The Outlook

magazine of Inverleith St Serf's Church

October 2023

Inverleith St Serf's Contacts

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Next Issue

Copy for the November issue of *The Outlook* should be with the editor no later than Wednesday, October 18. The distribution date will be Sunday, October 29.

This month's cover: courtesy of Creative Commons

www.inverleithsaintserfs.org.uk Scottish charity No: SC015442

A reflection on organ donation

As some of you will know, I am recovering well from my fourth corneal (front of eye) transplant/graft.

Without these grafts I would probably have gone blind 30 years ago. Thanks to these gifts of human tissue, I have been able to lead a normal life: watching my children and grandchildren grow, watching and shedding a tear over my beautiful daughters on their wedding days, enabling me to see some of the great wonders of our world.

Life-giving, life-enhancing

But I am far from being alone in having my life enhanced by organ and tissue donation. Many people nowadays benefit – whether from the big organ transplants – (heart, lungs, kidneys, liver) or from tissue donations – corneas, heart valves, skin, bone And that is before we consider people receiving blood or bone marrow or a kidney from a living donor.

(It is recognised that many people are willing for major organs to be harvested but draw the line at their corneas. They just can't bear to contemplate that. While I totally respect people's position on this, I think it is a terrible shame when a gift of a cornea can make such a difference to someone's life.)

Opt-in/Opt-out

I am eternally grateful to the donors and their families for these gifts.

Image courtesy of Bush University Medical Center

Nowadays in Scotland you have to opt out of having your tissue and organs donated after your death. I have always felt that knowing the donation was made willingly by family members at a time of grief and distress, made the gift even more precious. But there are long waiting lists for transplants and grafts. Hundreds of people die each year on the waiting lists. And the family will always be approached before donation goes ahead. So, I can accept that change. For me, transplants have enhanced my quality of life; for recipients of major organs like hearts and kidneys – it is the gift of life itself.

Religions' stance

All the major religions in the UK support the principles of organ and tissue donation and transplantation, accepting that organ and tissue donation is an individual choice.

The Christian faiths consider organ donation to be a genuine act of love and a way of following Jesus' example of helping others. We remember how our Lord healed the sick, enabling the blind to see and the deaf to hear.
I came across prayers which I have adapted slightly:

Our Father in Heaven, we come before You with hearts full of gratitude for the selfless donors and their families who have given, with courage and compassion, a priceless gift to those in need of organ and tissue transplants and grafts. We are humbled by their love and generosity, which reflect Your divine love.

Bless those who receive a donated organ or tissue.
Restore them with the gift of health,
that they may continue to serve You with hope and thanksgiving.
Amen

(Based on prayers from Bush University Medical Center and the Church in Wales)

Lorna Pratt

Worship in October

The Rev Dorothy U Anderson will conduct the services in the sanctuary at 10.30am. Everyone is welcome

October 1	10.30 Harvest Thanksgiving with Early Birds (see p6) Kilo Rice Challenge (see p7) Fresh Start collection of household goods
October 2	10.30 Pram Service - enter from Clark Road
October 8	10.30 worship in sanctuary. Ordination of elders.
October 15	10.30 worship in the sanctuary
October 18	14.00 Afternoon Communion - enter from Clark Road
October 22	10.30 worship in the sanctuary
October 29	10.30 worship and Holy Communion in the sanctuary

Church Family

Baptism

'Let the little children come to me, do not try to stop them, for the Kingdom of God belongs to such as these'

Hector Norman Drummond Tully

October 1

Harvest Thanksgiving

Together with Early Birds we celebrate Harvest on October 1 at the 10.30 service. Donations of food and other sundry household items, will go to the Granton food bank. Items with a long shelf life will be acceptable but no flowers or chocolates please.

Pastoral arrangements

Please contact Dorothy Millar regarding pastoral issues such as illness. The local undertakers are aware of arrangements if a member dies.

Granton Baptist food bank collection

There is an update from the food bank on p14. We continue to collect food items for the food bank. Collection points are at the Church Centre and in the Church Vestibule. Money donations are welcome and should be put into the separate box alongside the baskets. Please ensure that the 'use by' date is well in advance.

See arrangements for Harvest above.

