

Soundings

Portobello & Joppa Parish
Church Magazine

April 2020



Portobello and Joppa Parish Church

Worship is temporarily suspended during the virus lockdown

From the editor



This is a very weird time for all of us. In our household of two retired people, it's peaceful: we're going for walks and pottering around. We're missing our family. But as Stewart says in his letter, some people are much busier than usual – and also more worried. Fiona, our director of music, is one of these because she's an intensive care nurse, and she gives us an insight in this edition of the magazine into what her working life is like at the moment.

And for people living alone, this time must be very difficult.

Others have lesser, but still trying, problems. Our daughter Laura is working at home in a two-bedroom flat in London with her husband and two-year-old daughter, Astrid. Things are generally fine, but yesterday didn't go so well.

Laura sent us a little vignette:

"Mummy build a mountain. NO NOT DAT MOUNTAIN. Assid not want it wit cushions. Build it wit blankets. NO NOT DAT BLANKET! Blanket wit [t]winkle stars. No no no no. Not dat way. De udder way. NO NO NO de udder udder way!! No no Assid no want it!!"

[Laura builds "mountain".]

"Assid take all cloves off. Slide down mountain on tummy. NO MUMMY!!! I don't want it hold your hand. I want to do it ALL MYSELF."

Which she does, and bumps her head. She's usually lovely!

This edition is going out only by email because the deliverers aren't allowed to deliver. Let's hope that this lockdown won't last too long. Stay safe! Thanks to all contributors.

Pam



From the minister

Dear Friends and Neighbours,

Walking through the empty hall and the empty church last week was a salutary experience.

The decisions had been made that we would be shutting the doors not just to the halls but to the sanctuary as well.

The quiet and the coolness was penetrating. The lack of warmth, of movement, of life, of activity, of voices created an eerie, empty and elegaic mood.

My last time with others in the sanctuary was on Monday 23 March, when it was open from 6.00-7.30pm. Fiona played some music in the background and she and Imogen had created a lovely atmosphere of silence and quiet. Candles, daffodils, soft lighting. Yet, this silence was not empty and eerie but full of a peaceful plenitude.

Things really are quiet these days, aren't they?

Yet, in some places the activity is frenetic, and we must, of course, give our heartfelt thanks to the people who continue to work at no small risk to themselves in order to keep others safe.

Yet, too, I think there is a lot of frenetic spinning within people's minds and lives, as this enforced solitude and isolation removes them the normal activities of life.

Yet, too, so many people have been living like that within our midst for years: perhaps the elderly, the sick, the lonely.

We can never be truly, fully active and engaged unless we too know how to be truly, fully quiet before God, within Christ, held tenderly by the Spirit.

Perhaps in this time, when some of us experienced enforced confinement for the first time in years, we will understand at a visceral level what it is like to live alone, isolated and confined for weeks, months and years.

Perhaps in this time, when we collectively recognise our mortality and the fragility and beauty of our lives, we will re-engage more fully with the wisdom of a faith in which we so often sing of the transience of our days ('we blossom and flourish...but naught changeth thee') and re-commit ourselves to love one another as we have been loved by Christ.

Perhaps in this time, we will sit with ourselves, by ourselves, and remember Augustine's wonderful words: 'Let my heart, this sea of restless waves, find peace in you, O God.'

And, after this time?

What do we foresee as the nature and essence of our lives?

What will be the character of our country and our community?

What kind of church will we be, should we be, can we be?

I doubt things will truly return to the status quo.

I don't think they *can* return to the status quo.

I don't think they *should* return to the status quo.

When Christ rose from the tomb he was changed: Mary did not recognise him by sight or sound until he called her name. When Christ walked to Emmaus, he was only recognised when bread was broken.

Intimacy will return. Our names will be said quietly and they will be heard. We will break bread once again with each other and with strangers.

I can't think of a better way to begin again. Can you?

Stewart



Our wonderful organist and Director of Music, Fiona, is also a nurse in the Intensive Care Unit at the Western General. Here, she gives us news from there. Thank you from all of us, Fiona!

Hope I don't CU in ICU

People have been asking me how things are going in ICU. Well, for the past two weeks it has been one of the quietest, calmest places in the city! We have been isolated from the rest of the hospital (how have they done that? I hear you ask. With duct tape and plastic sheeting is the answer. No expense spared.) but have had fewer patients than usual. The isolated unit has become known as 'the bubble' as it feels cut off from the outside world, even though we are cooped up with the lurgy itself. All is calm and organised in there but afterwards we come out in to a world that is weird and terrified.

