

## USEFUL CONTACT NUMBERS

*New information since last month in red*

**Biggar** Coronavirus Community Action Group. Shopping and Prescription Delivery Helpline—07376 318724 (10-3h daily). A Biggar Community Council initiative for those who must self isolate due to age, health issues, or symptoms.

They also run a confidential Listening Ear Service, 10-3 daily, if you are bored, lonely, anxious, or just want a chat because you feel isolated, give them a call on **07422 356835**. They don't collect any details, just need your first name, so they can chat.

**Carmichael**. Local residents are reaching out. Also contact Margaret Telfer on **01555 880266** if you need help.

**Lanark and surrounding Villages**. LanarkHelps is a volunteer led community helpline offering practical support along the lines of the other support helplines. It can be contacted Mon-Fri 9am to 4.45pm, Sat –9am to 12noon on **01555 437051**.

**Libberton**—*Blackmount volunteers are covering Libberton. There are 5 volunteers numbers, and 19 volunteers offering support. In the first instance try Patrick on **07901 686759** or Nick on **07966 633428**.*

**Symington** Community Coronavirus Support—a Community Council initiative for those affected by the national guidance on remaining at home— to assist with shopping, prescription uplift or other issues. Contact **07807 235 811** (10-12h and 2-4h)- at other times leave a message.

**Thankerton, Covington & Quothquan**. The Community Council is in partnership with Biggar, so call the Shopping and Prescription Delivery Helpline on **07376 318724**

**South Lanarkshire Council** –they operate a Community Wellbeing Line—0303 123 1009—9am to 5pm, Monday to Friday. For those shielding, over 70, long-term health problems including learning disability, pregnant, or with weakened immune systems. It gives access to services run by the Council and on behalf of the Scottish Government, and also signposting.

**NHS Lanarkshire**. Their Psychological Services run a Public Distress (Covid—19) Helpline offering advice and guidance to anyone in Lanarkshire experiencing anxiety or distress during the Covid-9 outbreak. **01698 687 567**, 8am—4pm weekdays.



THE TINTO PARISHES are Cairngryffe , Libberton & Quothquan, and Symington Parish Churches—all part of the Church of Scotland.

If you would like to speak to the Minister for any reason, please contact  
Rev George Shand on 01899 309400 or on [George.Shand@churchofscotland.org.uk](mailto:George.Shand@churchofscotland.org.uk)

The Tinto Parishes  
**FOCUS** Monthly  
*The church in the community*

Kirk and Community News  
for the Churches in Tinto Parishes

No. 2

Pentecost, 2020

*Welcome to our second issue of FOCUS-monthly through which your church can connect with you more regularly, keep you in touch with news, and share reflections and prayers. We are now in the season of Pentecost, where we celebrate the 'birthday' of the church and explore in our scriptures how the Holy Spirit guided the development of the early church.*

So in this issue you will find a focus on Pentecost and some other interesting stories. We also give you an update on the Clydesdale Food Bank.

For many of us, Lockdown is slowly opening up, but it is unlikely our church buildings will re-open before early Autumn, and even then with restrictions. So we need to keep developing ways to keep us connected.

To begin with, we brought together all the member email addresses we knew, and in early April started sending out a weekly email of information, prayers, reflections and a Sunday Order of Service. Online worship began during Holy Week, using a program called Zoom that enables us to see and talk to each other and so recreate a sense of worshipping as community. And we have found ways of splitting into small groups, for a brief time of fellowship afterwards.

And for early May we started posting out the printed FOCUS-monthly, to give more opportunities to connect with members who don't have access to a computer.

*And for June?* Well, on Thursday 4th June we hope to launch a dedicated telephone number that you can call at any time of the day or night and hear a prayer and short weekly reflection from the Minister. We hope this will make it easier to keep a connection with our worship. *(see details inside)*

The powerful message of Pentecost is that beyond our differences we are all one family, under God's love.

And we hope and pray you feel a valued member of our Tinto Parishes family.

Keep Safe,

Your minister and friend,

*George*



The Clydesdale Food Bank started 7 years ago as a project of the three Church of Scotland congregations in Carluke in response to awareness of a growing need. Initially it shared space in the New Beginning's furniture store in Carluke, until it later found shop front premises on the High Street. Very soon it was realised that a larger area than Carluke needed to be included and as a result it now serves all of Clydesdale, with satellite delivery centres in Lanark, Biggar, Douglas and Kirkmuirhill. It is supported by churches all over the area, as well as schools, clubs, organisations of all types, and businesses and private individuals.