90KG
RICE CHALLENGE

The Eco Group

Take the Kilo Rice Challenge - October 1

Whether you use it as a suitable accompaniment to a fragrant curry or in a spicy kedgeree, for a flavoursome risotto or as a quick and easy alternative to potato – or maybe don't think of it at all – rice is an important cereal crop. It is the most widely eaten staple foodstuff for most of the world's people.

This Harvest-time, we have the chance to **buy rice and change a life**.

If we sell 90 x 1kg bags of fairly-traded, Kilombero rice, the money raised will go to the Malawian farmers who grew it. In their hands, the money can be reinvested into the farm, help feed and clothe their family, and – most importantly – pay for one year's secondary education for one child.

On Harvest Sunday (October 1) we will have 90 bags of Kilombero rice – some white, some brown – on sale. The cost is £4 per bag and payment will be able to made in cash or electronically.

So, can we sell 90 bags in one day? We are making it as easy as we can, but there's only so much we can do – the rest is up to you.

The rice not only does good, it also tastes delicious. It has won the Great Taste award and is the 'most ethical rice on the market' according to Ethical Consumer magazine.

As well as helping with the Harvest appeal for Granton food bank, please buy some rice and help the farmers of Malawi and their children have a better, brighter future.

The Eco Group

Early Birds at Harvest

On Sunday October 1 the Early Birds families are invited to join the main congregation at 10.30am for the first part of the Harvest service before going out to the small hall for harvest crafts and snacks. There will be no Early Birds service on the third Sunday in October as this is mid-term for many of the families. The next regular Early Birds will be on Sunday November 19 at the usual time of 9.30am in the small hall.

The Early Birds Team

Eco Group

Soft plastic wrapping collection

We are all aware (or should be!) of the kind of things which can be recycled and placed in the appropriate kerbside bins. We know that newspaper, plastic containers, glass and food waste can be recycled thus helping to reduce waste.

Supermarket soft plastic collections

What is not so well known is that some of the local supermarkets, such as Tesco and Morrisons now have recycling points for soft plastic where you can return previously unrecycled soft plastic, from any brand or retailer, including cucumbers wraps, salad bags, bread wrappers, and crisp packets.

This now also includes biscuit wrappers and the Eco Group is keen that the wrappers used at after-Church teas and coffees are recycled and not sent to landfill.

SO, to this end, there is going to be a container in the kitchen (beside the one for coffee grains) so that after events where biscuits are on offer, the wrappers can be placed and someone from the ECO Group (I have volunteered to be that someone!) will collect them for recycling.

We hope those involved with the catering side of church life, will help the ECO Group in our endeavours to reduce church waste going to landfill. As I read somewhere “Every little helps”!

Matthew S Bicket

Great chat at Granton Cuppa and Cake

A large number of Inverleith St Serf's members took advantage of sunny weather and went to Granton Parish Church on September 2 for a get to know you event ahead of our eventual union.

The welcome was warm, the cakes were fantastic and the place was abuzz with chat. Our thanks go to Granton for their hospitality.

Flowers in church

A big thank you to all who contacted me to offer to give flowers following the September issue of *The Outlook*. I am delighted to say that the flower calendar is almost full now until the end of February 2024.

The arrangement in the photograph is by Helen Pratt, a member of the flower team.

If you would like to discuss the flowers – donation, arrangement or delivery - please email me or phone me on. You could also catch up with me after the service on a Sunday.

Margaret Colquhoun, Flower Convener

Flowers in church by Helen Pratt

Granton Parish Church Update

Did You Know?

At Granton Parish Church, West Hall, there is a Wednesday Lunch at 12 noon

They tell us that: '*You don't have to be a member, you don't have to be 'mature', you don't have to leave the kids at home!*

The group has been providing a meeting place and a simple meal since 1994 – at an amazingly low price! Wednesday Lunch now gets a lot of its food from Cyrenian's FareShare*, which not only fits in with our efforts to be greener and reduce waste, but also means that the meals are no longer always 'simple'.*

The Wednesday Lunch team would love to welcome more customers – no need to book, just turn up at noon on Wednesdays.'

More about weekly events at GPC

To find out more about the weekly events at Granton Parish Church, you can sign up for a weekly digital news bulletin on their website.

To join this useful service:-

on the Home page, go to the very bottom of that page in the black area and click on Subscribe button (green). It says SUBSCRIBE to receive updates from GPC.

News from Granton Baptist Food Bank

Over the last year, we, at Granton Baptist Church food bank have seen unprecedented numbers of users in need of extra help. The food bank is a joint venture between Granton Baptist Church and Edinburgh City Mission.

