

CALDERBANK PARISH CHURCH OF SCOTLAND

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The next circulation of the newsletter will be on the

1st November 2020



October 2020 Newsletter



If you have any news, stories, poems or snippets you

would like to share, please pass them to me

by 23rd October the latest.

Thank you

Gwenn

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A Message from Rev Dr Peter Donald



Dear Friends,

I last wrote to you with some options around resuming services in church while our newsletter editors took a well deserved break. You will see now in this edition of the newsletter where we are with our thinking about coming back again for face to face encounters.

But first, I wonder how you find yourself in spirit? Six months after lockdown first hit us, winter months are now approaching. The daylight will be short and the temperatures lower. Every one of us has a sense of how things are not as we would wish them to be. There may be worries about keeping well, fed upness about the restrictions of seeing family and friends and for some, particularly heavy burdens are having to be carried. Each of us has a story to tell.

I encourage you to tell your stories. Even if it is just on the phone, to allow some of those things which burden you to be shared, and I hope also to be ready to listen and comfort those who open up to you. In Bible talk this is “lament”, and there is a time for it. I wouldn’t say that we shouldn’t put on a brave face sometimes (of course!), but equally there is a place for honesty and realism.

But can I add this? The best place to start opening up is in a quiet place with God. “Cast all your anxiety upon him, because he cares for you” (1 Peter 5:7). “In our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God who raises the dead” (2 Corinthians 1.9). To pray is to tap into “perfect love which drives out fear” (1 John 4.18). Jesus rose again for us and so “I can do everything through Christ, who gives me strength” (Philippians 4.13). Here are just some of the promises of God’s Word. Hold on to them!

We wait and hope. And if I can help you in any way, please ask! I’m ready to listen and share.

Yours, Peter

History of Halloween Costumes and Trick-or-Treating

Many people were said to dress up as saints and recite songs or verses door to door. Children would also go door to door asking for "soul cakes," a treat similar to biscuits. Technical note: Soul cakes originated as part of the All Souls' Day holiday on November 2 (yep, a *third* holiday!), but eventually became a part of Halloween night as the concept evolved into trick-or-treating. The candy-grabbing concept also became mainstream in the U.S. in the early to mid-1900s, during which families would provide treats to children in hopes that they would be immune to any holiday pranks.

As for the costumes, they evolved, too. While they began as earnest tributes to saints, that tradition likely fell out of favour at some point...until young Scottish and Irish pranksters got the idea to dress up in scary-looking garb again as a way to spook unsuspecting neighbours. And just like that, thanks to these local hooligans, [Halloween costumes](#) became scary, spooky, funny, and creative all at the same time.



OCTOBER



WITCH
BLACK CAT
GHOST
BONES
TRICK

BAT
VAMPIRE
SKULL
WEREWOLF
SCARY
TREAT

WEB
CACKLE
PUMPKIN
SPIDER
SKELETON

W	N	E	R	I	P	M	A	V	Z
S	I	S	K	E	L	E	T	O	N
P	K	T	S	A	B	S	S	E	F
I	P	U	C	E	O	C	B	L	L
D	M	O	L	H	N	A	W	K	O
E	U	Q	G	L	E	R	K	C	W
R	P	B	T	M	S	Y	C	A	E
U	E	P	A	H	N	E	I	C	R
W	R	G	J	T	A	E	R	T	E
B	L	A	C	K	C	A	T	X	W



Church Update

The Kirk Session has been hoping so much to be able to open again for worship services, but we have found ourselves rather up against it. Although we have made the building as safe as we can, the restrictive guidelines on the one hand and now the upsurge in Covid infections, in Calderbank and North Lanarkshire have caused us to hesitate. And while we did a congregational survey (thank you for your responses!), of those who did respond, people clearly wanted us to be reopening but that said, quite a number of voices were saying possibly not yet.

Just within the Kirk Session, we are torn between so wanting to come together and so not wanting people to be made ill on account of having met at church. We have met twice in September (online!) and the conclusion, at this time at least, was to hold back in the hope of safer times. We have committed to meeting again online in the third week of October, Please speak to your Elder or to the Minister about any of this. We value your thoughts and feelings.

