

May 2020 Magazine



All Saints Scottish Episcopal Church

Drymen Road, Bearsden



Rector

Rev Kirstin Freeman

E-mail

revkirstin@freemanhome.co.uk

All Saints Vestry

Web Site: <http://bearsden.church.scot>

Web Site Co-ordinator: Janet Stack (janet.stack@btinternet.com)

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Alleluia, Christ is Risen! He is risen indeed, Alleluia!

Dear Friends

We are all individuals and each of us act and react in different ways when faced with unexpected and new situations. Peter when seeing the empty tomb charged right in, John tentatively followed. They ran back to the upper room, not to say they had seen the Lord, but with the rather less uplifting news that Jesus wasn't there. Mary stayed and continued to look and wonder what had happened to Jesus' body. There in the garden she met Jesus and she went back to the upper room with a different message. Meanwhile those travellers on the Road to Emmaus were so caught up in their own feelings about it all they didn't even realise Christ was right there walking beside them. It wasn't until sometime later that finally they realised his presence with them. Let us not forget those weary fishers on the shore, whose day hadn't gone how they had hoped, and upon recognising Jesus their whole day was turned around. Nor Thomas, how could we forget Thomas, who wanted to see for himself, not out of doubt but out of a deep desire for the incredible to be true.

We today find ourselves living through times that none of us could have ever predicted, and each of us will cope and find different ways to cope through these days. There are a myriad ways of nurturing our faith, even outwith these days, there is no wrong or right way but rather the way that works best for you. If you have found something that is working for you during these times, great, be that on line, off line, live or pre-recorded, reading, praying, whatever. The foundation of our relationship with God is to 'Be still and know that I am God.' If all you can manage to do during this period is to take a moment each day to be still and know that God is there with you, then as long as that is enough for you then, that is enough. If, however, you are still struggling to discover something that encourages and uplifts you, please let me know and I will try and help you discover something.

The cover photograph of this magazine was taken by a friend who stays in The Borders. The ewes expecting twins have been brought down off the hills down to the field beside his home. This photograph is full of expectation of new life. There will be a time when these days reside in our memories not our present. It reminds me of psalm 23, but then sheep beside water always do. However it is more than the usual, maybe it is the sheep by the water looking up, inviting to come and drink deeply. We are all invited, but no one is compelled, and the method of our drinking is not prescribed.

If you are not receiving the emails which are now being sent out twice a week, on a Saturday and Wednesday, please check your spam box. If you still don't appear

to have them please contact me and I will make sure I have your email correctly on the list.

May you know the peace of God that passes all understanding and may God's blessings uphold, strengthen and sustain you, always.

Kirstin

OPPORTUNITIES TO WORSHIP

Sunday

10.30am – 1982 Liturgy (*available on the website on Saturday afternoon*) live Streamed from All Saints. Some files used during the service will be posted on the web page after the service.

11am - Pre-recorded Provincial Service available on YouTube

7pm - In your own home joining with Christians across Scotland in Lighting a Candle and saying a prayer (later on in the magazine there is the prayer issued for use which you can use if you wish).

Tuesday

10.30am – 1970 Liturgy (*available on the website*) live streamed from the Rectory.

Wednesday

5pm – Evening Prayers live streamed from the Rectory from the booklet mailed out to the congregation.

Thursday

10.30am – Prayers live streamed from the Rectory.

At other times

Roddy and Kirstin have been working on psalms for our times. They will become available in the form of a short video on our social media channels and also in word form on our web sites. The hope is there will be a new one each Wednesday beginning 29th April.

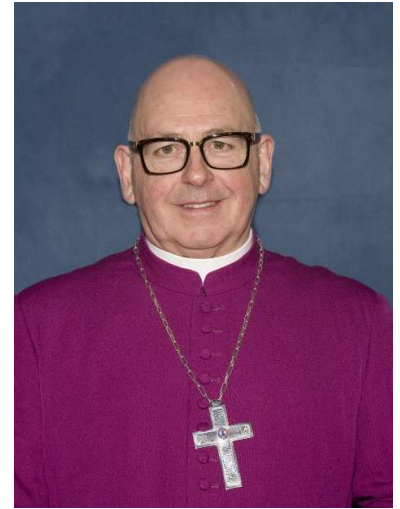


Prayer for Lighting Candle on Sunday Evening

Lord, we are those who journey
And who find that journey hard today.
We are those who journey
And long to find our hope renewed.
Lord in your mercy,
Hear our prayer.
Lord, whether in our own company or with companions beside us,
We journey on.
Whether sure, or unsure, as to our journey's end,
Come beside us through the risen Lord.
Lord in your mercy,
Hear our prayer.
Lord, we pray for others;
For carers of the living and of the dying;
For the bereaved and for the anxious;
For those fearing loss of work and of business.
Lord in your mercy,
Hear our prayer.
Lord, we pray for scientists and researchers;
For those seeking to understand the challenge we face;
For those creating potential vaccines;
For those advising decision-makers.
Lord in your mercy,
Hear our prayer.
Lord, we pray for those who shape our common life:
In local Councils and in Scottish Government
And in the Government of the United Kingdom.
Grant to them wisdom, compassion and understanding.
Lord in your mercy,
Hear our prayer.
Lord, we pray for your Kingdom to come
And for your will to be done,
On earth
As it is in heaven.
Lord in your mercy,
Hear our prayer.
Amen.

