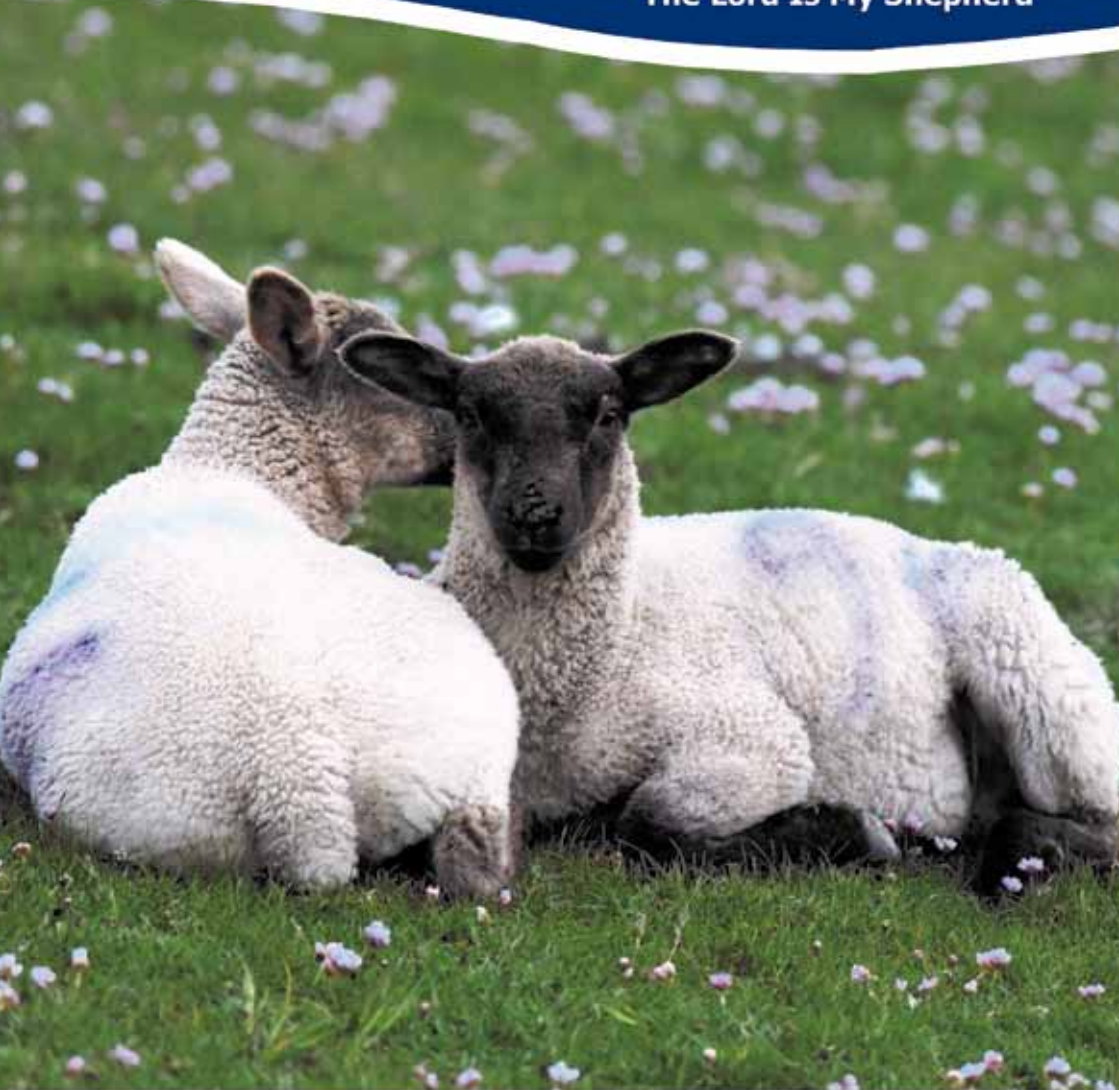


Vol. LVIII No. 2
APRIL 2020

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The Lord Is My Shepherd



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The advertisement features a central collage of images showing various gift items: jewelry (necklaces, earrings), home decor (candles, vases), toys (teddy bears), and packaged gift sets. The text is arranged around these images, providing contact information and opening hours.



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The advertisement includes a large stylized 'R' logo with a red square, a circular seal featuring a building, and a list of services and contact details.

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:	Roddy McColl: mccoll.associates@gmail.com	

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

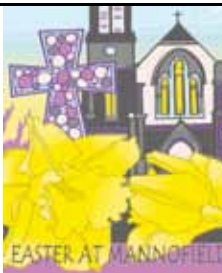
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Maureen Drummond and Alison Lobban
Tel: 07794 464 938

Email: info@nearestanddearest.co.uk
Web: www.nearestanddearest.co.uk

CHURCH CALENDAR MARCH - APRIL

Wed 25 March	10.30am	Midweek Service
Sun 29 March	10am 3.15pm 4pm	Morning Worship Craigielea Gardens Service led by Margaret Stewart SUNDAY@ 4: Faith Journeys <i>Craigiebuckler Church Hall</i>
Wed 1 April	10.30am	Midweek Service
Sun 5 April Palm Sunday	10am	Morning Worship 
Wed 8 April	10.30am	Midweek Service
Thurs 9 April Maundy Thursday	7pm	Worship in the Sanctuary
Fri 10 April Good Friday	7.30pm	South Holburn - Good Friday joint service
Sun 12 April Easter Sunday	10am	Morning Worship 
Wed 15 April	10.30am	Midweek Service
Sun 19 April	10am	Morning Worship
Wed 22 April	10.30am	Midweek Service
Sun 26 April	10am 3.15pm	Morning Worship Craigielea Service
Wed 29 April	10.30am	Midweek Service
Sun 3 May	10am	Morning Worship



Dear Friends



The Coronavirus (COVID-19) continues its surge across the world and rightly there is deep concern about how to arrest its spread. Our thoughts and prayers go out to those who have died, lost loved ones, and those currently dealing with illness it causes.

Quite rightly, the World Health Organisation and National Health Agencies across the world are driven to put in place the most stringent precautions possible to limit the impact of the virus. We all need to play our part in this and follow the advice.

Noticing the news the last few weeks I have observed how the response to the outbreak has shifted the nature of the relationships between nations. We are so used to the relationships between the regions, nations and governments of the world being one of tension, mistrust and power-play that at times we can't be blamed from feeling we live in a very divided world. The spread of the virus reminds us of how interconnected we are as humanity.

The cooperative response among countries, as each tries not only to protect its own people from the virus but also limit its spread across borders, is very apparent. It is a shame that it takes a virus to make us work as a united people and one can only imagine the difference to the world were we to show such a united front against issues like climate change, poverty, inequality and other such concerns.

In the season of Easter the Church turns its attention to Jesus' last days of farewell meals, his arrest, his trial and crucifixion and then celebrates as Easter Day dawns with news of resurrection and new life for all.

