

Friday 22<sup>nd</sup>  
May

# Weekly Bulletin

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## *Mental Health Awareness Week*

Last week was Mental Health Awareness Week and the church made space for displaying pictures and images of this week's theme of Kindness.

*Mental Health  
Awareness Week  
Take Part*

Now, more than ever, acts of kindness towards our family, friends, neighbours, and further afield has played such an important part as we slowly move through this pandemic.

The children started off Kindness Week off by drawing or writing something which expressed how they saw kindness being lived out.

And now we are all joining in. How is kindness exhibited to you just now? Where is it happening in and around the community? What does it say about our community



*Click the image  
to play the video*

and church?

All the details you need to take part, and the gallery of work, can be found at [nkchurch.org.uk/kindness-week](http://nkchurch.org.uk/kindness-week).

Just in case you are shielding and isolating just now, here are snapshots of the New Halls Windows. Don't they look fabulous? The poems are coming in from youngsters in our community and in collaboration with the local schools. Thank you to all the budding poets and artists. You really help brighten up the day as we walk past and look at the photos online. Thank you 😊

*The New Halls  
Window Display*





### *Christian Aid*

**A huge thank you** to all who have been able to donate towards Christian Aid Week by going online to [christianaid.org.uk](http://christianaid.org.uk). Every donation genuinely makes a difference.

We are aware that not everyone feels secure donating online. If you would still like to donate to Christian Aid, then you can pop your donation into an envelope marked 'Christian Aid' and hold onto it till it is safe to collect, or you may wish to pop your envelope through the Manse door on your daily walk, and it will then be put into the church safe till we are able to count.

There is still time to register for [Christian Aid's Climate Change Webinar](#) on Saturday 27<sup>th</sup> May. There will be stories from the Global South, time in prayer and worship, and together you will explore their new campaign - New Deal for Climate Justice.

### *Rt Rev Dr Martin Fair, Moderator*

On Saturday 16 May, The Church of Scotland live-streamed the **installation of the new Moderator**, Very Rev Dr Martin Fair, from the Assembly Halls in Edinburgh. It was, of course, a very different event from previous years, as 2020 is the first year the Assembly has not gone ahead since 1689. You can watch the video on the [Church of Scotland website](#) or on the Church of Scotland [Facebook page](#).

Rev Dr Martin Fair succeeds Rt Rev Colin Sinclair as the Kirk's ambassador at home and abroad. Until such time as the Moderator will be able to undertake such duties, he is remaining in place at his church in Arbroath.

### *General Trustees Webinar*

Registration to take part in a special [webinar](#), to learn how challenges facing the Church of Scotland are being tackled, is now open. Up to 1,000 people can join the session, organised by the Assembly Trustees to discuss the enormous challenges that the COVID-19 pandemic has had on the charity.

The webinar, on Friday 22 May at 11am, is open to people within the ministries of the Church, office bearers, staff, members and volunteers. A copy of the [report](#) can be found on the Church of Scotland website, and any questions to the General Trustees can be submitted beforehand.

*National Church  
News*

*Community  
Engagement  
Global  
Justice*

*Fairtrade*

While our usual activities to raise funds for Christian Aid have been unable to go ahead this year, many of us will have found new ways to donate. New Kilpatrick always responds generously to this appeal.

However, once this time is over, we can continue to play an important role in ensuring better life prospects and greater fairness for our friends across the world, each time we shop, by choosing some items that carry the Fairtrade mark. Remember to look for it in store, and put it into the search box if shopping online.

As we read in a recent bulletin, Gavin's Mill is operating a click and collect service, with delivery available within East Dunbartonshire to folk who are self-isolating. In addition to the Fairtrade tins, packets and jars we are familiar with, yeast, bread flour, fresh bread and pastries from Freedom Bakery and Gavin's Mill café scones are available. Who can resist?

