

# thegoodneighbour

February 2021



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

# Parish Register

## DEATHS

10/11/20 Mr Colin Dingwall, 40 Lomondside Avenue, Clarkston  
21/12/20 Mrs Dorothy Hudson, Capelrig, 2 Craigend Gardens, Newton Mearns  
22/12/20 Mr Jack Crawford, 24 Hillend Road, Clarkston

*"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 AT GREENBANK - FEBRUARY 2021

**Greenbank Sunday worship** continues at 10.30am each week via **zoom**

[Link: <https://us02web.zoom.us/j/757322655> Meeting ID: 757 322 655]

**Thursday Sundown Services** continue too at 7pm via **zoom**

[Link: <https://us02web.zoom.us/j/85703523045> Meeting ID: 857 0352 3045]



Online worship can be accessed by telephone by dialling +443300885830 or +44203415240 or +441314601196 followed by Meeting ID and the # key on the phone

**A recording of the service can also be accessed by telephone or on the church website at any time.**

Please see below for details:

### Accessing worship by telephone or on the Church website

It is now possible to access a recording of Greenbank's Sunday worship by telephone by dialling 0141 815 1166. This means that although members of our congregation are unable to attend worship in the church at present, it is still possible to access Sunday worship each week, even if you do not have internet access. The recorded worship service will be updated each week so that those who do not have internet access can listen to the most recent Sunday worship service by phone at any time during the week.

Please pass this information on to anyone you know who would like to access a recording of our Sunday worship and particularly to those who do not have internet access.

A recording of Sunday services will also be available on the Greenbank website:

<http://www.greenbankglasgow.org.uk>

Sunday Club will take place on zoom every Sunday at 11.15am. The link is:

<https://us02web.zoom.us/j/9284616761?pwd=UVBaSE9XeDIHTGFGRllOMFF5TTlFUT09> Meeting ID: 928 461 6761  
Passcode: 936527

## HELP IS AT HAND!

Our outreach to all members of our community is continuing, to let them know that even in isolation they are not on their own: if you would like a chat, or help with shopping or medication, please email [office@greenbankglasgow.org.uk](mailto:office@greenbankglasgow.org.uk) or leave a message on the church office answering machine (0141 644 1841). You do not need to be a member of the church to be supported.

Do not hesitate to get in touch at any time.

## SATURDAY MORNING [BREAKFAST] BOOK CLUB

The next meeting of the Saturday morning book club reflecting on *Rewilding the Church*, by Steve Aisthorpe will take place on 6<sup>th</sup> February 2021 at 9am [8.50am for a chat and breakfast]. Whether you have read the book or not – anyone is very welcome to come along and join the discussion.

The meeting ID is: 87333544421.



## 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](mailto:office@greenbankglasgow.org.uk)

Derek Christie, Session Clerk

Dear Friends,

I recently came across this photo which was taken last year on Shrove Tuesday at Willamwood High School. It seems like another world right now! Shrove Tuesday marks the day before Lent and this was the last day I was able to go into the school before lockdown.

Although the Chaplaincy Team have managed to put together some Zoom presentations for the pupils since then, the photo offers a poignant reminder of what cannot be this Lent. Nothing, whether it is school, work, social, religious, or political lives, has been left untouched by the pandemic that has swept the world since this time last year.



The name Lent comes from an ancient word meaning 'spring' or 'long', referring to the time of year when days are beginning to lengthen and the world is turning from winter cold and dark to the hope, warmth and promise of spring. We perhaps imagine that the hope of Lent has something to do with making our way through it by denying ourselves something we love or enjoy so we can fully celebrate Easter. While Lent is certainly associated with a time of self-sacrifice, the hope of Lent is also that our faith will be deepened so we can face anything the world can throw at us.

It's easy to lose hope amidst such terrible circumstances, and perhaps it's even easier for people to place their hope in the wrong things. Placing hope in the wrong things is the temptation Jesus faced when he spent 40 days in the wilderness after His baptism in the River Jordan. Each time Jesus was tempted in the wilderness he refused to give in because, by doing so, He would have forsaken his true purpose in life to share the hope of God's love for the world and all people.

Many things in the world right now, tempt us to lose hope but alongside these temptations there are also visible signs of things that are right with the world too. There are clear signs of despair giving way to hope, not only in the form of vaccines, but also in the kindness, selfless courage and loving actions being undertaken by so many for the wellbeing of others.

