

QX CONNECT

Queen's Cross Community News

Winter 2021 - Issue No 12

In this
issue

Community News P2 | Music & Art P4 | Community Spotlight P6
| Christmas Treasure Trail P7 | Celebrate Christmas P8 |

Season's Greetings

'It's beginning to look a lot like Christmas', to quote a famous song, and all being well, this Christmas we will enjoy coming together again to celebrate. As you will see in this edition of **QXConnect** there are many different opportunities to anticipate the season, both in terms of musical occasions and services of worship. We hope you may be able to join us for some of these.



Being together at Christmas is very much our theme for this season. As we remember the birth of Christ we are reminded that God comes to be with us, especially in those times in which we are most vulnerable. 'Being with' is for me what Christmas, and indeed Christianity, is all about. It is in walking life's road together, through the good and the bad, and being there to share life's experiences, that we discover what it is to be human and what is sacred in our midst.

Christmas at Queen's Cross wouldn't be the same without you. I hope in the pages of our newsletter you will find something to interest you.

I wish you and yours a very happy Christmas.

Rev Scott Rennie,
Queen's Cross Church

Celebrate CHRISTMAS
with us!
Check
all the dates
for your diary
on the last
page.



QUEEN'S CROSS

Think | Explore | Grow | Connect



GIVING TREE APPEAL: BRING JOY TO A CHILD

The Giving Tree Campaign organised every year by Instant Neighbour at Christmas time is back. From the 11th November until 3rd December, the charity will be collecting gifts for young people coming from poor families across the North-East of Scotland.

For the last 31 years Instant Neighbour have run the Giving Tree appeal. The appeal distributes new gifts to young people across the North-East of Scotland who otherwise would not receive a gift at Christmas. This year, Instant Neighbour expects to distribute around 13,500 new gifts, donated by the public, to young people from as far afield as Elgin and Stonehaven.

The charity receives the names of children who would benefit from the appeal from family centres, community centres, social work teams and they add these to their own client group.

Chief Executive of Instant Neighbour, Sophy Green, said: "It is at this time of the year that we recognise that not all young people receive much at Christmas and we are delighted to co-ordinate the delivery of happiness across the North-East. And we simply could not do this without the support of the citizens of Aberdeen City and Shire and I want to thank you all in advance for your support. There is a huge amount of work involved in making the Appeal a success and I can't thank our volunteers enough who help sort and distribute the gifts. I would also like to thank CNOOC our main sponsor for this year who gave so generously to the appeal."

IF YOU WANT TO PARTICIPATE

Take a gift tag from one of the Christmas Trees displayed throughout the city and shire. Find the one at Queen's Cross in the reception area, just outside Cognito on the Cross entrance. The tag will feature the name and age of a young person to buy a new gift for, which should then be returned either unwrapped or in a gift bag, with the tag attached to one of the drop off points listed on the tag by Friday 3rd December.

LIVELY MINDS MEETINGS

Talk and Q&A; first & third Tuesday of the month from noon @ QX MAIN HALL

Lively Minds provides everyone in the Queen's Cross community and beyond with a programme of events involving presentations from invited speakers from a diverse range of subjects/topics, all presented in an accessible and engaging manner.

Meetings take place in the church hall beginning at 12.00 with lunch of tea/coffee and sandwiches. Presentations begin at 12.30pm and last for approximately one hour. Entry including lunch is £5.

Further details will appear in Queen's Cross website: www.queenscrosschurch.org.uk and on Facebook.

7 th December	Jim Brand <i>'Scotland's Charity Air Ambulance'</i>
21 st December	Gordon Casely <i>'St Columba's Isle'</i>
18 th January	Rhona Baxter <i>'My Head in the Clouds... 35 Years in Aviation'</i>
1 st February	Donald Paterson <i>'St Kilda - Your Heritage in Trust'</i>



THE MONDAY GROUP For years Queen's Cross has been the meeting place for adults with additional needs and their carers. We meet in the Garden Room every Monday from 10 am till noon and enjoy tea, coffee and home baked pancakes and cakes.