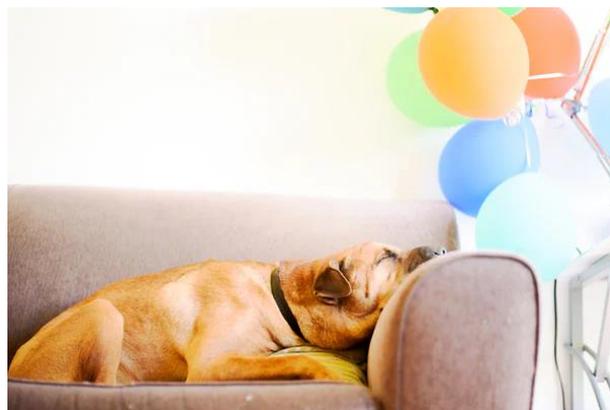
Ethically sourced toiletries and household supplies are also offered, so we can continue to address environmental issues too.

Orders can be placed online between Friday morning and Tuesday lunch time for collection on a Thursday between 11-1, or they will be delivered on a Thursday afternoon. The bakery items will be fresh that morning. Minimum order is £15, and [you can order online here](#).

Please ask a family member or neighbour to help if you are unsure about how to order. Thank you, as we shop with care for ourselves and others, and continue to be advocates of a community of the spirit.

*Sofa Surfers*

*New Group  
Starting  
Thursday*



At 7.00pm this Thursday (28<sup>th</sup>) the new group, *Sofa Surfers*, will be up and running! While lounging around, we are going to be doing something uplifting, encouraging and even life-changing.

It is a combination of a Guild-Men's Association-Probuss-Inner Wheel sort of thing, when someone in the congregation takes over Zoom for 20-25 minutes. It is a time where they can share something interesting about somewhere they have been, a hobby, or skill. Then there is time for questions and chat, and all finished by 8.00pm in time for clap for carers.

The next week we offer a 'life-hack' skill: making masks or how to use your smart phone or how to fix something. Rotating each week from someone in the congregation to the 'life-hack' evening.

Alistair Burrow starts the new group on Thursday 28<sup>th</sup> May at 7.00pm, talking about some of the Soviet 'stans (Uzbekistan, Tajikistan...) with slides and stories. On Thursday 4<sup>th</sup> June we will be all things facemasks with Sally Mudge and Carol Gardiner. They will be looking at making our own face coverings, which will also be good for our skin.

We will laugh, learn and enjoy some stories and new skills together. Every Thursday at 7.00pm on the Zoom Room: Sofa Surfers!

### *Dear New Friend*

## *New Local Care Home Project*

Our "Dear New Friend" letter writing has got off to a great start – remember the time when you had to patiently wait for your friend's letter to arrive by post! This is the time to do it all again, but this time to the care home residents who are missing out on all their family and friend visits.

All you need to do to help is to write a chatty letter, simply addressed to "Dear New Friend", giving a bit of a window on the outside world and letting them know that they have not been forgotten. It is all about sharing some good news, and give the residents something to read about what people have been getting up to - baking, gardening, seeing nature on walks - any funny incidents or uplifting things that have happened. The person receiving the letter is under no obligation to write back, but if they do, we could become pen pals.



It is hoped that some of our youngsters and their families may like to join in too. The youngsters could maybe draw a picture or write a few words (no photos of themselves please) and send that along with a note from an older family member. It also gives everyone a

chance to be involved, and the wee ones something else to do!

The staff will "quarantine" the letters for a few days, to avoid contamination, and will distribute them to people who will enjoy them. All you need to do is address your letter to "New Friend, Care of the particular care home", and send it off. (Hint: you could write the same letter to more than one care home). If you would like to write letters but can't get out to post them yourself, please let us know and

we will arrange to collect them, or if you have email you could send them to Jane Gordon ([jane@gordon1.eu](mailto:jane@gordon1.eu)) and she will distribute them.

### *Button Bands*

#### *Button Bands*



A volunteer scheme running in Perth who, with local nurses, have invented a sturdy, washable button band that helps elasticated face masks fit much better. It is worn at the back of the head and the elastic is looped round the buttons. The organisers uncovered a huge need in and around Perth. Jane Gordon has been in contact with our local care homes and Karen Doherty is checking with NHS colleagues.

