

Friday 29th May

Weekly Bulletin

Saturday Night In

Our young folk are still very much part of the life of the congregation, and this Saturday (30th May) at 7pm we will be able to celebrate their many talents, as they take over our weekly Saturday Night In.

*Saturday Night In
with JFv2*

It's going to be a fabulous evening for everyone on Zoom. If you haven't managed to log on before, then perhaps you might use this as a good excuse to give it a go, and join us at 7pm this Saturday. Fear not, you won't be asked to do anything except enjoy yourself and be amazed, but you'll be able to renew your acquaintance with all the familiar faces of our Junior Fellowship, as they entertain us and bring us together.



Pentecost

*Pentecost
Celebrations*

This Sunday is Pentecost Sunday, and we can't let it go without doing something wild-ish. We have a few things to celebrate: firstly, our online video worship (log onto the website and click the YouTube buttons in the worship banner), where we've moved the traditional chaos, that we normally experience on the day, online - so you won't miss a thing. We've got a plethora of

people participating, a congregation-wide Lord's Prayer, and a variety of rainbows, made up of images the congregation has been sending in from Facebook. You can see the service anytime from Sunday morning through the rest of the week.

Secondly, we have the podcast, which offers a different service again, all through the sound of voices, which can also be heard on the phone line (0141 465 5774).

National Church Service

The national church is providing a Pentecost service led by the new moderator, Martin Fair. You can find it on the Church of Scotland website and their facebook page. It is not live, but will be available from 10am, and will include a number of people from across the national church.

Boys' Brigade Service

Join the BB Family this Sunday for a special service from St Andrew's Church Bo'ness, featuring a virtual woodwind band and readings and prayers made up of BB members from across Scotland, including one from 3rd Bearsden (Killermont) Company and one from 1/2 Dumbarton Company. Connect to standonline.org.uk and press the live button at 3 pm this Sunday! There is a chat facility before the service to send greetings. A recording will be available on the Bo'ness St Andrew's website for four weeks after the service.

This is one way the BB continues to make our vision of living life to the full a reality, and we invite you to share worship with us. Friends and partners in the Guild are especially welcome.

Foodbank Appeal

A Mighty Thanks

A big thank you to the Connells for accepting foodbank donations and taking the carload down to Drumchapel this Monday. The volunteers are doing a fantastic job for the community, and our gesture was much appreciated.

If you would like to continue to support the foodbank, donations can be made directly via the collection point or through bank transfer. We will keep these details on the website under Appeals and Support.

KCEDG Ltd, Unit 9, Ladyloan Place, G15 8LB
Sort code: 80-06-14 A/C no: 00534755



Our Community Projects

Project Updates

Dear New Friend

Our 'Dear New Friend' project is now up and running. The idea is simple: write a letter with some of your news that doesn't include Covid-19, to a resident in Antonine, Mugdock or Buchanan Houses. We will hopefully soon be able to include Abbeyfield onto the list too.

Simply take the initiative yourself, write a letter, address it to 'Dear New Friend' on the envelope, and the care home will know to hold onto it for 72 hours, then will give it to one of their residents. It really is a simple, straightforward, and effective way of creating community and care. Perfect for those sunny days to sit and write in the garden, or in the (probably) soon-to-arrive rainy days of summer, to coorie indoors, and bring out the paper and pen.

Button bands

We now have a team of people sewing button bands to help carers who have to wear uncomfortable and ill-fitting face masks all day long. Again, if you know of anyone else who might like to get hold of the bands, please let Jane Gordon know. Are you in touch with your GP surgery or dentist at the moment? If you are, please mention that we can make button bands available to them too. Ours are fully washable at 60 degrees and can go into scrub bags. These have been devised by a senior nurse, who has thought through the hygiene issues.

When the cars stay in their garage...

... the cows come out to play. A few rogue ones spotted out shopping. They can also get to the vet down at Hillfoot more easily. They join a growing trend of animals spotted in high streets around the country while things have been quieter during lockdown.



Mental Health Awareness

Kindness Week

We had a great take-up for kindness week, especially among some of the local schools, who have written fabulous poems and stories about kindness. None of them have been missed out, and we have them all on display across the church hall windows. It truly is a colourful display, and a huge thanks to Trish Robertson and Jane Gordon, who have been working away (isolated and socially distanced) to make that possible.