At the beginning of Lockdown there was a massive increase in referrals – April, for example, had 360 referrals, whilst the same month in 2019 dealt with 100 referrals. That four-fold increase in demand has continued. At



Just a normal day—food parcels awaiting delivery

the same time, many of the older volunteers were unable to continue to help. It was also clear that a higher percentage of the referrals were for whole families, which meant more large Food Boxes and household boxes going out. With this increase in turnover, and to accommodate social distancing, the Food Bank moved into the local Baptist Church.

Responding to this extreme pressure on the Food Bank, the New Beginnings project donated £1,000, and Cairngryffe and Libberton & Quothquan Kirk Sessions, both concerned that they could not assist through normal activities like retail collections or fundraising events, followed New Beginnings lead, each donating the same.

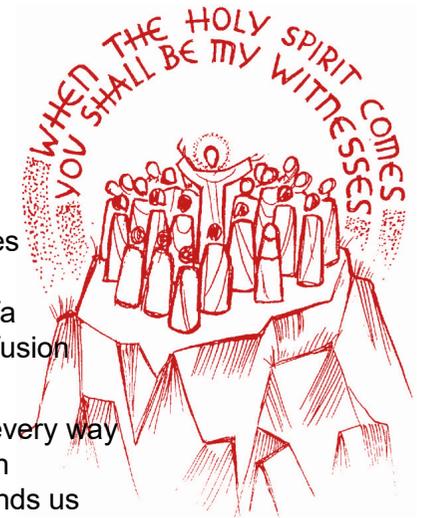
As the Lockdown continues more families have come to need the support of the Food Bank. It has also been a wonderful example of community working together, and encouraging to see many new volunteers coming forward, and new initiatives, often with the support of small local businesses, helping to keep the food coming in.

*Let's remember in our thoughts and prayers all those involved in supporting the Food Bank, people working for the Food Bank, and the many people needing to make use of Food Bank services.*

## When the Spirit came on that first Pentecost,

the disciples were all together  
waiting  
On this Pentecost, scattered as we are,  
waiting  
and hoping for we know not what  
still the Spirit comes  
Merrily waltzing into our living rooms  
Powerfully crashing into our chaotic spaces  
Humbly sitting at our kitchen table  
Joyfully taking a seat beside us on the sofa  
Quietly embracing us in our grief and confusion  
in our yearning and loss.

The Spirit gets in among us anyway and every way  
She sits until we are ready to pay attention  
And then she takes us on a tour that reminds us  
that in every place and every time  
God is present  
And the Spirit of God announces that presence  
In a song, In a whisper, In a cacophony of praise  
In a cry for help, In a deep breath  
The Spirit of God weaves together the fabric of life itself  
Until we know that nothing can ever separate us from God's love  
And so as we pray for the healing of Creation  
and for healing for our neighbour  
Our prayers are lifted on the wings of the Spirit  
and our sighs are caught up and presented to God  
And our faith and hope and love are reborn  
in the life of the church  
in the life of the world  
The eternal gift of the Spirit at Pentecost.  
Spirit of God, may it be so.



by Rev. Liz Crumlish, May 2020. <http://liz-vicarofdibley.blogspot.com/>



**01899 205410—a number to remember**

From Thursday 4th June onwards, if you call this local number you will hear the following message:

“Welcome to the **Tinto Parishes Weekly Reflection**. Please stay on the line to hear this week’s reflection.

If you would like to contact me, George Shand, the minister of the Tinto Parishes for any support then please call me on 01899 309400. Peace be with you.”

On the phone line you will hear a four to five minute reflection on a relevant theme. The reflection will change weekly.

It will be followed by a short prayer.

This is a local telephone line, so it will not cost much to call.

Some contracts include local calls for free up to an hour, other are free at weekends.

You can call at any time, day or night.

#### **And talking about lines, here are some terrible single liners.**

“A sandwich walks into a bar. The barman says, ‘Sorry we don’t serve food in here.’” - Peter Kay

“I went to a restaurant that serves breakfast at any time. So I ordered French toast during the Renaissance.” - Steven Wright

“I’d like to start with the chimney jokes – I’ve got a stack of them. The first one is on the house.” - Tim Vine

“I rang up British Telecom and said: ‘I want to report a nuisance caller.’ He said: ‘Not you again.’” - Tim Vine

“I said to the gym teacher: ‘Can you teach me to do the splits?’ He said: ‘How flexible are you?’ I said: ‘I can’t make Tuesdays.’” - Tommy Cooper

## **‘The Marvel of Being Human.’**

I was on holiday in Barcelona last year in late March/early April, a city I love, and love getting to know. That year I also wanted to explore further—first by train to Montserrat to see the Black Madonna—quite a powerful experience—and second to go inland to visit the Medieval walled town of Montblanc, where the tradition of St Jordi began (ie. St George. The town holds an annual festival in late April around the Gate which is reputedly the spot where St. George killed the dragon). While I was waiting on my train connection to take me up there I wandered along the beach road at Sant Salvador where I discovered the ‘Pau Casals Museum.’