I'm sorry that some will be disappointed about the delay and then others perhaps in agreement. This is an unprecedented situation and the health stakes are very high. Do join in praying for that time when we can be alongside one another again.



Month of October

In September, I took us back into the Old Testament, starting with Adam and Eve in the Garden of Eden, then on to Abraham receiving God's promise, and Joseph coming through all his trials. Now in October we continue the flow of exploring some of the foundations laid long before Jesus came

- on 4 October going into the book of Exodus (ch.12) and the account of the Passover. What is this, that God rescues people even from Hell?
- on 11 October thinking about the whole business of false gods, and what makes people do that – Exodus chapter 32
- on 18 October, about praying when we are desperate – I Samuel 1-2
- on 25 October, the thing about buildings as places of worship, and what we can be on about and then what God is on about – 2 Samuel 7
- on 1 November, with Elijah on his travels and the discovery of how God provides – I Kings 17



The early pagan holiday of Samhain involved a lot of ritualistic ceremonies to connect to spirits, as the Celts were polytheistic. While there isn't a lot of detail known about these celebrations, many believe the Celts celebrated in costume (granted, they were likely as simple as animal hides) as a disguise against ghosts, enjoyed special feasts, and made lanterns by hollowing out gourds (hence, the history of [jack-o'-lanterns](#)). Over time, as Christianity took over and the pagan undertones of the holiday were lessened, the basic traditions of the holiday remained a part of pop culture every year; they simply evolved and modernized.

The mystical rituals of earlier times evolved into more light-hearted fun and games. For example, the somewhat heavy concept of connecting to the dead was replaced with the more light-hearted idea of telling the future. Bobbing for apples, for example, became popular as a fortune-telling game on All Hallows' Eve: Apples would be selected to represent all of a woman's suitors, and the guy—er, apple—she ended up biting into would supposedly represent her future husband. In fact, Halloween previously posed a huge (albeit rather superstitious) matchmaking opportunity for young women in the 19th century.

Another popular All Hallows' Eve ritual was mirror-gazing, as people hoped to catch a vision of their future by looking into the mirror. There are also reports of fortune-cookie-like favours being given out during earlier times. People wrote messages on pieces of paper in milk, and the notes were then folded and placed into walnut shells. The shells would be heated over a fire, causing the milk to brown just enough for the message to mystically appear on the paper for the recipient.



Worship Services online, on DVDs and even by phone



If you can access YouTube, look for “Cairnlea and Calderbank” to tune in on a Sunday to worship live at 10:30 am. A link is posted also on the Calderbank Church website.

If the internet doesn’t work for you, a DVD can be delivered on request (just contact your Elder or Mary Cunningham (761337) direct). Remember, help is on offer to instal or even supply DVD players!



Or there is also the option of phoning an Airdrie number for a recording, just of the sermon – not of the singing and prayers unfortunately. Phone 809232.



Harvest Thanksgiving

Autumn harvest time invites us to be thankful for the food on the table, and not least for those who grow it and distribute it. We live in a world in which we are richly provided for and the careful stewarding and sharing of its resources is the obvious way to go.

Whether you regularly do this or not, perhaps this is the season to put some goods into the Foodbank. You can do this at various supermarkets, or at Calderbank Church on a Monday between 11 and 1. Dried or long-life or tinned goods are what is asked for.

You might also or alternatively like to think of needs further away from home. Peter McLean, who preached when I was away a year or so ago, works for Comfort International – supporting families and Christian outreach in Rwanda, the Congo and Burundi. www.comfortinternational.org is the most obvious way to channel money and to get information. Or just ask me (Peter your Minister).





Funday Club



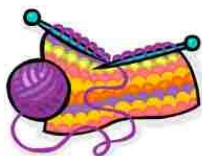
All children/families are welcome to join us at 9.45am – 10.15am on Zoom for Sunday School every Sunday morning... come with your pen and paper ready to see friends, have a chat and have some fun!

