

# THE GRAPEVINE

CRAMOND KIRK MAGAZINE

EASTER EDITION APRIL 2020

Issue 108



[www.cramondkirk.org.uk](http://www.cramondkirk.org.uk)

## Happy Easter from Cramond Kirk

A very happy Easter to you and yours. Although our celebrations are very different this year, the Easter message of life and love rising from an empty tomb could hardly be more important.

We might not be able to hug one another but we can still join with Christian people the world over to give thanks that in raising Jesus from the dead, God has given us a new birth into a living hope.

*Rev Russell Barr*

### ADVICE FROM A DOCTOR

How do you keep sane in "lockdown?" You could argue that I should be the last person to ask, as I am still working in hospital. Actually, I am quite good at this. Having lived many years in Sri Lanka, famed for its 26-year civil war, curfews and "lockdown" are part of my DNA.

My dear 78-year-old grandfather, had the dubious pleasure of looking after 3 children under 10 in these circumstances. I am therefore happy to share all the tricks that he passed on to me:

1. He kept to a strict routine. Each day he would sleep and rise at the same time, have his meals like clockwork and always sit at the table and force us to engage. He had different zones in the house for different activities and moved around every inch of his space to vary his scenery.
2. He had "office hours" in which he completed his reading and correspondence. We could do the same by communicating via 'Zoom', 'House Party' or the telephone but keep boundaries clear. I personally still like writing letters and my diary, because I am a frustrated Victorian.

3. He really enjoyed his food and grew a lot of what he ate for fun. He took his time preparing and planning what he was going to consume. My children are home now, so task delegated.
4. He set aside his evenings for cards or board games. We here have sadly taken part in stock piling: we've bought 'The Game of Life,' 'Articulate' and 'Pandemic'..
5. He believed in spiritual time. Each morning he had a silent hour, reading the Bible and contemplating nature. I struggle to be silent and am experimenting with online Yoga.

In troubled times angels come: be it Joe Wicks with his exercises for kids, Jamie and his recipes with practically no ingredients needed or Gareth's virtual choirs. The fact that Cramond has over 400 volunteers offering to help our frailest is a testimony to all the efforts of the wonderful team from the Kirk and the lovely people all around us.

Perhaps we should make this a time of enforced reflection and a culling of all the things we can do without. I used to love our childhood camping trips and wonder why we needed so much when we were

### VIRTUAL CHURCH

[www.facebook.com/cramondkirk2](https://www.facebook.com/cramondkirk2)

#### Every Sunday

Morning Worship 10am  
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#### Daily Devotions

Monday – Saturday on Facebook  
And on "video" page of [www.cramondkirk.org.uk](http://www.cramondkirk.org.uk)

#### Pause for thought

Thursdays with Iain Majcher  
Live on Facebook 7.15pm Thursdays



at home. Perhaps we should wake up each day and remind ourselves that the sun is still shining.

**"The moving waters renew the earth. It is Spring."**

– Michael Tippett

Suresh Sanders  
JustRight Life Coaching  
Cramond Kirk Elder

### BASIC INFORMATION

On symptoms of Coronavirus, and current procedures to protect us all – BBC radio and television have regular advisory updates on news channels and very good information online at [www.bbc.co.uk/news](http://www.bbc.co.uk/news)

The Government website and NHS websites – at <https://www.gov.uk/coronavirus>  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

[www.cramondkirk.org.uk](http://www.cramondkirk.org.uk)

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# CHURCH GOES VIRTUAL

**These last weeks have been historic.**

The doors to Churches around the world have been closed as we find ourselves counting down to Easter, the cornerstone of our Faith. In these days of chaos and uncertainty the Church is having to re-examine how we 'do' Church. In the last weeks social media has been flooded with posts and videos and tweets from Churches around the world.

Here at Cramond we too have had to re-examine how we 'do' church. Of course, there is no substitute for face to face contact, but we must make do. Endless phone calls are being made by an army of volunteers, as well as endless e-mails. On top of this the Kirk Session is having a historic virtual meeting, from the comfort of their own homes, as we seek to continue to be at the heart of the community.

