

QX

CONNECT

Queen's Cross Community News



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Queen's Cross Parish Church

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Find us on iTunes!

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#WordofLife

The theme for this year's General Assembly of the Church of Scotland was #WordofLife. All through the week different words of life were considered – hope, love, compassion. However, one word, which unexpectedly came up, was the word 'with'. One could make the mistake of thinking the word 'with' is merely a preposition, a fill in word. In fact, 'with' is a crucial word, which describes our relationships, and to my mind, describes our relationship at Queen's Cross - with you - our community in the West End.

We are about trying to be 'with' you and everyone else who lives and works in our parish. We wish to be 'with' you to celebrate happy times and to be a source of strength in difficult times. We wish to be 'with' elderly residents who may be isolated and lonely, and young people who are growing up and finding their way in life. We wish to be 'with' folks suffering bereavement, and those who need pastoral support in choppy times. We are committed to be a resource for our community in as many ways as possible. With that in mind, if I as the Parish Minister can be of any assistance to you in any way, please do not hesitate to contact me, or my staff, at Queen's Cross.

In the meantime, enjoy this edition of QX Connect, and I hope you find some item or forthcoming event of interest.

Have a great summer!

Rev Scott Rennie
Queen's Cross Church



Dates for your diary!

Saturday 17 June

**A Strawberry Cream Tea
With Entertainment**

2.30 pm - 4 pm

July/August

Filling our Smarties Tubes

Fri 25 July to Sat 5 August

AIYF

See page 5

Friday 25 August

Cocktail Night

Live music

by Atholl Smith Jazz Trio

7.30 pm

Saturday 23 September

Coffee Morning with Stalls,

Baking, Bric-a-brac, Garden

Crafts, Home Produce

10 am-12 noon

QUEEN'S CROSS CHURCH

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Courage on the Catwalk 2017

Last 6 and 7 May, twenty-four women from the north-east made their modelling debut at *Courage on the Catwalk 2017*. Organised by the charity Friends of Anchor, *Courage on the Catwalk* celebrates the sheer tenacity of women who have faced a cancer diagnosis – both past and present.

Queen's Cross Nursery Manager, Michelle Stephen, who was diagnosed with a cervical cancer 21 years ago, participated on this year's catwalk.

QX CONNECT: Why did you decide to participate in this year's event?

Michelle: When my cancer was diagnosed, I was pregnant. I managed to fight the cancer but I lost my son some months after his birth. Participating in the Friends of Anchor Catwalk was my homage

to him, on what would have been his 21st birthday. So in some way, it was a celebration for me, a double celebration: my son's 21st birthday and my successful battle against cancer. I wanted the experience to be full of positivity.

QX CONNECT: What has the whole experience meant to you?

Michelle: It was an amazing experience. I met wonderful people, some of them still courageously fighting the cancer but everybody's positivity was amazing. Premiere Productions worked with us in the weeks prior the event. They taught us how to model, how to walk and act on the catwalk. It was a wonderful confidence building experience. They were great with us.

But Michelle's involvement does not stop here. Each term, Queen's Cross Nursery celebrates a charity fundraising event. On **Saturday 10 June**, QX Nursery staff with the invaluable help of the kids and their parents will organise a **Disney Inspired Afternoon Tea** with stalls and crafts from 1 pm until 4 pm in the main church.

All the proceeds will go to Friends of Anchor (www.balmoral-group.com/foa/index.php) and Jak's Den (www.teamjak.co.uk), both local charities that support cancer patients and research. Tickets will cost £15 for over 5's and adults; and £7.50 for 5's and under. They are available at Queen's Cross Nursery. A great family day out for a good cause!

Everybody welcome.



Community News

Walking by the river Don

A walk by the river Don was a "generating experience" for members of the Queen's Cross Church Eco-Congregation.

The group led by our very own "Birder" Bill Craigie, met up at the river Don Estuary for a short birding experience before walking the two miles upriver to visit the Aberdeen Community Hydro scheme (ACE). Keen eyed Bill was on hand to point out and identify a diversity of birds that could be seen on the walk including Terns, Black headed Gulls, Wrens and Song Thrushes to name a but few.

