

THE RECORD



Summer 2024



A Word from Gillian Rooney



I write this letter from my seat in the public gallery at the General Assembly of the Church of Scotland on a rainy afternoon. The Moderator is the Rev. Dr Shaw Paterson from Lanarkshire - his theme for this year is 'Building Together', which was inspired by his bricklayer father. He, of course, is not talking about construction but rather the importance of building community, building on the foundations of faith set down by our forebears.

The presbytery planning process has taken a toll on many of the ministers, office bearers and members of our church both locally and across Scotland. I draw your attention to the update to our local plan in this edition of The Record and encourage you to keep all involved in your prayers, as we seek a positive way forward.

Over these last months we have been hard at work building community here in Orchardhill. Community is central to our work, based on the foundation of our faith in Jesus, and it is in coming together that we can play our part in the building of the Kingdom of God. We continue to aspire to be a church at the heart of our community - seeking to welcome all into the family of God. We have much to look forward to, including a garden party on the 1st of June and the long awaited grand opening of The Black Door Shop in the near future. Keep an eye on the website and listen out for announcements in church for details.

If you are heading away over the summer, I hope you have a very enjoyable time, and that you come back well rested!

Yours in Christ

Gillian

FEAR

At one level, fear is healthy. Fear is an emotion induced by a perceived threat, and is a natural human emotion. It is God-given. It is a basic survival mechanism. It keeps us alive. It protects us from danger.

However, there is also such a thing as unhealthy fear. The Greek word commonly used in the New Testament is 'phobos'. - from which we get the word phobia. This is unhealthy fear. It is disproportionate to the danger posed. It is 'False Evidence Appearing Real'. It is when we catastrophise - overestimating the danger and underestimating our ability to cope.

Common phobias include fears in relation to health, finances, failure, growing old, death, loneliness, rejection, messing up, public speaking, flying, heights, snakes and spiders. They also include things like FOMO - the Fear Of Missing Out; the fear of not being special.

In our own lives, we have experienced many fears - from a fear of heights to panic attacks and other irrational fears, fears about speaking in Church, and a fear of doing anything that might bring dishonour to the name of Jesus.

Whereas the Spirit of God does not produce negative fear, there is a kind of healthy fear - the fear of God. This does not mean being frightened of God. In fact, it means the opposite. It is an understanding of who God is in relation to us. It means respect, reverence, awe, honour, adoration and worship; it could even be translated as Love for God. It recognises the power, majesty and holiness of God Almighty. It leads to a healthy respect for God, and is the antidote to all other fears and phobias we experience in life. Fear God and you need not fear anything else or anyone else.

It is no coincidence that, as the fear of God has diminished in our society, all the other fears have increased. The expression 'do not be afraid' is one of the most frequent commands in the Bible. We need to return to a right relationship with God.

Presbytery (Cluster) Plan Update

Behind the scenes, work continues on the Presbytery Plan, and the wider Church of Scotland plan to respond to reduced numbers of members and ministers. Last month our Kirk Session discussed progress to date and the way forward, and it is important that the Congregation is kept aware of developments.

By way of a reminder, our cluster consists of 8 Churches (Carnwadric, Eastwood, Giffnock South, Orchardhill, Park, Pollokshaws, Thornliebank and Williamwood). There are presently 7 ministers in place, one of whom has intimated her intention to demit her charge this summer. In terms of the Presbytery Plan, three and a half ministers have been allocated to the 8 congregations.

Over the past many months, Gillian has attended a series of meetings with the ministers and two elders from each of our cluster Churches. Despite considerable effort on all parts, it has proven impossible to achieve consensus amongst the parties as to the best structure for our cluster. By the end of the last meeting, it was clear that there are two radically different visions of the way forward:-

A series of smaller linkages or unions – in this version, Orchardhill would enter into a formal partnership (linkage) with one or two other local Churches, working very closely together and with one single minister. This linkage would be expected in due course to develop into a full union between the two or three Congregations.

A single linkage leading to a union of all eight churches – this version has not been explained in any sort of detail, but it would involve a Ministry Team operating across all of the eight Congregations, which would become a sort of “Super Parish”. The ministers would work together to provide pastoral and other services across the Cluster area.

There appears to be a preference amongst some of the local Churches for the 8-way linkage. While that option remains live, further linkage discussions seem unlikely to progress. This, however, is not considered the best outcome for the future mission and worship life of Orchardhill Church.

In considering the options open to Orchardhill, we received confirmation from Presbytery that we are entitled to withdraw from our present Cluster, our participation in that and in discussions being wholly voluntary. We are also aware that other clusters have rearranged and reformed, and we would not therefore be the first Church to resign from a cluster. In addition, it's helpful to remember that ours is by some way the largest cluster in the Presbytery.

