

SHEBROOKE MOSSPARK



MAGAZINE

September 2022

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INSIDE

- ➔ Adams Letter
- ➔ We remember
- ➔ Session Clerk News
- ➔ Messy Church
- ➔ Rob & Nigel's Cycle
- ➔ Hospice Fundraiser
- ➔ Our Organist
- ➔ The Guild



We formed a great team which kept us all going with the desire to finish the event for the hospice



Day 12 - A short stop at Dunnet Head

Adam's Letter

As we remember the life and service of our Queen, we can recognise that her reign was on one level, a consequence of her uncle's abdication. However, on another level she saw it as the will of God, and that she was dependent on God's help in her calling. And it was a calling she embraced. 'She found, like her mother before her... an almost sacrificial quality at the heart of the service.' (William Shawcross, Royal Biographer)

At the very heart of the Gospel is sacrifice – Jesus giving his life for ours. And we are invited daily to take up that discipleship road and follow him. But faith must be put into action, sacrifice translates to service. It is no longer I who lives, but Christ who lives in me. And that was the hallmark of Her Majesty's approach to her own work and her notion of citizenship. In 2012, in her Christmas address:

'This is the time of the year when we remember that God sent his only Son "to serve, not to be served." He restored love and service to the centre of our lives in the person of Jesus Christ.'

We are meant to be there for one another. Her broadcasts highlighted qualities she valued – resilience, kindness, neighbourliness – arguably those of a wartime generation. When she addressed the nation during the pandemic she focused on those qualities:

'I hope in the years to come, everyone will be able to take pride in how they responded to this challenge, and those who come after us will say the Britons of this generation were as strong as any, that the attributes of self-discipline, quiet, good-humoured resolve and of fellow-feeling still characterise this country. The pride in who we are is not a part of our past. It defines our present and our future.'

Repeatedly, she returned to the parable of the Good Samaritan. Indeed, in 1980 she offered a comprehensive picture of neighbourly citizenship that is unmatched in contemporary public rhetoric. Even Barack Obama was never so far-reaching in his communication of good citizenship. That address highlighted unselfish service as the key to citizenship... and she cited examples from every sphere. From health care to the armed forces, from central government to voluntary organisations, from hospital staff to neighbours caring for neighbours in need.

'To all of you on this Christmas Day, whatever your conditions of work and life, easy or difficult; whether you feel that you are achieving something or whether you feel frustrated; I want to say a word of thanks.

'And I include all those who don't realise that they deserve thanks and are content that

what they do is unseen and unrewarded. The very act of living a decent and upright life is in itself a positive factor in maintaining civilised standards.’

In a world where global leaders can be characterised for their clinging to power as Justin Welby noted in his sermon at her funeral, her Majesty recognised so clearly the value and beauty of a life lived kindly.

In 1957 she said: ‘I cannot lead you into battle, I do not give you laws or administer justice but I can do something else. I can give you my heart and my devotion to these old islands and to all the people of our brotherhood of nations. I believe in our qualities and in our strength. I believe that together we can set an example to the world which will encourage upright people everywhere...’

This is a remarkable vision when we consider our imperial past. It is a vision based on moral example. It does not invite envy or fear. Instead, at the banquet table, places are reserved for generosity, kindness, justice and ‘uprightness’. There’s no scent of military superiority, leading economic or hegemony. What mattered was the quality of our example. In the words of the old Sunday School hymn, “Jesus bids us shine with a clear pure light”

And in a world that is ever more fractured and disparate, the warmth and determination of the Queen joined people together. The Commonwealth, at her coronation comprised eight nations, ruled by white men. Today, we see 54 nations and territories. Past exploitation and rule was substituted for a hand of warm, convivial friendship. Today, those 54 nations join together out of a common vision for a different kind of world.

When she took the throne she said:

‘The Commonwealth bears no resemblance to the empires of the past. It is an entirely new conception built on the highest qualities of the spirit of man: friendship, loyalty, and the desire for freedom and peace. To that new conception of an equal partnership of nations and races I shall give myself heart and soul every day of my life.’