My colleagues are scared. It is an unbelievable situation to suddenly find ourselves in. We are nurses, not the army. We didn't sign up to go into dangerous, life-threatening situations and I have wondered what is stopping us from running away when every cell of our beings is telling us to head for the hills! Mainly, I think it is to do with supporting each other; if the staffing levels drop as the work load increases then we know exactly how our colleagues will be suffering. Our unit has always worked well as a team and it is this that will carry us through this crisis.

We have started a 'Happiness Board' . This sounds twee but actually it is full of funny and irreverent comments (for our eyes only!). For the past two weeks as we have prepared and waited for what's coming, I have found our normally noisy coffee room to be subdued, and the usual joking and laughter to be absent. Yesterday we reached the point for the next stage of our plans to be put in to action and there was noticeable relaxation around the place, as if we had been holding our breath waiting for this moment. The chat and laughter returned and I was so glad.

We spend our shifts in tight fitting masks, gowns, hats, visors and two pairs of gloves. Our noses and ears hurt and the skin is flaking off our hands. We write our names on our gowns with felt pen as it is the only way to know who is under the garb. This is done sensibly for the first 11 hours of the shift and then becomes quite inventive for the last hour!

And here is the other reason why we are not running away; for you. You all need us and we are not deserting you now. The patients so far are all recovering and whilst we know we are in for a rough time, at the moment their survival is keeping us happy. That and the regular deliveries of pizzas, sweets and snacks!

Fiona



CAROUSEL - presented recently by the Church Drama Group

'Carousel', described as a truly classical musical, which is about two star crossed lovers - Billy Bigelow, a handsome but ill-mannered carousel barker and Julie Jordan, a naive and selfless young mill worker - is said to be one of the most lavish and celebrated scores of all time, with wonderful music for leads and chorus. The storyline is quite dark and controversial and perhaps doesn't appeal to all but this emotionally charged production was very well staged indeed.

The opening 'Carousel Waltz', played by the orchestra, brought the fairground to life! Bright coloured costumes, a dancing bear, balloon sellers and clowns entertaining the bustling crowd, set the scene, with all the fun of the fair!

The contrasting emotions were well conveyed by the various characters. Aidan played and sang well as the young, rough and ready Billy, delivering his soliloquy with real feeling and conviction. The contrast between the 'bully boy' Billy and the tender Billy, when he realises the wrong he has done, was put across with sincerity. Rachael was a delightfully innocent Julie, singing well and acting so believably distraught in Billy's death scene. The partnership of the feisty Carrie (Mariel) and the ambitious Enoch Snow (Martijn) worked well, with both enjoying the fun and humour the parts demand and bringing light relief to this dramatic piece. The Snow family of youngsters were absolutely charming!

Greg gave a strong performance as the 'baddy' Jigger with his gruff voice and intimidating actions as he tricks Billy into what turns out to be a fatal situation. Angela portrayed a genuinely kind and caring Cousin Nettie, as she gently sang 'You'll Never Walk Alone'. The widowed owner of the carousel, Mrs. Mullin, who has an eye for the barker, was well characterised by Poppy. Other supporting cameo roles were all well played with confidence.

There is plenty for the chorus to do in 'Carousel' and this lively, enthusiastic company sang and moved well especially in 'June Is Bustin' Out All Over' and the Clambake. The male chorus was in excellent voice in 'Blow High, Blow Low' which was enhanced by a well choreographed hornpipe, while the female chorus sang beautifully with Julie in the sentimental 'What's The Use Of Wond'rin'. There was some lovely choreography throughout, with the dream ballet, showing Billy's young daughter Louise's life, simply, but effectively, portrayed.

The final 'If I Loved You' and 'You'll Never Walk Alone' were sung with real passion and emotion by the company, creating a sincerely emotional finale. The small, well-directed orchestra supported the singers well. This was a most enjoyable production which showcased what is arguably one of Rodgers and Hammerstein's best works. Congratulations to this obviously tightly-knit group, whose interaction with each other on stage was so relaxed and caring!