It is a season that unites the Church across the world in the sharing of Good News. It is a season that reminds us that God's act of unconditional Love in the death and resurrection of Jesus is not reserved for so called chosen ones, but is a gift for the whole world.

It reminds us when the days are:

- dark - there is promise of light,
- difficult - there is the promise of new hope,
- painful - there is the promise of comfort,
- filled with brokenness - there is the promise of healing.

Easter brings us 'Promise'. May it be a season to remind us of the Love that God has for each of us.

Kind regards

Keith

Being Different - Extracted from Life & Work March 2020

Ron Ferguson explains why the Church has a vocation to be 'a holy community of resistance'.



I have got some horrific photographs at home. In exchange for a barrow load of bawbees I might let you look at them. You might never be able to sleep at night without the supervising presence of a nanny again. Let me describe one of them. No, it's not a monster, it's a picture of a glaikit young man. He's shilpit, to use a guid Scots word - skinny, angular, awkward, unsure of himself. He has a crewcut. He wears drainpipes and suede winkle picker shoes. He's trying to pretend that he's confident. But it's all an act.



Who is this maladjusted creature? Yes, you've got it in one. I was that pretendy man

One incident still burns me, in my dotage. As part of my aching need to look cool I decided to have a makeover of sorts. So, I went into my local Burton branch - remember them? - and asked if I could buy a pair of trendy trousers. The staff member came back with a promising pair, and pointed me to a curtained area where I could change. Anyway I got behind the curtain and took off my breeks. (If you sense a train crash about to happen, you are right.)

As I looked around me, it dawned on me that I was actually in the shop window. With my breeks down. In Cowdenbeath High Street. On a busy Saturday afternoon. People were laughing

This was definitely not cool. On another occasion, having recovered my nerve, I went out boldly in my best gear. (This begins to sound like a death wish.) I heard a woman shouting my name. "Ronald" she cried. It was my Aunty Nan. A formidable woman who ran a fishmonger's business in the High Street, she ran after me, turned me around, looked me up and down and said: "In the name of the wee man" before walking briskly away.

Why did I need to dress like that? Because all my peers did.

That's roughly what Paul was on about in his letter to the Romans. (That's quite a theological leap - from a shop window in Cowdenbeath High Street to the very gates of Rome!) Here's what the Apostle wrote: "Adapt yourselves no longer to the pattern of this present world, but let your minds be remade and your whole nature thus transformed. Then you will be able to know the will of God - what is good and pleasing to Him."

In other words: don't let your life be dictated by your peers. Instead, let it be shaped by the imperatives of the Gospel. These words were of immediate existential relevance to the little embattled group of Christians in Rome.

Rome was pagan. The Emperor was Lord. To be a Christian there was to put yourself in harm's way. The Great Fire of Rome was blamed on Christians.

To be different was to be hated, to the point of being crucified upside down. But what about today?

Continued on page 12

Minister	Rev Keith Blackwood	kblackwood@churchofscotland.org.uk	01224315748
Children & Family worker	Dorte Griesse	DGriesse@churchofscotland.org.uk	07494863137
Secretary	Jean Sharman	office@mannofieldchurch.org.uk	01224310087
Church Officer	Nick Youngson	nick.youngson@gmail.com	01224322239
Session Clerk	Bob Anderson	Nnikibob@aol.com	01224743484

Congregational Register:

Deaths: 2019

Mrs Ruth Ward, November
 Mrs Elizabeth Furneaux, 9 November
 Mr James Cardno, 13 November
 Mr Ian Stephen, 26 November
 Mr George Falconer, 6 December
 Mrs Elizabeth Stephen, 25 December

Deaths 2020

Mrs Constance McDonald, 4 January
 Mr Jim Halliday, 5 January
 Mr John Mutch, 14 January
 Mr Eric Johnston, 22 January
 Mrs Ellen Nicol, 25 January

New Members by Certificate of Transference

Mrs Sarah Campbell, Mrs Catherine Howitt

FROM TREE BOMBING TO CALMING MUFFS

We took part in Yarn Bombing the trees at Crathes Castle in 2017. After they were taken down, what would we do with the lengths and lengths of knitting?

Washed and dried some of the longer lengths were sewn together for blankets/throws and donated to the first of the Syrian refugees to arrive in Aberdeen.

Fiona Stark had knitted yards and yards of stripey scarves. We were then asked to make calming muffs for homes and hospital wards where people needed a distraction for their restless hands. The stripey scarves were a perfect size.

Many of the Guild and others took away the scarves and brought back the muffs decorated inside and out with items to touch and feel such as bells, keys, knitted flowers and buttons.

These have been distributed and gratefully received.

We still have more!

Want to join in?

We have the patterns, wool and things to attach.

What next I wonder?

Rhoda Wright





As usual it's been a busy few months for our Boys Brigade Company. Although numbers are stable there are some places still available in all sections and we are keen to have some new P1 & P7 boys so if after reading this you know of anyone who might enjoy BBs please get in touch with us – info@40four.co.uk. We cater for boys of all ages from school years P1 (aged 5) through to S6.

All sections had Christmas parties at the end of December. Anchors went back to Innoflate at the beach where they were joined this year by our Juniors. They bounced and jumped for an hour before some party food and dancing. Gangnam Style is still going strong it would seem.

Company Section had theirs at Mannofield. This year more cup games and a bottle toss game. We had a blind taste test where they had to identify 6 different baby foods – some were less keen to try them all. Strange, all perfectly edible.



In January Anchors had a visit from David Low, The Critter Keeper. They learned about the various animals he brought along, eight in total. The boys were able to stroke and hold some of them. From a lizard to a giant snail and a giant cockroach to a hedgehog, the boys learned about each. Star of the show was Popeye the parrot. He mimicked David and was happy trotting about on his shoulders. The following week they made some beautiful pictures of the animals they saw.

At the beginning of February it was Dark Night at Company Section. We picked the school holiday weekend so numbers were lower but those attending enjoyed hide & seek in the dark and badminton using a LED lit shuttle cock, quite tricky. The hide & seek was a great success with people walking past others openly hiding but as the torch light missed them they survived. Good fun.

Anchors and Juniors made Valentine crafts this year. Some of the Anchors heart shaped sweets baskets didn't make it to their loved ones. The sweets were gone before they got to the car! We had a Lego night at Anchors recently and got some imaginative creations – a lovely tree and garden was the highlight.



February is also when it's NCO night at Company Section. The Senior boys have to plan and run a BB evening by themselves. It all counts towards their leadership hours for President's & Queen's Badges. This year they taught the younger boys to play chess and basketball was back again for the first time this session. We have one of our Senior boys doing his President's Badge Build Your Skills course this month and in April it's the final push for the two attending their Queen's Badge completion course in Kincaig.