It was another promise she would keep. At the Silver Jubilee, she declared:

‘From a unique position ... the last great phase of the Empire into Commonwealth and the transformation of the Crown from an emblem of dominion into a symbol of free and voluntary association. In all history, this has no precedent.’

This vision embodies Isaiah 2:4, the biblical promise and vision of the day when swords

shall be turned into ploughshares, when nation will no longer fight nation. She knew ultimately that with her position she could actively create a vision of the Kingdom of God here on earth.

The mantle is passed now to Charles. My we remember him in our prayers and may his reign be filled with the same grace and kindness we found in his Mother; grace and kindness that are ultimately God-given.

We remember



May McDonald passed away peacefully at Gartnavel General on Saturday 16th July. She was aged 92. Her funeral service was conducted by Adam Dillon on Thursday 28th July at Craigton.

May was a long serving elder of Mossspark Parish Church alongside her husband John where they immersed themselves in all aspects of church life while bring up their four children.

May was an infectious, witty and happy person who was always willing to offer her friendship and a helping hand to all. Her friend Anne Nichol recalls many happy holidays shared with Christine Higgison and Susan Ross where much laughter and fun was had.

She loved attending the Thursday group where she didn't mind putting forward her talents like making ginger wine for communion and other "medicinal uses", to sending out birthday cards to individual members of the group. She also loved the yearly visit to Haggis Castle golf club to mark the end of another year.

She was very supportive of the union between Mossspark and Sherbrooke and looked forward to making new friends.

During her illness she kept in touch with Brenda, family and friends and never lost her sense of fun and fellowship. Anne recalls her last conversation with May was full of laughter about memories of days gone by. A life well lived.

Session Clerk News – September 2022

I recognise that the recent sad news of the death of Her Majesty Queen Elizabeth II has shaken us all, but it was wonderful to experience our strong community fellowship at the services conducted by Adam on Friday 9th September and again on Sunday 11th September.

However, we are tentatively moving forward with many services, events and activities to look forward to over the coming months.

Although I reported back in June that we had appointed our new Church organist and Music Director, we were pleased to welcome Tom Ferguson at the start of July. As I am sure you will agree, we are fortunate to have attracted such a strong candidate to lead what is an important element of our Worship at Sherbrooke Mossspark Church and look forward to a long association and friendship with him.

Following our recent Kirk Session, dates have now been set for the forthcoming Autumn and Christmas seasons. We will be celebrating Communion on 27th November, the first Sunday of Advent. Our Harvest Festival is being held on Sunday 9th October and there will be further notices detailing how you can contribute to our collections for both the Trussell Trust Food Bank and Lodging House Mission.

This year, we will celebrate the 25-year anniversary of the Sanctuary re-opening post the fire – plans are in place to celebrate this moment in our church's history on Sunday 4th December. More details about all these events will be on the Church website and future magazines as we move into the Autumn season.

I have been pleased to see many of our Groups restarting post the summer break – all of our Youth Groups are now back and we held our first Women's Group of the 2022/23 season at the start of September. Soup 'n' chat has resumed and will be on 11th October. The AM Chorus is also back every Wednesday morning under the direction of Grace Guse. Every. Many thanks to Alice Guse for her leadership of the AM Chorus over the past year and our best wishes as she moves ahead with her career. We have also held a couple of coffee afternoons for the Ukrainian community now based in Glasgow; a matched 'have a heart' project has commenced (matching specific requests with an opportunity to provide these items) and please contact Janis Walker in the office if you feel you'd like to be involved.

The Presbytery Planning process continues with our Cluster now reduced to Sherbrooke Mossspark and Ibrox. Pollokshields Parish Church has decided to form a

cluster with other churches within Glasgow Presbytery, but they are keen to work on our Warm Welcome Project over the Winter months. We are now tasked with redrawing our Mission Plan and plans are afoot to hold various joint events over the forthcoming months. We will keep you all updated as we continue to move forward through this process.

