

QX CONNECT

Queen's Cross Community News

Spring 2021 - Issue No 11

In this
issue

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



And with the spring ... comes HOPE

By the time you receive this Easter edition of QX CONNECT we may all be enjoying a little more freedom and a chance to meet up again with family and friends, even if only outside. We have come through a cold winter, with all the dark days we can expect, but now we can see welcome signs of spring. Crocuses and snowdrops are being replaced by daffodils, and their bright colour gives us a sense of optimism for better days to come. The roll out of the vaccines, with our indebtedness to all those who are helping with this, has again lifted our spirits.

We are so aware of the community spirit which has prevailed throughout these difficult days of lockdown and social isolation, and conscious of how people have rallied round to make sure that those who needed help have been supported. For all of us, the lack of human interaction has probably been the biggest miss and this has been particularly difficult for people on their own. For families too, the return to school for all our children after Easter is something to really look forward to - another little sign of life returning to normal.

At Queen's Cross there is normally a real buzz all week with children's drama groups, exercise classes, groups where adults with additional needs and those living with dementia can all enjoy time together, and of course our Sunday services. Plus the daily enjoyment of coffees and lunches with friends in Cognito! We can't wait for all these activities to safely resume and will ensure that all necessary protocols are in place for us to welcome everyone back.

Enjoy this edition of QX Connect and I hope there is something of interest for you.

Wishing you all a pleasant break over Easter and happier days ahead.

Rev Scott Rennie,
Queen's Cross Church



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



CHALLENGE YOUR MIND!

Talk and Q&A; first & third Tuesday of the month from 11 a.m., via ZOOM

With the restrictions imposed by COVID-19 still in place, Lively Minds events have taken place online via Zoom. They have proved very popular with numbers joining us increasing with every event. So far this year we have enjoyed presentations from:

 **Fiona Musk, NHS Grampian Archivist,**

presented an historical perspective on the Aberdeen Asylum providing an insight into the people who were sent to the institution and the 'maladies' from which they suffered. The methods used in their rehabilitation were compared with the medical protocols of today. As today, many patients were successfully returned to society and those who were not were cared for.



 **Ros Studd, a fashion textiles teacher,** whose aim is to raise awareness of the waste relating to clothes. We were presented with some worrying facts about the lack of recycling of disused textiles, with 80% heading for landfill or incineration. Ros seeks to reverse the situation of waste to repair and reuse through her 'Repair What You Wear' website which provides online teaching units on repairing clothes. More information on page 6.

 **Callum Stuart, local historian,** spoke about 'The Northern Lights' – the real story behind the song. A wealth of source documents gave a detailed insight into how the song was created with reference to Mary's own words gleaned from early recordings and private correspondence.

Future Talks

16 th March	Rev. James Falconer <i>'The ARI Roof Garden and Staff Garden'</i>
6 th April	Adriana Swindler <i>International Justice Mission'</i>
20 th April	Dean Gowans <i>Stravaig Stone Craft</i>
4 th May	Denis Durno <i>The Breadmaker 1997 - 2021</i>
18 th May	Astrid Whyte, CEO Mental Health Aberdeen <i>Mental Health</i>
1 st June	Jane Lilley, Education Officer, River Dee Trust <i>'The River Dee Trust'</i>
15 th June	Lorna Duff <i>The work of the Sandpiper Trust</i>
6 th July	Jay Thomas, Youth Ministry leader, Aberdeen West End Churches

Further details of these talks will appear in the Queen's Cross website: www.queenscrosschurch.org.uk and on Facebook. See you online!

Join Team



Cornerstone at the Virtual Kiltwalk

Weekend of 23rd to 25th April

The Scottish Virtual Kiltwalk is back for 2021! Last year Cornerstone raised £2,378 through the Virtual Kiltwalk. Can you help us raise more this year?

You can take on any Kiltwalk challenge you wish – go for a walk, a run, a cycle, or even a jump on a trampoline. Whatever you do and wherever you do it, there is help on hand to support you.

- Virtual Support Pack with useful fundraising tools to help bring your challenge to life;
- During registration the Kiltwalk will automatically generate your personalised fundraising page and email you the link so you can start raising funds for Cornerstone;
- Everything you raise will receive a 50% top up from The Hunter Foundation.

Get your kilt on, grab your friends and family, and raise money for adults, children, and young people with life challenging conditions across Scotland. Sign up at www.thekiltwalk.co.uk/scotlandsvirtual

For more information about Cornerstone, go to www.cornerstone.org.uk.



KEEP ACTIVE!

Looking for an activity for you or your family to join from home?

