

thegoodneighbour

June 2020



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

GreenbankParish
CHURCH

Parish Register

DEATHS

4/5/20	Mr Bill Blanchflower	30 Highfield Drive, Clarkston
6/5/20	Mr Hamish Alexander	Eastwood Court Care Home, Giffnock
16/5/20	Mrs Kathleen Ross	Eastwood Court Care Home, Giffnock

"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

Sunday Service on Zoom

Every Sunday - please note that this service is **reverting back to the usual Sunday morning service time of 10.30am on Sunday 21st June; Sunday, 14th June is therefore the last Sunday zoom service taking place at 12noon.**

For the Sunday service join Zoom at meeting link:

<https://zoom.us/j/757322655?pwd=czBQdmNIUFpqWEpDUK9GREduMEU2dz09>

For those who join meetings manually, please enter the Meeting ID: 757 322 655

Sundown Reflections on Zoom

Every Wednesday evening at 8pm

For the Sundown Reflections service join Zoom at meeting link:

<https://us02web.zoom.us/j/92194403216>

For those who join meetings manually, please enter the Meeting ID: 921 9440 3216

Services 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.

+44 330 088 5830

+44 131 460 1196

+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.org.uk/live

MEMBERS' EMAIL ADDRESSES

The church office now holds the email addresses of many of our members. If we have not yet heard from you we would very much appreciate it if you could spare a minute of your time to send your email address to the church office at: office@greenbankglasgow.org.uk

Thank you,

Derek Christie
Session Clerk

Dear Friends,

Although the doors of our church remain closed to reduce the spread of the Coronavirus our church is still alive and active. While we are unable to gather together physically, we continue to gather virtually and remain in touch with one another by phone and email. Since the first Sunday of lockdown we have been worshipping together on Zoom services at 12 noon. At the beginning of March I had never heard of Zoom but it has proved to be such a blessing and allowed the worship and work of our church to continue.

Over the last few months, many have spoken about the value and accessibility of Zoom services and the positive opportunities Zoom has given for worship and connection during a period of isolation. So, I am delighted that we have been able to source funding that has enabled the installation of Wi-Fi and the equipment necessary to continue to share 'virtual' services on Sunday mornings. As lockdown measures begin to ease, and folks are getting out a bit more to have socially distanced visits with family and friends in gardens and parks, the Sunday zoom services are moving to 10.30am from 21st June. Until health risks lessen, the 10.30am timing will also make it possible for everyone to worship together, both physically and virtually, when the church building reopens.

Improved zoom/streaming facilities have also been installed in the Cowley and Fraser halls and this will make virtual meetings possible for groups of all ages. It is hoped that this will enhance wellbeing and provide opportunities for people of all ages to build and sustain relationships with others.

We still await instructions from the Scottish government and the Church of Scotland on when church buildings will reopen for worship. When Phase 3 of easing restrictions is announced, places of worship will be allowed to open for extended groups, subject to physical distancing and hygiene safeguards. Whilst the dates of moving into different phases are communicated by the Scottish Government, there is no expectation that all Church of Scotland buildings will open at the same time and Presbyteries and Kirk Sessions will have to consider carefully how this can be done safely. Our church office and/or your elder will be in touch to let you know the date when our church will reopen.

In the absence of a General Assembly this year, the General Trustees of the Church of Scotland published a report referring to the many lessons that should be learned from the ways in which church life has developed during the pandemic and about the necessity of leaving behind old practices whilst fully developing the best of the new things that are bubbling up in every part of the Church. The events of the last few months are forcing the national church to determine what must be done to build the kind of Church needed for the future. The General Trustees report is one that makes the vision that we have been working towards for the last few years, *'To leave a legacy of a sustainable worshipping congregation for future generations'* even more relevant and urgent.

No one knows what the future will bring about for the national church or for Greenbank. However, as has been His way for over 2000 years, Jesus still calls His followers to a mission that is always moving forward to discover new and inspiring ways of worshipping and drawing others into the hope of God's life and love. As the prophet Jeremiah says, *"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."* (29:11).

Although changes are afoot, the church is still alive and active, and whether we worship online from our homes or within church buildings, may we all find it within us to ask God for his help and strength to face the future with hope, in the name and for the sake of Jesus Christ.

May God bless you and keep you safe and well.

Yours,



REV FIONA GARDNER

Book Launch on Zoom

Many members will remember Fiona Gardner who was a student assistant at Greenbank in the late 1990's. Fiona is publishing a book written by Colin (her late husband who was an army veteran) and herself giving a frank account of the struggles he and the family faced to live with his injuries to body and spirit. It asks if we can better support veterans as they reintegrate back into society.

The book is being launched at a zoom meeting on Wednesday 24th June at 7.30pm – to register contact woundedwarriorfg@gmail.com

Copies of the book (£10) can be obtained through the above email address and the proceeds are split equally between Epilepsy Connections and The Coming Home Centre Govan.

Prayer Diary

"My hairdresser - like me-
is still on lockdown
My image in the mirror's
made it crack
I'm thinking I should go
into the bedroom
Turn the lock and stay there
till she's back

Excerpt from 'A Shaggy Tale' by Jan Beaumont

Our lives have been taken over by Covid-19. The way we live has had to change; in massive ways, and in tiny things. Our emotions range from fear all the way down to mere irritation. We have seen many stories of compassion and selflessness. Most of the time, the best of human nature is shining through. I know that you will be praying for everyone who has been infected; that those who have symptoms will self-isolate; that those with milder symptoms will get well; that those in hospital will recover and be able to go home; for the loved ones of the people who succumb to the disease; for the frontline carers who are risking their own lives and increasing the risk of their own families being infected; for all the other key workers who are playing their part; for those striving to find ways to alleviate symptoms, and ultimately to find a working vaccine; for charities, businesses and communities who are helping to make sure everyone at least has basic necessities.

Please also remember those in poorer countries where self-isolating may be much harder, and financial help negligible; and those in this country who are struggling with loneliness, reduction or loss of income, fear of losing a job or a whole business; people who are struggling with a family having to be closely confined, or trying to juggle working from home with home schooling and entertainment.

Please also take time for some thank you's. That the majority of people are being considerate and caring; that they are staying home and only going out for essential things; that we live in a time when technology has made communicating easier; that the start of our lockdown coincided with a long period of nice weather for us taking exercise or sitting in the garden if we have one; for the gardens starting to bloom, the bees buzzing round the flowers, and the birds singing (which is easier to hear with the reduction in traffic); for those who help us to laugh despite all of this; for the time to listen to our favourite music, or re-read a favourite book.

"Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time." John Lubbock

We can also pray that as the lockdown is gradually lifted, people will continue to follow official guidelines so that we don't go backwards, but progress step by step until the virus is under control.

'Never Stop Being You' by Terrie Brushette

"Never stop caring about the little things in life.
Never stop dreaming, and don't give in to strife.
Never stop wondering are we on our own.
Never stop thinking has your spirituality grown.

Never stop building bridges that lead to better tomorrows.
Never stop trying, and don't give in to sorrow.
Never stop feeling amazed at the beauty that surrounds you.
Never stop hearing the music, and don't give in to the blues.