Pre Covid we played games such as dominoes and Connect 4 and hope to get back to that before too long. For the last two years we have planted bulbs in pots to take home and this year planted crocuses in the grounds of Queen's Cross as well, an activity enjoyed by everyone who took part.

We are very happy to add to our numbers, so if you know of anyone with additional needs who would like to come along, please contact Pat Minett on 07762 877217.

KEEP ACTIVE! Most of the groups are meeting back in the premises. Check the list to find the most suitable for you!

YOGA

Joe Burn Yoga
Wed 6.15 pm - 7.45 pm
Thur 5.45 pm - 6.45 pm

Wednesday and Thursday evenings in the upper hall. Also available via Zoom, so you can join them from the comfort of your home. Please contact joe.burn47@gmail.com

Moira Donald Yoga
Wed 10.15 am - 11.45 am
Thu 10.00 am - 11.30 am

Morning sessions in the main hall. If

interested, please contact Moira by email moira.chicometrics@gmail.com or phone 01224 648475.

Yoga with Mhairi
Thurs 5.30 to 6.45pm
Thu 7.00 to 8.15 pm

Hatha Yoga sessions, suitable for all, on Thursday evenings in the main hall. If interested, please contact Mhairi on 07714 104907 or email mt4yoga@gmail.com

Marie Law Pilates

Mon 6.05pm Mixed Level Pilates
Mon 7.15pm Improvers Pilates (Post Beginners)

Monday evening sessions in the upper hall. Please contact Law4Pilates@gmail.com / 07450052060 / www.facebook.com/Law4Pilates / www.law4pilates.co.uk

Pilates Together UK

Tue 5.45pm Mixed Ability Pilates Class
Tue 7.00pm Beginners Pilates Class

Pilates sessions for all levels. For more details, www.pilatestogether.co.uk or message Caroline directly on caroline@pilatestogether.co.uk

PILATES

DRAMA

The McGill School of Speech and Drama

Weekly classes in the session room for all ages include: Games, Improvisation, Role Play, Storytelling, Poetry, Public Speaking, Confidence Building, Self Presentation Skills. Pupils can be prepared for festivals and fully accredited speech and drama examinations. Contact: 07545 585452 or themcgillschool@gmail.com

NEW WOMEN SUPPORT GROUP: FIGHTING ABUSIVE BEHAVIOUR

Every 1st Saturday in the month, 2.30 pm to 4 pm, Garden Room at QX

Sara Stroud and Cindy Douglas, two mothers brought together by their background in the arts, women's rights activism and their shared concerns about the impact of social media and hyper sexualisation on their daughters, have started a monthly support group: *Let's talk about porn.*

The monthly meetings are held at Queen's Cross Church and they provide support for those that have experienced emotional abuse due to pornography.

The support group is peer led and founder Sara said "I want to create a safe space where women can talk about their experiences with pornography. I felt compelled to start a support group after speaking with women and realising that abusive behavior was now so normalised in our culture. I was also alarmed at how many young people and parents had experienced image abuse or had been impacted adversely by pornography."

They also are running parent workshops to educate and discuss how parents can support their children and talk about this issue without fear or shame.

Cindy told us "As a parent, I'm all too aware of how difficult it is to have certain conversations with our kids, particularly when they become teenagers. I know that once parents become aware of what their children are facing, the risks they are taking and the implications to their welfare and safety arising from our porn and pornified culture, they will be shocked into action. Through these workshops, we will help each other and arm ourselves with the knowledge and resources we need to support our children."

It's early days for the project but they hope it will become a valued and integral part of parent's sex education for their children. They would love to meet parents and share their knowledge and research. They also look forward to meeting women that have been impacted.