YOGA

Joe Burn Yoga

Zoom classes on:

Monday 5.30-7 pm. £7.50

Tuesday 10-11 am. £6.50

Wednesday 5.45-6.45 pm. £6.50

Thursday 10-11am. £6.50

If interested, please contact
joe.burn47@gmail.com

Moira Donald Yoga

Zoom live yoga classes on Wednesdays 10.15 - 11.45. Recording of the class available for the following 12 days. For insurance purposes, if she has not seen you practice in a physical class, she will need to observe you in a small online class setting. Please contact her by email moira.chicometrics@gmail.com or phone 01224 648475

Marie Law Pilates

Very much looking forward to returning to Monday evening Pilates at Queen's Cross when permitted (times to be confirmed). Meanwhile enjoy Pilates classes over Zoom with levels from Beginners to Intermediate available. Law4Pilates@gmail.com / 07450052060
www.facebook.com/Law4Pilates
www.law4pilates.co.uk

Pilates Together UK

Beginners & Improvers online classes
Mondays 8:30am & 10am
Tuesdays 6pm
Please message Caroline for more information:
caroline@pilatestogether.co.uk

PILATES

DRAMA

The McGill School of Speech and Drama

Classes (currently online) 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



We are a term time nursery who offer the following:

Funded, term time places for 3 and 4 year olds including hot lunches all covered by Scottish Government funding.

Experienced, qualified and nurturing staff.

Direct access to a large outdoor area.

Child led experiences

Very good grades from Care Inspectorate

We are currently taking applications for August 2021 and welcome all enquiries to qxnlnursery@gmail.com

Cognito
AT THE
CROSS

OPENING HOURS
(TAKEAWAY ONLY)

Monday to Friday 9am - 4pm

Saturday & Sunday 10am - 4pm



Cognito at the Cross, Albyn Place, Aberdeen AB10 1YN
www.cognitoatthecross.co.uk



QUEEN'S CROSS' STAINED GLASS

(Part 1) by Callum Stuart, historian

At this time last year Queen's Cross Church celebrated the centenary of the main glass window in the East gable. Due to the COVID-19 break, the congregation couldn't really commemorate as it deserved. Here goes our homage.

On Sunday, the 28th March 1920, the congregation at Queen's Cross first experienced the morning sun shining through the new stained-glass "Rose Window" in the East gable. The Window was designed by Douglas Strachan, R.S.A. and gifted by David Douglas. In the centre is the Great Ark which is surrounded (clockwise from the top) by the Stars, Sun, Day, Air, Water, Earth, Fire, Night and the Moon. The encircling rainbow contains the message-"With Thee I will Establish My Covenant" is there to symbolise the "Designer's Presence".

The whole work represents Providence-"of design which cannot go wrong". The ark represents the human race carried on an ocean of time. The mystical vessel moves between the powers of good- 3 choirs of angels-and those of evil - dragons and serpent monsters.

QUEEN'S CROSS CHOIR

Almost every week, members of the choir continue to record their individual video performances, in the confines of their own homes, against a pre-recorded backing track.

With the magic that is video editing, they appear together for our weekly Zoom services each Sunday. I am indebted to them all for their dedication and contributions. All of the choir's performances, over lockdown, can be viewed on the Queen's Cross Facebook page, or as part of the Zoom Service recordings available through the link on our website.

