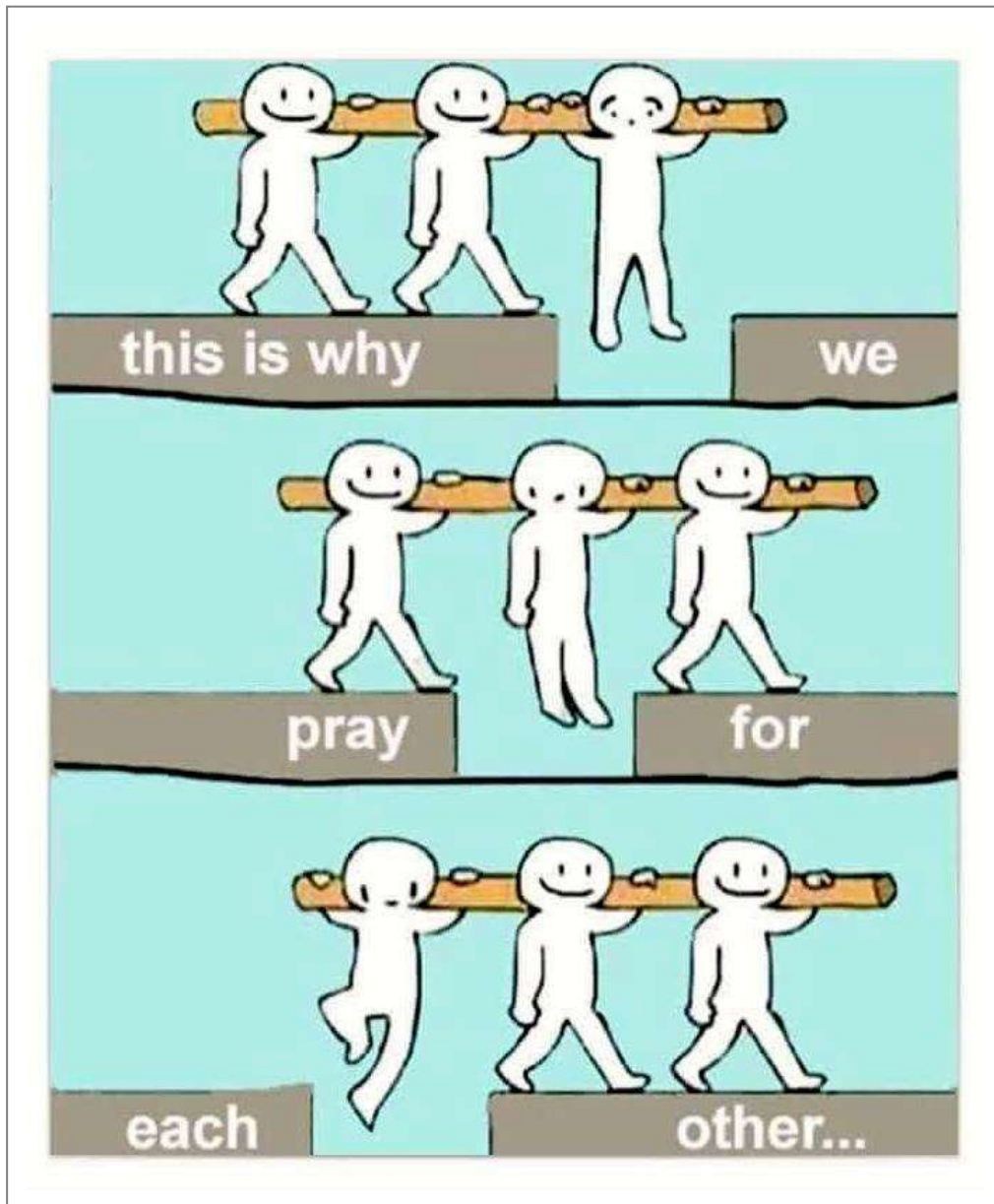


# thegoodneighbour

May 2020



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



# Parish Register

## DEATHS

10/4/20	Mr James Gordon Brown	34 Queensberry Avenue, Clarkston
13/4/20	Mrs Yvonne MacBeth	Rosaburn House, Rosaburn Avenue, East Kilbride
17/4/20	Mrs Catherine Macdonald	12 Barlae Avenue, Waterfoot

*"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*

## 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 12noon until 14<sup>th</sup> June. Additionally, **each Wednesday evening** at 8pm Sundown Reflections will take place on Zoom. See the details of how to access these services below.

Please use the following link each Sunday and Wednesday to take part:

Join Zoom at meeting link:

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

Topic: Greenbank Parish Church

Time: 12noon, every Sunday until 14<sup>th</sup> June 2020

Zoom has chosen to enable passwords on meetings as additional security enhancements to protect privacy. Going forward, meetings will have passwords enabled.

If you are joining via a meeting link, there will be no change to your joining experience and you won't need the password.

For those who join meetings by manually entering a Meeting ID, a password should be entered to access the meeting.

Here's how you can do that:

If you are joining manually enter the Meeting ID: 757 322 655

The Password is: 764578

## SUNDOWN REFLECTIONS WEDNESDAYS AT 8PM ON ZOOM

Topic: Sundown Reflections      Time: 08:00 PM

Join Zoom at meeting link:

<https://zoom.us/j/2155476371?pwd=eFg1S0ZXaVZNZXJXRFpqOEtPWC9aQT09>

Meeting ID: 215 547 6371

Password: GREENBANK

### The Service can also be contacted into by phone

Participants can join a Zoom meeting via a traditional phone line. Participants in the Zoom meeting will hear the dial-in participants in exactly the same way as participants who join via a computer or mobile device app.

### To join a Zoom meeting via telephone dial one of the numbers given below

At the prompt, enter the Zoom meeting ID and press #.

Note: If the meeting has not started, you will be prompted to stay on the line until the meeting begins.

To disconnect from the meeting, hang up the phone.

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+44 203 481 5237

+44 203 481 5240

+44 208 080 6591

+44 208 080 6592

For dialled Numbers: Meeting ID: 215 547 6371

Password: 439890

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)

Dear Friends,

As we find ourselves in another month of lockdown, this Good Neighbour contains lots of things that hopefully might be of value to you. Firstly, there is information about Sunday morning services at 12 noon along with Wednesday evening Sundown reflections at 8pm. Although it is not worship as we have known it in the past, the Church is still open for business and our internet services provided an opportunity for us to gather to worship and pray together. I hope that you will find these times of worship a source of comfort and support through the difficult days ahead. Do join us!

There is lots of other information in Good Neighbour about online and TV church services and about things you can do from home. If you are getting a wee bit fed up with home cooked meals there is also a list of restaurants still doing home deliveries in the local area. At this time, we are not able to distribute paper copies of Good Neighbour and if you are able to do so safely, within the activities that lockdown allows, why not print a copy of Good Neighbour and share it with someone who otherwise wouldn't have access to it?

Our outreach to all members of our community is continuing to let them know that even in isolation they are not on their own. Anyone who would like a chat, shopping, medication or food should email [greenbank.office@tiscali.co.uk](mailto:greenbank.office@tiscali.co.uk). Replies are being coordinated by our Church Secretary, Jane, who is working from home. No one needs to be a member of the church to be supported. Also, anyone can contact me for a chat or for assistance – please do not hesitate to get in touch at any time.  
Email: [jroddick@churchofscotland.org.uk](mailto:jroddick@churchofscotland.org.uk) or Telephone 0141 644 1395.

It has been such an honour during the last few weeks to see our Greenbank church family pull together to support one another, our community, go the extra mile and seek to maintain and extend the love, community and Good News of Jesus Christ. I count it a real privilege to be your minister.

As we live through these times, albeit at a distance, may we continue to do so as a church together, keep one another, our community and the world in prayer and may we stay safe, but most importantly know that we and this world is enfolded in God's loving arms.

*May the Lord bless you and take care of you;  
May the Lord be kind and gracious to you;  
May the Lord look on you with favour and give you peace.*  
[Numbers 6:24-26]

Yours,

A handwritten signature in cursive script, appearing to read 'Jeanne', with a long horizontal flourish extending to the right.

# Prayer Diary

'To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter; to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring - these are some of the rewards of the simple life.'

(John Burroughs)

There's really only been one subject on people's lips and minds recently. So please keep in your prayers all the NHS staff and other carers, who are coming directly into contact with the virus.

Also pray for all those who are helping to keep things as normal as possible: supermarket staff, bin men, pharmacy staff, bankers, garage workers - both petrol and mechanic, postmen and women, teachers, bus and train drivers . . . all of whom are coming into contact with people every day.

Ask also that people realise that keeping everyone safe is more important than keeping themselves amused and that 'essential' means just that.