Many best wishes

Clare

New Look Messy Church

Over the summer Messy Church went wild and became Muddy Church. "Muddy Church is a space for wandering and wondering with God. Communities exploring faith together in adventure and outdoor spaces."

The spaces chosen by the enthusiastic Messy Church team were Maxwell Park, Bellahouston Park and the grounds of Sherbrooke Mossspark Parish Church.

Each time we met from 11am -12:30pm played parachute games, sang songs, had a bible story, and had a picnic lunch together.

The parachute is large and colourful so could be seen from a distance, we had some families that we were already in contact with come along and other families came to see what was happening and some even joined in.

One little boy made his mum's day by coming over with his mum and choosing to stay and play, the previous day this young child's mum had been given the news that he was autistic and very anti-social.

This little child played enthusiastically enjoying throwing the ball back on to the parachute.

On Tuesday 27th September Messy Church started back. This will be the first in person Messy Church since the lockdown, so this is a big event for us, and the first in our new location of Mossspark Bowling Club.

The bowling club have been very kind in allowing us to use this great facility they have a well-equipped kitchen and two rooms, there is also a car park.

Messy Church will start with a meal together then there will be a story, a craft activity, singing and lots more.

We are hoping that God will really bless this project and we will all grow in God's love as well as having lots of fun together.

Please do pray for this important project.

I will let you know about our first meeting in the next magazine.

Susan Graham

Lands End to John

Nigel Williams and Rob Abbott cycled from Land's End to John O'Groats over 12 days between 6th and 17th September 2022 in support of the Prince & Princess of Wales Hospice.

1000 miles of cycling covering every adjective you can find...

As we disembarked our train at Penzance the heavens opened in a thunderous downpour-that was but a warning of what was to come over the next two days.

There was an air of excitement and certainly nervousness as the 15 members of the Discovery Adventure group met that Monday night. Seven of us from Glasgow cycling for the Prince and Princess of Wales Hospice and eight from around England, two of whom were cycling for charitable causes.

It was actually dry as we left Land's End the next day, but only for a few minutes and then the wind tore in from that corner of Britain where the Channel meets the Celtic Sea. On paper it should have been behind us, but it didn't feel like it; more a disruptive effect onto my wheel rims dragging them this way and that, I gripped the handlebars for stability and to dodge puddles covering the ubiquitous potholes. To say the first two days weren't fun is an understatement. It was wet, cool and very busy, oh also a lot of climbing and descending.

As we headed out of Bristol on the third day things improved slightly, with some cycle paths and brighter weather. The group headed into the Wye Valley and stopped briefly at Tintern Abbey before a long ride to Cheddar Gorge, where the

O'Groats

sun shone, and we all breathed a sigh of relief.

Lunch and 'water' stops were at a mixture of church halls, pub car parks and bowling clubs! Goodness knows how Discovery Adventure built up this network, but in general it worked well with only a few glitches on the way. We certainly didn't grind to a halt for lack of refuelling with many opportunities to load up on calories and salty snacks. Overnights were generally in Premier Inns that provided a consistent service across the UK and amazingly allowed our dirty, oily bikes into the bedrooms. We used some pubs and local hotels in smaller towns which provided a varied level of service and although we were glad to support local businesses some of them were rough around the edges, to say the least.

As we pedalled through the northwest of England on days 4 and 5 the traffic increased again and many hours were spent on busy roads. The access to cycle paths across the UK is generally very poor, with bad maintenance, exit points and general directionality of the paths meaning we seldom used them. I would say around south Glasgow we have some very good paths, but that maybe as I know where they are and am not trying to get from A-B by the shortest route. Drivers ability to show respect and patience to cyclists is limited and road rage was abusive and frequent on the whole trip.

My son, Harry, joined me on the leg between Preston and Penrith including the climb over Shap. I'd like to say I waited for him at the top, but to be honest he destroyed his 'old man'.

