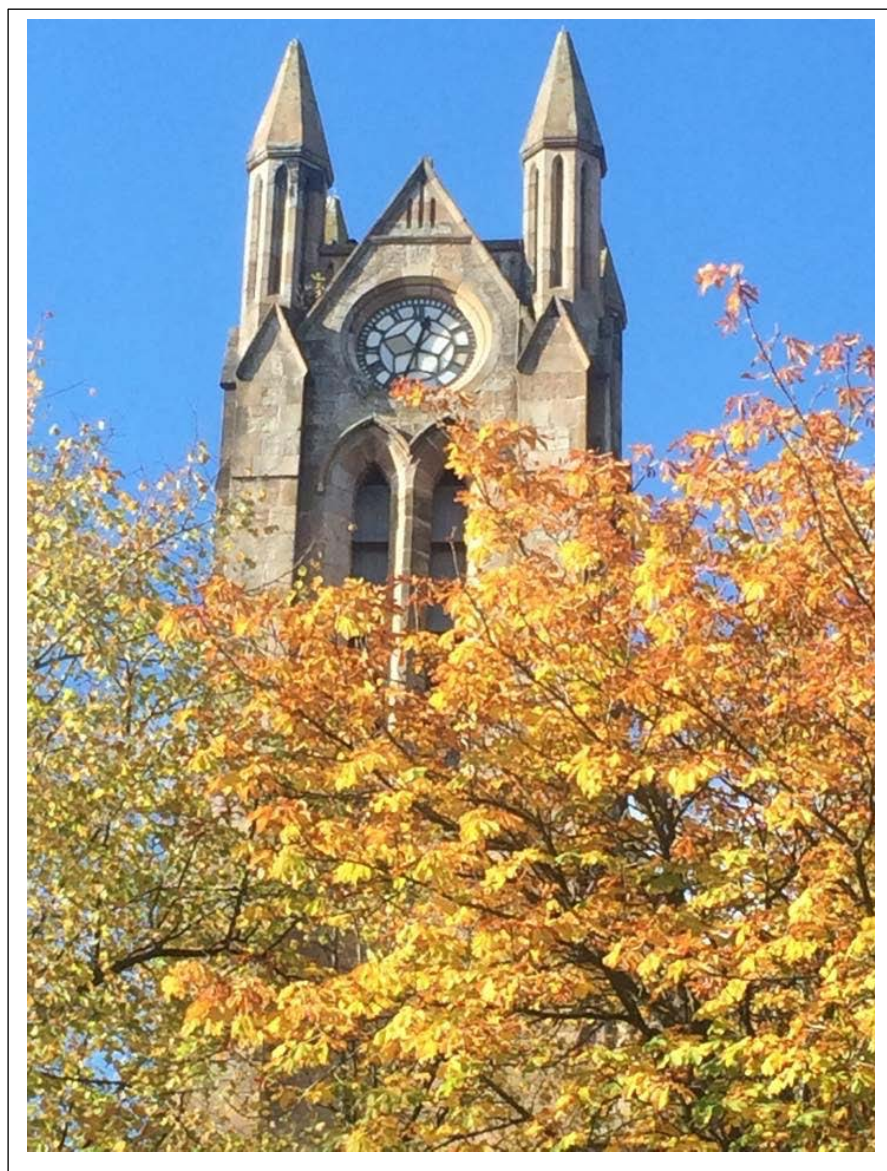


# thegoodneighbour

SEPTEMBER 2023



Living our **faith** by our **actions**



at the heart of the **community**

GreenbankParish  
CHURCH

# Parish Register

## DEATHS

02/05/2023 Mr Sandy Morton, Lemberg Drive, Clarkston  
14/07/23 Mr Andrew Allan, Avondale Place, East Kilbride  
14/07/23 Mr Lindsay Forster, Sundale Avenue, Clarkston  
03/08/23 Mrs Christine Byrne, Hawthorn Court, Busby

*"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 N.I.V.*

## PULPIT DIARY

3 <sup>rd</sup> September	10.30am	Worship and Sunday Club/JAM
10 <sup>th</sup> September	10.30am	Worship and Sunday Club/JAM with Ordination of Elders
17 <sup>th</sup> September	10.30am	Worship & Sunday Club/JAM with the Sacrament of Holy Baptism
24 <sup>th</sup> September	10.30am	Family Worship
1 <sup>st</sup> October	10.30am	Harvest Thanksgiving Service

Our minister, Jeanne, is retiring in October. The last Sunday service she will preach will be on Sunday 1<sup>st</sup> October, which is also our Harvest Thanksgiving service. This date marks the 20<sup>th</sup> Anniversary of Jeanne's Ordination and Induction as Greenbank's minister. We would encourage you to come to church if you can on this special day. We are sure Jeanne would appreciate you being there.