Remember amongst those staying at home everyone who lives alone and may now be feeling extremely isolated; families who are forced to spend all their time together and may be struggling to be patient and understanding with each other; those who have family members who are ill and they are unable to visit; or those who are having to bear the loss of a loved one alone; and of course anyone who is ill and who is feeling scared and alone.

Say thank you for all the people who have volunteered to help out in any way, and all those who are looking out for their neighbours.

Pray that our government, and those in all other countries, carefully considers the best way forward, both for our health and for our futures.

And say thank you that the daylight lasts a little longer, that the weather is a little better, and for all the lovely rainbows that decorate the windows.

'Open your hearts to happiness,  
Let every pore absorb light.  
Swim in the joy of the here and now,  
And cast off the darkness of night.  
Walk in the summer of sunshine.  
Fly in the blueness of sky.  
Know possibilities are boundless.  
Understand that nothing can die.  
Step from the shadows of torment.  
Sing 'til your throat gets too sore.  
Smile for as long as the day is,  
And laugh just a little bit more.  
Breathe slowly and deeply and listen.  
Give all your ideas a chance.  
Let the sun beat down on your goodness,  
And kick off your shoes and dance.'

('Dance' - Paul Hayward)

Take care of yourselves and those around you, stay active, busy and stay safe.

'Don't be afraid or discouraged, for I, the Lord your God, am with you wherever you are.' (Joshua 1:9)

## 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)

## ***FREEWILL OFFERINGS DURING LOCKDOWN***

*Dear Friends,*

*There are two ways in which you can maintain your freewill offerings to the church during this period:*

*The first, and best way if possible, is to make a direct payment into the Church's bank account, putting your freewill offering number in the payment reference box.*

*For those wishing to do this, please email me at [alistairdsmith@ntlworld.com](mailto:alistairdsmith@ntlworld.com) and I will supply you with the church's bank account details.*

*Alternatively, you can send me a cheque made out to Greenbank Church with your freewill offering number, and I will post it into our bank with other cheques received.*

*My address is 26 Stewart Drive, Clarkston, G76 7EZ.*

*Thank you for your support.*

*Alistair Smith, Treasurer*

## **SUPPORT FOR COMMUNITIES FUNDING**

### **SUPPORT FOR COMMUNITIES FUNDING**

The central church has highlighted to us the Support for Communities Funding recently announced by The Cabinet Secretary for Communities and Local Government:

News release at <https://news.gov.scot/news/helping-communities-affected-by-covid-19> and statement available at <https://www.gov.scot/publications/supporting-communities-funding-statement/>.

This £350 million pot of funding is intended to directly support communities who are or will be affected by the Covid-19 pandemic. Organisations, such as our church, are being encouraged to think about what additional support and resource would be useful to them in order to quickly and effectively meet the needs of communities. You will note references to a £50 million Wellbeing Fund, a £40 million Supporting Communities Fund, a £70 Million Food Fund to support households who may be worried about accessing food whether due to an income drop or self-isolation, including older people, and a £20 million Third Sector Resilience Fund.

You will also find information at: <https://scvo.org/support/coronavirus/funding/for-organisations/scottish-government>.

If you have any suggestions as to how Greenbank could direct this funding to support our community please contact the church office at [greenbank.office@tiscali.co.uk](mailto:greenbank.office@tiscali.co.uk)

## **JUST TRADING SCOTLAND - JTS**

Based in Paisley in the West of Scotland, JTS is a not-for-profit fair trade organisation set up to facilitate the import and distribution of fairly traded products to the UK. They empower and educate producers and consumers through the fair purchasing and sale of delicious food products from the developing world. They seek to provide sustainable incomes and wellbeing for smallholder farmers, producers and their families.

JTS were the suppliers of the rice for our 90kg rice challenge, which we completed in September 2019.

JTS has asked that you are made aware that they are working really hard to continue to supply and deliver food to their loyal customers throughout the country. They are doing this by working on a skeleton staff so that only one person is in the warehouse at a time, reduced shipping days (Tuesday and Thursday) and the remaining staff working from home. It is their priority to ensure the safety and wellbeing of their staff whilst ensuring that they continue to remain open as long as humanly possible to keep serving their loyal customers. They are still open and can deliver food to our doors to help us avoid having to go out. All of their products are not only delicious but are fairly and ethically traded - always!

Visit their website

[www.jts.co.uk](http://www.jts.co.uk), to see the available products.

Use the coupon code JTS15 at checkout for a 15% discount. There is half price shipping on orders over £25, and free shipping on orders over £50.

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Stuart Meek  
Joiner - Clarkston

# News and updates

## ED LINES

Well, did you "Beat the Street"? Beat the Street is a game that was played by over 7000 East Renfrewshire residents last month. You may have seen the "beat boxes" on a lamp post near you. The aim of the programme was to get children and their parents out and about and exercising more. You could pick up a card from the local library and walk, cycle or scooter round the area tapping your card and getting points for your team. Some of the congregation took part. One couple are looking forward to the day they can plan a route which doesn't involve lampposts and another pair are in fierce competition against each other. I won't mention any names; they know who they are!! The game really caught the imagination of local people. It has been great getting out there chatting to new people and a sense of community has developed along with a healthy bit of rivalry! Now, you might be surprised to hear, I'm a tad competitive. Quietly (or not so quietly) proud that I reached number 5 in the leader board!

I don't know if for once East Renfrewshire council had insight into the future, or if it was just luck, but it seems this game was preparing us for what was to come. The game encouraged us to get out more and become more active. It built up a sense of community, all pulling together and working together for the common good of the team. It is in times like this that we have to play for the team and community really matters; instead of thinking of just ourselves we have to think of others. We have to rely on others and they may depend on us. Things are changing. Society is changing and people are recognising that the things that they thought important aren't really. I no longer get offended if someone crosses the street to avoid me. In fact I am pathetically grateful! Most do it with a wave or at very least an acknowledgement, something else that has changed as until recently most people would studiously avoid making eye contact!

Last week we had a street coffee morning. That would have been unthinkable a few short weeks ago. Leaflets were put round every house in the street inviting people to come out to the pavement outside their homes and have coffee with their neighbours, while maintaining their social distancing. To my delight, most of the street joined in. New neighbours, who had just moved in, got to know their neighbours. People who were on their own could call across the street to others in a similar position and one family who had been self-isolating for a fortnight came and discovered others who had been in the same situation and found a bit of light relief in the midst of the darkness.

This is a dreadful time for everybody. It is so difficult and so heart breaking for so many, but when we come out the other side - and we will - let's hope that it has taught us something. Let us hope that it has taught us that it's the things that we take for granted that are the most important: the ability to go outside when we want, to go to work, to school, or to go to the shops; to chat to our neighbours; to see our friends and family and be able to hold them close and tell them we love them. Once we have learnt this we will have the strength to go on and the ability to beat anything.

Take care, stay well, stay safe, stay in.

Alison

**ARTICLES FOR THE JUNE ISSUE OF GOOD NEIGHBOUR SHOULD BE SUBMITTED BY  
SUNDAY 17<sup>TH</sup> MAY PLEASE**



Three BIG Birthdays this month (though some are bigger than others).

Belated Happy Birthday to Robin Shand who celebrated a rather large birthday last month.

Ian Johnston, love and best wishes on your BIG day when it comes.

And last but not least Happy Birthday Andy Harvey 30 this year! Who'd have thunk it!!!!

## LETTER TO THE EDITOR

Hi Alison,

My colleagues and I have been working hard to deliver Bookbug sessions online through the East Renfrewshire Culture and Leisure Trust website and Facebook pages these have given a lot of comfort to many people during this very difficult time. So if you get a chance please take a look. There are also a lot of fitness videos and book recommendations.

June Lamont

If you're missing our weekly Bookbug sessions or Keep Fit why not try this suggestion from June Lamont  
<https://www.facebook.com/ERCultureandLeisure/>

## LODGING HOUSE MISSION

Dear Friend,

First and foremost, I hope this finds you safe and well during this worrying time as the nation battles against the Covid 19 virus. I want to update you on the situation at LHM as I realise our vulnerable client group will very much be in your thoughts and prayers during this difficult period.

LHM was compelled to close its Day Centre rather abruptly on 16th March when we became aware that both our Manager and a Volunteer were displaying symptoms of the virus. The LHM Board was of the firm view that we could not run the risk of exposing our vulnerable client group, let alone our staff and volunteers, to the potential presence of the virus in the Day Centre where the recommended practice of social distancing is well-nigh impossible to achieve.

