service users had to be considered.

At the time of writing the Glasgow Winter Night Shelter will continue to operate until the end of March as planned.

Please remember everyone at LHM in your prayers.

Alison Allan

## CHURCH ARCHIVES

Although the official church archives are held in the Mitchell Library, stuff turns up from time to time as people clear houses, etc. and I've been listing it and popping it into box files for several years now. When I get a full box I give it to John who stores it.

The parish magazine from 1908 - 1920

The menu for a Family Meal at Crossmyloof Ice Rink in 1963

The order of service for a memorial service on the death of HM King Edward in 1910

Sabbath school attendance certificates from 1958

As you can see it's an eclectic collection. The file is only a crude listing and the later boxes are in the order I received the items as I'm neither an historian nor an archivist. If anyone is interested in seeing the whole list I can send it electronically ([lizabeth.allan3@ntlworld.com](mailto:lizabeth.allan3@ntlworld.com)) or a hard copy is held in the Church Office. If you want to see a particular item, please get in touch with me, Liz Allan, on 0141 644 1725 or by email.



## **THE LUNCH CLUB**

To date, we have held five successful meetings of the Lunch Club this session. While the attendance has been down on last year, our customers seem to enjoy their soup, filled rolls, cuppa and chat! We would like to thank everyone who has given us continued support, both those who have helped in any way with the preparation or serving of the food, and those who have proved to be loyal customers! Unfortunately, due to the current outbreak of Coronavirus, and the guidelines issued by the Church of Scotland, there will be NO Lunch Club until further notice.

Jan and Maureen

## **THE GUILD**

Another successful session of the Guild has ended. We have enjoyed very happy afternoons with an interesting array of speakers.

Sunshine Bags should be delivered during April; however in the present climate this may be difficult. If you don't receive a bag or we are unable to deliver, we would be grateful if you could continue saving your pennies to be collected or handed into the Church in the autumn. The Guild greatly appreciates your help in this matter as many charities benefit from your givings.

Enid Dron  
Secretary

## **COMMUNITY CHOIR**

### **A MEMORABLE EVENT ON THE 7TH MARCH**

On a very wet Saturday evening, a group of ladies huddled at the bus stop outside the Church. The driver of the 4A bus from Eaglesham was bemused by the influx of so many ladies, many with bus passes, who asked to go to University Avenue. The long journey was completed with a great deal of merriment, chatter and fuelled by a sweetie or two.

On reaching the Glasgow University Union, the group were joined by the rest of the Community Choir, talented conductor Richard and skilled accompanist Catherine.

The fame of the choir had reached beyond Greenbank and the Islay Community had issued an invitation to sing five songs as part of their Annual Gathering and Concert.

The programme consisted of a Gaelic welcome speech (with translation) soloists, a pipe band as well as the choirs rendition of folk melodies which included two African songs. "Westering Home" provided a rousing finale, in which everyone joined in.

The choir departed to make the long trek home and left the gathering to enjoy the subsequent ceilidh. The group rushed out as the bus timetable suggested the infrequent 4A was due. One lady reached the stop in time to hail the bus and the rest piled on for the return journey to Clarkston. A great night, a great occasion and great fun for all.

### **MISSING SINGING?**

If you don't already know about it, here is the link to Gareth Malone's daily choir at home.

<https://zaphod.vvhp.net/vvreg/19628-713643.html>

You simply need to register and then switch on to the link at 5.30pm, after you receive an email.

## **BUSHIDO KARATE CLUB**

We had a great class on meditation with Machig a Buddhist Monk – covering meditation techniques, Chi & the relationship to Karate where all our students went away with a new experience.

I visited our club in Pollok to support our instructors who teach Karate to children with Autism. I have visited several times and the progress of our students has been amazing where we have had several children achieving their Black Belt. Our instructors have been innovative in their coaching and we have had several requests to open more clubs.

I am looking at the possibility in the East Renfrewshire area.

We have a Senior Black Belt Grading in May and we have been working on new advanced Kata which is always a great learning experience - our students are at such a high level with a very deep understanding and insight of these advanced Kata. Kata is a Japanese word meaning literally "form" referring to a detailed choreographed pattern of movements made to be practised alone, and also within groups and in unison when training. There are 26 different Kata in Shotokan, our style of Karate.

Best wishes,

John Elliot, Bushido Karate Association Chairman

## **GOOD NEIGHBOUR CONTACTS**

EDITOR	Alison Harvey 638 3679 E-mail: <a href="mailto:alih21@virginmedia.com">alih21@virginmedia.com</a>
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, Thursday & Friday 9.00 - 2.30 Email: <a href="mailto:greenbank.office@tiscali.co.uk">greenbank.office@tiscali.co.uk</a> Website: <a href="http://www.greenbankglasgow.org.uk">http://www.greenbankglasgow.org.uk</a>



GreenbankParish  
CHURCH

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.co.uk](mailto:greenbank.office@tiscali.co.uk)

Church Address: 36 Eaglesham Road, Clarkston, Glasgow, Scotland. G76 7DJ.

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