As we crossed into Scotland the



excitement grew and it really did feel like we were going to 'do this'. Although rather deflatingly the halfway point was somewhere north of Gretna. Traffic was awful in the later part of this day on the route chosen for us by Discovery Adventure; we were on roads that no cyclist should be on. However, we crept into Kilmarnock and were met by a wonderful cheer and clapping from a combination of church Members, Hospice supporters and family. It was very uplifting, a real surprise and just what we needed.

The next morning I stupidly fell heavily from my bike onto the verge and damaged my ribs. Who knows if they're broken, cracked or bruised but they are still very sore. This inhibited deep breathing for the next 5 days and made hill climbing even more of a challenge, but the drive to complete the event overcame any obstacles, like lack of oxygen!

The weather had cheered up now and crossing from Gourock to Dunoon on the ferry was a pleasure culminating in a stop at the Ben More Botanical Gardens. The Arrochar Alps gave a lovely back drop as we cycled the remaining miles to Inverary, such a pretty place. I was sore

by now and along with everyone else getting very tired.

The next ride was a long trip of 94 miles to South Laggan on Loch Lochy, passing through the west side of Glen Coe and up through Fort William. We stopped at the Commando Monument and spent some recovery time taking in some wonderful views before descending onto the Hostel (not 'youth' Hostel) at Laggan. It was hard to believe how far we had travelled and yet still had some big days to go.

The magic of the Highlands stayed with us through Fort Augustus and onto a small town just north of Inverness, Alness, visited by way of the Singleton distillery at Muir of Ord. That provided some fuel for our fire and sent us off in good spirits for the last 8 miles!

We were now on Day 11 of 12 and this was the one we had all stored in our minds at 105 miles, through so very open country and up to the north coast of Scotland. The landscape did not disappoint with 60 miles of desolate moorland having to be crossed on single track roads. You really did feel like this was somewhere special and remote, getting to this stage had been epic. The head wind was fierce and just to add to the challenge when we hit the north coast, at Bettyhill, we were greeted with heavy rain/hail showers coming from the northwest. As we turned towards the east the wind aided our progress and it was a delight to reach Thurso around 6pm, where Clare and George were waiting.

The last ride was 'only 30 miles' along the coast to Dunnet Head (furthest north you can go on the mainland) and then to John O'Groats. It was such a welcome sight to see the famous sign pointing to

Lands' End and feel so accomplished to have completed the trip.

There was a feeling of elation from the ever-growing pledges and donations for the Hospice, which today stand at £55k with Gift Aid, and money is still coming in. The support and interest from Sherbrooke Mossspark to Rob and I have been amazing and certainly helped to

keep those pedals turning. Thank you once again, and if I ever talk of a long-distance cycle ride again please point me in the direction of Clare, who will I know change my mind!

Nigel

A Race night like no other

On Friday 26 August runners and riders presented with wild anticipation at Hags Castle Golf Club for a Race Night like no other. The going was soft to firm and



all attendees were loaded to the stirrups with one pound coins. Over 100 people, some old Race Night punters, and some new to the game, came to support the endeavours of the svelte like cyclists who were focused on the up and coming 1000 mile ride from Lands' End to John O'Groats. An introduction and video from the Prince and Princess of Wales Hospice gave the primary reason for the night of fundraising: the fledgling Young Adult Service at the local Hospice. All money raised would be going towards the continuing development of the services for

Young People on the palliative care programme.

With this firmly in everybody's mind the night took off with races coming thick and fast creating breathtakingly close finishes, many fallers and few winners. The favourites rarely romped home and those lucky soles with the 'long odds' came back from the table smiling, only to lose all again on the next race! The general excitement built up, with all generations scrimping and saving to 'buy a horse' in the last race. Deep pockets were needed to secure a 'nag' and just six of the toughest consortiums held firm to train and culture a winner. Number 5 flew home by a whisker, leaving one happy group hollowing and jumping for joy; such a generous bunch of friends, who donated their winnings back into the Hospice pot, thus boosting the night's total to over £6,200. A raucous Race Night produced sensational results. Now all we have to do is say a huge thank you to all attendees, ride the distance and stay in our saddles!