The Kirk Session discussed and debated this in considerable detail, and, by a unanimous vote, agreed that Orchardhill is only willing to consider proceeding with a two or three way linkage, rather than the 8-Church version. If the Cluster is determined to proceed on the basis of a

multi-way linkage/union, then Orchardhill would formally withdraw from the Cluster and seek other options either with one of the other Cluster Churches or with another partner. The Kirk Session motion was immediately communicated to our Cluster partners.

Following this, we have held a brief exploratory meeting with Merrylea Parish Church, the parish of which meets with ours on the North side. That was a friendly and positive meeting, the outcome of which was that Gillian sought guidance from Presbytery on behalf of both Churches as to what the next steps might be in the event that we wanted to explore together the prospects for a joint future, whatever that might look like.

Unfortunately, and as a result of a mistake outwith Orchardhill, an email was shared with a minister in our Cluster which included the advice received from Presbytery and the email chain leading up to that. Despite receiving that information in error, the problem was compounded by that minister sharing the email, together with some commentary, with all the ministers in the Cluster. This had some factual inaccuracies which have now been clarified by Gillian.

It would certainly have been better if Orchardhill had been able to explore the possibility of a future linkage and/or union with Merrylea in confidence, at least at first, but that luxury has been denied us. It has, therefore, been necessary to consider the position more urgently than might have been ideal.

The Kirk Session met again on 19th May to discuss these developments. The advice from Presbytery is that it is quite possible – subject only to a motion from the respective Kirk Sessions – for Orchardhill and Merrylea to break from our present Clusters and form a new Cluster of only two. That would enable discussions to continue, to discern whether and how a joint future might be possible.

After careful and considered discussion, the Kirk Session of Orchardhill voted unanimously that we would immediately withdraw from our present Cluster, seek to form a new Cluster with Merrylea, and seek to develop detailed discussions with the Kirk Session of Merrylea on the way forward into possible partnership. We would, however, be happy to discuss partnerships with any other Churches, including those within our former Cluster, with whom we seek to maintain friendly relations.

You will appreciate that events are progressing rapidly, and this report reflects the position as the Orchardhill Record goes to press. In the meantime we are continuing to explore various options which we believe will enable the mission and worship of Orchardhill and beyond, to continue and to flourish. Gillian and the Kirk Session will also ensure that the Congregation is kept fully advised of developments as soon as there is something to report.

The **Black** Door Shop

The Orchardhill web site front page was recently updated to include a link to The **Black** Door Shop and asks 'Who are We?'

RSS

Black Door Shop "Who We Are"



Who are we indeed?

Referring to the scripture it is written when asked, 'who are we', in Hebrews 10 v 39 :-

"But we are not like those people who are afraid and who turn back. If we were, God would destroy us. But we are people who continue to trust God. And so, our lives are safe with God."

Here at the **BDS** we strive daily to help those less fortunate than ourselves. We do not turn back and are not afraid. We very much trust God to inspire us daily to help others.

We continue to be very well supported by our community, who provide donations of household items including clothing for all ages, kitchen items, bedding, toys, prams, bikes, televisions etc. which all go to our partner - Maslow's Community Shop in Govan.



Our recent appeal for laptops, together with financial support from Voluntary Action East Renfrewshire, has allowed us to upgrade donated laptops with new batteries and hard drives. With freeware Linux Mint and Libre Office installed, around 18 laptops have been given to clients at Thornliebank Health Centre, The Carnwadric Win Project, and the Ukrainian Centre at Greenbank, to name but a few. To date there has only been positive feedback from the clients to their care workers, which is great news.

Saturdays are our busiest day, requiring to help a lot of people to bring in the items from the cars, and then sort the bags into similar items.





We have a brilliant group of teenagers, who started coming when they were doing the Duke of Edinburgh work experience, and they like it so much they tell us they keep coming back. 7 of them meet on a Saturday at the BDS, have juice and biscuits, chat, and help with the donations. It's 'their' space and is like coming to a café for them. It's a pleasure having them each week. Here are some of the Mearns Castle group.



We need about 8 people in the shop from 9 till 12 and about 4 from 12 until 2.30. Some of our adult volunteers pop in for an hour or so and that is great. Could you do an hour please, to help!?

We go out every Saturday early with members of the 28th Giffnock Scouts and our own youngsters and collect litter. We have recently recruited another slightly older member who is enjoying being out for a stroll with us. If you would like to join one of our three teams that go out, you will be very welcome.