Dorothy, National Operatic and Dramatic Association representative



PORTOBELLO & JOPPA PARISH CHURCH FINANCIAL POSITION - March 2020



Money, money, money

*“Keep your lives **free** from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.”*
Hebrews 13 v5

Few things cause as much worry, anger or division than discussions about money. As St. Paul famously wrote in his letter to Timothy, “... *the love of money is a root of all kinds of evil...*” (New International Version: 1 Timothy 6:10). And yet, without money we can do very little. It’s not surprising therefore that Jesus talked a lot about money during his ministry. As the Convenor of the Finance team here at PJPC, it’s something that I think about a lot – and especially the responsibilities that the Honorary Treasurer, the Kirk Session and I have to ensure that we are faithful and competent stewards of the financial resources with which we have been so richly blessed.

The purpose of this article is to provide everyone who is connected to PJPC with further insight into the church’s finances; how these are used in support of our ministry and mission in Portobello and Joppa and beyond; and the opportunities that exist for financial support for new outreach initiatives.

Where does the Money Come From?

There are four main sources of income that we rely upon each year. The first and most obvious is the donations and legacies that we receive, which includes the giving made directly by members of the congregation and the tax rebate that we receive from the Government through the Gift Aid scheme.

The second source of income is that from “charitable activities”, which includes any fundraising activity and the donations we receive from the various organisations which use our premises.

The third and fourth sources of income are similar in that they take the form of interest payments or investment income arising from the investment holdings that are held directly by us or else by the Church of Scotland General Trustees on our behalf.

A detailed breakdown can be obtained from our annual report and accounts for 2019, a summary of which is published after this article.

Where does the Money Go?

The money that we have is used for a variety of purposes. In 2019, we spent just under £240,000 or the equivalent of £650 per day! About half of this amount was PJPC's contribution to the Church of Scotland's "ministry and mission" costs (from which the National Church is able to cover the employment and pension costs of ordained ministers across Scotland).

As well as our two ordained ministers, we have four salaried employees: the family and youth worker, the caretaker, the church administrator and book-keeper, and the organist/musical director. The cost in 2019 of supporting these four key members of our wider ministry team was roughly 20% of our total expenditure for the year.

The third main source of expenditure is that in relation to the costs of heating, lighting and maintaining our church buildings, including any repair or refurbishment work.

The remaining expenditure was incurred in relation to other expenses associated with the day to day running of the church and supporting the outreach efforts of our wider ministry team.

A detailed breakdown of this too can be obtained from our annual report and accounts for 2019, a summary of which is published after this article.

What about all the assets we have e.g. from the sale of old church properties?

Like a number of other churches, PJPC has invested the monies received from the sale of properties following the union of the Old Parish, St James' and St

Philip's in 2014. These investments provide income each year which is used to cover our basic running costs. Furthermore, this money is available to help cover the costs of any repair or refurbishment work that is required on our church buildings, including the manse.*

[*The investments held on our behalf by the General Trustees are generally available for major refurbishment projects (subject to approval from Edinburgh Presbytery).]

How might we deploy our finances in future?

We will continue to use our resources in a considered manner; recognizing the reliance we continue to have on the generosity of members and other stakeholders associated with PJPC. In particular, we continue to depend upon the regular giving of the wider church family to cover the basic costs of running a church of our size and ambition.

We also recognize that we need to invest – both in our buildings but also our wider ministries as we seek to be an effective church in the 2020s. With this in mind, the Kirk Session has agreed to make available up to £1,000 to individuals or groups in support of new initiatives that extend and enhance (existing) mission and ministry efforts in Portobello and Joppa, particularly among the under 40s. This “seed” money is available on the basis that the initiative is supported by clear action plans, is adequately resourced and sponsored by “champions” with the desire, passion, time and energy to follow through on the idea. If you or someone you know has a great idea and passion for having a wider impact within our local community then please contact either myself, David or Anne to find out more about the financial support that could be made available.

Michael, Finance Convenor

STOP PRESS: In light of the adverse impact of Covid-19 on the church's income over the next few months, would you consider making a regular contribution by **Standing Order** (if you don't currently do so) or a one-off donation via **PayPal**? This could make a really big difference as we try to manage our finances through this difficult time. It's really easy to do – see <https://www.portyjoppachurch.org/give> for more detail. Thank you!

Portobello and Joppa Parish Church

Summary of The General Fund for 2019

Congregational Fund

Expenditure on the normal day to day running of the Church

The Congregational Fund is also funded by interest from the legacies received invested with The Church of Scotland Investors Trust.

