



THE RECORD

Are you climbing?

If you passed the Memorial Hall on the Thursday of mission week you may have seen what appeared an eight-metre, bright blue caterpillar standing on its tail in the lower car park. It was a climbing wall into whose undulating surface were bolted some hand or foot-holds – enough to help you climb all the way up, but not so many as to render the task straightforward! Suspended from arms at the top were half a dozen climbing ropes which, once clipped on, stopped anyone falling if their foot slipped.

The range of reactions to the question, “Well, are you climbing?” was varied! Virtually everyone under 30 was enthusiastic, even excited; as for some over 60 ... perhaps they were less keen!

What do you make of the image of people all putting in a deal of effort to reach the same point, facing a different arrangement of footholds, and, no doubt, climbing at different speeds according to skill and past experience? There’s no shortage of encouragement from other climbers, and those standing, watching. Might we think of faith like this?

There’s a daunting side to commitment, but others’ examples spur us on as we see them trying and often succeeding. Faithful discipleship demands effort and perhaps a sense of adventure for this is unfamiliar and at times tricky terrain. We keep going not only because we discern progress, but we want to catch the view from the top. And, if we do slip or lose our grip, we have the confidence of knowing we will be held securely.

The Psalmist looks to perhaps steep and high mountains in Psalm 121 and asks who’s going to help. Then he reminds himself that the God who made us watches over us, so we will neither slip on the scree nor be burned by the sun.

Only those who attempt the ascent, though, can expect to experience such divine care. Remaining at the foothills, like standing in the car park, allows little direct awareness of God’s empowering us to climb or God’s safe-keeping if we falter.

In these days, faith may inform our living as individuals and as people together in Orchardhill Church. The question might then be: “Well, are you climbing?”

NHS 70 years old

On 5 July 1918 the National Health Service was formed. Seventy years later many hospitals throughout the UK celebrated this birthday. The New Victoria Hospital was no exception.

Joanne, the hospital's activities organiser, transformed the dining room in ward 1 with banners, balloons, and tables set with china cups and dainty china tea-pots. Asda had donated plenty of goodies, which were set out on cake stands. (Asda throughout the UK provided hospitals with food if they wished to celebrate.) A birthday cake had also been provided by a member of the hospital.

Patients, relatives, friends, and the chaplaincy volunteers all thoroughly enjoyed themselves. A very big thank-you to Joanne for all her hard work, which was really appreciated by everyone who was present.

There was also an old fashioned nurses uniform – one with the starched white collar and starched hat. How times have changed!

The NHS was born out of a long-held ideal that good healthcare should be available to all, regardless of wealth.

Services continue to be led by the hospital chaplain, Rev Ishaku Bitrus, on the first Thursday of each month in the dining room in ward 1.



Time and Memories

Time is a funny thing. At times it flies, at others it stretches into the distance. By the time you read this, I will have finished my 10-week summer placement in Orchardhill Parish Church, and yet it seems like only yesterday that I was standing introducing myself on a Sunday morning with the whole summer ahead of me.

I've seen so many things while I've been here - strawberry teas in the cafe, midsummer tea (and mocktails) in the hall, Huntly Hound and Chips, Grant's Between The Lines film, and even squeezed in a few meetings - congregational board, Glasgow Presbytery, vision groups, pastoral group, walking and worship. I've also met many of you face-to-face and done a number of visits to folk currently unable to attend on a Sunday. And there has even been time to sit down with Grant and solve the woes of the world over a Monday morning coffee!

Time is increasingly sparse and therefore precious in 21st century Britain. Even as followers of Christ - the God who holds time in His hands - we still seem to struggle to "make time". Following Jesus sometimes seems to add more things into the already over-busy timetable of our lives. But, as I return to university and move to my final placement at St Rollox in Sighthill, I wonder if following Christ is less about adding things into our lives and more about living out all the parts of our life in Him instead.

Therefore the question on my mind is less about how to run better events or make meetings more efficient and more about what it means to be a Christian in the workplace or doing the weekly shop in Sainsbury's or playing a round of golf. How can we, as Paul urges us, pray without ceasing? How can we always be ready to give a defence of the hope that is within us, as Peter tell us? How can His praise always be on our lips, as in the Psalms?

As my time in Orchardhill draws to a close, I must say a huge thank you to you all for your time and patience with me and for all your kind words and encouragement over the summer. I take many happy memories with me, and I hope that I leave some too.