Happy Easter,

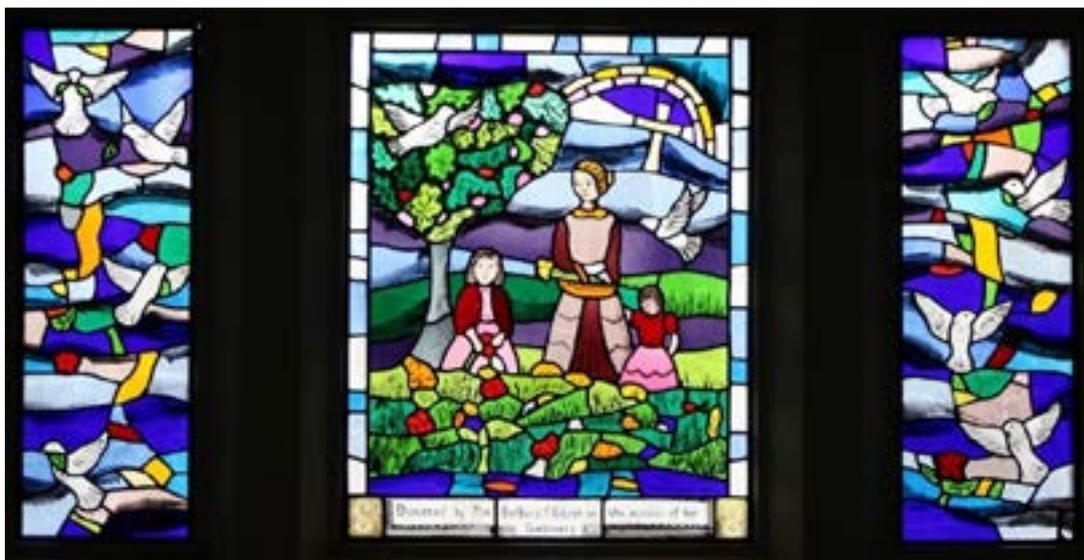


GROUND FLOOR WINDOWS

There are two windows on the ground floor which are designed by the same artist, Vanessa Thoms Ohyama. Vanessa was a former pupil of Aberdeen High School for Girls and Edinburgh College of Art. Uniquely, she "found" her husband Yoshira Ohyama through the "Yellow Pages"! After qualifying as a stained glass artist she moved to London in a bid to find an apprenticeship. "It's very difficult to find that type of work so I looked up the Yellow Pages and asked for a job" said Vanessa. "One of the numbers I called was the studio where Yoshiro was doing commissions for Japan". The couple became engaged and were married at Aberdeen Registrar's Office followed by a blessing at Queen's Cross Church by the Rev. Edmund Jones.



The Gibson Window (North Aisle of the Nave)



This marks another big celebration: "donated by Mrs Barbara F Gibson on the occasion of her centenary".

Barbara Fiddes Gibson, daughter of local grocer and Wine Merchant Henry Gibson, was born on the 29th of February 1888. Consequently, when she celebrated her "100th year" it was only her 25th birthday!

Barbara had been a life-long devoted member of Queen's Cross Church, where she was one of the first babies baptised and later became president of the Women's Guild. In her later years she was a resident of Devanah

Gardens Nursing Home, officially opening their new wing at the age of 96. She died, in 1991, at 103 years of age.

The left panel depicts four doves in an abstract background, two of which are bearing olive leaves (referencing Noah's Ark). The centre panel depicts a dove of peace (the Holy Spirit) in an oak tree. Underneath the tree there is a young girl beside her mother who is holding a basket with daffodils and also another small child. On the right-hand panel there are four doves, again two of which bear olive leaves.

The Harper Window (South Aisle of the Nave)



This window is "in loving memory of Andrew J M Harper 1971-1976". Although his life was brought short by leukaemia, the window represents some of the things which had been special to Andrew and his family- a ball and plane in the left hand panel; a kite and a boat in the right hand panel; a child in the centre panel with a songbird in a cage, a cross, some blocks with letters of the alphabet, a guitar, a toy car, some playing cards and a teddy bear.



LET'S TAKE ECO-ACTION: DON'T THROW THAT BLOUSE, MEND IT!

by Ros Studd,
founder of repairwhatyouwear.com

Mending clothes is cheap, saves you money and reduces waste. It has become an Eco Action.

As reported by Waste & Resources Action Programme (WRAP), an estimated £140 million worth (around 350,000 tonnes) of used clothing goes to landfill in the UK every year. Fashion/clothing is responsible for a shocking 10% of our global carbon emissions - according to a World Bank report. This is more than all aviation and marine transport pollution combined but rarely discussed.

Moreover 80% of clothing worldwide ends in landfill and the UK exports 60% of its used clothing to other countries, where we don't control the final destination. 60% of clothing is synthetic which does not biodegrade.

Buy wisely and wear longer

Buying well, wearing longer, repairing and repurposing is, in fact, a really essential action in reducing our carbon footprint.

Mending is worth reviving right now for two important reasons - it saves money and reduces landfill, both are things society needs. Families who know how to mend save hundreds of pounds a year. Many don't have the knowledge, confidence or realise the consequence of throwing something away for want of a button or stitch. Generation Z and the Millennials are enlightened but need the resources to learn.

Repair what you wear

Here, in Aberdeen, two professional women have devised repairwhatyouwear.com which is the only website and YouTube channel solely dedicated to teaching mending skills from threading a needle onwards - and core skills are taught left and right handed. Repairwhatyouwear.com is their personal response to austerity and climate change, a recognition of the need that small things will make a difference to individuals and society.

This is legacy project and designed to be used by individuals, communities and schools. The dream is that individuals who can already mend will set up mending groups and pass on skills to their communities using our resources as support. For those who have never mended or need refreshing, the teaching is not scary and there are tips about fibres and fabrics along the way.