Introducing Myself



As I write this, I have been your organist for just over 2 months at Sherbrooke Mosspark. Thank you all for making me so welcome. I thought it would be appropriate to tell you something about myself.

I'm a Paisley Buddie, born and bred, and have lived in Paisley most of my life. The exception to that was the 14 years I lived in Barrhead, but as some parts of Paisley were closer to my house than some parts of Barrhead, it could hardly be said to be away from Paisley!

I live on my own, spending most of my time making music!

I studied music at Glasgow University, with organ as my first study instrument. George McPhee (Paisley Abbey) and the late John Langdon (Hyndland Parish Church) were my organ teachers. After my student days I entered the teaching profession, spending 4 years at John Neilson High School in Paisley, and the rest of my career until I retired as Principal Teacher of Music at Barrhead High School.

I took up my first organist post while still at school. This was a Baptist church in Paisley, which was quite a culture shock to my Church of Scotland upbringing; while still a student I was appointed to Strathbungo Parish Church, virtually at the other end of Nithsdale Road. While flats are now on the site, the lantern tower, similar to St Giles in Edinburgh, is still a landmark on Pollokshaws Road. Indeed, the manse was a large villa in the west of Pollokshields, probably within the parish of what was then Sherbrooke St Gilberts. I was young and ambitious, so moved to Renfrew Old while still a student. Here I honed my choir training skills, with a choir of over 30, singing an anthem every Sunday morning AND evening, performing larger scale choral works like the Vivaldi Gloria and Fauré Requiem. Each year we presented a lighter weight secular concert, including concert versions of The Merry Widow and The Pirates of Penzance.

After 8 years in Renfrew, by this time coping with the work pressures of managing a busy school department, I was pleased to reduce my church workload and move to Kilbarchan West Church, where there was a 3 manual Hill organ, described at one point by an organ adviser to the Church of Scotland as 'probably the finest organ ever installed in a parish church in Scotland'. It was indeed special. Unfortunately, when Kilbarchan East and Kilbarchan West eventually united in 2015 it was decided to use the smaller East building, and it was time for me to move on after 36

years in Kilbarchan. However, I was determined that the organ, A listed on the National Pipe Organ Register would not be scrapped, and eventually a new home was found in the Marienkirche, Prenzlau, Germany, where the installation should be completed in 2023. I visited the church last month, and will write about that in a future magazine.

When Kilbarchan West closed I moved to St David's Memorial Park Church in Kirkintilloch, where I spent 7 very happy years (Adam was my minister for 3 of them) and was able to build the choir up to 18 members pre-Covid. Occasionally the journey between Paisley and Kirkintilloch on the M8 could be slow and stressful, and I was delighted to be appointed to Sherbrooke Moss park, with its excellent organ and skilled choir, and a much shorter journey time.

My musical activities do extend beyond playing the organ. I was a member of the Royal Scottish National Orchestra Chorus for many years, until 2019. As well as concerts in Glasgow and Edinburgh (including one in 1998 in Sherbrooke St Gilberts when I was playing the organ) this has resulted in visits to Amsterdam, Copenhagen, Prague, Jerusalem, Bethlehem, Hong Kong, Los Angeles, and Australia – a wonderful experience. I also play horn, and am a member of New Paisley Brass, Paisley Sinfonia and Glasgow Orchestral Society, always keeping me busy.

Nearly everything I do is musical, but I also enjoy gardening and most of my summer holidays are spent walking in the hills.

I'm looking forward to many happy years as your organist at Sherbrooke Moss park.

Tom Ferguson.

The Church Choir

Do you enjoy singing? Have you sometimes thought about singing in a choir? Then come and join the church choir!

We meet each Sunday morning at 9.30 to prepare for that morning's service, and again after the service from approximately 11.45 till 12.45 to learn the music for future weeks.