Easter 3 sermon from Bishop Kevin

+Kevin our bishop elect led the Provincial service on Sunday 26th April, as he is our new bishop and some of you might not be able to view it I thought you might like to read what he said. This has been typed out by the Rector while listening to it, I think it is accurate, but apologies if I have made any errors.



God is with us, that is what the story of the Emmaus Road is all about.

God is with us, but the Road to Emmaus raises two great questions:

Why does God not make himself known, reveal himself more quickly, more often? Or is the real question, why do I, why do we, not recognise, see God more clearly, more quickly? For God is with us, in the love we share one with another, in the love we feel, love which tells us to use Biblical language, love which reveals, warmth, affection, intimacy. The intimacy that tells us that this one person has my best interests at heart makes me feel special. Then in the words of the disciple at the end of the Emmaus Road, do not our hearts burn within us?

Easter is not cancelled, Easter is not cancelled in 2020, God is with us as we journey even in the midst of things we do not always understand, like the present crisis. And as we journey along that long and dusty road, of isolation and frustration and loneliness, we need to pay attention to these wonderful stories of Jesus' appearances after his resurrection to his disciples. Notice in all the stories of Jesus appearing to his disciples, his body still bears all the wounds of crucifixion and death. His body bears the scars, of the jealousy, greed, anger, guilt, regret, betrayal; all that is worst in human nature, combined in an attempt to kill the most noble of human potential and love, we see in the man Jesus Christ; and remember Jesus Christ was a man, not a concept. The scars show that when we feel the guilt, the anger, the regret, those things we would rather be without when we feel in the tomb, God is with us.

God is with us as Jesus was with the disciples on the journey to Emmaus. He showed, revealed the meaning and purpose of the Hebrew scripture to those disciples. He showed God, had, has, been making himself known in the experience of all his people, but only slowly, gradually does God reveal himself. Cleopas and his friend had Jesus actually there with them, but they recognised his presence only slowly, gradually; only then did they see, recognise, feel, God is with us.

The God who is love brings joy and peace, even, especially out of the tomb of insecurity, fear and cynicism. The story of Jesus' resurrection is the story of love that is stronger than any human experience, even death itself. We meet, see, recognise Jesus in the reality of love which bursts through the cynicism of modern life. The true joy and peace of resurrection we know, as we are being brought slowly today, slowly, gradually, face to face with the facts. That there are nurses who really care for their patients, knowing that their touch may be the very last; GPs, doctors who have the best interests of those on their registers at heart; woman on the tills at the local supermarket who are infinitely patient, as they explain where we are to stand to fill our bags. Teachers, who want to encourage their pupils to flourish, priests who say their prayers and are faithful in service. These are the true signs of new light, hope, true joy, through which the Holy Spirit teaches us to see that God is with us in the love that makes resurrection real. That is why we read the Acts of the Apostles during the Easter season.

This very morning Peter raised his voice in the Gaelic*, and reminded us all of the baptism experience, God is with us we are made in the image of Jesus Christ we bear our scars; but as we read that story we hear Peter again, reminding us that in Baptism Jesus makes us feel special, in the love he has for each one of us. Peter converted those in the crowd, because that is what real conversion is, being made to feel special, because love is of God. But our conversion experience happens gradually, slowly, on the dusty and lonely road of life; conversion takes a lifetime and more, gradually, slowly, do we begin to recognise, to see God is with us, even especially in the midst of things we do not always understand, God makes himself known, real.

Alleluia, Alleluia, Alleluia.

*in the service the Acts reading was read in Gaelic from Stornoway.

ALL SAINTS FINANCIAL ARRANGEMENTS DURING THE CORONAVIRUS CRISIS

Thank you to all members who have altered your financial arrangements to continue your payments to All Saints under new circumstances. We have not yet completed one month under lock-down and until we do, I do not have a complete set of figures which can be compared with for example last year's equivalent period. However, even at this early stage, I can say that congregational giving has kept up quite well, though of course donations for hall usage have tailed off.

If you are wanting to continue donations to the Church, but have traditionally used cash to make them, there are two main ways to continue your giving, as follows:-

- (i) take out a Standing Order with your Bank in favour of All Saints to be paid monthly (or less frequently if that is more convenient);
- (ii) send me a cheque when you wish to donate.

Please do not send cash through the post.

If you are writing a cheque, please use the full Account Name “**Vestry of All Saints Church Bearsden.**”

My contact details are :-

Phone : 0141 942 6819, Address : 1 Kilmardinny Grove, Bearsden, Glasgow G61 3NY, Email : andrew.long200@ntlworld.com.

If you wish to set up a standing order, please contact me to obtain the All Saints Bank Account details.

