

Eastwood Parish Church of Scotland Crossbeam—March 2023

From the Manse...

Dear Friends,

As I write, we are half way through the first week of the Season of Lent. Lent, a time when many of us try and “give up” something that is bad for us, or try and “take up” something we have not tried before. However, in what some may see as a controversial move, this year I have decided to do neither!

Instead, I have decided that each day, I will intentionally try to sit still, relax, and listen for what God has to say to me. What does God have to say about my life, our Church, and His plans for our future within the Presbytery Mission Plan?

I want to invite you to join me in this discipline. Yes, our lives are busy but can we set apart up to 30 minutes each day for God?

Whilst I am “inviting”, I want to invite you all to join us for worship on Sunday 19th March 2023. This service will be followed by our Annual Stated Meeting which provides an opportunity to hear of the life of our Church during 2022 and will provide an update on our Presbytery Mission Plan progress.

Let me also invite you to the next Joint Cluster Service. This will be held in Williamwood Parish Church on Sunday 26th March at 6.30pm.

Your friend and minister,

Jim

Jim Teasdale

5 Mansewood Road, Glasgow, G43 1TW



Where you belong

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Scottish Charity Number SC000277

Christmas Collection

Thank you to everyone who donated as part of the Christmas collection. The Big Christmas Card, retiring collections at the Watchnight services, as well as the tea and coffee money and the breakfast after the family service raised a total of £634.08. Lodging House Mission and Glasgow City Mission are charities which we have supported a number of times in the past and dedicate their work to providing care and support to homeless, vulnerable and socially excluded people in Glasgow. The letters of acknowledgement are printed below.



Katie Morrison
5 Manse Road
GLASGOW
G43 1TW

27 January 2023

Thank you!

Dear Katie



Thank you for your generous donation of £317.04 from Eastwood Parish Church in response to our Christmas appeal. This donation will directly benefit guests like Barry and change lives for the better.

In our Christmas Appeal story, Barry talks of "coming to the end of myself". It is often when someone is at their lowest ebb that they cry out for help.

Your generosity will enable us to respond to the cries we hear and work with our guests to move them forward in their journey to a fulfilling life.

Thank you again for your support that will help those affected by homelessness and poverty in Glasgow.

We send our best wishes for 2023.

Yours sincerely,

Jack Geddes
Marketing and Fundraising Manager



Burton's Charity 30001489

Opening Doors to a brighter future for Glasgow's Homeless



Katie Morrison
Eastwood Church
115 Ben Vorlich Drive
Glasgow
G32 7PG

01 February 2023

Dear Katie

On Behalf of the Lodging House Mission, I would like to thank the members of Eastwood Parish Church for the donation of £317.04.

As always at LHM, we seek to make a positive difference to the lives of those we support. We were open on Christmas Day and served 60 guests a 3 course Christmas lunch and Santa handed out gifts. Our nutritious food is often the gateway to engagement and relationship building. For our guests who visit LHM over the festive period it is also a place they received a warm welcome and are treated as a part of the family, reducing isolation, loneliness and providing temporary shelter.

Your financial support helps us continue in our mission to assist those most in need and for this we are extremely grateful.

Kind Regards

Claire
Deacon Claire Herbert
Chaplain LHM

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An Easter Verse

Every bird seems to sing
Rejoice—it's spring
Every flower seems to say
Lift up your heart -
It's Easter Day.

Helen Wade

Prayer Breakfasts

Our Cluster Prayer breakfasts continue into 2023. These will be offered on the following Saturday mornings, beginning at 8.30am with breakfast and chat, followed by a time of prayer and be finished by 10am:

3rd June 2023—Giffnock South

2nd September 2023—Orchardhill

2nd December 2023—Williamwood

2nd March 2024—Pollokshaws

All are welcome to come along.

Foodbank Donations

Thanks have been received from the foodbanks at Auldhouse Community Church and Carnwadric Parish Church for the support that Eastwood has given them over the past few months.

