

Soundings

Portobello & Joppa Parish
Church Magazine

October 2022



Portobello and Joppa Parish Church

From the editor



It's been a momentous month for all of us. There are probably quite a few of the congregation who can remember the death of George VI (not me; I'm *much* too young) but for most of us, the late Queen has seemed like a permanent feature of our lives. Recent events, so widely televised, have indeed given us a sense of togetherness, as Stewart says in his letter – the sharing of a common experience, if only at a distance for most of us. It's strange to think that, for very small children now, Charles III will seem like the king who's always been there. (Or at least, he will if he shares his family's longevity.)

This edition of *Soundings* is a fat one, with news about lots of activities. You can read about Muddy Church, Messy Church, Godly Play and Breakfast Club (in its two incarnations). You're invited to Café Ceilidh and to the Guild – and to Coffee Break, if appropriate. Help is requested by the Flower Committee to contribute towards the flowers in the church, and by Kay – if you can sew a bit – to help combat period poverty in developing countries.

And that's not mentioning extra information about recycling, a story from Sandy (he's had such an interesting life!) and the offerings of our usual contributors – thanks very much to you all.

Pam



From the minister

Dear Friends and Neighbours,

A candle burning on the communion table. A few more glowing in the windows. The silence and the stillness is inviting and calming. There is space to breathe and space to let the mind wander in the labyrinth of its own imaginings.



These are a few memories from some quiet time at the church. There was a National Moment of Reflection on Sunday 18 September for Queen Elizabeth II at 8pm. We decided to open the church between 7.30pm and 8.30pm in case anyone wanted to sit in the beauty of the sanctuary.

The solemn stillness when the coffin was brought into Westminster Abbey. A beautiful final prayer and a thoughtful sermon. And then there was the music: how could anyone not be touched by the trumpets and the voices lifted up to heaven? Tears flowing freely. For those of us who gathered in the sanctuary to watch Queen Elizabeth's funeral, it was a comfort to be with others at such a poignant time.

The solitude of a quiet evening. The worshippers, the mourners and the singing.

In many ways, two distinct events and approaches.

For sometimes we need a bit of solitude to remind ourselves of our need for others and our bonds with each other. Perhaps we feel more keenly the absence of a person. Perhaps we might be able to think through or pray through a troubled relationship and, then, a moment of recognition, an epiphany of sorts, provides understanding and insight.

Sometimes, however, it's so important to be with others. To share our laughter, our tears and especially that sense of togetherness when a song that is well

known and well loved sweeps all of us up in its tune and its melody and its resonance.

Solitude and togetherness.

Yet, perhaps not too distinct.

For it was reassuring to be with others even in the quiet of the sanctuary. And, how comforting too that, even in the midst of others, there was time for personal reflection.

The life of faith is so often a movement between these two poles. Sometimes solitude and sometimes fellowship.

Holding these two together at the same time is perhaps that sense of peace that passes all understanding. When we are alone or by ourselves, remembering the bonds of love and grace with others and God. When we are with others, holding on to the stillness in our souls.

Perhaps we all would like to live a life of such length and such fullness.

In God's eyes, however, what may be most important is not the length of life or the fullness of our own lives but the manner in which we strive, with God's grace, to fill others' lives with faith, hope and love.

Stewart



Diary – Worship



Sunday 2 October

- 9.30am** Quiet, reflective service
- 10.30am** Interactive, intergenerational service
- 11.15am** Traditional service with Sacrament of Baptism

Sunday 9 October

- 10.30am** Celebration Service: Harvest (only one service)

Sunday 16 October

- 9.30am** Quiet, reflective service
- 10.30am** Interactive, intergenerational service
- 11.15am** Traditional service

Sunday 23 October

- 9.30am** Quiet, reflective service
- 10.30am** Interactive, intergenerational service
- 11.15am** Traditional service

Saturday 29 October

- 4pm** Messy Church in Main Hall prior to Café Ceilidh (5pm)

Sunday 30 October

- 9.30am** Quiet, reflective service
- 10.30am** Interactive, intergenerational service
- 11.15am** Traditional service