Never stop pushing away negative thoughts that make you feel sad.
Never stop looking at all the miracles we have had.
Never stop loving the ones you hold dear.
Never stop giving, and never give in to the fear.
Never stop smiling, but look forward to each new day.
Never stop shining in your own special way.
Never forget that all storms will clear.
Remember brighter tomorrows are always near.

However you spend this summer, stay safe, stay well, stay active and keep smiling.

'The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace.' (Numbers 6:24-26)

Gillian Foy, Prayer Promoter

LEGACY UPDATE

Those who tuned in for the Moderator's Pentecost service will not have failed to be inspired by his call to ensure a positive future for the church and to trust in and depend upon God that we will find ways to do this. That service is available on the Church of Scotland website and those not on the internet can phone the church office for notes of the service. This echoed words from our own minister in her sermon the previous Sunday when she said, *"Despite the circumstances of the last few weeks the vision that we have been working towards to ensure the future of a church here in the community of Clarkston seems even more relevant and urgent. As we stand on the brink of a new future for the church nationally, now more than ever, we need to move forward quickly to ensure the future of the church here in Clarkston"*.

The vision of the future that we have for Greenbank is not one about buildings, although at times the buildings work seems to take centre stage. Our vision is of creating a sustainable, worshipping congregation for generations to come. A church characterised as being welcoming, relevant to the lives of people, open seven days and at the heart of meeting community needs. Given all that we are going through at the moment, and it has brought many challenges and great sadness to many, we must not lose sight of this vision of a positive and exciting future for our church and community.

Previously I have said that we are trying to get to the point when we are able to come to you with a clear set of recommendations on how we can bring our vision to life. To get there, as you know from the last update, we have to establish the value of the land to the north of the sanctuary, the Sheddens side, as this will be the main source of funding any work we want to do. In addition we need a design for the renovation of the sanctuary and its extension in order to accommodate all we want to do. I can now bring you right up to date on both of these matters.

Last December I let you know that Savills had issued information to the property market inviting expressions of interest in the north site. We were delighted to receive a number of very attractive bids for the north site involving both housing and care facility developments. Through a number of meetings, we have settled on one preferred bidder whose plan is to create a fifty bed care facility. This bid appealed for a number of reasons, not just its financial attractiveness and that they would be a good neighbour for us but also the fact it meets an unmet need in our community for such facilities. The Kirk Session has agreed that we should now negotiate detailed terms with that bidder alone in order to arrive at a final conditional contract. It is at that stage we will have more clarity on the funds we will receive.

At the same time we had invited a number of architects with relevant church experience to express an interest in working with us on the renovation and extension of the sanctuary. A number of presentations were made and finally one architect was preferred. The Session has agreed to appoint Page and Park and they will start work shortly to generate their design ideas, responding to the brief we have provided. This will include looking at the renovation of the manse and the feasibility of one or two houses being built for sale on the land to the south of the Manse abutting Mansefield Road but set back from the trees. They have a great deal of experience doing this kind of work for churches and in preparing interesting ways in which to describe their ideas to congregations.

These two pieces of work, the contract for the sale of land and the plans for the sanctuary and manse, need to be completed before we can then come to you with plans and firm recommendations for your consideration. That will be an exciting time for all of us as we see for the first time what our church might physically look like but also the possibilities it holds out for creating that sustainable worshipping congregation for future generations. We would hope to be in a position to do this towards the end of this year. Nothing of course will proceed without fully informed congregational approval.

In the meantime if you have any questions or points you want to raise then please let the Legacy Project Group know by writing to the church office at Greenbank Church Office, 36 Eaglesham Road, Clarkston, Glasgow, G76 7DJ or emailing: office@greenbankglasgow.org.uk

Gordon Dickson
Chair, Legacy Project Group

GREENBANK OFFICE

Jane Mayer, our Church Secretary, is currently working from home and can be contacted at the new church email address: office@greenbank.org.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

KIRK SESSION – WHAT DO THEY TALK ABOUT?

The Kirk Session held a virtual on line Zoom meeting on 18th May with 55 members attending and they received updates on a range of issues. This meeting was possible because the General Assembly in 2018 had passed an Act permitting Church Courts and Committees to hold Virtual meetings online.

Worship

The Worship Coordinator commented that it was very encouraging to see so many people joining on Zoom for the Sunday Morning Services and the Wednesday Sundown Services. Approximately 115 households join the 12noon Sunday Service and 30 join the Sundown Services at 8pm on Wednesday. She also welcomed the fact that JAM was meeting on Zoom every week.

Outreach

The Kirk Session noted the minutes from the Lodging House Mission AGM and the necessity of its closure due to the Covid 19 restrictions. The Staff are to be highly commended for their efforts in making up food boxes and toiletry packs for some of the most vulnerable in our community. The Kirk Session recognised the difficulties faced by GNE foodbank due to the measures being taken over the Covid 19 restrictions and the sterling efforts being made by the volunteer staff. It was noted the ladies of The Guild are keeping in touch by phone and that the 1st Clarkston Guides have had a number of successful digital meetings.

Finance

The Financial Position was updated and it was noted that Offering Income had decreased by 6.4% for the period to 10th May. Due to the high proportion of offerings made by standing order the impact of the coronavirus had been mitigated affecting only weekly freewill and ordinary offering income. Fabric expenditure for the year to date totalled £1,759 and Legacy Group expenditure for the current year was £2,383. Since the closure of the church buildings there have been no contributions from Congregational Organisations or external users. We have had to place 3 employees on furlough in the current circumstances and have received our first claim to 30th April from HMRC. Thanks were expressed to Ian Henderson again for his continued work in connection with the Gift Aid claim.

Fabric

The Property Convenor advised that the usual safety checks and maintenance were being carried out in the church buildings and grounds.

Fellowship

The Kirk Session noted that although there have been few opportunities to meet in Fellowship groups and organisations have been keeping in touch in other ways.

Youth

The Youth Coordinator thanked the community on behalf of SNAP Youth Club for the donation of £753 from the Co-op Local Community Fund.

Audio Visual Services

The Minister advised she had applied for and received a grant of £5,000 from the Corra Foundation to install WIFI in the church and to buy computer, camera and audio equipment. When Church services restart, this will allow them to be live streamed to vulnerable and other members who do not feel able to attend the church.

Legacy

The Kirk Session received an update on the Legacy Project. The work approved by the Kirk Session in September is continuing at a fast pace despite the pandemic and it is hoped to make further recommendations to the Kirk Session in June. Thanks were expressed to those who had contributed a significant amount of work over the past few months in very difficult times.

Communion

The Minister advised the Kirk Session she hopes to conduct a communion service by Zoom at 12noon on Sunday 7th June with members providing their own bread and wine.

Other Matters

The Kirk Session dealt with a number of administrative matters including the following:

The retiring Offerings for 20/21 were approved. District Elders were asked to obtain the outstanding email addresses of members in their district and the church secretary was thanked for her hard work in this task.

The Session was advised that Good Neighbour magazine would be sent out in mid- June with an update in July.

(Please speak to your elder if you would like any further information on the above)

GOOD NEIGHBOUR ADVERTISERS

Through these difficult times many of our advertisers have been closed or have not been able to supply their services. Now, as the lockdown is easing they are beginning to open again. Although we as a church cannot accept any responsibility, 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.

Alison

FREEWILL OFFERINGS DURING LOCKDOWN

Dear Friends,

Following the notice in the April Good Neighbour, a number of you have responded by remitting funds to the church, and I would like to thank you all for doing this. It is a great help to our church's finances at this time.

