

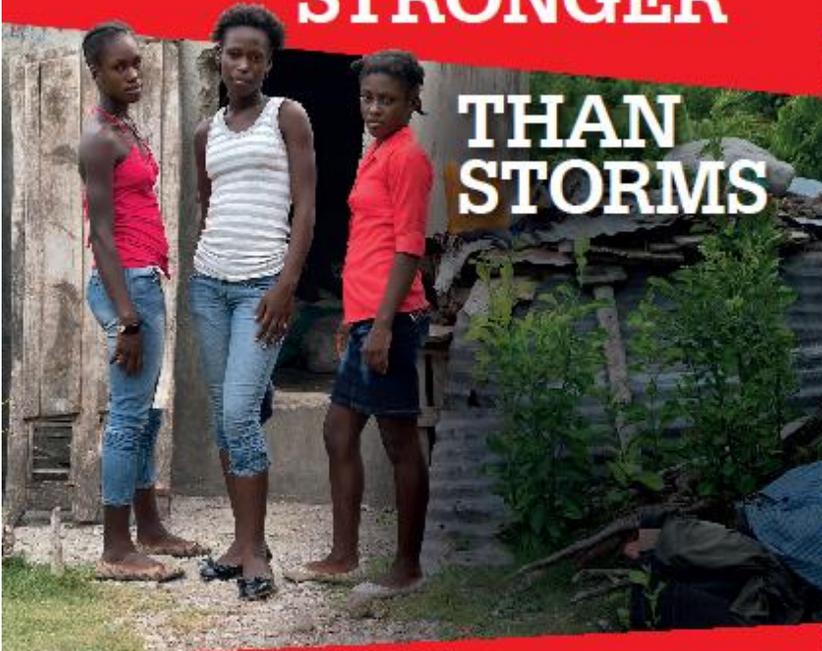


# MINI INSPIRE



**christian  
aid**  
week  
**13-19 MAY**

# GOD'S KINGDOM IS STRONGER



# THAN STORMS

**Join our team of volunteer collectors!**

Will you give a few hours of your time this Christian Aid Week?

**MANNOFIELD CHURCH of SCOTLAND**

Scottish registered charity SC 001680  
[www.mannofieldchurch.org.uk](http://www.mannofieldchurch.org.uk)  
Tel 01224 310087

Dear Friends

How often do you reflect on your life? Perhaps by 'reflect' we might mean reflecting on our working life, our work/home balance, our pastimes and leisure activities and how fulfilled they make us, or how happy we are with the current life we experience.

'Reflective practice' is a discipline that is used in many working environments and has become very popular in reviewing working practices and experiences.

Thinking about what has happened is part of being human. However, the difference between casual 'thinking' and 'reflective practice' is that reflective practice requires a conscious effort to think about events and develop insights into them. Sometimes we can do this on our own. Sometimes it is useful to have someone alongside us to guide us one-to-one or have a group session who can facilitate this type of self-reflection.

To me 'reflective practice' (be it a discipline or part of everyday life) very much goes hand in hand with our Christian Faith. When we seek to deepen our faith we are interested in as strong a connection with God as we can possibly experience. To achieve this we need to reflect on every aspect of life and then make the connection with our life and God. Sometimes in our life of faith we don't get everything right. We sometimes say or do the wrong thing. It is good then to reflect on our practice as Christians. How are we doing? Would God think we are doing a good job living as faithful followers?

We have the Bible to help us reflect on how we are living. How close to the example of Jesus' life can we live out our own? We also have the discipline of prayer where we speak to God and communicate with Him. In so doing we are reflecting on the things that we are concerned about and that bother us or should bother us in terms of our life or the world.

The discipline of reflective practice I think is something valuable to all of us. Maybe we should make time and reflect a little more. We should get into the habit of making this part of our spiritual discipline, so that the insights made known to us can help us grow.

Best wishes *Keith*

[kblackwood@churchofscotland.org.uk](mailto:kblackwood@churchofscotland.org.uk)



### **Review of Dot's First Year @ Mannofield**

Hi Everyone. How quickly a year passes! I came to you at the end of April 2017 and since then have settled into my part time post.

I have assisted Keith and the Pastoral Care Group with visits to many homes, care homes, hospitals and generally meeting folk.

I've loved the privilege of conducting funerals and the occasional Sunday service. My biggest joys however, have revolved around storytelling to both the Monday and Friday carer and toddler groups (especially at Christmas and Easter celebrations).

Another joy has been initiating and delivering provisions collected by Mannofield folk, to Marywell Health Centre at Harvest and other times to help those who find life less than easy.

Finally, the Summer Holiday Club will take place on Mon-Wed Aug 13-15 with a team made up of 'oor ane folk' as well as other churches in Airyhall and Garthdee communities.