Our Facebook page [www.facebook.com/cramondkirk2](http://www.facebook.com/cramondkirk2) has, like many churches, been inundated with visitors. In the last week of March, we had over 2,300 people interacting with our Facebook page. Our Sunday services and Thursday

'Pause for Thoughts' are being watched on average by over 600 people each. The doors of the church are closed but we are not closed. By being pushed and dragged online by COVID-19, Cramond, like congregations around the UK, is reaching people who never normally come to church and those who have stopped coming. We are reaching people who have never heard of Cramond and those who feel connected to us, despite being far away.

Virtual Church is never going to replace the Sunday service, but I do believe that the Church has changed. We have been dragged and pushed into a change many of us could never have imagined just a few weeks ago. However, in the process we are now reaching new members of our congregation, albeit ones that we may never see physically. So, as we mourn the temporary closure of our doors, let's remember to give thanks for the blessing of technology and the blessing of new members, wherever they may be tuning in from.

*Iain Majcher*

# Youth Service



**The Youth Service is held in March each year and celebrates our youngsters and their achievements over the year.** The Scouts and Guides take the lead on alternate years and this year the Guides took the lead and the theme was climate change.



*Pictured Eilidh Newlands receives the Leonard Small Memorial Shield awarded to the year's top Scout and the flag party in the Main Hall at the close of the service. Youth Service 8th March 2020*



## Choir goes Online

As Cramond Community Choir is unable to meet up and sing together, their Musical director Stuart Murray Mitchell has shared some rehearsal warm ups and some new music for the choir members on his website. He is a distinguished musician composer in his own right. Now choristers can learn something new from the safety of their own homes! It's been very uplifting to stay connected in this way, as choir and music is very uplifting for everyone.

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## FROM THE MANSE



**Whatever else he was, Jesus was a wonderful story teller – and of all his many stories what one is better known or loved than the**

**parable of the Good Samaritan. (Luke 10: 25-37)**

As we hear about the Priest and the Levite walking past on the other side of the injured man, and the Samaritan who stopped to help, here is a story which captures the essence of what it means to be Christian, Jesus' refusal to let his followers walk past on the other side of human need.

Much more than just a story however, it is happening all around as in response to this horrible pandemic people are looking out for one another and taking care of their neighbour.

Through the Kirk Office we have been co-ordinating Cramond Volunteers, local people willing to do some shopping, collect a prescription or 'phone someone for a chat.

And if one of the outcomes of these difficult days is a stronger sense of community and a realisation of how

much we need one another then it will be a silver lining indeed.

Below a simple prayer which you might like to use – and with it a

question, not whether you have good neighbours but whether you are being a good neighbour?

*Russell Barr*

### PRAYER

Living and loving God,

**Thank You for the assurance of Your presence, around us and within, and for the promise that whatever opportunities and challenges each day brings, we will not be called to face them alone but strengthened by Your grace.**

**As the pandemic spreads illness and fear across the world, we pray the gift of Your wisdom for politicians who have difficult decisions to take and for medical scientists who are advising them what to do for the best**

**We pray for doctors and nurses working in hospitals and care homes, for researchers working behind the scenes developing tests, for engineers making ventilators and for factories manufacturing protective masks and gloves.**

**We pray for all who are fearful about their income and their work.**

**We pray for all who have been taken ill and for those people receiving intensive care.**

**We pray for families unable to visit loved ones and for anyone who is feeling anxious and alone.**

**And we thank You for everyone who has been a good neighbour and volunteered their time and their help.**

**God of grace, grant us patience, grant us resilience and in these challenging and worrying times remind us of our need of one another and our need of You.**  
**Amen**

## Cramond Volunteers step up

Local resident Mike Heffron set up the Cramond Volunteers COVID Facebook group when he saw other groups springing up across the city and no such community support in Cramond. This hub is a place to go for those who need help, and provides volunteers to give help in many different ways.

IF YOU NEED HELP please call the

landline to Cramond Kirk on 336 2036, or email [cramondvolunteers@gmail.com](mailto:cramondvolunteers@gmail.com) and if you are offering help please go onto the Facebook page, sign up there, and ultimately there is a form to fill in so volunteers can be matched with those who need help. The two things are quite distinct.