Don't read music? Not a problem. Yes, it's useful, but not essential. We'll take the time to ensure everyone is comfortable with their part, and the choir members who can read music will support you.

Numbers in the choir are currently small, and it would be wonderful if the choir could be expanded. If you want to know more, speak to me or any of the choir members.

Tom Ferguson.Sherbrooke

Mossspark Parish Church Guild

Motto: Whose we are and Whom we serve

It is hard to believe that we are coming near to the end of summer and now looking forward to a full session of the Guild. We have been meeting once a month in the hall of Harvest Glasgow, 167 Ashkirk Drive, since April for 'a cuppa' and this has been a fun time of fellowship

Our 22/23 session started on Wednesday 14th September at 1.30pm. Guild Week and encouraged to seek new members. To this end, we had an open meeting with a speaker from the Church of Scotland Guild.

On Wednesday the 21st September we had the Dedication of the Guild conducted by Rev. Adam Dillon, from then on we have a full programme of various interesting speakers and musicians.

To celebrate St. Andrew's Day, Wednesday 30th November at 1.30pm we are pleased to welcome Alastair McDonald in Concert. Tickets for this are priced at £4.00 including tea and biscuits, again nearer the time please give your note of interest to Neil Buchanan our 'man in the know' again for catering, payment and ticket distribution. This will be a popular event and open to all, so bring a friend and let's give Alastair a warm welcome with a big audience.

Last meeting of first half of the Session is on Wednesday 14th December with our much enjoyed Christmas Lunch at Haggs Castle Golf Club.

We look forward very much to seeing you at our meetings and welcoming you into our fellowship.

Best wishes

Grace and the "Folks" of the Guild

Harvest Charity Fundraising Event

Donations required for our Charity Fundraising event on Sunday 9th October 2022

We are appealing for : Small new unwanted gifts. Items you feel would sell.

Items like: tablet, jam, home baking, knitted items, stationery, cards

These donated items will all be on sale after our Thanksgiving Service on Sunday 9th October raising funds for our "Warm Welcome" project and our Ukrainian "Have a Heart" project .

A box marked ' Harvest Event Donations' will be in the large hall at coffee time on 25th September & 2nd October to receive donations. Home baking should be delivered to the Kirk Kitchen prior to the morning service on the 9th October 2022.

The Women's Group Programme

Here is the programme for the 2022-23 session. As ever, everyone is welcome to any of the meetings, so please put the dates in your diary and come along when you can.

All meetings are on Thursdays in the small hall at Sherbrooke Moss park at 7.30pm with the exception of the Hospice visit in February and the theatre outing in May.

6th October - Colin Mackie from Friends of the Southern Necropolis will speak to us about this cemetery in the Gorbals which is the final resting place of Alexander "Greek" Thomson, Thomas Lipton and others.

3rd November - Hazel Hill will join us to give us tips and tricks for Christmas floral arrangements.

5th January - our annual cooking evening. More details to follow nearer the time

2nd February - Visit to the Prince and Princess of Wales Hospice

Saturday 25th February - Coffee Morning in aid of the Prince and Princess of Wales Hospice

2nd March - Tom Ferguson, our new organist, is joining us for a music themed evening.

4th May - Theatre outing to Eastwood Theatre for Runway Theatre Company's Spring musical

Wednesday 31st May - Summer Social at House for an Art Lover

Jan & Clare

Messy Church: we are looking for any leftover wool black, grey, white or cream for the children to make sheep. If you have any please could you hand into the office.
Thanks, Susan

Great Scottish Run: is being held on Sunday 2nd October; various roads will be closed around the area. Shields Road, St Andrew's Drive, Haggis Road (between Titwood Road and Pollokshaws Road) will be closed between 0630 and 1315.

A.M. Chorus - Every Wednesday morning starting at 10:00

Soup and Chat Tuesday 11th October at 12:00 - 1:30pm in the small hall

Two in one week!