I am delighted to reassure you that our Manager and the affected volunteer are both on the road towards full recovery. Most of our staff are currently furloughed until the Day Centre can re-open. However, this is not to say that LHM are doing nothing to support our vulnerable client group in the city. We are actively working with other agencies to freely offer our available resources for distribution to the needy at this time. We are packing food parcels to be distributed through our partner agencies to the rough sleepers currently accommodated in bed and breakfast accommodation who are in need of lunch and dinner daily.

We know that once we are in a position to re-open our Day Centre, we can rely on our wonderful volunteers such as yourselves to help us get "up and running" once more and that the generosity of our supporting churches and Trusts will faithfully assist us in replenishing our needs. Until then, we put our trust in the Lord to bring the Mission and its clients safely through this trying time.

May God bless you and keep you safe until we are together again.

Claire Herbert, Chaplain



## CONFINED TO BARRACKS 1

We were enjoying our winter break here in Benalmadena - weather great and our rented apartment very spacious. Then the lockdown started on Sunday, 15th March. You could only go to the supermarket, chemist, bank or walk your dog and then only one person. There was no jogging, walking or exercising. The Spaniards obeyed instantly and it was so eerie, not hearing traffic or people talking, laughing etc. Initially I think there was panic buying at Mercadona when it opened on Monday 16th. The trolleys were full - including toilet rolls. Then the panic buying eased and within a week, everything was organised. Only so many people were allowed into the supermarket with a small queue outside and no shortages. We would only buy a few items, so we could go next day or the day after. We went separately, so we could get a little walk. We were fortunate that our apartment had a massive balcony, south facing, and also a very large conservatory with a sofa bed. We were on the top floor and there was only ground, first and second floor below us. Our exercising would consist of going up and down the stairs for 15 minutes or doing a video exercise in the conservatory or sometimes walking round the poolside. We spent time on the balcony reading, quite a lot of books were in the apartment, and playing music or comedy on YouTube. Every day was like Groundhog Day.

We are now in day 30 of our lockdown. About two weeks ago, we were told there was no coronavirus here in Benalmadena, except for the mayor, who had gone to Madrid for a conference. Sitting on the balcony, we never saw a plane in the sky, just occasionally someone walking their dog. We were due back at the end of April, but have no idea when flights will start again. There are only four occupied apartments in our block and every evening we go out at 8pm to clap health workers etc. and also have a quick chat to our neighbours.

We feel safe here but miss our girls, grandchildren and friends.

Harry Dhesi

## HALL LETS

Could all organisations who want to book a hall for next session ensure that all forms are returned to Aileen McKinlay by the end of April. The lets will hopefully commence in September. Of course we will continue to review the situation as time goes on. If you have any questions please contact [aileen.mckinlay@talktalk.net](mailto:aileen.mckinlay@talktalk.net)

## The Pontifical warm-up act...

In the middle of February I was lucky enough to spend some time in Rome on a study trip with other ministry candidates from Glasgow and Edinburgh Universities. We crammed in a lot during the four days, including the Pantheon, the Vatican, Peter's Basilica and a behind the scenes tour of the offices of the Apostolic Palace. It would take the whole magazine to cover it all, but there were a few themes which I thought I would highlight.

First, the trip was about building relationships with other ministry candidates across Glasgow and Edinburgh Universities. In Rome, we were with each other almost all waking hours and really getting to know each other well. As well as learning from the places we visited we also had the opportunity to learn from each other during the times we took to worship together every day. Our first opportunity to worship together was in St Andrews Church of Scotland and I spoke briefly with an elder who was brought up in Greenbank and lived in Clarkston until she moved to Rome over 40 years ago.

Another theme that cut across what we were doing was ecumenism. We got the opportunity to spend some time in the Pontifical Council for Promoting Christian Unity. At the end of this meeting, candidates and the representatives from the Council had their photo taken in front of an icon of St Andrew and St Peter in an embrace – brothers reunited – seen by the Council as a symbol of Christian Unity. (See below)

Continuing on the theme of ecumenism, we spent one evening as guests of the Scots College in Rome – the seminary for the training of Roman Catholic Priests (mainly from Scotland). We started the evening off in worship which I had the privilege to be involved in – co-leading the prayers of intercession. The rest of the evening was spent getting to know each other over some very good food. We were made to feel very welcome and many friendships were made.

During our time in St Priscilla's Catacombs we had the opportunity to share in Communion led by Rev Sandy Forsyth (University of Edinburgh). I was asked to preach during the service and was given the reading Romans 8: 1-12. Appropriately this passage gave me an opportunity to preach on the transformation we can go through in following Jesus – and boy what a transformation was happening for all of us as future Church of Scotland Ministers during this trip to Rome.

Later in the day after I had preached in St Priscilla's Basilica, a friend showed me a photo of Pope Francis preaching in the same spot I had just been standing in preaching on transformation in Jesus. Rather than telling people I have a claim to fame, I tell them that I had a great warmup act! You will see from the photograph however that Pope Francis certainly dressed better for the occasion!

Steven Owens  
Student Minister



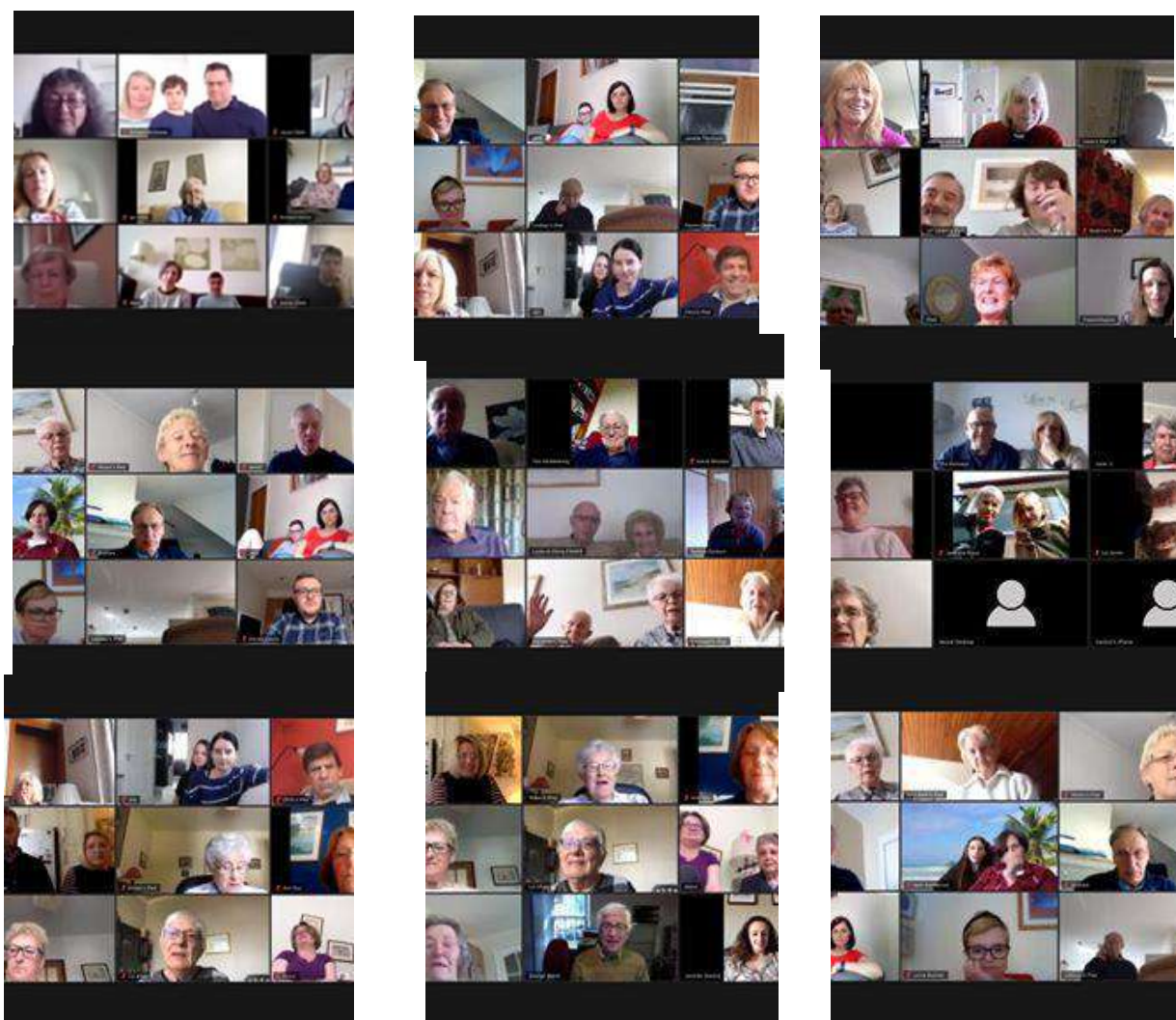
## STAMPS & POSTCARDS

Although we may not be getting as many postcards as in the recent years, please keep the ones you get as they will still be wanted when the crisis is over.