More fun in the pipeline with a weekend trip to Glasgow featuring Laser Tag and Segways for Company Section, a Pirate themed Fun Day for Anchors and the annual Bisset Trophy competition for Juniors featuring drama and quiz elements.

Please get in touch if you'd like to join the adventure. Check out our website www.40four.co.uk or find us on Facebook.

Dave Tait, Captain, 44th Aberdeen Boys Brigade.

Evening Prayer



Whatever I have seen this day
whatever I have been this day,
I have tried to be faithful
to You and to myself, Lord.

But You know better than anyone
those moments when my mouth said one
thing and my heart another.

So now I hand myself over
to be rested and renewed in You
that tomorrow I may be who
You want me to be.

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

GIFT AID

giftaid it

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.

THANK YOU

£750 was collected at
the Christmas Eve
and Christmas Day
Services for
CROSSREACH-
the social care arm of Church of
Scotland.



Councillor Martin Greig

SAFETY IN OUR COMMUNITY

Aberdeen is lucky to have a local police service that is genuinely local and is fully integrated into the community. Crime levels are relatively low in our area. Police officers are always proactive and helpful not only in fighting the criminals but also in giving advice to help prevent crime. Their safety messages deserve to be repeated again and again. Unfortunately, there are opportunistic criminals who wander round looking to steal from unsecured property. It is important to keep doors and windows locked to protect your house, shed and garage. It is fairly easy to forget to lock the car. This should always be checked. The Police also recommend that you leave lights on in the house when you are out during the dark nights. This helps to deter unwanted interest. Adequate street lighting is also needed for safety purposes. If any street lights are faulty, please let me know and I will try and get action asap. Our streets should be as safe as possible.



TREETOPS HOTEL

It was a shock to hear about the sudden closure of the Treetops Hotel due to bankruptcy. This place has been an important landmark for decades. It was really distressing that so many employees lost their jobs and without warning. Advice and help were both offered to staff to try and help them through the challenge of finding new employment. Many people have been asking me what is happening next with the hotel. Unfortunately, I do not have any information on the future of the site. Hopefully we will find out soon because whatever happens here will impact widely on the community.

Please get in touch if I can help in any way. I hope I can help.

Martin, 85 Macaulay Drive, Aberdeen AB15 8FL 07920806332 mgreig@aberdeencity.gov.uk

INTERNET SAFETY

As a reader of the Mannofield Church InSpire magazine, you can be reassured you live in a very safe area, and the same can be said for the North East of Scotland as a whole. In this edition I would like to draw your attention to internet safety. Increasingly, as more of us go online to carry out functions for our daily routine (banking, shopping and social networking), then it stands to reason so too are criminals.



To help keep yourself safe online, here are a few golden rules to follow:

- Be careful online – use a secure browser and only insert card details if the ‘padlock’ icon is visible
- Do not divulge personal information over the phone unless you initiate the call
- Never enter personal information into a pop up screen
- Never email personal or financial information, even if you are close with the recipient
- Protect your devices by installing anti-virus software on them all and ensure they are up to date

Below are useful points on how to protect your identity online and surf the internet safely:

- Keep your computer browser and security software up-to-date and use firewall and spam filters
- Use securely encrypted Wi-Fi at home – if you can access it without entering security data or having set a password, then so can someone else nearby. Be cautious if using public space Wi-Fi and never enter passwords or personal data whilst using that
- Never click on an e-mail link from an unknown source. Opening fake emails can infect your computer with a virus allowing someone to remotely access and control your system and data
- Avoid risky websites, including supposed investment sites.
- Always change default passwords at the earliest opportunity and replace for strong passwords with random characters. Avoid passwords like dates of birth and mother's maiden name.

Banks and financial institutions do not send emails asking you to verify your bank details by clicking on a link. Do not trust such emails, no matter how authentic they appear.

What is Phishing?

Despite the spelling similarity, this does not involve sitting peacefully by a loch with a rod. However the analogy is accurate and you don't want to be 'reeled in' online. Phishing is when criminals use fake e-mails or web links to acquire sensitive personal information, such as passwords, usernames or bank account details. This is used to commit fraudulent or even criminal acts in your name. Such emails and linked websites often appear genuine but are designed to trick people into entering personal details to access your identity, steal from your bank account or infect your computer with a virus which allows them to control your system.

Continued on page 12



What kind of things might indicate Phishing?

- When shopping online, make sure your web browser and internet security is up to date. Look for the 'padlock' symbol in the address line before you enter any card details.
- Be aware of seemingly genuine emails requesting to open attachments – if unsure or not expecting anything, do not open any documents.
- Be aware of seemingly genuine e-mails advertising a win of some sort – these usually involve requesting the sending of money to 'release' the prize or requesting your bank details. If it seems too good to be true, it generally is!
- Be especially cautious of emails that try to upset you into acting quickly by threatening you with frightening information.

Never email personal or financial information, even if you are close with the recipient. You never know who may gain access to your email account, or to the person's account to whom you think you are emailing.

I hope you find this brief guidance useful and informative, and you can find more detailed information on our website at www.scotland.police.uk under the 'Keep Safe/Keep Secure Online' tabs.

Sergeant Richard Dickens
West End and Hazlehead Community Policing Team

Being Different - Extracted from Life & Work March 2020

Continued from page 7

Ron Ferguson explains why the Church has a vocation to be 'a holy community of resistance'.



Adapt yourselves no longer to the pattern of this present world, but let your minds be remade and your whole nature thus transformed.

The choices are less clear cut. But the Church has a vocation: it is called to be a holy community of resistance. When I was writing the biography of George MacLeod - then into his nineties - I asked George about regrets. There was a long silence before he responded: "I should have been more radical."

The Church always has a vocation to resist "The Powers", the culture that shapes us, often insidiously, and to speak up for the poor and the broken.

To do that, we need to study the mind of Christ, to pray, to worship, to be a counter-cultural sign in the world.

GARDEN CHAT by John R. Little

A happy new gardening year to you all. I hope that with the winter half way through we can look forward to days of increased daylight and turn our thoughts once more to getting started in our gardens. Can I tell you about the **Royal Horticultural Society of Aberdeen Spring Flower Show** which has been running for a number of years in the **David Welch Winter Gardens at the Duthie Park**. This year the Show will be held on **Saturday 28 March from 10-30am to 5-30pm and on Sunday 29 March from 10am to 4pm**. It is a show well worth a visit with displays including spring bulbs both in containers and exhibits of single stem specimens grown to perfection. There is something for everyone including floral art, plants for sale, junior exhibits, bric-a-brac and a raffle each day with attractive prizes. The good news is admission is free.

For many of the enthusiasts it all starts with the purchase of good quality bulbs in September/October from specialist bulb growers. This ensures they receive bulbs identified correctly and to their choice. The specialist growers each year will usually introduce new varieties to the market and these bulbs can cost between £20 and £30 each. The grower's catalogues however cater for all. Colour illustrations let you see what you get for your money with lots to choose from at more reasonable prices.

