

THE GRAPEVINE

CRAMOND KIRK MAGAZINE

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www.cramondkirk.org.uk

Tomatoes never heard about COVID!

Biggest amount raised for Christian Aid from tomato plant project

The tomato plant team has raised the largest total of money, £321.75, from tomato plant sales for Christian Aid since this venture started. Almost double the amount raised last year 2019. Cramond Senate first ran a Christian Aid stall on the stage of the Kirk Hall during the Bread & Cheese lunch in 1983.

Firstly thanks to our growers, Crichton, Norman & Kathleen (I managed to grow 12 on my study windowsill!) and to Russell and Margaret for "lending" us a spotless and fully-glazed greenhouse. Also to Helen and Gill, as together we assembled and delivered 153 plants. And to all our customers who contributed to the funds raised for Christian Aid.

Normally there are only half a dozen deliveries as many people pick up their plants at the Christian Aid Fair in the Kirk Hall at the start of Christian Aid Week. Sadly due to the "lockdown", the Fair and door-to-door collections have not been possible.

This year has clearly been very different, as with gardening supply outlets closed due to the Covid 19 pandemic, and greater enforced "free time" for gardeners



staying at home, there have been more than three times the number of customers, including one for a "Grow-Bag" Thanks to a superb effort from all, all deliveries were made (including the "Grow-Bag").

Edith Butler, our Session Clerk, has nothing but praise for our project. "It is wonderful to have something that has gone ahead almost as normal - no-one told the tomatoes about COVID did they?" Again thanks to all who have made this possible and to The Almighty for such recent good growing weather!

Michael Dick, *Tomato Plant Co-ordinator*

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Pause for thought

Thursdays with Iain Majcher

Live on Facebook 7.15pm Thursdays

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



Chelsea goes virtual as outdoor space more valued than ever during lockdown

It's not just Cramond Kirk that's gone virtual this year, but the world's greatest flower show - the RHS Chelsea, which enjoys a huge number of visitors and an even bigger television audience.

World leading garden designers, plant experts and practical gardening advice, can all be enjoyed this week from the comfort of your own home online at

<https://www.rhs.org.uk/shows-events/virtual-chelsea>

Monty Don has long believed in the power of gardening for mental health. "When you plant something, you invest in a beautiful future amidst a stressful, chaotic and at times downright appalling world."

A recent RHS poll found 57% of people

who have gardens value them more now than before the lockdown, and 71% feel they have helped with their mental health in recent weeks. "By becoming in tune with the seasons of growth and fall, preparation and harvest, you make your mind and body happier and healthier," Monty says. "By having a direct stake and involvement with the process of plants growing, of having your hands in the soil and tending it carefully and with love, your world, and everyone else's world becomes a better place."

At "virtual" Chelsea, the School Gardening Club provides parents and children with fun hands-on activities as experts show how to create miniature allotments and floral front door displays this Saturday.

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T: 0131 336 2036  

A time of worry

On Monday 25th May I should be walking through the doors of 121 George Street, the office of the Church of Scotland, for my final review. It is a day that I have been looking forward to since 18th June 2013 when my email pinged with a letter from the Church of Scotland with news that I had been accepted as a candidate for ministry. Seven years have gone by in which I have been working towards this final moment; in which my family have been working towards this final moment and the start of our new life. Now COVID-19 has robbed me of walking through the doors of 121, instead I will be sitting in my home and 'Zooming' in. By the grace of God, I will still be signed off and able to start the process of discerning where God is calling us as a family.

The situation I find myself in is nothing compared to what countless people up and down the country and indeed around the world are facing today due to COVID-19. Many others are facing poverty, loss of work, uncertain futures and of course many



are fighting for their lives as they battle this virus. It doesn't mean that I am not worried, nor does it mean that I can't be worried. We all carry worry with us. In my case I worry about the health of my family and about my children not having a chance to see their friends before we move. I worry about discerning God's calling for me and my family while confined to our home and so much more. Despite this worry and uncertainty, I am reminded of the scripture which says; Cast all your anxiety on Christ because he cares for you. 1 Peter 5:7. I don't know the

plans God has for me, but what I do know is that He never promised it would be easy, the past 7 years have already proved that time and time again. What he does promise is that He will be there in the good and in the bad. So, if you are worried like I am, embrace it. Don't keep it for yourself and share it with those you love and share it with God who walks with us wherever life takes us because Christ does care for us.