So far both Antonine House and Buchanan House have got back to say they would welcome a supply of the bands. Now we are hoping to get a team together to help organise this. How about you? Can you help?

Please contact Ruth Gettinby ([rgettinby@aol.com](mailto:rgettinby@aol.com) or telephone 0141 942 9653 / 07753 186333) if you wish to get involved in this really worthwhile initiative. There is a link to the detailed instructions on the website.

### *Worship is now NOT all online: you can now phone-in*

*Phone-in  
Dial-a-Service*



**During isolation you  
can phone the  
podcast to hear the  
New Kilpatrick service  
each week.**



**It is a local call and  
lasts about 20  
minutes.**

Worship is no longer only available for the internet community as the podcast is now available over the telephone. Anyone can phone in, at any time, by using the number above. It is a local call and lasts the length of the podcast which is around 20 minutes. You will hear a voice telling you that the podcast will begin shortly. There is a short pause and then it will start. So, please tell those who have no internet access about this service - no pun intended. This way, no one needs to miss out on our core activities, and everyone has access to Sunday's service.

### *Budding stars*

## *Looking for Volunteers*

Given we are going to be offering worship in the variety of ways we are doing for a while yet, it would be good to hear more familiar voices, reminding us we are community. If you are interested in reading a lesson or some other piece to be recorded by phone or on Zoom then please drop us an email.

We would normally just use an audio file, so you wouldn't have to worry about how your hair looks after two months of lockdown. You are quite safe. You can even read in your pyjamas: we'll never know. In fact, Roddy is normally lying in bed when he records the podcast!

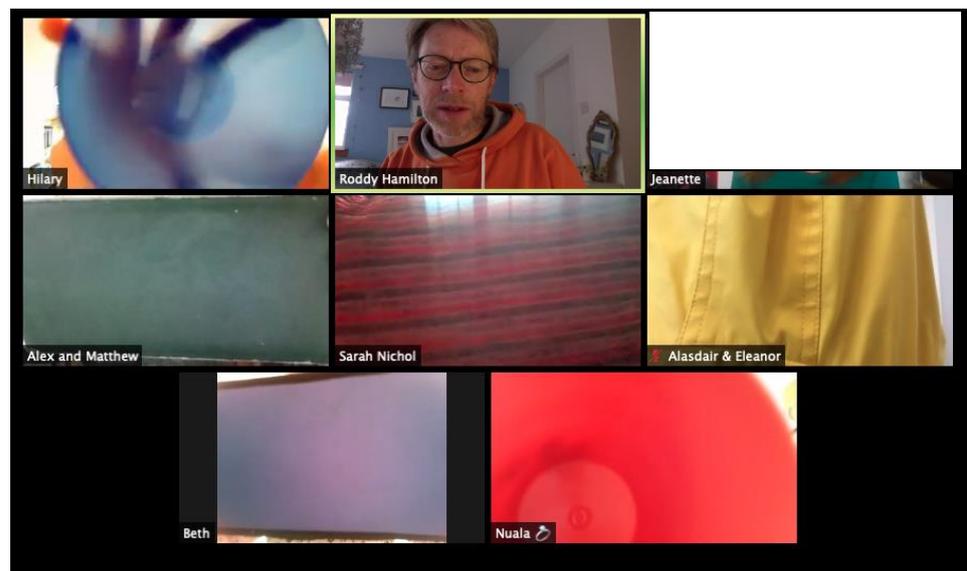
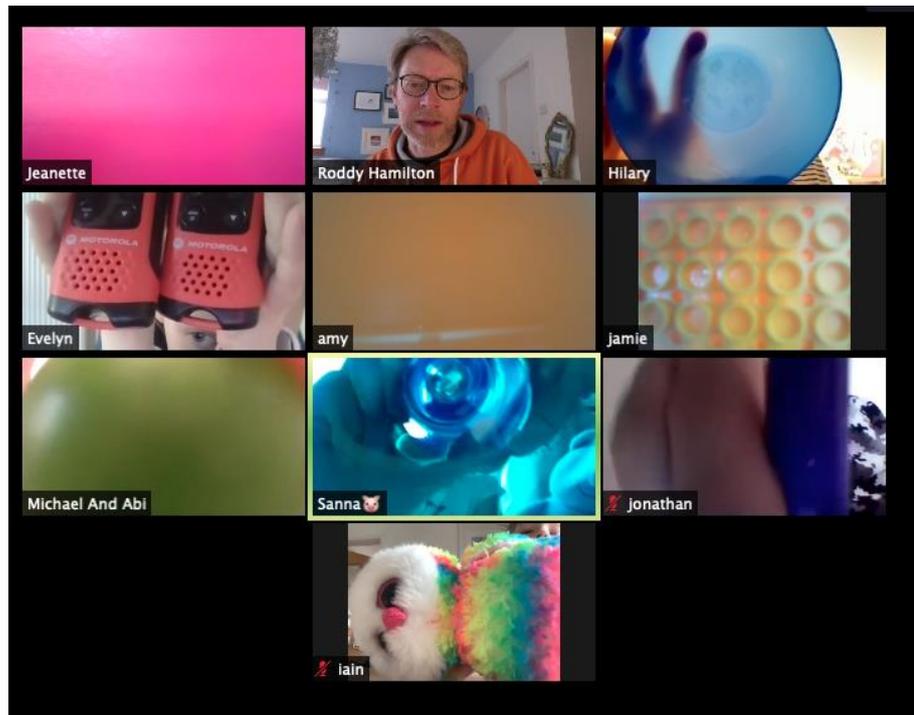
All you need is a smart phone or a computer or tablet to make it possible so looking forward to hearing from you. Don't be shy...