Finally I should like to emphasise, as I did last month, that All Saints holds considerable reserves, and is therefore in a strong position to be able to weather this difficult period without too much financial stress. I will report to you again with more concrete figures in the next magazine.

Andrew Long, Treasurer

WEDNESDAY LUNCH GROUP – FINANCIAL NEWS

In the last magazine we gave a brief account of the last weeks of the WLG in March, and the untimely end to the 2019-20 programme when the Covid-19 restrictions began to bite. One further piece of information needs to be communicated to lunchers, on the financial position of the WLG. We normally hold a cash float between lunches to facilitate payments before the next meeting and still have the float left over after 11 March, just over £35. However after consultation with Brenda, we decided to donate all the net WLG holdings in the All Saints account to the Glasgow Children’s Holiday Scheme to help them keep going through the coronavirus crisis, as charities have been financially stretched during this period. So during the course of the year we transferred £1273.88 to GCHS, £765 to La Lucia Baby House in South Africa, £200 to All Saints for general expenses and £200 to All Saints towards the cost of the new curtains. Remember that it is not the primary function of the WLG to raise money, although we do run a few supplementary fund raising drives during the year. It is just a result of the generosity of the diners in making their weekly donations, and of the helpers in

giving their time and effort to preparing and serving, which enables us to pass on so much to good causes.

With every week which passes, as we try to keep in touch with regular lunchers, we receive even stronger indications how important the Wednesday Lunches are in the lives of our regulars. All we can do is repeat what we said in the last magazine, “we do promise to start the Wednesday lunches again after the summer, when the (Covid-19) rules permit.” In the meantime, please keep safe.

Andrew Long and Brenda Hadcroft

SOME RESPONSES FROM THE RECIPIENTS OF OUR WLG DONATIONS

We have received the following report from **Douglas Wilson, the Co-ordinator of the Glasgow Children’s Holiday Scheme**, about how the Scheme is coping with current circumstances:-

“Dear Friends,

I hope this e mail finds you safe and well. Clearly, this is a hugely challenging time for everyone across the country and I thought it would be helpful to let you know how the Holiday Scheme is dealing with matters.

“Glasgow Children’s Holiday Scheme continues to operate and the charity is in reasonable financial health to work through this period. As you would expect all our activities are currently postponed. Our caravan holidays at Wemyss Bay Holiday Park are on hold but we have reassured all families who had holidays booked with us that as soon as we are able we will reschedule those holidays so no one misses out.

“We had to cancel both our planned Easter football camps but again and, in partnership with OLA football club, we will run those whenever we are able to. Similarly, the youth group bookings at our caravans will be rescheduled. This summer’s host holidays are also likely to be at least postponed.

“Essentially, when we are able to organise our activities we will do so and looking forward to later this year and into 2021 we will endeavour to extend and offer more opportunities to children and families in an effort to make up for what is being lost this year. This would include additional caravan holiday opportunities and also looking to supporting days out for identified groups. Further details on our programme will be made available as soon as they are finalised and we are able to progress.

"Thanks to your continued support we will be able to offer children the opportunity to get away and make memories.

"Please keep in touch and if you need to contact us please do so by e mail. Many thanks and very best wishes,

Douglas

And a particular message to All Saints, and to the Wednesday Lunch Group:-

"Fantastic Andrew and duly received.

"Many thanks again to you and everyone involved in supporting the Holiday Scheme. I hope you are all keeping well. If there is anything else you need from me just ask.

"Take the very best of care, Douglas."

The following email was received from **Skip and Sheila Collins of the La Lucia Baby House:-**

"Dear Andrew,

"We hope you are well!

"Had a surprise visit from Pauline and friends recently and she informed us of her successful fund-raising for the baby house! We are truly humbled by the generosity of All Saints Church. Subsequently we received a deposit of R15,344.78. (£750)

"We have had a challenging year which included the passing of our precious Andiswa who we loved for one year and two days. She is now present with the ultimate Healer and although our hearts have been shattered by this loss, we believe we honour her best by continuing to care for the many little ones who have no one. Our 60th baby arrived recently.

"The funds received from All Saints will go a long way to help us recover from our recent medical costs relating to 3 visits to the ER and 6 days in ICU involving 2 of our babies. We appreciate your kind generosity.

"Gratefully, Skip and Sheila Collins"

Pauline has now returned from South Africa and had provided some lovely photos and a description of her visit to the home. Some of the photos are on the following page along with her description of her visit. She managed to get back on the last BA flight from Johannesburg and had hair raising tales to tell -maybe at the first WLG lunch.