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: alistairsmith@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 Parish Church with your freewill offering number, and I will post it into our bank with other cheques received.

Following the responses to date, I am collating these on a weekly basis and sending these off to our bank.

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

Thank you for your support.

Alistair Smith, Treasurer

Request from the Treasurer

If the last three digits of your bank account are 268 can you please contact me as there is a query we have unable to resolve.

My contact details are: telephone number 0141 571 2676, or mobile 07917 711 459 or email address: alistairsmith@ntlworld.com

Thanks,

Alistair Smith, Treasurer



EVERYONE is invited to a Greenbank Virtual Quiz Night

led by Greenbank's Quiz Supremo - Jill Liddell

Zoom Quiz Meeting Link

<https://us02web.zoom.us/j/81126162964>

Meeting ID: 811 2616 2964

Look forward to seeing you there!!

Quiz starts at 7pm and will last 1 hour

CLARKSTON COMMUNITY COUNCIL QUESTIONNAIRE

HELP IMPROVE CLARKSTON

Clarkston Community Council is a fairly newly established group. It needs **YOUR** views, as members of the local community, about the issues and areas that you feel need to be addressed in order to make Clarkston a better place in which to live.

Opportunities for young people, has been identified as an area which should be addressed as a priority.

Please help by encouraging young people in our community to complete the online questionnaire, their input would be greatly appreciated.

Please complete the questionnaire at the link below to inform Clarkston Community Council of your views:

https://docs.google.com/forms/d/1wVZ9LYMthtb4p9f2wtS6M4E8mTxaF4REoSb2oMT8SSY/viewform?vc=0&c=0&w=1&edit_requested=true

To view Clarkston Community Council's Facebook page, simply search for Clarkston Community Council or email Clarkstoncommunitycouncil@gmail.com

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Stuart Meek
Joiner - Clarkston

News and updates

ED LINES

Hi Folks,

Little did I think at the beginning of the year that this would be the kind of article I'd be writing now! Normally in June's Good Neighbour I'm writing about hot summer days and going on holiday. Well, let's hope for the warm summer days because I'm not sure holidays are on the agenda. The word "staycation" has taken on a completely new meaning. (Unless you want to visit your holiday home in Fife or go for a day trip to Barnard Castle!) My caravan tan is non-existent, although my home tan is picking up. Now the lockdown is easing, I look back on the last two months and wonder where has it gone? What have I done? What have I achieved? My fridge still needs washed out, my freezer defrosted and my wardrobe is only half cleared out. I have managed to read a few books and last week finished my isolation jigsaw. That only took 4 weeks, not too bad as it's taken me 8 weeks to Hoover the carpets! I've been working a lot more; a job that has been at times traumatic and heart-breaking, but rewarding. Hopefully I've been able to be supportive and provide some comfort to a few. My friends and colleagues have been wonderful. We've cried together, we've laughed together and we've held each other's hands.

We've been out walking much more and discovered new routes and paths. Walking round local golf courses has been a boon that many have enjoyed. I've managed to perfect my golf swing and got a hole in one at the eighth. Whether I'll be able to maintain this standard when I've a club in my hand and a golf ball at my feet remains to be seen! The internet has been invaluable. Many of us have taken part in Zoom meetings: Church services, JAM, keep fit and even the Bushido Karate club, all on line. Facebook challenges and house parties are keeping us all together and allowing us to meet up, even when we're apart.

Community spirit has been revived: helping friends, helping neighbours and helping complete strangers. The story of the Good Samaritan has come into being; our neighbours have become our friends.

It will take a while to get back to normal. Whatever the new "normal" will look like, we'll just have to wait and see; for some it will take longer than others. Many have lost loved ones. Many have lost jobs and their livelihoods. So while we rejoice at getting through this we cannot forget them and their need for support in the days to come.

Now we're out on parole. There is a chink of light at the end of this very long dark tunnel. Provided we behave ourselves, there is the promise of the relaxation of more restrictions in the not too distant future. We have to look towards brighter times ahead. It's summer and although the sun may not be shining brightly it is beginning to stick its head out from behind the dark clouds.

Stay safe, stay well and have a good summer.

Alison

<p>ARTICLES FOR THE SEPTEMBER ISSUE OF GOOD NEIGHBOUR SHOULD BE SUBMITTED BY SUNDAY 16TH AUGUST PLEASE [There will also be a Good Neighbour update at the end of July]</p>

LETTERS TO THE EDITOR

Dear Alison,

I'm sure that I am only one of lots of Church members, who are appreciating the work that Jeanne has been doing to prepare for all the Zoom services on Sundays and Wednesdays. Everybody taking part has had to learn the new technology to Host the meetings and learn how to show us other videos etc!

There are over 100 households taking part on Sundays and each week even more manage to log on, also some more over their landline phones. It is such a great medium to be able to utilise to help us through this very strange time in our lives.

I enjoyed a virtual coffee morning today with the Ladies Group I am a member of and I have also had some Yoga, so Zoom is certainly keeping me busy. I know that your coffee mornings are really appreciated and like all our neighbours, we got to know each other better with all joining in the Thursday clapping.

Stay alert and stay safe,

Evelyn Hamilton

Hi Alison,

Firstly I wanted to thank you and the rest of the Good Neighbour team for putting together the super May edition. Many people in my District have commented on the amount of work that went into it and about how useful it was with all the contact information that was available. Secondly, I have been contacted by the Co-op who have paid the magnificent amount of £753.48 to SNAP Community Youth Club.

A huge thank you to all our supporters and a reminder that this fund raising scheme continues until October, so there is still plenty of time still to contribute.

Keep safe. Keep well. Keep alert,

Lindy Dallas



Hi Guys,

Summer time is here, although it's a bit different this year. I know you've been learning a lot from home, but come the end of June that stops and you can all have a break. You'll be looking forward to meeting all your friends again when school restarts in August. Many of you have birthdays over the summer but one of my favourite cartoon characters has a birthday too. Bugs Bunny will be 80 on 27th July. Bugs Bunny is an American cartoon character. His catchphrase, "Eh, what's up, doc?", is usually said while chewing a carrot. Bugs has a couple of adversaries, Elmer Fudd and Yosemite Sam, who spend their lives trying to catch him without success.

Bugs has appeared in a number of films -175 to be exact – and you may have seen his guest appearances in "Who Framed Roger Rabbit" or "Spacejam". Bugs, along with Mickey Mouse, was the first animal to get a star on the Hollywood Walk of Fame and was the first cartoon character to get his face on a stamp.

Bugs Bunny is famous the world over but his name changes to depending on where he is. In Sweden he is known as Snurre Sprätt, in as Finland Väiski Vemmelsääri and in Mexico as "el conejo de la suerte" (the lucky rabbit). In 2002 he was named as the greatest cartoon character of all time. Way to go Bugs!! Have a hoppy birthday!!

