

thegoodneighbour

MAY 2026



Living our **faith** by our **actions**  at the heart of the **community**

GreenbankParish
CHURCH

Parish Register

DEATHS

22nd March 2026	Mrs Catherine Wills of Clarkston
23rd March 2026	Mrs Christine Britton of Newton Mearns
24th March 2026	Mrs Beatrice Anderson of Clarkston
9th April 2026	Mrs Elizabeth (Pat) MacLennan of Clarkston

PULPIT DIARY

Sunday 3rd May	10.30am	Family Worship
Sunday 10th May	10.30am	Worship with Sunday Club
Sunday 17th May	10.30am	Worship with Sunday Club
Sunday 24th May	10.30am	Family Worship
Sunday 31st May	10.30am	Worship with Sunday Club Prizegiving

FLOWER LISTS FOR MAY

Communion Table

Sunday 3rd May	Anna Martin
Sunday 10th May	Isobel Blanchflower
Sunday 17th May	Alison Allan
Sunday 24th May	Helen Howard
Sunday 31st May	---



The sheets for 2026 flower lists are on the windowsills in the transept. You can put your name down to put flowers on the Communion Table or on the side windows. A member of the flower committee will contact you during the week prior to your date.

With thanks,
Elizabeth Cross (0141 638 5162)

CHRIS HOY TOUR DE 4 . . . FOR CARA

In memory of Cara, who died from medulloblastoma last November, her brother Rory and dad Graham are taking part in the Sir Chris Hoy "Tour de 4" 90km cycle ride in September. We are raising funds for Brain Tumour Research, and our [GoFundMe page is here](#), if you would like to donate.

Thank you,
Rory and Graham Hood



May 2026

Dear friends,

An article I read recently spoke about what busy lives we all lead, how we never seem to have enough time for all the things we really ought to do, or we would really like to do. As a way of dealing with all the pressures of our 21st century lifestyle the article suggested that instead of saying, as we often do, "I don't have time for that" we should say instead "that's not a priority for me".



So, for example instead of saying "I don't have time to iron bed sheets" we should say "ironing bed sheets is not a priority for me". Or, instead of saying "I don't have time to hand write a thank you note to everyone who came to my party" we should say "hand writing a thank you note to everyone is not a priority for me" and maybe add "I'll post something on my WhatsApp group instead".

Well, that seems like good advice as it helps us to realise what our priorities really are, and that how we spend our time is actually a choice. But how about we apply the same approach to other things we say we don't have time for. When instead of saying "I don't have time to go to see my GP about this" we say "seeing my GP is not a priority for me" – is that really saying "my health is not a priority?" Or instead of saying "I don't have time to sit quietly and listen for God or to go to church" we say "listening for God is not a priority for me" is that really saying "praying is not a priority for me".

As Spring arrives with us I hope you find time for all the things that are a priority for you, and I hope that includes the fullness of life offered to us by our Lord and Saviour Jesus Christ, a fullness that involves time for prayer and worship and the joy of being a part of Christian community.

With love and blessings,

Rev Ruth Halley

Reverend Ruth Halley, (Interim Moderator and Locum Minister)

Prayer Diary

"When gorse is out of blossom,"
(Its prickles bare of gold)
"Then kissing's out of fashion,"
Said country-folk of old.
Now gorse is in its glory
In May when skies are blue,
But when its time is over,
Whatever shall we do?

O dreary would the world be,
With everyone grown cold -
Forlorn as prickly bushes
Without their fairy gold!
But this will never happen:
At every time of year
You'll find one bit of blossom -
A kiss from someone dear!

('The Song of the Gorse Fairies' - Cicely Mary Barker)

We're still quite likely to get weather from all four seasons in a day, but we should be used to that. My Christmas cactus (which lives inside) is obviously confused because it's starting to flower now.

Give thanks for the safe return of the astronauts from Artemis II. Ask that man's ingenuity and resources are also applied to ongoing problems such as famine and lack of clean drinking water. All people have a right to the basics of life.