Sunday 6 November

- 9.30am** Quiet, reflective service
- 10.30am** Interactive, intergenerational service
- 11.15am** Traditional service

Sunday 13 November

Remembrance Sunday: times to be confirmed

Sunday 20 November

10.30am Celebration Service

Remembering

21 August

4 September

28 August

Mary Wilson of Musselburgh

Thelma Hope of Portobello

Marguerite Mackenzie of
Queen's Bay Lodge



Weddings

17 September

17 September

Alan and Mairi of Musselburgh

David and Amy of Newcastle

Breakfast Club at Lunch Time

Our youth group, the Breakfast Club, returns to meeting on Sunday, 4 September from 11:30am to 12:30pm in the Session Room of the church. We meet every Sunday during term time for bacon or sausage rolls and discussion. Our discussions cover Bible stories, topical themes, or interviews with other members of the congregation. This term we will also be exploring hymns from worship, and what the words mean.



This summer, we met up for a summer social movie, pizza and games nights. It was great to catch up with our young people. We closed the evening with planting into the gardens a metal tree with Irn Bru can doves. This artwork was created by the Breakfast Clubbers at the Easter Vigil. It is a memorial art piece in honour of Brian Moar, who spent many years volunteering with the youth group and gave us our name, the Breakfast Club.

Breakfast Club is for any young person currently in Secondary School or of Secondary School age. Please invite along any young person you know – all are welcome!

Michelle

BC 2.0 Summer Reunion

In August, our young adults' group (BC 2.0) met up on the promenade for pizza, coffee and cake. It had been three months since our group had met up for pizza and faith discussions, so it was a fantastic chance to catch up and hear how exams had gone for most of the group. We are looking forward to resuming our monthly gatherings and we will be starting up a new video series from Ben and Jay (hosts of Youth Alpha) for discussion – "Love and Justice."

BC 2.0 is for young people aged 16-25 and we meet monthly at a leader's home for Domino's pizza and faith discussions. We occasionally meet up for socials and plan to meet up for a service project this year. We also go on a retreat together in the winter.

Do you know someone in this age group who might like to come along? Contact me for more information to join.

Michelle

Busking with Messy Church



On August 27, Messy Church joined the Big Beach Busk. Our Messy Church musicians shared a couple of songs together whilst Lourens, Reuben and Michelle led Messy Church crafts, big bubble making and chatted with people passing by. It was a gorgeous sunny day to be on the promenade and a fantastic opportunity to share with the Portobello community more about what Messy Church is and how everyone is invited to join us for the fun, food, fellowship and

worship every month. We closed our visit to the Busk with our Messy Church celebration time. Lourens shared the story of God's promise to Abraham, Catherine led us in our Messy Church Big Beach Busk song (written at a previous Busk!), and then Reuben closed us in prayer.



The August Messy Church is our anniversary Messy Church each year. We have been sharing MC in Portobello now for 13 years! I joined the Messy Church congregation in 2010 when I began working at the church. What a joy to be part of this community over the years and to get to know so many people from the Portobello community and our church.

Messy Church is for everyone – young and old, on your own or with your children/grandchildren. We meet on the last Saturday of every month from 3:30pm-5:30pm, beginning in the church

for our celebration time and then moving to the halls for activities and dinner. Hope you will join us soon!

Michelle

Muddy Church



Have you ever had that moment of reinventing yourself - when you make a big change in your life and imagine how you are going to live in this new context? Perhaps you reinvented yourself when you first left home, or bought your first house with your partner, or even when you were pregnant with your first child. As we anticipate the change, we may look at other people and think "We'll never be like that" or perhaps – "that is how I hope it will be". And then you are sitting in your new flat, or get home with your first baby, and there is a process of adjusting to reality. Of working out what really matters and what you let slide. Perhaps this is a conscious choice of picking which battles you fight. But, unless we are careful, it is often the spiritual bits of our life that get squeezed. The meals around the kitchen tables that soon become TV dinners, or the time you

want to spend with relatives or being part of the community is replaced by working late and trying to get to the gym. And living with other people can make this harder - that it is difficult to talk about spiritual things or can feel awkward to pray together.