From January until the end of August 2023, we gave out

25,200kgs of food to feed 3,025 people

Edinburgh food bank network

The Mission has food banks in various areas of the city. Prestonpans is on a Monday, Tuesday serves the people of Granton and Craigentinny, Leith operates on Wednesdays, Newington on Thursdays and the week rounds up with Moredun and Bruntsfield on Friday. Most people prefer to attend the food bank that is closest to their home, however, if urgent need arises, the client will be accommodated at whichever food bank is operating on the day. In certain circumstances, a delivery will be offered. We like to build a relationship with the users. Every person is treated as an individual and their likes, dislikes and particular needs can be addressed.

Anticipating demand

Previous experience has allowed us to anticipate the number of people who are likely to attend at different times of the year. We usually see a decrease during the school holidays in the summer and a large increase just before Christmas. The last year has been

unpredictable with the severe rise in the cost of living. We really don't know what to expect during autumn and winter this year.

The warmth of the prolonged summer months has seen slightly reduced numbers as heating homes has not been necessary. It has given us some breathing space to restock our shelves.

From January until the end of August 2023, we gave out 25,200kgs of food to feed 3,025 people. Every kilo was carried into the food bank by our very strong volunteers! The food bank is a place of love, joy, and laughter. The users arrive burdened with worries and leave burdened with food and feeling much happier.

Of course, we could not function without the generosity of the donations, both in goods and money. It is difficult to put into words the huge effect that your acts of kindness have on both the users and the volunteers, and for this we offer our grateful thanks.

Many blessings

Linda (Farrer) Food room co-ordinator.

Photo courtesy of Edinburgh City Mission

Guild news

Look Forward in Faith
New Wine, New Wineskins

Our first meeting for the new session will be on **Tuesday October 3 at 2pm.** We welcome The Rev U Dorothy Anderson to this meeting and she will introduce the new theme: **New Wine, New Wineskins.**

October is a bonus month – we shall have three meetings!

October 17: Gordon Hughes will take us on a trip to the Galapagos Islands.

October 31: A speaker from 'Kasungu Village of Hope'. This project is run by The Vine Trust and will be our Guild Project for the year.

Full programmes are available now. We look forward to an interesting year.

Guild members enjoyed a Tea Party on August 22. At this event we decorated a yardstick for the 20th Anniversary Celebration of

Richmond's Hope Yardstick with £1 coins

Richmond's Hope. A slot along the top of the yardstick held 40 pound coins and this together with a further £70 (total £110) was donated for their work with bereaved children. The yardstick formed part of a 'Mile of Hope' in Holyrood Park on Sunday September 3.

Do bring along all the milk bottle tops, stamps and loose silver you have been collecting over the summer!

Fiona Davies

The church golfers send greetings from their summer outing to West Linton

Pram Service October 2

10.30am.

Nostalgia café meets on

<u>Thursday October 26</u> at 2pm

All welcome

Our Father, give us this day our daily bread

Loving God,
It is by You that all things are held together.
Help us to see all the ways You work in the world.
Draw us closer to You so that we may see each other as You see us.
Encourage us to look out not only for ourselves but also for others,
as we all continue our struggles in these strange times.

You promise that when we call on You, You will answer with Your presence.
We know we can trust in Your promise, especially as we see the promises made by those who have an impact on all our lives, broken with impunity.

Thank You for the many blessings You have given us.
Thank You for hope even through the toughest of times.
Thank You for the food on our tables as we remember the hungry,
for the roof over our heads as we think of those with no real home.
Thank You for our health as we remember the sick in mind, body and spirit,
Thank You for our friends and family, but we remember those who are alone.
Thank You for the freedom to worship and pray without fear, but we remember those who are persecuted.
Thank You for each precious new morning and for our rest at the end of each day.
Renew us and fill us with Your joy and peace,
We pray in Jesus' name. Amen.

Based on Prayers written by the Granton Parish Church Worship Group for an October C of S Worship page.

Macmillan Coffee House

Friday October 13

in the Church Centre

Anytime from 10.00-11.45

All welcome to come for a cup of coffee or tea, a treat and a chat with friends or arrange to meet friends for a social morning.

The proceeds will go to Macmillan Cancer Support.

Macmillan Cancer Support