Continue to ask that conflicts all over the world can bring an end to bloodshed and be resolved by negotiation

Pray for all people who have to live with the effects of corruption and persecution.

Ask that the world will realise that the consequences of the climate crisis are a truly global problem. Many of the countries most badly affected by drought or flooding are the poorest countries, who are struggling to adapt to the changes in their lands.

'Dear Lord and Father of mankind, help us to look into our hearts and find the things that unite us. Help us to realise that we are all basically the same. Your world belongs to us and nurtures us, and we are responsible for looking after it in turn. Help us to look beyond our own failings and see the wonder of our home and the need to protect it. Amen'

Gillian Foy

Prayer Promoter [0141 638 6245]

PRAYER REQUESTS

If you need prayer for yourself, a loved one or a friend, requests can be sent to the Prayer Promoter, Gillian Foy, via the church office at office@greenbankglasgow.org.uk. Those for whom prayers are requested will be prayed for throughout the following month by members of the Prayer Group. Anyone who would like a copy of the prayer list, in order to pray for those on it, should contact Gillian.

What's On

SATURDAY MORNING BOOK CLUB

We are continuing to read the book *"Hope in Times of Fear"* by Timothy Keller. *"Hope in Times of Fear"* unlocks the meaning of both the cross and Jesus' resurrection. Here the central message of the Christian faith is revealed with unshakeable belief, piercing insight and a profound message of hope for the world. We are looking at the 2nd chapter, *"Future Hope"*. The next meeting will be held on **Saturday 2nd May**, meeting at 9.45am for tea/coffee and nibbles and starting at 10.00am in the manse. New members will be made most welcome. For further information please contact Ronnie McNeill on 07796 002517.

GREENBANK PLAYERS

We are delighted to let you know that we have donated £1,720 to the church and £303.27 to the Age Concern Eastwood Dementia Project (The Stables), following our successful show in February. Thank you for your continued support, without which this would not be possible. The sanctuary was an excellent venue, allowing us to set out tables and chairs with everyone having a good view of our "stage".



Next year is the 80th anniversary of the founding of the club. We are taking a break for the summer and hope to inform you of our plans for 2027 in the autumn.

Liz Smith
Secretary/Treasurer

CLARKSTON COMMUNITY CHOIR

The Clarkston Community Choir meet for weekly rehearsals on Wednesdays 7.30pm-9.30pm at Busby Parish Church halls. The choir are a friendly and inclusive group of around 80 singers, with no entry requirements or previous musical experience required – just come along and join in! The choir will be preparing a weather-themed programme for Summer charity concerts in May and June 2026, with an eclectic mix of popular, classical and alternative songs. For more information, contact clarkstoncommunitychoir@gmail.com.

WILLIAMWOOD PARISH CHURCH SUMMER CONCERTS

Williamwood Parish Church is pleased to present their annual summer concert series, featuring four monthly concerts from May to August. Concerts take place on Sundays 7.00pm-8.00pm, with wine and refreshments after each performance included in the admission price (cash donation on the door, £5 suggested). The series is curated by Williamwood's director of music, Richard Scholfield, and features a huge variety of instruments and musical styles performed by talented local musicians.

Sunday 31st May - Scottish Saxophone Quartet
Sunday 21st June - Trio Alba (soprano voice, cello & piano)
Sunday 19th July - Chris Vettrano & Liana Storey (oboe & piano)
Sunday 30th August - The Undici Project (11-piece chamber orchestra)

BUSHIDO KARATE CLUB

Karate is a sport for all. Bushido has students ranging in age from 5 to 80+. While more notice is often paid to those who start their karate journey in later life - Bushido has two women who took up the martial art in their 70s and 80s respectively - the progress of some of the club's teenage members is no less impressive.

No fewer than six teenagers will bid to achieve Senior First Dan level in the association's gradings next month. Four of those youngsters have already earned Junior First Dan and, having turned 16, will seek to become Senior First Dans. Two more 16-year-olds will also be striving to achieve Senior First Dan status.