There will be a short Farewell Social held in the church soon after the morning service, followed by a Sandwich Lunch in the church halls.

## LIVE STREAMING OF WORSHIP

The technical equipment in the Church Sanctuary allows streaming via You Tube on Sunday Mornings.

Anyone wishing to view the service should click on the link, which is emailed to the congregation each week from the church office. The service can also be found by searching on You Tube. Once in 'You Tube' simply type in 'Greenbank Church Morning Service' and select the correct service. Please note that with live streaming there is about a minutes delay before the service is transmitted from the church to people at home. Please be patient if it is a little later than 10.30am before the service starts.

Those attending worship in the Church Sanctuary on Sundays are also asked to note that services are being streamed. The camera being used to transmit images is downstairs, just in front of the balcony area. The cameras will film the pews directly in front of it, the side pews at the front and the chancel area of the church. Members of the congregation who do not wish to be 'caught on camera' are asked to select their seats appropriately.

**ACCESSING SUNDAY WORSHIP LIVE BY TELEPHONE OR AS A RECORDING** For those who do not have a computer and are unable to attend church there is an option of using their telephone to listen to the service. Simply dial 0141 815 1166 at 10.30am if you wish to listen to the service live; alternatively you can listen to a recording of the most recent service from the Monday until the Saturday of the following week. When you dial to hear the most recent recording you will firstly hear a message from Jeanne and then some music. Please wait until the music stops and then, when asked to do so, press 1 on you telephone keypad.

Dear Friends

As most of you will know by now, my last service with you all will be on Sunday the 1st October, which is the twentieth anniversary of my Ministry at Greenbank. Some have asked if my retirement was prompted by anything. No, is the answer to this. I just believe that after 20 years of ministry God is now calling me to a new stage of life.

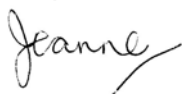
It seems hard to believe that I have been at Greenbank for 20 years. Many things have made these years rewarding and fulfilling, but they can be summed up in three words: 'all of you'. I could not possibly be more grateful for the people I have met at Greenbank and our ministry together.

This ministry hasn't always been the one I expected: faith journeys seldom go according to plan in my experience. However, throughout it all, I have been amazed at the resilience, faith and creativity within Greenbank. You have invited me into your lives and we have worked together and shared good and challenging times. The pandemic especially tested our resilience and forced us to find new ways of worshipping together and ministering to one another and those in need, even in the face of adversity. It has been a great joy to be the Minister of such lovely, faithful congregation and I will miss you greatly.

Before leaving Greenbank on Sunday 1st October, I will be taking my leave of Glasgow Presbytery on Tuesday 12th September and, as is the custom, anyone from our congregation, who would like to attend this meeting, is invited to come along to Burnside Blairbeth Church for 7pm. You won't have to stay for the whole meeting just very first part of it.

Meantime, as I continue to be your Minister for the next few weeks, let us trust that God will continue to guide each one of us according to his plan, come what may, and let us commit ourselves and each other into his loving care.

Yours,

A handwritten signature in cursive script that reads "Jeanne". The signature is written in black ink and is positioned below the "Yours," text.

## OFFERING INCOME

Dear Friends,

I wish to thank all those who continue to support the church, whether by standing order, direct payment into our bank account, weekly freewill offering or putting money in the offering bag each Sunday.

Offering income is essential to the work of the church and I thank all those who have responded to the financial appeal letter to the congregation last November. It is not too late – it is never too late – to increase your offering to Greenbank. You may also, or instead, make a contribution to the Greenbank's Restricted Fabric Fund. I recognise that some of us may not be able to increase their offering which makes it all the more important for those who can, to do so.

For those who may still feel uneasy or unable to come to church for whatever reason, but still wish to contribute financially, you may contribute by any of the above methods. For a standing order form, or details of the church's bank account to make a direct payment, please email me at [alistairdsmith@ntlworld.com](mailto:alistairdsmith@ntlworld.com) or write to me at the address below and I will be happy to assist. You may also post me a cheque and/or your freewill offering contribution to the address below. My address is 26 Stewart Drive, Clarkston G76 7EZ.

Thank you all for your continuing support.

