

Vol.LVI No. 2  
APRIL 2018

**MANNOFIELD  
CHURCH**  
Heart of the Community

# INSPIRE

He Is Risen



**MANNOFIELD CHURCH OF SCOTLAND ABERDEEN**

Registered Scottish Charity SC 001680

# A.C. MORRISON & RICHARDS

SOLICITORS

ESTATE AGENTS

*We can advise you on all those matters, that matter to you*

- HOUSE PURCHASE & SALE
- LEASING
- WILLS & POWERS OF ATTORNEY
- EXECUTRIES
- COMMERCIAL PROPERTY
- FINANCIAL SERVICES
- COMPANY FORMATION (INCORPORATION) AND SECRETARIAL SERVICES
- PRIVATE TAX
- TAX PLANNING
- AGE CARE

www.acmr.co.uk



18 Bon-Accord Crescent,  
Aberdeen, AB11 6XY

Tel: 01224 573321

Fax: 01224 576115

Experience and Quality you can Trust

**JOHN G BAIRD**  
Building Contractor

✉ office@johngbaird.co.uk @ www.johngbaird.co.uk

Our skilled, dedicated and experienced workforce provide a quality solution for all your roofing and building needs.

Our services include but are not limited to;

- ◆ Roof Tiling and Slating
- ◆ Rainwater Goods / Guttering
- ◆ Re-pointing Works
- ◆ General Building and Maintenance Works
- ◆ Lead Works
- ◆ Cherrypicker Access Hire
- ◆ Joinery
- ◆ Bituminous, Metal Sheet Roofing and Flat Roofing
- ◆ Roof Related Plumbing Services
- ◆ Main Contractor Services
- ◆ Painting Works
- ◆ Approved Polyroof Contractor



John G Baird Ltd  
146 Hardgate  
Aberdeen  
AB11 6YU

☎ 01224 584791



John G Baird Ltd  
49 North Street  
Peterhead  
AB42 1JY

☎ 01779 473455



## Advertising In InSpire

Advertising Rates:	One Issue	Two Issues
Quarter Page	£45.00	£80.00
Half Page	£80.00	£145.00
Full Page	£150.00	£270.00
Back Page	£180.00	£324.00
Contact Details:	Alison Farquhar - MPCpublications@btinternet.com (Assistance with making up adverts is available foc)	



## Aberdeen Music Festival

Mon 4th June - Fri 8th June 2018

Mannofield Church  
9.30am, 2pm & 7pm

ANESMFA - Charity No. SC002130

## BELVIDERE GALLERY

Established 1992



*Traditional Craftsmanship  
in picture framing  
using classic skills  
combined with  
cutting edge technology*

221 Rosemount Place Tel 01224 627164  
9.30 am to 5.30 pm Mon to Sat

[www.belvideregallery.com](http://www.belvideregallery.com)

MEMBER OF THE  
FINE ART TRADE GUILD



## Lindsay & Kirk

SOLICITORS, NOTARIES PUBLIC, ESTATE AGENTS

### Your Local Friendly Advisors

- Conveyancing
- Criminal court proceedings
- Matrimonial problems
- Employment law
  - Wills
- Quotes

*Written details on request*

**Tel: 01224 641402**

*(4 lines)*

39 Huntly Street, Aberdeen AB10 1TJ

e-mail: [law@lindsayandkirk.com](mailto:law@lindsayandkirk.com)

Fax: 01224 639974



## Nearest & Dearest

We can be of assistance to you when changing circumstances require locally based arrangements to be made for your elderly relatives

Services include:

- ♦ Sensitive house clearance
- ♦ Action following hospitalisation
- ♦ Care home assistance
- ♦ Downsizing and practical organisation

Please contact us and let us be the local 'surrogate family' for your elderly relatives

Disclosure (Scotland) and PVG registered




**Maureen Drummond and Alison Lobban**

Tel: 07794 464 938

Email: [info@nearestanddearest.co.uk](mailto:info@nearestanddearest.co.uk)

Web: [www.nearestanddearest.co.uk](http://www.nearestanddearest.co.uk)

## CHURCH CALENDAR MARCH/APRIL

Sun 11 March	10.30am	Morning Worship
Wed 14 March	10.30am	Midweek Service
Sun 18 March	10am	Morning Worship
Wed 21 March	10.30am	Midweek Service
Sun 25 March 	10am	Morning Worship - Palm Sunday
	3.15pm	Craigielea Gardens Service led by Dot Getliffe
Wed 28 March	10.30am	Midweek Service
<b>Thurs 29 March MAUNDY THURSDAY</b>	<b>7pm</b>	<b>Maundy Thursday</b>
<b>Fri 30 March GOOD FRIDAY</b>	<b>Noon 7.30pm</b>	<b>Lunch and worship - Mannofield Sanctuary Ruthrieston West – Good Friday joint service</b>
<b>Sun 1 April EASTER SUNDAY</b>	10am	<b>Morning Worship- Easter Sunday</b> 
Wed 4 April	10.30am	Midweek Service
Sun 8 April	10am	Morning Worship
Wed 11 April	10.30am	Midweek Service
Sun 15 April	10am	Morning Worship
Wed 18 April	10.30am	Midweek Service
Sun 22 April 	10am	Morning Worship
	4.30pm	<i>Café Church</i> in Café Connect
Wed 25 April	10.30am	Midweek Service
Sun 29 April	10am	Morning Worship
	3.15pm	Craigielea Gardens Service

Dear Friends



During the Christmas holidays I read an excellent ‘coffee table’ book called *‘Running: cheaper than therapy’*. The book contained many anecdotal stories, descriptions, quotes and reflections from the worldwide community of ‘runners’.

One lesson I vowed to take on board is the need for runners to stop boring their families and friends to tears as they talk about nothing else than the detail of the runs, races and progress.

Failing to uphold this promise – let me tell you about my running progress as I continue to train for my first full marathon at the end of May, running for Crossreach, the Church of Scotland Charity.

Training is going really well! My weekly long run is now pushing beyond the half marathon distance and this is augmented each week by a short lunchtime recovery run, an early morning fast paced or ‘Interval’ style run, and a session on my fixed wheel cycling machine on a Saturday evening. Although I have trained for half marathons before with a similar regime – this time around I have added the strength and conditioning element of the cycling machine and it is paying huge dividends as to how strong I feel when I am out on one of my long runs.

Now, the reason I share this with you is not only that you might consider sponsoring me when the time comes but also there is a serious lesson we can learn about the regime we require to follow for maintaining the strength, breadth and condition of our faith.

For me it wouldn’t be sufficient to run a ‘long run’ once a week and to expect that to be enough no matter that I keep extending the distance. When it comes to faith I don’t think it is satisfactory for us to see our one hour on a Sunday morning as enough to maintain and grow our faith and protect our relationship with God.

As is the case for my running training, I conclude that all of us who seek to remain close to God need a mixed economy of spiritual pursuits to foster the best relationship we can and grow our faith in the strongest way possible.