Six other Bushido club members will aim to continue their journey at the Senior Dan Grading at Pollok Community Centre on Friday May 22, one for First Dan, two for Second Dan and three of the club's most experienced practitioners will seek to achieve Fourth Dan status.

Several of the club's teenage karatekas have also shown their commitment to the club by assisting with coaching younger students at classes on Tuesdays, Thursdays and, especially, Saturdays. All have demonstrated a pleasing aptitude for this and the confidence they have gained by having achieved First Dan level at a relatively young age has shone through. The club is seeking to assist them by securing places on a course for Safeguarding Young Leaders run by East Renfrewshire Council.

Last but certainly not least, among the club's not-quite-so-young members is its leader, Sensei John Elliot, who turned 60 at the end of last month. In order to show their appreciation for all he has done - and continues to do - for them and all club members, Bushido's black belts (almost 50 in total) presented him with a framed photo of all the black belts, a portrait of him drawn by one of them, Austin Lafferty, and, most importantly, a new belt.

The last item was particularly significant. Sensei Elliot's existing black belt had turned almost white after nearly 40 years of wear and tear but remains a treasured possession, so the new belt - sourced to be as close to an exact replica of his first one - was only to be worn when he was happy to "retire" his original belt.

That he has chosen to wear the new belt immediately suggests he is quite pleased with the gift!

Remarkably, the group managed to surprise Sensei Elliot by "ambushing" him at the start of a class to make the presentation; it seemed that he had no inkling of what was about to happen. Notably, nearly 40 of the club's black belts were present: a quite remarkable turnout and appropriate testimony to the esteem in which he is held by all.

Donald Cowey
Bushido Karate Club

HALL HIRE

Greenbank Church Halls will not be available to hire for children's parties until the new halls are built.



Sensei John Elliot, centre, with his new belt, flanked by, from left, Helen Buchanan, Adrian Hudson, Iain Frame and Roddy Wilson, some of his initial intake of students.

Legacy Project

FUNDRAISING FOR LEGACY PROJECT

In March we were very fortunate to receive donations of hand made items which were to be sold to raise funds for our Legacy Project. Some of these items were made and donated by a church member, and some were made and donated by a friend of one of our members. Some items had an Easter theme, and others were of a more general nature.

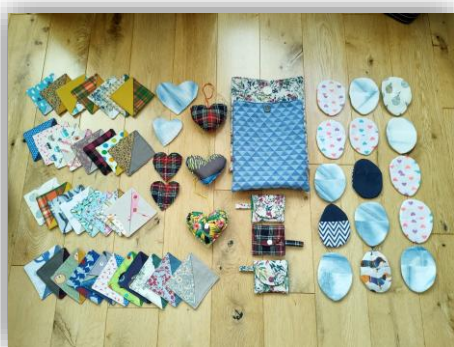
The one thing they all had in common was that they were all beautifully and thoughtfully made using a variety of fabrics. How very kind of folk to use their talents to the benefit of our Legacy Project!

The items are shown in the photos below, and included kindle/iPad sleeves; bookmarks; Airpod pouches; Easter egg pouches; padded hanging hearts; flat hearts; drawstring bags; Easter bunnies with eggs.

On three Sundays on the approach to Easter, it was my pleasure to present the items for sale. Sales were brisk and purchasing was enthusiastic. Everything, with the exception of 4 bookmarks, was sold, and the grand sum of £317 was raised! An absolutely wonderful total.

Sincere thanks to Susan and Dorothy, our donors, for creating these exquisite items, and to all who made purchases.

Alison Allan



LEGACY FUND

Thank you again to all those who continue to contribute to our Legacy Fund.

Pledges can be, and have been, made for any amount of money you can afford, and spread over a few years by standing order if that suits you better. Alternatively, a one-off payment by bank transfer or cheque can be made, and you can also donate to the project online by logging on to our church website, following the link to the Legacy Project and clicking the red "Donate Online" button. Spare pledge and bank standing order forms are available from myself or the Church Administrator, should you require any.