Aberdeen Community Hydro Scheme

On arrival at the hydro scheme, we were met by one of the directors who was to show us around, and despite the river being so low, it was still able to generate electricity. What makes this hydro scheme so special is that it is Aberdeen's first community energy company using the largest Archimedes Screw system of generating electricity in the UK. ACE and the Donside Hydro Scheme is the city's first community driven renewable energy initiative supporting the creation of Aberdeen's first and only sustainable community – Donside Village.

Projected to generate 520,000 Kwh of clean, renewable energy which will help meet the county's energy needs and also help to mitigate climate change, the add on benefit to this undertaking is that a share of the profits from the revenue generated will be ploughed back in to the local community. It was a most informative, educational and above all, enjoyable trip for the group.



DIARY

JUNE

- Sunday 4 June**
 9:00 Men's Fellowship Breakfast & Kid's Minecraft Club Sanctuary
 10:30 Worship & Sunday Club Sanctuary & Session Room
- Saturday 10 June**
 13:00 Disney Inspired Afternoon Tea charity fundraising event organised by QX Nursery Sanctuary
- Sunday 11 June**
 10:30 Worship & Communion Sanctuary Sunday Club Session Room
- Saturday 17 June**
 14:00 Strawberry Cream Tea Sanctuary
- Sunday 18 June**
 9:30 Traditional Worship Sanctuary
 10:30 All Age Service Sanctuary
- Sunday 25 June**
 10:30 Worship Sanctuary

QUEEN'S
CROSS
HARLAW



Community
Council

Meetings normally at 7pm on
2nd Tuesday of the month
in St Joseph's School Queen's Cross
See Website for Dates

ALL WELCOME!

Website

WWW.QXCC.WEEBLY.COM

See important new Update on
HEALTH and SOCIAL CARE
Aberdeen West Locality
PLUS

Minutes, Police Reports,
Councillor Reports, Planning
Applications, and events in the area

Music at QX



Yet again, the Aberdeen International Youth Festival (AIYF) will brighten up the summer in Aberdeen, and once again they will be back in Queen's Cross for several interesting performances. This year's festival will take place from 28 July to 5 August 2017 and is celebrating its 45th anniversary.

Aberdeen International Youth Festival

2017

28 July - 5 August



Aberdeen International Youth Festival is one of the largest multi-arts festival in the world. Each year around 800 young people from all over the world come to AIYF to meet, collaborate and perform in various venues and locations across Aberdeen City and the North-East of Scotland. The festival has a reputation for presenting many talented young people across a range of Dance, Theatre, Orchestral, Choral and traditional music.

2017 will see AIYF present performances in main city theatre venues as well as churches, community halls and in the street. The festival programme also stretches across the region taking performers as far as Elgin in the West, Fraserburgh in the North and Arbroath to the South and many places in between.

2017 will also see the inclusion of two significant new projects. Firstly from 12 June we will be hosting a Pop-up Gallery in an empty shop in the Bon-Accord shopping Centre where there will be an installation of 3D hot air balloons made by 250 young people across Aberdeen. The Gallery will also be host to a series of artistic workshops and events for all ages.

AIYF will be working with the Aberdeen Multicultural Centre to produce "The Aberdeen Mela" – One World Day at Westburn Park on Sunday 30th July from 12 o'clock. It is a celebration of the diversity of the city and the communities that live here.

Tickets are available from HMT Aberdeen Box Office or at the door on the night. Further information available from www.aiyf.org.

There is a busy programme of concerts at Queen's Cross Church so please keep an eye out for the posters around the church. Some of them are listed in the opposite page.