Muddy church is our attempt to make space for God - where it doesn't become a battle. It's not about achieving more or personal development - but simply a chance to connect. The beautiful garden we meet in gives us a chance to connect to nature as we find frogs and newts and damselflies. There is plenty of space to explore and be together with friends or family. There are quiet corners and views where we can stop to think or pray. We also provide an activity or two for people that want something to focus on. We are a small friendly group, and it's fine to dip in and out or leave early. All are welcome (adults, children, teens, and people of any ability or disability). We hope that it gives you space to start to remember who you really are.

We meet on the first Saturday of the Month at Duddingston Kirk Gardens at about 11am. We meet on the grass by the Garden Café to have a welcome and a game before spending time in the gardens. We gather again at about 12 and finish with a story and a prayer. You are welcome to bring a packed lunch to enjoy after Muddy Church and to spend more time in the garden. If you are able to make it, then we'd love to see you there.

Reuben



Coffee Break

There are days as a new parent when time escapes you and your energy is completely gone, and when all you need is a cup of coffee and a break, to sit down and have a chat with a friend, to relieve the stress and exhaustion of parenting. This break is more welcome when freshly baked treats are involved!



This is what we aim to provide for new mums, dads, grandparents and carers at Coffee Break, our family café time at Portobello and Joppa Parish Church on Tuesday mornings. We meet in the session room, the small hall downstairs. You get to it via the outside halls entrance – go through the small door to the right of the ramp.

The café runs from 10am to 11:30am on Tuesdays and is for parents/carers with babies up to 18 months old. You can drop in at any point to have tea, coffee, or hot chocolate, along with home baking and biscuits for a small donation. There are also some toys and snacks set out for the babies and any older siblings who come along with you. Hope to see you there!

After a long break through the pandemic, Coffee Break restarted in September, so if you know someone with a baby who might want to come along, please let them know about us. If you know someone about to have a baby, please let them know about our café space as well. You can find us on Facebook at Coffee Break, or contact me for more information.

Michelle

The Guild



Our church Guild will be starting again very soon.

After much deliberation and prayer, the Guild decided to go ahead with their outing to Garrion Bridges Antique Centre on Monday 12th September. We had been looking forward to this outing for two years and it certainly fulfilled our expectations. The bus, the weather, the Centre and most of all, the afternoon tea were superb and it was just what everyone needed at such a sad time.

The Guild itself has a very interesting syllabus for 2022/2023 and is open to anyone who wishes to attend. It is no longer for women only and you would receive a warm welcome. Meetings are usually fortnightly on Mondays at 7pm but this session we are trying out some afternoon meetings too, so please ask me or any committee member for a syllabus if you are interested.

We shall have talks on the Vine Trust, the Suffragette Movement, Wojtek, the Polish Bear and many other topics.

‘The aim of our Guild is to open our meetings to both men and women of faith and of none and to share love, friendship and support to all in the church and community.’

Let’s not forget ‘whose we are and whom we serve.’

Annette

Convenor – Portobello and Joppa Parish Church Guild



Portobello & Joppa
Parish Church Present

Cafe Ceiliadh

An evening of song, dance and drama

Saturday 29 October
5PM to 8.45PM
Donations appreciated

Café Ceilidh

As we were coming out of Covid, one of the comments made on several occasions was – “Wouldn’t it be great just for us all to get together and have a bit of a Ceilidh?”

Honestly the enthusiasm for this was encouraging. Just like a children’s story book. Every time I spoke to someone about the idea, the response was as follows. “Yes, let’s have a Ceilidh, a proper Ceilidh. The junior drama group could perform a Scottish story.” Next person, “Great idea... I’ll sing a song... how about...?”

The Scottish Country dancers said, “Oh... we could demonstrate a country dance.” So many said, “Aww, I just love Ceilidh dancing.” Malcolm piped up that, “We could start with pies.” and Michelle exclaimed, “Fantastic! We have food at the end of Messy Church, so let’s combine our mealtime. How lovely to have a café Ceilidh for everyone.”