Iain Majcher
Assistant Minister

IT'S ALL ABOUT MAY

Answer each clue so that every word contains the same letters as the previous word minus one.

- | | |
|--|--|
| 1. A creamy dressing _ _ _ _ _ | 7. Radio presenter _ _ _ _ _ |
| 2. Street in Edinburgh West
_ _ _ _ _ | 8. Distress signal _ _ _ _ _ |
| 3. Chaos _ _ _ _ _ | 9. Pilgrim Fathers' ship _ _ _ _ _ |
| 4. Guitarist _ _ _ _ _ | 10. Rod Stewart song _ _ _ _ _ |
| 5. Confectionary brand
_ _ _ _ _ | 11. TV presenter, car enthusiast _ _ _ _ _ |
| 6. District in London _ _ _ _ _ | 12. Thomas Hardy novel _ _ _ _ _ |

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FROM THE MANSE



Sometimes expressed as doing to others what you would like them to do to you, and referred to in the New Testament letter of James as the 'royal law', the commandment to love your neighbour as you love yourself captures for many people the essence of the Christian way of life.

Set alongside Jesus' teaching in the parable of the good Samaritan not to walk past on the other side of human need, as evidenced in our support for Christian Aid and Fresh Start, it is something we have taken seriously at Cramond Kirk.

It is also apparent in the countless acts of kindness and neighbourliness which happen day after day and especially during these lockdown days as people have looked out for one another running errands or calling someone for a chat.

However it is the second part of the 'royal law' that I want to highlight, the fact that you cannot love or care for someone else unless you make time to love and care for yourself.

Taking care of yourself is not being selfish, and spending some time each day reading or listening to music or doing a jigsaw or sewing or working in your garden is not being self-centred; rather it is vital for your own emotional, psychological and spiritual well-being.

Even the gospels report that from time to time Jesus found a quiet place away from the crowds so he could rest and pray and gather his strength again.

And if it was important for Jesus to look after himself, how much more important is it for you and me?

Russell Barr

PRAYER

From the light of the morning sun
to the brightness of the moon at
night

from the trees in leaf
the birds feeding their young
to the gardens bursting with new
life

Your gift of life is around us and
within

If only we had the eyes to see

If only we took the time to notice

So teach us to pause
to look
and wait
and listen

And as Jesus took time to look
after himself
help us to centre ourselves once
more on You
the centre of life
and source of all goodness, truth
and love

Amen



A couple of years back, Grapevine put out a call for volunteer gardeners to tend the borders in the church yard. Many replies were received. Each volunteer, some husbands and wives working together, given their own "patch" to tend, and the results are very enjoyable for us all. The team is ably led by Diana Hart.

Sandy takes care of the lettering on some of the grave stones, which need a wee scrub now and again. "Bedding plants from the Scouts plant sale for Christian Aid, including geraniums, lobelia, allysum, and fuschias bring summer colour," he says. Ian plants early flowering tete a tetes, the baby daffodils that breathe a springful of

yellow into the graveyard, followed by tulips and shrubs and perennials giving year round colour. "We never really see the other members of the team, as we each work at our own pace, coming in when time suits. So there is no problem with lockdown." Catherine is one of the newer members of the team, moving back to Cramond recently, but a member of the Kirk for over 40 years. She told us how peaceful it's been without the planes overhead during lockdown, and the amazing birdsong. "We have seen new faces visiting the graveyard during this Coronavirus pandemic. I guess they are taking their daily exercise and the stones are very interesting. I too am fascinated by the information about local people and history that can be gathered from reading the headstones. So many children died so young in the late 1800s. John Chesser's grave details his son becoming Lord Provost of Edinburgh, but he seems to be the only child surviving into adulthood."

Jean has been involved with the garden for about 8 years. She meets all sort of people from all over the world while she is gardening in the Kirk yard. "One person I met had worked at the same school where I was a lab technician and my boys were pupils in Windsor, such a co-incidence. Some visitors coming in are looking for family connections."

Perhaps you might take a look at the colour the team has created next time you are passing.

Mental Health Matters

We are grateful for our colleague Rev Jenny Williams of Drylaw Parish Church for sharing this article with us:



In these days of lockdown, COVID 19, many of us are feeling isolated and lonely. "Take care" is something we often say to others, and right now it is something we also need to say to ourselves.