QUEEN'S CROSS CHOIR

Letter from Ewen Ritchie, Director of Music @ QX

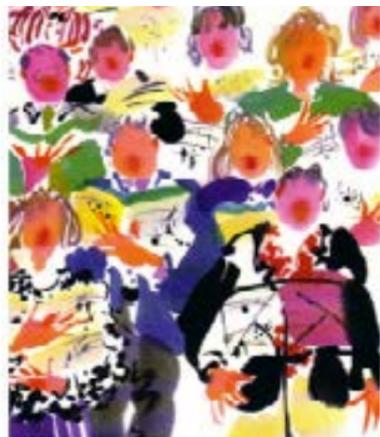
It has been a very strange eighteen months keeping music alive in the services at Queen's Cross. The joy of meeting for live rehearsals again, and participation in services in the sanctuary was felt by all involved.

We would like to take this opportunity to thank everyone for their support and kind words over this time.

Our numbers have increased to 21 and this might encourage some others to join with us. We meet for a rehearsal on Thursday evenings, and think most would say it is a 'good fun' event.

If you would like to join us, the only criteria is that you can sing in tune. Although it is helpful to be able to read music, it is not essential. Each part is provided as a recording, in advance of rehearsals, enabling folk to listen and familiarise themselves with what they will be singing.

If you are interested, we encourage you to contact Ewen or Liz Sunnuck for details.



ABERDEEN CHAMBER MUSIC CONCERT SERIES

The ACMC series had their last concert of 2021 at the end of November. They will return to QX in January for the end of the season.

- 17 Jan 2022 Trio Isimsiz
- 21 Feb 2022 Freeman Quartet
- 14 Mar 2022 Ensemble Burletta
Clarinet & String Quartet
- 25 Apr 2022 Dudok Quartet Amsterdam

Tickets from the Aberdeen Box Office. Further details from www.aberdeenchambermusic.org

CHRISTMAS SEASON @ QX

Picadilly Sinfonietta by candlelight, from London with love

Friday 10 Dec, *Vivaldi Four Seasons at Christmas*, performances at 5 pm & 7.45 pm, QX Sanctuary
Sunday 12 Dec, *Moonlight Sonata at Christmas*, performances at 4 pm & 6.45 pm, QX Sanctuary

Arriving directly from London as part of their 2021/22 tour, the Picadilly Sinfonietta will be performing 2 classical music concerts in the Sanctuary featuring Vivaldi and Beethoven amongst other classics. This will definitely be one of the highlights of the music programme during the Christmas season at Queen's Cross Church.

Launched in 2018 under the artistic direction of British concert pianist Warren Mailley-Smith, the Picadilly Sinfonietta is formed from some of the UK's leading young professional talents.

On **Friday 10 December**, the orchestra will have Liam Lynch as a guest violon soloist for a stunning performance of Vivaldi Four Seasons while Warren Mailley-Smith will perform Mozart's Concerto in C Major. For a more Christmassy and intimate mood, the concert will be performed by candlelight.

On **Sunday 12 December**, Pianist Warren Malley-Smith will perform classics from Beethoven, Liszt and Chopin in a piano concerto *Moonlight Sonata at Christmas*.

For more information, please contact: info@citymusicpromotions.co.uk

BOX OFFICE DETAILS: Tickets - Unreserved, £38, £29, £19 - Box office: 0333 666 3366

<https://www.ticketsource.co.uk/cm/e-mayxme> - Box office email: info@citymusicpromotions.co.uk

THE MODERN ART OF TRADITIONAL



Christmas At The Atholl

Restaurant Dining

Turkey, Christmas pudding and festive favourites

Available on our restaurant menu from Thursday 25th November 2021

Telephone to book on 01 224 323505

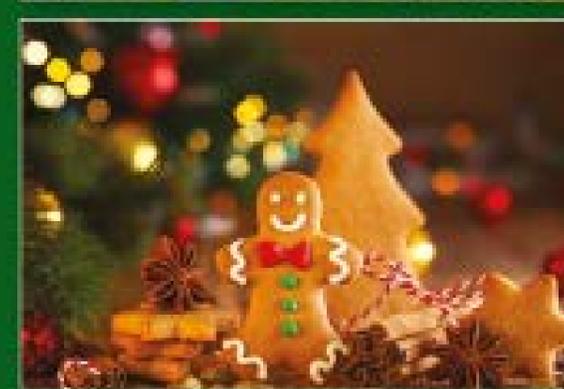
Private Dining

In our Oakhill Room for between 10 and 18 guests

In our Beechgrove Suite for between 25 and 40 guests, with private bar and dance floor disco by arrangement

