

THE GRAPEVINE

CRAMOND KIRK MAGAZINE

FEBRUARY 2021

Issue 117



www.cramondkirk.org.uk



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Imagine Cramond

Can you *Imagine Cramond*?

Close your eyes and shut out any other thoughts for a minute. Now take a slow deep breath and imagine the community in which you want to live, a stronger community where you and yours can really flourish...

Imagine a Country, Ideas for a better future is a book published in 2020. The editors Val McDermid and Jo Sharp invited Scots writers, poets and thinkers to produce short essays on creating a ‘better’ Scotland. They collected a good cross-section of contributions from the likes of Aly Bain, Carol Ann Duffy, Jackie Kay and James Robertson. I offer a few words from Ian Rankin’s contribution as a taster,

“Imagine: great education available to all; no violence or greed; safe streets; ... prisons that work; clean air and clean seas and clean rivers.”

These ideas have found traction across our nation, so why not something similar for the Cramond

community particularly after the challenges of a global pandemic?

If the ‘great and the good’ can make helpful contributions on all aspects of life, then every resident old or young who can find pen and paper, iPad or PC can share their views on our local neck of the woods.

I hope to be able to connect with as many community groups as possible seeking a contribution from their particular perspective. As an incentive there will be a prize of a £30 gift voucher for the three best entries.

Cramond Primary and Cargilfield School have both shown an interest in participating so why not join them.

The ideas will be collated and displayed in Cramond Kirk Halls once we are allowed to gather again, hopefully in the summer.

Imagine Cramond Competition

Would you help build an even better community in Cramond post pandemic?

We are well aware that things have changed and will continue to

change in the life of the community over the coming months.

We are really keen to have your ideas for a better Cramond in 300 words or less. You can contribute as an individual or as a group and can use prose or poetry and your ideas could be illustrated as long as they focus on improving life in this community.

The task is to imagine the community as it could be with more of this and less of that and even a big dollop of whatever is currently missing completely.

All submissions marked Imagine Cramond should be sent to the Kirk Office, 16 Cramond Glebe Road, Edinburgh, EH4 6NS by 3 April 2021 or e-mailed to cramond.kirk@blueyonder.co.uk.

“The future is never predictable, a straight line or a projection of present trends. The future is always being created and recreated.” Gerry Hassan

This is your chance to shape a better future for our community. Thanking you in anticipation.

Ian Gilmour,
Locum Minister.

Fresh Start

helping people make a home for themselves

Fresh Start Interview



Biddu Kelly, managing director of Fresh Start took part in Sunday's worship in January in an interview with Rev Ian Gilmour – telling us how the charity had made creative progress during lockdown.

"In March 2020, the world stopped," said Biddu. "At Fresh Start we knew we couldn't."

"We had to close our doors to our volunteers and our staff had to step up to the mark."

"On day 1, we set up a dedicated phone line offering help, and providing emergency food packs. Over lockdown we provided 8,609 of these – some weeks we were supporting 500 households. We couldn't have done this without the very generous donations we received in cash to keep our valuable work going."

"We were also able to continue to deliver 5,000 starter packs, but in a very different way to comply with all the guidelines for everyone's health and safety."

"Our staff team had to get really creative to continue our hit squads' work, and we had quite a few. What we did was to provide families with paint, the equipment and instructions how to do it for themselves and help just a telephone call away."

"We discovered something really important was lacking for many – green spaces. So we got to work tidying up gardens – 33 in all. You wouldn't believe how many hidden patios we uncovered! Our cookery classes went online – as Zoom classes – and through a closed Facebook group people could share their results with each other. We gave out the ingredients and instructions for a "dish of the day". What we have learned in the past that the cooking classes are not just about learning new skills but also about socialising."

"We were the first in Scotland to open a "Local pantry" – offering 10 food items for £3.50 plus fresh goods. In four weeks, we had 200 people sign up for this help."



fresh start cookery classes

So what does the future hold?

"Our community hub renovations were underway and we still hope to open sometime in the spring with a community kitchen and a shop for household goods. It's all about community connection and help and to try to stop people becoming homeless."

"Donations from Cramond Kirk have been vital throughout and from the retirement collection for Rev Russell and Margaret Barr. None of this would have happened without this support and your money has made it happen. I wish to thank each and every one of you."

Biddu Kelly

Fresh Start is currently closed again under lockdown guidelines but you can make financial donation online at: <https://www.justgiving.com/freshstartedinburgh>

WORD PUZZLE – Three Letters

Which three letter words complete the following longer words?

After completion, use the nine letters from your answers to work out a two-word type of shopping.