Cramond Volunteers is a combination

of the community groups with Cramond Kirk at the heart of it. Kirk Secretary Louise and Rev Barr and his wife Margaret manning the phone calls for help. In the coming weeks, it may be that more people will have to self-isolate and the need for help with shopping for essential supplies and medicines will be useful.

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# A WALK ALONG THE RIVER ALMOND



**We thank Friends of the River Almond Walkway (FRAW) for sharing this with us from one of their trustees.**

Being an oldie, I walk from Cramond Brig to the Steps or Cockle Mill to the harbour. Infrequently I go to Fair a Far weir. Oddly I find the latter of little interest.

I look mainly for birds - Mallard Duck and Blackheaded Gulls are normal, Wagtail, Goosander, Swans and Heron frequent, Dipper and Waterhen less often, Kingfisher rare but a real treat. The Dabchick (Little Grebe) is a welcome visitor. What I have not seen for a while is the Tufted duck, the Golden Eye or the Coot. Maybe I

have just been unlucky.

Today I was towards Kirkliston, saw a huge flock of geese, probably Greylag, and fell to wondering what they thought about as they fly north to Iceland, Norway or whatever.

The more we learn about animals, the more we realise that they are not so daft. This is perhaps most noticeable in the whales, porpoises and dolphins. I thought it amazing that a shark or whale encumbered by fishing lines knew to go to humans to get it removed. We know that the humble chicken can count and readily distinguish between a live fox and a dummy. Just watch how squirrels work

out how to get at nuts hung out for birds.

So, does a goose just fly along thinking of nothing? Does it know where it is? Does it see the Orkneys and think - "not so far now?" Apparently, birds can sleep on the wing but only for very short periods. Or does it think of a mate who is either beside it or going to be at the landing spot and say the Goose equivalent of "hello fine fellow" or whatever is the latest goose chat up line?

Or does it day/night dream of good food and good chat? I think (but do not know), that it is impossible to be awake and not to think.

Even if I try not to think I am thinking of not thinking!

Presumably if one bird thinks, then all birds think. If I see a tree creeper going up the bark of a tree it is probably just looking out for the best crevices to find grub (literally). But it must have some times of rest and contemplation? Or does the Great Tit with its saw - sharpening call only think of its next meal or its next mate? Or do they not think at all?

Robin



Photos: John Kerr FRAW

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# THANK YOU AND GOODBYE



The work is done, the learning is perfected, now it's time to pack the bags but I'm left with two strong words to say: **thank-you** and **goodbye**. Thank you is an easy one to say because it is an expression to respond to the mountain of love, generosity and fellowship we have received and shared from Cramond Kirk and with the Cramond community. But to say goodbye is a bit tricky and emotional.

Having preached as sole nominee at St Andrew's Church, Ayr on 15th March 2020, before the great lockdown, and having been greeted with a round of applause as a mark of overwhelming acceptance to be their minister, it is time to head off to Ayr.

It's as if it were yesterday, on 1st April 2019, when Dr Barr collected me from the airport and took me to my house at 9 Blackford Glen Road, we did some grocery shopping together and afterward went to visit Pauline Rae at St Columba's Hospice. From that moment I was grafted into Cramond Kirk's ministry.

My family and I have enjoyed the hospitable nature of members of Cramond Kirk. More than your gifts, which is of inestimable value, your thoughts and prayers have been the wings upon which we are carried above limitations and challenges of the time. How can we thank you enough? You have been the wheels that moved us to success. You've been the support and encouragement we needed to survive in our new milieu. You came in all forms and ways to help us settle down.

If there is a word stronger than thank you to show appreciation, we would have used it in our expression of appreciation and gratitude to you for being so kind to us. Thank you so much. We are only shifting ground and not parting ways with you. Sooner or later we shall see again.

For now, may the peace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all evermore. Amen

*from Victoria, Godwin,  
Chidinma and Stanley*

# Rev Tom Cuthell retires



**Associate Minister Rev Tom Cuthell was presented with special gifts at a retiral event in his honour in the Kirk Hall. "I wish to thank the congregation for their kindness. I am truly touched by their generosity," said Tom.**

It was the second time Tom took leave of Cramond Kirk, covering for Russell at Cramond Kirk during his appointment as Moderator of the Church of Scotland and subsequently for the last 2 years as Associate Minister. A 3 month posting to Rome at St Andrews Church took place in between.