Having obtained your bulbs these should be placed on top of a couple of inches of moist bulb fibre in a pot or bowl spaced out so that each is just touching. Add bulb fibre to cover the tops of the bulbs. The next stage is to do one of the following a) bury the pot in the garden. b) place the pot in a cold frame. c) place the pot in a cool and dark cupboard. During the next couple of months occasional checks should be made to make sure the pot is kept moist especially if it is indoors. Keeping it moist is most important to allow the flower buds to fully develop.

At the end of January the containers of bulbs should be taken up, brought inside and placed by a sunny window. By this stage the bulbs should be well rooted and the leaves beginning to grow. The leaves will be white but after a week or two in the daylight they will turn to green. From now on it is important to give plenty of water and as the leaves grow longer the containers should be turned regularly to keep them growing straight up. Once the flowers appear the use of thin canes and twine will help support the the whole arrangement and you should have a nice display by the end of March. You can grow daffodils, hyacinths and tulips using this method and provided you follow the steps set out above you should get a good show and why not have a go at entering the next RHSA Spring Bulb Show in 2021. Once the flowers have died back you can empty out the containers, separate the bulbs and use them to fill a vacant space in the garden.

By now the early spring flowers should be bringing some colour to the gardens and one job to do is clearing dead leaves which have lain on the ground all winter. I use a small four pronged hand fork to stab the leaves and attached to the end of a brush handle this allows me to reach into beds and under the bushes. Dead leaves are a hiding ground for slugs and snails and by cleaning up the ground especially where bulbs are in flower you will help to remove these pests which love to nibble flower stems.

By now the snowdrops will be dying back and this is the time to divide any large clumps and fill gaps in a border. Snowdrops do well in semi shade and many a wood has a white carpet of them at this time of year. They seem to thrive on this location so you may wish to relocate some bulbs under a tree or bush. When you plant, a sprinkle of bone meal into the ground will give the bulbs a slow feed in time for next spring. I hope the weather keeps fine so that we can enjoy the glory of spring.



VITAMIN D

With (at the time of writing) Spring just around the corner it may be a good time to speak about the health benefits of a controlled amount of sunlight exposure to our bodies!

Vitamin D is an important vitamin for good health. While there are small amounts in some foodstuffs, a greater percentage is synthesised in our skin when exposed to sunlight. This effect is blocked by sunscreen and clothing.

It is estimated that currently about 25% of the UK population is deficient in vitamin D to some degree. Minor deficiencies are likely to go unnoticed but more significant deficits can cause symptoms such as tiredness, weakness, muscle/bone pain and an increased susceptibility to infections. Rickets is still a diagnosis seen in the UK from time to time in severely affected children.

This is recognised by the Scottish and UK governments who recommend that all people older than 5 should consider having a 10mcg/day vitamin D supplement, particularly in the winter months. The argument may not be so compelling over the summer. Indeed, there are some population groups that are more at risk and therefore recommended to take all year round regardless of their sunlight exposure:

Pregnant and breast feeding mothers.

Children under 5 (infants on formula milk may not require supplementation as it's already included in the milk).

Limited exposure to sunlight (e.g. housebound patients or when skin may be covered for cultural reasons).

Ethnic groups with darker skin (which require more sunlight to generate vitamin D).

It is recommended that we have an average of about 10-15 minutes of unprotected exposure to the sun per day. This is enough to stimulate vitamin D synthesis but not enough to cause any skin damage. As we know in Scotland sometimes we are lucky to see 15 minutes of sunshine in a day (and sometimes in a week!) so we have to do the best we can. Daylight is still useful even if not actual sunlight.

Please note sunbeds are not recommended for this purpose.

While there is a blood test available to check vitamin D levels it is clearly not practical, especially in the current climate of high pressure on Primary Care, to screen the entire population. The best approach would be for the population to be mindful of getting some limited exposure to sunlight and consider taking an "over the counter" vitamin D supplement during the winter, or indeed all year round if in one of the higher risk groups.

I myself (for the first time it has to be said!) have been taking a vitamin D supplement this winter and, at the risk of putting my neighbours off their lunch, intend to expose my pale flesh a bit more this gardening season.

Now, where's my string vest?

Dr Ewan Wallace





Braeside and Mannofield Community Council

The Braeside and Mannofield Community Council held its AGM on 25 February. This enabled us to look back over the past year and to acknowledge and celebrate our achievements. As a Community Council (CC) we represent the people within the Braeside and Mannofield area, so it's nice that we can share what we do and have done.

We co-opted another person on to the CC, bringing the member ship total to 9.

During the past 12 months the CC continued the monitoring of various roads/bus issues and liaising with the Council Roads Dept. Parking issues in the Deeside area, south of North Deeside Road, have been discussed and reviewed and we are in contact with MSP Liam Kerr on this issue. As was done the previous year, a few members of the CC replaced the flowers in the boxes at the Airyhall Library, again providing a plethora of colour there.

Additionally, a number of Community Initiatives were instigated. We sponsored the Braeside Singers to give Christmas Carol concerts to the residents in local care homes. We also explored the replacement or refurbishment of benches in Springbank Cemetery.

We remain grateful to the local City Councillors for their continued support, particularly Councillors Yuill and Lumsden, along with all the police representatives for attending and contributing to the work of the CC.

Naomi Mandel, Chair, BMCC

Christian Aid Week 10 – 16 May

**Rose needs every last drop of water to survive the drought.
Donate to help her stop this climate crisis.**

Droughts are now more frequent and more intense due to the climate crisis. Rose and her family, and millions of people in Kenya, are struggling to get enough food and water.

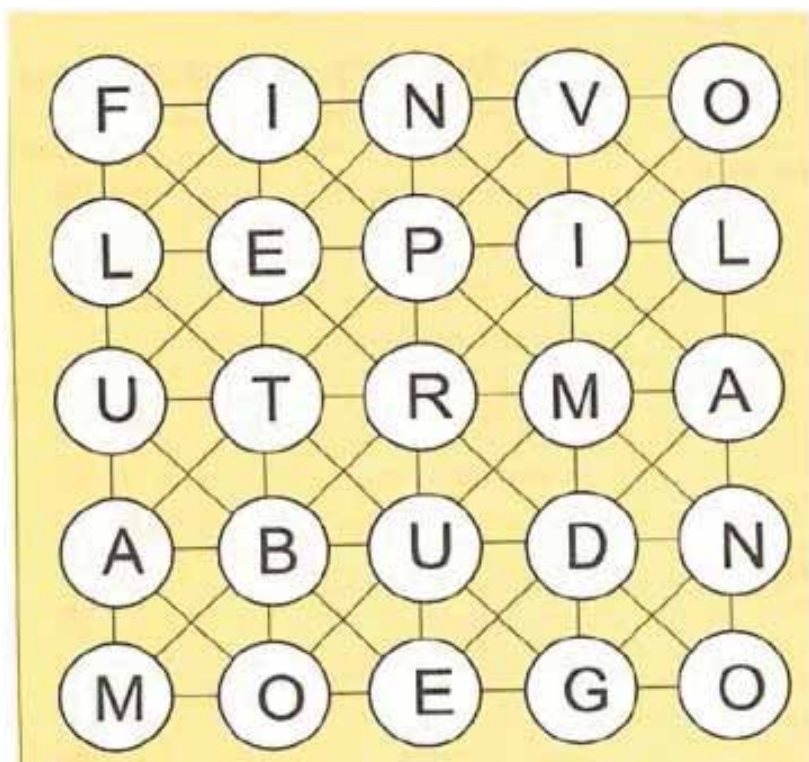
A donation of £30 could provide a wheelbarrow to help a community build a life changing dam.