And so, it goes on. Yes, we are having a ‘proper’ Ceilidh after Messy Church on Saturday 29th October 5pm to 8.45pm with food, drama, song, and dance... a proper Ceilidh with a lovely mixture of all the talents we have to celebrate coming together again regardless of age. Keep the date free. Invite your friends or someone you think would enjoy sharing with us. We’ll keep you up to date with final arrangements nearer the time. 😊

*** For October Messy Church, we’ll start later, at 4pm in the church. Meet for Messy Church celebration and activities in the church until 5pm and then go to the halls for our pie dinner with the Café Ceilidh. All are welcome to stay on to take part in the Café Ceilidh for as long as you would like to! It is a great opportunity for fun, food, fellowship and staying warm on a Saturday night at the church. ***

Elaine

Summer with Godly Play

This summer, our Godly Play circle met every Sunday morning from 9:30am to 10:15am. Children aged 3 through to 11 joined our circle to hear a Bible story told with our Godly Play story materials. Then we wondered together about the story and had some time for response. Response time provided an opportunity for the circle to go deeper into the story by creating with art materials, looking at books, playing with the story of the day or another story from the room, building with Lego, talking with the storyteller, or working with labyrinths and puzzles. We finished our time together with a feast of biscuits and fruit fingers and shared our Godly Play blessing to close.

We have been sharing Godly Play during the summer holidays at this church since 2011. Our oldest children in the circle have literally grown up surrounded by these stories each summer. They are well versed in the language of Godly Play and often take the wondering time into deep discussions which further open the wondering of everyone in the room, including the adults helping and storytelling.

Over lockdown, I put together nine more stories for our Godly Play supplies – making some materials, gathering some from shops and buying in some materials from St Michael’s workshop in Bowthorpe with thanks from a generous donation to family ministry. These stories are from Book 6 of Godly Play, which are enrichment stories that take the over-arching core Biblical stories of Book 2 into deeper detail. Godly Play circles explore these stories, once fluent in the Book 2 stories (Creation, The Ark and the Flood, 10 Best Ways, Exodus, Exile and Return and more). After many years sharing the original stories, our circle was very ready to learn more about Jacob, Moses, Ruth, and David.

We will continue this theme of Book 6 stories over October and February school break.



Michelle

Flowers return to the sanctuary

As our church life has regained some normality after the Covid pandemic, the ladies of the Flower Committee feel we should reintroduce flowers into the sanctuary. After some discussion, it was decided that because Oasis is not environmentally friendly, instead of an arrangement of flowers in Oasis, we should use simple vases. We hope that this will encourage more people from our congregation to become involved.



If anyone would like to DONATE/DO/DELIVER flowers, we would be delighted to hear from you.

The flowers have always been an important part of our worship, and were very much appreciated by the people who received them each week.

Please speak to the Flower Committee if you are interested in any aspect of the flower rota.

Many thanks.

Margaret

(Many apologies – this article should have appeared in the last edition. It was sent in plenty of time but somehow the editor didn't notice the email in her folder. Maybe she should get new glasses.)

RESPONSIBLE ACTION

The Recycling team thanks you all for your continued response to our calls for milk bottle tops, pens of all sorts, toothpaste tubes etc, contact lens products and old specs, stamps and old postcards and blister packs. Special thanks to Norma Garthwaite for taking the latter to Superdrug in Stirling. (Superdrug stores in Edinburgh do not have pharmacies attached; blister packs are classed as medical waste, and must be disposed of through a pharmacy).



We hope you like the new recycling area, accessible to all, including those using the hall during the week.

New short-term appeal

Two volunteers at Edinburgh Direct Aid strip down short and long lengths of old electrical cable. Cash from the sale of the copper wire goes towards the cost of sending material aid to Aarsal Refugee Camp in Lebanon. Please hunt out any old lengths that you don't need. There will be a box for it (short term) in the recycling area.