Having spent a very enjoyable trip to Blantyre on Thursday 15th September to learn and



realise how little my education had taught me on the life and exploits of David Livingstone particularly the glib phrases attributable to Mr Stanley! A man born and raised in very poor and challenging conditions, who through immense personal effort achieved education and a desire to learn more about previously unknown tracts of Central Africa. The new layout of the museum is extremely well done and raises all sorts of thoughts of how Livingstone and his entourage ever achieved what they did albeit never reaching their target and conclusion!

The portrayal of their journeys is extremely well portrayed. Considering the limitation of their methods of communication visually and informationally superbly well presented.

My second outstanding experience the same week was visiting one of Sherbrooke Mossspark's oldest members Laura Robertson!

Laura has been a member as the old expression goes.....since Adam {the original] was a boy!

As she came out onto the balcony at the top of the stairs it was the smiling Laura we all recognise from the past when she used to pour the coffee after the morning service!

Although her voice is not as strong as it once was, she could certainly put me to shame, as she had already completed the word spiral and both sudokus in the Herald and had made a start to the codeword.

Ranald Findlay

Harvest Festival – 9th October 2022:

Please donate items, in support of the Trussell Food Bank and Lodging House Mission.

LODGING HOUSE MISSION LIST

Cereal	Tinned Fruit	Tinned Meat / Fish
Corn Flakes/Crunchy	Peaches	Tuna/Salmon
Weetabix	Pears	Corned beef
Rice Crispies	Pineapples	Ham
Sugar Puffs	Mandarins	
Frosties	Fruit Cocktail	Other
Coco Pops	Rice	Brown Sauce
Cheerios	Custard	Vinegar
		Tomato Sauce
Jars/Pastes	Other	Porridge oats
Pasta bake sauces	Full fat UHT milk	Dried peas
Curry Sauce/paste	Coconut Milk	Lentils
Tomato paste	Small juice cartons	Olive oil
	Diluting/fresh juice	Vegetable oil
Dried Goods	Coffee	Bisto
Mixed herbs	Biscuits	Veg Stock cubes/ bullion
Garlic powder	Crisps	Broth mix
Ground turmeric		Jam
Chilli powder		Sugar
Crushed chillies		Jelly
Ground coriander		
Salt and black pepper		

Not Required List

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

Trussell Foodbank Appeal

The Trussell foodbank at Ibrox Parish Church is back in full swing but with the ever-worsening 'cost of living crisis' we have understandably seen a significant downturn in donations from our collection points in supermarkets. Our stocks are severely depleted and sadly, with inflation predicted to continue to rise, this is only likely to get worse.

The deeds of the Trussell Trust mean that we can only buy food and we aren't allowed to buy non-food items. We rely on donations and your continued generosity, at this time and throughout the year, is hugely appreciated.

Such donations might include:

- | | | |
|-----------------------|-------------------------|--------------------|
| · tea | · tinned fish | <u>Toiletries:</u> |
| · coffee | · tinned fruit | · soap |
| · jam | · tinned vegetables and | · shampoo |
| · pasta sauces | pulses | · toothpaste |
| · super-noodles | · spaghetti | · toothbrushes |
| (kettle-friendly!) | · sugar | · razors |
| · cuppa-soups | · semi-skimmed UHT milk | |
| (kettle-friendly!) | · breakfast cereals | |
| · tinned rice pudding | · biscuits | |
| · tinned custard | · diluting juice | |

Thanks
Isobel Gaudoin

Have a Heart Project



On Wednesday 28th September we welcomed many Ukrainian refugees and their hosts to our Coffee and Conversation afternoon in the large hall. There was a happy atmosphere and a willingness to share stories with others. Many of the refugees wish to learn more about Scotland and we were able to do this by bringing along books about our country and sharing our experiences.

A huge thank you to Lorna and her team for providing wonderful home baking. Everyone really enjoyed it.

Please do come along to our next one. Even if it's just for a blether about a book! Date to be confirmed.