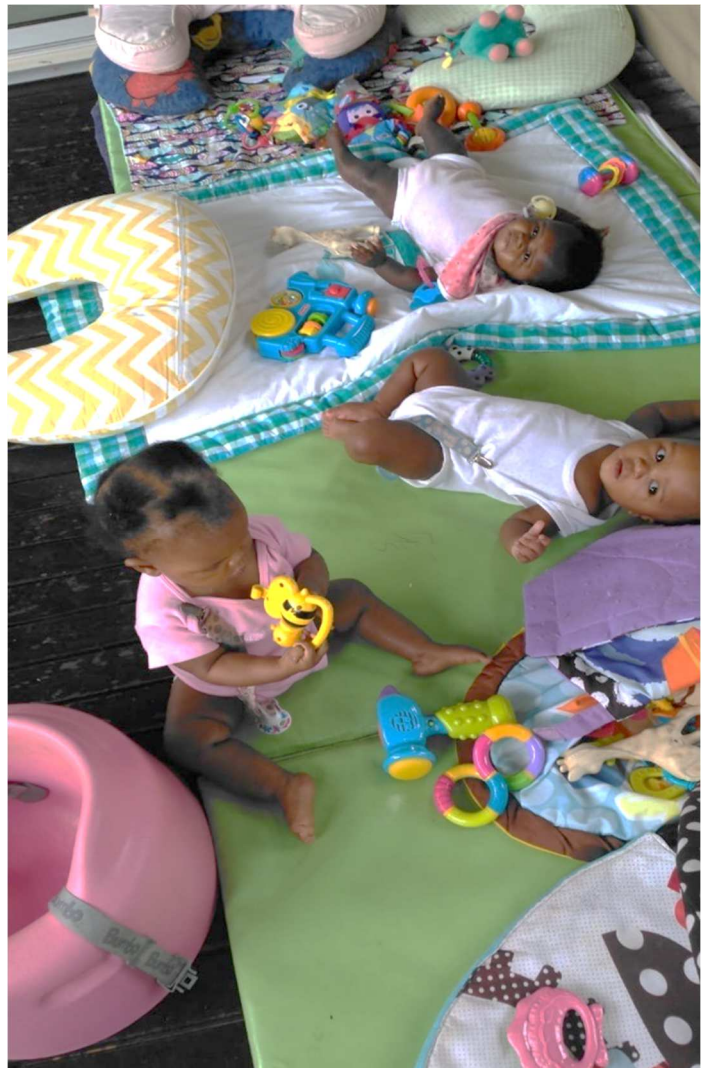
The baby house this year had a very bad time as they had to go to the A&E. They had two babies that had to go in on bank holidays. You have to pay a deposit before you go in, but it was life or death, so they could not go to the government A&E as it was too far.

One baby, the one I am holding, is one of them and she is HIV positive but is now going strong. She is 7 months old but is very small. This one was left in a bag in town on the beach front.

The other one, not pictured, was 6 or 7 weeks premature and was sleeping. She is a very unhappy baby so I did not want to wake her up by taking a picture.

The staff were over the moon when I told them of the gifts and prayers that you all gave to them. They were taking one of the wee ones to get the results back. It was all good so she can now be adopted.

They had some one who made dungarees for them and all the profit is for the babies. There are so many good and caring people in this world and just one small gesture can make a big difference to all.





Supporting Christian Medical College Vellore, South India
Registered Charity No. 209168

Dear Friends of Vellore,

I hope this finds you well despite the coronavirus outbreak and the many challenges it brings.

We have just published our latest newsletter. If you are signed up to receive these in the post, you should receive this issue in the next few days. Alternatively, you can read it on our website here:

https://fov2016.files.wordpress.com/2020/04/fov_issue_152.pdf

This edition has details of **CMC's fundraising appeal to help them prepare for an influx of coronavirus patients** (page 5 of the newsletter). You can also read about this appeal and make a donation on our website [here](#).

Also contained in the newsletter is an article about **Abraham George, who is running the 2020 London marathon** (now on 4th October) **to raise funds for CMC's Low Cost Effective Care Unit** (see page 10). If you would like to support Abraham and this very worthwhile project, you can make a donation on his fundraising page [here](#).

Raise money for Friends of Vellore when you shop online

Did you know that whenever you buy anything online - from your amazon order or a weekly shop to your annual holiday - you could be collecting free donations for Friends of Vellore? We are registered with three different sites that enable you to do this:

1. Amazon Smile: <https://smile.amazon.co.uk/> (select Friends of Vellore UK as your chosen charity)
2. Easy Fundraising:
<https://www.easyfundraising.org.uk/causes/friendsofvellore/>
3. Give As You Live: <https://www.giveasyoulive.com/join/fov>

When you shop at Amazon Smile, Amazon donates 0.5% of the net purchase price of your Amazon order to Friends of Vellore UK.

Easy Fundraising and Give As You Live are very similar but have slightly different retailers registered with them, so one may work better for you than another. It's free to join and every time you shop going via the fundraising site the retailer will make a donation to Friends of Vellore for no extra cost.

Thank you so much for your generosity and support.

Yours faithfully,



Ruth Tuckwell Administrator

Louise has sent the above article from Vellore. I am sure she would be happy to answer any questions you may have. If you are reading this on-line you will be able to access the newsletter from the above link.

CHRISTIAN AID WEEK 10TH-17TH MAY 2020

Evidently, given the circumstances, there won't be a house-to-house collection this year so all you collectors can breathe a huge sigh of relief!