Yes, I think we need the Sunday worship experience for in my opinion it is key to a life of faith. However individually we also need to find other ways to connect with God as we structure a spiritual discipline within life. This can mean regular prayer and Bible study, space within life for reflection and

God wants strong, committed and capable disciples with the stamina to serve Him through thick and thin. To become this kind of disciple requires us to build a mixture of different disciplines within our spiritual life.

Our Church offers much to help train us for the life of faith. We are each encouraged to work through a plan and support others. Not only will this lead us to become stronger disciples for God – I can assure you that aligned with this is the fact we become a happier, more content and fulfilled people.

Best Wishes

*Keith*

### **Evening Prayer**

Loving God, as this day draws to a close, we give it back to You, the source of every good gift, with all its hopes and promises, its successes and failures. Through all today's experiences, the good and the not so good, You have been faithful to us Your children.

Forgive us for opportunities missed; for kind words that went unspoken; for failing to celebrate Your kindness.

Thank You for Your forgiving love that covers all our failings and continues to make all things new. Amen.

*Acknowledgement :This extract is taken from "Living Stones : Pray Now " and is used with permission. "Living Stones" publications are available from*

[www.standrewpress.com](http://www.standrewpress.com)



## **Good Friday Friendship Lunch and Communion**

We have added a new event to our Easter season worship.

Traditionally we participate in a United Church Service in the evening of Good Friday which takes place this year at Ruthrieston West church on Friday 30 March at 7.30pm.

During the day of Good Friday although there is a city centre 'walk of witness', in our community we are lacking an event that draws people together to reflect on the themes of the day.

What better way is there to do this than to have a lunch together?

This will be no ordinary lunch but one at which we also worship together in a contemporary fashion and participate in communion.

This lunch/worship event will take place within our sanctuary with the soup, fine pieces and coffee/tea provided by Café Connect.

Donations will be welcome to cover the cost. The event will be advertised in due course and details given on how to sign up for a 'place at The Table'.



Scripture Union Scotland, especially our office here in Aberdeen, would like to convey our real gratitude for the generosity of Mannofield Parish Church in your Christmas giving proceeds!



Scripture Union's vision is to see the young people of Scotland exploring the Bible and responding to the significance of Jesus, which we do in a variety of ways! Here in the North East there are thirty-one Scripture Union school groups, youth events such as PowerPoint and Encounter, leadership training opportunities, regional weekend residentials and camps. Last year 176 North East kids went to a Scripture Union camp! Thank you for investing in this work - whether in schools, churches, camp centres or somewhere in between – the support of the local church makes a huge difference!

This Easter season, please be in prayer with us as we present the events of Holy Week to local S6 classes on "The Easter Journey." This two-hour programme is always a huge encouragement, as we see the kids get so engrossed in the events leading up to Jesus resurrection. Last year a teacher shared with me what one of her students had written about the programme, saying that "he wasn't a Christian now, but when he was grown-up maybe he would be"! This is what we pray for all the young people we meet, that the seeds planted in our programmes now would grow into genuine, mature faith.

Thank you so much for your prayers, support and encouragement.

*Cheri Young*

Regional Worker, North East and Shetland

## **13<sup>th</sup> – 19<sup>th</sup> May 2018 is Christian Aid Week**

One aim of Christian Aid is to help build a world where everyone has a safe place to call home. A staggering 40 million people are displaced, they've had to flee their homes but have remained in their own country, these people are often forgotten but they are incredibly vulnerable. An example is Haiti, 8 years on from the earthquake there 38,000 people are still displaced and have had to cope with further chaos brought by Hurricane Matthew last year. Christian Aid along with a local partner have built safe, strong homes there, £210 is enough to train a local builder in Haiti. Can you help us bring security and comfort to those in need?

Between 13<sup>th</sup> – 19<sup>th</sup> May we will put a red envelope through your door then a volunteer will come back to collect it.

Mannofield volunteers covered 40 streets last year, raising an amazing £3981 contributing to the total of £1.5 million raised in Scotland.

If you'd be willing to help out this year please contact Ann Kindness on

☎01224 319336 or [ann@aohs.uk.com](mailto:ann@aohs.uk.com)



At the 44<sup>th</sup> Boys Brigade we continue to provide a balanced selection of fun activities, games and sport for children and young people from age 5 to 18 through all our sections. Run by a dedicated team of people our staff are fully qualified BB leaders and are all cleared to work with children and young people by Disclosure Scotland. We have increased our numbers dramatically in the younger sections so have opportunities for adult helpers to join us. If you are interested in working with primary aged children please get in touch via the email below.

Anchors are a lively and enthusiastic bunch enjoying a variety of sports, games, crafts and stories each week. Back in January to celebrate Burns Night they tasted the traditional Burns food. We also tried an alternative vegetarian haggis dish but many were not keen. More recently they had a dinosaur giant painting night, enjoyed football skills and have decorated Valentine cakes. Many of our boys took part in the Battalion FunDay event in February. In the half day event they enjoyed team games, crafts, a parachute, a bouncy castle and a magic show - great fun!



Juniors have grown significantly this year and are full of energy.

They too do a variety of sports, activities and of course the weekly joke session. In January they too took part in a mini Burns Supper. Another fun activity was to create a computer game idea and design a box cover. Recent games night included unihoc and line runners. Helicopter, where the boys have to jump over a spinning length of rope, is back and now a firm favourite. With many being new to Juniors they are doing well learning the more complicated routines required for the figure marching routine in practise for the annual Bisset trophy.

The Company Section enjoy a huge variety of activities, challenges and sports including new games such as blind football and blanket volleyball. Recently we had a sleepover at the church including a movie on the giant screen and a brilliant cooked breakfast at Café Connect the following morning. We took part in the Battalion badminton competition winning the Junior double and runners-up in the singles. The table tennis competition has started and the intersquad competition is ongoing and recently has including relays races, Pictionary and corner skills. In February we spent an evening at the disco night at Jump In, Aberdeen's new trampoline park. As well as plain jumping there was a dodgeball arena, airbag area and jousting poles - all great fun.



If any of this sounds exciting and you'd like more information or you know someone who might enjoy BBs or would be interested in coming to help us please get in touch. Send an email to [info@40four.co.uk](mailto:info@40four.co.uk) or visit our website at [www.40four.co.uk](http://www.40four.co.uk).

Anchor Boys is for boys in P1 - P3, meets on Thursdays 6.00 - 7.00pm.

Junior Section is for boys in P4 - P6, meets on Thursdays 7.00 - 8.30pm

Company Section is for boys in P7 - S6, meets on Fridays 7.45 - 10.00pm.

Your BB adventure could start here - come and join in.

*Dave Tait, Captain*

## From hunger to hope

Thank you to all at Mannofield Parish Church for your Christmas gift of £360 to Barnabas Fund and for your ongoing prayers for our suffering brothers and sisters in Christ.

Your kind donation has been allocated to “East Africa Hope”, an exciting new project for 2018.

After providing 18.6 million daily meals to save Christians in the region from starvation last year, Barnabas Fund is moving from feeding to rebuilding lives.

In discussion with East African church leaders, Barnabas Fund has developed a three-fold approach to meet the spiritual, educational and economic needs of hundreds of thousands of Christian refugees in Uganda and Kenya. The majority of these have come from South Sudan, a country born out of anti-Christian persecution and wrestling now with drought, famine and conflict.