Actual To 31 Dec 2018		Actual To 31 Dec 2019	Budget To 31 Dec 2019
£		£	£
	Congregational Income		
148,747	Congregational Offerings	143,255	140,750
27,157	Income Tax Recovered	25,955	24,000
5,933	Contributions from Congregational Organisations	4,755	3,000
13,597	Contributions for Use of Church Premises	13,507	17,500
7,821	Income From Investments	7,979	8,000
31,043	Drawdown from General Trustees	31,657	28,000
<u>3,670</u>	Other Ordinary Income	<u>3,648</u>	<u>0</u>
<u>237,968</u>	Total Congregational Income	<u>230,756</u>	<u>221,250</u>
	Congregational Expenditure		
52,003	Staffing Costs	53,157	52,950
4,211	Christian Education and Outreach	3,234	5,500
2,203	Communication	2,562	4,000
30,903	Buildings - Heating, Lighting, Insurance and Council Tax	30,181	36,500
<u>4,99</u>	Administration	<u>4,756</u>	<u>6,750</u>
<u>94,31</u>	Total Congregational Expenditure	<u>93,890</u>	<u>105,700</u>
143,650	Net Congregational Income	136,866	115,550
<u>115,712</u>	Ministry and Mission Plus Presbytery Dues	<u>123,402</u>	<u>123,007</u>
27,938	Net surplus (deficit) for the Year	13,464	(7,457)
0	Legacy Received	3,000	0
0	Legacy Invested With Investors Trust	(2,990)	0
12,516	Year End Non Cash Adjustments	(10,500)	0
0	Legacy Adjustment	0	0
90,405	Congregational Fund Reserves at 1 January	130,859	130,859
<u>130,859</u>	Congregational Fund Reserve Carried Forward	<u>133,833</u>	<u>123,402</u>

Fabric Fund

Expenditure on keeping the buildings in a suitable state of repair

Funded by specific contributions from the Congregation and income from Fundraising.

Fundraising is, in general, to meet the cost of specific items.

The Fabric Fund is also funded by interest from the legacies received invested with

The Church of Scotland Investors Trust.

Actual To 31 Dec <u>2018</u> £		Actual To 31 Dec <u>2019</u> £	Budget To 31 Dec <u>2019</u> £
	Fabric Fund Income		
30,345	Contributions Towards The Fabric Fund	30,313	28,000
0	Drawdown From General Trustees	0	25,000
<u>2,197</u>	Fundraising	<u>2,372</u>	<u>0</u>
<u>32,542</u>	Total Fabric Fund Income	<u>32,685</u>	<u>53,000</u>
	Fabric Fund Expenditure		
<u>19,213</u>	Building Repair Costs	<u>21,166</u>	<u>87,500</u>
13,329	Net Income (Expenditure) to be Funded	11,519	(34,500)
118,072	Fabric Fund Balance at 1 January	131,401	131,401
0	Legacy Invested In Church of Scotland Investors Trust	0	0
0	Year End Non Cash Adjustments	0	0
<u>131,401</u>	Fabric Fund Balance Carried Forward	<u>142,920</u>	<u>96,901</u>
	Turnover for Charities Act		
	Congregational Fund	233,756	221,250
	Fabric Fund	32,685	53,000
		<u>266,441</u>	<u>274,250</u>
	Drawdown from General Trustees	31,657	53,000

A Call to Prayer



“We shall reap if we do not lose heart.” Galatians 6, 9.

Don't allow what you *can't* do to interfere with what you *can* do.

Most negative emotions can be converted into something positive to help us get further in life. Are you afraid of poverty? Convert it into a work ethic. Are you afraid of rejection? Convert it into the ability to connect with people. Are you afraid of insignificance? Convert it into the service of others.

You can turn your life around by taking the thing that once created fear and using that energy to do something worthwhile. There are many things in life you can't control and there's no good reason to worry about those things. Focus on the things you *can* control, and the first one is your attitude to problems. The second thing is your planning – you may not be able to control today's circumstances, but you can do your best to plan to use the time you have.

There are two things that are ever-present with us: faith and fear. And every day you live, you choose one or the other.

