

UPDATE

LOCHSIDE CHURCHES FAMILY WORKER NEWS PAPER



Rhona Knight Family Worker

Update from Rhona Knight, Family Worker

RHONA KNIGHT

Welcome to ‘Update’, the Lochside Churches Family Worker newspaper. Here you will find information about what is going on in our Linkage.

The last five months have been incredibly challenging. We have all gone through unprecedented times and trying to stay positive has been difficult. In the summer everything started to look more hopeful however, due to the recent resurgence of Covid, for the immediate future, nothing is certain.

As my part time furlough ends, I have been rethinking meaningful ways of fulfilling my role. Until recently, we had got to the stage that by using risk assessments and adhering to the guidelines, it may have been possible to start some of our community groups again, but it doesn’t look as though this will happen for a bit longer.

My pastoral role has continued over the phone and sometimes meeting where we are allowed to meet !

In the meantime, I have been preparing on line material for many of our Group activities and am planning for nearly all to be restarting in the next month or so which is a very exciting prospect.

As you will see from this newspaper, a lot of the work that I’m involved with is in conjunction with partner agencies and an amazing team of volunteers. Thank you for all your support during this time. I really can't wait to continue to work with you all.

the
prayer
course

An eight week journey
through the Lord’s Prayer

prayercourse.org

An eight-week journey through the Lord’s Prayer

RHONA KNIGHT

On October 1st we will be starting a Bible Study, looking at the Lord’s Prayer.

The day before the Study session, the video for the following day well be sent to you. You will be encouraged to watch the video before the session which will commence at 1pm on Zoom. This will allow us to come together to discuss, pray and reflect. If you’re interested in joining the Bible Study, please do get in touch with Rhona.

More information can be found at <https://www.prayercourse.org/>.

The Sessions

The Prayer Course is split into eight sessions:

- 1 Why Pray?
- 2 Adoration
- 3 Petition
- 4 Intercession
- 5 Unanswered Prayer
- 6 Contemplation
- 7 Listening
- 8 Spiritual Warfare

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ROSNEATH COMMUNITY GARDEN

Update from our head gardener
Our first summer

AUTUMN BROWN

EMMA.BROWN.SCOTLAND@GMAIL.COM

What a year 2020 has been!
The garden started in February and then lockdown happened! However, I am pleased to say that despite restrictions we have been successful in providing the community with fresh vegetables throughout the summer, despite the daily war with the slugs!

It being our first year, we were not sure how successful the garden would be, but thankfully it has proved a success, perhaps even a little too successful with demand exceeding supply which is a great sign as it gives us a better insight to what we need to concentrate on growing next year.

The community has also been fantastic in donating surplus vegetables from their own gardens, which keeps our 'Free Vegetables Table' stocked up.

As the year winds down, our winter crops will be ready in time for Christmas and we can then start plans for next year's planting.

Hopefully lockdown will be over by then and everyone, including the school will be able to take part.



PATHS FOR ALL

Tuesday Health Walk

FRANCES CAMPBELL
FRANCESCAMPBELL1950@GMAIL.COM

I am pleased to say that after more than a year the walking group is still going. Three of the group didn't know one another and I was lucky to know them all, although originally, not all as close friends.

During winter 2019/2020 we continued to walk on Tuesday mornings unless the weather was extremely bad, but generally we are a hardy bunch and with waterproof jackets and trousers on, we stepped out, had a good blether on the way, and for some of us at the end of our walk, a tea or coffee at the weekly coffee morning in Rosneath St Modan's Church Hall was an added bonus!

Then March '20 and Lockdown! Initially in line with government guidance we just walked alone like the rest of the country had to, but once restrictions were eased we met for a walk, but not as a group of four, just two at a time, keeping our distance. The first time this happened was funny as neither of us had really met up with other friends or one another for so long and both of us turned up with our lippy on!

Recently we have reverted back to Tuesdays and not all four of us have been able to meet at the same time but hopefully we will do in the next week or so. Although we were unable to walk for all those weeks, we kept in regular contact by texting, so not just part of a 'walking group' but a friendship group too.

We have extended the initial village walk by going to Clynder and back or sometimes to the Caravan Park but we almost always do the original route round Rosneath village.

