

the weekly bulletin

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Friday 10th July



New Kilpatrick Parish Church
Open Hearts, Open Minds, Open Faith

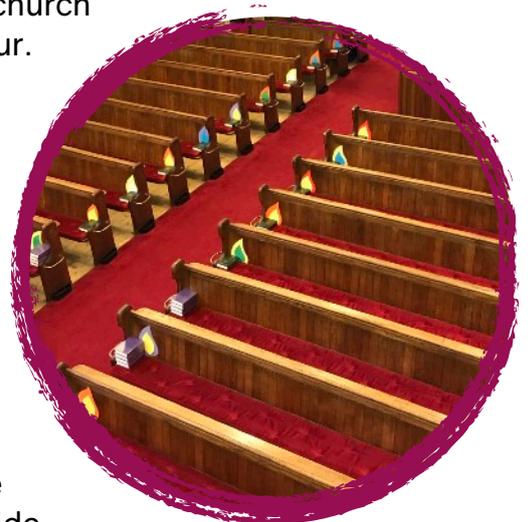
This is who we Are

This week, we have all heard the news that we are moving another step out of lockdown. We're moving into 'Phase Three', which includes the opening up of churches. We have already been working on that, but we won't be opening up immediately. We don't know when exactly, but it will be a while yet.

It won't be 'back to normal' either. Our worship, initially, will have a different feel, with numbers limited, people wearing facemasks and without singing. We'll be socially distanced in the building and won't have coffee after, but we are working on shaping a style of worship that is appropriate and meaningful for where we are and what we are able to do.

Obviously, it takes a while for us to get used to things in each new 'phase', and, as we become familiar with the etiquette of 'Phase Three', we will perhaps discover the things we are asked to do are all based around thinking of the effect we have on our neighbours: what can we do or not do that keeps our neighbour safe, be it distancing, facemasks, or not singing initially? It's actually being church all the time: thinking of our neighbour.

Because of all of that, and how we experience church (both online and physically), it will all feel different. We'll have feelings of loss as well as the possibility of new things. Maybe we need to find a way of honestly describing ourselves that still invites people to be community. Maybe after pandemics it feels safer to admit we are all vulnerable, we have less to hide, and we are all unsure at times. In Sunday's video service you'll hear a group of folk from New Kilpatrick offer a reimagined narrative of who we are: a congregation opening ourselves more, making space for those who feel vulnerable or hurt or confused because, in truth, that's how we all feel. It will be published in the Bulletin next week.



Kipper Williams

'I haven't seen you on Zoom lately.'

Twiddle Muffs

We like to stretch your knowledge of the world in the Bulletin and Twiddle Muffs may just do that in a number of ways.

Twiddle muffs are soft, often knitted, tubes that offer a variety of textures and objects attached to them inside. “Muffs” because they have exactly the shape and size of the hand muffs in which people keep their hands warm, and “Twiddle” because that’s the muffs’ purpose: they give recipients items to stroke and fiddle with – aka “twiddling.” They contain strands of textured ribbons, beads, and various fabrics, attached both inside and outside. In fact, your imagination can go wild as long as it doesn’t include anything that can break or is sharp.

One of the effects of dementia is anxiety or agitation. All of us will recognise this in people we know, and Twiddle Muffs give those restless hands something to do, and eases anxiety and agitation.

There are a number of patterns online, just search for ‘Twiddle Muffs’, but you can go directly [here for one from the NHS](#). Send us some photos, if you are able to make them, and, once you have, you can send the photo to the [church office email](#) and the muffs to the Church Hall and we’ll send them with a note. Church address is 28 Kirk Place, Bearsden, G61 3RT, or pop them through the letterbox.



Fairtrade Recipe

Great that Gavin's Mill is now open Wednesday to Saturday each week, with an outside eating area for the café, as well as take-away food. The online shop is still in operation too. These volunteers are amazing. And fantastic news that the building is now owned by Gavin's Mill Community Project. This is the result of lots of hard work and fundraising and the generosity of everyone who has supported the shop and project. The trustees, staff and volunteers will continue to need that local support so please try to do some shopping there.

