

Friday 15th May

Weekly Bulletin

Mental Health Awareness Week

The church is making space again for Mental Health Awareness Week, coming up on 18-24 May.

*Mental Health
Awareness Week
Take Part*

The theme of Kindness this year acknowledges what we have all been talking about and feeling lately. We're seeing everywhere around, a blossoming of care and concern for each other as we all try to muddle through. It's never felt more important to be connected.



How many of us have been lifted by an unexpected phone call, or letter, or someone checking in to see if we need anything from the shops?

What does that say about the kind of community and church we want to be?

We have invited children to express how kindness makes them feel and how kindness can shape the world we live in, through their poetry, stories and drawings. Maybe we should all join in.

We'll exhibit their work in the New Halls windows and other places around town (and online for those who can't get out).

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



Christian Aid

A huge thank you to all who have been able to donate towards Christian Aid Week by going online to christianaid.org.uk. Every donation genuinely makes a difference.

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

Bread & Flour



A lot of bread has been baked this week after our wee enterprise of delivering flour. Here are a few loaves but we know there have been many more baked. We hope you enjoyed each one and are going to be lining up to bake for the great Back Together Picnic we'll be having when we all return.

New Church Moderator

*National Church
News*

This Saturday, 16 May, you are invited to watch the special service to install the next Moderator of the General Assembly of the Church of Scotland.

The 2020 General Assembly was cancelled because of the COVID-19 health crisis, but a unique service of installation will

be streamed live [here on the Church of Scotland website](#) and also on [the Church Facebook page](#), starting at 11am. [Watch the service of installation here.](#)

Rev Dr Martin Fair will officially succeed Rt Rev Colin Sinclair as the Kirk's ambassador at home and abroad, taking up his new role in the General Assembly Hall in the traditional ceremony.



This Sunday, the national church takes over Princes Street Gardens for a couple of hours to celebrate some of what it does. Clearly that is unable to happen this year, but it moves online. The digital version of Heart and Soul promises to be a “beacon of light and hope” during the dark days of the Coronavirus lockdown. [Watch Heart and Soul online here.](#)

Fairtrade

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

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

*Community
Engagement
Global
Justice*

As we read in a recent bulletin, [Gavin's Mill](#) is operating a click and collect service, with delivery available within East Dunbartonshire to folk who are self-isolating. In addition to the

Fairtrade tins, packets and jars we are familiar with, yeast, bread flour, fresh bread and pastries from Freedom Bakery, and Gavin's Mill café scones are available. Who can resist?

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

Orders can be placed online between Friday morning and Tuesday lunch time, for pick up 11-1 on Thursday or delivery Thursday afternoon. The bakery items will be fresh that morning. Minimum order is £15 and [you can order online here](#). Please ask a family member or neighbour to help if you are unsure about how to order.

Thank you, as we shop with care for ourselves and others and continue to be advocates of a community of the spirit.



Sofa Surfers

Remembered holidays, hobbies I have tried, events I have experienced, photographs I have taken...

All might be coming to a Zoom Room near you, as we create an afternoon guild/probus/round table/innerwheel-type meeting for everyone.

New Group Starting Soon

The idea is simple: we're a congregation and wider community of folk who have done a lot in life. We're in lockdown for a while, so why not invite some folk who have had an interesting experience or trip, or who have learned an unusual skill or hobby, and give them 20 minutes in our now not-so-busy schedule on Zoom to tell us about it. Then questions, chat and banter.

We've got a team working on that right now, and we'll be launching in the next week or so. Watch this space.

*New Local
Care Home Project*

Dear New Friend

We are all aware that care home residents must be feeling particularly lonely at the moment, with measures to protect them increasing their isolation.

Something that we can all do to help is to write a chatty letter, simply addressed to "Dear New

Friend", giving a bit of a window on the outside world, and letting them know that they have not been forgotten. Good subjects might be everyday details of what we have been getting up to - baking, gardening, seeing nature on walks - any funny incidents or uplifting things that have happened. The person receiving the letter is under no obligation to write back, but, if they do, we could become pen pals.



Of course I know how to text, only I use pen and paper and call it writing a letter.

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

*The doughnuts
are safe-ish*



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

New Phone-in Dial-a-Service

The technical wizards have opened up a whole new world for us and shown us how to provide our worship by phone. Yes, that piece of equipment that has come into its own these last few weeks as we keep in contact with everyone. We're not completely on line, we still do more phone calls than Zoom meetings, and we can now provide the podcast by phone. Anyone can phone in. It's a local call and lasts the length of the podcast, which is around 20 minutes. So, please tell those who have no internet access about this service - no pun intended. This way, no one needs to miss out on our core activities.



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



It is a local call and
lasts about 20
minutes.

Budding stars

Looking for Volunteers

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

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

You'd need a smart phone or a computer or tablet to make it possible; so, looking forward to hearing from you. Don't be shy...

This week's diary

All Week is Kindness Week in support of Mental Health Awareness Week.

All this week's activities

Saturday 16th

Saturday Night In at 7pm.

A Whodunnit organised by the Salmonds.

Sunday 17th

Podcast & Video services: available from the church website home page, worship banner. If you wish hymns with the video click the 'with hymns' button and then 'PLAY ALL'.

New Phone Service: dial 0141 465 5774 (after a bit of a pause)

Zoomday School: 10am: Beginners; 10.30: Sunday Clan; 11.15 JFV2

Tuesday 19th

SingSong! at 2pm on Zoom.

Quiz Night at 7pm on Zoom

Wednesday 20th

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

Friday 21st

Weekly Bulletin published

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

Saturday 22nd

Saturday Night In where WAGs will lead and entertain and generally fill us with mirth.

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

For ministerial matters this week, please phone Jeanette Peel on 07449 410119

Video Service

Uploaded early Sunday morning.
Go to nkchurch.org.uk and the worship banner and click YouTube Service.

Podcast

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

Phone Service

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