1. LEA _ _ _ , _ _ _ ORA, UNDER _ _ _
2. S _ _ _ K, _ _ _ GET, S _ _ _ T
3. D _ _ _ Y, REP _ _ _ , C _ _ _ N

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FROM THE PARISH



Dear Friends,

In churches everywhere we are studying Mark's gospel. Chapter one summarises this book with each sentence carefully considered. One of the aspects it brings to our attention is healing. Jesus heals on no less than forty-one occasions in the four gospels, the earliest of these are noted in Mark, chapter one which contains four healings.

At verse 32 it says

"That evening, after the sun was down, they brought sick and evil-afflicted people to him, the whole city lined up at his door! He cured their sick bodies and tormented spirits."

Although we cannot heal in the exact manner of Jesus the church remains committed to healing in many ways. This might be by supporting the homeless, those who are ill, the lonely, the unemployed or the dying and bereaved. It also means trying to strengthen our community especially in times of pain, doubt and genuine fear, as many are experiencing now during the Covid pandemic.

In the popular hymn, 'We cannot measure how you heal', John Bell and Graham Maule invite us to ask God to be with us in times of trouble:

"Lord, let your Spirit meet us here to mend the body, mind, and soul, to disentangle peace from pain and make your broken people whole."

Most of us will come through this horrible virus, but let us not just survive, let us learn in Cramond to be even better at compassion, empathy and healing. Isn't that what Jesus calls his friends to do in every era?

Blessings,

Ian Y Gilmour,
Locum Minister, Cramond Kirk

Prayer for uncertain times

Let us remember lonely, overworked and depressed people whose lives have been cruelly damaged by the global Covid 19 crisis.

May the Lord protect
and strengthen through his love
all whose hope is in him.

Let us pray for one another,
And all who are absent from us just now;
that through grace the Lord may
keep us from falling,
rather may we persevere to the end
with fortitude and joy.

Amen

Parish Register

New Member joining by Certificate

4 Nov Gillian MacPherson

Wedding

19 Dec Rupert Forsyth
& Lucy Barrack

Deaths

26 Oct David Gracie
27 Oct Betty Hagart
9 Nov Margaret Main
14 Nov Paul Williamson
30 Nov Tony Petrie
4 Dec Doreen Smith
24 Dec Alison Graham
3 Jan Robert Russell

Plan for tomorrow – cherish the today

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Please do get in touch for a chat.

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Partner Practice of St. James's Place Wealth Management

Formerly
Davidson's Mains Chiroprapist

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Ellie's News from Malawi

I can't believe it has been 10 months since I was writing to you all saying I had been sent home early from Malawi due to the outbreak of Covid-19. Not much has changed for us all and I know how hard this last year has been for everyone, but I hope you are all managing to stay safe and positive.

Since returning home nearly a year ago I have continued to work closely with BAHASI and have stayed in touch through many long facetime calls with the kids. Schools in Malawi finally returned in October allowing a couple of the younger orphans to start their first day of school and meant the others could sit their exams. Considering they had been out of education for so long we were all so happy with the outcome of everyone's results. Due to us not being there for Christmas this year I was adamant to make it just as special as their last. In around October time I started preparing a large parcel to send over from Santa. I got each child a little string bag with their name on it which was kindly donated by Image Printers Leith. These were



filled with clothes, sweets, jewellery and other bits they could call their own. Then I wrapped up many other donations and gifts that were able to be put under the tree. I sent this off around mid-November to ensure it had plenty time to arrive in time for Christmas. Amazingly it took nowhere near as long as expected and 10 days later the box was with Isaac. I would like to thank my Nana, Nancy McKenzie who always manages to collect donations from her lovely friends that helped go towards the cost of sending the parcel.



Since being home it has been a lot harder to get things done for the organisation. However, due to having a lot of contacts in Malawi, we have still managed to get small projects complete such as having BAHASI painted and purchasing new cots as BAHASI now has children under the age of 3 staying with them. The landscape project is also now well under way due to the negotiation of prices being done while we were still in Malawi. A grant was made for it a few months ago by Baillie Gifford



which meant it could go ahead. I have also been running BAHASI social media and even started up an Instagram page for them as nowadays social media is the best way to get people's attention.

A new project currently being set up at BAHASI is selling items made by our women empowerment group. BAHASI runs a tailor training program made up of women in the Bangwe community who are either widowed or have had their lives affected in one way or another due to HIV/AIDS. They are trained as tailors to allow them to have a stable income for their household. This new program will allow us to sell items made by them such as scrunchies and bunting and will work as a new way of income to help with future improvements and programs at BAHASI. It will also hopefully mean that the women who are training will be able to get an allowance to support them and their families until the training is complete.

Thank you everyone again for being part of the growth of this amazing community organisation and I hope it won't be long until I am able to get back out there myself. Stay safe and I hope to see you all again soon.

Ellie



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Tomatoes for Christian Aid 2021

2020 was a good year for growing tomatoes, late ripening meant some of us were still harvesting into late October.