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ST6 4JF*

Gardening with George - *More plant lore from George, horticulturist and star of the small screen.*



I have just returned from the allotment where, because it is close to St Patrick's Day, I started the annual ritual of potato planting. I also planted out my shallots and the first of the garden peas and broad beans. In the cold glasshouse I have sown the first batch of cress and salad leaves. These seeds are easily grown on the windowsill. I use some of the Ma Made tins emptied by Mrs A when making her batches of marmalade for the Church, and old yoghurt pots.

Puncture the base of the pots and tins with a hammer and nail to provide some drainage and fill them to the brim with some potting compost. Press the compost down, water it and set it aside to drain. Once the compost has drained, sow the seeds on the surface, cover lightly with more compost and place in a sealed polythene bag. Sit the pots on the windowsill and watch the magic. I sow salad leaves every ten days and cress every week. In that way we manage a succession of fresh salad leaves and cress throughout the summer.

Good Friday and Easter will soon be upon us and it will be very different this year with all the multiple closures. My advice is get out and do some gardening, or when safe and possible take a walk around your local area and admire other folks' gardens, but above all stay safe.

Last time I mentioned the Lenten Lily and the fact that it hangs its head, perhaps in sadness for the crucifixion. Legend surrounds a number of plants associated with Easter. The woven branches of thorns that were used as Christ's crown could possibly have come from a plant called Ziziphus spina-Christa, 'Christ's Thorn' - look it up on the internet and you will see how cruelly armed it is with spines.

The ointment scented with Nard mentioned in the New Testament and in The Songs of Solomon was presented by the woman in Bethany who wanted to wash Christ's feet. Judas wanted to keep it. Nard (*Nardostachys jatamansi*),

which is the source of the scent used in the ointment, is commonly known as Himalayan Spikenard and as the name suggests comes from the high Himalaya. How did it make its way to the Holy Land and become sufficiently common to be mentioned in The Songs of Solomon?

Can I also share a secret with you? The Aspen was perhaps the tree used to make Christ's Cross. Its Latin name is *Populus tremula*. Its leaves constantly tremble because it is fearful that people learn its secret.

George



Good Friday traditions in other parts of the world

The Via Crucis is a torch-lit procession led by Pope Francis from the Colosseum to Palatine Hill, with stops for prayers at the traditional 14 Stations of the Cross.

On Good Friday in Jerusalem, religious pilgrims, many of them carrying crosses, retrace the steps of Jesus in the place where he spent his last days.

From Serbia to the American South, colouring hard-boiled eggs is a longstanding Good Friday tradition.

Following a tradition stretching back hundreds of years, *Semana Santa* (Holy Week) in Seville is marked by dozens of local parishes. The marchers don medieval garb of long robes and pointed hoods and walk — often on bare feet — to the cathedral in the centre of town.

To follow a Jamaican tradition, add an egg white to a glass of water before sunrise on Good Friday, then look at it as the sun goes up to see if the white settles into an image that may hint at the future.

Brain teaser



This month, I've been thinking about Good Friday. Can you work out the answers to the clues below? They're all related, more or less, to Easter. Some are more religious than others!

- G - - - - - Another name for Calvary
O - - - - Egg-shaped
O - - - - - "We shall some day."
D - - - - - Beautiful spring flower with trumpet-shaped petals
- F - - - - We all need to have this, especially in these worrying times (goes with hope and charity).
R - - - - - This happened after Jesus' death.
I - - - - - Modern name for Palestine
D - - - - - Follower of Jesus
A - - - - The month of Easter this year
Y - - - - - The colour of the flowers that begin with D!

Alison

Q. What happened to the Easter Bunny when he was naughty at school?

A. He was eggspelled.

Q. What do you call a rabbit with fleas?

A. Bugs Bunny

Q. What dance do bunnies like best?

A. Hip hop.



Times of trouble



Over the past few weeks, I've been typing out - for the family archives - the diary that my late mother, May Smith kept for nearly a year, starting in January 1940 when she was sent to London in the course of her work for the Civil Service. She was 17 when she left Edinburgh and 18 by the time of these extracts, which start as she returns to London after some leave at home, which was at 14 Durham Terrace.

Life is very strange for us all at the moment but as people have been saying, being asked to sit on our sofas for a few weeks is not that hard for most of us. In fact, it's quite easy compared to the life that Mum describes here. There are still members of our congregation who will remember the war and the sorrows and fear endured for six years and more.

Monday 16 September 1940

Mainly occupied in getting ready to go back to London – not looking forward to it very much.