Many of us will have been trying new recipes over the lockdown period, perhaps because we have had more time to cook, families at home for three meals every day (plus snacks), or because temporary shortages made us more creative. A few folk have had invitations to join email recipe-swap chain emails, some with limited success. Some of you may have found the New Kilpatrick Instagram Fairtrade recipe week recently. It might be fun to try a more accessible way of sharing kitchen successes: an online Fairtrade recipe book. You are invited to send in recipes you have enjoyed, with tips if appropriate, or suggest websites with a focus on Fairtrade ingredients. Please email to [Ruth Gettinby](mailto:Ruth.Gettinby).

Follow the links below to whet your appetite:

fairtrade.org.uk

[Coop fairtrade recipes](#)

or simply google Fairtrade recipes! Please share the ones you like with us.

And remember, if your holiday this year is a day out picking your own fruit to make jam, swapping even one of the bags of sugar to a Fairtrade brand will make a difference. "Every little helps..."



Postcard Particulars

Remember to send a wee postcard or photo to us if you manage away for a few days. We'll read them out on the video service, and a few might appear here too. Send to mail@nkchurch.org.uk.



Songs of Praise

We sing together at 7.30 on Sunday (12th July) on Zoom. You can join us by phone (0131 460 1196 - Meeting ID Number: 892 0978 4128). Five folk from the congregation introduce a hymn they like and why they like it, and we all give it laldy, singing as loudly as we like, as we are all muted.

Hasie Young

You may have read in the paper that our oldest member Hasie Young, at 104, has recovered from Covid-19 and, after three months was able to meet with his daughter again. "I can't hear you or see you, but I know you are there" he said. "It was quite a thrill" meeting her socially distanced in Erskine's courtyard. Well done Hasie.



Tuesday Quiz

John McGee is our quizmaster every Tuesday night for our ever-popular half hour of cerebral gymnastics. John, however, is very happy to invite anyone to create a quiz; it could be on a particular theme or subject or idea, usually multiple choice. If you are interested in creating a 15-question quiz then please do so, send it to the church and John will read it out. If you send it in anonymously and come along to the quiz, you might get one of the higher scores!

QUESTION

1- A B C D

2- A B C D

3- A B C D

4- A B C D



Sofa Surfers

This week's sofa surfers is a complete ramble, but in the best possible sense. Ken Winch and Jim Morris will offer a 'Life Hack' edition of Sofa Surfers and lead us through some of the rambles we have locally, as well as further afield. They'll offer insight and advice on what you need, what maps, how to get there, and some of the things we'll find when we do. Thursday 16th at 7pm on Zoom.

We'll get the information published here next week so you don't have to scribble away or try and draw directions on how to get to places. Lockdown is easing so we're providing you, with perfect timing, a socially distanced day out.

The Weekly Diary

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

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

All these services are posted for a week, so you can log on at any time convenient to yourself, no matter where you are.

Zoomday School: 10am: Beginners; 10.30: Sunday Clan; 11.15 JFV2. The last before the summer relaunch.

SingSong! at 2pm on Tuesday 14th, joining in with other voices all who enjoy a good sing in community. Especially designed for those who have some degree of memory loss or dementia. From our [Zoom page](#).

Quiz Night at 7pm on Tuesday 14th. All that time to study over lockdown is worth it at the quiz, from our [Zoom page](#).

Sofa Surfers at 7pm on Thursday 16th: This week is a Life Hack edition on how to Ramble (by foot and not by mouth). Ken Winch and Jim Morris help us out by telling us some good local walks, what you need, how to get organised, and what we might see on the way. Via our [Zoom page](#).

Weekly Bulletin published in time to read over breakfast on Friday 17th

Coffee Pot at 10.30am on Friday 17th, 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](#).

Songs of Praise (now fortnightly so the next one will be Sunday 26th) Lots to happen before then.

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

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