Thank you,

Duncan McIntyre

Join us for Sunday morning worship on Zoom. Every Sunday @ 12noon:



## **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)

## **GREENBANK MUSIC**

Are you missing hearing some of the great music played at Greenbank?

If so here are a couple of links to entertain you. Copy and paste the links onto your browser and you will hear Peter Howard playing at Kelvingrove Art Galleries.

<https://www.facebook.com/alison.harvey.927980/videos/2040804359510406>

The second one is a link to Richard Scholfield's you tube channel. A clip of his concert played at Giffnock South Fantaisie sur un thème original - Jules Demersseman (arr. R Scholfield) - Richard Scholfield

There are a few other things on his channel from that concert that you can find if interested.

## HOW THE VIRUS STOLE EASTER

Tw'as late in '19 when the virus began  
Bringing chaos and fear to all people, each land.  
People were sick, hospitals full,  
Doctors overwhelmed, no one in school.

As winter gave way to the promise of spring,  
The virus raged on, touching peasant and king.  
People hid in their homes from the enemy unseen.  
They YouTubed and Zoomed, social-distanced, and cleaned.

April approached and churches were closed.  
"There won't be an Easter," the world supposed.  
"There won't be church services, and egg hunts are out.  
No reason for new dresses when we can't go about."

Holy Week started, as bleak as the rest.  
The world was focused on masks and on tests.  
"Easter can't happen this year," it proclaimed.  
"Online and at home, it just won't be the same."

Maundy Thursday, Good Friday, the days came and went.  
The virus pressed on; it just would not relent.  
The world woke Sunday and nothing had changed.  
The virus still menaced, the people, estranged.

"Pooh pooh to the saints," the world was grumbling.  
"They're finding out now that no Easter is coming.  
"They're just waking up! We know just what they'll do!  
Their mouths will hang open a minute or two,  
And then all the saints will all cry boo-hoo.

"That noise," said the world, "will be something to hear."  
So it paused and the world put a hand to its ear.  
And it did hear a sound coming through all the skies.  
It started down low, then it started to rise.

But the sound wasn't depressed.  
Why, this sound was triumphant!  
It couldn't be so!  
But it grew with abundance!

The world stared around, popping its eyes.  
Then it shook! What it saw was a shocking surprise!  
Every saint in every nation, the tall and the small,  
Was celebrating Jesus in spite of it all!

It hadn't stopped Easter from coming! It came!  
Somehow or other, it came just the same!  
And the world with its life quite stuck in quarantine  
Stood puzzling and puzzling.  
"Just how can it be?"

"It came without bonnets, it came without bunnies,  
It came without egg hunts, cantatas, or money."  
Then the world thought of something it hadn't before.  
"Maybe Easter," it thought, "doesn't come from a store.  
Maybe Easter, perhaps, means a little bit more."

And what happened then?  
Well....the story's not done.  
What will YOU do?  
Will you share with that one  
Or two or more people needing hope in this night?  
Will you share the source of your life in this fight?

The churches are empty - but so is the tomb,  
And Jesus is victor over death, doom, and gloom.  
So this year at Easter, let this be our prayer,  
As the virus still rages all around, everywhere.

May the world see hope when it looks at God's people.  
May the world see the church is not a building or steeple.  
May the world find Faith in Jesus' death and resurrection,  
May the world find Joy in a time of dejection.  
May 2020 be known as the year of survival,  
But not only that -  
Let it start a revival.

By Kristi Bothur  
(With a nod to Dr. Seuss)

## SONGS OF PRAISE

The episode of "Songs of Praise" aired on 5th April is entitled "Palm Sunday in Glasgow". It was filmed prior to the current restrictions, and features the Lodging House Mission (with interviews by Gus Smeaton, Claire Herbert, and two LHM guests); Glasgow Cathedral; and St. George's Tron Church of Scotland on Buchanan Street.  
It is definitely worth a look and is available to watch until 5th May if you can find it on catchup/iPlayer etc.

## 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.

## CHRISTIAN AID UPDATE

At the time of writing, the 'Lockdown' situation is still in force and likely to mean that the arrangements for Christian Aid week (10<sup>th</sup>- 16<sup>th</sup> May) will be very different this year. Christian Aid collection this year is likely to make much greater use of online donation schemes, and currently I am investigating possible options for Greenbank Parish Church to contribute.

Donations can be made from now until the end of June through the Just Giving web page:

<https://www.justgiving.com/fundraising/greenbankparishchurchchristianaidweek2020>

This link should also be available from the Greenbank Parish Church Facebook page and from the church website.

Please remember to include Gift Aid with your donation if you are a UK tax payer; this increases your donation by a further 25%. Online giving does cost a small transaction fee, so it would also be good if you could opt to cover the fee, when prompted, in order that the full value of your donation goes to Christian Aid.

Donations via bank transfer are also possible; for details please contact Mark Allan.

If wishing to donate by cheque, please make payable to 'Christian Aid' and post by Royal Mail or equivalent to the Manse, 36 Eaglesham Road, Clarkston, Glasgow, G76 7DJ.

Due to the current restrictions on movement to keep everyone safe, please do not hand deliver cheques.

I would like to take this opportunity to thank everyone who contributed to the 40th Christian Aid Art Exhibition and sale in March at the Carmichael Hall at Eastwood Park. I was reflecting how fortunate we were to be able to hold this event when we did, as even one week later would have entailed the cancellation of the event due to the current Heath crisis. Figures for the sum raised at the event have yet to be finalised, but I will keep you updated once I have heard from the treasurer; the normal pattern of committee meetings is currently suspended.

Thank you in anticipation of your support for Christian Aid week 2020.

Mark Allan



## CONFINED TO BARRACKS 2

Kept in. The only other time in my life I remember being kept in was in 1947 in the blizzard. We had been sent home from Busby school at lunch time because it was snowing heavily. My dad arrived home at teatime having taken half an hour to walk from Clarkston Toll to 44 Overlee Road. In the morning when I awoke I thought it was still dark as the snow had completely covered my bedroom window. Looking out from an upstairs window the railway cutting had completely vanished. The passage down the side of our house had likewise disappeared. On the other hand the wind had blown all the snow off the rugby pitch in the park. In places in Overlee Road itself, I was told the snow was about 10 feet deep. There were then only two cars in the whole of Overlee Road at no.19 and no. 8. From our house we could see no sign of Mr Boe's car. Snow lay levelled right across the road. During the night three white lines had been painted round trees and lampposts to help in the blackout at about my head height. In places you could see one two or three lines and sometimes none. From what I remember I was off school for three days. "Leary", a Mr. Johnston, made it to "do" the gas street lights which seemed to be the signal to be sent back to school. The other thing I remember was the enormous number of men sent to dig out the railway which took nearly a week.

Gone are the days!

Duncan McIntyre

## 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 0141 644 1395 or [jroddick@churchofscotland.org.uk](mailto:jroddick@churchofscotland.org.uk)

## TIME OUT

Our Time Out Girls still continue to keep in touch - either by phone calls, what's app, texts or emails. I'd like to ask any of the girls if they would want to recommend any books or recipes let me know for the next edition of Good Neighbour. Our thoughts are with our friend Sharon, and her family, whose Dad recently passed away.

Stay safe everyone,

Moir ( [busymoir@aol.com](mailto:busymoir@aol.com) )

## **Our NHS Heroes - by Matt Kelly**

I'll tell you a story that's been recently written,  
A powerful army so great it saved Britain.  
They didn't have bombs and they didn't have planes,  
They fought with their hearts and they fought with their brains.  
They didn't have bullets, they only had masks.  
We sent them to war with one simple task,  
to show us the way to lead and inspire us,  
to protect us from harm and fight off the virus.  
It couldn't be stopped by our bullet proof vests.  
The invisible enemy invaded our chests.  
So we called on our weapon, our soldiers in blue,  
Our doctors, our nurses, our country needs you.  
We clapped on our streets, hearts bursting with pride,  
as they went off to war while we stayed inside.  
They struggled at first as they searched for supplies,  
But they stared down the virus in the whites of its eyes.  
They leapt from the trenches, they didn't think twice,  
Some never came back, the ultimate price.  
So tired and so weary but still they fought on,  
As the virus was beaten the battle was won.  
So many of us owe so much to so few,  
the brave and the bold our soldiers in blue.  
So let's line the streets and remember our debts.  
We love you our heroes.  
Lest we forget.

## **MEMBERS' EMAIL ADDRESSES**

If you have not already done so, 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.  
The data will not be disclosed to third parties.

