



GREYFRIARS COMMUNITY NEWS

Keeping you up to date with what's going on in and around Greyfriars Kirk

The **Minister**, Richard Frazer, the **Associate Minister**, Ruth Halley, or the **Parish Associate**, Gillian Couper, are happy to speak to anyone to discuss any matter, whether you are a member or not. Please contact either:

- Richard on 07715 069 041 or by email at minister@greyfriarskirk.com, or
- Ruth on 07530 307 413 or by email at associate.minister@greyfriarskirk.com, or
- Gillian on 07808 472 464 or by email at parishassociate@greyfriarskirk.com.

THIS SUNDAY: 14 NOVEMBER 2021

10.55 am Remembrance Service - provide Track & Trace details at the door.

NEXT SUNDAY: 21 NOVEMBER 2021

11.00 am Morning Worship - provide Track & Trace details at the door.

7.00 pm Refugio – Holy Communion with silence and symbol.

Midweek Prayers

Join us in-person each Thursday in the sanctuary from 1:10 - 1:30 pm for this special time of prayer and reflection.

Morning Worship - seating

For the better accommodation of the increasing number of events in the kirk, the arrangement of seats for the 11.00 am service will now be more similar to the previous traditional rows, but with space for social distancing as required.

Kirk Winter Visitor Opening

The Kirk is open to visitors from 11.00 am to 3.00 pm on Thursdays (only) 18 November and 2 and 9 December. Please check the website at greyfriarskirk.com/visit for days when the Kirk will be closed for other activities or events.

Giving to the Kirk

With the church building closed to outside activity we are totally dependent on the generous financial support of our members, regular attenders, online visitors and friends. As we cannot circulate the usual offering plate as widely, the online alternative is through this link: <https://bit.ly/greyfriarsdonate>. Although headings on that page refer to Greyfriars Outreach, all donations will be used for the same general Greyfriars Kirk purposes as regular offerings: ministry, the Kirk building and staff. Many thanks.

If you are shopping on-line with AMAZON, please can you pay via AMAZON SMILE? This is their way of giving a proportion of your purchase amount right back to Greyfriars Kirk. Again, you can help the Kirk in this way without any monetary impact at all on your bank balance! All that you need to do is quote Greyfriars Kirk's Charity number, which is SC003761.

Study Service: Sundays at 7.00 pm

The regular study service takes place on the first and third Sundays of each month.

The next service, on 21 November, will be a Bible Study.

If you are interested in joining this special Zoom gathering, please get in touch to find out more: www.greyfriarskirk.com/get-in-touch or visit the [Study Service](#) page on our website.

Greyfriars Thursday Lunchtime concerts

The last of this year's Greyfriars lunchtime concerts will be given at 12 noon this Thursday, 18 November, by students from Edinburgh University.

Ecumenical Orchard/Weekend Gardening Group at GCP

Our wonderful volunteers continue to take care of our apple and pear trees and complement the work of the GCP Herb Gardeners as well the beautiful quiet garden at St Columba's by the Castle. **The group will meet weekly on Saturday mornings from 10.30 to 12.30.** We run as a GCP group in ecumenical partnership, so GCP's Volunteer Co-ordinator Kevin Radzynski is the best person to contact if you want to join the group or be put in touch with the lead Volunteers for some digging, weeding, sowing, planting, growing, pruning and harvesting. Contact **Kevin** via kevin@grassmarket.org or text or call him on **07562 627 989**.

Grassmarket Community Project - Activities to Join in

The GCP is running various online activities, and a limited number of activities in the centre. These activities are a great opportunity to socialise with others in the Greyfriars and Grassmarket communities, learn something interesting, or have a bit of fun! Online there is Scottish History, Community Choir, a book group, cinema chat, mindfulness and more. There are also coffee break sessions, at which it's always particularly nice to see some new face, and good for those that just want to drop in for a bit. In person activities include Art, Reading and Writing, Tartan Skills and IT where people are gaining skills to go online as well as many other useful tips.