However, Christian Aid was founded 75 years ago when churches came together to help the urgent need of refugees fleeing conflict after the second world war, and though their task now is different, it is in many ways, the same. Christian Aid need your help to create a world where everyone can live a full life, free from poverty.

Christian Aid have some great ideas for virtual fundraising/giving if you go to info@e-mail.christian-aid.org. They will also hold a live-streamed Christian Aid Week service on Sun 10th May at 1.00pm with Dr Rowan Williams which you can sign up to.

The chief executive, Amanda Khozi Mukwashi explains:

"We are embracing our ambition, mandate and destiny, to stop the outrage of poverty, to help dismantle power structures that uphold extreme poverty, injustice and inequality, and use our voice to break the silence."

So, if at all possible, I would urge you to give anything you can manage.

You can send a cheque directly to the local **Christian Aid Office at 290 Bath Street, Glasgow G2 4 JR, or donate online by contacting caweek.org**. Please Giftaid your donation if you are in a position to do so.

The service on **May 17th** will be one designed around Christian Aid Week, so hopefully see you there. Celia

Zoom

Not only are our services now on Zoom but also house group meetings have been using Zoom successfully. Family Zoom groups are also popular -though a cuddle of the baby, seen on the screen, is much missed!

Zoom Meetings with the E group

(aka Jean, Margaret, Celia, Fiona, Gioia, Tracey, Laura, Francine)

The “e group” (as in evening house group) has continued meeting, despite the lockdown, via Zoom. It came as a lovely surprise that a) we all – bar one- managed to log on despite our limited IT skills and b) had a really enjoyable time which, though a little brief compared with our “normal” evenings, was challenging and full of fellowship. It was lovely to see each other again and share our experiences, both good and not so good, of lockdown.

Usually we meet every 5/6 weeks in someone’s house, have a simple one course supper with lots of chat, followed by a discussion based on the chapter and questions of the book we’re reading. Currently it’s “Called by God” by Derek Tidball. Such was the enthusiasm that everyone wanted to meet again in a mere two weeks which was wonderful.

Secretly I wanted to see what background Laura would choose as the first evening she looked like she was floating in San Fransisco Bay the whole time making me feel ever so slightly sea sick! So, another fun Wednesday evening Zoom took place on Wed 22nd April, with the next one due on Wed May 6th. As the (so – called) leader, though you wouldn’t know it if you were a fly on the wall, my delight at how well the meetings are going is slightly tempered by the fact that I’ll need to be finding another resource far sooner than anticipated!

In these strange times, if you are looking to explore your faith a little further in a very low key environment, and have never been to a house group before, this may just be the time for you to dip a toe in the water. My number is 0141 570 0903 if you’d like to find out more about the e group and join us one evening.

Celia

Zoom meeting with The Monday Night House group

The Monday night house group, held at the Stacks once every two weeks, has had a most interesting and unusual passage since January. The majority of participants were planning a visit to the Oberammergau Passion play in May. So the studies followed the action and script of the play.

What a wonderful exercise it turned out to be. We were helped by music and literature supplied by Jenny and Philip who had been once before, but we were led by Andrew who did the most amazing study of the text, background and bible

references. He was ably assisted by Brenda who shared the knowledge from her background in Greek studies.

Mike led us in meaningful and thoughtful prayers and it was a session which has strengthened our fellowship and understanding. But that was not all. The play was postponed until 2022 and it remains to be seen who might make it in two years time.

There was more to come. Andrew managed to assemble us for a housegroup on Zoom. Most of us made it with varying arrival expressions of surprise. In the second week it went even more smoothly.

We are continuing with bible studies on the post-resurrection appearances as recorded by each Gospel writer and we meet again on Monday May 4th. One of our members enjoyed it so much she described it as a “Damascus “experience. So we hope to continue this exercise in this time of social distancing and isolation. It is so worthwhile and so exciting to see familiar faces and hear their voices. A special bonus was that Kaoru joined us again, from Dundee. We have missed Kaoru and Ian since their move to Dundee, so Zoom has advantages!

Thank you to Janet who always masterminds us so ably and to Andrew for doing the hard work and sharing his scholarship. I share with you the closing prayer from last week.

Dear Lord

What a an unusual and interesting but devastating six weeks this has been.

We give thanks for those leading our study, for the careful thought and preparation, for the fellowship it brings and the links to normality in our lives. Let us keep these studies in our hearts knowing that our Lord Jesus Christ is risen and among us. Give us strength to carry out his works in this difficult time in our daily lives. We pray for our church members, our friends and our family and finally for each other may we be strong in our endeavours, our self discipline and our love of you our risen Lord

Amen Let us say the grace together.

Sheena

During our meeting on April 20th, Jean was called to the phone by Ruth Robinson, daughter of Keith, to tell of the death of Keith’s wife Pat, after about 30 years of marriage. Keith initiated and led our housegroup for many years, until he moved to Buxton after his marriage to Pat. Keith, now in his 90s, is being well looked after in a home in Buxton. It will be a sad time for Keith and we remember him in our prayers. He was an inspirational teacher and leader.