Ben Thorp

Café Reopening

The Orchard Café will reopen on Tuesday 4 September to serve teas, coffees and baking as well as homemade soup and fresh bread.

As the café gets busier and busier there is a need for more volunteers to bake, make soup, to serve, to wash up, and work in the kitchen. If you can spare some time to help us provide any of these tasks please contact Anne Barr (eannebarr@gmail.com; 0141 638 1216).

Epistle from Shetland

Dear friends,

Greetings from Shetland. For anyone unaware of what I have been doing recently, let me fill you in. After I finished my placement at Claremont Church in May, I came up to the Shetland Islands for five weeks' work experience. Shetland is the most northern part of the United Kingdom, and the locals have a very distinct idea of identity. You realise this very clearly when you hear them talking about "visiting" Scotland.

Contrary to the impression that might be given by Douglas Henshall and the makers of the TV series "'Shetland'", the islands are not fluttering with crime scene tape or covered with bodies being protected by forensic tents on various beaches and moors. Indeed, if you speak to the locals about the show, the islanders themselves seem a little bemused by the programme. The reality for them is that they have not had a murder since 1952, they have only six police officers for all of the 151 islands, and most of the time, when you see a film shot of a car driving on a road, the person driving ends up at a completely different location from where they should be by following that road.

I wonder if this last observation is a metaphor for times in our own lives when we take ourselves down certain paths but end up at an unexpected location. There are other metaphors to be found here in the islands.

Something you are constantly aware of in Shetland is the boats. We arrived on the car/passenger ferry from Aberdeen to Lerwick, but there are many other harbours here and many different types of boats: fishing boats, mussel boats, pleasure boats, working boats hauling goods such as oil and materials, and lifesaving boats. There are even boats the sole purpose of which is to help other boats, whether as a pilot to guide a big cruise ship or as a taxi to get people and goods from ship to shore and back again.

Another thing they are not short of in Shetland is churches. The Church of Scotland has 33 buildings, excluding manses, throughout the islands, and if you look at other Christian denominations there are 15 listed in the centre of Lerwick alone! Speaking from my recent experiences in the presbyteries of Glasgow, Falkirk and Hamilton, Shetland seems just like the rest of Scotland with regard to ageing and reducing congregations. As a denomination, we in the Church of Scotland seem to be obsessed with our buildings. There is great resistance to change, and many people seem intent on keeping on the road that they have always been travelling on. Although small by Glaswegian standards, the churches here all appear to be beautifully maintained and looked after even if, as in one case, the congregation is only three people, and there is a service only once a month.

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En route and while here, I have been struck by the comparison between the people of God in a church and a ship in a harbour. Any sailor will tell you that a ship needs regularly to go to a harbour for maintenance, to be refreshed and filled with fuel and supplies. However, this visit to a harbour is so that the ship can carry out its true function when at sea. Similarly, we, as Christians, need to go to Church regularly for our spiritual maintenance, to be refreshed and fuelled with the Spirit of God. However, that visit to church is so that we can carry out our own true function in the world.

There is a real danger that some people are so comfortable in their harbour that they rarely venture out. They seem intent on sticking to the road they are on, but, as I have mentioned regarding the TV series, the road we think we are following doesn't always lead us to where we expect. I have certainly found this to be true as, up until a short while ago, I would never have expected to find myself in the beautiful Shetland Islands, even if only temporarily (as Shona is at pains to remind me).

Fergus Cook

Afternoon Tea

Thanks to all those who baked cakes, scones, fruit cake, cup-cakes and tray-bakes, made sandwiches, and kept everyone supplied in tea and coffee and, of course, summer mocktails.

Had it not been for everyone who purchased tickets and helped in the kitchen, along with Morrisons on Fenwick Road, who made a generous donation, the event would not have been the great success that it turned out to be. Everyone who attended thoroughly enjoyed themselves, especially the ladies of the hat brigade, whose glamour cheered everyone up.

This event raised £1140, the sole object of which was to raise funds for our church's heating project.



Huntly Hound

We had 46 children attend Huntly Hound in the newly decorated Memorial Halls in early August. Our theme this year was "Detective Huntly", and we were off on a treasure hunt to find Jesus.



We heard stories about King David, the donkey on Palm Sunday, the lost coin, Moses in the bulrushes, and Joseph. The connection between every story was something had to be found in each. As well as doing our usual crafts, games and singing we did a treasure hunt each day too.