Derek Christie, Session Clerk

## **SUNDAY CLUB PLANT SALE**

Unfortunately, due to the Coronavirus restrictions, we are unable to hold our Annual Plant Sale this year. We thank everyone who has supported the Plant Sale in the past, and hope you will continue to support us next time.  
Helen Howard, Sunday Club Superintendent

## **BUSHIDO KARATE CLUB**

During this difficult time, we have been carrying on our Karate classes via ZOOM. The attendance has been very good, and it helps our students to connect with each other as well.

Karate not only promotes physical fitness, but it also improves our mental health and overall wellness, and this is important during these times.

In addition, we have also been giving classes on Qi Gong (or Chi Kung) which is an ancient Chinese practice that brings together movement, breathing and meditation to nourish the body, heart and mind and is sometimes known as moving meditation.

As a club we have also been having a General Knowledge Quiz on a Saturday night with up to 25 families joining in, which has been great.

We pray that everyone is safe and well and look forward to seeing everyone at Greenbank when this has passed.

Best wishes,

John Elliot, BKA Chairman

## LOCKDOWN

### YOUR CAR - IMPORTANT TIPS AND TRICKS

During these unusual times under the COVID-19 lockdown, staying indoors is not an option it's a must, but that doesn't mean you can't ensure your car is primed and ready for when you can take to the road again.

Here are some important tips and tricks to take care of your car during the lockdown:

1. Ensure your car is parked in a safe covered area. If you don't have covered parking, then keep the car covered. This will protect it from bird droppings or sunlight that could damage the paint. Also ensure you remove all litter or food items from your car that might leave a bad smell and may attract rats or mice.
2. With the suggestion that petrol stations may soon close, it's wise to ensure you have a full tank of petrol to do your essential trips. Plus if there is less fuel in your car, in time the air above the fuel could cause condensation which could potentially lead to rusting.
3. If your car is not going to be used for the time being, you could disconnect your car's battery during the lockdown to ensure the battery doesn't go flat, however we strongly advise you check this with the manufacturer before doing so, as this can cause damage to some modern vehicles. You can also start the car once every couple of days and let it idle for some time, this will also keep your battery from depleting. Another tip is to turn the air conditioning on while you are doing this so that any dust gets blown out.
4. Make sure your tyres are inflated at the correct pressure. When kept standing for a long time the tyres could lose air pressure and keeping them inflated helps prevent cracking of the sidewalls.
5. Avoid engaging the handbrake when leaving the car idle as it could get jammed. It's always best to leave the car in gear or parking mode if you're able to. For additional safety, you could also use wheel chocks, such as a big piece of wood or brick to keep the car from rolling.

### FEELING USELESS DURING LOCKDOWN?

Want to do something to help? Here are a couple of ideas:

#### FACE MASKS

##### Materials Required:

Cotton fabric, two colours or of different patterns, cut into 6 x 9 inch rectangles  
Elastic cut into 7 inch strips (flat elastic 1cm or so wide works best) 2 for each mask  
Sewing machine - haven't tried to hand sew but it might be possible, just slower  
Hot steam iron.

##### Instructions:

There are loads of videos on line showing how to make the masks, I used this one. Once you've done a few it is very easy and if you have someone to help do the cutting, even better.

<https://www.youtube.com/watch?v=9tBg0Os5FWQ>

Basically you join the two fabrics by sewing round the rectangle, trapping the elastic in each corner, leaving a gap to turn the mask right way round. Once you've turned it, poke the corners out then press it, taking care to press the open edges in. Make two folds and press them in place (this saves fiddling about with pins which the videos show).

Then machine round the whole mask taking care to keep the folds in place.

#### KNITTED HEARTS

3.75mm needles

Small amount of stuffing

Pink/red wool (less than 10g per heart)

Needles: • A pair of 3.75mm straight knitting needles (US 5)

Notions: • A small amount of toy filling to stuff the heart

• A darning or tapestry needle to sew the knitted pieces together

• A stitch holder Yarn: Pink less than 10g of DK yarn per heart

NOTES  
Finished size: The finished heart is approximately 6.5cm high x 6.5cm wide. Work flat:

All pieces are knitted flat (back and forth) on a pair of straight knitting needles.

Tension: The tension is approximately 22 sts x 28 rows for a 10cm x 10cm square in stockinette stitch on 3.75mm needles.

Don't worry too much about tension for this pattern.

Casting on: Unless otherwise specified, use the long tail cast on for all pieces.

Sewing seams: Use mattress stitch to sew the seam.



## THE ART OF BOOK FOLDING

During this period of restrictions on movement, I have been able to spend a bit more time folding books. I first discovered the art of book folding about two years ago, when I came across a book artist named Jo Cowie at a pop up craft fair at Silverburn. Jo is based in Moray, and runs her business, "No Books Were Harmed" from there. I was amazed at her display of folded books, and bought some as gifts.

You can see and buy Jo's work on her website [www.nobooksweharmred.co.uk](http://www.nobooksweharmred.co.uk), and you can also see and buy her creations some Saturdays and Sundays at the craft fair in Merchant Square, Glasgow, when it reopens.

In May 2019, I attended a workshop run by Jo, and learned how to follow a book folding pattern to create a heart shape. The heart remains one of my favourite shapes to fold. Book folding patterns are readily available online. One of my favourite sources of patterns is Elizabeth Gale @ Have Fun Book Folding. The pattern for the dove shown here was purchased from Elizabeth.

I've folded quite a few books now, all of them second hand - I like the fact that I am giving a used book a new purpose. There are some on the windowsills in the church sanctuary.

The dove will join the others already in the church when it reopens.

Alison Allan



## GETTING YOUR SUPPLIES DURING LOCKDOWN!

### East Renfrewshire Private Business Deliveries Directory

#### East Renfrewshire Wide:

**Creature Comforts** East Ren Pet supplies. OPEN Mon - Sat 9 - 5.30, Sun 12 - 4 reviewing daily  
0141 644 5030 [www.facebook.com/creaturecomfortspets](https://www.facebook.com/creaturecomfortspets) Bank transfer

**Eastwood Mearns** East Ren Shopping/Pharmacy pick up and collection - taxi  
014 644 5353 / 0141 638 7041 [www.facebook.com/eastwoodmearnstaxis/](https://www.facebook.com/eastwoodmearnstaxis/) Card payment by phone

**Mark's Deli** East Ren Delivery same day or the next to elderly, sick and vulnerable. Shop still open.  
0141 638 8947 [info@marksdeli.co.uk](mailto:info@marksdeli.co.uk) Card payment by phone

**Seasonal Produce** East Ren Fresh food boxes order before 5pm for next day delivery  
0141 552 4897 [www.seasonalproduce.co.uk](https://www.seasonalproduce.co.uk) Card payment by phone

**Premier Produce** East Ren Delivery Mon - Fri - Fresh food boxes inc bread and milk  
0141 552 0872 [www.premierproducescotland.co.uk/facebook-delivery-offer/](https://www.premierproducescotland.co.uk/facebook-delivery-offer/) Card payment by phone

**Homefresh doorstep delivery** East Ren Home delivery Fruit and veg 0141 884 3540  
[www.facebook.com/homefresh.foods](https://www.facebook.com/homefresh.foods) Card payment by phone/online

**Youngs Dairy** East Ren Home Delivery: milk, eggs, OJ etc. 0141 632 7528  
[www.facebook.com/Youngs-Dairy](https://www.facebook.com/Youngs-Dairy) Card payment

**Garden of Eden Buffets** East Ren Food delivery 07368 216327  
[www.facebook.com/gardenofedenbuffets](https://www.facebook.com/gardenofedenbuffets) Bank transfer

**Green House Café** East Ren Meal delivery 07581 257257  
[www.facebook.com/greenhousecic](https://www.facebook.com/greenhousecic) Complete online form or phone

**McQueen Dairies** East Ren Milk and egg delivery [www.facebook.com/mcqueendairies](https://www.facebook.com/mcqueendairies)

**Abercorn Dairies** East Ren Milk and egg delivery 0141 849 1010  
[www.abercorn dairies.co.uk](https://www.abercorn dairies.co.uk)

**McLays Foods** 'G' postcodes Free delivery of meat, fruit, veg, delivers to 'G' postcodes.  
[enquiries@mcclaysfoods.co.uk](mailto:enquiries@mcclaysfoods.co.uk) [www.mcclaysfoods.co.uk](https://www.mcclaysfoods.co.uk) Minimum order £30

**Praveen Kumar** Frozen Indian meals - free next day delivery on orders over £39.95 07855 566649  
[www.praveenkumar.com/how-it-works/](https://www.praveenkumar.com/how-it-works/) via website

**Urban Grocer** Glasgow based but deliveries within 30 miles  
Boxes of fruit, veg, eggs and chicken 0141 552 6451 [www.urbangrocer.co.uk/shop](https://www.urbangrocer.co.uk/shop) Paypal