AIYF Performances @ QX

Friday 28 July

Up Close and Musical: Amy Birse

Violinist (GYO)

3.00 pm

Saturday 29 July

The Dorothy Brown Memorial Concert 2017

8.00 pm

Sunday 30 July

Concert Featuring AIYF Ensemble

8.00 pm

Monday 31 July

Up close and Musical: Roslin String Quartet

11.00 am

Thursday 3 August

Up Close and Musical: Ensembles from the Chamber Music Project

3.00 pm

String Quartets from the Royal Conservatoire of Scotland and Hebrides Ensemble

Friday 4 August

Up Close and Musical: Daklen Difato

Italian pianist

3.00 pm

Saturday 5 August

Up Close and Musical: Students from NESMS – soloists

11.00 am

Further information available from www.aiyf.org



QUEEN'S CROSS CHURCH

Think | Explore | Grow | Connect

Albyn Place AB10 1YN - Phone: 01224 644742



Strawberry Cream Tea

with entertainment

Saturday
17
June

2:30 pm to 4 pm

Tickets: £10

Tickets available from the church office

Community Spotlight

Around the World: Mission in Nepal

What pushes some people to give another purpose to their holidays other than relax and have fun? More and more people nowadays are spending their holidays in charity expeditions around the world, combining in different doses voluntarism and tourism. It is becoming an attractive way of spending the holidays for the people trying to make a little difference.

That is the case of Moira Donald, trained yoga teacher in Aberdeen. She participated in a yoga/trek trip to Nepal this spring organised by a New Zealand-based charity called *Beyond the Clouds*. The aim of the trip was to raise funds for local Nepalese projects coordinated by another charity, *First Steps Himalaya*. QX CONNECT met Moira and her partner, John, to learn more.

Beyond the Clouds

“That is also why we chose a small charity, we knew where our money was going to be spent.”

Moira Donald, Yoga teacher with a charitable mission

QX CONNECT: Why did you decide to choose a trip like this for your holidays and why in Nepal?

Moira: The area of India and Nepal is the birthplace of yoga and it is the perfect place to go to live a complete immersion in the Indian Buddhist /Hindu philosophy. They have a very mindful way of living and you can feel a great harmony with nature in their way of understanding life. We wanted to combine giving a hand to the local people in a meaningful project with this kind of spiritual retirement.

QX CONNECT: And from all the charities that offer these kind of activities, why have you chosen *Beyond the Clouds/First Steps Himalaya*?

Moira: We knew these charities in advance. *Beyond the Clouds* works with *First Steps Himalaya*, which is a small charity that develops educational projects in rural Nepal. Founded by a Scottish lady, Fiona Heiton, and a Nepalese guy, Durga Aran, *First Steps Himalaya*'s first project was to build a school with a new construction method called the earthbag

construction method, which is earthquake safe. This building was one of the few structures in that area that resisted the earthquake in April 2015. We spent the first four days of our trip there, in Sangachok village, before setting off for a trek to Anapurna region. The zone was heavily damaged during the earthquake and you could still see the devastation all around. *First Steps Himalaya* are now building new classrooms for local people in the village with this earthquake resilient construction method. During the first days of our vacation, some of the members of our group helped in the construction site; others helped the teachers in the school during the day. All of us were closely working with the local community as all their projects are managed by local people.

It was very important to us to help a small charity. After the earthquake, a lot of money was sent to Nepal through big charities but that money is not always spread to smaller communities. That is also why we chose this charity; we knew where our money was going to be spent and we trust them.

QX CONNECT: What is one of your most special souvenirs of this trip?

Moira: The cultural exchange was overwhelming for us. The whole group had accommodation with a local family. So there were plenty of magical moments, for example, I remember one day that we all had fun singing and dancing Scottish songs while they sang and danced Nepalese ones for us. Precious moments!

To know more about these charities, please visit their websites: www.firststepshimalaya.org/ or www.beyondtheclouds.org.nz/

From the Back of the Pews

Fiona Gerrie, the Iona Connection

Fiona Gerrie, a member of the QX Congregation has a long association with the Island of Iona and the Iona Community and has recently returned from a Work Week there. We hear more of Fiona's experiences on this special island and its community.

QX CONNECT: How long has your association been with the Island of Iona and the community there?

Fiona: I have been visiting Iona now for well over ten years and make a firm commitment of visiting the Island twice a year.

QX CONNECT: When did you get involved with the Iona Community Work Week?