My father had been a great fan of the internationally renowned cellist Pablo Casals, (called Pau in his native Catalonia) so it also became an emotional journey. I wandered around the museum for a couple of hours, and bought some CD’s of his playing. Pablo Casals had built the house as his home base in 1910, living there until forced to go into exile in 1939. He vowed never to return to Spain until democracy was restored, and he never did return, dying at the age of 96 in 1973, in Puerto Rico

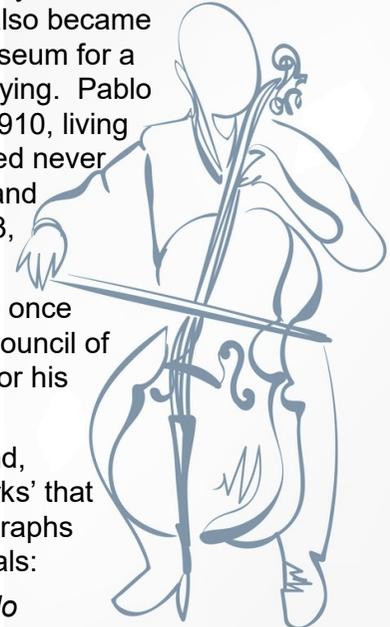
He was always Catalan, rather than Spanish. and once spoke passionately at a meeting of the General Council of the United Nations in 1971 about his aspirations for his country’s freedom.

This last week I received a newsletter from a friend, Peter Millar, remembering a book called ‘Waymarks’ that Peter wrote 30 years ago. He quoted some paragraphs from it, including this paragraph about Pablo Casals:



*“The world famous cellist, Pablo Casals, 1876 -1973, never lost his sense of wonder and at the age of 93 could write,*

*“For the past eighty years I have started each day in the same manner. I go to the piano, and play two preludes and fugues of Bach. It is a sort of benediction on the house. But that is not its only meaning. It is a rediscovery of the world in which I have the joy of being a part. It fills me with awareness of the wonder of life, with a feeling of the incredible marvel of being human.”*



## THE DAY OF PENTECOST.

*Acts of the Apostles 2:1-8*

“When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Now there were devout Jews from every nation under heaven living in Jerusalem. At this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, “Are not all these who are speaking Galileans? And how is it that we hear, each one of us, in our own native language?”

## PENTECOST SURPRISE

*It must have been quite a surprise to that group of disciples when the Spirit came upon them. And that everyone understood in their own language. For us, it means the church was destined to spread the good news to ‘every nation under heaven’.*

*Here is a story of how some church leaders sought to recreate some of the surprise.*

St Mark’s Church in London has within its parish many Cantonese speaking families, and a number of them attend the church. The children, educated in local schools, speak quite naturally in English, but at home many speak only Cantonese because parents or grandparents are less fluent in English.

One Pentecost Sunday, the parish church was full, and the Sunday School was performing the scene from Acts 2, as one person read the scripture out loud in English, the regular language for worship at St. Michaels.

What the youngsters didn’t know was that the reader was fluent in both English and Cantonese, and when she came to the words, “*and how is it that we hear, each one of us, in our own native language*”, she spoke them in Cantonese.

The youngsters were shocked, delighted, stopped in their tracks, and forgetting they were performing in a play, smiled and clapped to hear the Good News in their own language.

## ONCE UPON A TIME.

*How do we experience the influence of God’s Holy Spirit in our lives?*

*Through the scriptures and prayer, through the sacraments,  
Through God working in our hearts, to heal our hurts and open us up  
more fully to love,*

*Through our connection with the created world*

*Through the gift of other people—their words, their presence bring more  
than just themselves into our lives. They are spirit-bearers, messengers.*

*And perhaps the influence takes a long time to become evident.*

Once upon a time a man fell in love with a woman he described as beautiful in form and in nature. But he himself felt inadequate and ugly, thinking in his heart that she would never fall for a man like him.

One day he went to the local mask-maker. ‘I want a mask that makes me look handsome, so that I can win this woman’s heart.’ The mask-maker made a mask and fitted it, and the man loved how he looked. He went on to woo her, asked her to marry him, and they lived happily ever after.

Except—that all the time the man felt he was living a lie, and truth and trust were important facets of their relationship. Eventually after a number of years he could bear it no longer and he returned to the mask-maker to have the mask removed.

Then, strengthened by a stiff drink, he returned home to his wife. But there is no drama. His wife doesn’t say a thing. He hurried into the bathroom and looked in the mirror. It seemed he still had the mask on!

He rushed back to the mask-maker. Perhaps he had not taken off the mask. But the man showed him the discarded mask, and said, “Through time, you start to become how the one who loves you sees you.”

The man had become the person he wanted to be—in a relationship of love.