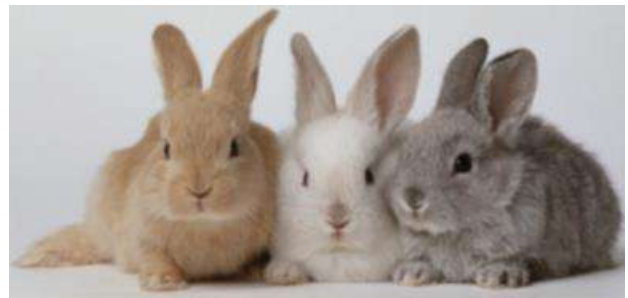
Hope all you guys have a cracking summer. That's all folks!! See you in August,
Al the Ed

FIND THE WORDS

Bugs Bunny Roger rabbit Spacejam Elmer
Fudd Yosemite Sam Mickey mouse
Hollywood Sweden Finland Mexico

h	r	e	m	l	e	y	n	s	o
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d	d	u	f	o	a	a	o	o	g

BUNNY JOKES



Q. Did you hear about the rabbit who refused to leave her house?

A. She was having a bad hare day.

Q. Did you hear about the rich rabbit?

A. He was a millionhare!

Q. How do bunnies stay fit?

A. Hare-robics.

Q. What did the rabbit say to the carrot?

A. It's been nice gnawing you!

Q. What is white and has long ears, whiskers, and sixteen wheels?

A. Two rabbits on Rollerblades!

Q. What do rabbits say before they eat?

A. Lettuce pray.

HAPPY BIRTHDAY

to everyone who has a birthday over the summer.



Lauren Armstrong, Jennifer Dallas, Finlay Mallon, Ruth Leckie, Jennifer Rae, Catriona Rae,
Steven Carswell, Jack Houston, Erin Leckie,
Kerry Preece, Brooke Roberts, Leah Gall,
Daniel Bisset, Rebecca Preece, Millie Simpson and Ross Loudon.

TIME TO GET OUT THE BARBIE

That kind of cooking is a dangerous for you but you could give the chef this page of really yummy ideas to try.

<p>BARBECUED BANOFFEE SPLITS Ingredients (for 6) 6 small bananas, chopped Mars Bars, ice cream, whipped cream or yoghurt</p> <p>Method</p> <ol style="list-style-type: none"> 1. Split the inside curve of each banana with a knife, being careful not to cut all the way through. 2. Slice mars bars and insert into each split, then put the bananas, split-side up, onto individual sheets of foil – they should be large enough to encase the bananas completely. Crimp the edges of the foil to seal the parcels. These can be prepared the day before – just chill until you're ready to cook. 3. Heat a barbecue to low or until a thin layer of coals has turned grey. Cook the parcels for 15 mins, turning once. 4. Carefully unwrap the parcels, reserving any sauce that's inside. Transfer to plates,. Serve with a scoop of ice cream, whipped cream or yogurt. 	<p>WATERMELON AND STRAWBERRY SLUSHIE What's more refreshing than eating a slice of cool watermelon on a hot summer's day? Drinking our iced fruit slushie!</p> <p>Ingredients Small watermelon 225g punnet of ripe strawberries, tops cut off juice of 2 limes</p> <p>Method</p> <ol style="list-style-type: none"> 1. The day or morning before you want to drink the slushie cut the watermelon into chunks and remove the skin and seeds. 2. Place half the watermelon wedges into a large freezable bag then pop in the freezer for a few hours. 3. Once frozen, blitz the frozen watermelon with the rest of the watermelon, strawberries and lime juice until smooth and slushy. 4. Pour into glasses and sip through a straw.
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Hi again everyone, it's Helen.

I hope you have all been able to see the message from all our Sunday Club leaders and helpers which was put on the Greenbank Facebook page. It was fun making it. If you haven't seen it, here is what it said: "To all the children of Greenbank – we are missing you. Remember that God loves you and is watching over you and your families. Stay safe and we hope to see you soon. With love, Greenbank Sunday Club"

I've been wondering what you've been doing, apart from your school work. Perhaps you've just been enjoying playing with toys and games. Maybe you've been learning a new skill? Maybe you could send an email to Sunday Club to let us know. JAM's been doing quizzes, rock and roll bingo, stop the bus, and higher and lower every Sunday at 1:30 for about 40 minutes and We had a big birthday zoom fizz and quiz with the Sunday school leaders for Hilary and Kate. That was good fun.

I like to do puzzles – jigsaws are one of my favourite kind. When I open the box, all the pieces are separate, so I spread them out so that I can see them better. Then I find 2 pieces that fit together, then more pieces that join onto them. Eventually all the pieces are put together and you can see the whole picture. I think Sunday Club is a bit like a jigsaw just now – all our pieces (the leaders, helpers and children) are all apart just now, but won't it be great when we are all back together again and we can all see each other. That's something I'm really looking forward to, and I know all the Sunday Club leaders and helpers are too.

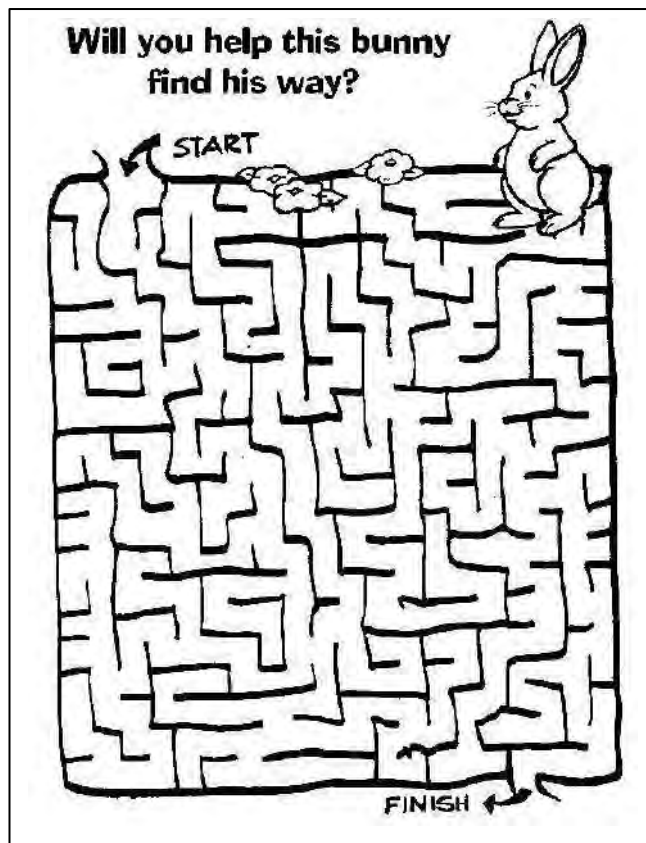
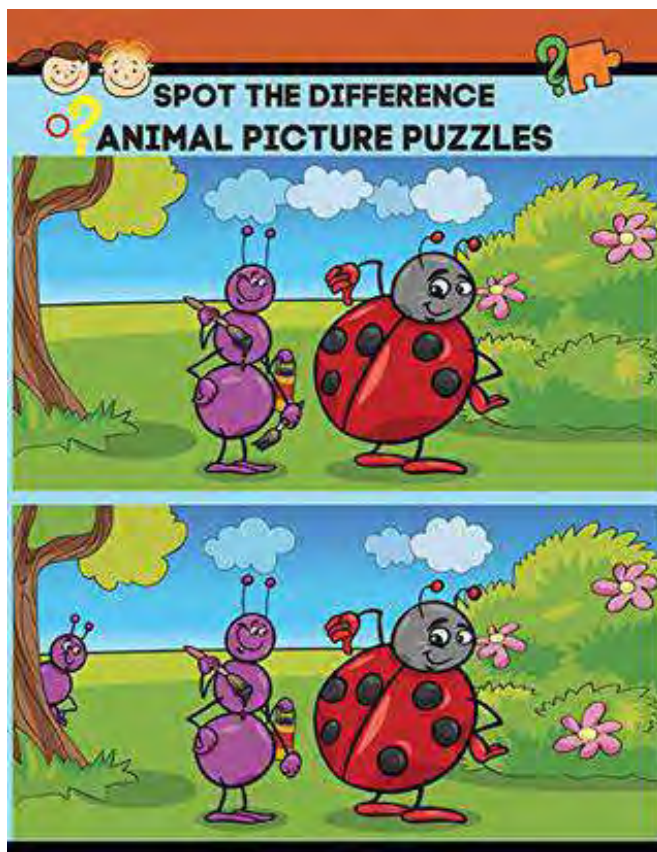
Love from everyone at Sunday Club xx