Please remember that **every donation**, of whatever size, is both needed and warmly welcome.

Alistair Smith, Treasurer, Tel: 0141 571 2676 Email: alistairsmith@ntlworld.com



YOUNG PEOPLE'S PAGE



BAAH!

If you are out and about in the countryside during May you will probably see lambs in the fields. That's what most people notice and never really give sheep much thought. Sheep are thought not to be very intelligent but studies show they have complex social relationships within their flocks and don't like being alone. They also have an extremely good learning ability and memory. In fact, sheep know which plants and herbs help them when they are sick like garlic and rosemary. That's smart!

Sheep sleep for about four hours a day in total which is not very much in human terms. Most of it is in naps either standing up or lying down. In between they eat - mostly grass and low growing plants or chew what they eat very slowly turning it into a kind of mush. It's a bit like chewing chewing gum.

Everyone knows that a sheep's coat is made of wool. We make it into clothes but it is a fabric that doesn't do well if it gets wet. A sheep's wool, however, contains a waxy substance called lanolin, which helps them stay dry in wet weather. Some breeds can cope with bad weather, though this is not true of all sheep. Sheep often choose to seek out shelter. They cope with warm weather as humans do, and they pant when they feel too much heat. We can take off a woolly jumper but sheep can't!

Sheep also don't look as if they are paying attention to their surroundings but they have amazing eyes with rectangular pupils that can see almost a whole circle round about them which helps them to see dangers. They can also run up to about 20 miles per hour over quite long distances. Just be careful not to alarm sheep, though. Although they can run, they are easily startled and can't escape dogs. So leave the dog behind and admire the sheep and their lambs from behind the fences.

SHAUN THE SHEEP



One of the editor's favourite programmes is Shaun the Sheep. Shaun the Sheep's TV show and films are made by a company called Aardman who also make Wallace and Gromit. Shaun the Sheep is made with a stop-frame animation technique.

Objects are filmed frame by frame so that they appear to be moving when played back at normal speed. It might surprise you to find out that it takes between 12 and 24 frames to create just one second of Shaun the Sheep animation!

Aardman model makers create the puppets that are used in productions, crafting characters from different materials depending on what they'll be doing in each shot. They use a lot of modelling clay and model makers' fingerprints are often visible on the characters - a true Aardman trademark!

The animation processes used to make Shaun the Sheep are extremely painstaking and time-consuming, but the editor thinks that the result is baa-rilliant!

THE COUNTRYSIDE CODE



Respect everyone

- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

Protect the environment

- take your litter home - leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo - bag it and bin it or take it home
- care for nature - do not cause damage or disturbance

Enjoy the outdoors

- check your route and local conditions
- plan your adventure - know what to expect and what you can do
- enjoy your visit, have fun, make a memory

Hi Everyone,

Hope you all had a lovely Easter break and didn't eat too much chocolate!! The team continue to share our bible stories with the children and some fun crafts and games to spread the lord's word.

As we move closer to the completion of the new annexe we are looking forward to having some more space to run around and play with the children.

Sunday Club Team

Dates for May 2026

Sunday 3rd May - Sunday Club on Holiday

Sunday 10th May Sunday Club meet in Church

Sunday 17th May Sunday Club meet in Church

Sunday 24th May - Sunday Club on Holiday

Sunday 31st May – Sunday Club meet in Church – Sunday Club Prizegiving (Also some sandwiches /drinks after the service for the children and families to celebrate Prizegiving)

Dates for June 2026

Sunday 7th June – Communion – Sunday Club will join the congregation later in service for communion

Sunday 14th June – Last Sunday for Sunday Club – Fun and Games for the children

A FILM TO WATCH IN MAY



In this funny new breed of mystery, George (Hugh Jackman) is a shepherd who reads detective novels to his beloved sheep every night, assuming they can't possibly understand. But when a mysterious incident disrupts life on the farm, the sheep realize they must become the detectives. As they follow the clues and investigate human suspects, they prove that even sheep can be brilliant crime-solvers. (PG)

