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**Friday 24<sup>th</sup>**  
**July**



# What's happening this week...

## All things Church

**A lot can change in the space of a week and you will know that the government are continually changing, and lifting, restrictions. Although church services have been allowed to restart, there are still plenty of restrictions on the how they can take place.**

Although we are not opening New Kilpatrick's doors just yet, plans are being put in place for when we can do it safely, following both government and Church of Scotland guidelines and regulations. Keep watching this space. Whenever it happens, it will be very different to what worship was like the week we stopped in-person services. But each week we get a bit closer to reconnecting in person.

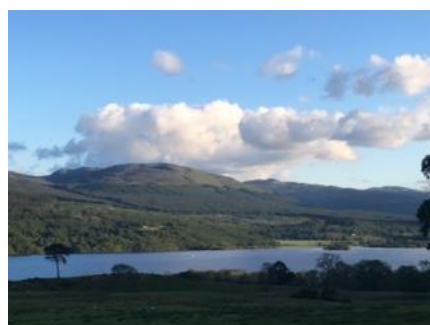
While we prepare to move in a new direction, we also want to recognise what has happened. Each day we have been posting a prayer on the website. Several people have asked if some of them can be collated and made into a booklet. This is where we would like your help. If you have any favourite(s), let us know, telling us why it/they have spoken to you. We will then publish as many as we can to be used by the congregation, and perhaps further afield.

If you would like to help with this project, please go onto the website, visit the [daily prayer page](#), and select the one(s) that speak to you, sending them to us with any thoughts or stories or experiences you have. You can do this anonymously. We will ask your permission to publish your reflections when we get around to that. In addition, if you would like to write a prayer for the website (again anonymously if you wish), then please do so and we will post it. It does not have to be long, deep or meaningful, but to express some hope, concern, longing, joy that you have. Send it to the [church email address](#).

## Postcards from...

The summer holidays are here, (according to the calendar, not the weather) and we can now travel further than the front garden! So, if you find yourself away on a day trip or for longer, if you can, send us a postcard or an email. Some postcards may even end up on the video service online. Remember to stay safe and within the guidelines...

Here is the latest to arrive and it looks a lovely place to be:



A view from the Bothy overlooking Loch Tay where we escaped to last week. No planes and few cars, it was peace and tranquility, with a few sightings of osprey, stoat and red squirrels - and Roddy from his garden - perfection! Pat and Neil Macnair.

## *New Kilpatrick Ramblers*

**On last week's Sofa Surfers, Ken Winch and Jim Morris, took us on a ramble through the countryside of Bearsden and beyond.**

Unfortunately, the group is closed until Covid restrictions are relaxed however that does not mean we cannot get out and about on our own or in small family groups. Ken and Jim have put some rambling information together (shown below) from their talk so we can all gain from their experience and I am sure they would be happy to talk to you if you were thinking of venturing out.

EDLC HEALTH WALKS: Monday, Allander Centre 10.30am, Tuesday Milngavie Library 12.00

BEARSDEN MILNGAVIE RAMBLERS: three groups offering easy to strenuous walks

NEW KILPATRICK RAMBLERS: Easy weekday walks plus alternate Saturdays – *Back as soon as they can.*

### **FINDING WALKS**

**MAPS** (Web Sources)

WALK HIGHLANDS.co.uk – best overall site for Scottish walks of all grades.

LOCAL AUTHORITIES: East Dunbartonshire – has footpath path maps to local villages.

Other Councils have maps of walks in their districts. To find them, insert the authority name and add walks.

RAMBLERS ASSOC: Medal Routes – 8 local walks in East

Dunbartonshire plus other Local Districts and Ramblers Assoc. own walks around Scotland.

**MAPS** (Printed Sources)

Walks around Milngavie (map of 8 walks – see also B&M Ramblers website. Other walk maps available for Strathblane, Killearn,

Drymen, Callander etc available from local shops and tourist offices.

ORDNANCE SURVEY 1:50,000 & 1:25,000 and HARVEY paper walking maps also Digital O.S. GB Maps by Annual Subscription from Dash4it.co.uk including 30% discount.

### **Publications**

*West Highland Way* by Aitken & Smith. Publ. Birlinn. Includes a guide and a Harvey strip map.