Different things help different people - here are a few ideas you might find helpful:

- **Phoning someone each day. Maybe different people on different days**
- **Sitting outside or at an open window or door. Looking at growing nature you can see, listening to the bird song, looking up at the sky**
- **Creating a routine - really helps. Getting up, getting dressed for the day, having your meals at the same time, going to bed at the same time, having a walk. The rhythm of a routine helps to create a feeling of safety and something you can rely on**
- **Limit the amount of time listening to the news and social media, restrict to once or twice a day**
- **Spend several minutes each day feeling grateful for all the people helping in hospitals, in supermarkets, driving the buses**
- **Put on some music, and dance - either literally or in your imagination**
- **If you want to be more energetic, 10- minute workouts are available on this website: <https://www.nhs.uk/oneyou/for-your-body/move-morehome-workout/videos/>**
- **Doing jigsaws and word searches, crosswords**
- **Remember the good times, people you have loved, jobs you have enjoyed**

There are many organisations offering help at his time -you can find more information at:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helpline/>

It is usually good to talk, to name the things that are bothering us, and know that we are listened to and heard, in a way that helps us find our own steps to help ourselves, most especially in this strange situation in which we all find ourselves.

Wishing you peace and hope.

Rev Jenny Williams, Drylaw Parish Church



Celeste publishes her book "The Forgotten"

The words 'lockdown 2020' and 'Covid-19' will invoke many memories for years to come. For some, those memories will involve the sadness of losing a loved one, the loneliness of not being allowed to socialise, the terror of abuse and the fear of uncertainty. For others, it might remind them of a time in which they learned to live life at a slower pace. Of a time in which they reconnected with their family and friends via social media. Of a time when priorities were reorganized and life regained its meaning.

We have been gathering many memories over the past 56 days. Memories of fun family activities, massive tantrums and the grief over a life that will (possibly) never be the same again. There is one more important memory which I hope will sustain me for years to come. I hope to always remember lockdown 2020 as the time in which my first book was published.

I have always been passionate about writing, and a few years ago, by the grace of God, I wrote a collection of short stories inspired by the people I met during my year as care worker. 'Die Verlatenes' / "The Forgotten" is a work of fiction and dare I say, a very easy read. It was written in Afrikaans and therefore published by a small publishing house in South Africa, but it is also available on Amazon. I am currently translating it to English and hope to have it available on Amazon in June 2020.

In between mountains of laundry, thousands of meals and kissing countless cuts and bruises, I am also writing a weekly blog-entry about our life as a family of 7 in ministry, which can be found at: thepastorswifeblog.com and I am busy writing a second book, this time about the year of the triplets' birth.

Our future may be uncertain at the moment, but we live in the knowledge that even these strange times have not caught God by surprise and that He still has our lives in His hands. I pray the same peace over you and yours in these trying times.

Celeste

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Extract from Do you know loneliness?

Celeste Majcher

Do you know loneliness? Have you ever felt it creep into your very being and nestle there, long enough to make you want to die? Have you ever heard the deafening silence with just your own breathing to fill the time? Have you ever been alone for so long that you are too scared to open your front door and peer out in case someone looks in your direction and you have forgotten how to interact with him?

Let me tell you about loneliness.

In Dundee's city centre is a huge building, a beautiful building, filled with many apartments. I can only tell you about the one which I had the privilege to see on the inside. It was a beautiful two-bedroom apartment with huge windows, wooden floors and a modern kitchen. On the outside, the area spoke of wealth with modern boutiques, delis and little cafes in between all the houses. It was only when I had to ring the bell three times as proof that I am indeed a care worker and not some criminal with ulterior motives that I realised not everything in this neighbourhood was as it seemed.

Once I got buzzed in, I ran up the stairs because I was already a bit late, and somewhere on one of the top levels, I heard a door creak open. With an upward glance, I could only make out two pale pink slippers. 'Are you OK, dear? Can you manage the stairs?' echoed a timid and hoarse little voice.

And then I saw her. Lorna was the smallest and most frail human being I have ever laid my eyes upon. A gentle breath would knock her over. Her black hair was glued to her head and her pyjamas and gown seemed to be sculpted onto her body. The poor thing was half-blind, nearly completely deaf and rheumatism had shaped her neck in a ninety-degree angle which meant that she was not able to lift her chin off her chest anymore. She had to stand to the side, tilt her head slightly and close one eye to see me properly.