Awareness of the climate impact of clothing needs to become mainstream - for people to be proud to wear longer, swap, buy secondhand, repair and value what they own. After all, the most environmentally friendly product is the one already in your wardrobe!

repairwhatyouwear.com

'Buying well, wearing longer, repairing and repurposing is, in fact, a really essential action in reducing our carbon footprint.'

Queen's Cross & Harlaw

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

Community Council

West End Treasure Trail

With the arrival of sunnier and longer days, nothing better than taking a stroll in the neighbourhood to admire the changing nature. For an additional motivation (especially for our wee ones!), we have come up with a fun Treasure Trail to do with the family. So grab some water, your trainers, a piece of paper, a pen and the clues below and on you go!

To spice it up, we are going to distribute some Easter prizes to the first 50 participants* to submit the correct answers. To participate, please send your answers, name and age **before Monday 29th March** to **bookings@queenscrosschurch.org.uk**. The winners will be contacted by e-mail. **GOOD LUCK AND ENJOY IT!**

Follow the clues!

1. What does it say above the main door to Queen's Cross Church?
2. What is the title of the anchor outside Handelsbanken on Carden Place?
3. What kind of tree is highlighted on a plaque at the junction of Osborne Place and Albert Street?
4. Half way up Craige Loanings there is a small garden. What did the lady do whose name is celebrated in the garden?
5. When was Herds the butcher established?
6. What does the label say on the antique blue bottle in Charles Michie's window?
7. As you enter Victoria Park from the bottom of Belvidere Street which board game might you play?
8. How many granite bowls are missing from the fountain in the park?
9. As you head along the path in the park towards Thomson Street you will find an information board. Who initially gifted the land that the Victoria and Westburn parks sit on to the City of Aberdeen?
10. On Rosemount Place you will see the Belvidere Gallery. When was it established?
11. Make your way to the Grammar School. Whose statue stands in front of the school?
12. Which Youth Organisation has premises on the left side of Victoria Street?
13. As you head back up Albyn Place towards Queen's Cross Church there is a plaque at no 16. Who does it commemorate?
14. R.V Jones is remembered at 8 Rubislaw Terrace. What is he famous for?

QX Treasure Trail

* Participants must be under 12 year old.

Celebrate Easter with Us!

West End & City Centre Churches | W.E.C.C. Churches

(Holburn West Church, Midsocket Church, Queen's Cross Church, Rubislaw Church, St Mark's Church)

HOLY WEEK SERVICES

ALL INFORMATION ABOUT THESE SERVICES CAN BE ACCESSED
FROM THE WEBSITE OF EACH CHURCH

Palm Sunday 28th March

WECC Service: online joint worship
Queen's Cross Church Zoom service
at 10.30 a.m.

Monday 29th March

Short service of worship.
Led by members of Holburn West congregation.

Tuesday 30th March

Short service of worship led by Jay Thomas
(Youth Ministry Leader) and young people.

Wednesday 31st March

Short service of worship led by
members of St Mark's congregation.

Thursday 1st April

Maundy Service of Communion led by
Rev Robert Smith and Rev Tanya Webster.

Friday 2nd April | Good Friday

Seven Words from the Cross

12p.m – 2 p.m.

Led by local Ministers, each leading a short
section of the Good Friday story.

Sunday 4th April | Easter Sunday

WECC service: Joint online worship
Queen's Cross Church Zoom service of worship
at 10.30 a.m.

Saturday 3rd April

CHILDREN'S EASTER CRAFTS with Rev Tanya Webster

Fun activities and crafts on Zoom.

Please contact Jay Thomas to register
for the Zoom session and receive
an activity pack.

(JThomas@churchofscotland.org.uk)

WEST END & CITY CENTRE CHURCHES JOINT SERVICE - Every Sunday

A joint service of worship is recorded weekly with ministers of Queen's Cross Church, Holburn West Church, Rubislaw Church, Kirk of St. Nicholas, St. Mark's and Midsocket Church, Aberdeen.

This service can be accessed **every Sunday**
on the Facebook page and Youtube channel of the participant churches.

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

Our office is currently closed due to COVID-19
restrictions. Please phone us on 01224 644742 and

leave a message or email us on
office@queenscrosschurch.org.uk

Queen's Cross

www.queenscrosschurch.org.uk

www.facebook.com/queenscross

@queenscross

Find us on iTunes!

Administrator: Marina Vega

bookings@queenscrosschurch.org.uk

Minister: Rev Scott Rennie

minister@churchofscotland.org.uk

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