



# KINGSWELLS PARISH CHURCH NEWSLETTER

May 2020

Our building may be shut but the church is still open.  
for worship, community & support  
contact 01224 749986 or visit us on  
[www.kingswells.church](http://www.kingswells.church) or follow us on Facebook

## A View from the Manse

During these uncertain and precarious times, it is good to remember that we are not alone. God continues to reveal Godself to us ... through the kindness of others, the beauty of the earth, and the gift of each day. Though the isolation from one another is real, we are encouraged to connect with one another...on the phone, a wave through the window, a kind note, email or video chat. It can be challenging but with the support of your pastoral visitor, prayer team, one another, and your minister, no doubt we will get through this crisis.

We are being reminded through the lack of social interaction just how much we need one another. We are learning how to live each day literally in faith, as we have no idea what next week might bring. The ability to trust decisions made regarding lockdown and now, the gradual transition back to some semblance of normal is critical. At this point, we don't know when we might begin to gather for worship in a specific location. There are ongoing Zoom meetings with the leadership of the Church of Scotland, ministers, and elders regarding next steps forward regarding this health crisis and of course, the ongoing restructuring the Church of Scotland for the future. The Presbytery of Aberdeen plan will be forthcoming in June.

Yet in the midst of this forward thinking and planning, there are tangible needs. At our recent Session meeting via Zoom, the session agreed to begin collecting non-perishable food items for Instant Neighbours. Since the church building is closed, there is a bin at the manse where items can be dropped off. We have promoted our food drive within the larger Kingswells Community as well.

Also, there is the ongoing financial impact of the COVID19 crisis and lockdown. We are not receiving funds from hall lets, nor are we receiving the weekly collection. I know several of you have standing orders. But if you don't, or if you would like to make an additional contribution to Kingswells Parish Church, here is the account # 00317722, and sort code 80-12-08. I realise this is a significant ask, but these are unprecedented times and every little bit helps.

Recently, a friend shared that she thought the Church is a verb, not necessarily a noun... a place where people go. During these times, we are invited to live out being the Church as verb, as action in all that we say and do, through our prayers and worship. I am grateful that we are a part of the Aberdeen West Churches. Our online worship service continues to be such a blessing. Our outreach and support in the community is growing. The manager of the Kingswells Care Home told me that they were very grateful for all the cards of support that they have received. Our knitters are working on red hearts for each carer working there. Tangible reminders of support and care. I will be working with the staff once we are able to come together. Please keep them in your prayers, along with all those who provide invaluable service to our community and country.

In the midst of it all, there are so many blessings emerging. Neighbours are getting to know one another, genuine kindness is often expressed whilst encountering others on our daily walks, and there is a slowing down of life. Take time to thank someone, to share your generosity of spirit with another, and to celebrate all God's blessings in your life.

So, may we rediscover the powerful presence of God in the simple and often mundane things of our daily existence. May we experience anew the love of God, the grace of Jesus, and the abiding presence of the Spirit in all of our days. Thanks be to God.

Peace,

*Laurene*

## KEEPING IN TOUCH DURING THESE CHALLENGING TIMES

### Weekly Sunday Worship Service at 10:30 am

If you are interested in receiving a CD/DVD of the worship service, please let Laurene know and we'll get you a copy of the service

### Access to weekly worship service by phone



**ABERDEEN WEST CHURCHES**  
Culls, Craigiebuckler, Kingswells, Mannofield, Peterculter

Now offering easy access to **Sunday Worship by Phone**

Listen on a Sunday at 10.30am and during the next 7 days

Call the number below from any phone\*

**01224 013222**

\*Calls charged at Standard Call Rate or Free within your Inclusive Minutes

### **Aberdeen West Churches YouTube**

<https://www.youtube.com/channel/UCP4UWG4vEAhulZ0F79-9U2g>

The service is available at 10:30 am on Sunday, but you can also watch any of the past worship services at your convenience. Just go to the Aberdeen West Churches YouTube channel.

### **Online Fellowship opportunities**

WhatsApp chat groups

Weekly Zoom gatherings

Book Study	9:30 am	Wednesday
Prayer Time	10:30 am	Thursday
Fellowship	1:00 pm	Sunday

Follow Kingswells on our Facebook page or website  
[www.kingswells.church](http://www.kingswells.church)

Most importantly, there are a number of ways to be in touch with one another. If anyone is wishing to join online communication via an iPad/tablet, laptop or computer, please contact Laurene. There are some techy people in the congregation that can help you. We have a couple people who have recently learned how to video chat with their family and friends via FaceTime and Skype! It's never too late!