As soon as I crossed the threshold the reality of it all hit me. I don't think she has seen the other side of the front door in years. As she struggled to close and lock the door to her own apartment I realised that her condition prohibited her from climbing the stairs and that she had no strength to face the world beyond. My job was to bathe her, but judging by her poor state, I realised that she had not felt a drop of water on her skin for weeks, maybe even months. Before I could ask her if she wanted a bath she told me that she didn't need one and would prefer if I would use the time to sit and talk to her instead. I tried my best to explain that I would be happy to talk to her during the bath but she refused, and I realised that as with everything else, too much time had passed since her last bath and it had now become just a little too scary to attempt.

The Work Goes On

Amongst all the other coronavirus-related changes to our lives, the closing of churches is perhaps the most shocking. Who would have thought it would come to this?

In fact, although the doors are shut, much of the work of Cramond Kirk goes on, though perhaps in a different form. Shortened Sunday services are filmed and uploaded for folk to watch as are the daily devotions and, on Thursday evenings, Pause for Thought. The Sunday Club still meets, but on Zoom. Details of all of these can be found on the Cramond Kirk website: www.cramondkirk.org.uk Our Pastoral Care Assistant is busier than ever. She is currently collating information about shops and other providers of goods and services who have set up special numbers or times for those in the parish who are elderly and/or self-isolating. It's a dynamic situation, so the plan is to publish maybe three editions of the resulting leaflet over the next few months and have the Post Office deliver them to every door.

We have a cohort of volunteers who are there to help those who are shielding or self-isolating or who just need some help in these difficult times. They can be contacted through the Cramond Kirk Office on 0131 336 2036. But like many other businesses and organisations, and especially charities, our income has fallen faster than our costs. If you were a regular giver, or an occasional giver or just want to help our work, there are still plenty of ways to do so.

If you bank online, the simplest way of giving is probably by bank transfer. The account name is Cramond Kirk, the sort code 80-02-19 and the account number 00185768. You can set up a standing order using the same details. And do let us know who you are: we like to say "thank you".

If you don't bank online, the banks are now taking cheques again so you can post a cheque to the Kirk Office, 16 Cramond Glebe Road, Edinburgh, EH4 6NS. If you are a taxpayer you can consider using the Gift Aid method which allows us to claim a further 25% of your gift from HMRC. If this sounds attractive, please contact our Gift Aid Treasurer, Crichton Mouat on 0131 334 6583. If you have particular queries relating to giving, please contact our Treasurer, Neil MacLeod, on 0131 336 4665. We are grateful to all of those who give so generously. Your gifts allow us to continue our work in Cramond and, through the wider Church, throughout Scotland.

Alistair Gibb

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COVID19 UPDATE – MWANDI

In Zambia there have only been 7 deaths but the number of cases has risen to 832 (21st May 2020)

Since the country is under-resourced and does not have the medical infrastructure to deal with an epidemic, much effort is being put into prevention. This includes tracing, testing and isolating contacts of those already infected by rapid response teams.

The soft lock-down was extended in mid April. Bars, casinos, restaurants closed but take aways and carry-outs allowed. Markets remain open as most people here have a very hand-to-mouth existence and need the money they make on a daily basis to feed the family for that day. There is nothing in the larder at home. Social distancing measures are applied, with rudimentary hand washing and hand sanitising facilities being made available at stalls and shops. The cell-phone companies check your temperature before you enter their premises as well. We need to go monthly to pay in advance for wi-fi, pay as you go talk-time cards and internet bundles for our phones. The ironic thing is you wash hands before entering a supermarket. Then you disinfect the trolley yourself with your own wipes. On exiting we use our own bottle of hand sanitiser. The wearing of facemasks in public is now mandatory.

We have been confined to Mwandu since 26 March. When we shop, we are asked to withdraw cash for others as getting money is a problem for many. We also needed to pay our



furloughed their staff salaries. On Thursday we went again and picked up hand sanitiser and disinfectant gel for the hospital as well as Coke, Fanta, cooking oil and sugar for the Hospital Shop as well as our own supplies. We hope to last 3-4 weeks now without a return trip to Livingstone.

At home we divide the day into school time for Ellie and Mubita. They work from work sent to them from school. The Ministry of Education is using Radio and Television now to broadcast lessons and school work. Ida and I are working remotely so we do our work by distance. The afternoon is housework, laundry and gardening. As we suspect we may be here for some time we have planted a vegetable patch as fresh fruit and vegetables will become harder to find. We stay at home, keep our distance and speak to any visitors from a distance over a locked gate or with neighbours we keep at least a metre apart.