### *Zoomday School*

Sunday's morning Zoomday School has got off to a fabulous start. It is great to see and hear what the youngsters have been up to during the week. They are so comfortable using technology that we should have had them schooling all of us before we went into lockdown!

Last week, as part of the session with the Beginners and Sunday Clan, they went on a rainbow scavenger hunt. They were brilliant and here are the finished Rainbows!

## Zoomday School



They are really keeping busy and engaging with the stories and activities that we are doing on Zoom, which follow our Sunday worship theme.

### *This week's diary*

#### *All the activities this week*

#### **Saturday 23<sup>rd</sup>**

***Saturday Night In*** at 7pm, where WAGs (Working Age Girls) will lead us on a chocolate-filled extravaganza. Do you know your sweets from the 80s and all the new chocolate varieties? Come on in and see! A night of sugar and chocolate overload! You may need to raid the chocolate box for this one...

#### **Sunday 24<sup>th</sup>**

***Podcast & Video services:*** available from the church website.

*New Phone Service*: dial 0141 465 5774 (after a bit of a pause)  
*Zoomday School*: 10am: Beginners; 10.30: Sunday Clan; 11.15 JFV2

**Tuesday 26<sup>th</sup>**

*SingSong!* at 2pm on Zoom.

*Quiz Night* at 7pm on Zoom

**Wednesday 27<sup>th</sup>**

*Babylon Files* at 7pm: discussion about church in this time.

**Thursday 28<sup>th</sup>**

*Sofa Surfers* at 7pm: Alistair Burrow takes us on a journey.

**Friday 29<sup>th</sup>**

*Weekly Bulletin* published

*Coffee Pot* at 10.30am, where we are all randomly sent off to different rooms, just like different tables, and have a blether.

**Saturday 30<sup>th</sup>**

*Saturday Night In* Tonight the JFv2 take over Zoom. It is Talent Night and we will see the JFv2 at their very talented best. As always!

JFv2  
Talent Show



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

**For ministerial matters this week, please phone Roddy Hamilton on 07712 659996 or Jeanette Peel on 07449 410119.**

**Video Service**

Published Sunday morning.  
Go to [nkchurch.org.uk](http://nkchurch.org.uk) and the worship banner.

**Podcast**

Now listen and download directly from the [podcast page](#) on the church website.

**Phone Service**

Phone 0141 465 5774  
To hear the podcast by phone on a 20 minute local call.

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