FIND THE WORDS



AT THE MOVIES
WORD SEARCH PUZZLE

- APPLAUSE
- CANDY
- CAST
- DOORS
- EARLY
- FAMOUS
- FEATURE
- FILM
- MAKE UP
- QUIET
- ROW
- SCREEN
- SCRIPT
- SEAT
- SITE
- SODA
- SONGS
- SOUND
- STAGE
- STUNTS
- TAKE
- TICKET
- USHER

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



News and Updates



DONATIONS for the LHM can be put on the trolley in the church vestibule on Sunday mornings and in the box in the manse hallway during office hours. At the moment **diluting juice, UHT milk and tinned tomatoes are particularly requested.**

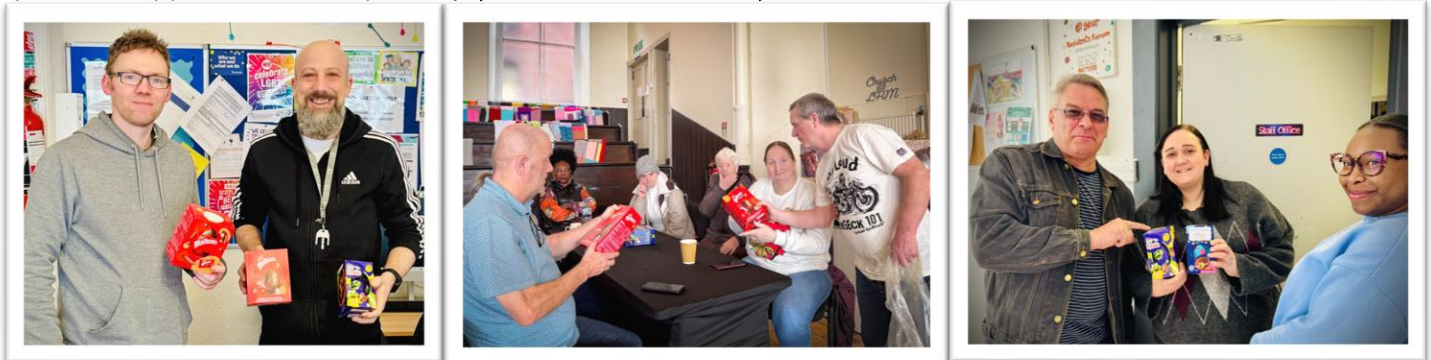
Envelopes are also available for donations of money. Please complete your details on the envelope (so that Gift Aid can be claimed if relevant and your donation can be acknowledged) and either hand to me or place in an offering bag during the service. Please do not leave these envelopes on the trolley or in the box. Donations can also be made online at www.lhm360.org/donate. All donations are very much appreciated.

Greenbank members responded with their usual generosity to the Easter Egg Appeal. Below is an extract from a letter from June Macleod, Chief Executive.

"On behalf of everyone at the Lodging House Mission, I would like to express our heartfelt thanks to the congregation at Greenbank Parish Church for the generous donation of Easter eggs.

Your kindness and thoughtfulness have made a real difference to the people we support. For many of our service users Easter can be a difficult time, but your gifts brought smiles, comfort and a sense of being remembered and valued.

It is through the compassion and generosity of congregations like yours that we are able to share not only practical support but also hope and joy within our community."



The AGM takes place at the LHM on Wednesday 29th April at. Come along and hear about the work of the LHM and also enjoy the entertainment and buffet. It would be helpful to call the LHM on 0141 552 0285 to assist with catering, if you are attending. All will be made very welcome.