The children had a great time taking part in all the activities with laughter and chatter throughout. It was a super week, seeing everyone working and playing together.

Thank you to everyone who contributed to the week: by attending, donating or praying for us.

Fiona Carmichael



CHIPs up the Wall

Chips was held in our newly decorated Memorial Halls in August. Thanks to the Property team. It was great. We have more plans to do other events this year. So watch this space.

Our theme this year was Heroes, and we explored Super, Music, Hidden, Sport and local heroes with the help of Jackie, Lindsay, Ben, Mark McEowen from Ireland and finished with me. The emphasis was on Incredible in Christ Has Incredible Powers. Each speaker brought something different, using heroes ranging from Joseph Lister, Pete Seeger, Chris Froome, and Tommy Cooper



Activities began with a visit from Clarkston Fire Service, who brought a fire engine which gave a super insight to what these people do, including a service to fit free fire alarms for older people. Tuesday was music night, and four songs were created and performed. A Treasure Hunt explored Giffnock on Wednesday. Some early risers on Thursday would have seen a 25ft climbing wall erected in the lower car park. All ages had a go – from Connell Brogan and David Worthington to Isobel Hood and Nanette Davidson.

The planning team were thanked on Sunday, and all contributed to making this year's Chips a super week. Kirsty Davidson did so much in the preparation and added so much to the week while juggling work in the process. Andy Gall always steps in to hold it all together with total panache. Thanks to Alexa for her IT skills and to Gray Fletcher and Mark Waters for providing music. The week finished with the annual barbecue on Troon beach.



There are many more people involved who give up their time to run the café, cook food, manage money, and assist in many other ways.

This has all made for an incredible week at Chips in 2018.



Patrick Byrne

Thinking Allowed: Mindfulness

The opening talk in the Thinking Allowed 2018-2019 series in Orchardhill will be on Thursday 13 September, when Vicky Kakos will be the speaker. Vicky completed the Mindfulness training in 2016 with her teacher, Suryacitta Malcolm Smith, and since then she has been sharing Mindfulness with people in southside Glasgow. She provides two courses at Orchardhill - a Mindfulness course and also a Mindful Parenting course to help parents cope with the often relentless and demanding job of being a parent .

Professor Mark Williams, former director of the Oxford Mindfulness Centre, says that Mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment. "It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour," he says.

"An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs.

"It's about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives."

Via Vicky's talk, learn the basics of Mindfulness meditation and find out how Mindfulness can be useful in our daily lives. She will talk about what she has learned about Mindfulness and give people an introduction to the practice, followed by some discussion about what Mindfulness is, how it can be useful, and how to use it in everyday life.

Doors open at 7.30pm: the talk starts at 8.00.

Guild Outing

The Guild's summer outing on 14 May was to one of our favourite hotels, Piersland House Hotel, Troon. The food was superb, and the weather every bit as good as in previous years. Judging by the happy expressions in the photo we all had a successful day.



Two gunshots – 17 million deaths

The First World War was triggered by two gunshots on a Sunday morning in Sarajevo in late June 1914. A 19-year-old Bosnian-Serbian anarchist, Gavrilo Princip, shot two members of the Austrian-Hungarian Empire's royal family, Archduke Franz Ferdinand and his wife, Duchess Sophie. Both victims died before they could get medical attention. As a result of the assassination of the nephew of Emperor Franz Joseph, treaties and liaisons, in quick succession, fell apart as Europe went into free-fall into war.

But when Princip pulled the trigger of his semi-automatic pistol he was not where he had planned to be to intercept the royal cavalcade. Nor was the archduke's car following its intended route. The assassin was in the wrong place. So was his target.

Princip was one of six would-be assassins spaced along an avenue beside of the river Miljacka. The first of them, Muhammed Mehmedbasic, did not throw his grenade because a policeman was standing beside him. The second in the assassins' queue, Nededjko Cabrinovic, tossed his hand grenade at the royal car, the third vehicle in the convoy. But the driver saw the device in the air, and, quick thinking, he accelerated away: the grenade exploded under the next car, injuring the occupants. Princip heard the explosion and left his position on the royals' route.

The archduke decreed that tour through the city should continue, but his car deviated from the amended route as the driver, Leopold Lojka, took a wrong turn. That brought the vehicle right into Princip's sight. The anarchist did not miss his chance. The car was in the wrong place: for though, it was the right place, though unexpected. Two shots were all he needed.