“East Africa Hope” will give trauma counselling and training to 158 refugee church ministers so they can establish congregations within the refugee camps. It will provide Bibles, hymn books and simple church buildings. The children in the camp will get an education through the provision of school buildings and teachers’ salaries. The project will also enable the refugees to become economically self-sufficient with grants for small business start-ups or provision of seeds, tubers and farming tools.

Barnabas Fund works in over 80 countries, channelling aid from Christians, through Christians, to Christians, especially those who are persecuted for their faith, including victims of violence and converts from other religions. We do not send Western aid workers; we just send money, keeping our overheads very low.

[www.barnabasfund.org](http://www.barnabasfund.org)



**East African Christians have fled famine and conflict. Now, with your help, Barnabas Fund is working to re-build lives for the future.**

Every year in Primary Care we see a peak of flu cases in winter. This year, however, has seen the most significant outbreak of flu for, perhaps, a decade. In the first two weeks of 2018 there was a five-fold increase in the number of General Practice appointments related to flu-like illness. This has put a significant extra pressure on Primary Care (and indeed Secondary Care ie hospital), and this has been compounded by the fact that a larger number than usual of doctors have also been affected by this viral infection. In our own Practice we have had seven different doctors falling ill over the last few weeks, which is the worst I have experienced in 31 years at the Practice.



Most of this winter's cases have been due to influenza A (in particular the H3N2 variety). This has a particular affinity for affecting elderly people who tend to bear more of the brunt of such an outbreak, although it can affect any age group. Typical symptoms include cough, headache, chills, sweating, fever, loss of appetite, extreme tiredness and sore muscles/joints. For most adults under 65, no specific treatment is required apart from rest, fluids and regular medications such as Paracetamol and Ibuprofen (if there are no contraindications) to treat symptoms such as headache, fever etc. In the elderly and some younger people with chronic medical conditions, sometimes anti-flu treatments are indicated. Antibiotics have no part to play as they only work against bacteria and are not active against viral infections.

Every year medical scientists try to predict which flu viruses are likely to arrive in the UK in the winter when they are preparing the vaccine. They include three different strains in the preparation. This year there were two influenza A and one influenza B included. One of the influenza A viral components was indeed the H3N2 variety which is the one which has been most prevalent this winter. Hopefully those who have been vaccinated will get protection from this particular flu virus, but it is not absolutely guaranteed and some people may get an attenuated (lesser) form.

Quite a few Practices will still have some flu vaccine left, so if patients are over 65 or in an at risk group, they could enquire at their Practice as to whether it might still be possible to have a flu vaccine.

Patients often ask why flu vaccine has to be given every year while other vaccines can last a lifetime. This is because there are many different flu viruses and they are also constantly mutating (changing), so antibodies built up in our bodies to a particular vaccine are likely to be ineffective in future years. The holy grail of flu vaccine design is to engineer a chemical that will be both active against a core part present in every type of flu virus and also one that is not subject to mutation. This would then give widespread and long lasting immunity (perhaps even for a lifetime!). The good news is that there is some encouraging research being carried out at the moment and clinical trials may not be too far away.

Watch this space!

*Dr Ewen Wallace*

## Befriending in Our Community



Can you offer companionship?

Do you want to get involved in our local community?

Do you have you 2 or 3 hours to spare every week or fortnight?

Becoming a Sue Ryder volunteer is a great way to gain skills and meet new people. It can also be a very meaningful way of giving something back. We're looking for volunteers to become Befrienders to people living near you.

Our care home Dee View Court in Kincorth is a purpose built 22 bedded residential care centre for people who need 24 hour support. Currently we have a capital appeal to raise £3.9 million to fulfil our plans to extend the care service by 20 new beds. You will probably hear about us in the local news as we work toward our target of June 2019.

Our free Self Management Service supports people aged 18+ with neurological conditions such as M.S., Parkinson's and stroke. Our aim is to help people to best manage their condition to get the most out of their day. Our social support may involve chatting over a cup of tea, walking to the park, going shopping, etc. We can also help people access exercise classes, social events and support groups in their area. Our help is greatly appreciated by the people we visit and their families. To continue this work we need volunteer Befrienders to assist us.

As one of our Befrienders describes the lady she supports:

"We always laugh and share joy. Her sensitivity, emotions and life experiences make it a pleasure to be by her side".

If you would like more information about the work of Sue Ryder, you can look us up online or call Julie Scoullar on 01224 896339.

<http://www.sueryder.org/care-centres/neurological-centres/dee-view-court/care-services/5r-programme>

## YOUTH ALPHA Explore the meaning of life

### Starting 22 April

Youth Alpha is an interactive series exploring life, faith and meaning. Each session has a specific topic involving a video and interspersed with discussion points. It is relevant and engaging for teenagers today. The fun is really well balanced alongside the more important aspects.

- Sunday nights @ 7.30pm
- Video, discussion series and games
- Food and drink available

Created specifically for ages 11-18

Contact Ryan Webster for more information or to register your interest

07446 015279 [Ryan.webster87@gmail.com](mailto:Ryan.webster87@gmail.com)



## Church of Scotland Long Service Certificates



Two stalwarts of our Church Community received Long Service Certificates at the Presbytery Service in Mannofield on 9 February. The Right Rev Dr Derek Browning, Moderator of the General Assembly, preached in front of a large congregation and presented 25 certificates with a combined 1000 years plus of Service to Churches across the Presbytery. Maureen Allan has served 54 years leading the Scottish Country Dance Group and Nick Youngson has been our Church Officer for 40 years.

**Mannofield Church Hillwalking Group and Cults Church Hillwalking Group** are walking together several times during 2018. The walks give shorter and longer options, sometimes including a Munro. If this range of walks appeals to you, why not join the Groups for individual walks or for the season?

Early walks this year were a short circular walk from Stonehaven through Dunnottar Woods and Dunnottar Castle and a circular walk from Kincardine O'Neil.



The walks up until June are:

**Saturday 24 March** - Forest of Deer (OS Map 30).

**Saturday 28 April** - Cairnwell-Carn a'Gheoidh-Carn Aosda (OS Map 43).

**Saturday 26 May** - Glen Dye to Clatterin' Brig (OS Map 45)

**Saturday/Sunday 17 June** - Week-end away in Spean Bridge.

**Saturday 30 June** - Glen Clova (OS Map 44)

**For more details**, contact Robin ☎01224 905316

[www.mannofieldchurch.org.uk/hillwalkingclub.html](http://www.mannofieldchurch.org.uk/hillwalkingclub.html)

**f** Mannofield Hillwalking and Rambling Club

# Airyhall Primary School Spring Update



Airyhall School pupils have had a busy term already this year. We held an open afternoon where pupils shared the curriculum with parents/carers. We are also holding events like Fairtrade Fortnight, World Book Day and our Easter performance. We have a student teacher from Grenoble in France visiting us for two weeks working with classes.

Children from Primary 2 to 7 will visit Slopefield allotments to grow vegetables which they will harvest in the Summer and Autumn terms. Each class has a different IDL topic they are researching and learning about.