Alistair Smith, Treasurer.

## LEGACY FUND

Thank you again to all those who continue to contribute to our Legacy Fund.

Pledges can be, and have been, made for any amount of money you can afford, and spread over a few years by standing order if that suits you better. Alternatively, a one-off payment by bank transfer or cheque can be made, and you can also donate to the project online by logging on to our church website, following the link to the Legacy Project and clicking the red "Donate Online" button.

Spare pledge and bank standing order forms are available from myself or the Church Secretary, should you require any.

Please remember that **every donation**, of whatever size, is both needed and warmly welcome.

Alistair Smith, Treasurer

Tel: 0141 571 2676 Email: [alistairdsmith@ntlworld.com](mailto:alistairdsmith@ntlworld.com)

## GREENBANK SUNDAY CLUB

Sunday Club started again on Sunday 21<sup>st</sup> August. The leaders have enjoyed seeing all the children and young people again after the summer break and hearing all their news. Sunday Club & JAM is for children and young people between age 3 and S6. If anyone in your family has members within this age range, or you know a family who does, we'd be delighted to have them come along and join us. They'll be made very welcome and will have lots of fun.

Our Sunday Club sections are:

Trailblazers – for 3-year-olds to P5

Sunday Squad – for children in P6 & 7

JAM – for young people in S1-S6

If you'd like any more information, you can ask any of the leaders or contact Sharon Leckie (Superintendent) on [leckis@sky.com](mailto:leckis@sky.com) or [greenbanksundayclub@gmail.com](mailto:greenbanksundayclub@gmail.com)

Sadly, I've had to step down as Superintendent, and Sharon Leckie is taking on the role. I've thoroughly enjoyed working closely with the Sunday Club leaders for the past 6 years, and getting to know them, the children, young people and families. They have all been an absolute joy to work with, and I will miss working with them. I wish them all many blessings for the future.

Helen Howard

# Prayer Diary

The year has turned its circle  
The seasons come and go.  
The harvest all is gathered in  
And chilly north winds blow.  
Orchards have shared their treasures,  
The fields, their yellow grain,  
So open wide the doorway-  
Thanksgiving comes again!"

('Thanksgiving' - Anon)

As summer starts to draw to a close, the harvest is gathered in, and we ready ourselves to settle down to industry of one form or another - back to learning, back to work, back to clubs and hobbies. As the farmers gather in their harvest, we also start to tidy up parts of the garden which are past their best and start to get ready for autumn and winter.

This summer brought high temperatures to Europe - wildfires out of control, people sick and dying from heat exhaustion. Further afield the fires have devastated entire communities. These are signs of things to come. Please pray for everyone affected. Ask that all governments take these signs seriously and start implementing serious changes now to stop the world heating. Actions have been pushed to the side for too many years.

After Jeanne's announcement that she is planning to retire, please give thanks for all her years of service, and for all the work she's done in Greenbank, the surrounding community, and in the wider church.

Say a prayer for everyone who is involved in looking after other people. Those that teach people how to look after themselves. Those that treat diseases or heal wounds. Those that look after people who're unable to look after themselves. Those that help people struggling with their mental health. Say thank you for all that they do, and ask that they be given the strength to keep giving of themselves.

We live surrounded by people, and almost everyone has problems and worries and cares. Remember in your prayers everyone whose difficulties you know of, and ask that the Lord, who knows all things, spreads his healing spirit over all others.

'And so encourage one another and help one another, just as you are now doing.'

1 Thessalonians 5:11

Gillian Foy  
Prayer Promoter

## **PRAYER REQUESTS**

If you need prayer for yourself, a loved one or a friend, requests can be sent to the Prayer Promoter, Gillian Foy via the church office at [office@greenbankglasgow.org.uk](mailto:office@greenbankglasgow.org.uk) Those for whom prayers are requested will be prayed for throughout the following month by members of the Prayer Group.

Anyone who would like a copy of the prayer list, in order to pray for those on it, should contact Gillian.

# What's On

## FLOWER LIST FOR SEPTEMBER

	Communion Table	Centenary Chapel	Side Windows
3 <sup>rd</sup> September	Diane Adam		Diane Adam
10 <sup>th</sup> September			
17 <sup>th</sup> September	Doreen Cunningham	Helen Cochrane	
24 <sup>th</sup> September	Jane Livingston		

A member of the Flower Committee will contact you during the week prior to your date. If you would like to donate flowers for the Church, please put your name on the Transept window sill.

With thanks  
Elizabeth Cross [638 5162]

## THE GUILD

We hope everyone has had an enjoyable summer. The next session of the Guild will begin on Wednesday, 4th October at 2.00pm. We very much look forward to meeting everyone again and hopefully to welcome some new members. We will meet as always in the Fraser Hall. Remember to please bring your own cup. Details of the syllabus for the next session will be given in next month's edition of *Good Neighbour*.

Enid Dron  
Secretary

## GREENBANK SOCIAL COMMITTEE

**Greenbank's Social Committee** warmly invites you to a **Macmillan Coffee Morning on Saturday 30th September in the Fraser Hall from 10 till 12 noon**. Entry is by donation. Please come and enjoy lovely hospitality and friendly chat for a cause close to all of our hearts.

We are also busy organising future events so please add these dates to your diaries. More information will be provided nearer the time.

Friday 27th October- 7 till 10pm. Craft fayre with a wide range of stalls where you can make an early start on your Christmas shopping. £5 tickets or pay at the door to include a glass of Prosecco or soft drink.

Saturday 25th November-10 till 12 noon. Christmas Fayre. Organisations will be contacted soon to see if they want to have a stall. There will also be a tearoom, hampers raffled, tombola of good condition items and children's activities including face painting. There are many talented people in Greenbank's congregation and we would greatly appreciate donations of homemade jam, tablet or knitted/handmade Christmas crafts.

Please note there are further opportunities for you to enjoy Greenbank's hospitality and entertainment before the end of the year. On Saturday 18th November we will be hosting a stall at A Very Merry Clarkston Christmas. In addition, Clarkston Community Choir will be holding their Christmas concert in the church on Friday 8th December.

The Social Committee, as always would greatly appreciate any offers of help to make our events run smoothly. Please speak to any of our members if you can help in any way (Lindy Dallas, Diane Adam, Stephen Blanchflower, Susan Johnston, Jill Liddell, Anna Maclure, Jan Millar, Lorna Preece, Graham Vance, Eleanor Johnstone)

## TIME OUT

Where did the summer go? Can't believe we're ready to start a new session of Time Out. Our first meeting is Thursday September 7th for our annual Cheese and Wine evening. We meet in the Fraser Hall at 7.30 every fortnight and would love to welcome new members. We have a full syllabus this year ranging from a Quiz night, to a craft night, to line dancing. Do come along and join us.

Susan Mowat

[stusue.mowat@hotmail.com](mailto:stusue.mowat@hotmail.com)

## CLARKSTON COMMUNITY CHOIR

The choir recommences on 30th September, meeting 7:30-9:30pm every Wednesday evening to rehearse for their upcoming December concerts. All are welcome to join this fun and engaging group of singers, with no prior musical experience required (and your first session free! £3 per week thereafter). For more information, please email the conductor Richard Scholfield at [clarkstoncommunitychoir@yahoo.com](mailto:clarkstoncommunitychoir@yahoo.com)

## BUSHIDO KARATE CLUB

Since the last newsletter it gives me great pleasure to announce that the following students were successful at the BKA Senior Black Belt (Dan) Grading: Iain Frame (4th Dan), Donald Cowey (3rd Dan), Stathis Voukelatos (3rd Dan).

Sensei Iain Frame is the first student whom I have taken from white belt to reach this amazing milestone of 4th Dan. His commitment and dedication to the art of Karate is an inspiration to everyone – he really is an example of the famous quote by the Karate Master Gichin Funakoshi - "The ultimate aim of karate lies not in victory or defeat, but in the perfection of the character of its participants."

We also had a number of gradings with our KYU grades where they were all successful – demonstrating great skill.

We will be very busy over the next few months with competitions and preparing for our next gradings as well as attending a BKA course on fighting techniques. We also have had a number of new starts as our club continues to grow. Contact me at [johnbka@virginmedia.com](mailto:johnbka@virginmedia.com) if you would like more information or would like to join us.

Best wishes

John

Bushido Karate Association Chairman

## THE SATURDAY BOOK CLUB

The Saturday Book Club will next meet on Saturday the 2nd of September when we will discuss chapters 2 & 3 of Karen Armstrong's book "The Case for God". New members will be most welcome so please come along. We are a friendly group. The meeting starts at 09:30 or 09:15 if you want to join us for breakfast. (Bring a cup if you would like tea or coffee.) We meet in the creche just off the Hall of Friendship.

For more information contact Ronnie McNeill on [0141 577 6503](tel:01415776503).



## 9<sup>TH</sup> SEPTEMBER IS TEDDY BEAR DAY



Do you have a teddy bear? These soft, cuddly toys were first made 121 years ago in 1902. They were called after a President of the USA called Theodore Roosevelt whose first name was shortened to Teddy. He became connected to bears when he was out hunting and refused to shoot a bear that had been especially chosen for him to kill as he thought it was unfair. Teddy's bear became famous when a drawing of the event with a small, cute bear was printed in in a newspaper. An American, called Morris Michton, made a small, cute bear and put it in his shop window and called it 'Teddy's Bear'. The bear was a huge success and soon he was making more of them which led to him creating the Ideal Toy Company.

At the same time, a German company, called Steiff, also produced a stuffed bear. These Steiff bears have become very famous and collectable, although lots of toy manufacturers also now make teddy bears as they are a very popular toy.

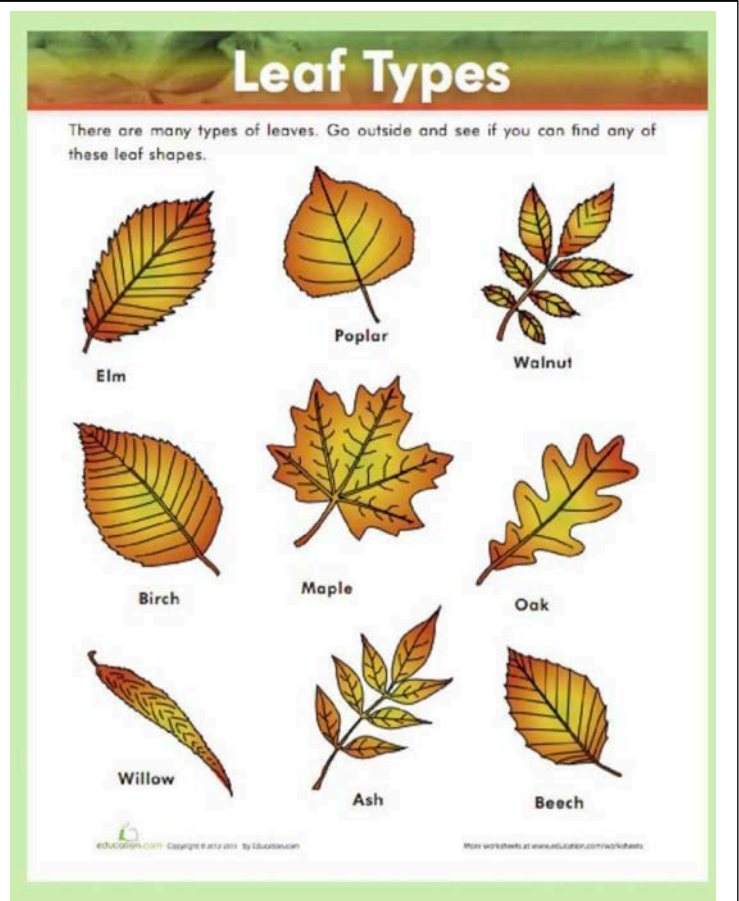
There are many famous teddy bears like Winnie the Pooh, Paddington, the Care Bears and Pudsey bear, the mascot of Children in Need. The teddy bear has become the favourite cuddly toy of many children who love to hug them and make them a special friend. Lots of adults have teddy bears too and have often kept the one they had when they were small because they loved their bear and did not want to throw them out when they grew up. So, on the 9th of September, remember your teddy bear and give them a great big teddy bear hug on Teddy Bear Day..

## HARVEST MOON



September's harvest moon is so called because this is when crops are gathered at the end of the summer season. At this time, the Moon appears particularly bright and rises early, letting farmers continue harvesting into the night.

The Harvest Moon this year can be seen on Friday 29th September. The photograph is a Harvest Moon over Glasgow. Isn't it huge? Let's hope we have clear skies that night so that we can see it.





Hi everyone,

Hope you all enjoyed the summer holidays, and having a good long break from school!

Sunday Club started again on August 20<sup>th</sup>, and after the church service had a Picnic and some races and games. I hope you enjoyed it, if you were there – it was great fun!

All the leaders were really pleased to see you again and hear your news about the summer holidays. As usual, they've been very busy getting games, crafts and other fun activities ready for you.

Lynn and Sharon are leading Trailblazers and Sunday Squad, with help from Mandy. Sheena is now leading JAM - and Susan will still be helping there sometimes too.

If you have been able to come along, we hope you have all enjoyed being back with us. If you haven't managed along yet – please come and join us again - you'll be made very welcome any time you can be there.

Sharon is taking over as Superintendent, because I've got a different job in our church now. This means that I won't be able to see you as often in Sunday Club or JAM - and I will miss being able to do that. I will still see you at church, so please give me a smile or a wave when you see me!

Helen

Dates for September are:

Sundays 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> September – Sunday Club as usual

Sunday 24<sup>th</sup> September – Family worship in church (Sunday Club on holiday)

Sunday 1st October – Harvest Thanksgiving – Sunday Club as usual

**HOW TO DRY APPLES**



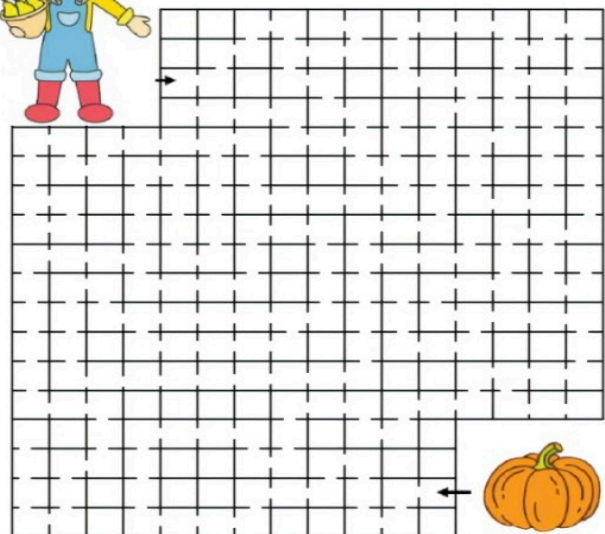
Autumn is the season in the UK when apples ripen on trees. Dried apples are great as snacks and in lunch boxes.

Use ripe eating or cooking apples. Peel, core and cut into 6mm (1/5in) rings. Drop these into 2 litres (3 1/2 pints) water mixed with a tablespoon salt to prevent browning. Shake well and thread on to sticks, which can be supported on trays before being placed in an oven of no more than 60°C/140°F/Gas Mark 1/4. At a steady heat the apples should take four to six hours to dry out. They are ready when their texture is similar to chamois leather. When the fruit has dried, leave it at room temperature overnight, then store in an airtight container.

**Harvest Maze**



This farmer is gathering fruit and vegetables at Harvest time. Can you help her find her way to the pumpkin?



# News and Updates

## LEGACY PROJECT

It was this time last year that we received planning permission for the work we wanted to do at Greenbank. You will recall that at that time, the care home's application for their development was not approved and that prompted an appeal being submitted to the Reporter in Edinburgh. On 5 May 2023 we received the fantastic news from the Scottish Government Planning and Environmental Appeals Division to confirm the appeal for the care home development had been successful. This is the news we had hoped for and allowed us to press on with the Legacy Project.

Over the summer, the Legacy Project Group continued to meet to refine the designs for the extension to the church and to finalise the contractual arrangements for the sale of the land to the care home developer. That work continues with the aim as always to provide a sustainable future for the congregation. Our long term goal is to leave a lasting legacy for the next generation.

It is difficult to be too precise about timings, however, the projected timeline is noted below as presented to the congregation at our Annual Stated Meeting on 21 June 2023:

### LEGACY PROJECT – PROJECTED TIMELINE

#### PHASE 1 – EXTENSION & EXTERNAL WORKS

- Detailed design June-Oct 2023
- Building warrant application Dec 2023
- Construction information and tendering Dec 2023- May 2024
- Completion of land sale and contractor appointment May 2024
- Start of construction July 2024
- Completion and Handover May 2025

#### PHASE 2 – SANCTUARY

- Start of construction June 2025
- Completion & handover April 2026

Since the congregation approved the plan to proceed in November 2020 costs have of course continued to rise. Inflation in construction costs has been particularly steep and so the Session decided that the best way forward was to proceed in two phases as you can see from the projected timetable.

The Legacy Project Group continue to apply for grants for the legacy project. Overall grants totalling £72,000 have now been awarded and £46,000 of this sum has been received to date.

For information about how you can financially support the project please contact Greenbank Treasurer, Alistair Smith at [alistairsmith@ntlworld.com](mailto:alistairsmith@ntlworld.com).

If you wish more information on any aspect of the project, please direct your enquiry to the church office in the first instance.

Graeme Rae  
Legacy Project Group Communications Team

**ARTICLES FOR THE OCTOBER ISSUE OF GOOD NEIGHBOUR SHOULD BE SUBMITTED TO  
GREENBANK OFFICE AT: [office@greenbankglasgow.org.uk](mailto:office@greenbankglasgow.org.uk)  
& JILL LIDDELL AT: [liddell.jill@gmail.com](mailto:liddell.jill@gmail.com) BY SUNDAY 10<sup>th</sup> SEPTEMBER PLEASE**

## FREE SANITARY PRODUCTS

Greenbank Church is now a provider of free period products. Working in collaboration with East Renfrewshire Council and HeyGirls products, we recently ordered and received a supply of tampons and sanitary towels, free of charge. All of HeyGirls products are ethically sourced and organic. This partnership working is really trying to push the message that these products are available for people to take, no matter how much they need, and whenever they are needed.

It is our hope that Greenbank Church will also be registered on the MyPeriodApp, which allows users to find locations in their community which provide free period products.

The items are currently located in the Ladies Toilets and on a shelf in the corridor beside the Fraser Hall.



All members of the congregation are reminded that Greenbank Church is now a Help Point for Playlist for Life. We have a selection of paper resources available in our Hall of Friendship, which will help to inform you of the benefits of music to dementia sufferers and their carers. The resources will also help enable you to create your own playlist, or to create one for someone else. Please share this information with anyone you think it may benefit.

Additional help and support is available online at:

[playlistforlife.org.uk](http://playlistforlife.org.uk)

As a Help Point, we also have access to free online training. Please contact me if you would like to access this training.

Alison Allan

## LODGING HOUSE MISSION

Donations for the LHM can be left on the trolley in the Link building on Mondays, Wednesdays and Thursdays 9am-12noon and on Sundays 9.45am-11.30am.

Envelopes are also available for donations of money. Please complete your details on the envelope (so that Gift Aid can be claimed if relevant and your donation can be acknowledged) and either hand to me, place in an offering bag during the service or post in the letterbox at the entrance to the church halls. Please do not leave these envelopes on the trolley with the other donations. All donations are very much appreciated.

**Would you like to join the rota to help deliver the donations to the LHM? New volunteers are always welcome. If you would like to help, please phone me on the number below.**

Thank you,

Liz Smith [0141 571 2676]

LHM Representative

## HALL HIRE

Greenbank church Halls are available to hire for children's parties. There is plenty of space to run around, play games and have fun. For further information, contact the Church Office on [office@greenbankglasgow.org.uk](mailto:office@greenbankglasgow.org.uk) or leave a message at the church office on 0141 644 1841

## HIROSHIMA-NAGASAKI UNITE PEACE ART PROJECT

78 years ago, on 9th August 1945, an atomic bomb was dropped on Nagasaki, Japan. Soon after, Japan agreed to unconditional surrender, and the 2nd world war ended on 2nd September 1945.



On the evening of Tuesday, 15th August, Greenbank was proud and delighted to host a very special event. This was a concert to mark the beginning of a peace art festival. The performers at the concert were Gen Akashi, a Japanese 11-string guitarist, professor and composer; and Ayako Hidetani, a Japanese literature recitalist. The concert was devised by them, and it is their future vision to convey the message of peace through the arts, and to find alternative ways of conveying negative memories, like those of the horror of the atomic bombings, through the arts.

The couple were visiting Scotland briefly, and had held a similar concert in St Andrews. Greenbank was approached by Rev Dr Donald MacEwan, the son of one of our members, and chaplain to the University of St Andrews, to enquire if we would be willing to host a concert. We jumped at this opportunity.

I can only describe the atmosphere created by the concert in the church sanctuary as calm, reflective, and extremely peaceful, enhanced by the sunlight streaming through the central stained glass window in the chancel. A wonderful selection of music, some of it familiar, was played for us by Gen Akashi on the 11 string guitar. What a joy and privilege it was to listen to the same piece of music by J.S. Bach which had been played by a cellist at the time of the dismantling of the Berlin Wall. It is the hope of Gen and Ayako that music and the arts will help to transcend differences, and to heal division.

The sound produced had an amazing resonance, clarity and tone, and I could have listened to it for a long time. It was very moving and relaxing. At times Ayako Hidetani gave a spoken recital while Gen played the guitar. To hear the Japanese spoken word was very special. Ayako described how, in Japanese, kotodama is the spirit of the word, and how through this, which is like a prayer, we can achieve peace, harmony and balance in the world.