Go to caweek.org



Can you find the names of 16 musical instruments in the grid? You may start from any cell, and the consecutive letters of the word will be in adjacent cells connected horizontally, vertically or diagonally.



Can you find the words in capital letters below in the grid? (Mark 16: 1-8)

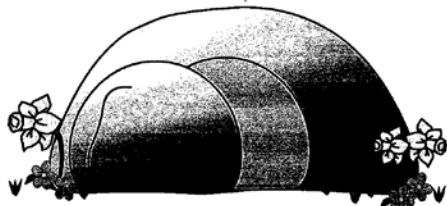
E	I	B	Q	R	O	L	L	E	D
F	A	E	J	E	S	U	S	X	Y
M	O	R	N	I	N	G	W	P	A
C	V	G	L	E	D	O	H	D	D
U	L	T	M	Y	V	C	T	H	N
Z	T	O	K	B	A	I	I	S	U
M	W	M	S	J	O	W	L	R	S
A	N	B	L	E	G	N	A	A	F
E	G	D	E	S	I	M	O	R	P

Change-a-Word

Change the word **TOMB** to **RISE** in 4 steps by changing one letter at a time.

T O M B

R I S E

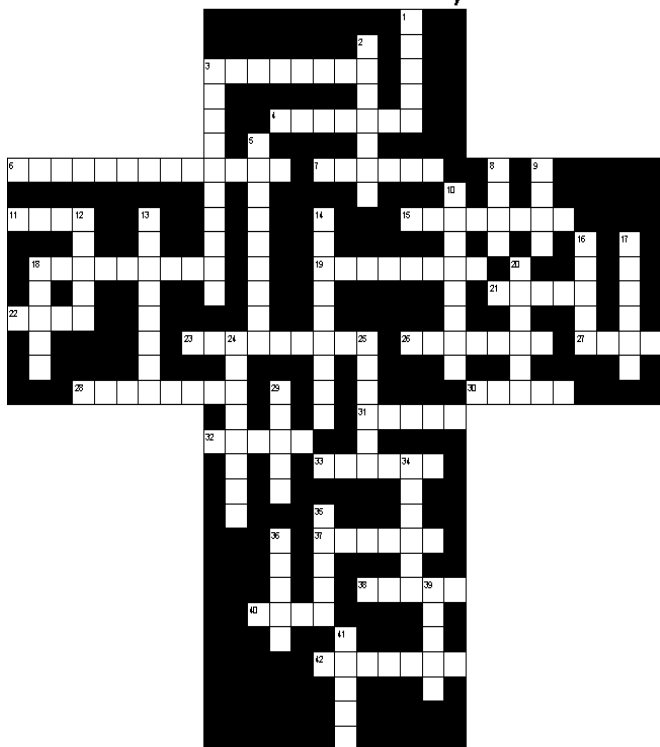


©A Kid's Heart - akidsheart.com

EARLY on SUNDAY MORN-ING the WOMEN went to the TOMB. They found the STONE had been ROLLED AWAY. An ANGEL told them that JESUS was ALIVE again, just as he had PROM-ISED!



The Easter Story



Across

3. It means "A place of a skull;" Where He was crucified
4. These guys were crucified on each side of Him.
6. And He was numbered with the _____.
7. Jesus was anointed with precious ointment in preparation for His _____.
11. This part of the temple was torn in two from the top to the bottom
15. And when the sixth hour was come, there was _____ over the whole land.
18. This Roman said, "Truly this was the Son of God."
19. The high priest who said it was expedient that one man die for all.
21. The _____ of blood was purchased with the betrayal money
22. The disciple that took Mary home as his own mother
23. He appeared first unto Mary _____.
26. "Father, _____ them; for they know not what they do."
27. He shed His blood so our _____ would be forgiven.
28. The Last Supper was a celebration of this Jewish holiday
30. The ruler of Galilee
31. This was sent to strengthen Him when He was praying in the garden.
32. This apostle denied that He knew Jesus three times.
33. This wealthy man of Arimathea buried Him.
37. The doubtful apostle
38. "A spirit has not _____ and bones as ye see me have."
40. And they stripped Him, and put on Him a scarlet _____.
42. They gave Him this to drink when He was on the cross.

Down

1. The father-in-law to the high priest. Jesus was first brought to him
2. Another name for the place of His crucifixion.
3. The garden where Jesus prayed before He was arrested
5. And it was the third hour, and they _____ Him.
8. This was written and set over His head: "_____ of the Jews"
9. Judas betrayed Jesus with a _____.
10. "Go ye into the world and preach the gospel to every _____."
12. Joseph took His body down and wrapped it in fine _____.
13. The prisoner released by Pilate instead of Jesus
14. The pharisee that brought spices for His burial
16. The apostle who betrayed the Christ
17. "Why seek ye the _____ among the dead?"
18. He was taken up; and a _____ received Him out of their sight.
20. Judas betrayed Jesus for thirty pieces of _____.
24. And they crucified Him, and parted His _____, casting lots:
25. He appeared to two disciples on the way to this village.
29. Jesus told Peter to feed His _____.
34. The Roman governor who washed his hands of the whole affair
35. This was rolled in front of the tomb and then sealed.
36. and His sweat was as it were great drops of _____.
39. The soldier pierced His side with this
41. He is not here: for He is _____ as He said.



Stephen Flynn MP

Hi folks,

The last few months have been extremely busy and I've been getting stuck into a range of local issues since my election in what was a good natured campaign here in Aberdeen South.

Aberdeen has been my home for the best part of ten years and I feel very lucky to represent the area that I live in. My baby boy arrived just three days after the vote and I can't think of a better city to build my family.

I know that we may not all share the same political views, but as your local MP, I hope to be as accessible as possible to give everyone in Aberdeen South the representation they deserve.