**If you are interested in participating in Zoom gatherings or WhatsApp chat, want a CD/DVD of the worship service, or want to get online, please contact Laurene at [lfontaine@churchofscotland.org.uk](mailto:lfontaine@churchofscotland.org.uk) or 07497 756908.**

## Lorna's Reflections on Lockdown Life

Since we last met to worship together on Sunday 15<sup>th</sup> March our lives have been turned upside down. Although separated physically we are still able to worship together, thanks to the work of Laurene and the ministers in our Aberdeen West Group who have week by week provided us with uplifting and comforting services on YouTube. Logging onto the YouTube channel each week at 10.30 and knowing many others are doing the same is wonderful.

However difficult we may sometimes find our changed way of life because of the Covid-19 situation, we can still, in the words of the old hymn, Count our Blessings. And they are so many – the blessings of dedicated doctors and nurses; the skills of the researchers working to find a vaccine; the technology which makes it possible for us all to be connected; the growth of community spirit and neighborliness; our continuing good health; and the knowledge that we are all holding each other in prayer.

I have enjoyed spending much more time in the garden, with the added blessing of the lovely spring weather and no time pressure to get things done quickly. It has been a delight to have the time just to sit and watch the birds – particularly a wren busily building a nest, and this week watching the antics of a newly fledged family of sparrows.



After a few months of living life in slow motion it's going to be quite a change to gear up to our 'new normal' predicted in the government's route map out of the lockdown. Perhaps by the end of summer we will be able to meet for worship again and count our blessings together.

*Lorna Graham, Session Clerk*

## Our Pastoral Care Team

When we took up the roles of co convenors of the Pastoral Care Team just a few short months ago we, Audrey and Mike, could never have foreseen how everyone's daily lives were about to be so dramatically affected by the global pandemic. In the context of Kingswells Parish

Church, Pastoral Care embodies a concern of the Church to provide spiritual and emotional support to all Church Members. The challenge in ensuring that pastoral care continues in some meaningful form, other than in face to face contact, has been difficult, to say the least.

In compliance with government “social distancing” rules, we have had to rely primarily on the use of the telephone to communicate with members and for those with SMART mobile phones and laptops, tablets and computers to engage, for the first time for many, in online chats and live video meetings.

We are pleased to advise that the Pastoral care Team has risen to the challenge of modern technology to meet “virtually” through use of modern technology, so rest assured the team is still functioning behind the scenes.

A major concern during the last several weeks has been to identify any members who might potentially be deemed to be vulnerable and to ensure that contact is made with them and more importantly to ensure that they continue to have access to and receive their essential provisions. Without being physically permitted to visit members at home it has never been more important to be able to make contact via telephone or e mail.

Over the last several Newsletters, we have been encouraging members to share their telephone numbers and E-mail addresses with us and the response so far has been minimal, for whatever reason, but we wish to reassure you that the holding of such data is strictly controlled by the terms of the Data Protection Act. Notwithstanding, pastoral care visitors have remotely been making contact with members who have shared their contact details with us and in particular, making contact with members who might be deemed to be at risk of loneliness or struggling to get provisions.

To date, we have made several positive contributions to the lives of members by maintaining telephone contact with them and learning of concerns that happily we were subsequently able to resolve.

Until the government relaxes the rules on “social distancing” the means of contacting members will continue to be via telephone and E-mail and we again encourage members who have not already shared their contact details with us to make contact with us, as below, to update your records.

During these continuing difficult times, should you feel the need for any form of support, please make contact your visitor or contact Audrey and Mike.

We wish that you all take care, stay safe and as keep as well as you possibly can especially over the next while and until such times when our lives start slowly moving towards an unlocking of our currently daily “social distancing” rules.

**Audrey Paterson, Pastoral Care Co convenor, 07912 752776**

**Mike Gall, Pastoral care Co convenor, 01224 742910**

## Prayer Chain



*And pray in the spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*  
**Ephesians 6:18.**

Prayers are offered daily by members of our prayer chain based on requests.

Prayers of thanksgiving and joy are welcomed in addition to those of supplication.

Prayers may be requested for specific individuals in the church. Their families, co-workers, friends and neighbours.

Requests can also be made on behalf of the larger community, the nation or the world.

Whatever burdens or joys are on one's heart, the prayer chain will share with you in prayer. This is the promise of all members of the prayer chain. Once a request is received, all prayer chain members are notified, and the prayers begin!

Only first names are required, full names are optional.

Requests are confidential and are known to prayer chain members only.

The prayer chain is always open to new members. If you believe you have a calling from God to pray daily for those in need, please get in touch.

**Contact: Barbara Bruce 01224741558.**

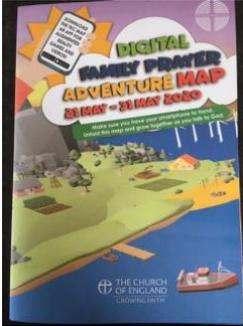
*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving present your request to God.*

**Philippians 4:6**



## Young Church – Thy Kingdom Come

Thy Kingdom Come is a World-wide prayer movement which invites Christians around the world to pray from Ascension to Pentecost for five people to come to know the love of Jesus Christ. Young Church members have each received a copy of the Family Pray Adventure Map which can be used each day on its own or digitally with an app on a mobile phone or tablet, which is much more fun.