40th BIRTHDAY PARTY VIA ZOOM

On 15th April our younger son Ross celebrated his 40th birthday. A party had been arranged for the following Saturday at Carluke Golf Cub which as we all know would not happen. So Ross's wife Elaine came up with the idea of a zoom party.



On the day she sent to us, and Ross's brother and sister too, via DHL a party box. Exciting! In it was champagne, balloons, funny hats, streamers, whistles etc. So all set for 7.00 pm to zoom in together. Birthday boy and family in Carluke, - Guy, Lesley and children in the former rectory in Bearsden, - and Amy and husband in Aberdeen - and us.

It went with a swing as they say. Lots of chat, all talking at once which happens a lot with zoom. Singing, and then Ross's daughter Sophie appeared with birthday cake made by her. Sorry we couldn't have a piece, we just imagined how nice it would have been.

After two hours when we had exhausted all the chat and drunk all the drink, we blew our kisses and said good bye. A memorable occasion that will be unforgettable.

How we've had to adapt in the world we now find ourselves living in!

Elaine and Graham Perrett



A Happy Birthday indeed!

More ways to survive life in Lockdown

As Ken and I have settled into our new normal 'routine' it struck me that life was now similar to my teenage years which were spent at boarding school in St. Andrews. A strict routine of meals, schoolwork (now crosswords and reading), exercise - sport most days but a set walk on Sundays. We even sat in the evening and did our charity knitting !

However, in those days there was no internet, so no WhatsApp chat, FaceTime or emails. Now these have been a godsend when keeping in touch with the family. WhatsApp chat has morphed into video sessions, and Sundays have become quiz night. Each family makes up a round of assorted questions but the youngsters felt left out. So they were charged with making up their own questions for their cousins and, as there are no youngsters in this house, Ken and I had to join in the junior quiz. We thought we were on to a winner until we realised we knew nothing about superheroes or dinosaurs!!

No tennis - help- but the Friday tennis group have been good at keeping in touch. One or two have proved themselves as talented poets. Determined to join in here's my effort - with apologies to Sara Coleridge

Kate Ross

The Months

January brings the snow

Makes our feet and fingers glow

February brings the rain

Thaws the frozen lake again

March brings Covid, swift and vile

And then lockdown for a while

April we have to keep our distance

Because no one has any resistance

May brings hope of moving on

But Boris says 'no way- you're wrong'

June we'd love to play some sets

But no one's taking any bets

Hot **July** brings who knows what

I know my legs have walked a lot.

More Lockdown activities



Mairi's compost corona project (or is it a broch?)

Those who join me in happier times with the All Saints gardening are probably all too familiar with my complaints about our garden at Ardbeg, that its best crop has always been stones. I swear they grow here like marrows and potatoes thrive in more conventional plots!

Like many of us blessed with our own green spaces at the moment, I have been looking for a project to get exercise and take advantage of the glorious weather. As our council, like most others, has stopped collecting garden waste, it has suddenly become much more necessary to think 'home composting'. Normally



we regard our large lawns as a great boon – the perfect excuse to ride round and round on the tractor mower, and the bins provided are just about sufficient to keep up with the cuttings. When you have to find a way to dispose of the grass throughout the season without taking it off the premises, you need to be thinking in terms of an awful lot of compost.

One day blurs into another during this surreal period, so I can't remember offhand when I started, but I couldn't even give it serious thought until I was living at home again. Mum had fallen ill just as the lockdown began, so I was living with her as her sole carer for the statutory fortnight, just in case she had the dreaded virus. (Happily she did not, but was anaemic again and had a chest infection). She's pretty well back to her normal self now, eagerly looking forward to a time when she can see all her friends from the church again. I am now based back at home, merely visiting to supplement her regular carers. I started on my scheme pretty well as soon as I got home, and it is now ready for use (23rd April).

I found a reasonable spot under the trees at the top of the garden, and started to dig. My idea was to start with a hole about a foot deep and six feet square. I then intended to build a drystone wall to the garden side to screen the heap from our favourite sitting out area. For the back and sides of the heap I would use earth banks with more stones in their facings, not forgetting to leave an opening in the corner so the heap can actually be fed. This way the heap should have a considerably greater potential height, while still hiding behind (hopefully) attractive stonework.



About half the stones came from the hole I dug to start the project, and the rest were in the pile left over after creating the patio and stone table at the top of the garden a few years ago. The wall is not the most beautiful example of drystoning you will ever see, but it is reasonably stable. The stony banks around the sides and back will probably settle a bit and will certainly get grown over with weeds,

but who cares? It's a compost heap! And how many people have what looks like a small brooch at the end of their garden?

Gill's Ode to Lockdown

Lockdown's here, we're in this place
Where time has slowed from its usual
pace
We can plan each day in our own way
If we can remember which day is today!

For those at work and those at play
A challenge now for each new day
Workmates only seen on screen
Neighbours social distancing.

With diaries empty there is room
To fill it up with times for Zoom
It gives a chance to interact
To see the faces, hear the chat.

Lockdown's here, what do we miss
A loved one's hug, a grandchild's kiss
We see them only from afar
Across a street or in a car.