*The Greatest Guide to Walking & Mountain Hiking*. Publ. Greatest Guides

*The Walkers Friend*. Summersdale Publishing

## **DiABETES UK**

At the beginning of July, I took up the One Million Step Challenge for DiABETES UK. There are 4.8 million people living with diabetes in the UK, the complications of which lead to over 500 premature deaths every week. Walking 10,000 steps a day can help you to:

- Feel more energetic and awake over time



- Look after your blood pressure and heart health
- Achieve and maintain a healthy weight
- Sleep better
- Reduce stress levels

So, I am stepping towards a healthier me, and a better future for people living with diabetes especially after having to spend so much time at home. The challenge finishes on 30<sup>th</sup> September! One million steps do not sound very many until you start counting them up. With any luck I will be finished before the end date or that is my plan... If you want to see how I am doing, please check out my [page](#). At the time of writing, I was at 281,111 steps, but I should have moved on by the time you are reading this Bulletin or I will have a lot of catching up to do! *Jeanette*

### *Button Bands*

Westerton Care Home has said how much the staff like and appreciate the button bands. A huge *Thank You* to everyone who contributed to this very worthwhile, and much appreciated, project.

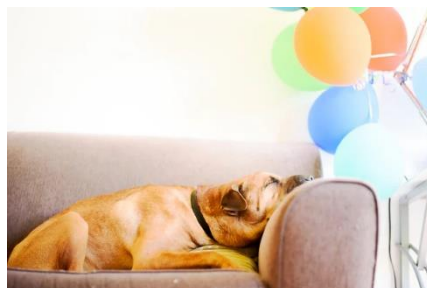


### *Fairtrade Recipe*

As we try out new recipes or dabble with old ones, please feel free to send them in to [Ruth Gettinby](#) so we can share them with others. You might have some really good tips or suggested websites with a focus on Fairtrade ingredients. To get you started, have a look at the links below:

<https://www.fairtrade.org.uk/> and [Coop Fairtrade recipes](#).

### *Sofa Surfers*



On Thursday 30<sup>th</sup> July (how have we ended up at this date already!) our Sofa Surfers Life Hack is heading out into the garden. There will be information and tips, and probably lots of photographs, to help us along the way. Join us at 7.00pm using the Zoom link on the church website

### *Zoomday School*

Sunday's morning Zoomday School is continuing over the summer holidays and the youngsters are even joining in when away on their holidays! It is great to see and hear what they have been up to during the week as well as see the lovely places they are visiting. Thank you!

We hope to do a **Zoomday Picnic** event for the *whole congregation* in August. So, watch this space as more details are given.

## *This week's diary*

### *All the activities this week*

#### **Sunday 26<sup>th</sup> July**

**Podcast & Video services:** from the [church website](#) home page worship banner, from midnight Saturday.

**Phone Service:** dial 0141 465 5774 (after a bit of a pause).

**Zoomday School:** 10am: Beginners; 10.30: Sunday Clan. There is no JFv2 this week as they are joining in with the Sunday Clan group.

**Songs of Praise:** 7.30pm. Just come along and see what hymns members of the congregation have been chosen this week.

**SingSong!** at 2pm on Tuesday 28<sup>th</sup>, joining in with all who enjoy a good sing. Especially designed for those who have some degree of memory loss or dementia. From our Zoom page.

**Quiz Night** at 7pm on Tuesday 28<sup>th</sup> from our Zoom page.

**Sofa Surfers** at 7pm on Thursday 30<sup>th</sup>. This week, we are back with another life hack brought to us by the NKC Gardeners! Everything you needed to know about the garden. From our Zoom page.

**Weekly Bulletin** to be read over breakfast or lunch on Friday 31<sup>st</sup>

**Coffee Pot** at 10.30am on Friday 31<sup>st</sup>, where we catch up with each other and continually say hello to new folk popping in. THE social place, beginning in the virtual lounge on our Zoom page.

**Sunday 2<sup>nd</sup> August:** The video service will take you to the Rt Rev Dr Martin Fair's Summer service. Just click the video link as normal from the website.

**Plus, the website for daily prayers, new psalms, appeals, photos and poems, news, and everything else.**

**For ministerial matters this week, please phone Jeanette Peel on 07449 410119.**

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