So I am wondering what might happen if we all gave up a few minutes of our time each day to reflect on a reason for hope that we see around us or in the world; and if we offered a prayer of thanksgiving for this hope and if we also made this a daily practice during the 40 days of Lent? Might we be inspired to carry within us and share with others the hope that strengthens and guides us to follow in the footsteps of our Lord?

*"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit" [Romans 15.13]*

May God so bless you with hope on your Lenten journey this year.

Yours,

*Jeane*

# Prayer Diary

"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other." (Linda Ellerbee)

A belated Happy New Year to you; May this be a better year; May the vaccine gradually ease the grip of the virus and enable us to live our lives with a bit more freedom.

Looking back at the strangest year, please say thank you, not only for the untiring aid of the health service, and the endless hours of work to find a vaccine in an amazingly short time, but also for all the everyday kindnesses, for neighbours getting to know each other a little better, for people doing what they can to help each other.

Ask that the numbers of people being infected will fall and keep falling, and especially the numbers of people dying. And pray for all the families who are living with grief in a time when they may have to stay apart from those who could give them comfort.

Pray for all those who are ill in other ways, feeling that their needs are being overshadowed by the juggernaut of the pandemic. Pray for those who are struggling with isolating over such a long time, yet give thanks for the ease which a walk in the fresh air can bring.

For all the bad things that have come our way recently, this time has also helped us to appreciate our gardens, parks and countryside, and our wildlife. It has highlighted many things which we took for granted, and maybe allowed us to focus on what really matters.

Our lives may never be entirely the same again. Ask now that we will make better choices and take better care of our communities and our world.

"The earth provides us a brand new beginning every twenty-four hours. It is a repeated invitation to breathe in the cool morning air and start afresh; to mimic the sunrise and brighten up while reaching once more for the sky; to carry a glad song in our heart like the early birds; and, as faithfully as the morning dew, to wash off the dust from yesterday."

('Making Wishes', Richelle E Goodrich)

'I am always aware of the Lord's presence; he is near, and nothing can shake me', Psalm 16:8

## PRAYER REQUESTS

If you need prayer for yourself, a loved one or a friend requests can be sent to our Minister, Rev. Jeanne Roddick at JRoddick@churchofscotland.org.uk or the Church Secretary at office@greenbankglasgow.org.uk Alternatively, you can phone our Prayer Promoter, Gillian Foy. Those for whom prayers have been requested will be prayed for throughout the following month by members of the Prayer Group.

Gillian Foy (0141 638 6245)

## 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 [office@greenbankglasgow.org.uk](mailto:office@greenbankglasgow.org.uk)

If you are reading this article thinking that you would like to have a regular phone call from a Befriender, please email the church office at the address above or leave a message on the church office answering machine by phoning 0141 644 1841.

## GREENBANK CHURCH FACEBOOK PAGE

The church face book page is a valuable source of information. There are often daily updates there. If, like me, you do not use Facebook or have a personal Facebook account, you can still access the church Facebook page. To do this, visit the church website at [www.greenbankglasgow.org.uk](http://www.greenbankglasgow.org.uk) Scroll down to near the bottom of the home page, where you will see the Facebook icon (a lower case f in a square). Click on this, then click on posts. You will be able to view information which has been posted there, which might include, for example, zoom links, bible readings, photographs, and requests for donations etc. I find this source of information really useful, and hope you do, too. Alison Allan

# News and Updates

## ED LINES

"A guid new year to ane an' a' An' mony may ye see," This was the song we traditionally sang as a family to bring in the bells at New Year. We preferred this to Auld Lang Syne, as we liked to look forward in hope rather than look back in despair. As a child I always thought it was "money may you see" not "many may you see" and that we were wishing everyone would win the lottery or premium bonds as it was then. With age I realised my mistake, - although it would have been handy when bringing up children who sometimes thought money grew on trees!

Money is a useful tool when used properly but it can't buy everything. It can't buy beautiful sunrises in the morning or glorious sunsets at night. It can't buy the sound of birds singing or the rustling of autumn leaves. It can't buy the warmth of the summer sun or the coolness of the winter snow. It can't buy the sea lapping at your feet or the sand in your toes. It can't buy health. It can't buy happiness and it certainly can't buy love. This new year, I wish you health, happiness and all the things that make you truly rich. Maybe at last we have finally got our priorities right and have realised that the best things in life are free.