Check all these out here: [Plan C – Grassmarket Community Project](#). You are very warmly welcome to join in! If you'd like any more information, to receive the regular community bulletin saying what's on, or to speak to someone at the GCP, you can call 0131 225 3626 or email info@grassmarket.org.

New Term Adventure

'One way to get the most out of life is to look upon it as an adventure' -William Feather

From the 11th October our activities will be held elsewhere as the build commences of the new Grassmarket Community Project café. We are so excited about this awaited adventure and incredibly grateful to Greyfriars, Charteris and Augustine's United Church for their support. The continued relationship which began decades ago, when the Greyfriars congregation in partnership with Grassmarket Mission started GCP, has continued to grow and will welcome a new part of the story. Although we will miss our usual territory at the GCP it will be an opportunity for adventure as we are temporarily rehomed in these beautiful buildings. The build of the cafe will allow space for both the visiting tourists alongside the members who are attending the Project, and reduce the incredibly busy foyer that masqueraded as a four-way-junction. Even though our members will be keen to return to their beloved Project, in the meantime the weekly activities will fill some different spaces in Edinburgh. Augustine's will house the weekly member activities: Tartan, IT, Health and Wellbeing, Reading and writing and more. Every Tuesday, Drop in meal and the Community Cinema will be hosted by

the amazing Coffee Saints at 1 Little King Street. Most importantly, through the activities and events, we will be having community across the city, creating spaces where people are welcome to be themselves and have 'a good place to be' (Grassmarket Community Project).

Eilidh Jones, student intern at the GCP

Scottish Love in Action

Scottish Love in Action have been based at the Greyfriars Charteris Centre for many years. Without our main Fireworks fundraiser event we are working hard to spread the word about our Diwali Dinner so everyone can join in to help us raise funds. Truscott Property are once again match-funding the event which is fantastic. We are hoping the Diwali Dinner will appeal even more this year now we are allowed to come together inside and in person to celebrate. Diwali Dinner has been launched and registration is now open through our website <https://www.sla-india.org>.

Coffee Saints - Monday Morning Meet-ups



Grassmarket Community Project have told us about a great new initiative they are starting in October – it is open to everyone. And of course part of the joy of a natter, is having someone to natter too – so if you have a spare hour on a Monday, and might enjoy a chat for any reason, please do consider going along and joining in. Here's what it is all about:

If you have found that you have lost touch with friends during lockdown, you have become isolated and missing social interaction or are looking to make new friends and have a good old natter, please come along to our Monday Morning meet up in Coffee Saints at 1 Little King Street every Monday from 9:30 am- 11:30 am. This initiative between St Marys Cathedral and the Grassmarket Community Project will start on Monday 4 October. If you are a member of the Grassmarket Community Project (and if you are not, everyone is welcome to join!) you can use your discount card for 10% off teas and coffee and we will throw in the biscuits, smiles and chat for free. Everyone is welcome and we look forward to meeting you.

If you would like to volunteer to help facilitate our Monday Morning Meet-up please get in touch with Catherine catherine@grassmarket.org

Quiz Night!

The Parish Church of St. Cuthbert Annual OASIS Quiz Night in support of Fresh Start will be on Wednesday 24 November, and the doors will be open at 7 pm for a 7.30 start. The Rev Peter Sutton will be reading the questions. Soup, sandwiches, tea and coffee will be served by our hospitality team, and you can bring along a bottle of wine if you would like BYOB.

To enter a team of 5, email office@stcuthberts-edinburgh.uk by Wednesday 17 November, so that our team knows how many they are catering for. We look forward to welcoming you once again to St Cuthbert's, and raising a lot of funds for Fresh Start this year. Further information about the Quiz and about Fresh Start will be sent out in a confirmation email to each team that registers.

About Hedgehogs

Here is news from Moira Grant of Falkirk, who is a volunteer at 2 local rescues, a Hedgehog Champion with the British Hedgehog Preservation Society (BHPS), and a member of the Peoples' Trust for Endangered Species (PTES).

How long is it since you last saw a hedgehog? The UK has lost a third of its population since 2000, and their numbers are declining as fast as tigers in the wild. They are now officially classed as vulnerable to extinction in the IUCN's Red List for British Mammals. There are many reasons and it's sad to think that, for future generations, such a fate would make this lovely, prickly God's creature only a character in storybooks. Here are 10 simple tips to help them.