Anyone passing the halls for their daily exercise will get a true sense that the church is open and active and wanting to continue to be a hub for the community. These are the Good News stories we can share with everyone. Indeed, what we do on the outside of our buildings now shares the story that the inside of our buildings used to.

Of course, kindness week isn't really just a week but a way of life, so you can find out more on the [church website](#), read some of the poems there in the gallery, or on Facebook, and create a pattern of kindness for each day. Here's what was brought together last week by Trish, but you can shape your own weekly pattern.

MENTAL HEALTH AWARENESS WEEK

SEVEN DAYS. SEVEN WAYS
TO MAKE A KINDER WORLD

1. THANK SOMEONE WHO HAS HELPED YOU
2. JOIN THE MASK & HEART APPEALS
3. DONATE TO FOODBANK
4. VIDEO CALL SOMEONE WHO IS LOW
5. BE KIND TO YOURSELF
6. SEND A LETTER TO CARE HOME RESIDENT
7. WRITE A POEM FOR OUR GALLERY

MORE AT
NKCHURCH.ORG.UK/KINDNESS-WEEK

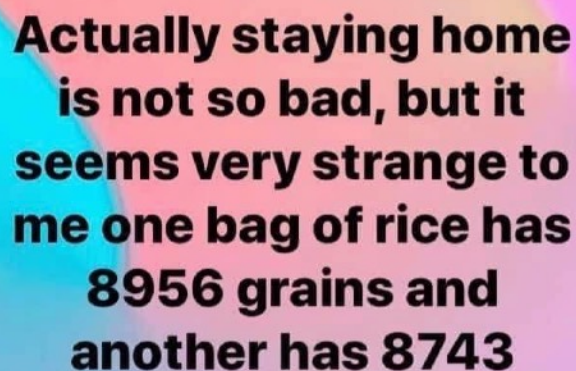
Sofa Surfers

*If you have a mask
bring it to Sofa Surfers
on Thursday 4th*

Our new Thursday Night group at 7pm was taken to some of the stans of central Asia once we got Zoom working: it still thought it was vestry hour and didn't let anyone in but that's sorted now - apologies for those who had to wait but it was worth it as Alistair Burrow offered us a visual and vibrant tour from our arm chairs, and will be back again for part two in a few weeks' time.

This week learning new skill week on Sofa Surfers, and we're all about face masks. One week we have a talk, the next week a life-hack or new skill, so, Sally Mudge and Carol Gardiner will offer how to make two versions of a face mask, one as a covering when going out, and the other made of... well who knows, but it will be good for your skin, exfoliate, open those pores, from household ingredients and have a bit of fun in doing so.

Your face will never look as good as it will on Thursday, only to be covered up again under a mask, but you'll know you are glowing underneath.



**Actually staying home
is not so bad, but it
seems very strange to
me one bag of rice has
8956 grains and
another has 8743**

Bulletin Articles

It is always good to keep in touch with what is happening in the community of the congregation

and, wider afield as well. Please send in anything you'd like to draw to our attention in the Bulletin, be it a group you are part of, an activity you've done, a story you have found, or a cartoon that made you laugh. Or, if there are any tentative thoughts from any of the groups in the congregation about what they might be able to do when we get back together in some way, then let us know. Just mail the church, and we will get it printed here.

Zoom Hosts

Looking For Help

We're looking for a few people who might help to host meetings on Zoom, who will be in charge of the waiting room, muting and unmuting as necessary, organising breakout rooms etc, and we'll give you some training that complies to our online safety policy. If you are interested, please email the church.

This week's diary

Saturday 30th

Saturday Night In at 7pm.

The JFv2 take charge of Zoom and show off their talents. It is going to be a fabulous evening.

Sunday 31st

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'.

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

All of these services are posted for a week so you can log on at any time convenient to yourself.

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

National Pentecost Service from 10am on the Church of Scotland website.

Boys Bridage Service from Bo'ness, with local boys taking part.

Tuesday 2nd

SingSong! at 2pm on Zoom.

Quiz Night at 7pm from our Zoom page

Wednesday 3rd

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

Thursday 4th

Sofa Surfers at 7pm: The masks of time! Covid coverings and the other kind of face mask: how to make both yourself.

Friday 5th

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 6th

Saturday Night In where Alfred will be in charge for an entertaining evening.

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

New Kilpatrick Parish Church
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0141
465
5774

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.

Podcast, Video Service and
Phone are available all
week. Tune in whenever
you have time and
wherever you are.