## Nursery

Earlier this term our Nursery pupils enjoyed celebrating Robert Burns day by eating haggis and watching a display of Scottish country dancing from our Primary 5 girls. They will be learning about measure through play and will also have a visit from the dental nurse to tell them all about teeth brushing.

**Primary 1** will be completing an artist study and will be looking at artists such as Claude Monet and Picasso. They will be visiting the David Welch Winter Gardens at Duthie Park, where they will be practising their own art skills. They will also be growing their own food and will grow some vegetables in our own poly tunnel.

**Primary 1/2 and Primary 2** are learning about food and farming and they are both going to be visiting Doonies farm after Easter. The pupils will also be growing their own vegetables in the school poly tunnel and at Slopefield allotments.



**Primary 3** is learning about different world religions, in particular Islam. They have been learning about important places, artefacts and celebrations. They will then move onto learning more about food and sustainability in their topic 'The French Café'. Pupils will have the opportunity to prepare and cook different foods, learning about the journeys that they take to reach our plates. They will also have an opportunity to visit our allotment and grow and harvest their own home grown produce.

**Primary 4** is learning about contrasting eco-systems in particular the North Sea and the South Pacific. They will soon move onto learning about Islamic traditions. They have had a visit from Polar Ambassador John Dunn MBE and how we can look after our sea life. They will also be singing songs to the residents at Beeches Gate and at the Craighon Road Day Centre.

**Primary 5** is learning about the African Savannah and the diversity of the eco-system. They will be producing art work of the Savannah using watercolours. They will also be taking part in a design competition for a garden to promote climate change for Hazlehead Park and they will soon be producing story boards for Alfie's energy saving competition.

**Primary 5/6 and 6** are currently reading the Scots version of one of the Harry Potter novels. They are reading 'Harry Potter and the Philosopher's Stone' and comparing the text with the English version. They will also be learning about the African Savannah and will be creating dioramas of the eco system. They will be getting a visit from John Dunn MBE who will be discussing the impact of global warming and climate change on our World. Later in the term they will also be learning about Christianity and Judaism.

*Continued on page 14*

## Maureen Watt MSP

Spring and Easter are an excellent time to reflect on new beginnings and fresh starts. Many people make New Year resolutions but Easter is also a time where we can also reflect on things we want to change or renew and often gives us time to spend with our families. Although fewer people are celebrating Easter as a religious festival, many of the traditional themes of the festival are a metaphor for spring – growth, new life and the start of better times – and these still resonate for many.



Maureen Watt

I continue to be approached by constituents who require assistance with their welfare claims, or are still suffering following the downturn in the local oil and gas industry. Those of us who are more fortunate can use this time of year to find ways we can offer support to those who need it most. There are many local groups who would love to see more volunteers to support/grow their services e.g. food banks which would benefit from donations and relatives who would be grateful for a regular visit, or telephone call. After a hectic festive period, where the weather stopped some of us from crossing our own threshold, springtime gives us the opportunity to get out and about (although if recent weather reports are anything to go by, we may yet be faced with a polar spring!). I also wanted to draw attention to some of the incredible work that has been done so far this year in the Scottish Parliament, in particular the Domestic Abuse (Scotland) Bill and the Gender Representation on Public Boards (Scotland) Bill.

Firstly, the Domestic Abuse (Scotland) Bill will close a gap in the law, enabling police and prosecutors to better protect partners and ex-partners from those who perpetrate domestic abuse, including coercive and controlling behaviours. Protecting victims of domestic abuse in this way continues to show the Scottish government's commitment to helping the most vulnerable in our society.

Secondly, the Gender Representation on Public Boards (Scotland) Bill seeks to readdress the underrepresentation of women on public boards and has established Scotland as the only part of the UK with a statutory means of achieving gender balance on the boards of public bodies. There is plenty more to do in creating a more equal society for women; however I am incredibly proud to be part of a government who has passed two vital pieces of legislation to help improve the lives of women across the country.

*Maureen Watt MSP*

## Airyhall Primary School Spring Update continued

**Primary 6/7 and Primary 7** are learning about our health and wellbeing, relating this to food and focusing on sustainability. Children have enjoyed taking part in a 'Big Burn's Supper' where they enjoyed sampling their own cooking, reciting poetry and dancing with friends. We learned about sustainable textiles, discussing tartan and using this to create artwork for the event. In line with sustainable education, the children have been visited by an expert in electric transport and are beginning to build their own battery powered karts to race at a large event in Alford towards the end of the year, with the help of some engineering experts. The P7 pupils will soon be making a visit to Absafe to learn about how to keep themselves safe.



## Mannofield Church Burns Supper

A Burns Supper, organised by the Church's Social Committee, was held in the Balmanno Hall on Saturday 17 February. The pipers, Grant and Tain Robbie, gave us a splendid welcome and Café Connect, led by the manager Kirsty, did a great job providing the company with a delicious meal. We thank them and all the committee for their hard work.

The speakers included Edith Stuart and Mike Gibb of the Burns Club and church "locals" Keith Blackwood, Angela Dyce, Jim Ruxton and Sheila Towns.

Catriona Williamson ably assisted Jim in providing the music for community singing and all present enjoyed much fun and laughter.

Thank you for supporting such an entertaining evening.





*He is not here: for he is risen, as he said. Come, see the place where the Lord lay.*

Matthew 28:6

Each of the boxes below contains an 8 letter word, written either clockwise or anti-clockwise.

How quickly can you identify the ten words?

