

# THE GRAPEVINE

CRAMOND KIRK MAGAZINE

SPECIAL EDITION SPRING 2020

Issue 107

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



## CRAMOND KIRK AT THE CORE OF OUR COMMUNITY

Mindful of the global pandemic of Coronavirus, we have produced this extra special digital edition of Grapevine, the magazine from Cramond Kirk, which goes out to 3,500 households in our community in Cramond and Barnton, usually just x 4 times a year. The situation is changing rapidly and on an hourly basis across the world and in our community too.

Because the Church and Kirk Hall have to be closed under the current Government guidelines, our Minister, the Very Rev Dr Russell Barr will be broadcasting a service on our Facebook page at 10 am on Sunday mornings for the foreseeable future. On Sundays at 10.15am Sunday Club for children continues on Zoom.

Every Thursday at 1915, @IainMajcher will continue to give us "Pause for thought" 5 – 8 minutes of Scripture and reflection. Tune in

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

We wanted to let you know that we have a very active Website [www.cramondkirk.org.uk](http://www.cramondkirk.org.uk) with up to date information. If you are on Facebook, please follow us @cramondkirk2 [www.facebook.com/cramondkirk2/](http://www.facebook.com/cramondkirk2/) and Twitter @cramondkirk1 New groups have started to help those less able in our community, and some existing groups have come up with ingenious



ways of staying in touch, and keeping us fit and active in these unusual times!

There's been a Kirk at Cramond for 700 years, providing stability and constancy which few Scottish congregations today can claim. We're a unique church providing warmth and welcome to local people, new arrivals and not just to church members, but to the whole of our community.

It has been hard to close the doors of the Kirk Hall to all groups who regularly meet and bring together folks like Mothers & Toddlers, to exercise classes like Yoga and Pilates, like the Brownies, guides and the Scouts, the local Community Choir. All social groups as well as schools and businesses have had to face up to the challenges of the

current crisis, and stop their gatherings for everyone's safety and future health, for the foreseeable future. So here we have tried to give you some useful information, some news and some ideas for parents and children to keep occupied.

The next Grapevine, as this one, may be a digital pdf copy, for emailing or downloading from the Kirk website, if restrictions remain in place for moving around. If so, can you please print it off and share it to neighbours or older friends who may not have internet access, and to other members of your group, if you are a group that meets in the Kirk Hall, or your local community. Please bear in mind the guidelines for social distancing in this process.

### 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](http://www.bbc.co.uk)**

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



## Sunday Club bake bread for Fair Trade Lunch

The annual Fair Trade fortnight was promoted at Cramond Kirk on Sunday 23rd February. During the morning service we heard about 'Just Trading Scotland' from John Riches. The Sunday Club then prepared a lunch by baking fresh bread and serving it with soup to the congregation after the service. The event was supported by our local Scotmid Store who regularly stock Fair Trade items and donations were also raised for the Turi Children's Project in Kenya, Fair Trade Foundation and Tradecraft Exchange. It was an event which brought a lot of community happiness as well as raising awareness of Fair Trade.



Judy Arrowsmith

## Knit and Natter Continues on Zoom

**Stay connected and knit with us at allotted times.** Do you crochet? or sew? or needle-felt? or knit? For the past few months some people have been getting together to 'Knit and Natter' in the Kirk Halls on a Thursday evening. We are now offering to continue this from the safety and comfort of your own home, on an App called ZOOM – where we can all get together and see each other and continue the Knit and the Natter. You can access this on your smart phone or tablet, or on a laptop or computer. Alongside all the crafting, we drink coffee and tea, eat cake and we chat. We are all making different things and for different reasons. Some of us are fast and some of us are slow. For

instance, I am still knitting my daughter's Christmas jumper! If you would like to join us, please drop Louise, the Kirk secretary, an email and she will send you a Zoom invite – all you have to do is click on the link. And make sure that the camera and sound on your device is switched on. We meet on Thursdays 30th April, 28th May and 25 June.

Alex Mackenzie



## WANT TO GROW TOMATO PLANTS?

We reported in the last edition of Grapevine Michael Dick's tomato plant fundraising initiative – which raised £174 in 2019.

