

Cardonald Parish Church

Contact Newsletter - September 2020

www.cardonaldparishchurch.org.uk

Scottish Charity Number SC010265

Pastoral Letter

Dear Friends,

In my daily Bible readings I came across the following verses which seem particularly apt at this time: "He gives strength to the weary and increases the power of the weak." (Isaiah 40:29); "My grace is sufficient for you, for my power is made perfect in weakness." (2 Corinthians 12:9)

There are various reasons we might be feeling weak or weary. But it is reassuring to know that we can come to God in our weakness and weariness to receive new power for all that we have to do. Even the Apostle Paul, for all his gifts and his energetic zeal in sharing the Good News of Jesus on his missionary journeys, found himself feeling weak and insufficient for the task (see 2 Corinthians 12:9). But God gave him – and will give us – the reassurance that His grace is all that we need. And our Lord Jesus invites us to 'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.' (Matthew 11:28-30) So, let us come and be refreshed by our Lord today!

Over the summer, we have all been readjusting as lockdown restrictions have been eased. As you will be aware, churches are now allowed to reopen their buildings for worship. Details of our plans are below. But before I explain these, I would like to take this opportunity thank a few people for their work and support of the congregation. I would like to thank: the Elders and others who have been keeping in contact with those in their districts or associated with the congregation; all the Office Bearers for their advice regarding the reopening of buildings, affirmed by the Kirk Session; Fergus as Session Clerk and Robert as Clerk to the Board for their support as we worked through all the various issues – and a special thank you to Robert for his sterling work in producing a multitude of risk assessments we will need going forward; the Finance Team for keeping things going in difficult circumstances; Carol as Secretary for her willingness to organise the distribution of the Contact Newsletter and the collection of offering envelopes; and Sandra Fyfe, for making over 80 free face masks (to date) for members of the congregation – which are greatly appreciated.

With every blessing,

Rev. Gavin McFadyen, Minister

New Church Website and Weekly Online Services and News

Our new church website contains details of our online Sunday services of worship and the latest church news. You can also listen by phone to the latest service of worship – and now the latest church news too!

Church Services Online: www.cardonaldparishchurch.org.uk/online-services-listen-to-a-service

Church Services by Phone: 0141 465 5553 (Glasgow phone charges apply)

Church News Online: www.cardonaldparishchurch.org.uk/info-news

Church News by Phone: 0141 465 5572 (Glasgow phone charges apply) *** **NEW PHONE SERVICE** ***



Reopening of Buildings – Update

Following meetings of the Kirk Session and Congregational Board over the summer, a Reopening of Buildings Team was setup to work through the Church of Scotland Guidance for the safe reopening of church buildings. **I am pleased to say that we expect to complete the preparations to allow a partial reopening of our church buildings by the week commencing Monday 14th September. In this first phase, we are planning to restart our mid-week service at 10 am on Tuesdays from the 15th September.** We believe this is an achievable first step, from which we can build, given the ‘new normal’ of social distancing.

We will initially be able to accommodate up to 50 people at each service of worship – including those leading and assisting. We plan to use the sanctuary, but may eventually use other spaces as ‘overflow’. **To attend any service of worship, pre-booking via the church office by phone or email will be required.**

At a later stage we expect to have Sunday services in the church buildings too. However, we will also keep our services available online and by phone to ensure that we are able to include people who are not able to attend in person, and also to be able to continue through any changes in lockdown which may cause buildings to be closed again. In the meantime, we are planning to expand the Sunday online services to be more interactive, and to include an all-age talk, additional hymns, and a time for fellowship after the service – using ‘Zoom’. We will also be looking into future ‘streaming’ of services from the church building.

Whatever we do, it will be different to what we knew before. For example, the guidelines from the Scottish Government and the Church of Scotland do not permit singing in church gatherings. But however we worship together, let’s remember that we worship our God who is the same yesterday, today, and forever – and He is present with us wherever we gather in Jesus’ name – whether ‘virtually’ online or on the phone – or face to face (or face-mask to facemask!) in the church buildings.

We do not yet have definite dates for when we might be able to accommodate groups and organisations from the church and community, but we are working on this too.

Guidance for attending Services in the Church Buildings

To comply with Scottish Government and Church of Scotland guidelines, there are a number of measures we are required to follow to help people to keep safe while attending services of worship in the church buildings. Please read this guidance carefully before planning to attend any service of worship, thank you.

Mid-week Services will restart in the Sanctuary at 10 am on Tuesday 15th September

Sundays Services will restart in the Sanctuary at a later date – to be decided

- **Registration:** In order to attend a Tuesday service, please phone or email the church office with your name(s) and contact phone number(s) during office hours between Wednesday at 9 am and Monday at 11 am in the week preceding the service you wish to attend. You will then be contacted before the service to confirm your place. This is required for us to comply with the NHS Scotland Test & Protect Strategy, and also to help us to safely manage the numbers of those attending each service to be within the current limits. Your personal data will be retained for up to 28 days and then disposed of securely.
- **Assessment:** The Church of Scotland has produced an ‘Assessment Tool’ (see next page) to help you decide if it is safe for you to return to services or other activities in the church building at this time. This is for your guidance only and it is up to each individual to decide what is right for them.