2ND CLARKSTON RAINBOWS

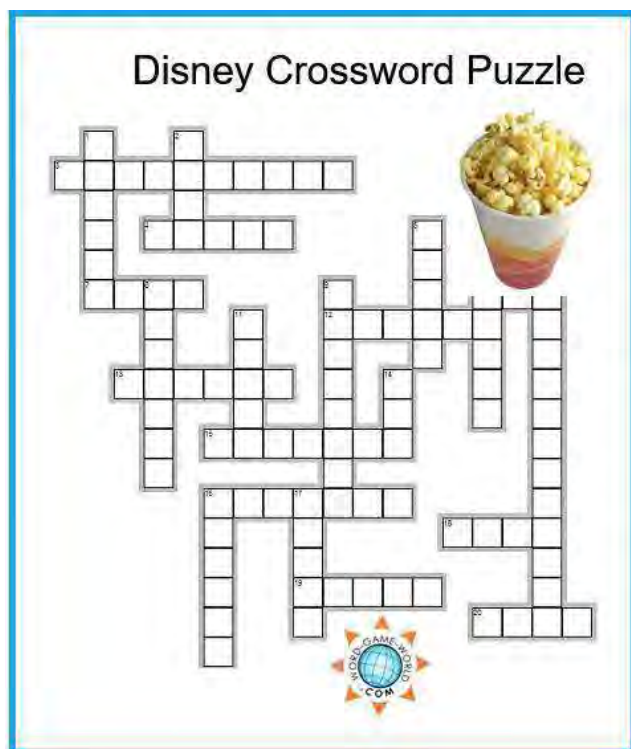
Big Hello to all the Rainbows in the 2nd Clarkston Rainbows unit. We just wanted you to know that we are missing you all and hoping that you are all staying super safe and we look forward to welcoming you all back to Rainbows when it is safe for us to do so. We are aware that probably by the time we get back to Rainbows most of you will be of an age to go straight to Brownies. If this is the case then the Brownie Leader for the unit you have chosen will contact you to make arrangements when they are also safe to start back. Please let me take this opportunity in saying I hope you have all enjoyed your Rainbow Journey with us and we wish you all the best in the future to both the girls and their parents. Any problems please don't hesitate in contacting me.

Kindest wishes to you and your families at this difficult time.

June, Joanne, and Pauline xx



Puzzle Page



Across

3. Disney star who must be home by midnight
4. Cowboy in Toy Story
7. The rat's name in Ratatouille, brother of Emile
10. Aladdin's monkey
12. The Mad ___ from Alice in Wonderland
13. The Lion King's wart hog friend
15. The Sultan's daughter in Aladdin
16. Boy who flies to South America in UP
18. Name of the boy in Toy Story
19. The starring lady in Beauty and the Beast
20. Owner of the house that flies away in UP

Down

1. ___ Bell, star of her own 2008 Disney movie
2. Fish who is separated from his father
5. Colour of the Rabbit in Alice in Wonderland
6. Space man from Toy Story
8. Lightning ___, from Cars
9. Type of cat in Alice's Wonderland
10. Little Mermaid's name
11. The Princess who kisses the frog
14. Wall E's favorite robot friend
16. A wise baboon from the Lion King
17. The Lion King's name



BIG BIRTHDAY CONGRATULATIONS



To two old school friends, Etta Anderson and Maysie Fenton, pictured here before lockdown, at the Guild Christmas lunch, along with Maysie's daughter, Sheila.

Etta turned 90 on Friday, 10th April and Maysie joined her as a nonagenarian on Wednesday, 13th May. Etta celebrated her birthday with her family on Facetime and Maysie did likewise with a family zoom time on her birthday.

his birthday balloon, also turned 90 on his birthday on Friday 5th June, and was also able to celebrate with family on zoom.

Nigel Macmillan, pictured here with



These two lovely ladies celebrate their 16th birthdays in June.

Have very happy birthdays Lauren Armstrong and Jennifer Dallas. We wish you all the best for your happy day.



And these two lovely ladies became rather much older back in May. Belated Happy BIG 50th birthday to Hilary Carswell and Kate Sanderson



Colin Howard, a lovely lad, will be reaching his milestone 30th birthday on 29th June. Doesn't seem that long ago that you were a wee boy Colin!



And Father's Day messages....

To Bob Howie: Happy Father's Day, Dad! Love you loads! Susan & Jill xx

To Fraser Simpson: We all hope you have a lovely day - you are such an amazing daddy! All our love Millie, Harris and Ella xxxo

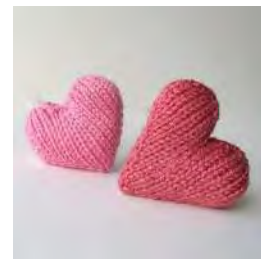
Dad, Happy Father's Day to you! We promise to be extra good and not fight, well we will try. Lots of love Lauren, Euan and Cowal xxx

Happy Father/papa's day to Alan! Have a great day! Love Lorna & Sophie xx

NHS GREATER GLASGOW & CLYDE CALLING ALL KNITTERS

The NHS is looking for small knitted hearts that can be shared with families who have lost a loved one during COVID-19.

Hearts can be dropped off at Greenbank Manse. If anyone requires wool please contact the church office at: office@greenbankglasgow.org.uk



HEART PATTERN - Materials Needed:

A pair of 3.75mm [5] needles; Less than 10g wool; stuffing; darning needle; stitch holder.

Abbreviations:

DK	Double knitting or light worsted weight yarn
k	Knit
k2tog	Decrease: knit two stitches together.
m1	Increase: Make one stitch by picking up the horizontal bar between the needles and placing it on the left-hand needle. Knit into the back of this loop.
p	Purl
Pull through to cast off	Cut the yarn leaving at least a 30cm tail. Thread the tail onto a darning needle and sew through the remaining sts on the knitting needle. Pull the sts off the knitting needle on to the yarn, gather together tightly and secure the yarn.
rep	Repeat
RS	Right side
ssk	Decrease: slip the next stitch on the left needle knit-wise, then slip the next stitch on the left needle purlwise. Take the left needle and knit through the two slipped stitches on the right needle.
st(s)	Stitch(es)
WS	Wrong side
[...]	Repeat the sequence between the square brackets by the number indicated.
(.. sts)	The number in round brackets at the end of the instruction indicates the number of stitches after working the row.