**Cedar Cottage Country Foods** Throughout central belt  
Weekly meat packs and vegetable packs 01292 520453 [www.facebook.com/cedarcoos/](https://www.facebook.com/cedarcoos/) minimum order £30

**Homefresh foods** Throughout central belt  
Fruit, veg, milk, cheese, and eggs [www.facebook.com/homefresh.foods/](https://www.facebook.com/homefresh.foods/) order by messenger link on FB

**The Fresh Fruit and Veg Shop** Uddingston but delivery slots to East Ren  
Fruit and veg boxes 01698 816178 <https://freshfruitandvegshop.com/>

**Elliot's Fruit and Veg** Fruit and veg boxes from Glasgow Fruit Market  
0141 552 0055 [www.elliotsfruitveg.co.uk](http://www.elliotsfruitveg.co.uk)

**Glasgow Fruit Market** Fruit and veg boxes from Glasgow Fruit Market  
07540 491105 <https://glasgowfruitmarket.co.uk/>

**The Firm Banana** Fruit and veg delivery  
online ordering 07812 123330 [www.firmbanana.com](http://www.firmbanana.com)

**The Fish People** Deliver 2 boxes: £25 or £35 value 0141 429 1609  
[www.thefishpeopleshop.co.uk](http://www.thefishpeopleshop.co.uk) pay over phone

#### **Eastwood Area:**

**Sarti's Group** Eastwood District Min order £25 free delivery Italian food and products  
[daniela@sart.co.uk](mailto:daniela@sart.co.uk) [www.sarti.co.uk](http://www.sarti.co.uk) Card payment by phone

**Southside Fresh** South Side Glasgow VOICEMAIL ONLY fresh food boxes  
[www.southsidefresh.com](http://www.southsidefresh.com) Via Website

**Mariannas** Newton Mearns Homemade meals to deliver Menu on Facebook 07967298533/2581490  
[www.facebook.com/mariannascatering/](https://www.facebook.com/mariannascatering/) Minimum order Card payment by phone £30

**Toni's Pizza** East Ren From 5PM and reduced menu only delivery 0141 621 1600  
[www.facebook.com/tonispizzeria.co.uk](https://www.facebook.com/tonispizzeria.co.uk) Card payment by phone

**Alan Beveridges** East Ren 9 - 5 Collection Fishmongers,  
Delivery slots available 0141 620 1809 [www.alanbeveridge.com/contact.html](http://www.alanbeveridge.com/contact.html) Card payment by phone

**Courtyard at Rouken Glen** East Ren Delivery and collection  
Indian Cuisine 0141 212 5150 [www.facebook.com/thecourtyardroukenglen](https://www.facebook.com/thecourtyardroukenglen) Card payment by phone

**St Brides Poultry** Eastwood District Deliver free range oven ready chicken and duck  
Will also deliver hen eggs but only with a chicken and duck order  
Orders via website or telephone if no access 07760 750990 [www.stbridespoultry.co.uk](http://www.stbridespoultry.co.uk) Bank transfer

#### **Clarkston:**

**Michaelangelo's** Clarkston Italian hot food delivery, from 5pm  
0141 638 7772 [www.facebook.com/michaelangelosglasgow/](https://www.facebook.com/michaelangelosglasgow/) Card payment by phone

**Pizza Hut** Clarkston Pizza delivery 0141 621 0809  
[www.facebook.com/PizzaHutClarkston](https://www.facebook.com/PizzaHutClarkston) Contactless payment

**Popeye's** East Ren Delivery only  
Fish and chips 0141 328 0776 <https://popeyesglasgow.co.uk> Contactless payment

**Country Shop Clarkston** Clarkston Call for deliveries or can collect 0141 633 1121  
[www.facebook.com/pages/The-Country-Shop](https://www.facebook.com/pages/The-Country-Shop) Card payment by phone

#### **Giffnock:**

**Mount Café** Giffnock 4.30 - 10pm 0141 638 7330  
[www.facebook.com/mountcafegiffnock/](https://www.facebook.com/mountcafegiffnock/) Card payment

**800 degrees pizza** Giffnock Collection only 01785 817007  
[www.facebook.com/800degreespizza](https://www.facebook.com/800degreespizza) Card payment by phone

**Key Store** East Ren OPEN AS NORMAL Corner shop  
0141 883 7071 (HQ) [www.keystore.co.uk/store/keystore-orchard-park/](http://www.keystore.co.uk/store/keystore-orchard-park/) Ideally card but accepts cash

#### **Thomson Brothers Giffnock**

Giffnock Pick-up and delivery Mon-Sun, 9am-3pm  
0141 638 2270 [www.facebook.com/Thomson-Bros-Butchers](https://www.facebook.com/Thomson-Bros-Butchers) Card payment by phone/online

#### **Eaglesham:**

**GR Brown** Eaglesham Call for deliveries 013553 03136  
[www.facebook.com/GRBrownbutchers](https://www.facebook.com/GRBrownbutchers) Card payment by phone

#### **Netherlee:**

**GR Brown** Netherlee Call for deliveries 0141 637 0492  
[www.facebook.com/GRBrownbutchers](https://www.facebook.com/GRBrownbutchers) Card payment by phone

## **Newton Mearns:**

**Charles Frazer Butcher** Newton Mearns Delivery and pick up 0141 639 5910 Bank Transfer

**Hook Fish & Chips** Ayr Road, Newton Mearns

Deliveries Only 0141 639 3333 [www.facebook.com/HOOKFishAndChips](https://www.facebook.com/HOOKFishAndChips) Card payment by phone

## **EAST REN SERVICES & STAYING ACTIVE DURING LOCKDOWN**

### **LIBRARY SERVICES**

#### **Library Accounts, Loans, Reservations:**

During the library closures, we will automatically renew all library loans.

If we cannot renew your loans because they have been reserved by someone else do not worry, we will waive any charges incurred during this period.

We ask that you hold on to any library books and return to us when we reopen.

Any reservations placed will remain active and can be collected when we reopen.

We can also reset PIN numbers to allow continued access to library accounts and Online Resources.

#### **Joining the library:**

New members are always welcome and can get immediate access to the Online Resources. Please share with family or friends who may not yet be members: [www.ercultureandleisure.org/joiningthelibrary](http://www.ercultureandleisure.org/joiningthelibrary)

#### **Pressreader is Live!**

We moved to a new supplier of Digital Magazines and Newspapers in March, providing access to over 7000 top magazines and newspapers from around the world. Library customers have FREE access to over 500 UK magazine titles and 171 UK newspaper titles to choose from and 90 days of back issues with no limits on the number of items you can download.

Visit: [www.ercultureandleisure.org/emagazines](http://www.ercultureandleisure.org/emagazines) to get started today!

#### **eBooks and eAudiobooks:**

We have seen an increased demand for Borrowbox, our eBook & eAudiobooks collection. Customers have access to 1,500 top UK titles, for children and adults, and we are increasing the number of titles we buy to expand this collection further. Keep your eyes peeled for key titles each month that allow multiple access with no queues. Find out how to access the collection here - <https://www.ercultureandleisure.org/ebooks>

#### **Adult Online Reading Group:**

We know many of our customers will miss chatting with library staff or attending regular reading groups, so we have created an Online Reading Group to keep the love of books and reading alive. Each month we will post a reading group book for discussion and would love as many of our readers to join in and share their reading loves or even hates. You can find the Reading Group on the ERCL Facebook page - <https://www.facebook.com/ERCultureandLeisure>

#### **Digital Support:**

We can offer digital support to any customers or their family members who need a little bit of help, whether it is help to create an email account, get started with Skype, order online or get to grips with any of the library online resources. Our lovely Digital Participation Officers are on hand to help. Email: [libraries@ercultureandleisure.org](mailto:libraries@ercultureandleisure.org) and they will email or call you back, whatever you prefer.

Stay connected:

ERCL Twitter: <https://twitter.com/ERCL4>

ERCL Website: <https://www.ercultureandleisure.org>

ERCL Facebook: <https://www.facebook.com/ERCultureandLeisure>

### **Physical Activity and Walking opportunities for Adult and Older Adults**

#### **Culture and Leisure**

ERCL's own instructors are making short videos to keep you connected and active while at home.