Liz Smith (571-2676)
LHM Representative

OFFERING INCOME

Dear Friends,

I wish to thank all those who continue to support the church, whether by standing order, direct payment into our bank account, weekly freewill offering or putting money in the offering bag each Sunday. Offering income is essential to the work of the church and any increases in offering income to Greenbank are always welcome. You may also, or instead, make a contribution to the Greenbank's Restricted Fabric Fund.

I recognise that some of us may not be able to increase their offering which makes it all the more important for those who can, to do so. For those unable to come to church for whatever reason, but still wish to contribute financially, you may contribute by any of the above methods.

For a standing order form, or details of the church's bank account to make a direct payment, please email me at alistairsmith@ntlworld.com or write to me at the address below and I will be happy to assist. You may also post me a cheque and/or your freewill offering contribution to the address below. My address is 26 Stewart Drive, Clarkston, G76 7EZ. Thank you all for your continuing support.

Alistair Smith, Treasurer

Playlist for Life



Playlist for Life is a charity whose aim is to raise awareness of how a playlist of personally meaningful music can help people living with dementia. The founder of the charity is Sally Magnusson. Sally founded the charity after caring for her mother, Mamie, who had dementia. Sally noticed the powerful and beneficial effect that familiar music had on her Mum as her condition deteriorated.

As you will know, Greenbank Church is a registered help point for Playlist for Life. We have been since March 2023.

As a help point, we endeavour to help raise awareness in whatever way we can. We are one of over 2000 help points across the UK.

A playlist is a selection of songs which have been specifically chosen for a particular individual as the songs are meaningful to them. These may be songs from church; from childhood; from schooldays; from discos or dance halls; from sporting events - it has been shown that when all other means of connection have been lost, playing the right, familiar music to a dementia sufferer can encourage them to become more animated and participative.



Currently, we have signage in our church sanctuary and manse, and we have quantities of resource materials freely available to anyone who may benefit or to whom they may be of interest - perhaps you have a friend, neighbour or family member who might benefit from learning a little more. We have access to these materials in languages other than English, so please let us know if this might be helpful to someone you know.

At our communion service in March, our retiring offering was collected for Playlist for Life. The sum of £338.50 was raised, and this has been sent to the charity.

Karine McFadyen is our congregational representative. She regularly attends networking events to keep up to date with what other help points are doing and to make sure that our resource materials are current.

There is a huge amount of helpful and interesting information, including access to Spotify playlists and to BBC Music Memories, available on the Playlist for Life website: <https://www.playlistforlife.org.uk/>
If you'd like more information, please contact Karine or myself via the church office, or visit the Playlist for Life website.

Alison Allan

POSTAGE STAMPS

PRICE INCREASE: Postage charges increased as of 7th April:

- 2nd class letter now 91p 1st class letter now £1.80
- All World: now £3.60 (for an envelope up to A5 and 100gs anywhere outside the UK)

COLLECTION OF STAMPS: The Church of Scotland campaign which collected stamps to raise funds for churches abroad came to an end in February. However, the philatelist overseeing that campaign is now part of the fundraising team at [Alzheimer Scotland](http://AlzheimerScotland.org), so we are still able to collect stamps to raise funds for this very worthy charity. They are looking for:


- Stamps on mail you receive, being careful not to damage the perforations, including the QR code.
- The stamp corner from a post card.
- Unused, out of date stamps.
- If you are clearing out for yourself or a relative, then collections and albums of any size.
- Bags of stamps, however old the stamps may be.

Please deposit your stamps in the red box at the left side of the vestibule as you enter the church. If you would like stamps picked up from your home, please contact me.


Thanks to all those who take already part.

Elizabeth McKenzie [0141 384 2648]




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If you know of anyone who might like to place an advert in Good Neighbour, which is distributed to over 600 people in Clarkston and the surrounding areas, please contact our church office on 0141 644 1841.

ARTICLES FOR THE JUNE ISSUE OF GOOD NEIGHBOUR

should be submitted to the Church Office: office@greenbankglasgow.org.uk
and the Editor, Jill Liddell: liddell.jill@gmail.com, **by Sunday 17th May 2026** please.

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