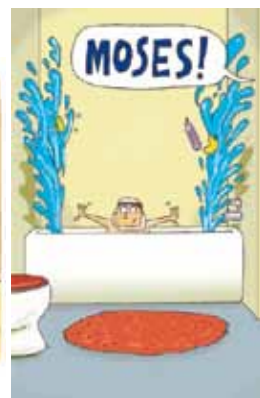
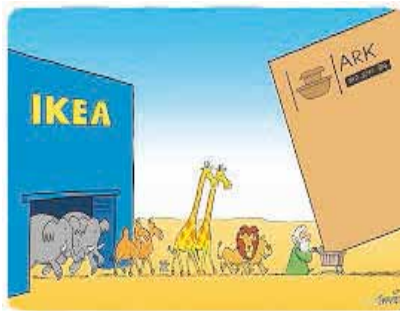
In Aberdeen we face a number of challenges. First and foremost our city is projected to be the hardest hit in the entire UK by Brexit. I stood on a pledge to stand up for our city and I will not stand idly by while we are dragged out of EU to the detriment of our economy.

Oil & Gas is vital to Aberdeen and there can be no doubt that the energy sector is changing. But we must choose a path that protects jobs and investment in Aberdeen while also building a sustainable future. I believe Aberdeen is perfectly placed to play a leading role in driving forward the change that we all know needs to happen in the coming years.

Please rest assured that I will always be on hand to provide assistance where I can and stand up for our city at every opportunity.

Once my office is up and running I plan to hold many advice surgeries in the local area and hope to hear from many of you in the future! Meantime my contact details are 0207 219 3000 and stephen.flynn.mp@parliament.uk

Best wishes,
Stephen



Courtesy of Café Connect, Mannofield

Lemon & Poppy Seed Loaf

INGREDIENTS:

1 and 3/4 cups or 225g plain flour
3/4 cup or 175g butter
3/4 cup or 175ml milk
1 cup or 200g sugar
3 eggs
Grated zest of one lemon
1 or 2 tsp lemon juice
2 or 3 tablespoons poppy seeds
1 tsp baking powder
1/2 tsp salt

Method:

Heat oven to 180C/350.

Grease and line tin.

Add all ingredients together in bowl apart from lemon zest and poppy seeds.

Whisk well until you have a smooth cake batter.

Now add the remaining two ingredients and stir through.

Transfer to loaf tin and cook for approx. 40 to 50 min.

Kirsty Macrae, Café Connect Manager



Tributes to James Halliday and James Cardno

Since the last regular magazine the congregation has lost two long standing members and Elders. Both had been unwell latterly, but they are remembered fondly for the part they played in the fellowship of the church and their commitment to the role of Elder.

Jim Cardno was always ready and willing to share a joke or funny story. He was a regular visitor to the church office over the years in his capacity as Roll Keeper. There was no real need for many of these visits, but he just enjoyed popping into the office for a catch-up and some banter with whoever he would meet. Jim was also a regular whenever a pop-up band was required and we will miss his playing of the accordion at these gatherings.

Jim Halliday was likewise a regular at almost everything in the church life. Often together with his brother Bruce, Jim was ready and willing anytime a volunteer was required. He stood in as occasional Beadle for many years and always did so with a deep sense of looking after the Minister to the highest standards. Jim never lost that impish expression and glint in the eye even in his illnesses over the last few years.

As a congregation we are indebted to both Jims for their invaluable work on behalf of us all. Our thoughts and prayers go out to their families.

Liam Kerr MSP liam.kerr.msp@parliament.scot



Since being elected I have discovered that petitions can be a fantastic way for people to draw attention to a cause and raise their concerns, whether it be a local or personal matter on improving council services, to global issues such as climate change. They are useful to us as politicians as well as they show us the issues that really matter to our constituents and/or flag to us causes that we want to get involved with or help to get

exposure. Recently two petitions in particular really made me sit up and demand action.

Firstly, in February 2019 EasyJet ceased flying their Aberdeen – Gatwick route. Aberdeen welcomes thousands of business and tourism travellers every year as our wonderful city prides itself on being both the oil capital of Europe as well as the gateway to Royal Deeside, one of the most beautiful and busiest tourist attractions in the UK. Losing this flight could have significant consequences and I became aware that a petition had been set up: <https://www.change.org/p/aberdeen-international-airport-help-us-bring-back-our-aberdeen-to-gatwick-flight>. I am not surprised to see that it has received nearly 5,000 signatures! I thought this an important issue and wrote to EasyJet to ask them to review their original decision and reinstate the route. At this stage they are unwilling but the petition and this action has led to questions being raised in Westminster as well as Holyrood and other airlines taking notice. EasyJet will also be increasing their Aberdeen – Luton flights to daily from March and I shall continue to pursue this, alongside the petitioners to try to persuade another carrier to come in.

The second petition is for Amy's Rule, a campaign launched by an Aberdeen mother, Angela Bain, in memory of her five-year-old child who tragically died last autumn. To try to help prevent such events in future Angela launched a petition which can be found here <https://www.change.org/p/amy-s-rule-where-parents-family-are-listened-to-by-health-professionals-which-can-in-turn-save-lives>. This would have the effect of bringing Ryan's Rule in Australia into Scotland, in the form of Amy's Rule. I first came across the petition when I discovered the Scottish Government hadn't quite realised how important it was and I decided to help! I raised Angela's case in First Ministers Questions, calling on the First Minister to listen to Angela's proposals and consider 'Amy's Rule'. This led to a meeting with health officials in the Scottish Government and an assurance from the First Minister and Health Secretary that they would consider the proposals carefully. Whilst there is a long way to go yet, these first steps are promising and hopefully we will have 'Amy's Rule' in Scotland before too long.

Locally my street surgeries for 2020 have kicked off - a fantastic way for my team and me to find out what issues people are having in their local areas by knocking on the doors of my constituents. Look out for one of my letters advising you when I will be visiting your local area as I hope to reach as many doors and help as many people as I can. I am happy to assist constituents with any local issues that you may have but if you need something taken right to the heart of Government, that's what I'm here for as well! Meanwhile, if you require my assistance with anything or simply wish to contribute your ideas to what I'm doing in Holyrood, my email address is above. Alternatively, grab me on a Sunday after the service to pass on your details and I'll be in touch.

With every best wish for Easter, Liam



Fairtrade 2020

This year the Fairtrade Committee and pupils within Airrhall will be working in partnership with the Fairtrade Foundation to celebrate the work of farmers and factory workers across the world. We'll be continuing to focus on cocoa in line with the global initiative and specifically, the special role female farmers play in the journey to receiving a living income.

The children within the committee have had ownership over creating the Fairtrade events soon to be held in school. Their voices have been listened to and we have a number of exciting events planned.



In previous years we were very fortunate to be able to buy in Fairtrade footballs for the school. As a result of this the children would like to hold a Fairtrade Football Tournament, allowing boys and girls of all ages to take part in a friendly tournament on our Astro turf during lunchtimes. We have done this in the past and it is wonderful to see the children support one another as well as a worthy cause.