Fabric drawstring bags – for long term use

These are available (suggested donation £1 each) for you to hang somewhere to temporarily store the stuff you would bring to Church for recycling. Bring it/them with you to empty at Church. Please avoid handing in yet more small plastic bags

as they have to be untied or cut open and then disposed of (or empty them into the containers and take home again)

Did you know?

1. Foil scraps destined for the green bin need to be screwed into at least a tennis ball sized lump; smaller bits just slip through the recycling machinery.
2. 'Soft plastic' does NOT go in the green bin. Hard plastic does.
Soft plastic includes reusable plastic bags, the thin film on top of food containers like those used for strawberries, biscuit wrapping, crisps packets, food bags, bubble wrap, cereal liners, delivery bags and sweet wrappers.
Take these with you when you go shopping, e.g. to Tesco (outside entrance), M&S and the Co-Op.

Thank you.

The PJPC Recycling Team

A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people. — Franklin D. Roosevelt

Sooner or later, we will have to recognise that the Earth has rights, too, to live without pollution. What mankind must know is that human beings cannot live without Mother Earth, but the planet can live without humans. — Evo Morales

Earth provides enough to satisfy every man's needs, but not every man's greed. — Mahatma Gandhi

Fresh Start

The congregation and friends of members continue to give generously to Fresh Start. This wonderful Charity recently received, with grateful thanks, a large quantity of household goods from the clearance of a Portobello home which used to be a guest house. Thank you to the Williamson family.



A reminder of what items are needed:

- Dishes and cutlery
- Cleaning items
- Pots and pans
- Bed linen and towels (NO duvets, but covers OK)
- Small electrical items
- Long lasting food products

(NO hard plastic like buckets)

Fresh Start does other things too. They can provide support with decorating, a cooker, employment support, cooking classes and growing space volunteering (gardening).

Fresh Start helps people who have fallen into the trap of real need. Their four aims can be summarised:

- To enable people who have been homeless to resettle in their community;
- To provide volunteering opportunities that offer practical and emotional support to our clients;
- To help our clients develop life skills;
- To involve church members and the wider community in our work to end homelessness

Thank you.

Beards can wait; periods can't



Ending Period Poverty; a challenge for us all

The 1st Article of the Universal Declaration of Human Rights states: 'All human beings are born free and equal in dignity and rights.' One quarter of these human beings menstruate.

The global figures for women and girls who have no access to period products are appallingly high. One estimate is that, for example, 76% of women and girls in Lebanon can no longer afford to buy disposable pads. Disposable pads and

tampons contain a lot of plastic and are definitely not environmentally friendly. In many countries, large numbers of teenage girls miss a quarter of their schooling, through absenteeism, once a month. Some use rags, grass or even, heaven forbid, sit at home on cardboard.

This article comes with an invitation, to readers who use a sewing machine, or who can, for example, cut fabric using a template, put cord through drawstring bags, or add snaps (like poppers or press studs).

A meeting will be held in our church hall in November
(details below) with the theme:

‘Period Poverty; Restoring Women’s Dignity’

and you, or anyone you know who may be interested, are invited.

One of the groups who make reusable, washable, environmentally friendly pads was started in England in 2020 by 21 year old Ella Lambert, with her mother and best friend. Those who join the group become ‘Pachamamas’ as part of The Pachamama Project. A Google search will take you to a number of links where you can find full details. Pachamama was apparently an Inca goddess of fertility.

The Pachamama Project gifts refugees and needy women and girls in various countries a drawstring bag containing 8 pads (at least 2 of which contain PUL fabric (leakproof)), two pairs of pants and a cake of soap. The pads, with careful maintenance, can last from 3 to 5 years.

There are a handful of Pachamamas in Edinburgh, but after the November meeting my aim and hope and dream is that there will be a lot more who will support this project and join me in an incredibly important effort to help to end period poverty and, in the process, to restore women's dignity.

Will some of you join me in helping to meet this challenge? I hope so (even if you don't use a sewing machine).

The meeting will be held in our Church hall on

Sunday November 20
at 3.00 pm

Kay

CrossReach Christmas cards

The super-organised among you will be happy to know that CrossReach Christmas cards are now available. They can be ordered online at shop.crossreach.org.uk or by phoning 0131 454 4374, or by post using the order form in the catalogue. We'll have some copies of these available at coffee time.