With events now cancelled for the Kirk Hall, Michael and his team can deliver orders for tomato plant seedlings direct to you mid May, with funds going to Christian Aid.

Michael told us: "With so many of us confined to barracks so to speak, this could be an opportunity to try growing your own tomatoes! Supplies of award-winning varieties "Ailsa Craig", "Cherry" "Gardener's Delight" "Orkado" (including yellow Golden Sunrise) will be available, complete with growing-on instructions. Plants may be grown in large pots or Gro-Bags in greenhouses, conservatories, porches or on windowsills as well as outside in well-sheltered positions.

Over the past 30 years over £4,000 has been raised for Christian Aid in this way. Tomatoes are easy to grow, especially for beginners or for the more experienced gardener. The sight, scent and taste of home grown ripe red (and occasionally yellow) tomatoes, just ready to pick is like no other.

Priced at £1 per plant, order by contacting The Kirk Office tel 336 2036 stating your name; address; phone number & your ideal choice of variety & number required.



## FROM THE MANSE



Schools have closed for the foreseeable future perhaps till after the summer holidays. Church services have been

cancelled, the streets are quiet and what we have known as normal life is being put on hold as measures are put in place to stop the coronavirus spreading.

Although funeral services are still being conducted, congregations are being restricted to close family members only. Services can be live streamed from the crematorium and of course there will be the opportunity at a later date to hold a memorial service to celebrate someone's life.

Although this is an unsettling and even frightening time for many people, it has been wonderful for us to receive so many offers of help and support and as a community we are putting in place a great team of people who will be glad to respond.

Meanwhile although we have no Church Services I will be broadcasting a service live on Facebook on Sundays at 10am, and the Sunday Club for

youngsters continues on Zoom on Sundays at 10.15am  
Please join me in this prayer  
Russell Barr

Caring God,  
as dark clouds roll over  
much of the earth  
and fear threatens,  
remind us that we belong  
to You  
and to one another.

Aware of our own needs  
and concerns  
lift our eyes to see our sisters  
and brothers  
around the world  
and to find in them  
a taste of your love and  
compassion  
waiting to be shared.

Bless us and all whom we love  
with Your gift of peace  
in Christ our Lord  
Amen

## FreshStart

helping people make a home for themselves

### Giving to Fresh Start

Edinburgh charity Fresh Start appreciates the donations of food and essential goods we give through our pick up point in the Kirk Hall.

These donations support very vulnerable people being re housed in Edinburgh, to get a starter pack to get them going. However at present this procedure isn't possible. But to continue to support Fresh Start, we can give financial support to pay for these goods.

You can do this via JustGiving on the DONATE pages of their website [www.freshstartweb.org.uk](http://www.freshstartweb.org.uk) or give directly to their bank account. Monies given will be used to buy food and essential items for starter packs.

Details for payments by automatic bank transfer Bank Name: HBOS Sort Code: 80 11 05 Account Code: 00470086

On behalf of Fresh Start, thank you very much it's much appreciated.

## Cramond Volunteers – HELPING THOSE SELF ISOLATING

Over the past week, a number of Cramond residents have formed a neighbourhood group initiated by Mike Heffron, which aims to support those who are isolating due to the Coronavirus pandemic. Cramond Volunteers has grown to over 330 volunteers living in Cramond and Barnton.

It's organised through the Facebook group [www.facebook.com/groups/cramondvolunteers](http://www.facebook.com/groups/cramondvolunteers) and is working closely with Louise in the Kirk office to match volunteers with those in need of shopping, posting mail,

picking up prescriptions or just phoning for a chat. You may have already received one of their cards through your door, as they have been busy distributing information to every household in Cramond this past week before lockdown. If you'd like to volunteer, join the Facebook group Cramond Volunteers, or email [CramondVolunteers@gmail.com](mailto:CramondVolunteers@gmail.com).

**If you need assistance, contact the Kirk Office on 0131 336 2036 or email the group and one of their volunteers will be put in touch with you**

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# STAYING FIT AND ACTIVE

One of our Cramond Kirk Hall Pilates teachers Jane Robson offers this advice:

**LET'S GET MOVING!** Staying active and keeping our spirits up when confined indoors is quite a challenge, isn't it? Yet we know exercise is vital for our health, wellbeing and to lift our mood.