A month later the Austrian-Hungarian Empire opened hostilities with Serbia. A week later, on 4 August, Britain and France declared war on Germany.

Would there have been conflict if the archduke's car had not have been where it should not have been? Surely yes. European cabals had been simmering with dissention and distrust, especially in the Balkans. Europe would still have been inflicted with a war that spread elsewhere in the world – to the Middle East, to west and east Africa, to the waters off South America's western and eastern shores. There would have been war.

More than 17 million people, military and civilian, died in the war. We will remember them in two months' time – a hundred years to the day after peace was declared in a war which, at the time, was thought to be the war to end all wars!

ANON

Further commentaries on the First World War will be published in the October and November editions of the Orchardhill Record.

Orchardhill Junior Badminton Club



The Orchardhill Junior Badminton Club's season starts on 1 September, meeting in the Memorial Halls every Saturday from 10.00am until noon, and we would love to see newcomers.

All standards of play are catered for, and any boy or girl aged between 10 and 15 is welcome to join. The name of any child can be added to the waiting list by emailing his/her name, date of birth, and a phone number to Barbara Mackenzie (neilmackenzie@msn.com) or by telephoning 0141 638 0591.

As well as regular Saturday mornings we hold a variety of events throughout the year: coaching, friendly matches, visit to the Scottish Grand Prix, senior/junior mornings, crazy tournament, and singles and doubles tournaments. We finish the year with the local churches' Thornlee Tournament.

Octave - GLO Celebr8!

Octave, the award-winning singing group led by David Fisher, are now well-known in Orchardhill having performed fundraising concerts in the church over the years.

Tickets are now on sale for "GLO Celebr8!" - Octave's own concerts, which will run from Wednesday 12 to Saturday 15 September at 7.30pm in Motherwell's GLO Auditorium. The group are rehearsing an all-new programme with songs from Broadway and the West End to classical and pop. As always, something to suit all tastes.

This year the group are delighted to be supporting Alzheimer Scotland as their chosen charity.

Tickets priced £12/£13 are available from David or Shona Fisher (01698 721607 or Shona.fisher2@mail.com). The Friday and Saturday evenings in particular are very popular so please book early to avoid disappointment.

Christian Aid

Thanks for the generous donations that raised £1227 for Christian Aid (with Gift Aid still to be added on) and also to those who helped at the lunch by making the meal, serving, and washing up.

Communion Roll

DEATHS

On 3 July 2018 Mrs Sadie MacGowan, Mearns House, 1 Aldton Court, Newton Mearns G77 5UU

On 21 July 2018 Mrs Elizabeth Thomson, Abbeyfield Extra Care, 78 Stonelaw Drive, Rutherglen G73 3NZ

Congregational Register

CHANGE OF ADDRESS

John Oswald from 9A Douglas Gardens, Giffnock G46 6NY to Clarkston House Care Home, 57 Stamperland Hill, Clarkston G76 8AJ

Deadline for October Record

Sunday 16 September is the deadline for the October edition of the *Orchardhill Record*.

Contributions should be sent by email to record@orchardhill.org.uk before 1.00pm or left in the relevant slot in the rack in the church corridor no later than 10.30am. Using that email address ensures that every contribution goes to the editorial team not just the editor. We prefer contributions to be sent by email, and we cannot accept any handwritten or typed item that does not identify the source.

Any photograph or logo must not be embedded in the article. Please send photos and the like as separate attachments to allow flexibility in laying out pages. Nor can we accept pdf files.

The editor acknowledges every contribution. Contact him before the deadline if he has not confirmed that he has received your contribution.

The deadline for the November edition will be Sunday 14 October.

Orchardhill Calendar

SEPTEMBER

Sunday	2	10.30am	Family Worship	Gavin Raleigh
Sunday	9	10.30am	Sacrament of the Lord's Supper	Rev Grant Barclay
Sunday	16	10.30am	Worship led by Bridges	
Sunday	23	10.30am	Family Worship	Rev Grant Barclay
Sunday	30	10.30am	Family Worship	Rev Grant Barclay

OCTOBER

Sunday	7	10.30am	Family Worship	Rev Grant Barclay
Tuesday	9	7.00pm	Glasgow Presbytery meeting in Orchardhill	



Huntly and Friends
(see page 6)



CHIPS with Fire Brigade
(more on page 7)

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