You can access these from YouTube or Facebook

<https://m.youtube.com/channel/UC2GijmTg8IfUKKxXv8fDsIA>

[www.facebook.com/ERCultureandLeisure](https://www.facebook.com/ERCultureandLeisure)

If you need any further advice or information, please contact Carolynne McKendry – East Renfrewshire Culture and Leisure's Health and Wellbeing Development Manager

[Carolynne.mckendry@ercultureandleisure.org](mailto:Carolynne.mckendry@ercultureandleisure.org) **Paths for All**

Strength and Balance Exercises have been added to YouTube <https://www.youtube.com/watch?v=2ZplzbLmfz0>

The 10 exercises are also available in print form

<https://www.pathsforall.org.uk/mediaLibrary/other/english/printable-pfa-strengthbalance-a4-leaflet.pdf>

**Care about Walking:** These resources were initially designed for use in care homes but could be adapted for individual use at home! Participants can record the steps they take around the house to help keep them moving

<https://www.pathsforall.org.uk/resources/resource/care-about-walking-guidance-note>

Pedometers are still relevant in the home and can be used. They can help to motivate and be accurate about the number of steps we have done. Therefore we can celebrate success and feel encouraged to carry on. Many people will have pedometers/fit bits/phones all devices able to count steps or download apps that can count steps.

You can download a pack for free <https://www.pathsforall.org.uk/resources/resource/12-week-walking-programme> or order the pedometer packs for £15 on Paths for All website

<https://www.pathsforall.org.uk/mediaLibrary/images/english/pedometer-packs.jpg>

### **Top Tips to staying active at home**

<https://www.pathsforall.org.uk/lets-walk/tips-and-stories/tip-and-story/keeping-active-at-home>

### **NHS**

The NHS has a variety of videos and resources that you may find useful.

### **Home-based strength and cardio workouts for adults:**

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

### **Seated strength and flexibility exercises for adults with mobility issues:**

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

### **Five-week strength and flex programme:**

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

### **Home Work Out Videos – 10 minute workouts**

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

### **Later Life Training**

Keeping active for older people Later Life Training 'moving more often' have posted 4 new videos x 10 minutes to encourage Older Adults to try short bursts of chair based exercises

Make Movement Your Mission [https://youtu.be/\\_Sh-UdHsDOU](https://youtu.be/_Sh-UdHsDOU)

Also on line a range of home-based booklets which can be downloaded and printed for free.

<http://www.laterlifetraining.co.uk/llt-home-exercise-booklets/>

### **Age Scotland**

### **Ideas for moving more and being more active within the house.**

<https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/simple-exercises-inactive-adults/> 3

### **British Heart Foundation**

Range of resources and video links <https://www.bhf.org.uk/information-support/heart-matters-magazine/activity>

### **Free workouts online and TV**

Diana Moran on BBC Breakfast at 6.55am and 8.55am on Mondays, Wednesdays and Fridays

The Body Coach TV has designed a specific set of videos for seniors.

<https://www.youtube.com/user/thebodycoach1>

Move it or Loose UK. Motivating people to keep active afternoons every weekday on YouTube

<https://youtu.be/bqr5Wcru9N4> Online information on <http://www.moveotorlooseit.co.uk/>

10 Today

10 Today involves short ten minute routines to get you stretching and moving, and will be will be broadcast on the radio and online - <https://10today.co.uk/>

### **Walking**

The current Government advice is that those not experiencing symptoms, can walk outside for exercise once per day as long as they minimise social contact. For your walk stay local, choose routes from your front door if you can, to avoid non-essential travel. You should try to visit places you know will be quiet, away from possible busy areas. Keep a distance of at least 2 meters from other people.

### **Walking in East Renfrewshire 10 Family Walks Booklet**

<http://www.eastrenfrewshire.gov.uk/CHttpHandler.ashx?id=4988&p=0>

Ramblers Medal Route – East Renfrewshire

<https://www.ramblers.org.uk/medalroutes>

### **Go Neilston**

### **9 Walks for all abilities**

<http://www.eastrenfrewshire.gov.uk/CHttpHandler.ashx?id=15161&p=0> 4

## Cycling Routes

Enjoy 10 routes for cyclists of all abilities

<http://www.eastrenfrewshire.gov.uk/chttpandler.ashx?id=6663&p=0>

Go Cycling Barrhead and Neilston

<https://www.eastrenfrewshire.gov.uk/CHttpHandler.ashx?id=14172&p=0>

Daily Mile

An initiative set up to encourage Primary School Children to become more active, increasing their fitness and overall health. For starting some form of light exercise this might be an option to try, on your own or with family members you live with.

World Walking

In Partnership with East Dunbartonshire Leisure and Culture we have decided to 'walk the world' from the comfort of our own homes. With the World Walking website you can join us with the group 'Walk Well at Home'. Add your daily steps and we can take a virtual tour around the world.

<https://worldwalking.org/> and search for 'WALK WELL AT HOME'

**For more information please contact:-**

Sine Delahunt, Community Health Development Worker – Walking, East Renfrewshire HSCP, HSCP Headquarters, Eastwood Health & Care Centre, Drumby Crescent, Clarkston, G76 7HN

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# Young People's Page

## Iced Biscuits

### INGREDIENTS.

100g softened unsalted butter  
100g caster sugar  
1 medium egg.  
275g plain flour.  
1 tsp vanilla extract  
400g icing sugar.  
3-4 tbs water.  
2-3 drops food colouring

### METHOD.

1. Preheat oven to 190C/170C fan/ gas mark 5. Line a baking tray with greaseproof paper.
2. Cream the butter and sugar together in a bowl.
3. Beat in the egg and vanilla extract until well combined.
4. Stir in the flour until the mixture forms a dough.
5. Roll out the dough on a lightly floured surface until 1cm thick.
6. Cut biscuits out the dough and place on the baking tray.
7. Bake for 8-10 minutes or until light golden brown, leave for 5 minutes to harden, then cool on a wire rack.
8. Mix the icing ingredients together. Cover the biscuits in icing using a knife. Decorate with sweets.

Makes 24 biscuits.



Hi Guys,

Great news! The 29th May each year is National Biscuit Day, so if you're nuts about Ginger Nuts or more of a Custard Cream kind of a person - (personally I don't think there's any excuse in the world for a Custard Cream being top of your dunking list, but each to their own) I'm pretty sure we can all agree that May 29th is up there with one of the best awareness days.

So to honour the day I'm going to tell you a wee bit about the nations favourite biscuit, the history of the biscuit, a few biscuit facts etc. Although I'm not going to kid myself that you're even still reading this, it's far more likely that you're already in the kitchen with the kettle on selecting your favourites from the biscuit tin right now!

Several new biscuits were invented in the 19th century. Nice biscuits were invented about 1860. Other new biscuits included the Garibaldi (1861) and the Cream cracker (1885). The Digestive was invented in 1892 by Alexander Grant. In the 20th century, new biscuits were introduced. Custard Creams were invented in 1908 and Bourbons were invented in 1910 and chocolate chip cookies in 1938. HobNobs were introduced in 1986. The first Jaffa cake went on sale in 1927. and Penguins were introduced in 1932. The United Kingdom eats the most biscuits at 13.6 kilograms per person per year, closely followed by Italy at 10.5 kilograms So however you plan to pay homage to this awesome awareness day, I guess all that's left to say is Happy Dunking!

Al the Ed

## Happy May Birthdays

To Luke, Edward and Jenna Gow, Kirsten Hamilton, Romina Paton, Sam Hunt and Alex Paul. Hope you have a great day! Happy birthday to Jessica Martin who sent us a lovely birthday photo. If you have birthday photo you'd like to share email [alih21@virginmedia.com](mailto:alih21@virginmedia.com).



## What have you been doing during lockdown?



What have you been up to during lockdown? Rebecca baked her mum's birthday cake. (Happy birthday Karen.)

Send me photos of your exploits so we can all see what you've been busy doing.

As usual I've been telling . . .

## bad jokes!

Q. Why did the biscuit cry?

A. His mum had been a wafer too long.

Q. What did the biscuit say when he fell off the shelf?

A. Oh Crumbs!

Q. What do you call a biscuit that's terrible at playing the guitar?

A. A dodgy jammer!

Q. Why don't polar bears eat penguins?

A. They can't get the wrapper off!

Q. What biscuit does Aladdin hate most?



Hi everyone,

I hope you and your families had a Happy Easter the other week.

This has been a very strange few weeks, hasn't it? We can't do all the things we like to do! No school to go to (unless your parents are keyworkers) but having to do school work at home! Activities like Sunday Club, JAM, Rainbows, Anchor Boys, Brownies, Guides and BB sections are all cancelled, and so are Art, Craft, Drama, Dancing, Karate, Gymnastics, Swimming and all sorts of other activities!

We can't go to visit our Grandparents, Aunties, Uncles and cousins, or friends, or have them visit us either! **But it's not all bad** - we have our mobile phones and computers which let us keep in touch with family and friends.

We've been lucky that the weather has been dry so we can go outside for walks, or ride bikes or scooters, or play some sports in our gardens and parks. Some things are going on as normal, particularly in nature - flowers and grass are growing, birds are building their nests ready for laying eggs and baby birds to hatch and lambs are being born.