TO MAKE ONE LOVE HEART

Row 1:	Cast on 6sts in pink on straight 3.75mm needles. Start at the bottom of heart.
Row 2:	p (6 sts, WS)
Row 3:	[k1, m1] x 2, k2, [m1, k1] x 2 (10 sts)
Row 4:	p (10 sts)
Row 5:	k2, [m1, k1] x 2, k3, [m1, k1] x 2, k1 (14 sts)
Row 6:	p (14 sts)
Row 7:	k3, [m1, k1] x 2, k5, [m1, k1] x 2, k2 (18 sts)
Row 8:	p (18 sts)
Row 9:	k4, [m1, k1] x 2, k7, [m1, k1] x 2, k3 (22 sts)
Row 10:	p (22 sts)
Row 11:	k5, [m1, k1] x 2, k9, [m1, k1] x 2, k4 (26 sts)
Row 12:	p (26 sts)
Row 13:	k6, [m1, k1] x 2, k11, [m1, k1] x 2, k5 (30 sts)
Row 14:	p (30 sts)
Row 15:	k7, [m1, k1] x 2, k13, [m1, k1] x 2, k6 (34 sts)
Row 16:	p (34 sts)
Row 17:	k (34 sts)
Row 18:	p17, place the last 17 sts on a stitch holder to hold them to work later (17 sts)

For rows 18 to 22 work the 17 sts on your knitting needle for the first top piece.

Row 18:	k (17 sts, RS)
Row 19:	p (17 sts, WS)
Row 20:	k1, k2tog, k3, ssk, k1, k2tog, k3, ssk, k1 (13 sts)
Row 21:	p (13 sts)
Row 22:	k1, k2tog, k1, ssk, k1, k2tog, k1, ssk, k1 (9 sts)

Pull through to cast off.

Place held 17 sts on knitting needle with the WS facing ready to purl.

Row 1:	p (17 sts)
Rows 2 to 6:	follow the heart pattern rows 18 to 22 (9 sts)

Pull through to cast off.

Making up: First sew the side edges of the heart top together (from cast off sts down to row 17). Then sew the side edges together for the seam that runs down the centre back of the heart, adding stuffing as you sew. Finish by gathering the cast on sts together at the bottom of the heart.

THE GUILD

Sunshine Bags should have been delivered during April, however in the present climate this proved to be impossible. Even though you don't have a bag 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

HALL LETS

Would all organisations who want to book a hall for next session please ensure that their form is returned to Aileen McKinlay asap [April was the deadline]. 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

TIME OUT

After my request in the last Good Neighbour, I have had a few suggestions of good 'reads' (thank you also to Elizabeth MacDonald from the Guild for her recommendations). No-one gave any recipes - obviously not much cooking going on!!

Books recommended - 'Eleanor Oliphant is Completely Fine' (Gail Honeyman), 'Once Upon A River' (Diane Setterfield), 'The Legacy of Elizabeth Pringle' (Kirsty Wark), 'The Light Between Oceans' (M.L. Steadman), 'The Trouble with Goats & Sheep' (Joanna Cannon), 'A Funny Way of Being Serious' (James A Simpson), 'The Girl on the Cliff', 'The Midnight Rose', 'The Love Letter', 'The Olive Tree' (all by Lucinda Riley). 'Lady in Waiting' (Anne Glenconner who was Lady in Waiting for Princess Margaret), 'The Family Upstairs' (Lisa Jewel), 'Sleeping Arrangements' (Sophie Kinsella) and many books by author Peter May.

Also recommended are the Women's Murder Club books by James Patterson (I think there are 22 of these).

If anyone has any of the above books & also would like to read any, please let me know & I can find a way to collect/distribute them.

On another matter, the money raised from our tea/coffee fundraiser afternoon has been allocated with Greenbank Gardens, National Trust; Mountain Rescue; Pathology Unit (QEUH); Dogs Trust and Childline all receiving £150 from Time Out.

At the moment, I am trying to prepare a syllabus for next season (whenever that may be). If anyone has any suggestions of speakers, I would be extremely grateful - need to plan ahead and remain positive. On behalf of all from Time Out, I would like to wish everyone a great summer and hope the sun continues to shine.

Hope it will not be too long till 'we meet again'.

Stay safe

Moirá McAldine

busymoira@aol.com [07793 252138]

GARDEN PLANTS FROM TRAINS NURSERY

Trains Nursery, near Tarbolton, which has faithfully supplied the plants for the annual Sunday Club Plant Sale for several years, has now re opened! Hopefully we can get down and visit them soon! If you feel like a drive down to Ayrshire and would like to give them your custom once lockdown rules permit. Their address is: Trains Nursery, Benston, Tarbolton, KA5 5NT.

We look forward to them supplying our garden plants again next year.

Helen Howard
Sunday Club Superintendent

GREENBANK PLAYERS

Hello everybody,

I hope you are all well and managing in these unusual circumstances. At least the weather has been kind to us.

Could I belated thank you once again for supporting our last show. We were bursting at the seams with people wanting to come!

At this very moment our new Murder Mystery is being written and we are very hopeful that, come next March, we shall be performing again.

In the meantime take care and stay safe.

Diana Sim

GNE FOODBANK

GNE Foodbank, like most other charities, is rethinking how it operates during the Covid-19 epidemic, as a good number of the volunteers are in a vulnerable group or having to self-isolate. Also, there is no access to some premises, so all centres except Parkhead hub are closed. Parkhead has gone down to two day opening (Monday and Thursday) instead of three days. This has allowed consolidation of available volunteers.

The referrals we work on are now mostly done through email, and food donations from places such as Tesco are still coming in and also money. Celtic Charity Foundation is funding their own scheme for the duration of the crisis through us, supplying seven day packs to their referrals instead of our three day pack of food.

GNE Foodbank is also supplying Glasgow Royal Infirmary with a "home from hospital" emergency pack to those who need it, funded by a kind donor. The volunteers are rushed off their feet with all this.

If anyone would like to give a cash donation to GNE Foodbank, it can be done by going on our website www.glasgowne.foodbank.org.uk and following the justgiving link.

Kind regards,
Alex Howie

LUNCH CLUB

We have been privileged to organise the Lunch Club these last six sessions, and it has been a great pleasure to become better acquainted with several members of the congregation as a result.

Unfortunately, over this time, attendance on Fridays has slowly, but steadily, declined. Thus, with regret, it has been decided that the Lunch Club should cease, at least in its current form.

When we "took charge", we were fortunate to become the guardians of a well organised, smoothly run enterprise, complete with a stalwart band of helpers who were very patient with our shortcomings.

On behalf of everyone associated with the Lunch Club throughout its existence in Greenbank, we would like to thank all those who have supported the Club in any way, whether helping regularly, helping occasionally in response to an urgent appeal, or coming along and consuming lunch.

This year we are able to contribute £100 to the church funds. This sum includes the treasurer's float.

Keep well, keep safe.

Jan Millar and Maureen Moss

CHRISTIAN AID UPDATE

As you may recall, this year, Christian aid week ran from 10th to 16th May. The online donation page will remain open for donations until the end of June; the link below is also available from the church website and Facebook pages. Thank you to everyone who has contributed to the work of Christian Aid so far.