C	R	E
I		O
O	N	C

A	T	I
I		C
C	S	A

M	E	N
A		C
L	C	Y

V	E	R
E		B
I	L	E

I	R	T
N		U
O	N	E

M	E	S
O		Y
R	D	N

R	E	D
O		U
T	A	C

R	O	L
I		A
G	I	N

T	S	Y
E		H
R	I	C

L	O	G
U		I
E	T	S



# Easter Word Search

Ascension

Body

Cross

Crown

Crucifix

Denial

Empty tomb

Gethsemane

Herod

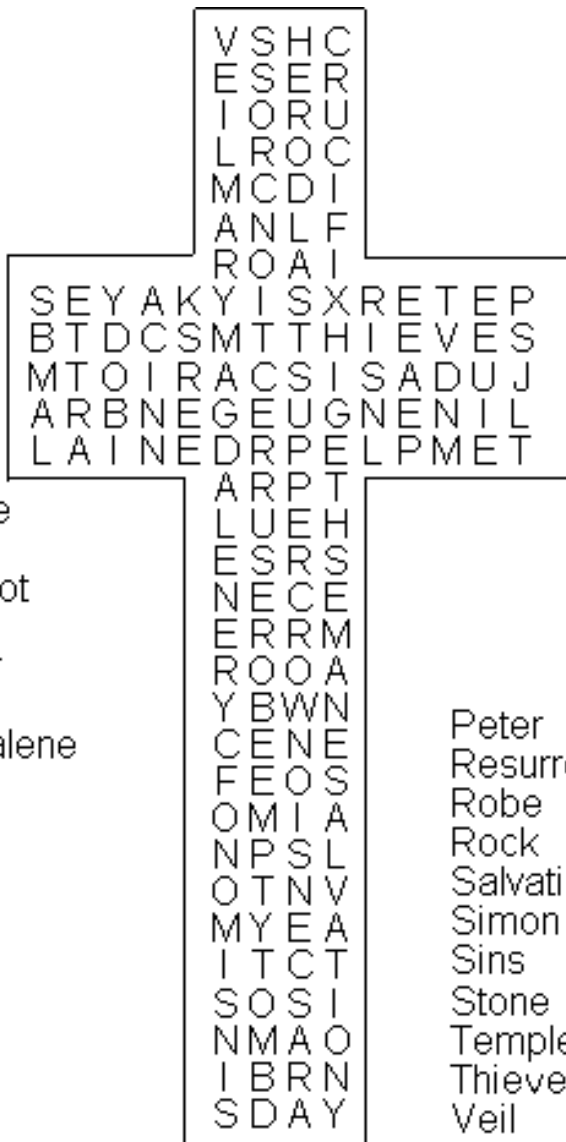
Judas Iscariot

Lamb

Last Supper

Linen

Mary Magdalene



Peter

Resurrection

Robe

Rock

Salvation

Simon of Cyrene

Sins

Stone

Temple

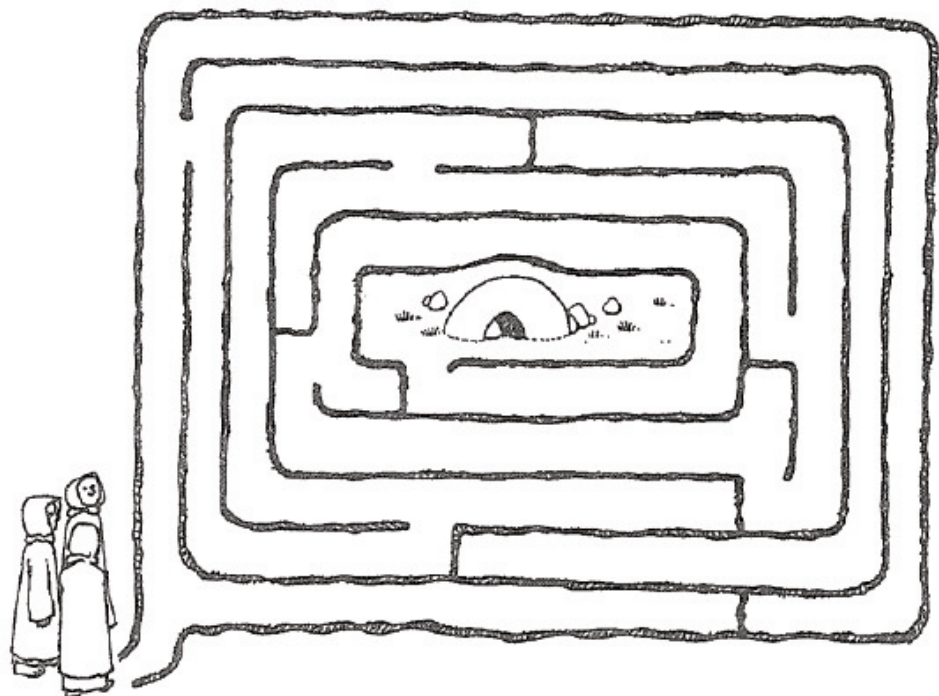
Thieves

Veil



How many Easter eggs can you find? There are a total of six hidden on this page and the next two pages!

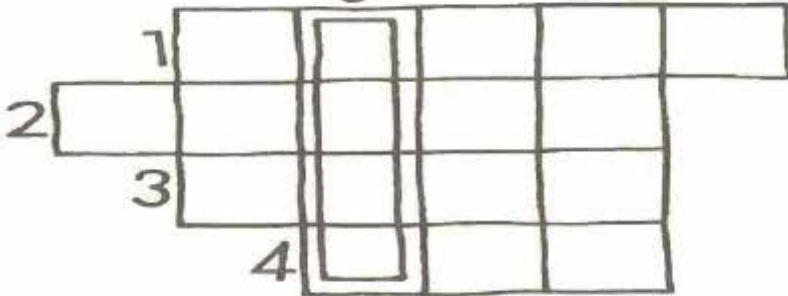
Help the women find the tomb.



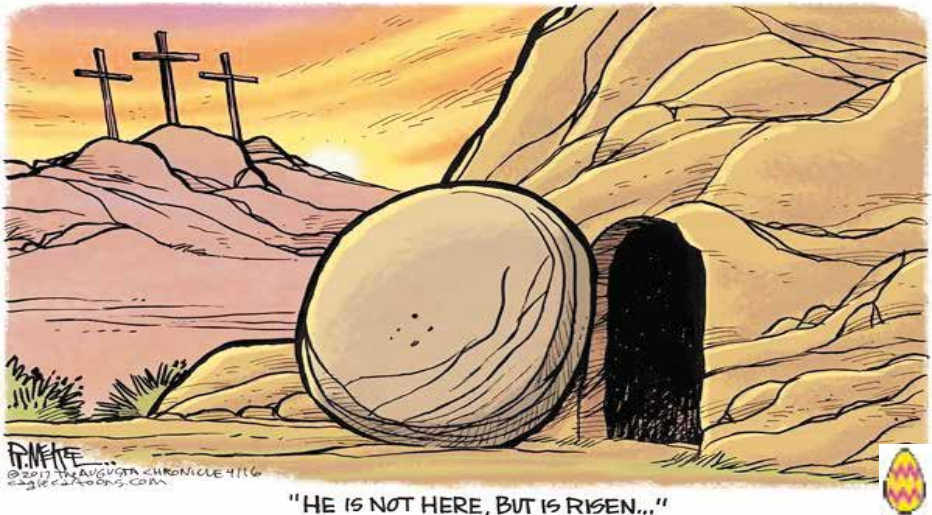
## Spot The Difference



This is what God has  
for you ↘



1. Someone forced to work for nothing.
2. What did Jesus die on?
3. Hot + buns are baked in this.
4. Finish.



"HE IS NOT HERE, BUT IS RISEN..."



**December answer:** The group was only 3 people: a grandmother (who is also a mother), a mother and her daughter.

## The Plastic Revolution

Quite a few years ago, almost everything came in either a glass bottle, a tin can, a paper bag or a cardboard box. All these could be reused, often many times, or recycled, although we still managed to fill some substantial rubbish tips.

Nowadays plastic has replaced most of our packaging. It's lighter, cheaper and can be of any shape, size or colour. Goods are more easily handled, food keeps fresh for longer, broken glass is less of a hazard and so on.

The slogan of the waste management industry is "Reduce, Reuse, Recycle". Or, don't gather more than you need; if you already have something that will do the job, reuse it; if it can't be reused, recycle it.

The plastic revolution seems to mean that more stuff goes in the bin as soon as it's empty. So that's a "Fail" for reduction. Much of it is single-use either because of hygiene concerns or because it's flimsy. So that's another "Fail" for not reusing. There's better news on the recycling front; almost half of Aberdeen's waste now goes in the recycling bins.