Another tale from Sandy

Hello everybody!

i hope this summer has been kind to you. It has been a beauty in many respects, but the lack of water has meant trouble for many, strangely in the country areas around the Scottish Borders, and I expect elsewhere. Thankfully we seem to be through that now and life-giving rain has descended upon us. Let's hope it remembers to stop now and again!

i was asked recently why I had stopped contributing to the magazine! I suppose the hot weather had "frozen" my thought processes, but a story came to mind as we approach harvest time.

I once worked at a radio station in Wick in Caithness. It was a radio station with a quite specific purpose: it was there for the protection of the bulk of the fishing fleet around the Scottish coast. Our area of responsibility was all the way from 58 degrees north (roughly Buchan Ness, north of Aberdeen) – covering the White Sea, Iceland, Greenland, the coast of Canada, in fact everywhere there was fish.

This was in the 1970s, long before mobile phones and satellite communications. It was all done by Morse code and radio telephone under difficult radio conditions. For example, the Aurora Borealis is a wonderful sight, but not for radio communications. It meant that we had extreme problems and had to use all our skills and "tricks of the trade" to get us through. But sometimes it was impossible. This was a very important job and something i was proud to do, as were all the people who worked there.

However, to the story! It was obviously a 24-hour job. and I went off one night to do my night shift from 2200 to 0800, happy in the knowledge i was going to be with one of my favourite people. We will call him "Bob". I know his name but will keep that to myself.

Bob was a great person, a single bloke who lived in digs in Wick. He reminded me of an uncle of mine who was similar in his brusque manner. Nobody ever got to know Bob completely. He was an Aberdonian and very good at his job. Being relatively new to the job, I was pleased and happy to be on nights with Bob.

When everybody else had gone, we settled down to tidy the place up, maintaining a watch on the distress frequencies – 500 KHZ for morse and 2182 KHZ for radio telephone. However, Bob was not himself. He was quiet and I did most of it while he sat and did the watch.

The loudspeaker suddenly broke into life – a ship calling MAYDAY! I can still remember its name, a French trawler called "Cap Griz Nez". As usual with fishing vessels, they had left it late to call an emergency, and she was seriously on fire to the north of us, well out in the North Sea. At a time before all the oil rigs, it was not an area on the main shipping routes.

This set in motion a procedure – something I was still learning! But I was happy that Bob was there with me. I contacted the Coastguard, the Rescue Coordination Centre in Pitreavie and Lloyds of London.

Bob was supposed to be rebroadcasting the message as ships began to respond with offers of help, but I was amazed to find him sitting there doing nothing. Completely overwhelmed with all that was happening, I then spent the night running back and forth doing all the jobs while, to my annoyance, Bob did very little, and it was a shambles.

The crew were saved but the ship sank. By the time the other people arrived at 0800, it was all over – but I was a complete wreck.

I reported to the boss of the radio station that Bob had left everything to me, and left to go home to bed. I knew nobody believed me. Bob was well respected and I was a new person on the block. I wouldn't have believed it if I'd been them.

After a night shift I had the day off and time to reflect. The next day I was asked to report to the boss. I expected to get a real dressing-down because the ship

had been lost. I was anxious about my job and worried about what would happen. However, when I was called into his office, he told me that I had done a great job in the circumstances. I had no idea what he was on about, but relieved. I now knew that the boss thought I was a good operator and respected my work, but then the shock!

He told me that "Bob" had been found dead in his digs of a suspected brain haemorrhage (later confirmed).

I'm glad I was sitting down - the emotion of it all hit me! I regretted all the things I had said about Bob and that I had never had the chance to say to him that simple word, "Sorry". The boss left the office and gave me time to recover. To this day I remember Bob and carry that memory with me, along with the regrets.

When we remember harvest, please remember the people who work with those who harvest the sea in all its forms, the men who serve others unselfishly to make a living. The harvest takes many forms, sometimes in difficult circumstances and we should remember that when next we look in the fishmonger's window or pick a packet of fish fingers out of the freezer!