We are still taking donations of non-perishable goods for both foodbanks. These can be left in the boxes in the vestibule on a Sunday morning.



Bread for the hungry – Bread for the weary
Holy Week Services, Pollokshaws Churches

Wed 5th April
Pollokshaws Parish Church
7:30pm
Bread from Heaven

Thu 6th April
Eastwood Parish Church
7:30pm
Bread of Life

Fri 7th April
Methodist Church Prayer Vigil 3-4pm
Holy Name RC Church Stations of the Cross 7pm
Auldhouse Community Church Broken Bread 7:30pm

Easter Day : Sun 9th April
Auldhouse Park
8:30am
Risen Bread

Join us at 7pm for a
Hot Cross Bun and a cuppa
Wed-Fri; and a Bacon Roll on Sunday

Easyfundraising—can you help raise Eastwood a little more?



Easyfundraising is a free service that enables people to raise donations for their chosen charities when doing their online shopping. With online shopping set to reach record numbers this year, this is an easy way to raise funds for the church with no cost to the individual. Easyfundraising turns your everyday online shopping into free donations for your favourite cause. Just start your online shopping first at easyfundraising, then shop as normal. Retailers will then make a small donation to say “thank you”. There’s over 6,063 retailers to choose from and there are already over 20 people in the church who have registered for this free service and have raised around £500. If you need any help registering or want to ask any questions, please speak to our Treasurer, Katie Morrison.

Church Flower Fund

Many thanks to everyone who donates to the church flower fund. The church is most grateful & the flowers are very much appreciated by all who receive them. Although we now decorate the church with artificial flowers, fresh flowers are still being delivered. If you would like to contribute to this fund please speak to me any Sunday.

Isabel Freer

Church Family News

Claire Walker, Margaret Pruefer, Isabel Freer, Margaret Marshall and Marjorie Gibson would like to say thank you for the flowers they have received, along with everyone else who has recently been given flowers from the church. Thanks should also go to Isabel Freer for taking the time to deliver the flowers.

Social & Fundraising Group News

Unfortunately, our lunch club has now stopped after 3 months. We had very little response from the local community and it was decided that it was no longer viable. Thanks to all who supported this venture over the winter and all the money raised from donations (£152) was split between the 2 foodbanks that Eastwood is supporting.

On a happier note, our Coffee Morning held at the end of January had a good turnout. After a slow start, we raised £220 for Church funds.

Our next social event sees the return of Brian Taylor Fashions on Friday 24th March 2023 at 7 for 7.30pm in the upper hall. This is a popular event with plenty of bargains on offer and a good line of chat from Brian! Tickets, priced £5 which includes a refreshment, will be on sale at Church on Sundays in March or can be obtained by phoning Anne Maree on 585 3911.

We are also having a fundraiser for Christian Aid after the Service on Sunday 21st May 2023. This will be held in the upper hall and will take the form of a Soup and Sweet Lunch. This will be our first one for 4 years so we're hoping for a good turnout! Look out for more information nearer the time.

Another date for your diary is an Afternoon Tea and tour of the Church on Saturday 3rd June 2023. This is being held to show our Church history to the other Churches in our Cluster group. This is still in the planning stages so watch out for further details.

Anne Maree Smith

Baby & Toddler Group

The baby & toddler group has restarted on a Wednesday morning in the halls between 10-11.30am. The group has continued to welcome new members and there is a lovely group of local mums, dads and grans coming along each week. If you know of anyone who might benefit from the group, please let them know about us. If you would be interested in helping to run the group, please speak to Katie Morrison.



BABY & TODDLER GROUP

Eastwood Parish Church halls

Wednesday mornings 10 – 11.30am

**£2 per family – tea, coffee, biscuits & snacks
provided**

ALL WELCOME!!