Scouts - Our Saturday morning squad out with [The Black Door Shop](#) and [Giffnock Community Hub](#)



Through connection with Thornliebank Health Centre, we have a lovely volunteer who is a care assistant there, and she assesses the books that are donated, and has struck a deal with Giffnock Library, that they will take all the best books and distribute them to libraries in East Ren as new stock. She also takes books to Thornliebank Health Centre where there is a healthy reading habit developing, from young to not so young.

We recently obtained a Completion Certificate for the accessible toilet we built so there is no excuse - you can come and help, and spend a penny.



We have completed building a kitchen and have installed a cooker. We need to get some funds to get a cooker hood, and tiles to act as a splash back. We will get this attended to soon.

The purpose of the cooker is to allow professional cooks from all continents to demonstrate how to make simple meals, so that those people who do not know how to peel, or what to do with a carrot or onion, can watch and learn. By so doing, they should eat more healthily and, in the long term, feel better for it.

We have laid laminate flooring to give the area a clean fresh look.



Our sitting area will allow small groups to meet to share life skills. A number of people in the shop and on line have expressed an interest both as a sharer and others wanting to learn. Subjects mentioned are book binding, sewing, crochet and knitting. One lady, a seamstress with a vast experience, is signed up to deliver from tote bags for beginners, to the fanciest of sewing, using one of the three sewing machines we have for use.

Our workshop continues to support the church by fixing items around the church. Recently a gate was found fouling and preventing access being gained. The structure of the gate was found in need of a bit of love and care.

It was adjusted and painted and now operates as it should do.



Recently a team from Aviva travelled from Norwich, Manchester, Perth and Glasgow for the third time, to spend a day helping at the BDS painting the walls and removing weeds from the car park edges.

We owe a debt of gratitude to the Aviva staff for the amount of work they do in the background to support us. Watch this space for news of what they have come up with next to help us.



As you may see, the BDS is growing at a pace. If you wonder Who we Are, come and visit us. We are there most days now, certainly every afternoon, and all day on a Saturday from 7.30 till 2.30.

It's infectious and I'm sure if you pop in, you will want to be involved as others do, in what we are doing.

Thank you for reading this far. There are probably a lot of things not mentioned. All the various people who give their time so freely to help around the BDS, the people who donate the items, the shop keepers who lavish cakes and sweets to all the young litter pickers - a great big thank you. You are all superstars.

We need more helpers. We need you now. We look forward to welcoming you.

Are you afraid and about to turn back?. 'No! Follow your faith and come and see how you can help. There is no barrier to helping.

Stephen Bennett

Life and Work

June 2024

INSIDE THIS ISSUE

THE TRUE MEASURE OF FATHERHOOD
Biblical fathers

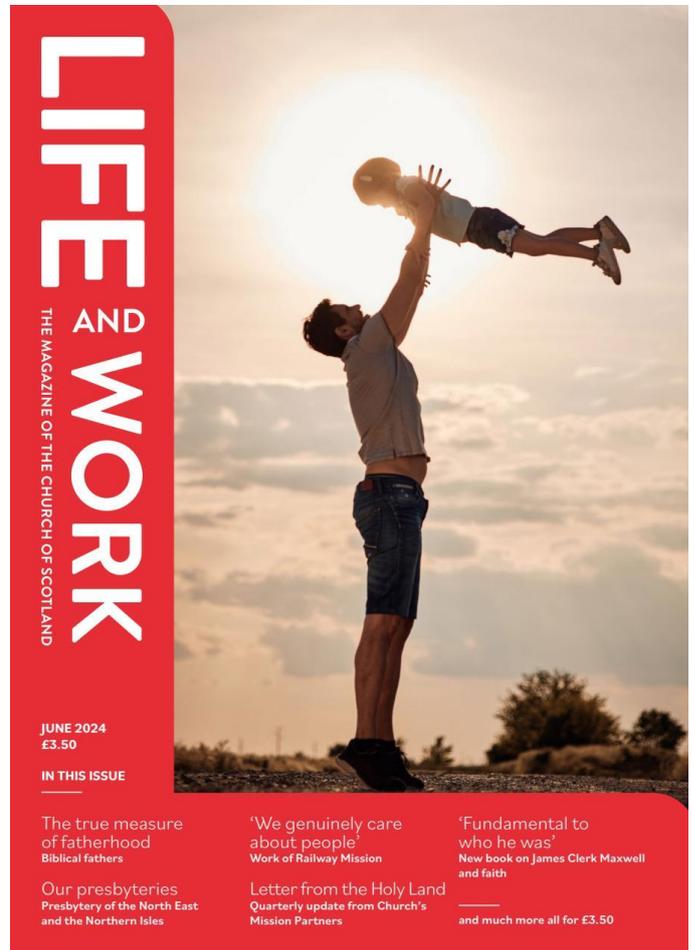
OUR PRESBYTERIES
Presbytery of the North East and the
Northern Isles

'WE GENUINELY CARE ABOUT PEOPLE'
Work of Railway Mission

LETTER FROM THE HOLY LAND
Quarterly update from Church's Mission
Partners

'FUNDAMENTAL TO WHO HE WAS'
New book on James Clerk Maxwell and faith

And much more over 52 pages...