Tuesday 17 September

Dad had day off. Packing! Went to Lyceum Theatre at night. Ran down to say goodbye to Smiths.

Wednesday 18 September

Came back to London. Met two Marines. Arrived in the middle of air-raid.

Thursday 19 September

Back to office, having spent rather unpleasant night in air-raid shelter. Rather fed up.

Friday 20 September

Life is now just office and air-raids and looks as if it will be terribly boring.

Saturday 21 September

Lots of damage done in Earl's Court past few nights. Had to work late today as work is so far behind.

Sunday 22 September

Horrid wet day. Air-raid on nearly all the day. The last started at 7pm for the night.

Monday 23 September

Things are bad, but am getting used to it.

Tuesday 24 August

Air-raids and still more air-raids! What a life!

Wednesday 25 September

Awful night – bomb absolutely wrecked house in Trebovir Rd – gave us an awful shock.

Thursday 26 September

Last night, place filled with smoke and dirt and whole house shook with bombs. We have no gas today.

Friday 27 September

Have now got some oil stoves which are useful but make a terrible smell! We have to go to the kitchen to boil water for tea etc.

Saturday 28 September

Went shopping during an air-raid in afternoon. Walk then went to air-raid shelter for the night – as usual.

Sunday 29 September

Church in morning. Lunch in hostel. Very cold and still no gas.

Monday 30 September

Still having air-raids every night and nearly all day. We no longer go into trenches in office.

Tuesday 1 October

Went for walk before raid.

Thursday 3 October

Air-raids nearly whole day. Warning all afternoon.

Friday 4 October

Still more raids. Down in shelter in office all afternoon once again.

Saturday 5 October

Tea and pictures in Richmond and then home about 11pm – all during air-raids!

Monday 7 October

Managed to catch a nasty cold. Think it must be with sleeping on the hard, hard floor.

Tuesday 8 October

Feeling very sorry for myself. Got hold of a wretched cold.

Wednesday 9 October

Bombs and shells – more raids.

Thursday 10 October

Inspected the havoc caused by last night's bombs. Earl's Court Road. So near and yet (thank goodness) so far.

Friday 11 October

Life still goes on. There is little, if anything, to record.

It is not really worth keeping a record of each day's activities as they are all the same now. Air-raids on and off all day and after the office, then after a bite of supper, we have to go down to the basement with all our goods and chattels and there we remain until the next morning.

Sunday 20 October

Went to St Columba's – air-raid on, so service in Hall. Lunch in hostel – not very thrilling.

Our rather dull days are being cheered by – mainly – the people at home. Mum is sending parcels of eats every week and lots of letters.

Air-raids are becoming slightly less intense, thank goodness.

Monday 28 October

We got shelter mattresses. Whoopee!

Saturday 2 November

If it had not been absolutely pouring rain we were going to walk to Richmond and then pictures there but – it chose to rain. So went to Hammersmith – “Tom Brown's Schooldays”.

Sunday 3 November

St Martin's in the Fields, then Corner House for lunch. Orchestra played Scottish music – oh for a dance!

Thursday 7 November

Great excitement to-night. “Stick” of bombs fell very near - when we were upstairs. One fell in Warwick Rd and made enormous hole, burst gas main etc. and burst into huge fire. Rather frightening. Fire under control after about an hour – good work!

[There the diary ends. Mum eventually got transferred to Harrogate, which was much more peaceful, and then came back to Edinburgh and married life. In the course of the war she was wooed by at least three lovelorn soldiers, one of whom threatened to enter a monastery if she wouldn't marry him. She didn't. He didn't. After the war ended, she chose my father – as I suppose is obvious.]



Getting to know you – Kim. *Kim wrote this for us in March, when things were normal. Remember that? Hope to see you again before too long, Kim!*



My name is Kim (I'm a guy - for those of you who don't know me), and I live near Portobello with my wife, 4 year old daughter and 1 year old son. I'm

originally from Denmark, moved to London in 2000 and then settled in Scotland in 2005. I joined the Boys Brigade as an officer here in PJPC in October 2005 and have since then had a connection to the church. We have in recent years got more involved by joining the Church walking groups and now also both our children have been christened in the church. With them we also attend baby crèche and soon will be helping out in Sunday Stars too. You may also have noticed my name as the photographer on some of the church magazine covers in recent years.