There is an unseen world out there, people going about their everyday jobs. A network we take for granted.

Sandy



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



With the 'season of mists and mellow fruitfulness' well and truly upon us now, thoughts turn to harvests and the cold dark months ahead.



Apple harvest is in full swing as I write and while some dessert varieties such as 'Discovery' and 'James Grieve' are best eaten straight from the tree because they do not store well, others such as 'Norfolk Royal Russet' and 'Ribston Pippin' don't reach their best until they have been stored for a month or two. In the old estate gardens, apples once picked would be set out on shelves of wooden slats in a specially built apple house. Me, I pick mine, wrap each individual fruit in either newspaper or its more expensive cousin, glossy magazine paper. Once wrapped, the fruits are packed into old polystyrene fish boxes and placed somewhere cool and dry. They can keep in good condition right through until early March.

At the allotment, I have been growing some different beans this year. One variety called 'Lazy Housewife' has performed well. It is an old variety raised back in the late eighteen hundreds and one of the first varieties purported to be stringless. The young, green, developing pods can be eaten fresh, just like any other French bean, but if left, the small white beans can be harvested, dried and stored in an airtight container and added to soups and stews for some heart-warming goodness over the winter period.

Once the various crops have been harvested and the plots cleared, compost will be spread to feed and replenish the soil. I always marvel at each year's harvest where a small handful or pinch of dry seeds, properly fed, watered and tended, converts into baskets full of produce. Low food miles. Fruit for jams and jellies, vegetables for sharing.

My tomatoes did well in the glorious sunshine this year and when there were too many to eat fresh, they were puréed down and frozen for use in pasta sauces later.

Looking forward to spring next year, I will be planting some pots of bulbs in the next week or so. It is tradition in the Anderson household to plant a couple of pots of the sweetly scented 'Paperwhite' narcissus at this time. Given a bit of luck and a fair wind they should flower in time for Christmas and will be placed near the front door where their delicious aroma will greet any domestic visitors. Narcissus, crocus and tulips have been planted in layers in a deep pot, narcissus in the first deepest layer, then tulips in the second layer and finally crocus. Planting a multi-layered pot in this way provides a container with an extended flowering season.

In last month's magazine I suggested that there were some changes planned for the Church gardens. The work is scheduled to start in October and should only take one week.

Wherever you garden, enjoy your space.
Happy Gardening.

George



A call to prayer

“Evening, morning and noon... He hears my voice.” (Psalm 55, 17.)

God is far too creative to insist that every person interacts with Him in exactly the same way. He designed each of us differently. There are prayer principles that apply to all of us, but God leads each of us as individuals. We are all at different places in our walk with Him, we are all at different levels of spiritual maturity, we all have different experiences.

We need to move beyond intellectual knowledge about how to pray, and say, “Teach me to apply this to my own life, in my situation, in my heart. Make me effective in prayer.”

We should approach Him with our own strengths and weaknesses, our uniqueness, and everything else that so wonderfully distinguishes us from everyone else.



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Brain-teaser

This has been a very momentous few weeks, with the death of the Queen and the accession of King Charles III. These are a few words that came into my mind recently – here they are, in alphabetical order. The first letters spell out **OUR NEW KING**.



- O** – CEEOOMRV – how many people felt at the news.
U – EDINTU – what we hope that everyone will be.
R – EGINR – what King Charles has begun to do.
- N** – AINNOT – all the people
E – ABEEHILTZ – a very familiar name
W – AEHRTW – there was one on the Queen’s coffin
- K** – DEIKNNSS – we hope the new King will be treated with this
I – EHIINRT – what Prince William is expected to do
N – BELNO – Long Live Our ...?
G – ADGRU – there have been a lot of soldiers standing ... ?

Alison

Answers: overcome, united, reign, nation, Elizabeth, wreath, kindness, inherit, noble, guard



Getting to know you – *Rosa*. Rosa is 13. She currently helps with the Sunday Stars and sometimes plays the harp or the ukulele in the band at services. She used to be in Sunday Stars herself and is now in the Breakfast Club.