The current campaign to do away with plastic drinking straws will not make much of a dent in all of this, but it shows what can be done if we put our minds to it. One supermarket chain intends to abolish single-use plastic from its own-brand products, which is a significant leap forward. I suspect the economy would not collapse if all shops did the same.

I don't believe that supermarkets willingly over-package goods, because that would increase costs. But they might be persuaded to move towards reusable packaging in the same way that we have been weaned off throwaway plastic carrier bags.

The plastic revolution has brought many benefits. But it also has a big environmental downside. Is it time to rewind just a little?

*Alistair Stark, Convenor, Eco Congregation Committee*



## Church Pastoral Care Group



The Pastoral Care work within the life of our congregation is vital. This extends to home visits to the housebound, CD recordings of the Church Services for those who can't make Church, the offer of car drivers who will take people to church and the running of special events which foster a sense of 'care for others' within our congregational life.

From time to time we start to run short of volunteers for this work. As you can imagine maintaining the work described above requires a large pool of volunteers to cover the different tasks.

### We are looking for your help!

If you feel that you can help with any of these aspects within the remit of our Pastoral Care, please send an e-mail to Jean the church secretary who can pass on a message. [office@mannofieldchurch.org.uk](mailto:office@mannofieldchurch.org.uk)

## **THURSDAYS @ MANNOFIELD**

### **Thursday Fly Cup**



Mannofield Church's Thursday Fly Cup group had a lovely visit from Bob's Buddies on 1 February.

Louie and Bill brought their beautiful owl friends in for us to see, touch and hold. The pictures show a few of us making friends with these lovely birds.



The Thursday Fly cup (the wee sister of the Lunch Club) meets the first Thursday of the month for fun games and interesting experiences --you tell us what you want to see or hear --we'll do our best to supply it.

## **THURSDAYS @ MANNOFIELD**

### **Thursday Fly Cup**



**An afternoon of magic with Gary Seagraves**



**Thursday 1st March**  
**2.00 – 3.30pm, Cost £2.50**  
**Tea/coffee and cakes**

**For transport, call Jane 01224 315144**

## Ross Thomson MP

Since I last wrote for the December edition of InSpire much has happened at Westminster. Every week brings something new.

However I have always found that Easter can be a time to stop and reflect. With politics being so fast paced and ever changing as it is just now I think the majority of people across the country would like some less hectic time so that we can step back and reflect.

Since the start of the Parliamentary term I have launched a new campaign to ban the use, sale and distribution of electric shock dog collars. I feel very strongly that these devices are cruel and unnecessary. Given the advances in positive, reward-based training, there is simply no place for this type of punishment.

I have written to and will be meeting with the Secretary of State for Environment and Rural Affairs, Michael Gove, to discuss the need for an outright ban. I am delighted that to date I have the backing of other politicians such as Rt. Hon. Boris Johnson MP and James Cleverly MP. Organisations such as the Kennel Club, The Dogs Trust, Battersea Dogs and Cats Home, Change for Animals and businesses such as Decidedly Dogs also support the campaign.

I am also backing 'Lucy's Law', which is an ongoing campaign to ban the sale of puppies and kittens without their mother being present. Putting a stop to third party sales would prevent 'puppy farm' dealers who had not bred the animals from selling them on – often after they have been kept in cruel conditions.

In January I was delighted to welcome to Aberdeen, Claire Perry MP, Minister of State for Energy and Clean Growth for her first official engagement since being appointed to the Cabinet after the reshuffle.

The fact that the Minister accepted my invitation to visit Aberdeen as her first port of call sends a clear message that the oil and gas industry remains a top priority for the UK Government. It is clear that Claire will be a champion for the industry at the Cabinet table. Support in the form of tax breaks and a city deal from the Government have helped cement Aberdeen's reputation as a global centre of excellence. After lobbying the Chancellor hard I was very pleased that his budget contained the introduction of Transferrable Tax History (TTH) which could help unlock £40bn in new investment.

I would like to take the opportunity to wish all of my constituents and InSpire magazine readers a very happy and peaceful Easter.

As always please don't hesitate to get in touch if I can help you with any problems, address any issues or answer any questions. I am always happy to help.

Ross Thomson MP

Email: [ross.thomson.mp@parliament.uk](mailto:ross.thomson.mp@parliament.uk); Tel: 01224592229

Facebook: <https://www.facebook.com/rossthomsonMP>

Instagram: [https://www.instagram.com/rossthomson\\_mp](https://www.instagram.com/rossthomson_mp)



## **Alpha** at Café Connect

### **Explore**

**Life**

**Faith**

**Meaning**

**Everyone has Questions**



Exploring is good. We're built for it. Explore more about life, faith and meaning with **Alpha**.

**The Alpha** and **Alpha Plus Courses** have been attended by over 30 people – the largest group in ten years of running these!

**Alpha's** series of interactive sessions explored the basics of the Christian faith with brief videos augmented with discussion, whilst **Alpha Plus** used the Lord's Prayer as its main theme, together with some sessions on the Sermon on the Mount. Both courses have been well supported by participants, and also by the Café Connect team who provided excellent meals for us.

Café Connect at Mannofield Church proved to be a welcoming and comfortable venue.

## **Winter in the Garden**

Snowdrops are always such a welcome sight at the start of the year, but are often the most neglected plants in the garden. A little care will be rewarded! Clumps can be lifted after flowering and when the weather warms a little, in late March, they can be split and replanted with some coir or leaf mould along with a handful of bone meal.



A recent guided visit to the snowdrop collection at Kew Gardens provided some interesting information. It's well-known that a single bulb of a rare variety can fetch more than £1,000, but just as rare animals are protected by international agreements, so too are rare plants. The illegal trade in ivory and the horrific conditions in the transportation of primates have been well documented and clearly plant loss is not emotive in this way. The effect on the ecology of an area is, however, devastating. Insects and pollinators needed for local food crops can be wiped out by the loss of an entirely different species. Whilst we may enjoy our snowdrops, the UK has no native species, whereas Syria is home to many.

At a time when law and order is impossible in that troubled country, whole areas of bulbs are being removed illegally for sale abroad. At Kew every Syrian species is being carefully cultivated and bulked up, to be returned in large quantities when peace returns.

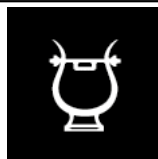
International cooperation and care always make for a heart-warming story.

Don't we need more of that?

*Lesley Reid*

## **Aberdeen Music Festival: Monday 4 – Friday 8 June**

***Aberdeen's oldest festival of the performing arts***



Aberdeen's Festival of Music, Speech and Drama was founded in 1909. More than 100 years later it continues to be an integral feature of Aberdeen's arts calendar.

Open to all, classes are structured according to age and ability. There is something for everyone within eleven categories: Brass, Composition, Piano, Percussion, Recorder and Woodwind, Strings, Guitar and Harp, Traditional, Vocal and Choral, Speech and Drama and finally the non-competitive Adult Only section.