Q. What is an early church memory?

A. I have many fond memories of attending Sunday school from an early age, 6 or 7 years old. There were fascinating stories of far off places that we at that time had never heard of before.

Q. What's your earliest *childhood* memory?

A. I was four years old and it was late May 1985. I was driving back from my grandmother's house to my parents' house, when we turned down the driveway and I was gobsmacked to find our house had been demolished. We then lived in a caravan onsite for three months while my dad and friends built us a lovely new house!

Q. In an alternative life, what job would you have chosen?

A. I was studying carpentry and furniture design before I came to London for my six month study break in 2000. 20 years on I am still working in the UK. I never resumed my studies, so unfortunately never got to follow my dreams of becoming that world-famous Danish designer!

Q. What would be your ideal holiday?

A. Probably a wild camping trip hiking the length and breadth of Scotland. It would likely be a solo trip as I am not sure my family would see this as a relaxing holiday, but a wee dram I'm sure could keep me company.

Q. What do you do to relax?

A. Head out with my camera and capture sunrise or sunsets (ideally).

Q. What is a favourite quotation?

A. 'To Travel is to live' – by Hans Christian Andersen.

Q. What kind of music do you listen to?

A. Nothing specific, often old Danish classics and currently BBC Radio 3 is keeping me company when walking to work.

Q. What gets you up in the morning (apart from your alarm clock)?

A. If it was not for work (or the kids), then the search for that perfect sunrise!

Q. What makes your heart sing?

A. When the kids giggle - or recently Freya (4) has started saying 'I love you, daddy' well - that does it!



No diary

For obvious reasons, there is no diary section of the magazine with notices of services, rotas etc, but Stewart has sent a note of recent funerals for our information.

Funerals

22 Feb	Andrew Alcorn of Portobello
26 Feb	Peggy Bisset of Portobello
19 March	Anne Smith of Portobello
26 March	Charlotte Dick of Ravelston



CROSSREACH

Care you can put your faith in

CrossReach is one of the largest voluntary sector organisations in Scotland providing a helping hand to people of all ages in their time of greatest need. In Christ's name, we care through thick and thin and in geographical locations from Shetland to Galashiels to help people overcome their challenges by offering practical and emotional support and to help them know, that whatever their circumstances they are loved.

Our exceptional staff group and our volunteers are remarkable people going the extra mile, day after day, year after year, to serve the needs of others. They do so quietly with a spirit of kindness and compassion knowing that what they do brings hope and joy to others. Their value has recently been recognised as the nation took to its feet to clap for carers and the NHS on Thursday night. We have always known of their immense value.

However we now find ourselves vulnerable. In these unprecedented times we are asking for your help.

Our staff, volunteers and those who use our residential services are also at risk from Coronavirus (Covid-19), but are unable to shield themselves from the virus by staying at home, and limiting contact. In this time of crisis, funding is uncertain and we have had to invest in redesigning services so that where it is possible we are able to keep in touch with people who need our help through investing in technology. The helping hand of friendship is still outstretched but is in need of urgent protection to help us to continue to care.

You can make a difference in many different ways as shown in the articles that follow in this newsletter. You can volunteer with us, help us by

sourcing vital supplies, working for us in our crucial provision of care or by funding our work by making a donation. Please consider supporting us in any way that you can in this time of need, and please hold our staff, volunteers and service users in your prayers.



Thank you.

Viv

Chief Executive Officer

Volunteer your skills today

We are living through an unprecedented time in modern history, and are already seeing many people, like you, rise to the challenge to help others.

At CrossReach, every hour of every day, a body of amazing volunteers support older people, children and families and vulnerable adults across Scotland. Many of the people CrossReach help fall within the vulnerable group at risk from Coronavirus (Covid-19). We could not make a difference for these people without the vital support of the volunteers who support our staff and service users more than ever.

There are opportunities for you to volunteer in helping to deliver crucial services at this challenging time. Volunteers can help in delivering activities, supporting adults with learning disabilities to understand and comply with social distancing measures, or making a phone call to someone feeling lonely and isolated.

Please consider volunteering for CrossReach now. We urgently need your help to support our staff so that they can continue to care for those we work with, many of whom are anxious, confused and frightened during this time.

All volunteer roles will be working within Government guidelines for Covid-19, so if you are not within a category defined by the Government as vulnerable, please contact us today.

For full details on volunteering for CrossReach, please see our website [HERE](#).