"A guid New Year tae yin an aw, an monie may ye see,  
An durin aw the years tae come, O happy may ye be"

Let us hope that 2021 is a better one for everyone.

Alison

**ARTICLES FOR THE MARCH ISSUE OF GOOD NEIGHBOUR SHOULD BE SUBMITTED BY  
SUNDAY 14TH FEBRUARY PLEASE**

## HAPPY BIRTHDAY

A **BIG** Happy Birthday to two young ladies of whom we can all be proud!

Jill Carswell and Allison Preece both celebrated becoming eighteen years young last month. Congratulations to you both!

A **MUCH BIGGER** Happy Birthday to Lynn Thomson who will be reaching a milestone age on the 21<sup>st</sup> February. Not giving the game away, but she is looking forward to free travel!! Happy Birthday Lynn!



## LETTERS TO THE EDITOR

### THANK YOU

I wish to express my sincere thanks to my Church Family for all the support I received at the death of my mum who passed away peacefully on 18th December in the loving care of Eastwood Court Care Home. Thanks to Elizabeth Cross for delivering the beautiful Church Flowers and many thanks to all who sent cards and emails and for all your prayers.

It was so much appreciated.

Sally Craig

### GIFT DONATIONS FOR CHARITIES

The Sunday Club would like to thank everyone for their extremely generous donations to the three charities we support at Christmas: the Queen Elizabeth Children's Hospital Neo-Natal Unit, Church House and SACRO.

Due to COVID-19 restrictions, we had to collect our donations differently this year – instead of everyone bringing them along on one Sunday to the Gift Service, we organised that donations could be dropped off at the church over 4 Sundays, with the Gift Service being on Sunday 13<sup>th</sup> December, at which photos of donations were shown. We did wonder if, in the circumstances, the number of donations we received would be fewer than usual – and were delighted to be proved wrong! Every year, it seems we receive more donations than before. Particularly in 2020, with COVID-19 having affected everyone, the organisations were even more grateful than usual for all the donations they received and each has expressed their heartfelt thanks for the generosity shown by yourselves, especially in such hard times for everyone.

Once again, thank you to you all for giving so selflessly and so generously.

Helen Howard, Sunday Club Superintendent

### GIFT DONATION

I would like to thank you and your congregation for your most generous donation to us here at the special care baby unit. The babies and parents will all appreciate the beautiful gifts, helping make Christmas a little more normal after a very abnormal year.

Mairi Scott, Senior Charge Midwife



## **FUNDRAISING**

### **FITNESS PROGRAMME**

Lorna has been keeping herself busy with other ventures. At the end of last year, she ran a 6 week chair based fitness programme with meditation. The participants said they enjoyed it and are keen to do more so she is offering another 6 week block which will start as soon as she gets enough interest. These classes will be run during the day (day and time to be confirmed) and last for about 45 minutes each session. Participants can exercise from sitting all the way through or can perform the class standing behind a chair using it for support as much as they need. These classes are great for anyone who wants to maintain their strength and balance while activities are curtailed elsewhere, keep joints from stiffening and allow a little social contact virtually.

The block of classes costs £30 and money raised goes towards the Legacy Fund.

### **YOGA CLASS**

Would anyone be interested in a gentle yoga class with meditation one day/evening through the week? Ideally this would also mean a 6 week commitment and be charged at £30 (all towards the Legacy Fund). I'm open to suggestion regarding day and time. These classes are aimed at people who can get down and up from the floor, have at least moderate mobility and are helpful for people struggling with depression, anxiety and difficulties sleeping as well as those who just want to keep moving on these winter days.

### **LOCKDOWN LIBRARY**

Book lovers! I have created a 'Lockdown Library' which many of you have donated your unwanted books to. Thank you all. I now have a long list of books that are available to purchase at £2 each (again money towards the Legacy Fund) and the books are disinfected on the outside and left for 72 hours before being passed on. They can be collected from me or I'm happy to deliver. The book list is on the webpage that Fraser has kindly put together for the Legacy work.

[Book List - Greenbank Parish Church Legacy Fund \(greenbankglasgow.org.uk\)](http://greenbankglasgow.org.uk)

If you need more information about the Fitness Programme, Yoga Class or Lockdown Library, please get in touch with Lorna, Tel: 07970192541 Email: [Lornalegacy2020@gmail.com](mailto:Lornalegacy2020@gmail.com)

## **LIFE AND WORK**

Life and Work subscription (£36) for 2021 is now overdue. If you subscribe to Life and Work and have not yet paid your subscription please do so as soon as possible. Cheques can be made payable to Greenbank Parish Church and sent to:

Greenbank Parish Church office  
36 Eaglesham Road  
Clarkston  
Glasgow  
G76 7DJ

Please note there is a letterbox at the halls' entrance which is emptied daily if you wish to deliver your envelope by hand.

## **CLARKSTON COMMUNITY CHOIR**

Clarkston Community Choir is continuing to meet on Zoom each Wednesday, and coming into the new year we've decided to turn the last rehearsal of each month into a social event, with a quiz and some time for members to chat and keep in touch. These rehearsals are a bit different than our 'normal' ones in the church halls, but they are a great chance to see some friendly faces and make music together despite all of the current restrictions. They are usually split into three 40 minute sections (one each for Men, Altos and Sopranos), which rotate each week. Words and practice recordings are all available online, and we have a mailing list to keep everyone up to date. If anyone would like to join in or give it a go, they are most welcome to get in touch with me at [richard.scholfield@yahoo.com](mailto:richard.scholfield@yahoo.com)

## **JUST FOR LAUGHS (Church mag bloopers!)**

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice. Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Pot-luck supper Sunday at 5pm - prayer and medication to follow.

This evening at 7pm there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

## LEGACY PROJECT

November and December were busy months for our Legacy Project. The Session decided by an overwhelming majority to recommend to the congregation that we proceed with the proposed work. A detailed information brochure was sent to the congregation following which a number of information sessions were held via Zoom. The Congregational vote took place and some 399 members voted to proceed with 55 not being in favour. A further ten votes in support came in after the voting had closed. Approval to press on with our plans then followed from Glasgow Presbytery and the General Trustees of the Church of Scotland, with both making very positive and encouraging comments about our plans.

The stage we are at now is that we are working with our architect to prepare and submit a planning application. We are aiming to complete that work and submit our formal application by the end of April. At the same time a small team of volunteers is working steadily at making contact with capital funding bodies from whom we hope to secure financial assistance. By the end of February a number of grant applications will have been submitted and further updates will keep you informed as that work progresses. Some funders require planning permission to be in place before submitting an application and so a second trench of applications will be made later in the year. Depending upon both the progress with planning and the fundraising efforts, work could begin on site later this year. These dates are of course tentative at this stage and will become firmer as the work progresses.

The Congregational brochure indicated the other sources of funding for the work, an important one of which was pledges made by the congregation. I can report that at the date of writing this short piece in mid January, 141 pledge forms, representing 190 members have been returned pledging £209,504 with £49,096 in associated Gift Aid to be added. This is a real investment in the future of the church here in Clarkston. People must only give what they can afford and no one should feel obliged to give but if you are in a position to do so and have still to make a pledge then please return the pledge form as soon as you can.

A new website dedicated to the legacy project was also created towards the end of 2020 and you can access this from a link on our main Greenbank website. This will help keep everybody up-to-date as the project progresses.

Many thanks to everyone who has helped in any way over these past few months and if you feel you have experience or skill that you can bring to the project as we move forward then please do not hesitate to offer your help. You can do this by emailing the church office on [office@greenbankglasgow.org.uk](mailto:office@greenbankglasgow.org.uk) or by dropping a note through the letterbox at the entrance to the halls beside the kitchen. One thing we can all do is to have the work in our thoughts and private prayers as the weeks go on.

At this time of year when the weather is bleak and the virus is still raging in our country it is sometimes difficult to see any bright spot on the horizon. However, just as we have vaccines that offer hope in respect of the virus, we can perhaps look upon our Legacy Project as offering hope for a viable and bright future for our church here in the Clarkston community.

Gordon Dickson  
Legacy Project Group

## 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: [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 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.

## REQUEST FROM THE TREASURER

Request from the Treasurer

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

My contact details are: telephone number 0141 571 2676, or mobile 07917 711 459 or email address: [alistairdsmith@ntlworld.com](mailto:alistairdsmith@ntlworld.com)

Thanks,

Alistair Smith, Treasurer

*As of yet no one has been in touch - could you please check your account number. Thank you.*

## LODGING HOUSE MISSION

### VOLUNTEER TO HELP GREENBANK HELP LODGING HOUSE MISSION

LHM continues to be grateful for our weekly donations of toiletries and food items.

If you would like to help Greenbank help LHM why not volunteer to help supervise the trolley collection on a Sunday (12noon till 1pm) and/or deliver the collected food to LHM on Thursday or Friday of the same week.

Please get in touch with the church secretary at: [office@greenbankglasgow.org.uk](mailto:office@greenbankglasgow.org.uk) or leave a message on the office answering machine (644 1841) if you would like to volunteer to:

- Supervise the collection on a Sunday.
- Collect items from Link building and deliver them to LHM.

### Ways To Support The Work Of The Lodging House Mission Amongst Those Affected By Homelessness

The Winter Weather Pack Appeal will be continuing until March.

**A Winter Weather Pack:** Contains: Hat, Scarf, Gloves, Facemask, Hand warmer

LHM also require items for their various parcels and packs:

#### Food Parcel:

Tea and biscuits  
Box cereal and milk  
Tinned soup/beans/ spaghetti  
Jar sauce  
Tinned curry  
Meat and fish  
Tinned mince or stew  
Tinned potatoes  
Pasta and rice

#### Toiletries Pack:

Socks and boxer shorts/briefs  
Shampoo and Shower gel  
Soap and facecloth  
Toothpaste and toothbrush  
Deodorant  
Wipes and tissues  
Face covering  
Men's: Shaving foam and razors  
Women's: Sanitary products

#### Kettle Food Parcel:

(assumes no tin opener or crockery)  
Contains:  
Pots of instant porridge & plastic spoon  
Cuppa soups and paper cups  
Pot noodles  
Ring pull meat (i.e. cornbeef)/fish  
Ring pull tinned fruit  
Tea, sugar, UHT milk and biscuits

### NEWS UPDATES

The Glasgow Overnight Welcome Centre (formerly Winter Night Shelter) opened its doors on 1st December. This year, due to Covid-19 Guidance, it has been relocated to more appropriate premises with separate rooms. Lunch bag provision to the Centre has been ongoing since 1<sup>st</sup> December.

A total of 549 individual service users have received assistance, from these there have been over 1000 presentations at our Centre. Assistance given has related to welfare rights advice, support, homelessness assistance, mobile phone top ups, meal vouchers, as well as emergency food, essential toiletries, clothing and winter weather packs. Our chaplaincy phone line remains available for prayer, support and assistance on **07864 705 668**. Redundancy notices were withdrawn as a result of the extension of the furlough scheme until 31st March 2021 and the affected staff remain on furlough.

### STOP PRESS Extract from LHM February Newsletter

Below is a roundup of the support provided by LHM through this Covid-19 pandemic.

£5 Hot Meal Voucher Scheme	Emergency Food Parcels	Essentials Toiletries packs
667 meals given out	2,816 parcels distributed	1,437 packs distributed
Total cost £3,154	£ 13.44 approx. cost per parcel	£ 22.61 approx. cost per pack

Clothing	Christmas Gift Bags	Full Christmas Dinner
255 assists	165 individuals	432 meals delivered

Through our partnership work with Bethany Christian Trust and Glasgow City Mission we have secured 1,200 emergency supply packs for vulnerable households across Glasgow. There are 4 pack types; food, cleaning, toiletries and stationary. To date we have reached 146 separate households in crisis.

We are now receiving regular referrals for help and assistance with food parcels, toiletries packs and clothing from various agencies for the clients they are working with. These include; Simon Community Scotland, British Red Cross, Hunter Street Homelessness Health Centre including Addictions Team and Blood Borne Virus Nurses, Positive Outcomes Project (Criminal Justice Team), Housing First, The Access Hub, Mungo Foundation, Wise Group and Quarrier's. In addition we have been able to supply £10 supermarket shopping vouchers to various charities frontline staff to issue to clients on our behalf.

May God bless you as you have blessed the least of these brothers and sisters of Christ. (Matthew 25:40)

*Deacon Claire Herbert*, Chaplain LHM



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 **Stuart Meek**  
Joiner - Clarkston

Annotations: Kitchen, Bathrooms, Garage Conversions, Extensions, Anne Conversions

Hi Guys,

Flip flop flapping time is with us again! Pancake Day, otherwise known as Shrove Tuesday, is on the 16th of February this year. Shrove Tuesday is the day before Ash Wednesday, the first day of Lent. It was a tradition that people had to use up all ingredients in their cupboards so that they could start Lent. The ingredients - eggs, flour and milk - used to be very common things for people to give up, so it made sense to use them all up. So let's get beating the batter and get making pancakes, crumpets or crepes. Whatever you call them, they're fun to make and even more fun to eat and especially tasty if you add your favourite topping. The nation's favourites are chocolate (37%), lemon (7%), sugar (22%), syrup (18%) and berries (12%). What's your favourite?

Have a flipping good time.

Al the Ed



## PANS AT THE READY!

### Ingredients

225g self-raising flour  
25g caster sugar  
40g butter, melted  
1 medium egg  
250ml milk



### Method

1. Sift the flour and sugar into a bowl and make a well in the centre. Add the melted butter, the egg and half the milk. Mix together, then slowly stir in the remaining milk to make a smooth, thick batter.
2. Heat a large frying pan until hot. Brush lightly with  $\frac{1}{2}$  tsp oil. Spoon 2 tbsp batter on top of each other in the pan to form each pancake (about 8cm wide). Cook in batches of 3 over a medium heat for 1-1 $\frac{1}{2}$  mins on one side, until small bubbles appear on the surface. Flip and cook for 1 min on the other side until golden, puffed up and crisp on the outside.
3. Transfer to a wire rack and cover to keep warm while you make the remaining pancakes. Repeat step 2, oiling the pan each time, until you have made 12 pancakes. Serve warm or cold, with butter and jam if you like.

## FIND THE WORDS

wednesday, chocolate, tuesday, pancake, crumpet, berries, shrove, batter, crepe, flour, lemon, flip, flop, flap, lent, egg, ash

w	l	p	s	h	r	o	v	e	s
r	e	h	a	p	e	f	b	e	e
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t	f	u	u	e	l	a	m	r	e
a	p	r	e	o	s	o	k	c	i
b	a	i	c	s	n	d	f	e	r
e	s	o	l	m	d	l	a	t	r
w	h	l	o	f	o	a	p	y	e
c	r	u	m	p	e	t	y	e	b

## FLIPPING GOOD FUN FACTS

1. The largest pancake ever was made in Rochdale in 1994. It was 49ft wide and one inch thick. The pancake weighed three tonnes (that's the weight of an African elephant).
2. The record for the most people to toss pancakes at the same time was set in 2012 in Sheffield. A huge crowd of 890 people flipped them non-stop for 30 seconds to get the world record.
3. The tallest stack of pancakes was 3 ft 4 in high - that's the same as the average height of one of you guys! Over 200 pancakes were balanced on top of each other at a Center Parcs Nottingham in 2016.
4. If you're going to try the highest pancake toss, you're going to need to go outside! The biggest flip measured at 31ft 1 in - that's you, your mum and dad, brother and sister, gran and grandpa and cousin all standing on each other's shoulders!
5. The most tosses of a pancake in one minute was achieved by Australian celebrity chef Brad Jolly, who tossed 140 pancakes in 60 seconds.

One thing is for sure these world records are flipping awesome!

Hi everyone,

It seems really late to be saying this, but I hope you all had as good a time as you could at Christmas, and also to wish that 2021 is a better year for us all than 2020 was.

It was great that so many of you could join in our Christmas Activity Day on 13<sup>th</sup> December – we made Christingles, had a really special message from Santa Claus, had a Christmas Quiz, and dressed up in our Christmas jumpers or sparkly tops and hats or headbands, and enjoy our hot chocolate and marshmallows – yummy! Thanks also to all of you for everything you did in November and December – you made stars for the Nativity display in the church hall windows, and wooden stars and angels for the Christmas tree in the church grounds.

Then there was all you did for our online Nativity Play "God Is With Us, Everywhere!" which was shown during the Family Service on 20<sup>th</sup> December – making costumes, learning lines, and filming your part. It must have seemed really strange just doing your own part without seeing what everyone else was doing, but once Jeanne put it all together, it all made sense, and was ABSOLUTELY FANTASTIC!! The adults from church really appreciated all the trouble you went to, and lots of people got in touch to say how good it was, and to thank you for doing it. WELL DONE EVERYONE! In January, we learnt about Baptism, Jesus choosing his disciples and his new way of teaching. In February we'll learn about Jesus healing people and a special event - Jesus' Transfiguration! If you're wondering what that is, make sure you join us on Zoom to find out. Looking forward to seeing you on Sunday mornings.

Helen

#### DIARY

Sunday 7th February

Sundays 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> February

Family Worship at 10.30 am (school holiday weekend)

Sunday Club Zoom at 11.15 am

JAM Zoom at 11.45 am

#### BIG SCHOOLS BIRDWATCH

The Big School Birdwatch started on the 6th of January and goes on until the 22nd of February. Watch out for the birds that come into your garden and take a note of what you see. Some of the most common birds are robins, sparrows, chaffinches, blue tits and blackbirds. You're also likely to see plenty of crows and magpies. If you're really lucky you might hear a woodpecker or take a trip up to Greenbank Gardens and see if you can spot a parakeet!

Bird watchers are called "twitchers". If you want to become one, or need any help, you could watch BBC Teach and Winterwatch on Thursday's at 11am for some helpful hints.

#### HAPPY FEBRUARY BIRTHDAYS

to Andrew Mitchell, Steven Paton, Grace Loudon, Joshua Baird, Olivia Hackett and a special mention to Allison Preece and Jill Carswell who each reached the grand old age of 18, last month.

#### COMPETITION TIME

Looking for something to do at home? 30th January was Draw-a-Dinosaur Day. Put some pen or paint to paper or do some colouring in and draw a dinosaur. It can be real or imaginary.

Get your mum or dad to take a photo of your drawing and send it to me at:

[alih21@virginmedia.com](mailto:alih21@virginmedia.com). Prizes for winners.

#### SUET BIRD CAKE



#### YOU WILL NEED

Hard fats like lard or suet, at room temperature  
Handful of bird seed  
Handful of unsalted peanuts  
Grated cheese or raisins  
Dry leftovers like oats or bread  
Old and clean recyclable yoghurt pots or coconut shells for a plastic-free alternative  
String  
Small stick, roughly 7-12cm long  
This will make one to four fat cakes depending on size.

#### METHOD

Use one part fat to two parts dry mixture.  
Melt the fat slightly.  
Mix all ingredients together in a bowl.  
Make a small hole in the bottom of yoghurt pots or coconut shells.  
Thread a long piece of string through the hole and tie it around your small stick  
Scoop the mixture into the yoghurt pot, packing it tightly, filling all the way to the top.  
Put it in the fridge until it's set hard.  
Remove the fat cake from it's pot.  
Tie the string over a tree or shrub branch. Make sure you pick somewhere away from cats.



## WHAT'S BEEN HAPPENING IN SUNDAY CLUB?

Despite not meeting physically in the church halls in November and December, the Sunday Club & JAM had a very busy time. First of all, some of the young folks painted Remembrance Stones and added these to the Sunday Club Caterpillar in the church grounds.

Sunday Club also organised the collection of donations for the Queen Elizabeth Children's Hospital Neo-Natal Unit, Church House and SACRO, which could be dropped off at the church over 4 Sundays, with the Gift Service on Sunday 13<sup>th</sup> December, at which photos of the large number of donations were shown. Each organisation was extremely grateful for all the donations they received and has expressed their thanks for the generosity shown by our congregation, especially in such hard times for everyone.

We delivered two "Goody Bags" to Sunday Club & JAMs families' homes – the first one contained Advent resources: an Advent candle, Advent Windows leaflets (from the Scottish Bible Society) which suggested how to display a Nativity scene on your windows, wooden stars which they used as templates to cut out black stars for the Nativity Display on the Fraser Hall windows, and wooden angels, which they decorated and hung on the Christmas tree in the church grounds, and a Nativity script.

The second "Goody Bag" contained a Chocolate Christingle per child, ingredients to make a real Christingle, bells with red ribbons which they rang on their doorsteps on Christmas Eve to help Santa Claus on his way, and Hot Chocolate sachets and mini-marshmallows.

On Sunday 13<sup>th</sup> December we held a Family Christmas Activity Day – we made the Christingles, had a Christmas Quiz and could enjoy our hot chocolate and marshmallows then if we wished.

On Sunday 20<sup>th</sup> December, our online Nativity Play, "God Is With Us, Everywhere!" was shown during the Family service at 10.30am. This had been filmed at home by the families, then the video clips sent to our minister, Jeanne, who had the massive task of editing them all into one video!! She made a superb job of it, so many thanks to her.

Thanks are due to Jeanne, and to the Sunday Club staff for their time and efforts in getting the contents of, and delivering, the Goody Bags. It was a great team effort from everybody!