An all-time record sum of £324 was raised for Christian Aid despite the Covid "lockdown" and the cancellation of the annual Christian Aid Fair at Cramond Kirk Hall. Many folk were inspired by more time at home and in the garden to grow tomatoes and other plants & vegetables.

We had many new and regular satisfied customers including from as far afield as Newhaven and Blinkbonny and our team of growers and deliverers were kept very busy.

Now is the time to plan for the 2021 season. Supplies of award-winning "Ailsa Craig", "Cherry" "Gardener's Delight" and other varieties will be



available, complete with growing-on instructions in time for Christian Aid Week, 9th-15th May 2021. Whether a Christian Aid Fair will be possible is unknown as yet, but pre-ordered tomato plants will be delivered during that week.

These 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 35 years over £4,500 has been raised for Christian Aid in this way. Easy to grow, especially for beginners or for the more experienced gardener, the sight, scent and taste of ripe red (and occasionally yellow) tomatoes, just ready to pick, provides a welcome change from the pre-packaged variety which may have travelled thousands of miles by air to the supermarket.

Ensure your supplies now via **donations of say £1 per plant**, by contacting Michael Dick on 0131 281 7981 (or Crichton Mouat on 334 6583) for standard "Ailsa Craig" and many other plants **plus** the smaller & popular red "Cherry" variety. You too could be enjoying freshly-plucked tomatoes this summer in addition to being kind to the environment & supporting Christian Aid but do hurry to place your order as supplies are limited and are of course subject to the weather!

Michael Dick
Tomato Plant Co-Ordinator

Take part in our Cryptic Quiz!

If you would like to take part, you can download here and print off all 40 questions with instructions to fill in:

<https://www.cramondkirk.org.uk/grapevine-on-the-web/>

All the answers are flowers and there's a M&S voucher to win!

VOLUNTEER FILM CREW WANTED



Operating the cameras

Cramond Kirk will shortly begin regularly streaming its services from the church to a much wider audience. The objective is to allow people at home, or in the Kirk Hall, or indeed anywhere in the world to participate. Restrictions on the number of people in the church look likely to continue for some time so this initiative is needed urgently.

To make this feasible we need not only the equipment but also volunteers, on a rota, to operate the mixer and the cameras every Sunday. This could appeal to someone looking to improve their CV or indeed their video skills. Full training will be given.

We also seek volunteers willing to read and record a Bible passage (in their own homes initially) to include in our



Control Centre with Mixing Desk

recorded online services. If you are interested in either of these opportunities please contact the Kirk Office at cramond.kirk@blueyonder.co.uk initially or for further information

WORD PUZZLE - Three Letters - ANSWERS

1. FED (LEAFED, FEDORA, UNDERFED)
2. TAR (STARK, TARGET, START)
3. AIR (DAIRY, REPAIR, CAIRN)

Type of shopping is **FAIR TRADE**

A message from our Moderator Rev Moira Macdonald



Dear Friends,
As Interim Moderator during the vacancy of Parish Minister at Cramond Kirk, following Russell Barr's retirement, I have two roles which are almost two sides of the same coin. The first is to oversee the running of the parish in the absence of the parish minister. I've said before,

with a great team already in place, my day to day duties are very easy – my thanks to Rev Ian Gilmour -Locum Minister, Edith Butler - Session Clerk, and Louise Madeley - Kirk Secretary for their hard work and good humour. Part of that role is moderating the Kirk Session and in time will involve helping to form a nominating committee, helping to produce a parish profile and overseeing the interview process to appoint the next Minister. We haven't quite got to that point yet ... and that brings me to the other side of my duties as IM – communicating with Presbytery and relaying information and decisions back to the Session. At the first Session I moderated in late 2020 I used a phrase much beloved by minister: 'after Christmas'. There was a lot going on during Advent and Christmas, much of which was happening in ways with online services and socially distanced coffee mornings, and uncertainty about restrictions and a possible second lockdown.

But now here we are 'after Christmas' and I don't yet have much to report to Session about future plans. Is 'after Easter' a wise statement to make?

There are several plates spinning in the life of Presbytery at the moment. The first is conversations between all parish churches in local clusters to try to form a future plan for Presbytery. Our cluster consists of neighbours we have been working with for many years – Davidsons Mains, Drylaw, Old Kirk Muirhouse, Granton and St Columba's Blackhall, and we are being asked to think about what we do and what we can do together and how we can share resources.

Two of the churches in our cluster are vacant, ourselves included, which allows greater possibilities for the future, but doesn't allow us to go forward quickly. After a long and happy ministry, perhaps some time to reflect and refresh isn't bad.