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

Mark Allan

CHRISTMAS FAIR

A date of Saturday, 21st November has been agreed for this year's Christmas Fair. As you will appreciate, at this point in time, it is far from certain that we will be able to hold a Christmas Fair this year. We are however, hopeful that by the time of the next Good Neighbour in August/September, the position will be much clearer as to whether or not we can proceed.

Please keep safe and well over the summer months.

Anna and Eleanor

BUSHIDO KARATE CLUB

Our ZOOM classes have been going very well with great attendance, where our students junior and senior are keeping fresh with their techniques and continuing with their high level of fitness – physically and mentally. We have also been carrying out classes on QI GONG (or Chi Kung) which is an ancient Chinese practice which brings together movement breath and meditation to nourish the body, heart and mind and is sometimes known as moving meditation.

We continue to have a family quiz on a Saturday night and have had some Juniors Quizzes too, which have been great.

As you know, the Tokyo Olympics have been postponed to 2021 so that gives our club another year to get ready and participate.

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

LODGING HOUSE MISSION

Annual General Meeting

The 19th AGM of the LHM was held in zoom video conference at 5pm on 15th April 2020. Four members of the LHM board were in attendance. Proxy votes from members of the Company, in favour of the chairman, were also utilised to give the required quorum.

The minutes of the previous AGM, held on 3rd April 2019, were accepted.

The annual report for 2019 noted the appointment of Stephen Mitchell as centre manager. Stephen joined LHM in the summer of 2018 as assistant manager from The Marie Trust, where he had a similar role. Stephen's appointment allowed Gus Smeaton to step down into well-earned retirement. Gus had occupied the position of centre manager for a period of 5 years on a voluntary basis. Gus was thanked for his huge commitment and contribution, which continues as he remains on the Board as Treasurer.

Also noted was the appointment in 2019 of Claire Herbert as Chaplain. Her presence within the LHM community is having a very positive impact.

The greatly appreciated commitment of staff and volunteers, essential to the continued delivery of services, was also acknowledged.

On the property front, it is their plan to achieve full disabled access to the first floor of the main building. Again on the property topic, and with the benefit of a generous legacy, LHM has been able to purchase their first flat in line with the principles of the Housing First international initiative. This initiative recognises that those most in need of a safe home to combat their chaotic lifestyles are also often the individuals who do not qualify through statutory provision. The flat is now occupied by a tenant selected from within the LHM community.

Below is a letter recently received from Deacon Claire Herbert, Chaplain of LHM giving some detail of what is happening at LHM on a day to day basis

Dear Supporters,

We are now heading into June and have been living under social distancing and shielding measures for more than two months. Many of us have adjusted to the new normal routines. Here at the Mission, for example, we are now working in smaller teams with gloves, face coverings and regular hand washing. We may stand at a distance but we are all in this effort together: making welfare phone calls, preparing food or toiletries parcels and collecting donations.

Since our last update, our Chaplaincy hotline, 07864 705 668, continues to help combat isolation. Our small volunteer team have continued making up emergency food parcels and essential toiletries' packs, which are being delivered by our partner agencies to those most in need. We have also begun to distribute £10 shopping vouchers to those in vulnerable tenancies through Simon Community Scotland. To date, 20 have been purchased.

Among the many donations we have received, was a substantial donation from Nestle Health Science through Elaine Clarke, executive territory manager, and an elder of Giffnock South Parish Church. The donation of nine products, over 55,000 items, was valued at over £117,000 retail. We are grateful to the drivers and logistics team for arranging the transport from the midlands' depot. We have been working hard with our partners to make sure these replacement meal shakes and cereal bars reach those most in need. Our thanks for local distribution go to: Social Bite, Marie Trust, Simon Community and Turning Point Scotland for helping us to spread this kindness widely.

We have been sharing on Facebook fun photos of those out fundraising. Allison, a supporter from St. Enoch Hogganfield Church, has been taking 10,000 steps to her birthday. Ian, a friend of the congregation at Greenbank Parish Church, reached new heights as he cleared moss from his neighbours' garage roofs to raise funds for LHM. Keep an eye on our Facebook page for more fun photos and do keep sharing with us what you are up to in lockdown!

We ask for your continued prayer support for:

- our vulnerable client group, who consider the Mission community to be their family and who are missing the sense of routine and companionship LHM offers
- the team members who remain on furlough or who are shielding
- the small group of volunteers and the many partner agency staff who prepare and distribute emergency food and essential toiletries' parcels to the most vulnerable
- the hotels providing accommodation to our homeless community; Ibis, Rennie Mackintosh, Copeland, Queens Park, St. Enoch, Alexander Thomson, Chez Nous, Hillhead and Willow
- our directors who continue to provide their support and encouragement during the Covid-19 response.



#lockdownideas#lodginghousemission#partnership

Ian Thomson, friend of Greenbank, did a sponsored moss clearance of his neighbours' garages and split the proceeds between LHM and NHS. Through this effort, Ian has managed to raise £600 for the LHM another £600 for the NHS. A BIG thankyou to Ian and a well-deserved lie down!



HOLIDAY MEMORIES 1

When Alison asked for holiday memories, I couldn't think of anything particularly horrendous or amusing that ever happened on mine. They've not all been perfect but in the main they've been enjoyable and pretty much trouble free. So I trawled through old photographs to see if anything jogged my memory and realised a theme that weaved its way through them. Heights and my irrational fear of them.

Nevertheless, I have been in a fair number of high places. The views have often been awe-inspiring and well worth the effort if I could summon up the courage to open my eyes. I have been up the Space Needle in Seattle where the attendant in the glass lift that rose up the outside of the building said I was not the first person to stand facing the metal lift doors. I just about held myself together to experience a helicopter flight over the Canadian Rockies as it rose above a ridge to reveal the mountains in all their glory stretching for hundreds of miles in front of me. Still it was not as bad as my sister-in-law's flight the following year when the passenger door opened and she had to hang on to it until it flew back to the ground.

However, probably my best mountain experience was in Austria where Peter and I stayed in the small village of Igls,



just outside Innsbruck. It was a beautiful Sunday morning and we walked up to the cable car terminus that would take us about two thirds of the way up Patcherkofel. Usually, I regard cable cars as white knuckle rides so I stared stoically at the view up the mountain and held my breath when the cable car swayed as it navigated the support pylons. Eventually - very eventually - it shuddered to a halt and I stepped out to face my trepidation. People headed off in various directions and we took the path less trodden round the mountain rather than up. As we walked, it became quiet, the kind of quiet where there's no one else, cow bells chime in the distance and you can hear insects buzzing in the flowers. The view was stunning, almost surreal.

It was as if time had stopped. I felt the vertigo but somehow it ceased to matter.

From Moses receiving the Ten Commandments on Mount Sinai to Jesus' prayers before his arrest on the Mount of Olives, mountains seem to be places where we are close to God. It was like that that Sunday, when the world stopped for a while and we felt the closeness.

Jill Liddell

CONFINED TO BARRACKS 3

Duncan McIntyre's story about being kept in reminded me of one of my own.