Lockdown's here, what do we gain
A calm, undisturbed by car or plane
We hear the birds and see the bees
Admire the blossom on the trees

Nature provides a wake up call
God's world keeps turning, despite us all.

We will soon need to appoint an All Saints Makar. Any more applicants?

A cheery message from Clydebank

A few lines from Clydebank!... We are all keeping well, and are in touch with one another, texting and chatting on the phone. Kirstin has kept us up to date with church matters, sending service & prayer sheets, which is much appreciated. Janet Stack sent the church magazines also.

On a personal level, I have enjoyed the lockdown time watching my garden change over the weeks, the snowdrops faded away, then the daffodils on time for Easter, bluebells now turning my borders blue... When I was a little girl, bluebells meant it was nearly my birthday and my Aunt came to stay for a few weeks, a very special time... Everyone is coping well.. missing church services and of course a catch-up over coffee... Stay Safe..



Janet Shields

Happy Birthday to Janet on May 11th

Pause for Thought

Lockdown began from March 25th at midnight🕒... And now extended till 3rd May It's exactly **40** days from 25th March to 3rd May.

QUARANTINE

The Latin root of the word "quarantine" is "**forty**".

The flood lasted **40** days.

40 years Moses fled Egypt.

40 days Moses stayed on Mount Sinai to receive the Commandments.

Exodus lasted **40** years.

Jesus fasted for **40** days.

Lent is **40** days.

Pregnancy duration is **40** weeks conception - Birth

40 days for a woman to rest after giving birth.

A group of theologians thinks the number **40** represents "change".

It is the time of preparing a person, or people, to make a fundamental change.

Something will happen after these **40** days.

Please know that during this "**quarantine**" rivers are cleaning up, vegetation is growing, the air is becoming cleaner because of less pollution, there are fewer thefts and murders, healing is happening.

The Earth is at rest for the first time in many years and hearts are truly transforming.

*****Remember

we are in the year 2020, and **20 + 20 = 40**

sent by Gill Hamblen

SOME THOUGHTS ON THE PSYCHOLOGY OF SPIRITUAL COMMUNION

Have you ever watched a football match on TV and felt exhausted afterwards, just like you had run about and kicked the ball alongside the players? Or how about listening to a piece of piano music and feeling your fingers tingling even though you haven't played for years? The list of such phenomena is long, and indicates that observing, or listening to, some types of event is a bit like doing them yourself.

Almost 30 years ago the Italian neuroscientist, Giacomo Rizzolatti, claimed to have found the neural basis in the brain of these phenomena. He discovered “neurones” (nerve cells) in the brains of monkeys which responded both when the monkey performed an action and also when it observed another animal performing the same action. These neurones went on to be called “mirror neurones” and have been argued by some to be the basis of a wide range of psychological phenomena related to learning, and even, via their dysfunction, be an explanation for autism. The idea is that these neurones translate what you observe (or, presumably, listen to as well) into things that you can do (or sounds that you can make).

The jury is still out on precisely what these neurones do and, even, that they exist in humans at all (See <http://sitn.hms.harvard.edu/flash/2016/mirror-neurons-quarter-century-new-light-new-cracks/> for an informative blog about recent research). However, since the Covid-19 social distancing measures have come into force we have all had to observe our Rector taking communion on our behalf instead of receiving it ourselves: so-called “Spiritual Communion”. Whilst nobody would argue that observing is *the same* as doing, reflecting on the underlying psychology relating observation to action suggests that, with the additional seasoning of prayerful attention and some imaginative effort, the experience is *as good as*.

I hope that these thoughts will help as restrictions on our worship practice continue ...

David Simmons

SOME THOUGHTS ON SOCIAL DISTANCING

‘Social Distancing’ is an unfortunate term.

During this time of enforced lockdown we are constantly reminded of the need for social distancing that may well extend for much of the remainder of this year. When walking (as permitted for exercise) or shopping it is disconcerting to encounter others making great efforts to give everyone a very wide berth, some even avoiding eye contact! The news media are replete with stories of elderly, lonely and anxious people at this time. Being unable to visit relatives (especially those in care homes), staying largely confined to home (even if this is a small flat with a family), the loss of livelihood facing so many, and the economic consequences will take a major psychological toll. People are naturally social beings; they require the presence and interaction with others for a full and

contented life. The coronavirus cares nothing for this; it uses physical proximity of people to spread its devastating consequences. We should therefore be practising *physical separation*. So what about *social distancing*?

Most of us have access to the internet and telephone. The use of Zoom for our church and related activities has been embraced by Kirstin to excellent effect. I have been impressed by e-mails from neighbours we rarely see offering to get shopping for us. Our telephone contacts with family have become far more frequent and valued. Social media can easily be abused, but can link families and friends in a meaningful fashion. These technologies can provide a good measure of social contact and cohesion and we should all make the best use of them to maintain social contact while practising physical separation. An unexpected, supportive e-mail or phone call may make a big difference those who are lonely or anxious during this stressful time.