For the Zoom link –email Ewood@churchofscotland.org.uk

Feel free to pass this on to any families who may be interested in joining.



Thank 'Ewe'



Just wanted to say thank you to everyone who has volunteered to knit or has already handed in sheep to myself or Peter. We have been overwhelmed with everyone's generosity and willingness to contribute to our Messy Nativity!

Looking forward to seeing these in the shops in Airdre & Calderbank over the period of Advent.

MENTAL HEALTH AND COPING DURING CORONAVIRUS

REACTIONS YOU MAY FEEL INCLUDE:

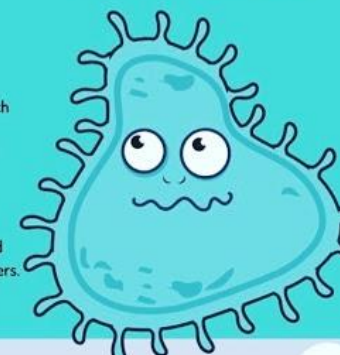
- Fear and worry about your own health status and that of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

TAKING CARE OF YOUR WELLBEING:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Take care with news and information
- Find ways to relax and be creative

THINGS YOU CAN DO TO SUPPORT YOURSELF:

- Avoid excessive exposure to media coverage of Coronavirus.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade.
- Connect with others and share your concerns and how you are feeling with friends or family members.
- Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.



DATE	EVENT
4 th October	BB Communion Service
10 th October	Mental Health Day
19 th October	Family Boxes
20 th October	Kirk Session Zoom Meeting
31 st October	Halloween
31 st October	Christmas ShowBoxes Appeal
Week commencing 2 nd November	Remembrance Day Tributes to be made
Sunday Mornings	Funday Club
Fridays	Bookbug
Monday 11-1pm	Donations for Harvest Thanksgiving



What is contact tracing ?

Contact tracing identifies people who may be at risk from COVID-19 because they were in close contact with someone who has the virus. By voluntarily choosing to use the Protect Scotland app you will help our NHS by:

1. Reducing the time it takes to alert you if you come into close contact with another app user that tests positive
2. Alerting other app users that you might have forgotten you were in close contact with
3. Allowing us to anonymously alert people who don't know each other

The app communicates with other app users' phones using Bluetooth to swap anonymous random IDs when in proximity (2 metres or less) for an extended period of time (15 mins or more). This acts like a virtual handshake between devices, which can then be anonymously recalled if one of the contacts later tests positive for COVID-19. It is important, therefore, that app users keep Bluetooth enabled on their phones as often as possible.

Contact tracing is a vital part of slowing the spread of coronavirus. The more people who download and use the app, the more it will help to stop the transmission of the virus.



Family Box Scheme

Please contact Joyce to uplift your boxes by Monday 19th October.

Remembrance Day

We can't be together as normal to remember this year, however, in the church garden we propose to have our own remembrance display for the community. Why not paint a poppy on a rock and add it to the display? Some ideas below. Bring it along to the church garden during the week beginning 2nd November and add it to the display...



For Prayer

I can think of many topics for prayer at this time, but in particular might I ask you to pray

- for the children at school in the village, despite all the concerns about health safety, that nevertheless they can enjoy their education – and that their teachers can too!
- for young people who have left school, either starting work or just wanting to work, and then also those who are in further education, that they might be sustained in morale and safe in these trying times
- for our Guild and indeed other fellowships which would ordinarily have started up by now, that those who are now so much more on their own can keep up with friendships and chat and a good sense of purpose
- for any who are struggling, in mind or body or soul, that they might be well supported, regularly prayed for and above all know the loving presence of God near at hand

Great and good God,

give us pure hearts that we may see you,

humble hearts that we may hear you,

hearts of love that we may serve you,

hearts of faith that we may live in you,

reverent hearts that we may worship you,

here in and in the world out there,

through Jesus Christ our Lord. Amen.