Ascension to Pentecost this year is from 21<sup>st</sup> May to 31<sup>st</sup> May so as you read this, we may have completed our 11 days. We also hope that many of the adults in the church have joined this world-wide wave of prayer, one of the key themes this year is pray and care, so not only are we praying for five people we are thinking of ways to care for them too. More information can be found at [www.thykingdomcome.global](http://www.thykingdomcome.global)

*Anne Rodgers*

## Souper Sunday



Because of the lockdown this year's Guild Souper Sunday on 26<sup>th</sup> April had to take place at home.

As many of us would be involved in serving soup to the congregation at church, and because of the lockdown we would be missing everyone, the Guild suggested we should all have our very own Super Sunday in our homes. This was done as part of the 2.6 challenge in support of CrossReach the social care branch of the Church of Scotland who care for very vulnerable adults and children

and whose work has increased due to Covid 19.

This is a photo of Alison and Anne Rodger which was posted on the Guild Facebook page. They have been doing a lot of cooking and baking during these last few weeks and that day made Minestrone soup.

## Food Bank Collection



**Real help today, hope for tomorrow.** At this time most charities are having to extend the help they give to people in the city who find themselves in financial difficulties and need urgent assistance. This is true of Instant Neighbour charity who have been providing emergency food parcels in the city for over 20 years. Regrettably the situation at the present time has added to the number of people needing help.

If you can help Instant Neighbour would be very grateful for: -  
Tinned meat and fish, tinned vegetables, rice and pasta, jar sauces, cereals, tinned fruit biscuits and snacks, tea bags and instant coffee, Sugar, diluting juice, dog and cat food, and basic toiletries.

**Donations can be dropped off at the Manse where there will be a drop off box to leave parcels and to take into account safe distancing.**

**Thank you for your help.**

*Anne Rodgers*

## Hearts for Kingswells Care Home



These are a few of the hearts that have been knitted to donate to Kingswells Care Home as a way of showing our appreciation and support of the carers. We feel they do an essential job under extremely difficult circumstances at the moment and would like to express our appreciation.

A big thank you to everyone who picked up the knitting pins and produced such lovely work.

**We need more so if you can help please contact Anne – 01224 743372**

*Anne Rodgers*



## Our Book Study/Bible Study Group

Over the last few weeks ten of us, using Zoom, have been studying Barbara Brown Taylor's '*An Altar in the World*'.

The author, a one-time full-time minister, now a theology teacher and professor, lives on a working farm with her husband, and a yard full of animals. Her career change stretched the boundaries of her faith but in this book, she shares how she learned to encounter God far beyond the walls of the church, something that each of us has experienced quite starkly in the last few weeks. So, the book has brought new perspectives on our faith and revealed aspects of life that opened the door to how God's presence is revealed in the profoundly simple things of life.

'Taylor reveals meaningful ways to discover the sacred in the small things we do and see, from simple practices such as walking, working, and prayer. Something as common place as hanging clothes on a clothesline becomes an act of meditation to what we are doing and to take time to notice the sights, smells, and sounds around us.' How many of us have been acutely aware of the changes in all of these in recent weeks?

Making eye contact with the cashier at the local store has become for many of us a moment of true connection. Allowing ourselves to get lost, experiencing life outside our comfort zone, leads to new discoveries of God with different people and in different places. How do we face up to life's challenges and seemingly unresolvable questions; how do we learn to say 'No'; and how do we encounter, and interpret 'pain', and in what form?

Through Barbara Taylor's expert guidance, and Laurene's insights and thoughts, and our shared perceptions we have learnt together how we can live differently, and with greater purpose, if we pay attention, slow down, and practice reverence.'



While this is a book well worth reading in its own right, and reflecting upon its ideas and insights, I think all of us in the group would accept that this has been all the more relevant and meaningful, doing it together and during these challenging times. I for one would wish to thank all my fellow travellers for their company on this short but revealing journey.

**Jeff Maxwell**

## Money Matters!

**It goes without saying that the Treasurer's Report is dominated by the potential financial effects of Covid19.**

Our accounts for the first three months to the end of March show we were breaking even. Looking to the future here are the potential outcomes based on two scenarios on the general revenue account.

If the church remains closed till the end of August, then during the 5-month period from April to August we could **lose £4,800**.

However if the church remains closed for the remainder of the year then over the period September to December we can expect to return a **further loss of around £5,800** In essence this means that, on the general revenue account, for the 9 months from April through to December we would **lose around £10,600** or an average of just under **£1,200 per month**.