3 Course menu with coffee £30.00 per person

Contact events@atholl-aberdeen.co.uk for further details and bookings





PROTECTING THE PLANET

THE THREE Rs: **R**EDUCE, **R**EUSE, **R**ECYCLE



We are continually discovering ways in which we can recycle more thoughtfully.

Nothing should be hastily allowed to go to limited landfill space without forethought. We should preplan our disposals - avoid impromptu throw-aways. Batteries, cardboard, plastic, paper, wood, metal, clothing, even empty crisp packets and a lot more can now be recycled at destinations around the city.

Think Twice - We should question our own purchasing behaviour - rather than buy something new, can what we already own last longer? Can we use our cars less - and become healthier in the process? Are any of our investments damaging the planet? Do we look closely at the miles our food travels to our plates? Will our foreign holiday result in damaging CO2 emissions?

Act Now - "We are on the verge of a disaster. And there is a risk for a failure of CoP26" (Antonio Guterres - UN Secretary General). According to the world's leading scientists we have about 9 years in which to make the critical decisions, and implement them, to avoid the worst consequences of the climate crisis.

When Queen's Cross first became an Eco Congregation in 2007 our mantra talked in terms of taking action for the sake of our children and grandchildren. How complacent we were! Protect the Planet from a temperature increase in excess of 1.5 degrees - take every opportunity now. No more "blah, blah, blah"!

MUSICAL CONNECTIONS @ QX

Mondays - 2 pm to 3.30 pm from January 2022

Musical Connections meets on the first and third Monday of each month from 2 pm until 3.30 pm in the Garden Room at Queen's Cross.

It is a very happy group where adults living with dementia, along with their carers, family members or friends, enjoy singing and music together encouraging them to share their memories. Singing has been shown to be a source of enjoyment and recall for adults living with dementia, and this has been the case since the group began a few years ago. Each afternoon finishes off with tea or coffee, home baking and chat.

For more than eighteen months we have been unable to meet up and we are very much hoping that the group can restart early next year. The group is open to anyone living in our community and we will be delighted to welcome old friends and new. Please look at the Queen's Cross website for updates or call Liz on 07801374458.