1. Link your garden with a Hedgehog Highway. Hedgehogs travel between 1-2 km a night searching for food and a mate. Leaving a small gap in your fence the size of a CD case will let hedgehogs through but be too small for pets. BHPS/PTES sell snazzy little recyclable Hedgehog Highway signs, for a few pounds. Ask your neighbours to do the same!
2. Create a wild corner in your garden so that they can snuffle around for insects.
3. Tidy up netting and litter which can trap hedgehogs due to their spines. Even rubber bands dropped by the postie can become embedded in their skin, causing a slow, painful death.
4. Put out food and water. You can supplement their diet with wet dog or cat food (preferably not fish based). No bread, milk or mealworms, which are all extremely bad for them. For those who are into simple DIY you can make a feeding station to stop other animals having a free supper - details on the BHPS website/YouTube.
5. Stop using chemicals especially slug pellets. Hedgehogs are a gardener's best friend as they eat slugs as well as many other beasts which would otherwise be devouring your prize flowers and vegetables.
6. Check before mowing or strimming. Hedgehogs often sleep in long grass or hedges during daytime and won't run away if they hear a mower, resulting in horrific injuries or death. Use gloves to move a single hog to safety. If there's a family, call the BHPS for advice on 01584 890801, the SSPCA on 0300 999 999 or Google to find your local Hedgehog Rescue.
7. Be careful with bonfires or simply burning leaves. Piles of debris are irresistible to a hedgehog looking for somewhere to hibernate or nest - build it on the day of burning to avoid a tragic end, or if you have to build it before then check carefully with a pole or broom, not a spade or fork. They are usually in the centre.
8. Make a home for hedgehogs. A log pile is one of the best features to encourage all kinds of wildlife, and easy to make. It will encourage insects and provide nesting opportunities all year around. Alternatively, you can make your own hedgehog house - download instructions from the BHPS website.

9. Keep an eye out for hedgehogs when driving at night, and let it get over the road safely if you see one. If you see it too late try to steer so it will pass under the middle of the car where it is least likely to be harmed.
10. Record hedgehog sightings, including dead ones, on The Big Hedgehog Map website. This is important in building up a picture of where they are most active and how we can encourage local populations. A hedgehog seen during the day is usually in need of help and you should contact one of the organisations above. If you'd like to do more, you can become a Hedgehog Champion by registering on the Hedgehog Street website, where you can find lots of resources to make your gardens, neighbourhood and parish all hedgehog-friendly zones.

The University of Edinburgh is looking for participants to take part in online virtual walks.

To take part you must be 65 and over, able to complete an online survey and watch a short clip. This takes no longer than 40 minutes to complete. To take part click here: <https://tinyurl.com/outdoorwalks>

Any questions: please contact the lead researcher Sarah Montrose s.montrose@sms.ed.ac.uk

UNIVERSITY OF EDINBURGH

We are looking for participants to take part in online virtual walks

✓ Are you aged 65 or over?



We are looking for adults in the UK who are:

- Fluent in English
- Able to adequately see and hear a short video clip
- Able to access a laptop/tablet/phone with an internet connection

Participation involves taking part in an online survey and watching a short video clip. This should take around 40 minutes.

Thank you for your time!

Research carried out as part of a Doctorate in Clinical Psychology. This study has been approved by the University of Edinburgh School of Health in Social Science Ethics Committee.

If you would like further information about the study.

Type this address into your address bar on a laptop or tablet

www.tinyurl.com/outdoorwalks

Or alternatively scan the QR code on your mobile phone:



Questions? Please email Sarah Montrose at s.montrose@sms.ed.ac.uk

Pastoral Care at Greyfriars Kirk

The Kirk's pastoral volunteers enjoy staying in touch with the congregation and community. If you would like a chat, please contact Ruth Halley (contact details at the top of this newsletter).

If you would like to send in any comments, ideas, requests or queries, please email the office at communications@greyfriarskirk.com. Any thoughts, large or small, very welcome.