**Here are our top tips:**

- Restore your inner calm. Place palms on ribcage, gently breathe in and out, observing the rise and fall of your ribs
- Bend and straighten knees, then lift up onto your toes, holding onto a chair back if necessary
- Gentle lifting: use tins as dumbbells, raising them to shoulder height or higher
- Circles to improve circulation: ankle circles while sitting. Then circle your wrists. Fingertips on shoulders, circle your elbows. Stretch arms long, circle up and around. Forwards AND backwards.
- Stretch out ....in bed, or on the floor. Make yourself as long as possible. Hold for a moment, then release.
- Walk while talking on the phone
- Roll around on the floor like a baby. Then hug knees, rock from side to side.
- Dance round the kitchen to your favourite tunes!

**Many classes now available online -**



NHS Fitness Studio offers an array of short videos: mobility exercises, Pilates and yoga, strength and resistance training, dancing. All you need is a mat or blanket, or a chair. One of our favourites is "Bedlington": soothing words and relaxing moves to prepare you for restful sleep. <https://www.nhs.uk/conditions/nhs-fitness-studio/>

Fitness Blender contains hundreds of workouts, including easy stress-busting stretches. <https://www.fitnessblender.com/> Headspace has created a special "Weathering the Storm" collection of meditations, sleep and movement exercises you can listen to any time. <https://www.headspace.com/covid-19>

## YOUNG CRAMOND CORNER

Here we share some online places with loads of ideas for the younger members of our community and their parents and guardians:

[www.kidsartncraft.com](http://www.kidsartncraft.com) is a website for all sorts of ideas on arts, crafts entertainment, things to make and do for parents and families looking for creative ways to be active - for example making flowers when all you need is paper and glue.

[www.girlguiding.org.uk](http://www.girlguiding.org.uk) for Brownies, Guides, Rangers and Rainbows - you can access the information needed to keep earning your badges while at home.

[www.scouts.org.uk](http://www.scouts.org.uk) for all information on Scouting

Body coach Joe Wicks is running YouTube free PE lessons every weekday for out-of-school youngsters. (there's also some good classes on here for seniors and the fittest of us)

<https://m.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

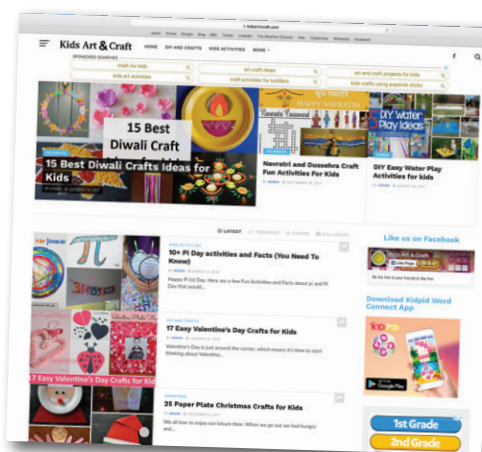
Mo Willems - the children's author is doing live weekday lunch doodle video at 1pm - he invites learners of all ages to draw and write with him. Some of the earlier ones available now on YouTube <https://www.youtube.com/watch?v=RmjzCPQv3y8> **#MOLunchDoodles**

The Young Scot website which has really useful advice for the young [www.young.scot](http://www.young.scot)

Try Wonderzone videos on Solomon and Science and the Universe

<https://m.youtube.com/watch?v=0d5mOA9Rtp0&list=PLvk5fboUt6LSZTn8JdVgvmofiNNehrRHJ&index=7>

The Diary of a Disciple is here: <https://m.youtube.com/channel/UCVjk5DDpPlz927CF4ePYGv>



*Special thanks - to everyone who put in extra effort over the last few days to help us make this Grapevine happen quickly - to Louise Madeley, Cramond Kirk secretary and Session Clerk Edith Butler and our graphic designer Fiona Scott.  
Thank you! from Carol Anderson, editor.*