12 DAYS OF CHRISTMAS

TREASURE TRAIL

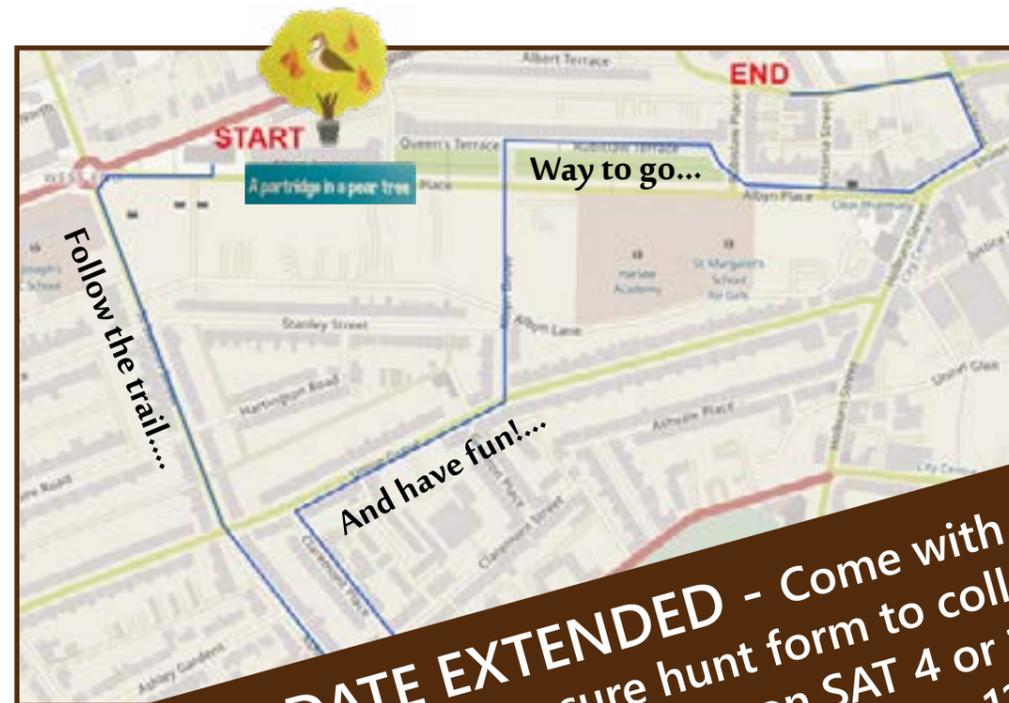


Follow the Christmas Treasure Trail to find the 12 Days of Christmas. As you walk around the trail, you will find them displayed in shop windows on the route. You will find the First Day of Christmas at the starting point at Queen's Cross Church. The 12th Day of Christmas is at the end of the trail in Thistle Street.

When you have discovered all locations, you can bring your completed Treasure Trail to Queen's Cross Church on **Saturday 4th December between 12pm and 1pm** to receive your prize. **All entrants must be Primary School Age (or younger!)**.

Please take care crossing roads, but most of all **HAVE FUN!**

DAY	PICTURE	LOCATION
1	A Partridge in a Pear Tree	
2	Turtle Doves	
3	French Hens	
4	Calling Birds	
5	Gold Rings	
6	Geese A-Laying	
7	Swans A-Swimming	
8	Maids A-Milking	
9	Ladies Dancing	
10	Lords A-Leaping	
11	Pipers Piping	
12	Drummers Drumming	



DATE EXTENDED - Come with the complete treasure hunt form to collect your prize on **SAT 4 or 11 DECEMBER** 12 pm to 1 pm

Queen's Cross & Harlaw

Community Council

Local Issues

Improving our community

Policing

Planning and Licensing

Direct contact with our local Police Sergeant and Councillors

Meetings currently held by Zoom

Contact hello@qxhcc.org.uk for an invite link

Apr 20, May 18, Jun 15, Jul 20 @ 7pm

www.qxhcc.org.uk

Sunday 19 December
18.30 pm

Carols round the Tree

with hot chocolate from

— CAFÉ —

Cognito



QUEEN'S CROSS CHURCH

Think | Explore | Grow | Connect

Albyn Place AB10 1YN - Phone: 01224 644742

Wed 15 December
12.30 pm

Business Community Carols

Followed by tea,
coffee & mince pies

with
the Grammar
School Band

Celebrate Christmas with Us!

Christmas @ City Centre & West End Churches

Friday 24 December @ Queen's Cross Church

7 pm - Family Worship & Christingle

11.30 pm - Watchnight Service by candlelight

Saturday 25 December @ Midsocket Church

10.30 am Christmas Day Service

Aberdeen City Centre & West End Churches - For more information, visit our websites.

| www.holburnwestchurch.org.uk | www.midsocketchurch.org.uk | www.rubislawparishchurchofscotland.org.uk |
| www.stmarksaberdeen.org.uk | www.queenscrosschurch.org.uk |

Albyn Place, Aberdeen, AB10 1YN

Office times: Mon - Fri 9 am to 12 pm.

Please phone us on 01224 644742 and leave
a message or email us on

office@queenscrosschurch.org.uk

www.queenscrosschurch.org.uk

www.facebook.com/queenscross

@queenscross

Find us on iTunes!

Queen's Cross Church of Scotland is a charity registered in Scotland. No. SC002019

Administrator: Marina Vega

bookings@queenscrosschurch.org.uk

Minister: Rev Scott Rennie

srennie@churchofscotland.org.uk