Please get in touch, we would love it if you would come and join us!

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Thank you from Jane

JANE WRIGHT

A BIG Thank You!

As you can see from this newsletter, thanks to Rhona’s, skills and enthusiasm, she has introduced and delivered lots of new and stimulating activities and initiatives since coming to work in our communities three years ago. The common denominator is that time is set aside to consider the Bible’s teachings as they relate to our lives today, to provoke thought and to emphasize how important it is to care for our neighbors. Her overall message is that the Church is there for everyone.

Thank you so much to the three Lochside Churches, the Church of Scotland, individual donors, Charities and volunteers who have supported and continue to support the Family Worker Project. Rhona can’t do her work without your generosity and all I ask is that you continue to support her so when Covid’s over, she will still be here for all who need her, be it pastoral care or running events enjoyed by so many.

At present and looking towards Christmas, Rhona is planning some online events backed up with an Activity Bag which is delivered to your door. You can also support her work by signing up to these and becoming part of her online community.

Keep Safe and God Bless,
Jane Wright (Family Worker Management Group)



New Prayer Chain

RHONA KNIGHT

Are you dependable and willing to join in prayer, at a moment’s notice? Able to receive prayer request by text? Prayer requests may not always come with an explanation. A request can just be a top-line explanation, such as, “Add Kathy to the prayer list.” God knows what the situation is of those we are praying abouts. Also being discreet is important.

If you are interested in joining the prayer chain, please send a text to Rhona on:

07754 231028.

If you have a prayer request, then please send a text to Rhona confidently and this will be shared with our prayer chain.

Prayer is so important, and we know God is listening.



Garelochhead Sunday Club

Restarting October 25th

ELAINEA AITKIN

While the Church has been closed due to Covid-19 we have continued to meet with the children through ‘Zoom’!!

We meet at 10am on a Sunday and do a variety of things including bible stories and games. The leaders are rotated so it is always delivered in a fun and different way.

So far we have played ‘Guess the Animal Noise!’, Pictionary, ‘Spot the Difference’ to name a few.

There is always space for more to join us please email Rhona for more information.

Rosneath St Modan’s Sunday Club

Restarting October

DIANE MCMURTRIE & RHONA KNIGHT



We are delighted to be relaunching Sunday Club at Rosneath St Modan’s. Our return will come with some big changes and we will now be joining together on the last Sunday of every month.

The Sunday Club has a new name! Michael, who is a member of Sunday Club suggested re-naming it, ‘Rosneath Explorers’ based on the main activity which is to explore the Bible and ask questions.

Please be aware that parents/guardians will be requested to fill out a new consent form for this term.

Explorers will continue to use ‘Roots’ on the web, with a new format that you may know from ‘Footprints’.

BIBLE

The Explorers will look at the Bible passage for that week, the same one as the congregation are focusing on in the sanctuary, using different forms of media such as storytelling, drama and video.

EXPLORE

We will then explore the bible passage through three stations of activity allowing greater scope for illustrating its meaning in today’s context.

- 1. Crafts
- 2. ‘Roots’ activity sheets
- 3. Free play activity – Lego or playdough where we have the opportunity to explore the story through another medium.

PRAY

Before leaving to rejoin our families, we will have a prayer.

We would love you to join us on October 25th and November 29th at 11.15am
This may not now happen face to face, please contact Rhona for revised details

Sunday Club at home

‘Roots’ on the web

RHONA KNIGHT
[HTTPS://WWW.ROOTSONTHEWEB.COM/](https://www.rootsontheweb.com/)

If you are not able to join us on a Sunday, and are listing to the services on our YouTube channel, have a look at <https://www.rootsontheweb.com/> for some activities that you can do at home. Remember you can always share with us by sending pictures of what you do to our Facebook pages.

Craigrownie Sunday Club ‘Footprints’

Restarting November 1st

RHONA KNIGHT

We are delighted to be resuming ‘Footprints’ online.
From November we will be producing videos and giving families an activity bag related to the story.
If you have children under seven and wish to sign up please contact Rhona.



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Who Let The Dads Out?