LIFE AND WORK
THE MAGAZINE OF THE CHURCH OF SCOTLAND

JUNE 2024
£3.50

IN THIS ISSUE

The true measure of fatherhood
Biblical fathers

'We genuinely care about people'
Work of Railway Mission

'Fundamental to who he was'
New book on James Clerk Maxwell and faith

Our presbyteries
Presbytery of the North East and the Northern Isles

Letter from the Holy Land
Quarterly update from Church's Mission Partners

and much more all for £3.50

Boys Brigade

86th Glasgow Boy' Brigade Anchor and Junior Sections

Once again, we have come to the end of another enjoyable session of Anchor Boys and Junior Section Boys, last Friday, 17th May 2024.

We ended with a fun night outdoors, cooking sausages on tins then eating them. Unfortunately, the pancakes did not work, but the highlight was definitely toasting marshmallows over a candle then enjoying them between chocolate digestives, at the same time reminding the boys that Jesus is the Light of the World.

The boys completed all their achievements, although our two newer boys will have extra next year.

Boys were awarded medals for attendance, and plaques. The Anchor Boy shield will be entrusted to each of the three boys for three months at a time. The Junior Section Shield was awarded to Aidan McLaughlin with Daniel Brogan being runner-up. Aidan has now been promoted to Company Section and we know that he will be made welcome and enjoy the challenges of Company Section.

We are still low in the number of boys attending, so any boy Primary 1 – Primary 6 will be made most welcome on a Friday night, 6.30 – 7.30pm in the Memorial Halls. Why not come along and try a couple of nights before committing to coming regularly on a Friday evening. We start back on 23rd August 2024.

Leaders are also required to help on a Friday night – it is a tremendous feeling to see Anchor Boys come in slightly nervous, move up to Juniors more sure of themselves, then join the older boys in Company Section and come out the other end as young men.

Please give this your prayerful consideration.

With grateful thanks to our Captain, Stephen Bennett for his support over the last year.

Margaret Howard

Prayer Labyrinth

'Prayer walking a labyrinth is an ancient spiritual practice that is a metaphor for the pilgrimage of the spiritual journey. It is an embodied way of praying that involves our right brains. While walking with your body, you also take a walk through the interior terrain of your soul. Prayer walking a labyrinth often opens up new insights into prayer and into our lives.'
(Soul Care Sanctuary)

During Holy Week we transformed the Sanctuary into a Prayer Labyrinth. This was a beautiful environment where over 100 people from our Church and the wider community came to walk the Labyrinth and stop, contemplate and pray at the stations.



Easter Service

Like in 2022 and 2023, we were very fortunate to have a lovely dry and bright spring morning for our outdoor Easter Sunday service.

Around 40 people attended and then enjoyed a hearty breakfast afterwards. Many thanks are due to the kitchen team who welcomed us in.



An update on my Cerebral Palsy Scotland/Bobath Treatment

It was with great excitement and a lot of nervousness that I entered my block of 22 sessions at Cerebral Palsy Scotland due to the kind generosity of the congregation of Orchardhill Parish Church and East Renfrewshire Good Causes. Still using a walker/stick and unable to read a book or even sign my name, I was unsure how much progress I would make, but what progress I have made so far.

When I went to my first session, I was very wobbly with no balance – the covid I had experienced for 10 weeks (about 2 and a half months), had left me with very weak core muscle strength, so was given basic exercises to do at home and within sessions to improve this initially. Covid had also weakened my hand grip, so I also started working with Petra the Occupation Therapist to gain more hand control. Initially I struggled to hold a thick pen but with exercises targeted to help this, and a special pen grip, I slowly gained strength and coordination. I can now write normally with a normal pen!

I also struggled cooking for myself. Everything from chopping to stirring was as if I had forgotten basic skills. Through hand exercises and sessions in the therapy kitchen, I can now cook for myself again- steak is a favourite and I can now enjoy my Saturday Night Cooking again.