Thank you.

Corinne

Head of HR Operations and People Development



CrossReach Residential Services

With the country in lock-down, our residential services are limiting access to essential visitors only.

This means that, for our elderly residents, they will not have contact with their husbands, wives, children, grandchildren, for an unknown time. This can be a very lonely and confusing time for them. We are thinking of new ways for these residents to stay connected with their families. We have therefore invested in additional iPads to video-call their family ensuring they don't feel socially isolated from their loved ones.

Activities coordinators, who would usually be taking those who use our services on outdoor activities, are being restricted to staying indoors, and adapting their activities to work indoors, using additional resources. Residents, who would usually go out and buy their toiletries are now unable to, raising questions about how we can keep them safe and supplied with enough toiletries.

Staff who can work from home are doing so. This has meant additional investment in laptops and mobile phones so they can continue with their day to day work as uninterrupted as possible.

While we are a large charity, our finances were already very tight prior to the impact of coronavirus. The impact of this and the need to divert money to maintaining front-line care services, means we need assistance, financial or otherwise, to help us deliver a real benefit to those in our care, throughout this difficult time.



Elizabeth
Head of Service, Business Development

Push Up for CrossReach Fundraiser **#YouAreNotAlone**



We all want everyone to come out of the Coronavirus (Covid-19) period stronger with a bigger sense of community spirit!

Scotland, Britain and the world is preparing to go into lock-down as we battle against the spread of Covid-19, millions of people are facing up to the reality of isolation, dreading the thought of not seeing loved ones, family, colleagues and friends on a daily basis, over what will hopefully be a short period of time. However, the reality is that social isolation and loneliness is a daily reality for many groups of vulnerable people of all

ages living throughout Scotland, impacting on their mental health and well-being.

These people need our support now more than ever. They might be a child socially isolated due to parental drug or alcohol use. Or an adult socially isolated because of a mental health issues like depression, stress or anxiety. Or an older adult living with dementia in a care home, who, because of Covid-19, can no longer see their loved ones and friends, but may not understand why. We need to be there for them.

This is why we are asking you to take part in the Push up for CrossReach fundraiser #YouAreNotAlone.

What is Push Up for CrossReach?

It is a push up challenge that increases daily, starting at any number of push ups on day one that you are comfortable with and increasing this by one each day Monday Thursday, by two on a Friday then having the weekend off before continuing on the Monday for a total of four weeks. Sample below

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday	Total
Week 1	1	2	3	4	6	0	0	16
Week 2	7	8	9	10	12	0	0	46
Week 3	13	14	15	16	18	0	0	76
Week 4	19	20	21	22	24			106

Please do record every day of push ups and share on Social media saying Day 1 of Push up for CrossReach, we are in this together, #YouAreNotAlone

To make this challenge as accessible to everyone as possible, please feel free to substitute a push up with something that suits your physical ability, but is still a "push" for you.

By posting on social media, family and friends will see that you are safe and well. You can do this challenge with friends or colleagues to make it

more fun, so tag them in your social media posts and encourage them to join you in this fundraiser.

We ask that you start off your own fundraising with a recommended donation of £5!

Follow this [LINK](#) to take part.

We are in this together.

#YouAreNotAlone

LIFE AND WORK – April 2020



Easter Reflection by the Very Rev Dr Derek Browning
Prayer from the Rt Rev Colin Sinclair

Children and Communion The experiences of churches actively involving children in their communion services

From D'Oyly Carte to Dunfermline Interview with opera singer and church elder Frances McCafferty

A Celtic Pilgrimage Gemma King describes her walk on the Columba Experience, a week-long pilgrimage for young adults.

Under Par The Very Rev Dr John Chalmers reflects on the importance of good mental health

No Short Cuts In his final column, the Moderator of the General Assembly explains why Jesus is still worth following

The Cruellest Month Ron Ferguson reflects on the gift of April

Plus all the regular columnists, news, reviews, letters, registers and crosswords

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Subscribe online from £12, or download a digital copy for £1.99; return the form in the magazine or speak to your church's Life and Work coordinator.

MAGAZINE/DIARY DEADLINES

May 2020

June, July & September

October 2020

Sunday 19th April 2020

Sunday 24th May 2020

Sunday 23rd August 2020

Scottish Charity Number : SCO11728

Portobello & Joppa



Parish Church

Photography by Kim Kjaerside