"I have loved my time at Cramond Kirk. I have so very many happy memories and I have become very fond of the congregation."

As well as members of the church, 30 people who had travelled with Tom on his annual visits to Assisi in Italy attended.

Reverend Barr presented Tom with a very special framed thank you letter from Archbishop Leo Cushley of St Andrews and Edinburgh. Russell had written to Pope Francis telling him about the work Tom has done over the last 30 years to introduce hundreds and hundreds of people from all over the world to Assisi in Italy, whose famous Saint is Francis. Tom said: "Assisi is one of those places on God's Earth where the veil between time and eternity can be as thin as gossamer."

## JUST FOR FUN! LINK WORDS WITH A SEASONAL THEME!

e.g.	APRIL	<b>F O O L</b>	HARDY
1.	PALM	-----	BEST
2.	EASTER	-----	PEA
3.	CRISS	-----	STITCH
4.	EASTER	---	HUNT
5.	COMMON	----	FRIDAY
6.	ROAST	----	KIN
7.	HOT CROSS	---	GEE
8.	OFF	-----	CLEAN
9.	EASTER	-----	MACAQUE
10.	EAR	----	EGG

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# YOUNG CRAMOND CORNER

Here we share some online suggestions for the younger members of our community and their parents and guardians.

## GODLY PLAY GOES ZOOM !

Last Sunday, Alex and Edith were joined by 8 Sunday Clubbers for a Godly Play session on Zoom and it worked so well, they're going to be "zooming" at 10 am every Sunday morning. If you haven't used Zoom it's very easy. You just download the free Zoom app onto any device (which has a camera and speakers) and you're ready to go. Alex has a log-in link for the session so all you have to do is email Alex on [alexmackenzie@compuserve.com](mailto:alexmackenzie@compuserve.com) or the Kirk Office at [cramond.kirk@blueyonder.co.uk](mailto:cramond.kirk@blueyonder.co.uk) and we can send you the link.



## KEEPING MOVING

A reminder that body coach JOE WICKS is running free PE lessons every weekday for out of school youngsters on You Tube.

## EASTER CARDS

The Brownies and Guides are busy making Easter cards for any of their neighbours who they know to be alone or self-isolating this Easter



## LEGO CHALLENGE

and if you fancy a spot of Lego building, then why not try Lego's 30 day challenge:

<https://mk0freehomescho2g81n.kinstacdn.com/wp-content/uploads/2016/01/Lego30daychallenge.pdf>

## WATCH YANG GUANG LIVE! At Edinburgh Zoo

Whilst you may not be able to visit Edinburgh Zoo in person at present, you can watch the pandas, the penguins, the tigers and the koalas live on their webcams at [www.edinburghzoo.co.uk/webcams](http://www.edinburghzoo.co.uk/webcams)



As the youngsters in our community have been drawing rainbows and putting them in the windows to offer some cheer, one of our congregation took this wonderful photo of a hopeful rainbow, down at Cramond foreshore above artist Ronnie Rae's wonderful Fish sculpture.

## ANSWERS - LINK WORDS WITH A SEASONAL THEME!

- e.g. APRIL      **F O O L**      HARDY
1. PALM      **SUNDAY**      BEST
  2. EASTER      **CHICK**      PEA
  3. CRISS      **CROSS**      STITCH
  4. EASTER      **EGG**      HUNT
  5. COMMON      **GOOD**      FRIDAY
  6. ROAST      **LAMB**      KIN
  7. HOTCROSS      **BUN**      GEE
  8. OFF      **SPRING**      CLEAN
  9. EASTER      **BONNET**      MACAQUE
  10. EAR      **NEST**      EGG

**A special thank you to all the local membership organisations who have helped us to get the digital editions of Grapevine out to everyone during "lockdown" we really appreciate this. And to the extra help the Elders are giving to get these out to the congregation too. We plan to be bringing you more frequent editions of this digital Grapevine for the foreseeable future. #StaySafeSaveLives #thisischurch  
Your editor Carol Anderson April 2020**