Diligently doing my exercises and attending monthly sessions, I am now able to walk (stick less), balance is improving, and best of all I can print my name again. I am still working on turning pages, standing balance, and using normal cutlery, but I will get there. Bobath is improving the connection between my brain and body so I can continue to improve. One massive thing is I can make Lego models and have found a new hobby in this. 6 months ago, I could not pick up a piece of Lego without difficulty. It is my favourite thing to do at the Wednesday Chatty Cafe.

Cerebral Palsy Scotland has also discovered I have sensory issues, which cause additional movement in my arms and legs. I now wear a special inflatable vest in certain situations (church included) to help my brain settle so it can concentrate on that brain/body connection. I can now concentrate on singing in the Choir on a Sunday without making everyone seasick with my jumpy legs!! The next challenge is to sing at Church stickless, and turn pages in the hymn book with ease.

I cannot thank my Orchardhill family enough – without your financial assistance, I would not be where I am today. Still 6 sessions left, so still more to achieve! Reach for the stars and you can be anything you want to be. I will never forget what you all and East Renfrewshire Good Causes did for me.

Watch for a final update in the Record once my sessions are finished! The Last one is in December this year.

Thank you everyone from the bottom of my heart.

Lorna Mclean



Alec Tough's Morocco project

In Morocco, Alec will be involved in a project to work with a local community to help them refurbish their school. Following the 2023 earthquakes, there is a great backlog of basic maintenance work waiting to be done.

The team will find out what materials are needed, buy them locally, and carry out the work. They plan to engage with local youngsters, in part by participating in a volleyball tournament. Alec will be doing some trekking in the remote Atlas Mountains too.

We anticipate that Alec will be able to provide a short article on his experiences for a future issue of the Record.

In order to raise money to support the project, Alec's parents, Yvonne and Alistair, arranged a fabulous Afternoon Tea in the Church Hall and Sanctuary on May 18th.

The sum of £1,278.05 was raised, with more promised on the way, after a sumptuous repast of fresh sandwiches, baking galore and music with some magic mixed in.

The Tough family would like to say thank-you for all the support, particularly those who baked, served and set up/cleared up – it was greatly appreciated. The photos show what fun was had by all:-





Church Garden and Grounds update

Observant members will have noted that we now have 2 compost bins situated in the sunny corner of the Memorial Hall garden, where heat should help break down the contents. A leaf storage bin has been constructed behind the Laurel. In time we will generate our own compost and leaf mould, which is required to augment peat free compost.

Clearance of some ground in 'the shrubbery' between the car parks has allowed planting of a Rowan tree, *Sorbus cashmiriana*. Once established, it should have soft pink flowers, followed by drooping clusters of white berries, and red Autumn foliage. Work to clear dandelions, creeping buttercup, couch grass, ivy and brambles is ongoing.

A group from Aviva returned recently and made a big advance in clearing weeds from the upper carpark. It is hoped that this work will be completed at the garden work party on Saturday 25 May.

The narcissus foliage is dying back now in the troughs, which should allow space for some plants to attract pollinators. Care and maintenance of these troughs is required over the summer months and volunteers to cover a week at a time will be required.



KIDS AT ORCHARDHILL

It's been a busy few months since the last Record. We have had Messy Church – see if you can guess what our themes were by the pictures below. Messy Church is fun, food and faith for families & particularly primary aged children and younger.

OY! (Our Youth) is growing in numbers and great fun OY! meets monthly and all kids from P6 to S4 are welcome for games, crafts and snacks

Details on Messy and OY! can be found on the Website Or email

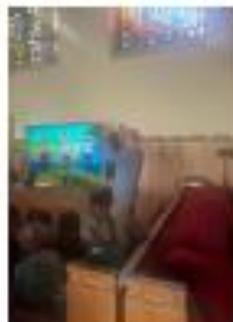
youthandfamily@orchardhill.org.uk

Preparations for our Olympic summer club are well under way

5th to 9th August in the memorial halls.

Morning for P1-P7 and evenings for P6-S6

Registration is on our website



New – Family News, Announcements etc.

We would like to include a section in The Record where you can share your news. This could be the arrival of a new baby, the graduation of a loved one, or the announcement of an engagement or marriage.

In addition to the joyful events, we would like to include a 'remembrance' section where we can publish tributes and life stories of deceased members of your family who were members or attendees of Orchardhill. Such information can act as important records for future generations. If you would like assistance in producing the articles, please let us know, and we can help with this.

To submit an article, please email to record-team@orchardhill.org.uk or hand in a hard copy to the office.

Orchardhill Parish Church, Church Road, Giffnock Glasgow G46 6JR
phone 0141 638 3604
website: www.orchardhill.org.uk
email: secretary@orchardhill.org.uk

Orchardhill Parish Church: Scottish Charity number SC 009774