We will also endeavour to allow for space and funding to have children baking with Fairtrade products in class possibly following a trip to our local Co-op to source Fairtrade ingredients.

Some of the older children within the school who make up our Fairtrade Committee also requested the opportunity to resource and promote a Fairtrade Tuckshop in school. They worked collaboratively to source items to sell, including Fairtrade chocolate, calculated reasonable costings and decorated the trolley beautifully to attract customers!

To celebrate Fairtrade and all of its achievements, we will wear Fairtrade colours and play pocket money games on Friday 6th March. The committee will consider what tabletop games we could create to ensure the important message of Fairtrade is heard loud and clear!

In class, teachers will educate the children on various aspects of Fairtrade including what it means to be a non-profit organisation, where in the world Fairtrade products are produced or grown and how best to get the products to us in the UK fairly.

We are exceptionally excited to continue working hard to maintain our recently renewed accreditation of the highest level and can't wait for Fairtrade Fortnight!

Eco February 2020

The Eco Group is continuing to promote and develop three main topics of Litter, School Grounds and Waste Minimisation.

We continue to complete weekly litter picks in the playground and often complete litter picks in the local community. Every year we take part in the 'Clean Up Aberdeen' programme which involves working with Aberdeen City Council to promote reducing litter in our city. We submitted all the activities we took part in last year including writing our own song, producing a short film and completing community litter picks. We used the slogan of 'Pick it Up!' *continued on page 25*

Flower Calendar

MARCH

22 Mrs. M. Craighead
29 Miss Youngson's
Legacy



APRIL

5 Miss Youngson's Legacy
12 Miss Youngson's Legacy
19 Miss Youngson's Legacy
26 Mrs. E Byars
28 Miss Youngson's Legacy

MAY

3 Miss J May

Mannofield Guild

Thursday Coffee Mornings
10am Balmanno Hall
2 April, 7 May



Tuesday evening Meetings
7.30pm Balmanno Hall

31 March, *Join the Dots*,
Brenda Frazer
14 April, *Upcycling*, Julie Baghurst
28 April, *A Year On*, Rev Holly Smith

**Faith is like
radar
that sees
through the
fog**



Corrie Ten Boom

**The deadline for the
May mini InSpire**

23 APRIL

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

rodody@mccollassociates.com
office@mannofieldchurch.org.uk

Mannofield Church Balmanno Hall

Saturdays 10am - noon

18th April; 16th May; 20th June
18th July; 19th September
17th October; 14th November



Admission free

Contact Sandy 01224 311261

CrossReach is the operating name for the Social Care Council of the Church of Scotland.

Some significant dates

1869 The Committee on Christian Life and Work was appointed by the General Assembly 'to inquire as to the progress of Christian work in this country and further to consider and report as to the best means of promoting evangelistic efforts'. Initially, the work of the Committee was in information gathering.

1879 Launched Life and Work magazine.

1880 Established Young Men's Guild.

1887 Established Women's Guild.

1894 Founded The Deaconess Training Hospital in Edinburgh.

1916 Opened first Church of Scotland Huts supporting soldiers at the front.

1926 Opened first Eventide Home.

1945 Becoming the Committee on Social Service, the Committee invested in services for 'the elderly,' and opened 8 eventide homes in 3 years (1947-1950). Between 1945 and 1957, 7 new children's homes were opened.

1993 Opened Cornerstone – a service supporting adults who have learning disabilities.

1995 Opened The Mallard, a short breaks service for children and young people with disabilities. Opened the Postnatal Depression Service in Edinburgh.

2009 Perth Prison Visitors Centre was opened.

2016 Fanniescroft Farm opened – One of the houses offering a safe, caring home life for children and young people.

THE JOURNEY TO THE MAYFLOWER ***God's Outlaws and the Invention of Freedom***

Written by: Stephen Tomkins Published by: Hodder & Stoughton Price: £14

2020 marks the 400th anniversary of the sailing of the Mayflower, the famous ship which took the Pilgrim Fathers to the 'New World' of America. It is a huge event in the history of the USA, but began in Britain and history has shown the pilgrims as pioneers of religious freedom. Born into a country espousing the Church of England, they felt apart from the Protestant movement of the day and developed as Separatists, sometimes at great personal cost, meeting illegally and facing prison, violence and death for following their path of spiritual freedom. This fascinating book weaves together an account of the history that led them to the Mayflower - the politics, history and religious views of the day - and a transatlantic voyage that brought them to a new life, which is now regarded as a key moment in the history of the USA, but was also a key part of English history which has contemporary overtones, touching on areas such as religious violence and freedom of religion. The work shows that religious difference and disagreement are not new issues and also shows how exclusion and exile shaped a new chapter of social history.





We were successful in being the winning school and have been asked to host this year's launch event at the Beach Ballroom in March. Our Primary 6 and Primary 7 Eco Leaders will share ideas and practice with other schools from around the city and also ask some local important people some pressing questions on the matter of litter and waste management.

Beautiful Scotland's campaign this year is Coastline. Daniel Shand, who works with our pupils to develop the garden area of the school, is also working on the 'Clean Up Aberdeen' campaign and has asked our pupils to name two characters for a short animation to promote litter free coastlines. The characters have been named Duster the Dolphin and Litterjohn the Oyster Catcher. The Oyster Catcher has been named after our very own Litter Champion Mrs Littlejohn who organises our weekly litter picks and is always encouraging pupils to do their best in eco matters. The pupils have decided that they wish to present Mrs Littlejohn with a golden litter picker and a framed Airyhall Achiever at the Beach Ballroom Event. This year our own litter campaign uses the slogan of: 'Don't Be Bitter, Pick Up Litter!' This came from a poem created by Primary 3 pupils.



We are also planning on recycling crisp packets and old pens. The crisp packets will be collected to raise funds for Helimed79 and we will recycle our own pens with the support of The James Hutton Institute. The Eco Group have also entered the Aberdeen Schools Bulb Competition with pots decorated with recycled pens. We will create a display in the school garden to remind pupils to recycle their pens from home.

The school grounds will be developed with recycled maths resources. We are working with Aberdeen City Council to use recycled tree slices for stepping stones and number resources. Measurement will feature in our school garden and also in our work at Slopefield Allotments. Our Slopefield Allotments sessions will start again in March and we are looking forward to seeing what we can grow this year. We hope to continue our link with Craigton Road Day Care Centre where service users visit our Allotment area. Perhaps this year we will make our own jam to share with the service users.

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Digital Developments

We have recently been fortunate to have the support from our PTA in raising funds for a new set of Chrome Books. Airyhall PTA encouraged our parents and community members to collect tickets for the Pounds for Primaries fundraiser and we were given a considerable amount towards the Chrome Books and Tablets. Funds were also raised through many successful events organised by our PTA. Our Pupils and Parents have been learning how to use Google Suite and Texthelp, using the Chrome Books, to enhance learning. Parents took part in exciting workshops, learning how best to support pupils using these tools. The Digital Leaders are going to be trained to use Texthelp to encourage the use of this further in their own classrooms. We want to extend a huge thank you to the PTA for helping us fund the purchase of these devices, they are amazing!