The year was 1977, sometime in May and the sun was shining. The school summer holidays were in sight and one of my friends suggested we might care to spend our afternoon working on a suntan instead of sitting for double whatever in a hot stuffy classroom in the 'old' Williamwood. I don't think I took much persuading and soon the four of us were lying on the grass by the pond in Rouken Glen Park, blazers folded for pillows and school shirt sleeves rolled up, ties in our schoolbags. It was glorious to be out in the fresh air, I think I might even have nodded off. After a while, a big cloud appeared over the sun - or so I thought. The 'big cloud' turned out to be the Headie - Mr Climie and his assistant 'Wee Mac' who, having been alerted to our presence in the Park by a 'concerned' member of the public, had driven down from the school to pick us up and were standing right in front of us! We were taken straight back to school and then I heard the dreaded words - we're phoning your parents!

Now, some of you may remember that 1977 was a cracking year for music. It was also the year of our Queen's Silver Jubilee and she was visiting Glasgow that month and some of you might also know that I have always been a great admirer of her Majesty. Well guess what? My parents decided that my punishment would be to be 'kept in' that day so while my sisters and the rest of the family went into George Square for the royal visit, I spent the day at home feeling very sorry for myself, it was a real sore one. Memories!

Lynn Thomson

UPDATE FROM SPAIN

I'm still in Spain: first 10 weeks brilliant and then 9 weeks in lockdown, so far. There are no flights from Malaga. I don't want to go to Gibraltar and get a flight to London and then a flight to Glasgow. I feel safe here with a small population of about 67,000. Everything is available in supermarkets, no queues and no tourists. Will come home when flights start from Malaga via Ryanair, easyjet, jet2 etc. Thanks to video calls, I'm keeping in touch with family and friends.

Stay safe,

Harry Dhesi

The last we heard from Harry was that even though they are now allowed out during the day, it was so unbearably hot that they are unable to go anywhere!! Shame!!!

HOLIDAY MEMORIES 2

When I was young our annual holiday was to North Berwick. A week before we went my mum packed a trunk which was sent by rail to the holiday guest house where we were staying. That resulted in us having to wear all our old clothes and mismatched socks!! The guest house, which was run by Mrs Dickson, was right on the sea front just along from the golf course. There was a path up the back which took you to the best swing park ever. We seemed to be on the beach every day and it never rained! The hardest decision we had to make was whether to have the strawberry or vanilla ice cream that the dad's took turns in buying, and whether to have chocolate sprinkles or raspberry sauce. On Saturday mornings we would go to the Pavilion and see "Aunty Dot", a children's entertainer, or go swimming at the colourful outdoor pool. We climbed to the top of the Berwick Law and saw the whale bones that were left there when the floods receded in Noah's time. Pretty sure that's a true story!! Ah memories! [Alison Harvey]

The following article was written by my friend's mum, Diana Newlands, for her local gazette magazine, in Surrey. I'm sure it will strike a chord with many. Enjoy:

I'm still here. How I would like to give you a welcome handshake. A hug even. Thank you for reading my column. My dip into life's rich pattern as lived out in our unpretentious suburb of South Woodford. A strange, less-than-rich pattern for the time being: were I to see you approaching, I would have to step into the road if the pavement was too narrow to accommodate our social distancing. I'd push up my mask to hide my smile. It all goes against the grain, doesn't it! I've been looking at my DD diaries dating back to 2013. All those wonderful close encounters with fellow locals that have provided me with so much personal enjoyment (and stuff to write about!) Shoppers, book lovers, tattooists, chefs, clothing repairers, road sweepers. So many more. Such a privilege, meeting face-to-face and sharing. In November 2017, I wrote: "I'm way, way, past the age of not speaking to strangers". So what can I write about now in the July 2020 edition, when speaking closely to almost anyone is to be avoided?

I did notice my partner chatting encouragingly to his tomato plants yesterday. I haven't confessed it to him, but I have been urging on his runner beans, friendly-like, and even his chirpy row of radish seedlings. Bear in mind please that my deadline is a month before publication so our circumstances now may have moved on. I've been accepting thankfully the protective circle of family and friends who have made our isolation possible. In many respects strangely enjoyable. A commodity that seemed elusive before lockdown is now lavishly available: I mean TIME, of course.

Thursday is Christmas Day each week, when the "Basics Box" arrives from Ongar Dairies. The nearest company I could find with some remaining available delivery slots. What will it contain this week? Bread, milk, butter, eggs, fruit and vegetables. Yes, the basics. But not just carrots and spuds and apples. Sometimes avocados, melons, blueberries, mushrooms. Even perhaps spaghetti, crusty rolls, orange juice. Wow! Hot cross buns at Easter. We have been introduced to bok choy. I researched the best way to serve it. How appropriate: in a wok. And oat milk and extra-thick creamy Greek yoghurt. Something to cater for all tastes! One week, we did end up with too many cucumbers. There's only so much you can do with too many cucumbers, isn't there? I found a cucumber soup recipe and forged ahead, unwilling to waste any good nourishing food. No surprise really: the soup didn't taste of anything. Not willing to hurt my feelings of course, my other half suggested "a good slurp of sherry would improve it". It did.

We ordered a barbecue on line. Sons and daughters supplied suitable ingredients. Quite a smoke cloud at first but the neighbours didn't complain. Soon the charcoal was glowing red and on went the salmon, the carefully prepared peppers and onions on skewers. We included something called a barbecue chimney in our order. It speeds up the process of getting the charcoal to the glowing red stage. (Exactly the same technique we used at home when I was a child, kneeling in front of the fireplace, holding up a large tin tray or even yesterday's newspaper in front of the coals to create a draft up the chimney and tease the kindling firewood into flames). With the weather being so wonderfully kind, we have dusted down a couple of comfy old garden chairs. Books are being read in the daytime! Pretty well unheard of in *normal* times. Another confession: the throughput of wine, of any shade, has ever so slightly accelerated.

When the lockdown started, I must admit I felt less in control of the structure of my days. Often I have waited in for deliveries of web-sourced purchases promised for "between 8am and 8pm". Not much room for the daily exercise. I miss my freedom to stroll out and pay visits and cruise unhurriedly down my shopping list at the supermarket. But I never forget the time, years ago, when a young friend described me as "the headmistress of the school for positive thinking". Something to live up to, eh? And I can indeed report on several really very satisfactory mini-achievements. Conducted remotely. I have in writing a promise from the Odeon to refund in full the cost of the two tickets I bought well in advance for a performance of "Fidelio", streamed from Covent Garden. (A week later all cinemas were locked down.) I ordered two boxes of plastic gloves from Amazon to contribute to our anti-Corona armoury. A month later Royal Mail left a message, in bright red, on the doormat indicating that they would deliver "a package" once I had forked out £11.87 on customs charges. Assuming the package was probably another delayed birthday gift, I went on line and paid the charge. The gloves arrived. From China. I composed a thoughtfully-worded complaint. Sent, as requested, a copy of the Royal Mail receipt. A full refund is now in hand. Nat West sent me a letter about an overdraft on "my account". The one I knew I had closed some years ago. Slightly worrying. A number of phone calls to head-office ensued, involving much listening to music. A letter to the local branch. A period of delay. But finally two phone calls from a charming member of the bank staff telling me I must not worry: A local executive decision had been made to shut down the account with the debt written off. Puzzling but gladly accepted. Thank you to "the friendly bank".

A day at a time. Another of my mantras. Even with the masks and gloves, we're all in this together.

A MESSAGE IN COLLAGE FROM THE SUNDAY CLUB LEADERS, HELPERS & FRIENDS:



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