TONY KNIGHT
MR.AJ.KNIGHT@GMAIL.COM

During these interesting times, one thing I have taken as a positive, which I’m sure most of us found, was time to spend with the children. It’s always been important that we, as fathers or father figures, are present and able to make a difference. So the fact that we were able to do just that these past few months means that almost every day was a ‘Who Let The Dads Out’ day. I hope that soon we will all be able to meet up again in person, and get back to the chaotic fun that I have sorely missed.



Drop-in Online

- Here is some hyperlinks to our online information:
- Website Church - <https://www.lochsidechurches.org.uk/>
 - Linkage YouTube Page - https://www.youtube.com/channel/UCe5qc0PqyNR768gT_GwM4lw
 - Craigrownie Facebook Page - <https://www.facebook.com/CraigrownieParishChurch>
 - St Modan’s Facebook Page - <https://www.facebook.com/St-Modans-Parish-Church-1422271614668494>
 - Garelochhead Facebook Page - <https://www.facebook.com/Garelochheadaparishchurch>
 - Family worker Facebook Page - <https://www.facebook.com/FamilyWorkerLochsideChurches>
 - Rosneath Community Garden Facebook Page - <https://www.facebook.com/Rosneath-Community-Garden-192182625063581>

PARTNERSHIP WORK WITH HELENSBURGH PARISH CHURCH

Helensburgh Uniform Bank

Free uniform

EMILY HARVEY-CARTMELL
THEHUB@HELENSBURGHCOS.ORG

The Helensburgh Uniform Bank is an initiative from the Youth Strategy Team at Helensburgh Parish Church. Our vision is to help support local families who may be struggling with the ongoing costs of school uniform by providing new and second hand items free.

We also want to help combat climate change by stopping clothing from going to land fill and by ensuring as much school uniform is re-used and ‘re-homed’ as possible.

We have a small team of dedicated volunteers who collect, wash, sort and catalogue all the clothing we receive, before making up packages to pass on to local families.

Donation boxes are located in all of the local primary schools, as well as Hermitage Academy, where children can bring in their uniform that no longer fits.

The HUB exists to help families in our community, to reduce the amount of clothing waste, to build a culture of caring and to demonstrate God’s love in our local area.

If you would like to know more about the project or if you would like to make a donation, please contact either Rhona or Emily Harvey-Cartmell - familyministry@helensburghcos.org

If you would like to place an order please email the HUB team - thehub@helensburghcos.org

or contact us on our Facebook page

Facebook.com/helensburghuniformbank

ROSNEATH COMMUNITY GARDEN FUNDRAISING

Serving the community every Saturday and Sunday

10am -4pm.

RHONA KNIGHT

During Autumn, plants will be for sale, prices starting from 50p with the proceeds going to Rosneath Community Garden.

Plants will be displayed outside:-
No: 4 Ferry Rd, Rosneath, G84 0RR.
Every weekend from 10am - 4pm.

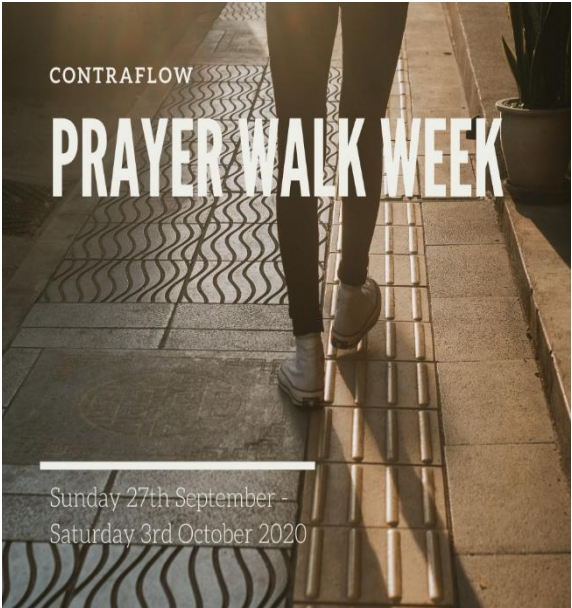
Any donations are welcome: please put in the pink box.