Entrants perform before a sympathetic audience. They receive a professional adjudication, grading and certificate. Some classes have prizes, but all can be entered on a non-competitive basis. We strive to create a supportive environment with a tiny bit of healthy competition!

The public are welcome at all performances. We would encourage you to come along to those in Mannofield Church and other venues. The evening recitals, culminating in the challenge competition on Friday, are particular highlights. The programme will be available in May.

The charity organises a range of events for audiences and performers throughout the year, including the March Dance Festival. Have a look on our website ([www.nespa.scot](http://www.nespa.scot)) or Facebook page to find out more about the upcoming Late Learners String workshop and monthly concerts at Mannofield.

If discovering more about The Festival has inspired you, entries close on Friday 23 March and can be made online at [www.nespa.scot](http://www.nespa.scot) or using the paper form within the syllabus.

*(Hard copy available in the Church Office.)*

Volunteers are always welcome and in particular stewards for Festival week. Please email Teresa Boag or Janette Hall if you can help: [info@aberdeenmusicfestival.com](mailto:info@aberdeenmusicfestival.com) tel. 07437 962351.

## Mannofield Church Book Group



- 4 April Small Great Things  
Jodi Picoult
- 2 May A Woman's Life  
Guy de Maupassant
- 6 June The Quaker Cafe  
Brenda Bevan Remmes

For more information about  
Mannofield Book Group contact  
Niki Anderson on 01224 743484 or  
[nnikibob@aol.com](mailto:nnikibob@aol.com)

## Mannofield Ringers



On 24 March, the Mannofield Handbell Ringers are looking forward to welcoming groups from all over Scotland to an all day rally.

From 1.30pm, after our Business meeting, there will be recitals from each participating group as well as coaching by experts for three massed ringing pieces - Walking in the Air, the Skater's Waltz and Vivaldi's Largo from Winter.

The Church balcony will be open for anyone who would like to hear our impressive sound!

## TIME TRAVELLERS WANTED!

Professor Potty invites you into his laboratory to see his brand new invention, his Potty Time Machine! Come along and see what the Professor and his assistant Dippy Di get up to as they use their time machine to meet people from the Bible and from around the world.



Join the Mannofield Team  
Mon- Wed 13-15 August  
Tell Primary aged kids!  
Further info nearer the time!

Professor Potty invites you into his laboratory to see his brand new invention, his Potty Time Machine!



Come along and see what the Professor and his assistant Dippy Di get up to as they use their Time Machine to meet people from the Bible and from around the world.

Join the Mannofield Team

Monday- Wednesday  
13-15 August  
Tell Primary aged kids!  
Further info nearer the time!

It has been a bright start to the year and we are already heading towards March.

I have been working in this area for thirteen months and I am delighted to have been temporarily promoted to Inspector.

I see this as a great privilege and will continue to work hard to ensure this is a safe area to live in.

I am always pleased with the community spirit that is exhibited and would ask that we continue to consider and help each other.

I would ask people to think about their neighbours and in particular - Are they elderly? Do they reside alone?

We have an excellent community and I would like to think it would be possible to cook an extra portion of food, for example, now and again and pass it through to a neighbour. Even better maybe they could be invited into your home for a meal?

I am impressed with the attitude of the officers in the Hazlehead and West End Policing Teams who show great commitment to tackling crime when it occurs. However it is more satisfying to prevent it before it happens.

This is where I would again ask for your continued support. There have been some excellent results achieved where members of the public contact the Police at the time they see a person or a vehicle that they are just not sure about in the area.

I would like to thank you all for your support and urge you to continue to contact Police if required.

I look forward to meeting some of you during the course of my duties in the Hazlehead and West End areas.

*David Cowie, Temporary Inspector*

**POLICE**  
SCOTLAND



## **Eastertide Prayer**



**Lord**-we pray this day and every day that the lost may sense Your footsteps, that the fearful may stand firm in You and that the lonely may recognise You.

**Lord**-we pray this day and every day for cold hearts to be warmed, for quiet courage to confront evil and for life in all its fullness to fill us and set us free.

**Cafe Connect  
@Mannofield**

**A cup of coffee  
shared with a  
friend is  
happiness tasted  
and time well  
spent.**



**Open Mon - Thurs  
8.30am - 4pm  
Sat 9am - 4pm  
Closed Sun  
Tel 01224 318962**

# TRADITIONAL EASTER BISCUIT

Frances Walker

## Ingredients

4 oz softened butter  
3 oz caster sugar  
7 oz plain flour  
½ level teaspoon mixed spice  
½ level teaspoon ground cinnamon  
2 oz currants  
1 ½ oz chopped candied peel  
1 table spoon milk  
caster sugar for sprinkling



## Method

Pre heat oven to 180°C.  
Beat butter and sugar until light and fluffy.  
Beat in egg yolk along with sieved flour and spices – mix well.  
Add currants and peel along with milk to give a soft dough.  
Knead the mixture on a lightly floured surface and roll out to ¼ in thickness.  
Cut into rounds with a 2½ in cutter.  
Place on greased trays and bake in oven for 15 mins.  
Remove from oven and sprinkle with caster sugar.  
Leave for 5 mins approx. before transferring to a cooling rack.

## ENJOY!

## VOLUNTEER - Be Amazed at How You Can Help

Volunteers make a fantastic and important contribution helping in communities across Aberdeen making a real positive difference to people and our communities. An amazing 70,500 people volunteer contributing an incredible 8.7 million hours of volunteer help annually in Aberdeen.

There are many different ways to get involved in volunteering and all help is greatly appreciated. People provide great help and find volunteering is also enjoyable. It is an opportunity to use current skills or learn new ones, meet people and get involved in the community.

There are brilliant volunteers in Mannofield and the good news is that there are always opportunities for new people to get involved and join Aberdeen's team of marvellous volunteers.

For more details about volunteer opportunities in Mannofield and across Aberdeen please visit: [www.volunteeraberndeen.org.uk](http://www.volunteeraberndeen.org.uk) or [www.acvo.org.uk](http://www.acvo.org.uk) or tel: 01224 686076  
email [volunteer@acvo.org.uk](mailto:volunteer@acvo.org.uk)



## NOTES & NEWS

### Gift Aid

Sandy McKenzie, our Gift Aid Convener, wishes to thank all who have forwarded Gift Aid payments in the current tax year.



He would be pleased to receive all outstanding amounts, either deposited in the church plate or church office in a clearly marked envelope by 5 April 2018.



**TABLE TOP  
SALES  
Mannofield  
Balmanno Hall**

**Saturdays**

**APRIL 7th and 21st**

**MAY 26th**

**JUNE 16th**

10am - 12noon

**ADMISSION FREE**

Contact Sandy ☎01224 311261

### CHRISTMAS EVE and CHRISTMAS DAY COLLECTIONS



£718 was collected and shared equally between Barnabas Fund and Scripture Union Scotland.

## FLOWER CALENDAR

### MARCH

- 4 Mrs A Thomson
- 11 Mrs J Anderson
- 18 Mrs M Craighead
- 25 Miss Youngson's Legacy



### APRIL

- 1 Mrs R Wallace
- 8 Miss Youngson's Legacy
- 15 Mrs E Greig
- 22 Mrs E Byers
- 29 Mrs R Robertson

### MANNOFIELD LUNCH CLUB

**Thursdays**

**15 March**

**19 April**



**Balmanno Hall**

Lunch served 1pm

Entertainment 2-3pm

Cuppa at 2.30pm

Cost: £5

All welcome

Need transport?