(Dag Hammarskjöld)



10th October – World Mental Health Day (Second Saturday of October)

October 10 is the second Saturday of 2020 and will be celebrated as the World Mental Health Day. The objective of this day is to spread awareness about mental health issues and taking efforts in supporting those. It also emphasizes on what more needs to be done to make sure that talking mental health does not remain a taboo in society.



Bible Verses for *Mental Health*

Matthew 11:28-30	Ephesians 5:18
Philippians 4:13	Romans 8:18
Romans 12:2	1 Peter 3:14
1 Peter 5:7	Isaiah 35:4
Philippians 4:6-7	Isaiah 40:31
2 Timothy 1:7	Isaiah 41:10
Romans 15:13	Joshua 1:9
1 John 4:8	Psalm 34:4
Romans 8:28	Psalm 94:19
2 Timothy 3:16-17	Romans 8:38-39
1 Peter 5:10	Proverbs 3:5-6
Philippians 1:6	Jeremiah 17:7-8
Psalm 34:17	John 14:27
Hebrews 12:1	2 Thessalonians 3:16
Philippians 4:8	Proverbs 12:25

CoffeeWithStarla.com



1st Calderbank Boys' Brigade



Our fledgling Boys' Brigade company took part in the first service held in the church since lockdown. We had a short celebration on the theme of friendship and took the opportunity to pass out the year's awards to our boys.

Many adults have helped through this first year, both volunteers and officers, and what a great job they have done. Thank you! The Boys' Brigade has started up again, but at the moment working with take home packs and online videos. Any new youngsters who might like to be included please contact Elaine Wood.

Last, on Sunday 4 October there was to be the Battalion Communion Service held in Calderbank, to mark our new company's startup. This of course has had to graduate to being online, but it will take place. Towards 100 officers and helpers from across the Battalion are anticipated to take part.



If you have any babies/toddlers in the family, let them know that we have an online Bookbug session every Friday and this is uploaded to our Calderbank Parish Church Facebook page. We also will take song and nursery rhyme requests, feel free to WhatsApp or message me on 07894728667.

Elaine & Bookbug!

Welcome



At the zoom meeting of the Kirk Session on Thursday 17th September, Ms Margo Simpson having expressed her wish to become a member of Calderbank Parish Church was admitted to membership by resolution of the Kirk Session.

We are sure you will give Margo a warm welcome to our Church.

A Big Thank You

We had our Open Day at the very end of August and welcomed a good number of people into church. How lovely it was to see folk in person, and to share how we planned to make the building as safe as we can.

An extra bonus of this was that people brought Offerings, and in fact the total by the end of day was £3744. We have been noticing very much the impact of Offerings not coming in and therefore the church finances becoming depleted in view of continuing expenditure on ministry and the building, so this was very much appreciated.

While we're still not meeting in person, if you are able to make an Offering or to save it up, that would be great.



Birthday Wishes

Alan (Cowan) would like to thank everyone for sending wishes to him on the occasion of his recent birthday. It meant a lot especially during these difficult times.



Christmas Shoe Box Appeal

Joyce now has the leaflets for Children in Distress and hope many of you would like to take part in this appeal. If possible the boxes should be ready for collection by 31st October. The shoeboxes you make up can be for either a child or a senior citizen.

Items for the box can include:-

Gifts	Socks/Tights	Felt Pens
Sweets	Hair slides	Colour Books/Crayons
Soap/Flannel	Small Toys	Puzzle/Ball
Toothbrush/Toothpaste	Small Teddy Bear	Yoyo/Toy Cars
Brush/comb	Notebook	Balloons
Toiletries	Pens/Pencils	A Christmas Card
Gloves/Scarf/Hats	Geometry Set	



How to pack your Christmas Gift Shoebox

DO ✓	DO NOT X
Wrap the lid and box separately with Christmas Paper of your choice	Include medicines or medical goods
Attach a shoebox label to the lid of the box	Money
Seal the box with elastic bands	Gifts past their use by date
	Second hand toys

Please remember this may be the only Christmas gift a child or Senior Citizen will receive.