CARBON OFFSETTING

A long time ago the Catholic Church would sell “indulgences” to sinners. A payment was accepted in return for absolution. So any sinner who was wealthy enough could pay up – then continue to sin with a clear conscience!

By the time of the Reformation this was seen by some (but not all) as a bargain whereby the rich bought contentment and the church got richer. The impoverished masses probably lost out due to the continued sinning of the rich.

Move forward to the present day and we know that releasing greenhouse gases into the atmosphere is stoking climate change. It's a sin and to a greater or lesser degree we all do it.

To take an example the carbon footprint per passenger who flies from Aberdeen to Tenerife and back is about 1.1 tonnes. The average absorption of a tree is about 55grams of CO₂ per day. So the average tree will take 54 years to “offset” one return flight to Tenerife. Of course you could plant 54 trees – but it would take some years before the saplings had much effect. Not a great bargain.

But wait, is carbon offsetting not just a modern “indulgence”? Pay a few pounds more and you can pollute the globe guilt-free! Not the best of arrangements. Better to reduce your carbon footprint without being bribed to do so.

Now don't think I'm suggesting that no-one should fly ever again. If air travel suddenly stopped the economic consequences would be massive with who knows what knock-on consequences.

No, what I am saying is that you must think about how you could reduce your own carbon footprint bit by bit. Easy – and you can feel satisfied that you are doing your bit by the planet.

Alistair Stark, Convenor, Eco Congregation Committee



Reporting back – Councillor Ian Yuill

Pavement and road repairs

The issue about which local people most regularly contact me is the poor state of many of our area's roads and pavements. Whilst the recent resurfacing of Thorngrove Avenue is very welcome, much, much more needs to be done.

Uneven pavements increase the risk of people tripping and injuring themselves. Potholed and broken roads can damage cars and are a danger to cyclists. My view is that the city council must invest more in properly repairing and resurfacing pavements and roads. I will continue to make the case for that to happen. I will of course also continue to highlight to the council's roads staff particular problem areas of road and pavement and urge that these are repaired or resurfaced.

Road safety and speeding

Local residents also regularly contact me with concerns about speeding and safety on roads in our area. Braeside and Mannofield Community Council also regularly discuss this. The community council and I both regularly raise people's concerns with the police and city council.

Winter weather

Although the winter is hopefully almost over we may still face some cold weather. Please remember that the grit boxes around our area are there for residents to use. Please do let me know about any grit boxes in our area that need to be refilled.

I am here to help I am always happy to help residents with problems and complaints. Please do not hesitate to contact me at 22 Seafield Court, Aberdeen, AB15 7YW, on 01224 522220 (council) or 01224 310746 (home) or at iyuill@aberdeencity.gov.uk. I can also be contacted via my website www.ianyuell.org.uk.



Maureen Watt MSP

A lot has changed on the political landscape since my last article in the December edition.



I am delighted that Stephen Flynn was elected as Aberdeen South's new MP in the December general election. I have had the privilege of working with Stephen during his time as a councillor for Cove, Nigg and Kincorth on common issues affecting our constituents. I have no doubt that as a Westminster MP he will continue to work hard on behalf of the communities in Aberdeen South, including Mannofield and look forward to working with him moving forwards.

Together our biggest concern is the migrant policy of the Tory Westminster government which studies have shown will have a particularly adverse effect on Aberdeen in terms of care, food processing and hospitality jobs.

At Holyrood the biggest issue has been the February announcement of the Scottish Government's budget, which has a focus on investing in our vital public services and ending Scotland's contribution to climate change. At the time of writing Parliament is yet to vote on the proposals but I am hopeful that by the time you read this it will have been passed.

Locally I have been keeping an eye on the sad news regarding the closure of the Treetops Hotel on Springfield Road. For over 50 years the hotel has been a mainstay for the area and my thoughts are with the members of staff made redundant. I am aware that the Council's City Growth team was working with Skills Development Scotland to support them during this difficult time and I am certainly willing to help in any way that I can.

I hope that everyone has a lovely Easter period and, as ever, if I can be of assistance on any matter please call my office on 01224 876743 or email me at maureen.watt.msp@parliament.scot



MANNOFIELD LUNCH CLUB Balmanno Hall

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Entertainment 2-3pm

Cuppa at 2.30pm Cost: £6

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Thursday 9 April

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Thursday 14 May

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Come along and enjoy good company, tea, coffee and cakes.

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CRAFT FAIR @ MANNOFIELD

**Mannofield Church
Great Western Road**

**Saturday 7 November
10.00am – 4.00pm**

Put the date in your diary

DON'T MISS IT!



OLD GOLD & SILVER

Once again you are invited to recycle your unwanted gold and silver.

Items can be sold or simply turned into gold or silver to support your local church and community facilities.

WHAT? Anything you don't need or can no longer use.

Old watches and straps, Odd links, Chains, Earrings, Cufflinks, Rings, Spoons etc.....

WHERE? Leave donations at the church office or at church on a Sunday or ring the office 01224 310087 to arrange collection.

WHEN? Any time during April.

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Strength and Balance - Balance is a technique *by Laura Walker*

laura@Strength-and-Balance.co.uk

Many people speak to me about concern for their balance. Ladies and gentlemen who used to walk many miles each weekend or those who climbed Monroes, all have the same issues. Balance and leg strength is now an issue for them. Balance, the even distribution of weight enabling someone to remain upright and steady, is something which can become challenging for adults for various different reasons. This may be due to an injury and weight is not evenly distributed. Or it could be a combination of medication taken for several different health conditions. Either way, confidence is reduced when balance is affected.

Static balance is easier than dynamic balance. Standing still is easier than walking. Add uneven surfaces into walking, or uneven weight distribution of body weight as the person walks, or a walking aid into the equation or simply looking down at the floor when walking, amounts to changes in the movement pattern to cause instability. With the right techniques balance becomes easier to achieve.

Looking up when walking gives you more balance than looking down. Uneven surfaces may be of concern but it is more about the fear of falling than the walking surface. During walking the most efficient way to move is to strike with the heel and roll to your toes to walk. But many people fear lifting the leg and foot high enough to strike with the heel as it means standing on one leg, for longer.

Dynamic balance, is all about technique.

These techniques are all delivered in the Firm Footing class at The Hub in Cults on a Tuesday 12:00-1:00pm. Strengthening exercises for maintaining good technique are done in the Strength and Balance class at Mannofield Church Wednesday 12:00-1:00pm, The Hub in Cults on Thursday 11:00-12:00pm. At what point does balance become an issue? Do we wait until we're no longer able to balance to practice the techniques? Or do we understand the techniques before we lose our confidence?





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e. office@mannofieldchurch.org.uk