David Wheatley

Another happy sailing memory from Mairi and Niall

I think my favourite anchorage amongst our regular haunts is probably on Kerrera, towards the south end. It's easy to get into, and there is an excellent tea garden within walking distance! There used to be a rather splendid parrot sanctuary within earshot as well, which made for an interesting dawn chorus. Even there we did once manage to miscalculate the tide and return from said tea garden to find the boat lying on its side high and dry – and as the engine was not working on that occasion also, we had more interesting times getting out and to the marina at the Oban end.



[*Niall addition:* Mairi asked me to proofread this and I noticed that strangely she did not mention the castle of Gyle, close by the tea garden and well worth visiting for both the history and the view. It is a ruin because a direct ancestor of Mairi sacked it back in the early 1600s – as you can learn from a brief information board at the entrance.

(I note Mairi feels the board's account needlessly sensationalises the admittedly ruthless fighting practices of the time). Some 200 years later, a collateral of hers returned to the collaterals of the castle's owners "the brooch of Lorn", a famous

Scottish heirloom that had been piece of loot from the sacking. Mairi knows her family history very well and I can't think why she forgot to mention this.

Niall later addition: Mairi wishes me to point out that the brooch of Lorn began life as the clasp of the cloak of Robert the Bruce and was torn from him in an ambush in the Pass of Brander, whence he barely escaped with his life. So it was loot that her ancestor looted (and just why it should be 'returned' to its original looters instead of kept by a family descended from Bruce's allies was and remains a debatable point in her Campbell sept).]

Although it's not a good anchorage in anything other than flat calms, we both enjoy visiting South Garvellach island called Eileach an Naoimh (rocky place of the saint). One summer it was spectacularly midgy and we'd forgotten the repellent spray, so fled back to our yacht in haste, but other visits have been idyllic - an uninhabited island, full of history, even an almost intact monks' beehive cell just like the more famous ones on Skellig Michael off the Irish coast.



Double beehive cell, part of
an early Christian monastery

Mairi Ross

(Also one of the Stack's favourite anchorages too -though once I failed to remember that it is wiser to enter in calm weather, much to Bryan's dismay)

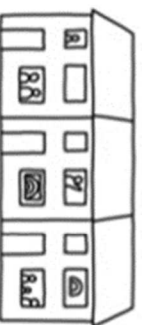
Transatlantic musing

Don't drink the bleach
whatever you do;
If its Covid you fear
there's no remedy here;
It may kill the virus
that's certainly true;
But what good is a treatment
that also kills you?

David Wheatley (another entry for All Saints Makar 2020)

BEATITUDES

FOR A GLOBAL PANDEMIC



BLESSED ARE THOSE WHO STAY INDOORS
FOR THEY HAVE PROTECTED OTHERS



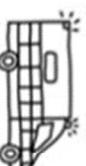
BLESSED ARE THE UNEMPLOYED AND THE SELF-EMPLOYED
FOR THEIR NEED OF GOD IS GREAT



BLESSED ARE THE CORNER SHOPKEEPERS
FOR THEY ARE THE PURVEYORS OF SCARCE THINGS



BLESSED ARE THE DELIVERY DRIVERS AND THE POSTAL WORKERS
FOR THEY ARE THE BRINGERS OF ESSENTIAL THINGS



BLESSED ARE THE HOSPITAL WORKERS, THE AMBULANCE CREWS, THE DOCTORS, THE NURSES, THE CARE ASSISTANTS, AND THE CLEANERS
FOR THEY STAND BETWEEN US AND THE GRAVE, AND THE KINGDOM OF HEAVEN IS SURELY THEIRS



BLESSED ARE THE CHECKOUT WORKERS
FOR THEY HAVE PATIENCE AND FORTITUDE IN THE FACE OF OVERWORK AND FRUSTRATION



BLESSED ARE THE REFUSE COLLECTORS
FOR THEY WILL SEE GOD DESPITE THE MOUNTAINS OF WASTE



BLESSED ARE THE TEACHERS
FOR THEY REMAIN STEADFAST AND CONSTANT IN DISTURBING TIMES



BLESSED ARE THE CHURCH WORKERS, THE DEACONS, PRIESTS AND BISHOPS
FOR THEY ARE A COMFORTING PRESENCE IN A HURTING WORLD AS THEY CONTINUE TO SIGNPOST TOWARDS GOD



BLESSED ARE THE SINGLE PARENTS,
FOR THEY ARE COPING ALONE WITH THEIR RESPONSIBILITIES AND THERE IS NO RESPIRE



BLESSED ARE THOSE WHO ARE ALONE.
FOR THEY ARE CHILDREN OF GOD AND WITH HIM THEY WILL NEVER BE LONELY



BLESSED ARE THE BEREAVED.
FOR WHOM THE WORST HAS ALREADY HAPPENED. THEY SHALL BE COMFORTED



BLESSED ARE THOSE WHO ARE ISOLATED WITH THEIR ABUSERS
FOR ONE DAY - WE PRAY - THEY WILL KNOW SAFETY



BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS; ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO WORK FOR PEACE AND WHO MODEL MERCY
MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN