

# thegoodneighbour

OCTOBER 2023



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

GreenbankParish  
CHURCH

# Parish Register

## BAPTISMS

17/09/23 Jaime Stewart , Quarrybrae Avenue, Clarkston  
17/09/23 Blake Holden-Stewart, Ailsa Drive, Giffock  
17/09/23 Lauren Holden-Stewart, Ailsa Drive, Giffock

## DEATHS

03/08/23 Mrs Christine Byrne, Hawthorn Court, Busby  
08/09/23 Mrs Elizabeth Syme , Riverside Gardens, Busby  
20/09/23 Dr Elizabeth Arklie, Kilmory Court, East Kilbride

*"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

1 <sup>st</sup> October	10.30am	Harvest Thanksgiving Service
8 <sup>th</sup> October	10.30am	Worship, Sunday Club and JAM led by Rev. Dr John McPake
15 <sup>th</sup> October	10.30am	Family Worship led by Re. Dr John McPake
22 <sup>nd</sup> October	10.30am	Family Worship
29 <sup>th</sup> October	10.30am	Worship, Sunday Club and JAM
5th November	10.30am	Sacrament of Holy Communion

Glasgow Presbytery have appointed Rev . Dr John McPake as Interim Moderator to Greenbank Parish Church.

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.

**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

It's hard to believe that Sunday, 1st October will be the last time I will lead worship in our sanctuary as the Minister of Greenbank Parish Church. It has been a privilege to serve as Greenbank's sixth Minister and to be the first female to do so in the church's 139-year history.

I have spent all of my ministry at Greenbank and saying good-bye is not easy, nor should it be. The past twenty years at Greenbank have been happy ones and very memorable. During this time, it has been a great pleasure to conduct the marriage services of all my children and to christen three of my grandchildren. With the arrival of two sons-in-law, a daughter-in-law and 5 grandchildren [with another on the way] my family has most definitely increased in size during our time together. I am thankful for the way the congregation has continually embraced and supported my family and for welcoming me all those years ago as an anxious, and naively optimistic new Minister.

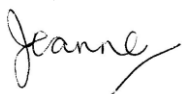
As a congregation, we've shared many memories, joys, celebrations, losses, and challenges together. We have had the joy of welcoming new people into our midst and we have had the pain of losing people we love. We have known moments of kindness and grace, generosity, and love. We have known times of struggle, disagreement, disappointment and even hurt. Such is the way with churches because none of us is perfect.

I think we have also grown together in our understanding of the challenges facing the church of today: an understanding that led us to our Legacy Project through which we embarked on the long and arduous task of addressing the needs of all ages within our community; creating sustainable and fit for purpose facilities and securing a sustainable worshipping congregation of God's people at Greenbank for future generations. Looking forward, my hope is that everyone will continue to build on all that has already been accomplished and see this work through to completion. I will watch your progress as a congregation from afar, as my relationship with everyone at Greenbank is about to change. I will no longer be your Minister and instead be a friend, who will miss you and who will hold you all in prayer as you move into the future without me.

In saying goodbye, I am reminded of the prophet Jeremiah's familiar words, which we have shared many times over the past 20 years – words written on the walls of the room above the vestry, *"For I know the plans I have for you says the Lord, plans to give you hope and a future"*. So, may we move into the future God has planned for us, and for Greenbank, with hope, and may the grace of our Lord Jesus Christ, the love of God and the presence of the Holy Spirit be with us all.

Love and blessings, now and always,

Yours,

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

## 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 any increases in offering income to Greenbank are always welcome. 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 are 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 [alistairsmith@ntlworld.com](mailto:alistairsmith@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 Administrator, 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: [alistairsmith@ntlworld.com](mailto:alistairsmith@ntlworld.com)

## THE SATURDAY BOOK CLUB

The Saturday Book Club will next meet on Saturday the 7th of October when we will discuss chapter 4 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 crèche just off the Hall of Friendship. For more information contact Ronnie McNeill on 0141 577 6503.

# Prayer Diary

'Days are gettin' shorter an' the air a keener snap;  
Apples now are droppin' into Mother Nature's lap;  
The mist at dusk is risin' over valley, marsh an' fen  
An' it's just as plain as sunshine, winter's comin' on again.

The turkeys now are struttin' round the old farmhouse once more;  
They are done with all their nestin', and their hatchin' days are o'er;  
Now the farmer's cuttin' fodder for the silo towerin' high  
An' he's frettin' an' complainin' 'cause the corn's a bit too dry.

But the air is mighty peaceful an' the scene is good to see,  
An' there's somethin' in October that stirs deep inside o' me;  
An' I just can't help believin' in a God above us, when  
Everything is ripe for harvest and the frost is back again.  
("October" - Edgar A Guest)

It's funny how suddenly the mornings are just a little bit cooler, and in the evening it starts to get dark just a bit before you're expecting it, and then before you know it, you're hurtling towards the end of the year.

Jeanne takes her last service at Greenbank on the 1st of the month before she retires, and I know you will all wish her well, and pray that the next chapter of her life brings her health, happiness and peace.

It also means a new chapter for us, so say a prayer that our feet will find the best way forward, and that our Legacy Project progresses smoothly.

Keep in your prayers everyone who has been affected by our struggling planet - floods, earthquakes, fires. All of these cause devastation to the land, and to peoples lives and homes and families.

Last month we ordained two new elders. Pray that they will enjoy the work that they do, and also the new people that they may encounter.

'As thou, Lord, hast lived for others,  
So we may for others live;  
Freely have thy gifts been granted,  
Freely may thy servants give.  
Thine the gold and thine the silver,  
Thine the wealth of land and sea,  
We but stewards of thy bounty,  
Held in solemn trust for thee.'  
(excerpt from hymn 454 'Son of God, eternal Saviour' - Somerset Corry Lowry)

Gillian Foy  
Prayer Promoter [0141 638 6245]

## 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 OCTOBER

	Communion Table	Centenary Chapel	Side Windows
1st October	HARVEST	HARVEST	—————
8th October	Anne Dykes	—————	—————
15th October	—————	—————	—————
22nd October	—————	—————	—————
29th October	Mary Chisolm	—————	—————

A member of the Flower Committee will contact you during the week prior to your date. If you would like to donate flowers to the Church, please put your name on the list in the transept windowsill. If you would like to help organise the Church flowers occasionally, we would be very pleased to have you join us. 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 list in the Transept window sill.

With thanks  
Elizabeth Cross [638 5162]

## THE GUILD

The Guild will resume on Wednesday 4th October at 2pm when we are looking forward to welcoming all our members - and hopefully some new members - once again. Our meetings will be held in the Fraser Hall. Remember to please bring your own cup. Details of the syllabus for the month of October are given below:

4th October	Opening meeting and Re-dedication
11th October	Luckenbooth: A Musical Afternoon
18th October	Oksana Madrodi: Ukraine
25th October	Liz Allan: Isobel Hutchison - Scotland's Greatest Explorer

Enid Dron  
Secretary

## CHURCH CHOIR

The church choir have restarted after the summer break. Everyone is welcome to join us. No previous experience of singing with a choir is required nor do you have to be able to read music. If you would like to try singing with us then feel free to come along on a Thursday evening at 7.30pm (practices are held in the church).

Rehearsals for this year's Lessons & Carols service will commence on Thursday 26th October at 8.15pm in the church. Anyone who wishes to join the choir for this service is very welcome. The service will take place on Sunday 17th December.

For more information please contact the organist, Peter Howard.

## TIME OUT

The new session started out with a Cheese and Wine evening which was a great success. We have also discussed our upcoming plans. October 5th sees us welcoming the RNIB and on October 19<sup>th</sup> *Medics against Violence*. They will both be very interesting evenings and would welcome new members to come along.

Susan Mowat  
stusue.mowat@hotmail.com

## GREENBANK'S 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.

Our next event is the **Sip and Shop Craft Fayre on Friday 27th October from 7.30 till 9.30.** Over 35 stalls have been booked and it promises to be the ideal opportunity to start your Christmas shopping whilst mingling with friends. Please see the list of stalls below. Tickets, priced at £5, include a glass of Prosecco or orange juice, and are available after Sunday worship, by reserving through the church office at [office@greenbankglasgow.org](mailto:office@greenbankglasgow.org) or purchased at the door on the night itself.

Stall holders- bunting, tablet, jewellery, pet products, designer inspired fragrances, reusable fabric items, Body Shop at home, soaps, wax melts, reed diffusers, candles, glass/wood/slate/shell ornaments, resin crafts and memorial gifts, gloves/brooches/bracelets/scarves, crystals/incense/holistic items, hand drawn cards and paint by numbers canvases, sewing and embroidered items, crocheted handbags/purses/wreaths/pumpkins, needle felt pictures, bottle lights, cupcakes, felt decorations/patchwork, homemade fragrance products, sewing items/children's aprons, Christmas baubles and cards, spectacles, hand stamped vintage silver plated cutlery, knitted hats, baby knits, Scottish themed household items, pottery, tote bags/make up bags/key rings, plaster of paris shapes for painting, personalised gifts, natural skincare products.

Preparations are well underway for the **Christmas Fayre on Saturday 25th November from 10 till 12 noon.** Organisations have been contacted to see if they want to have a stall. There will 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. Labelled boxes will be situated at the link building doors to receive any tombola or home made donations. Home baking for the tearoom would be gratefully received at the kitchen on Friday 24th between 6.30 and 7.30 or on the morning itself.

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 refreshments 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)

## CLARKSTON COMMUNITY CHOIR

Clarkston Community Choir are back after their summer break, rehearsing for performances around Glasgow in December (including appearances at St Enoch Centre, Princes Square, Greenbank Church and Langside Church). The group are always delighted to welcome new members, and no prior singing/music reading experience is required to join in - just come along and sing!

They meet every week 7:30-9:30pm in Greenbank Parish Church halls. Anyone interested in joining in can just come along on a Wednesday evening, or alternatively get in touch with any questions at: [clarkstoncommunitychoir@yahoo.com](mailto:clarkstoncommunitychoir@yahoo.com)

## WORLD SMILE DAY



This big yellow smiley face was created by an artist called Harvey Ball who came from Massachusetts in the U.S.A. in 1963. That makes him sixty years old this year. The image of the smiley face was adopted all over the world as a symbol of happiness and good will. However, as the years passed, Harvey became concerned that it had been used and adapted so much by people who used it to sell goods and make money that it had lost its original meaning. Out of that concern, came his idea for World Smile Day. He thought that everybody should make one day a year about smiles and acts of kindness. He declared that the first Friday in October would become World Smile Day. The first one was held in 1999. So be sure to join in the celebration on Friday 6th<sup>th</sup> October and "Do and act of kindness. Make one person smile".

## NATIONAL POETRY DAY

Thursday 5<sup>th</sup> October is National Poetry Day. Maybe you will be reading poetry in school. I like this one about the things that matter to us most.

### My Treasures

These are the treasures that I keep  
I hold them close before I sleep

A silver coin  
a twisty shell  
a leaf that has a lovely smell

These are the treasures that I keep

a birthday badge  
an apple pip  
a very shiny paperclip

an acorn cup  
a curly straw  
a key to forgotten door

These are the treasures that I found  
I keep them safe  
I keep them sound.

Can you write a poem about your treasures?



## Halloween WORD SEARCH



AUTUMN	GHOST	MUMMY	SPIDER
BATS	HALLOWEEN	OCTOBER	SPOOKY
BOO	HAUNTED	ORANGE	TRICK
CANDY	JACKOLANTERN	PUMPKIN	TREAT
COSTUMES	MONSTER	SKELETON	VAMPIRE



The **10th October** is Grandparents Day is the UK's celebration of grandmothers, grandfathers and all grandparents. It is a day to appreciate and show your love for your grandparents.

- You can send a card – make it yourself so it's really personal.
- Give them a phone call or an email or text if they live at a distance. Include a photo.
- Pay them a visit and take something you know they will like – apart from yourself!
- Give them a big hug to show you love them - even if you think you're a bit old for hugs.



Hi everyone,

Hope you have all settled back into Nursery and School and enjoying learning new things.

As you may know, I have now taken on the role of Superintendent for Sunday Club. I just hope I can carry out the role as well as Helen has over the last few years. She was very supportive of the leaders, and we thank her very much.

Lynn and I will continue with the Trailblazers on a Sunday Morning, with the help of Mandy Mallon and Sheena will continue to run Jam and sometimes with Susan's help too.

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. We hope you enjoy all the activities and crafts we have on offer, over the next few weeks.

Sharon

**Dates for October are:-**

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

Sunday 8<sup>th</sup> October – Sunday Club as usual

Sunday 15<sup>th</sup> & Sunday 22<sup>nd</sup> – Family Worship in Church (Sunday Club on holiday)

Sunday 29<sup>th</sup> October – Sunday Club as usual

**Sunday 5<sup>th</sup> November – Communion** – Sunday Club will join communion in Church

Sharon Leckie

Sunday Club Superintendent

## APPLE BITES FOR HALLOWEEN

### Ingredients

- 2 green apples, each quartered
- butter or spread
- 32 sunflower seeds
- 2–3 strawberries, sliced
- 1–2 googly eyes for each bite



### Instructions

1. Cut the middles out of each quarter of the apple to create a mouth. Don't worry about perfection, you are filling this gap with butter anyway so if you cut too deep, you can always just cover it up and no one will know.
2. Coat the inside of the cut gap with a filling of sunflower butter or spread.
3. Place 4 sunflower seeds on the top of the "mouth" for the teeth.
4. Place 1 sliced strawberry inside the mouth for the tongue.
5. "Glue" each eye above the mouth with a dab of butter to stick.
6. Serve with a smile.

## JOKES FOR HALLOWEEN

How do vampires get around on Halloween? On blood vessels.

Why did the Headless Horseman get a job? He was trying to get ahead in life.

What do ghosts wear when their eyesight gets blurred? Spooktacles.

Where do fashionable ghosts shop? Bootiques.

What do you call a fat pumpkin? A plumpkin.



# News and Updates

**ARTICLES FOR THE NOVEMBER 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 15<sup>th</sup> OCTOBER PLEASE**

## STAMPS

Many thanks to those who have recently handed me stamps. Please keep collecting all used postage stamps from letters and postcards. (Entire postcards are not currently collected.)

You can hand them to me after Sunday Service. I'm there most weeks. I can also be found at the Guild on Wednesday afternoons (October through to March). You can also deposit them in one of the boxes in the Church Vestibule.

Elizabeth McKenzie (384 2648)

## GREENBANK PLAYERS

We're back!!

Yes, the Greenbank Players will be back next year on the 15th and 16th of March. Keep a night free and come and support us. Watch this space for more details in the coming months.

## 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

## BUSHIDO KARATE CLUB

We have started preparing for the Associations Black Belt Grading in November where we will be putting forward a number of students for their Black Belt.

Some interesting facts about Karate:-

1. Karate is a Martial Art that originates from the Japanese island of Okinawa. Karate is a highly effective system of self-defence, and also an excellent form of exercise that promotes a number of life skills and values. Karate means 'Empty Hand' – Kara(empty) and te(hand).
2. Karate focuses on strikes and kicks but also contains other techniques including joint locks and throws.
3. Gichin Funakoshi is known as the 'Father of modern Karate'. He is the founder of Shotokan Karate which is the most well-known karate style. This is the style we practise at Greenbank.
4. Shotokan is made up of 2 words in Japanese. The first is Shoto which was the Pen name of Gichin Funakoshi. The second is Kan which means house. Shotokan literally means 'Shoto's house'.
5. Most Karate training involves solo training (Kata and Kihon), partner practice (bunkai), and sparring (kumite).
6. Karate made its debut for both sparring and forms at the 2020 Tokyo Olympics (postponed to 2021 due to Covid-19 health concerns).

## GREENBANK OFFICE

A warm hello to everyone. My name is Katrina McAldine and I am the new Admin in the office. Most of you might remember me! I have loved working for the church so far and appreciate the opportunity. Everyone has been so warm and welcoming. Please don't hesitate to get in touch or pop in to say Hello.

### HARVEST THANKSGIVING-SUNDAY 1 OCTOBER

The Harvest Thanksgiving Service will take place this year on Sunday 1 October when you are invited to donate to the Lodging House Mission. The Harvest Appeal replenishes more than 2/3 of the food required for the café and hot food service for the year ahead. Please see the lists for the items required and those that are not needed. For this Sunday only foodstuffs should be left in the **Centenary Chapel** before the service.

There will also be a retiral offering for the LHM on this Sunday. If you would like to Gift Aid your donation, envelopes are available in the church vestibule and in the Link building. Your gifts of food and money are hugely appreciated.

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

### HOMELESSNESS ANNUAL SERVICE

In recognition of World Homelessness Day the LHM are holding a service on Wednesday 11 October at 7pm. The Guest Speaker will be the Rt Rev Sally Foster-Fulton. Refreshments are available after the service. All are very welcome.

### DO YOU LIKE TO KNIT?

The LHM are planning a Christmas exhibition of patchwork blankets, which will be displayed at the Christmas Carol Service on 13 December and then sold to raise funds. Further details on how you can be involved in this project are on a poster in the halls corridor or copies of the poster can be found on the trolley in the Link building.

### DONATING

**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

### NOT REQUIRED LIST

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

### LISTS OF FOODS

Cereal	Tinned Fruit	Tinned meat/fish
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
<b>*OUT OF STOCK URGENTLY NEEDED</b>		

## FOOD FOR THOUGHT

The 5<sup>th</sup> of October is National Poetry Day. This poem, 'Refugees' by Brian Bilston, demonstrates how poetry can be used to tackle preconceptions, prejudice and injustice.

They have no need of our help  
 So do not tell me  
 These haggard faces could belong to you or me  
 Should life have dealt a different hand  
 We need to see them for who they really are  
 Chancers and scroungers  
 Layabouts and loungers  
 With bombs up their sleeves  
 Cut-throats and thieves  
 They are not  
 Welcome here  
 We should make them  
 Go back to where they came from  
 They cannot  
 Share our food  
 Share our homes  
 Share our countries  
 Instead let us  
 Build a wall to keep them out  
 It is not okay to say  
 These are people just like us  
 A place should only belong to those who are born there  
 Do not be so stupid to think that  
 The world can be looked at another way

(now read from bottom to top)

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