The second spinning plate of course, is Covid and the pandemic and how churches and communities are operating within restrictions. Terrible though it is, new ways of working and worshipping have emerged and I suspect will be part of our lives in the future, although hopefully not replacing 'live' worship and gatherings. And the third plate is our own vacancy, taking stock of who we are and how we serve our parish and who will lead us and care for us in the future in a changing church and society.

So after several metaphors about plates and moveable feasts I'm not sure I've made anything much clearer! But please do be assured the plates are spinning and progress is being made on the road to appointing a new Minister for Cramond Kirk, but clearer answers might not emerge until . . . after Easter.

Watch this space!

Best wishes,

Moira Macdonald



A tribute to DAVID GRACIE:1927 - 2020

On 26 October 2020 David Gracie, passed away aged 93. We was a member of Cramond Kirk for almost 50 years.

Although a vet by profession, many knew David had been a world-class athlete in his youth and his medals were often admired by both young and old at Children's Church. In total, he won seven Scottish Championship titles while setting several Scottish and British-hurdles records and winning four British international vests.

His specialist event was the 440 yards/400 metre hurdles in which he reached the Helsinki 1952 Olympic Games semi-final. Achieving this after only one year's experience of the demanding event, with extremely basic training facilities and negligible coaching, was remarkable and highly praiseworthy.

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Christmas Festivities at Cramond Kirk

The Christmas Fair Committee - Catherine Crawford, Gena Wylie and Gill Massie - had a challenge on their hands - how **NOT** to cancel Christmas Fair festivities at Cramond Kirk! Clearly things had to be different and they certainly were!!

The **Christmas Hamper Draw** took place as usual but thanks to the organiser, Gena, an amazing number of donations and a wonderful team of helpers, there were a record number of 51 happy hamper winners!

Fit for the Fair was Jane Robson's initiative who ran Zoom pilates classes for all levels of ability and provided a new healthy addition to the Christmas festivities.

A **Christmas Wreath** made solely of chocolates was created and donated by Lesley Pearson for a draw and large numbers entered in anticipation of winning this delicious prize.

A **Cryptic Christmas Quiz** devised by Gill provided both pleasure and sleepless nights to those trying to complete the 40 clues. The Community Council generously donated a prize.

The highlight for many was the **Christmas Tree Festival** which was so successful that the trees adorned the Kirk for three weeks instead of one.

Invitations to take part were sent out in October to local organisations and church groups. The guidelines simply said 'decorate your tree to reflect your group'. This resulted in 20 groups taking up the challenge, keeping their ideas to themselves and leaving the organisers eagerly anticipating their unveiling. The result was magnificent...a quilt, a step ladder and 18 trees festooned with imaginative decorations.

Over 800 visitors enjoyed not only the unique trees but also soaked up the festive atmosphere created in the



Kirk including live music from Elaine and Hamish Beeley and Leslie Pendreigh. It also provided an opportunity for visitors to reflect on the challenging times of 2020. The Kirk's tree became a poignant memory tree with many cards containing names of loved ones hanging from it.

Here are some of the reactions: 'so many beautiful and varied trees,' 'lifted my spirits,' 'such a lovely idea,' 'everyone was loving the experience,' 'stunning,' 'brought us all together,' 'I hope all the trees have lots of presents under them on Christmas day!'

Clearly the Festival provided much enjoyment to a great many people. Well done to the groups, hall management, Kirk office, ministerial team, musicians, stewards, technology team, visitors and wood cutter who all helped in its success.

Finally, for those who have asked.... 38 sets of lights were switched on and then off for each viewing!

The total raised by the Christmas events was over £3,500 which has been divided between Fresh Start and Cramond Kirk and included the sale of the beautiful quilt made by Alex Mackenzie for the Tree Festival.

GM

www.facebook.com/group/cramondvolunteers

Just a wee reminder that the neighbourhood group set up last year by Mike Heffron is still running to provide help with shopping, fetching prescriptions and other support to anyone self-isolating or limited. Even just a wee call for a chat. If you want to volunteer, go to the Facebook group page to sign up, or email CramondVolunteers@gmail.com, and if you are needing help, call Louise in the Kirk Office on 0131 336 2036 who is co-ordinating the help offered.



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Time to take an "AWE WALK"

In a recent issue of *Psychology Today* a study found evidence that a regular dose of awe (an overwhelming sense of wonder and appreciation) can boost positive feelings. An "awe walk" is a stroll in which you intentionally shift your attention to the outside world rather than becoming wrapped up in your own worries and concerns. The walk should last around 15 minutes once a week and while on the walk you are asked to find something which makes you look "in awe and wonder". For example it can be anything from a stunning view to a spider's frosted web.

The Sunday Club leaders and children have been trying the benefits of an "Awe Walk" for the past month and have been taking photos of their "awe moments" and here are just a few of them.



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