We also have God and Jesus, and their love for us, which will never go away.

Everyone at Sunday Club and Jam is missing seeing you all. We're praying that you all are keeping well and we're really looking forward to when we are able to meet again.

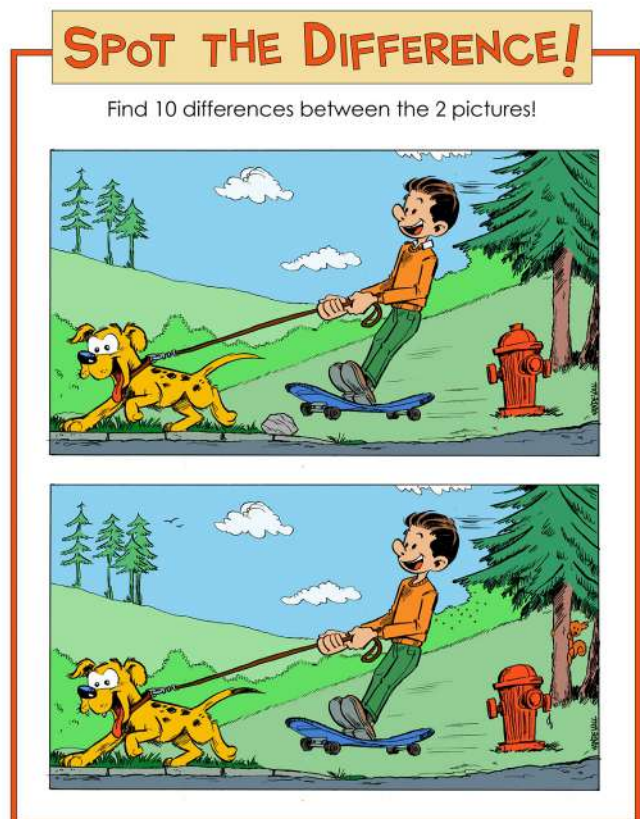
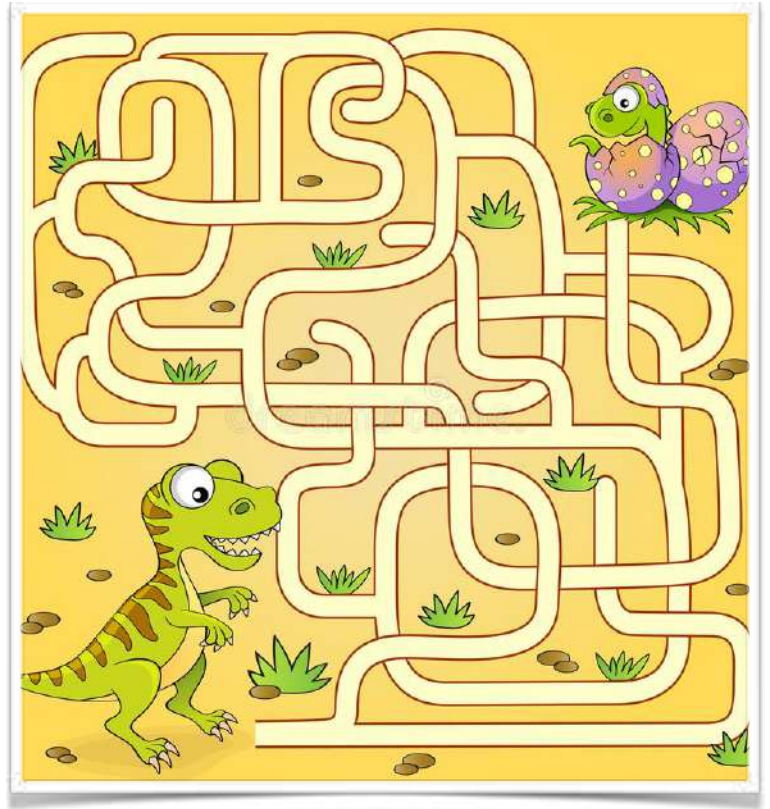
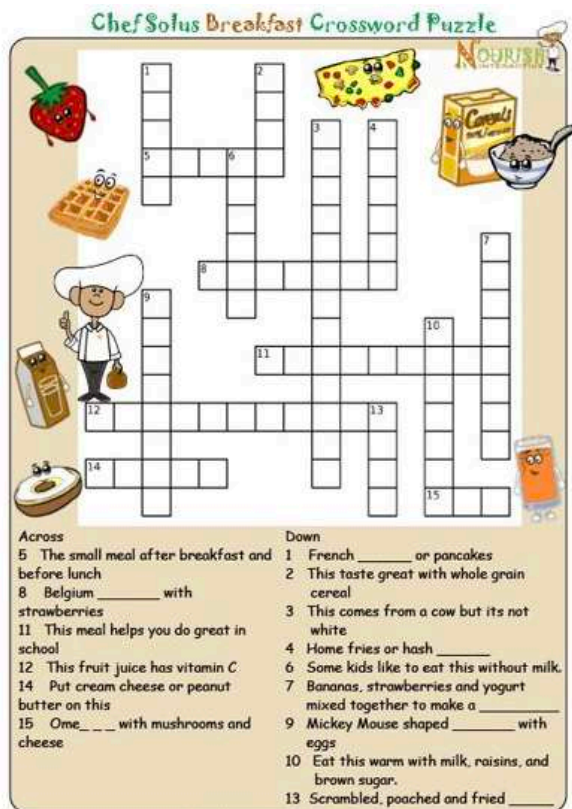
Love from Helen and all the Sunday Club and Jam leaders and helpers.

**JAM** is meeting every Sunday at 1.30pm for about 40 mins . If you're missing your friends and want to zoom in, here's the link.

Look forward to seeing you.

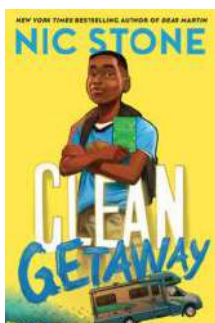
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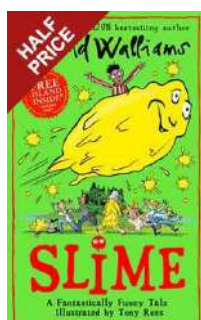


## May is National Share a Story month.

### Here are a few stories you might like to read and share.



Scoob, an 11-year-old Black boy is in an RV with his White grandmother. She's invited him on a road trip. Scoob is grounded after being suspended from school, and his dad has canceled spring break plans. Traveling with G'ma is a welcome loophole. Scoob soon learns that G'ma has sold her house to buy the fancy Winnebago. They set off through the southern United States, often consulting G'ma's store of old maps and the Green Book, a guide African Americans used during the Jim Crow era to find lodging and eating places that would serve them. Scoob learns that they are following the route of an unfinished trip G'ma took with his grandfather back in the 1960s. Scoob appreciates that G'ma shares old photos and previously secret family stories as well as some lessons about history. But something is off and his grandmother is acting strange.

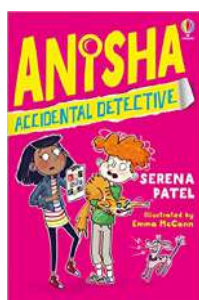


This little island is home to a large number of horrible grown-ups. The school, the local park, the toy shop and even the island's ice-cream van are all run by awful adults who like nothing more than making children miserable. And the island is owned by the most awful one of all - Aunt Greta Greed!

Something needs to be done about them.

But who could be brave enough?

Meet Ned - an extraordinary boy with a special



Anisha is all set to be a (reluctant) bridesmaid at Auntie Bindi's wedding...until a secret ransom note arrives. Bindi's groom has been kidnapped and will only be released IF THE WEDDING IS CALLED OFF! With best friend Milo, mischievous Granny Jas, a runaway lobster, a kitten-loving giant, and some super skills of logic and observation, it's up to Anisha Mistry to find her uncle, before the big family



Early Man cert U

British animated adventure from director Nick Park featuring the voice talents of Eddie Redmayne, Tom Hiddleston and Maisie Williams. With the future of his tribe threatened by the advancing forces of the evil Lord Nooth (Hiddleston) and his Bronze Age army, young caveman Dug (Redmayne) sets off on an epic adventure to the big city in a heroic attempt to save the day. Accompanied by his loyal sidekick Hognob, Dug soon comes across local girl Goona (Williams) who vows to help him with his quest.



Farmageddon cert U

After countless shenanigans, life had finally calmed down for Shaun the Sheep, at least for a while. But things changed when a bizarre yet timid creature crashed down from outer space and into the hills by the farm. Now Shaun has to help Lu-la the alien go back to her home amongst the stars before a team of somewhat competent Top-Secret government agents find and capture her. But is it ever that easy?