Unfortunately my brother, Kenneth, died from cancer in hospital outside Perpignan in France in April. He lived there for many years. We are grateful that we were able to get through to the hospital ward on the phone before he passed away and let him know how much he was loved and though apart at the moment he was not alone. He understood and whispered but was not able to speak. We are so thankful to have had that opportunity to say goodbye.

Of course no one from the family was able to attend his funeral. We all over the world watched it together. We made home-made pizza and ate it sharing that time on -line. Strange times we live in.

Keith, Ida, Mubita & Ellie



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YOUNG CRAMOND CORNER



Lockdown fun and dreams for the future...

Although lockdown has stopped many of our usual activities the children at Cramond Kirk have been finding new and innovative activities to challenge themselves and keep busy.

In addition to 'home schooling' and 'Sunday Club zooming' they have been baking, sewing clothes for their toys, crafting, gardening, building wooden garden planters, growing tomato plants (thank you Christian Aid!) and sunflowers, building a tarpaulin shelter and sleeping out in the garden, playing Jenga, running, unicycling, playing the violin, trampolining and creating art masterpieces.

Staying positive is so important during these extraordinary times. NHS staff locally are keeping their spirits up by creating a rainbow of post COVID wishes. During our regular lively Sunday Club zoom meetings the children shared with us their post lockdown dreams.....Maria and Andrew can't wait to go swimming and to the cinema, Lydia is looking forward to soft play, Euan is keen to play football with his friends and Emily wants to hug her granny and Angela hopes the wonderful neighbourhood spirit of unity, helpfulness, caring and giving will continue. What are you looking forward to most? Until we can all meet again why not create your own list of post coronavirus wishes and post them under a rainbow!

Diane McCutcheon
Cramond Kirk Youth Committee Convener.



Having a Ball!

Using a ball is a fabulous way to encourage stretching, strengthen muscles, and release tension in the body.

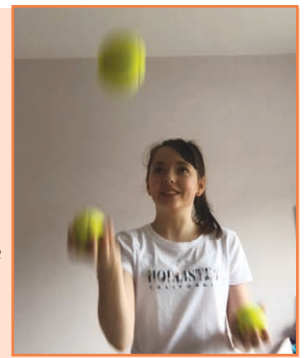
Everyone has a tennis ball or two lurking in the shed or attic! The older the ball, the more forgiving it is.

Try these:

- Shoes off, stand by a chair for support. Place ball between ankles, below the ankle bones. Slowly rise onto the balls of your feet, keeping lengthened throughout your spine. Pause, then lower heels with control. Bend knees, then press the floor away to straighten legs. Ten repetitions.
- Ball under sole of one foot. Roll up and down, side to side, placing as much weight into the ball as you can tolerate. Don't neglect the heel, or edges of foot. Two or three minutes. (Compare your feet!) Then work on the other sole.
- Palms facing upwards, squeeze the ball tightly, then spread your palm and fingers wide like a starfish; repeat ten times on each side.
- Roll the ball gently along the back of your hand and forearm, increasing pressure gradually, releasing tension.
- Stand with back to wall, ball between shoulder blades. Slowly roll the ball from side to side. Alter the ball's position occasionally. Work gently round any particularly tight areas.
- To ease neck tension, lie down on your back with two balls in a sock at the base of your skull, one on each side of the spine. Focus on breathing, gradually begin to nod chin towards chest. After five tiny nods, stop. Concentrate on breathing again, let the weight of your head do the work. Repeat after a few minutes.

And, of course, you can always learn to juggle, just like Ruby in our photo!

Jane Robson
Pilates Teacher
Jane@shangrilapilates.uk



Sunday Club Zoom Meetings
continue at 10am every Sunday.
Contact the kirk office for more information.

ANSWER TO "IT'S ALL ABOUT MAY"

1. MAYONNAISE 2. MAYBURY ROAD 3. MAYHEM 4. BRIAN MAY 5. MAYNARDS BASSETTS 6. MAYFAIR
7. SIMON MAYO 8. MAYDAY 9. MAYFLOWER 10. MAGGIE MAY 11. JAMES MAY 9. THE MAYOR OF CASTERBRIDGE

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".

Your editor Carol Anderson • Contact us: cramond.kirk@blueyonder.co.uk