Prayer Walk Week

HELENS BUCANAN
YOUTHWORKER@CONTRAFLOW.ORG.UK

With all the changes that Covid-19 has brought access to schools has been vastly reduced or not at all possible just now. However we still care deeply about the young people and their families in the schools and the staff working in these difficult times. It is easy to sit at home and pray in comfort but there is often something very powerful about walking the streets of a local area as you pray (either out loud or in your head). Think of those walking around Jericho. Often God can bring things to our minds to pray for while we walk, or we notice things about an area we might not staying at home. We can stand at the edge of the school grounds and pray into and over that school and those within it.



So we are encouraging you to pick one of our local schools, and walk the streets around that area for 30 minutes or more praying and seeking God for that place. You can do this at any time, on any day between Sunday 27th September and Saturday 3rd October. Let Rhona or Helen know which school you are praying for so we can ensure every local school is covered in prayer. Pray BIG and let’s see God move in our town and villages!

Messy Church

EUAN WRIGHT

Messy Church, in ‘usual times’ held every few months, is a true community event and a fantastic way for our kids to get together, play, get messy and have lots of fun along the way.

Multiple crafts and activity stations, all thoughtfully laid out, give lots of opportunity for diverse experiences. There is plenty of room and space in the Burgh Hall for running around in between.

Stain Glass windows (the paper version!), painting, chocolate angels and a tea party with home baked goodies are all on offer and more.



These are events to be supported if you can, we’re very lucky to have it. Lots of effort, thought and creativity from the church members in support of the kids who have great time. Our kids haven’t missed one yet and it would be great to get more people along.

We look forward to the next one and a big thanks to all those who make it happen.

(For Messy Church’s next event, please see below, ’Lochside Churches Advent Message Bags’ and contact Rhona for further information)

Event Church – Easter Egg Hunt 2020

REV ANN CAMERON

This was the third year of our annual Easter Egg Hunt; in the first year we hosted 50 families who enjoyed playing outdoor Easter games, followed by an egg hunt around the village.

Last year we teamed up with the Church Coffee Morning and ran an Easter Games Challenge in the church grounds. This year we had lockdown- What to do? We were still keen to take church out to the community, but the big question was how could this happen during lockdown? Well, like many other churches we turned to technology and after many hours of computer programming and after a lot of jiggery pokery, eventually we had an online Easter Egg Hunt. I am pleased to say that on the day it worked and thirty families completed the hunt successfully and all received Easter Eggs - socially distanced delivered of course.



We now have our thinking caps on looking at ways to share a socially distanced Christmas with our communities.
Ann

Helensburgh and Lomond Foodbank.

helensburghfoodbank@gmail.com

HELENSBURGH = MONDAY AND FRIDAY 10-12
&
THURSDAY 6-8pm

ROSNEATH HOWIE PAVILLION
WEDNESDAY 1-3pm

We are most grateful to everyone for their generous donations which continue to help many families and individuals in our local community.

Shoppers at the Co-operative in Helensburgh can still put their donation in the In- Store Collection Box. Thanks to all for their generous donations.

Local collection points include Garelochhead Parish Church or contact Rhona and she will collect and deliver your donations.



COVID 19 VOLUNTERING

Helensburgh Caring for People Volunteer Coordinators.

RHONA KNIGHT

During Covid, I was a part of a team of Volunteer Coordinators, working in our local area to support people affected by the lockdown, through the ‘Care for People Line’.

In Argyll and Bute 1,671 people have been helped by the ‘Care for People Line’ during the lockdown. Some of the support offered was shopping and medication delivery with 2145 requests having been fulfilled.

I would like to say thank you to everyone who volunteered during this time.

If you need any help, please remember the phone line is still open on: 01546 605524 or an online referral https://argyllandbute.custhelp.com/app/VOL/Help_Request



CO-OP

CO-OP Membership cause

If you shop in the Co-op in Rosneath, please consider becoming a member and electing St Modan's as your charity for the Local Community Fund. The Lochside Churches, to which St Modan's belong, employ a Family Worker to work in the community with children, vulnerable families and supporting anyone who needs it. Her work is proving to be so much appreciated and we are committed to making sure this carries on. Key to this is amending facilities at St Modan’s Church Hall so it can be used as a Community Hub, including the long term provision of storage facilities for a more permanent toy library and other facilities needed to support a dads and kids group (Who let the Dads Out)!



We're part of the
Co-op Local Community Fund

**Choose us as
your cause**

coop.co.uk/membership



Online update

RHONA KNIGHT

During lockdown we have been challenged to find new ways to share the Message.