Sunday Club, including JAM, resumed meeting online after the school holidays on Sunday 10<sup>th</sup> January. As before, the Trailblazers and Sunday Squad sections meet jointly at 11.15am, with JAM meeting at 11.45 am. There is a good number of our children and young people regularly attending our online sessions – it is good that they can also see each other online, especially as at the time of writing this, only keyworkers' children are attending school. The Sunday Club staff also all enjoy seeing and interacting with the children and young people online.

Helen Howard  
Sunday Club Superintendent

## THINGS TO DO

**National Marine Aquarium** - Every Friday for the next 7 weeks we'll be delivering FREE live lessons from our



Aquarium via YouTube! Each week there will be two sessions; The first 'Deep Science' (1pm to 120pm) will see our schools team using aquarium exhibits and our AquaLab to explore the science behind the animated ocean exploration TV series 'The Deep' (CBBC @12pm on weekdays during lockdown). Expect fascinating facts and real time experiments, as well as ideas to follow up with at home! The second will be 'Mermaid Tales', which will air from 1.30 – 1.45pm and will involve a short story narrated by our resident mermaid, Marina - perfect timing before an

afternoon nap, or as a gentle, relaxing start to the afternoon. For more information head here: <http://bit.ly/AquariumLessons> | Facebook Big Schools Birdwatch

## GREENBANK OFFICE

Jane Mayer, our Church Secretary, is currently working from home and can be contacted at the new church email address: [office@greenbankglasgow.org.uk](mailto:office@greenbankglasgow.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](mailto:jroddick@churchofscotland.org.uk)

## 1ST CLARKSTON GUIDES

We have been regularly meeting on Zoom on Monday evenings. We have around 12-16 girls attending the sessions regularly.

We have yet to welcome any new girls this year as it's been a little tricky to work out how we would do that over zoom and have seen a little bit of a drop in our numbers as a result. The longer it looks like we will be unable to meet in person, the more we will have to think about how we can bring in some new girls from our waiting list. In the meantime we're still welcoming names, so if any parent would like to add their daughter to our waiting list, please email us on [1stclarkstonguides@gmail.com](mailto:1stclarkstonguides@gmail.com)

We delivered materials for a craft to the girls' houses (along with some treats) before Christmas. So far 7 girls used them to complete the last section of their Live Smart Stage 3 badge, which we've been doing otherwise entirely over zoom, so pleased to be posting badges to them. This is following a bumper 2020 for badges with many girls using the lockdowns to bag lots. In the summer, many of the girls (and leaders) earned a 'camp at home' badge where there were tents in gardens and blanket forts in living rooms in 90+ countries for the same night. Several of the girls also earned their 'Guiding at Home' Challenge badge. We also had 2 virtual promise ceremonies! Above is a wee picture from our Zoom Scavenger hunt back at the beginning of lockdown 2020. Claire has been on maternity leave as she and her husband, Colin, welcomed a lovely little boy Fraser. The girls helped choose a gift for baby, Fraser, and signed their names digitally to be added to a card that we sent them. Some great news for 2020! Hopefully 2021 will be better and we'll be able to meet up again soon.

All the best,

Emma and all at 1st Clarkston Guides



## MESSY CHURCH

Unfortunately, Messy Church has not been meeting up on Zoom for the last couple of months. The last invitation to get involved wasn't responded to by many people and the general consensus was that both children and parents are tired of virtual activities, especially when the kids are trying to learn online too and that virtual Messy was more (unnecessary) screen time.

## BUSHIDO KARATE CLUB

With the New Year upon us more students have joined our ZOOM classes taking place on Saturday and Sunday mornings and during the week.

The ZOOM classes have provided our students with a method of training during these difficult times. Our training methods have changed but this has been important for our students as it means we have adapted our techniques in a limited space, which in a positive way simulates more real-life scenarios where you can be in tight situations.

A class involves a bow and acknowledgement of each other then we carry out warm-up exercises then we start our combination moves where we do cardio work throughout, then finish off with a warm down, a class lasts 40-45 minutes. In 2020 we started ZOOM classes the same week as the lockdown and have had over 300 classes online since.

Some of our students have not joined due to various reasons but I look forward to training with all our students when we eventually get back to Greenbank.

Karate is a journey and like life we will look back in a positive way, once we are back at Greenbank and remember how we adapted – Gichin Funakoshi (Founder of Modern Day Karate) "Karate is like hot water- if you do not give it heat constantly it will become cold"- whether that is via ZOOM or on your own.

Best wishes,

John Elliot

Bushido Karate Association Chairman



## **GOOD NEIGHBOUR CONTACTS**

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