Q. What is your favourite hymn, and why?

A. Lord of the Dance, *because we sang it at Spring Gardens care home with the Sunday Stars and it always holds good memories.*

Q. What is an early church memory?

A. *Delivering the church magazine with my mum when I was around 2 and getting lifted up to reach the letter boxes.*

Q. What is your earliest childhood memory?

A. *I remember walking along the wall at the Prom on a very windy day, with my hair blowing all over the place. I think I was around 3.*

Q. What might you like to do as a job in the future?

A. *I would either like to be a chef with my own restaurant or a primary school teacher.*

Q. What are you reading at the moment?

A. *Me, My Dad and the End of the Rainbow by Benjamin Dean.*

Q. How did you find lockdown?

A. *I found it quite long, but not too bad, though I did miss my friends and family.*

Q. What is your most prized possession?

A. *Miffy, my special rabbit soft toy, which I got when I was 1 day old.*

Q. Tell us something that not many people know about you.

A. *In my free time, I enjoy paddle-boarding and wild swimming.*

Q. What luxury would you take to a desert island?

A. *A colouring book / note book and some pencils.*

Q. What do you do to relax?

A. *I play on my swing in the garden and listen to the birds in the hedge.*



Q. Where would you go in a time machine, and why?

A. *I would go into the future to see what my job is and if I'm happy with it, so I know which subjects to pick.*

Q. What is a favourite quotation?

A. *"Reach for the moon and even if you fall, you'll land among the stars."*

Q. What kind of music do you listen to?

A. *ABBA, Harry Styles, general pop music.*

Q. What do you miss (or not miss) about being a small child?

A. *I miss the simplicity of life.*

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

A. *The thought of getting my breakfast.*

Q. Where would you like to be right now?

A. *Swimming in the sea or a pool.*

Q. What makes your heart sing?

A. *Playing with / babysitting young children.*



This is the testimony of Philip Root, who took time out of his busy work schedule to talk about being shortlisted in the 2022 Scottish Social Services Awards (SSSA) Bright Spark in Social Care category.

Phill, a support worker at our Whiteinch Move-On service said with refreshing humility, “I’m one of the lucky ones. Some people have jobs – I’ve found my purpose and I’m living the dream every day.”

His passion for the people he works to support was almost tangible: “I work with people in homelessness and people with alcohol and drug use. I came from these services. I came through this service myself. When I’m working with somebody that I’m supporting there’s very little they could say to me that I haven’t experienced myself.”

The path of Philip’s journey took him through experiences of homelessness, prison and addiction, all of which isolated him from the people who loved him. Yet, the cry of his heart was to have a sense of belonging – a sense of home.

Finally, Philip came to CrossReach Abstinence Recovery Service, previously Rainbow House, where a light finally came on for him:

“I was the problem. It wasn’t the services that I had been in or the people who hung about me or my past or any of that stuff. It was me, and it was my job to change that. I had to change my thinking. I had to change my behaviours. I had to change everything about myself and I was allowed to do that under the protection of what we call the ‘Rainbow bubble’. I was allowed to make mistakes and I was allowed to grow – all the things that I wasn’t allowed to do or I didn’t allow myself to do in my active addiction. That’s where my [recovery] journey really began and I realised I was done with that lifestyle.”

“My mum told me it was after a year of me being clean and sober that she actually started to relax because she had ‘seen it all before.’”

Five years on, Phill says he can hardly describe how it feels to have invited his mum to be his guest to the upcoming SSSA event. Compared to what it once was, his life is hardly recognisable: Phill has a proud mum, is in a loving relationship, is a dad and has reconnected with his siblings.

As the interview was coming to an end, we noted the achievement it would be if he did win the SSSA category. His enthusiastic smile quickly became a serious expression, “There’s a lot of very worthy people out there,” he said, “and being nominated is genuinely beautiful – it makes me happy, so whoever does get it, deserves it!”

LIFE AND WORK OCTOBER 2022



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