This couple is developing a signing choir in Japan, with the aim of sharing music between hearing and non-hearing people - the members of the choir who are signing are hearing people. Their hope is that we can all go beyond our differences and come together in the wholeness of love.

This was a wonderful evening, another gem of an event held at Greenbank, where those present were treated to beautiful spoken recitals and to music of the highest standard.

All proceeds raised, £250 in total, were donated to Ukrainians, where war, sadly, continues to rage.

Thanks to all who stewarded and provided teas and coffees at this event. We are extremely grateful to Gen and Ayako for coming to Greenbank and giving such an enjoyable and meaningful concert. You can hear some of Gen Akashi's other performances of guitar music on YouTube.

Alison Allan

## HARVEST THANKSGIVING-SUNDAY 1 OCTOBER

The Harvest Thanksgiving Service will take place this year on Sunday 1 October when you will be invited to donate to the Lodging House Mission. The LHM has compiled a list of items which they would greatly appreciate for their kitchen and a list of items which are not required at the moment. Please see the lists below. For this Sunday only foodstuffs should be left in the **Centenary Chapel** before the service.

<b>Cereal</b>	<b>Tinned Fruit</b>	<b>Tinned meat/fish</b>
Cornflakes/Crunchy Nuts	*Peaches	Tuna/Salmon
Weetabix	*Pears	Corned Beef
Rice Crispies	*Pineapples	Ham
Sugar Puffs	*Mandarins	
Frosties	*Fruit Cocktail	<b>Other Tinned Food</b>
Coco Pops	*Rice Pudding	*Baked Beans
Cheerios	*Custard	Spaghetti in sauce
		*Tinned soups-tomato, vegetable, chicken, lentil, Scotch broth, minestrone, pea and ham, chicken noodle
<b>Jars/Pastes</b>	<b>Other</b>	
Pasta bake sauces	Full fat UHT milk	
Curry sauce/paste	Coconut milk	
Tomato paste	Crisps	
	Small juice cartons	<b>Other</b>
<b>Dried Goods</b>	Diluting/fresh juice	Brown sauce
Mixed herbs	*Coffee	Vinegar
Garlic powder	*Biscuits	Tomato sauce
Ground turmeric		Porridge oats
Chilli powder		Dried peas
Crushed chillies	<b>Kettle Foods</b>	Lentils
Ground coriander	Pot Noodles	Olive oil
Black pepper	Cuppa Soups	*Vegetable oil
Salt	Tinned potatoes	*Bisto
	Sachets dried mash potatoes	*Veg stock cubes/bouillon

	Ring pull ham tins	Broth mix
	Breakfast bars	Jam
	Cereal bars	*Sugar
	Individual packets sweets	*Jelly

**NOT REQUIRED LIST**

Pasta	Shredded Wheat Cereal	Grapefruit
Pearl Barley	Muesli	Prunes
Marmalade	Alpen	Long grain rice
Salad cream/Mayonnaise	Red Kidney Beans	Chickpeas
Toiletries	Clothing	Bedding/duvets/towels

**Below is an extract from a letter to Greenbank from Deacon Claire Herbert, the LHM Chaplain. Heartfelt Thanks from the Lodging House Mission**

I am writing to acknowledge and thank the congregation of Greenbank church for your donations of food, which will assist us in our work with people who are experiencing homelessness, vulnerability and social exclusion here in Glasgow.

LHM Harvest Appeal launches on 4th September 2023. At LHM, we seek to make a positive difference to the lives of those we support. The provision of a healthy breakfast and lunch 5 days a week, is often the beginning of a trusted relationship leading to intervention and support. Our Day Centre offers shelter where individuals know they will not be judged and can always find companionship.

Our Harvest Appeal replenishes more than 2/3 of the food we require to run our café and hot food service for the year ahead and enables us to continue to provide over 28,000 hot meals throughout the coming winter months.

We are very aware that LHM can only carry out the mission to those on the margins through the generosity of supporting churches and organisations such as your own. On behalf of everyone at LHM you have our heartfelt thanks for your support. We encourage you to share our Harvest Appeal information through your church community and parish.

If you are able to volunteer a few hours to sort donations, please email June, manager; [june.macleod@lhm-glasgow.org.uk](mailto:june.macleod@lhm-glasgow.org.uk).

***Let us not become tired of doing good; for if we do not give up, the time will come when we will reap the harvest. (Gal 6:9 GNT)***



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**GOOD NEIGHBOUR CONTACTS**

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