This is because in addition to losing significant income from congregational giving – particularly the plate, freewill and coffee donations plus the related tax refunds we also lose significant income from the hire of our halls. In addition, in common with all other churches we also have ongoing expenditure on major contractual commitments – Ministry and Mission, council tax, utilities, fabric and other administrative costs.

**So – as a congregation what can we do to replace the loss of over £600 per month in congregational giving?**

In addition to those who give only by way of standing order we have a modest number of **members who give using freewill envelope** and, in an effort to generate some additional income during the period of lockdown, all freewill donors were contacted with a view to transferring such giving to the standing order system. In terms of respondents this has been only modestly successful and those few but welcome revised donations totalling £200 have been incorporated in the figures above. **I therefore urge those who have not yet transferred their freewill giving to standing order to do so.**

In addition, should any member who normally **donates by way of the plate** wishes to set up a standing order or to make a “one off” donation either by way of a bank transfer or by way of cash/cheque they should contact me on 01224740108 or email [nesmajv@yahoo.co.uk](mailto:nesmajv@yahoo.co.uk) with their

contact details. I can then either supply the relevant bank details or arrange for the cash/cheque to be uplifted whilst respecting social distancing.

*Jim Henderson, Treasurer*

## **Christian Aid**

Like so many avenues of our lives, Christian Aid Week, as we know it, was cancelled this year. To mark what would have been its beginning, a short service, led by the chairman Rowan Williams was held on the Sunday with a short time of reflection held each day, Monday through to Saturday. Our Cluster Group YouTube service on that Sunday also highlighted Christian Aid focussing on Christian Aid's objectives.

Of course, like all charities, millions of pounds have been lost as no house to house collections or street collections were undertaken. The need, however, is as urgent as ever with numbers of displaced people rising and Climate Change hitting the most vulnerable. Different designs of the familiar red and white envelopes were distributed through the press and many periodicals. If you contributed through this method, thank you!

**If you still wish to contribute you should do it through the Christian Aid web site – [christianaid.org.uk](http://christianaid.org.uk) or telephone 020 752 32269**

*Chris Maxwell*

## **The Guild**

While in 'lockdown' the Guild members are making use of modern technology. Some are on the Church WhatsApp group enjoying chats and the weekly Cluster Group services. (Others prefer the good old-fashioned telephone!). We are making sure that each member is contacted each week to keep up to date that all is well and even the odd Fish supper is knowingly left on doorsteps. Thank you, Joyce, for your time and thoughtfulness.

The National Guild encouraged us to celebrate our commitment to the Social Services arm of our national church, CrossReach, by holding a Souper Sunday at home to raise funds to sustain its vital work. Several members took part and Anne and Alison (as you saw earlier) took part and featured on the Guild website – well done!!

**So, everyone Keep well, Keep active, Keep smiling, Keep serving.**

*Chris Maxwell*

## Reflections on Covid-19 Isolation

Even those of us who lived through and survived the Second World War have not experienced the physical isolation and 'shut down' of normal life such as we have experienced in the last eight or so weeks. The war brought with it, food scarcity, measures to protect our safety, air raid shelters, gas masks and evacuation and many casualties, both military and civilian but it also brought comradeship, togetherness and lasting personal friendships which secured a buoyancy of attitude that ultimately brought peace. It also brought a realisation that society had to change, to be increasingly equitable in terms of both reward and opportunity – the breaking down of a society in which success was so often associated with class and privilege. This process is far from complete.

But during this time, physical contact and the building of relationships became more open, and emphasised a basic human need, a need to be together, to have intimate contact, to share feelings and prosper through shared concerns, aspirations, hope and love. Person to person conversation, the ability to say little but to learn much, to observe reactions in face and eyes, to learn sensitivity, to touch, these are the features of being human that bring us together enabling us to develop thinking, ideas and engage in problem solving. Human contact is essential to our well-being, and our shared values but also requires freedom to choose when and where and how closely such human contact takes place.

The severe constraint on human contact and for some the lack of freedom to choose in recent weeks has taken its toll on mental health and increased domestic abuse; the result on the one hand of being forced into isolation and on the other, being forced into contact with those who do not respect the lives of others. We can only hope and pray that the effects of a rational but enforced separation of people during this time are recognised and receive the same attention as Covid-19.

Social distancing has worked in containing the virus, but it is well recognised that the virus will continue to be present and will be a continuing threat. Until a vaccine or a therapeutic cure is found we will need to learn to live with this threat and take personal responsibility for our and others safety and protection. We will need to be aware and attend to the needs of others and show the same tenacity and courage of our NHS and Care workers. Christians throughout the world have responded to provide support at both a personal and community level; this is what Jesus would have done – we can do no less!

***Editor***