**Contact: Lynn Allan**

**☎01224 323206**

**The deadline for the MAY  
issue of the *Mini InSpire* is  
12 APRIL**

Material for *InSpire* should be deposited in the Church Office or emailed to:

**roddy@mccollassociates.com  
office@mannofieldchurch.org.uk**

## CHURCH CONTACTS

[www.mannofieldchurch.org.uk](http://www.mannofieldchurch.org.uk)

Minister	Rev Keith Blackwood	<a href="mailto:kblackwood@churchpfscotland.org.uk">kblackwood@churchpfscotland.org.uk</a>	01224315748
Parish Assistant	Dot Getliffe	<a href="mailto:dgetliffe@churchofscotland.org.uk">dgetliffe@churchofscotland.org.uk</a>	07766910171
Secretary	Jean Sharman	<a href="mailto:office@mannofieldchurch.org.uk">office@mannofieldchurch.org.uk</a>	01224310087
Church Officer	Nick Youngson	<a href="mailto:nick.youngson@o2.co.uk">nick.youngson@o2.co.uk</a>	01224322239
Session Clerk	Bob Anderson	<a href="mailto:Nnikibob@aol.com">Nnikibob@aol.com</a>	01224743484

### MANNOFIELD GUILD



#### APRIL

10th Gordon Casely on  
Columba's Sacred Isle  
17th AGM  
Rev. Keith Blackwood on  
his Moderatorial year  
Looking forward to our  
*CHEESE & WINE*  
on  
2nd June at 7pm  
ALL WELCOME

### CONGREGATIONAL REGISTER

#### Deaths:

Mr Alistair McKenzie, 24 Jan 2018  
Mrs Dorothy Pirie, 24 Jan 2018  
Mrs Agnes Bruce, 30 Jan 2018

#### Disjunctions:

Miss Barbara Meldrum  
Mrs Anne Henderson

### Obituary Fred Thomson

27 October 2017 saw the passing of Fred Thomson who was a long time member and serving Elder of Mannofield along with his wife Betty.

Moving to Aberdeen to teach from his native Paisley after his first job in Angus, Fred and Betty quickly settled into life in Braeside and their connection with the church saw them actively involved in all sorts of activities.

Fred was greatly appreciated as a District Elder who genuinely cared about the people in his District. He also was also a long time member of the Finance Committee and took the good order of our financial affairs very seriously.

Some will recall Fred as a leader in the Saturday Badminton Club for younger people and also as part of the Mannofield Players drama group. Fred was one of the constants in and around the Mannofield congregation.

His service to the church is much appreciated and he will be fondly remembered.



# THE Happy BARBER



**Book Online  
for your convenience,  
or just Walk-In!**

**Quality Barbering at  
Affordable Prices**

[www.thehappybarber.co.uk](http://www.thehappybarber.co.uk)



The Happy Barber provides all aspects of gent's hairdressing at affordable prices in our state of the art salons. Walk-in and experience high quality barbering from our friendly qualified personnel.

We also cater for boys, with a sports car for the younger ones to sit in and a child's chair for the older ones. With DVDs to keep them entertained while having their hair cut, along with sweets and a sticker to reward them when they leave; we aim to make your child's visit a happy one.

**We look forward to seeing you soon!**

**535 Great Western Rd.  
AB10 6PE  
01224 379155**

**Mason Lodge, Skene  
Westhill, AB32 6RN  
01224 743288**

**Unit 2, The Green,  
Portlethen, AB12 4UN  
01224 379200**

## Thank you to our advertisers

Andrew Leith—Newsagent  
ANESMFA

A. C. Morrison & Richards  
Belvidere Gallery

Chattan Quality Meats

Ivory Grace

John G. Baird

Lindsay & Kirk

Nearest & Dearest

Smile Scotland

The Happy Barber



**Ivory Grace Bridal Boutique**

364 Great Western Road, Aberdeen AB10 6PH  
info@ivorygrace.co.uk [www.ivorygrace.co.uk](http://www.ivorygrace.co.uk)  
01224 469964   ivorygracebridal

# Andrew J. Leith Newsagent

Newspapers & Magazines

Greeting Cards

Ice Creams



Aberdeen Rolls

Bakery

Milk



Groceries

Chilled and Frozen Foods

3 Forbesfield Road • Aberdeen • AB15 4NX

Tel: 01224 313889

## CHATTAN QUALITY MEATS



**Can't get here? ... then we'll come to You!**  
CQM offers a free delivery service to your door

*Just phone or e-mail your requirements before 14.00, we'll confirm price and delivery, and, we will deliver same day, or as required.*

*We have a wide range of traditional butchery cuts and products –  
beef, lamb, pork, game and chicken, all sourced locally.*

*We also have a range of traditional butcher's pies, mince rounds etc.*

**35-37 Chattan Place  
Aberdeen  
AB10 6RB**

Tel: 01224 581843 Mob: 07484 902605

E-mail: [enquiries@chattanqualitymeats.co.uk](mailto:enquiries@chattanqualitymeats.co.uk)

Web: [www.chattanqualitymeats.co.uk](http://www.chattanqualitymeats.co.uk)

**A traditional family butcher in the west end of Aberdeen**

**smile**  
**SCOTLAND**

SCIO, charity no SC044981

Preloved Furniture  
Modern, Antiques & Curios  
Coffee shop coming early 2018  
open 7 days  
122 Broomhill Road, Aberdeen.  
Follow us on Facebook  
10% discount with this advert

# SETTING CHILDREN UP TO NAVIGATE LIFE'S CHALLENGES

A photograph of a man in a striped t-shirt carrying a young child on his shoulders. The child is wearing a red and black plaid shirt and jeans. They are both looking out over a landscape at sunset or sunrise, with the sun low on the horizon. The man is holding a white umbrella over them.

## Building Resilient Children & Teenagers COURSES FOR PARENTS

### The Parenting Children Course

**0-10**  
YEARS OLD

#### TOPICS

- ▶ Building Strong Foundations
- ▶ Meeting Our Children's Needs
- ▶ Setting Boundaries
- ▶ Teaching Healthy Relationships
- ▶ Our Long-Term Aim

### The Parenting Teenagers Course

**11-19**  
YEARS OLD

#### TOPICS

- ▶ Keeping The End In Mind
- ▶ Meeting Our Teenagers' Needs
- ▶ Setting Boundaries
- ▶ Developing Emotional Health
- ▶ Helping Them Make Good Choices

EVERY TUESDAY EVENING

**STARTING 1ST MAY FOR 5 WEEKS**

7.15 – 9.15pm

CAFE CONNECT

@Mannofield Church, Great Western Road  
Aberdeen, AB10 6UZ

Call to book your place

t: 01224 310087

e: [office@mannofieldchurch.org.uk](mailto:office@mannofieldchurch.org.uk)