- **Attending:**

- Entry and exit will normally be from the main sanctuary door on Paisley Road West.
- Doors will be open from 15 minutes before the start of the service. Toilets will be available.
- Markings on the outside pathway and inside the church building and spaced seating in the pews will help to ensure people maintain a 2-metre physical distance from each other.
- A face covering or mask must be worn on entering the building and be kept on until leaving the building – unless you are exempt from having to wear one.
- Hand sanitiser gel will be provided and must be used as you enter and leave the building.
- On entry you will be allocated a seat in the pews and directed to this by one of the door team. Please remain in the seat you are allocated during the service. Couples and families who are part of the same household will be able to sit together in designated seats.
- The Tuesday service will begin at 10 am and last approximately 20-30 minutes. There will be no singing during the services. The sanctuary will then remain open until 11 am for those who wish to stay for private prayer and reflection. The door team will direct people to the exit.
- A collection plate will be located near the main doors for those who wish to bring an offering.

Assessment ‘Tool’ for individual and group health risks

The assessment ‘tool’ below helps you to see how different risk factors may combine to give serious health complications should you catch the COVID-19 virus. It does not include the factors that may make you clinically extremely vulnerable, where you should be following the guidance for those who are ‘shielding’. It includes the factors where there is significant statistical evidence but does not include any rarer conditions which you may have, so this only offers a starting point. You may want to discuss the results with your doctor or with those who have expectations about your involvement with church life.

This should be read alongside the full text of the Church of Scotland’s “Covid-19 (Coronavirus) Reopening of Church Buildings” which includes guidance about minimising risks in the church context, and other government or local advice about staying safe. We are not claiming medical expertise in sharing this way of scoring your risk but giving a way to show how serious catching the virus may be for you or the groups using your church building(s).

Circle the score next to each one that applies to you and add up your score. A score of under 3 indicates a lower risk, but you should still be following the guidance for staying safe. A score of 3-5 suggests a greater risk and you should consider ways of reducing your risk by taking additional precautions or avoiding some activities. A score of 6 or more suggests a high risk and indicates that you should continue to work or participate in church life from your home.

(From the Church of Scotland website.)

Risk Factor		Total Score
Age	50-59	1
	60-69	2
	70-79	4
	80 and over	6
Sex at birth	Male	1
Ethnicity	Caucasian	0
	Black African Descent	2
	Indian Asian Descent	1
	Filipino Descent	1
	Other (including mixed race)	1
Diabetes & Obesity	Type 1 & 2	1
	Diabetes Type 1 & 2 with presence of microvascular complications or HbA1c ≥ 64mmol/mol	2
	Body Mass Index greater than or equal to 35 kg/m ²	1
	online BMI calculator: http://www.nhs.uk/live-well/healthy-weight/bmi-calculator	
Cardiovascular disease	Angina, previous heart attack, stroke or cardiac intervention	1
	Heart Failure	2
Pulmonary (lung) disease	Asthma	1
	Non-asthma chronic pulmonary disease	2
	Either of the above requiring oral corticosteroids in the last year	1
Malignant neoplasm (cancer)	Active malignancy	3
	Malignancy in remission	1
Rheumatological conditions	Active treated conditions	2
Immunosuppressant therapies	Any indication	2
Total Score		

Giving

Thank you to everyone who is supporting the church financially through offering envelopes, standing orders, other donations, and Gift Aid. To complement existing ways of giving, the Church of Scotland has setup an online donation page. You can access this link using the 'Donate' button on the church website at: www.cardonaldparishchurch.org.uk/info-giving.

Collection of Offering Envelopes and Offerings by Cheque

If you have offering envelopes or cheques for the church you would like collected, or if you would like to know where to post offering cheques for the church, please contact Carol via the Church Office. If you are attending a Tuesday service, your offering may be left in the collection plate located near the main doors.

Our Daily Bread Ministries – Thank You

A letter of thanks was recently received by the church for the donations of people who received the Our Daily Bread Bible reading notes. A total donation of £147.95 was given.

“We are so thankful for your kind gift. With your support, the Daily Bread Ministries family is able to reach out to this shaken world with the life-changing hope of God’s Word.

Yours in Christ, Your friends at Our Daily Bread Ministries.” (Website: www.odb.org)

Friendship Circle

We were so deeply shocked and saddened to lose our wonderful leader, Janette, and her husband, Alex, too to Covid19 back in April. She was indeed a "one off" and will be very greatly missed in the Friendship Circle and throughout Cardonald Parish Church. Our thoughts, heartfelt sympathy and prayers go out to her family. We also remember Claire, one of our members, who lost her husband Hugh to the virus in May and ask that God will uphold her at this difficult time. So far, at this stage anyway, there is no sign of the Friendship Circle meeting again anytime soon but be assured that we will, one day. In the meantime keep knitting! The baby blanket project will cease at the end of September.

Best wishes to you all, Eileen Mirtle

Marie Curie Step into Spring

In March I completed the Marie Curie Step into Spring appeal and I would now like to send in my contribution. If you sponsored me I'd be grateful if you would forward your sponsor money either by bank transfer, post or I could collect.