Sunday School Update

The Sunday School have continued meeting in the Session Room every Sunday morning. Whilst we are small in number, we still manage to make a lot of noise and have good fun. Over Christmas we were pulling together our Lego Christmas Story. We hope that you were all able to watch it and that you enjoyed our little production – the children had great fun making and filming it and some of them even helped in the editing as well. The last couple of weeks we have been talking about new beginnings and the story of Jesus turning water into wine, as well as looking at some other miracles that Jesus performed.

Miracles of Jesus: Changing water into wine (John 2:1-11)

D	J	L	R	V	K	F	F	C	W	S	A	C	M	T
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BANQUET
DISCIPLES
INVITED
MARY
SIX
TURNED
WEDDING

CANA
GALILEE
JESUS
MIRACLE
STONE
WATERJARS
WINE
TRANSFORMATION



Qi Gong Class

Qi Gong (pronounced chee gung), is an ancient practice, over 4000 years old. It is a gentle mind body and spirit practice, some call it a moving or standing meditation. It promotes vitality, wellness, prevention of disease and healthy energy, we could all be doing with more of that!

The soft rhythmic movements of Qi Gong reduce stress, build stamina, increase vitality and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. The type of Qi Gong I teach is Medical Qi Gong, based on the Chinese system of elements; metal, water, wood, fire, earth which correspond to the organ systems of the lungs, kidney, liver, heart and stomach / spleen.

Qi Gong reestablishes the mind / body / spirit connection. People who do Qi Gong to maintain health heal their bodies, calm their minds and reconnect with their spirit. The art of effortless power, originated by observing nature with human nature and how they coexist.

Qi Gong can be done by anyone which is what particularly appealed to me when I began my training. It mirrors the movement of nature and puts you in touch with the natural flow of energy in your body and mind. It is a great workout and a way to clear emotional stress and connect more deeply to the present moment, bringing you back into alignment, centred and grounded.

A typical class involves the following: Breath work, Activations, Stretches, Flow, Healing Sounds, Meditation, Short readings on nature (for example Tao Te Ching). Qigong can be done seated or standing or a mixture of the two.

Qi Gong sessions can be in a group setting or one to one.

Contact: Sacha McKenzie 07980 253416

Facebook page is <https://www.facebook.com/high3holistics/>

Qi Gong

Gentle and Flowing Movement
Breathwork & Moving Meditation



*Balanced Energy & Wellbeing
Transform Stress into Vitality
All Ages & Stages Welcome*

The Yoga Barn 7.30 - 8.30pm

WEDNESDAY 1st March

Eastwood Parish Church 7 - 8pm

WEDNESDAY 8th March

WEDNESDAY 15th March

WEDNESDAY 22nd March

WEDNESDAY 29th March

£8 / £6 conc



www.high3.co.uk

What's On At Eastwood

SUNDAY		Contact
10.00 am	Faithbook (Monthly) - ONLINE ONLY	Erika Watt
11.15 am	Worship	Rev Jim Teasdale
11.00 am	Sunday School (age 2 to 16)	Katie Morrison
MONDAY		
7.00 pm	Rock Til U Drop Jive Club	Raymond or Nicky
TUESDAY		
5.45 pm	Coyle Irish Dancers	Suzanne Coyle
WEDNESDAY		
10.00 am	Eastwood Carer & Toddler Group	Rona Hutton
1.45 pm	Carpet Bowls (from October to March)	Linda Smith
THURSDAY		
5.45 pm	Coyle Irish Dancers	Suzanne Coyle
FRIDAY		
9.00 am	Slimming World	Jackie Quinn
7.00 pm	Badminton (from October to May)	Anne Maree Smith
SATURDAY		
11 am	Coyle Irish Dancers	Suzanne Coyle

Church Contacts

Minister	Rev Jim Teasdale	0141 571 7648	JTeasdale@churchofscotland.org.uk
Session Clerk	Erika Watt		
Treasurer	Katie Morrison		
Halls Convener	John Smith		
Roll Keeper	Jamal Issa		
Magazine Editor	Felicity Teasdale		