*Dot Getliffe* [dgetliffe@churchofscotland.org.uk](mailto:dgetliffe@churchofscotland.org.uk)



## Christian Aid Week 13-19 May



### **'If another hurricane comes, we'll just die'**

Marcelin lost his home and livelihood when Hurricane Matthew hit Haiti in September 2016. 'I lost pigs, goats, everything in the house. I have nothing left,' he says.

He now lives in an old concrete shower block, a tiny space he shares with his teenage daughters. There are no windows or doors, and the only furniture is a single bed that the girls sleep on.

Marcelin has shown incredible resilience in the face of such hardships and is working hard to raise his children alone. **Will you #StandTogether with your global neighbour Marcelin and give a donation to help build a disaster-proof home in Haiti?**

Every day he gets up at dawn to work the land but he's struggling to support his family. The changing weather frequently destroys the food he grows and his family often go hungry.

He can no longer afford to send all his children to school and is unable to save any money for a new home.

So, this Christian Aid Week, will you build hope in Haiti?

We know how to make it happen – of the 700 houses we built after the 2010 earthquake, just one needed to be repaired after Hurricane Matthew. But we're relying on the kindness of people like you to be able to do more, and reach more of our global neighbours in their hour of need.

**From 13-19 May, our church will join with more than 20,000 others across the country for the sake of people like Marcelin and his family.**

Christian Aid will deliver 7 million envelopes to local neighbours across the UK and Ireland, to raise money for our global neighbours in need. It's an opportunity to reach out to our community and to make sure some of the world's poorest people have enough to eat and a safe place to live.

By helping to collect you are contacting people in the parish who may not normally come to church. More importantly you are also helping to save millions of lives.

**Can you deliver and collect Christian Aid envelopes to your neighbours to help our church raise money this Christian Aid Week? Contact Ann Kindness at [ann@aohs.uk.com](mailto:ann@aohs.uk.com) or on 01224 319336 if you can get involved.**

## Flavour of the Month

Ecological concerns are becoming mainstream. Almost every time you open a newspaper, there's an article about plastic pollution, air pollution, disappearing species, renewable energy or some other issue. We are bombarded by what seems to be a constant stream of scare stories.

In the last week or two, palm oil seems to have become the latest bogeyman. Flavour of the month, you might say.

Apparently, palm oil is an astonishingly widespread ingredient in everything from biscuits to eyeliner. The downside is that the palm tree from which it is extracted grows well in soils cleared from tropical forests. When I say "areas", I mean vast tracts of land the size of a small country. This has all sorts of side effects, from displacement of native plants and animals to reduced carbon dioxide absorption. But it provides much-needed employment in some very impoverished areas and that is important.

There's a danger in the sheer volume of all those stories. After a while, they either become "just another scare" or they simply confuse folk. We could easily lose sight of what is by far the biggest scare of all – climate change. It has already hit home in some localities. There's now some evidence that the melting of polar ice is sending so much cold water down the east coast of America that it is starting to divert the Gulf Stream. That could cool north-west European winters (including ours). Not nice.

So is there anything we can do? Yes – we could use a little less fossil fuel, walk a bit more, buy sensibly (less palm oil!), throw away less, and so on.

And we could spread the word!

*Alistair Stark*  
Convenor  
Eco Congregation Committee



### 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**

Parents/Carers will be able to register their children online from June at [office@mannofieldchurch.org.uk](mailto:office@mannofieldchurch.org.uk)

Ages 5-12.

Places are limited.

# CrossReach Information Sheet

**CROSSREACH**  
providing a caring future

## Meet Calamari SHANARRI, our wellbeing octopus



Getting It Right For Every Child (GIRFEC) is the Scottish Government's drive to improve outcomes for all children. The aim is that all children in Scotland are given every opportunity to develop their full potential to become confident, responsible, and productive members of society. As part of CrossReach's contribution to Year of Young People, Children and Family Services have introduced a new tool, Calamari SHANARRI, designed and created by CrossReach GIRFEC Development Advisor, Tanya Anderson. As she says: "GIRFEC is important for everyone who works with children and young people, as well as many people who work with adults who look after children. CrossReach provide

introductory training to all their services on the key issues addressed by GIRFEC and the wellbeing indicators. Children enjoy interactive play, colour, creativity and fun. Art and music are used frequently in many of our services, especially with children and young people. To start to encourage our clients and staff to learn more about GIRFEC and make it a common terminology in everyday activities, an interactive tool was needed – and that's why I created CAL the octopus. The eight legs (and the name) stand for the eight SHANARRI wellbeing indicators – Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included. Anyone can make a knitted octopus and it can be used with groups of children, young people and adults - and indeed all ages mixed together. The indicators are useful tools to help focus on individual strengths and weaknesses."