Thank you, Linda Cassidy



Blythswood Care

The charity, Blythswood Care, is hoping to continue to fill shoeboxes this year at a reduced level. If anyone wishes to support this project could you please save your empty shoeboxes, and these can be passed on to Mrs Mary Reid. Thank you.

STOP PRESS: Lodging House Mission (LHM) Harvest Appeal

LHM are inviting church members to make a financial donation instead of the usual harvest gifts this year. This will enable them to continue feeding the hungry throughout the autumn and winter, while adhering to the current coronavirus related restrictions. Payments may be made online at www.lhm-glasgow.org.uk or can be sent to: The Lodging House Mission, 35 Campbell Street, Glasgow, G1 5DT. Thank you.

Praising God in Song in Church

The Bible is full of references to singing God's praises especially in the Psalms. Many of us are upset that we will not be allowed to sing when we return to Church building. That's what we love to do and it's our joy. So let's sort that now, before we get there.

I wonder, as we are in a new season just now, coping with all sorts of unfamiliar things, if we can learn from our brothers and sisters in the Persecuted Church all over the world, many of whom have never sung a note of a hymn alone, far less together with others. They are in fear of imprisonment or even death for being a Christian. They "sing" in their hearts. They know the Lord hears them.

For a while we may have to learn to worship together like that.

We are blessed that we are able to sing His praises aloud in our homes, in our cars, in our gardens, on the hills, on the beach, and, maybe not too loud, as we walk along the road to the shops. So, friends, let's be thankful and pray faithfully over the hymns we know and love, and pray for the day when we will come together in His sanctuary, and

"¹ Shout for joy to the LORD, all the earth. ² Worship the LORD with gladness; come before him with joyful songs. ³ Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. ⁴ Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. ⁵ For the LORD is good and his love endures for ever; his faithfulness continues through all generations." Psalm 100

Margaret Gunn

All Heaven Waits

We know that these are unique times we're passing through. We've had 🔥 fires, floods, earthquakes, pestilence. Does anyone doubt that these "are the beginnings of birth-pains" (Matthew 24:8)?

More than ever it's time for the people of God to pray for the nations of the world. Graham Kendrick wrote a song way back in 1986 - it's in Mission Praise No.15 if you want to read all the words but the first 2 verses remind us of our calling.

GOD is waiting especially for you.

All heaven waits with bated breath
For saints on earth to pray;
Majestic angels ready stand
With swords of fiery blade.
Astounding power awaits a word
From God's resplendent throne;
But God awaits our **prayer of faith**
That cries, "Your will be done."

Awake, O Church, arise and pray,
Complaining words discard;
The Spirit comes to fill your mouth
With Truth, His mighty sword.
Go place your feet on Satan's ground,
And there proclaim Christ's Name;
In step with heaven's armies march
To conquer and to reign!

Gail Monteith

Dear brothers and sisters,

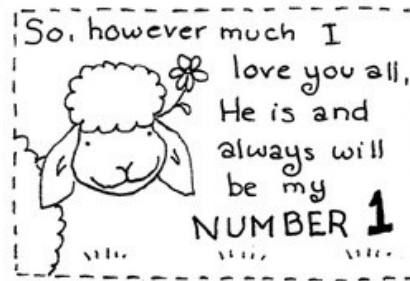
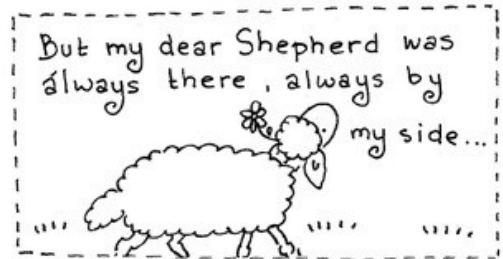
I just want to share something with you: I more and more start to understand why the enemy of our souls tries to keep us from reading God's Word as much as he can. The only thing that has the power to transform us into the likeness of the Shepherd IS the Word. It has incredible power!

May this be an encouragement for you all to devour His Word as much as you can and to ask our Shepherd to give us a holy appetite for it. Read it, write it, munch it, savour it, love it!!

God bless you all!

Hannah

Hannah



Face Masks

Mrs Sandra Fyfe, a church member, is offering to make face masks for the congregation free of charge. The masks are made of two layers of 100% cotton with a non-woven filter built in. They should be washed after every use. The masks are not clinical masks but are made according to guidance using 2 layers of pure cotton with a non-woven filter and tie-backs. They can be washed at 60 degrees. If you would like to order a mask please contact the church office with your name and this will be forwarded to Sandra.

Contact Details and Keeping Connected

To help keep everyone connected, we have a weekly email with church notices. If you have an email address and are not currently receiving the weekly email, and would like to, please contact the church office.

If you change your address, phone or mobile number, or email address, please let the church office know as soon as possible so we can update our records.

Church Office

Our Church Secretary, Carol, is working from home and can be contacted at the office email address: office@cardonaldparishchurch.org.uk.

Messages can also be left on the church office phone (**0141 882 6264**) and will be picked up remotely by her.