Lochside Linkage Services are now online on our new YouTube channel.

Our Facebook and website pages have also been constantly updated.

As social media he has proved itself to be an effective outreach tool during the lockdown, we have been looking at ways to capitalise on this.

For instance, a Family Worker Page is now available where all event updates are shared in conjunction with the individual Church Facebook pages.

If you are online, we would love you to give us your feedback on our social media.



Lochside Churches Advent Message Bags

RHONA KNIGHT

Due to the fact that we won't be able to meet together for Messy Church this Christmas, I am putting together Lochside Churches Family Advent Message bags and accompanying videos. The bags are to be distributed in time for the first week in December and include an activity, a prayer, and an action for all the family each week until Christmas. There will be a few surprises as well !

The idea behind this came from our Holiday Club which ran online this summer when we had 30 registered children.

If anyone you know is interested in receiving a bag this Advent, please direct them to our website where there will be an online registration form.

Story: All about Leaves

STORY ABOUT BEING OURSELVES, BY KEN STEVEN

Story: All about leaves

Mark was feeling sad. It was a dark October night and it was his very favourite time of the year. Outside the trees were thrashing about with wind, and the full moon rushed through the clouds like a great white ship. Up on the hill the conkers on the chestnut trees would soon be falling, and if he got up really early in the morning and went there, he would be the first to find the treasure.

But no matter how hard he tried to think about the first conkers and the wonderful days of autumn, he just couldn't forget what James Ditchfield had shouted at him earlier that day at school. 'You're pathetic at football! Why should we choose you for our team?'

All the others had laughed, even his friends Nick and David. He could still hear the echoes of the sniggers in his head now, hard as he tried to shut them out. Maybe everybody hated him. His eyes misted and the branches swinging and hissing outside his window melted. It felt as if there was a huge piece of apple stuck in his throat and his eyes stung. Life was miserable. It was just so unfair!

Why couldn't he be like some of the others who were fantastic at football? Why couldn't he score goals like Richard, even just once? But the gym teacher had said he'd been born with two left feet, and Mark had looked down at his boots and felt his whole face becoming hot and red with shame. He had wanted the floor to open up so he could disappear. It was the most humiliating moment of his whole life. What had made it even worse was that he knew James Ditchfield was enjoying seeing him suffer.

All of a sudden there was a knock on the bedroom door and Mark jumped. He had been so far away in his thoughts.

'I thought I'd bring you a present,' his mum said. She was carrying a strange bag with her. 'How are you feeling now?' she asked. Mark had told her all about what happened in school earlier that day.

He wanted to say something but found he just couldn't. That piece of apple in his throat grew bigger and bigger. He didn't know how to speak and his legs felt shaky. He didn't want to look at his mum because his eyes were stinging.

'When I was coming home from work tonight I suddenly started looking at the leaves,' his mum said. She sat down on the bed and held his shaky hand in her own. 'There was every colour and shape in the world. Even though they were all leaves each one was different. It made me think, Mark. Even when we wear a uniform and look the same on the outside, we're all different. Our feelings, our fears, our dreams, what we don't like, what we love.

You're great at reading and at writing stories – that's something James Ditchfield won't ever be able to do!'

In the dark of the room a tiny smile crept over Mark's face. He hadn't thought of that before.

'God made us all different,' his mum went on. 'He gave us different gifts and different skills. Sometimes it seems so unfair that we can't do all we want to. But what matters is that we find what we can do and work at it until it shines. We make that our gift and thank God for it with all our hearts.'

Mark nodded. He could turn round and look at his mum now. He understood what she was saying and knew that it made sense. He wanted to thank her but there was still just a bit of apple left in his throat. He gave her a hug instead.

Then he remembered the bag. 'What's the present?' he whispered.

She smiled. 'Well, I just happened to come home by the wood and I found some of your favourite things in the world!'

Mark's heart was thumping. He thought he knew but was it possible? He ripped open the bag and gasped with delight. A whole bag full of shining new conkers.

CONTACT INFORMATION

Email - familyworker@lochsidechurches.org.uk

Telephone - 01436 831 964

Mobile – 07754 231028

Thank you to everyone who contributed!