● To find out more, please visit: [www.crossreach.org.uk/year-young-people-2018](http://www.crossreach.org.uk/year-young-people-2018) or e-mail: [tanya.anderson@crossreach.org.uk](mailto:tanya.anderson@crossreach.org.uk)

Do you know someone living with dementia or who has difficulty remembering things? The Living Well Cafés offer a friendly, warm and welcoming place to support people with a diagnosis of dementia or anyone who has memory problems, along with families and carers. They provide a relaxed and safe environment which offers a variety of optional activities ranging from singing and dancing to puzzles and crafts. We reminisce with various aids, as well as play familiar table games. We are also enthusiastic about playing Boccia – it's a game similar to carpet bowls that you can play sitting down. It's always good fun and very competitive! And of course, a café just would not be a café without tea, coffee and a fine piece.



THE  
LIVINGWELL  
PROJECT  
living well café

*There are four Living Well Cafés in Aberdeen:*

On alternate Tuesdays they are at Newhills Church and Oldmachar Church (Bridge of Don).

On alternate Thursdays they are at Ferryhill Church and High Church Hilton.

If you know of anyone you think would benefit from coming along to our café and might enjoy having a blether with friendly and understanding people, why not come along and see 1-3pm.

If you would like further information please contact Jeanette on 07512 141818 or Linda on 07927 541029, or e-mail [cafe@thelivingwellproject.org.uk](mailto:cafe@thelivingwellproject.org.uk). You can see what we get up to by following our Facebook page [www.facebook.com/livingwellcafe](http://www.facebook.com/livingwellcafe)

Linda Rendall

## Blessing

May the playfulness of God bless you,  
the wonder of God fill you,  
the discovery of God enliven you,  
the word of God shape you,  
as a child of God.  
Amen.



*Acknowledgement: This extract is taken from "Word of Life: Pray Now" and is used with permission. "Word of Life" publications are available from [www.standrewpress.com](http://www.standrewpress.com)*

## Congregational Register

### Baptism:

11 March Jake John Findlay,

### Deaths:

18th February Mrs Elizabeth Stage  
23rd February Mrs Aileen Walker  
6th March Mrs Margaret Ewen  
9th March Mrs Nancy Muirden  
23rd March Mrs Freda Ellis  
1st April Mr John Ross



## Pop up Shop for Cards

Last year many of you stocked up with lovely cards suitable for all occasions. It is always good to know you have a card at home ready for any event.

***The grand sum of £350 was donated to the Church from your purchases.***

The cards will be on sale again this year, the company name having changed to Flamingo Paperie.

There will be another **OPEN DAY** at 1 Craighton Terrace when you can browse at leisure and enjoy light refreshments!

Come along, with your friends on Thursday 24 May  
10am – 12noon or  
2 – 4pm or  
7 – 8pm.

Or simply call 01224 315144 when you need a card and a time can be arranged for you.

*Jane Harper*

## TABLE TOP SALES Balmanno Hall



**Saturdays**  
**26 May**  
**16 June**

10am - 12noon

ADMISSION FREE

To book a table to sell your own items contact Sandy ☎01224 311261



Thank you to everyone who donated their unwanted clothing and thanks also to the Elders for their prompt delivery of the bags.

*£396.00 was raised for church funds.*

**Well worth the Spring Clean!**

## CHURCH CALENDAR

### MAY

Wed 2	10.30am	Midweek Service
Sun 6	10am	Morning Worship
Wed 9	10.30am	Midweek Service
Sun 13	10am	Morning Worship
Wed 16	10.30am	Midweek Service
Sun 20	10am	Morning Worship
Wed 23	10.30am	Midweek Service
Sun 27	10am	Morning Worship
	3.15pm	Craigielea Gardens
Wed 30	10.30am	Midweek Service

### GUILD MAY

Thurs 3 Coffee Morning  
Balmanno Hall 10am  
Sun 13 Guild Walk Mannofield Church  
2.30pm

### JUNE

Sat 2 Cheese & Wine  
Balmanno Hall 7pm



## DATE FOR YOUR DIARY

*Pentecost in the Park 10 June  
Further information in June InSpire*

### NOTE

**Changed deadline for June InSpire is  
24 May**

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

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

## FLOWER CALENDAR

### MAY

7 Miss J. May  
14 Mrs K. Martin  
21 Mrs M. Bonner  
28 Mrs S. McAdam



Lily of the  
Valley  
May's  
Flower

### MANNOFIELD LUNCH CLUB Thursday 17 May Balmanno Hall

Lunch served 1pm  
Entertainment 2-3pm  
Cuppa at 2.30pm  
Cost: £5

All welcome  
Need transport?

Contact: Lynn Allan  
☎ 01224 323206



### Redesigned Mannofield Website



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

Our fantastic redesigned Web Page went live on 23 March.

Thank you to Alasdair Simpson at ACVO for design and managing the switch. Thank you too for the time and expertise given by Roddy McColl and Alan Harper of our communication committee to make this happen.

Over the coming weeks additional information will be added, including from the groups and organisations of the Church.

*Keith Blackwood*

# SETTING CHILDREN UP TO NAVIGATE LIFE'S CHALLENGES



## 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)