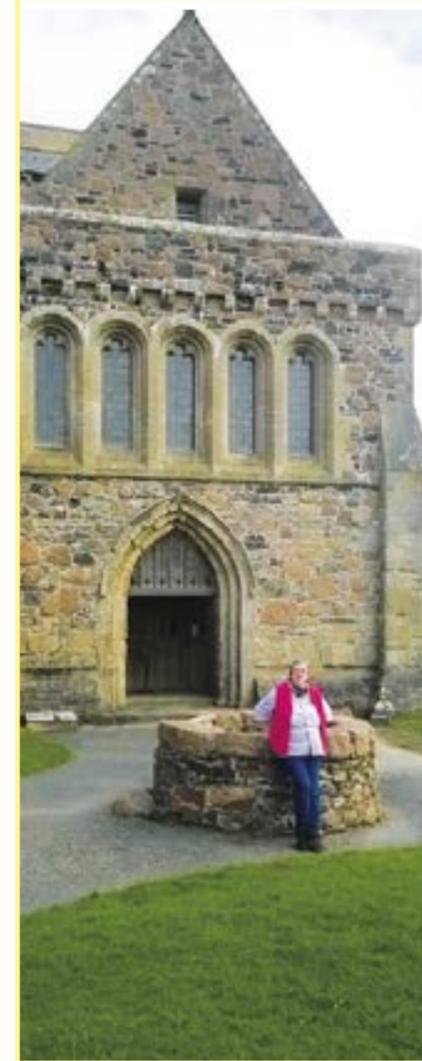
Fiona: It was three years ago that I heard about the Work Week and decided that the following year one of my visits would include work week. It's a wonderful way of giving something back to this wonderful place that means so much to me.

QX CONNECT: What type of work do you get involved in at the Work Week?

Fiona: It's a week of camaraderie and hard work. Over my time working on the work week I've done painting, washing windows, sanding down of furniture. This last work week, one of my main tasks was to deep clean the abbey laundry removing 8 years of dust and that's an awful load of dust before sealing it with pva and then painting it. I couldn't paint before I got to Iona but I can now.

QX CONNECT: It is not all work. Surely there must be some time for leisure and recreation?

Fiona: Oh yes! As well as the work we have walks around the island and to relax there are jigsaws, reading and knitting. And to round off the week there is a Ceilidh which everyone attends. Sadly, this was the last work week for some time and I am really going to miss it as well as all the lovely staff and volunteers who live there.



Sunday 6 August
9:00 Men's Fellowship Breakfast & Kid's Minecraft Club
Sanctuary

10:30 Worship
Sanctuary
Sunday Club
Session Room

Sunday 13 August
10:30 Worship
Sanctuary
Sunday Club
Session Room

Sunday 20 August
10:30 Worship
Sanctuary
Sunday Club
Session Room

Sunday 27 August
10:30 Worship
Sanctuary
Sunday Club
Session Room

ABERDEEN GRAMMAR SCHOOL

School Report



Within Aberdeen Grammar School, many of our pupils are involved in volunteering. One example of this is S3 pupil Lewis Bannerman.

Encouraged by his Dad, Lewis began volunteering for Future Choices, a charity which provides social inclusion for people in the disabled community by offering recreational activities. It also gives respite to carers in the local area. Future choices won Sainsbury's Local Charity of the Year in 2014 and Charity of the Year in 2013.

Lewis volunteers for 4 hours each week, playing board games with the elderly service users and chatting to them. In addition to this, he took on further involvement in the organisation when he played a leading role in a recent Future Choices promotional video, which explains the aim of the charity and encourages other young people to volunteer with them.

As a result of his dedication to this voluntary work, Lewis was awarded a certificate from the Aberdeen Council of Voluntary Organisations (AVCO) and Future Choices. This was presented to him during the school achievement assembly in recognition of his commitment to serving the local area.

In an interview with Aberdeen Voice - a weekly independent online news source covering the Grampian area - David Forbes, chairman of Future Choices explained that Lewis's volunteering was an "inspiration to all" and it had helped to create a positive image of young people who are often misinterpreted as being "bad".

Lewis's Mother, Diane Bannerman, also commented on his achievement, expressing her "pride" that Lewis was an inspiration and had encouraged others to take on a volunteering role. Lewis continues to volunteer for the charity, acting as a role model and motivating other young people to follow his path. Congratulations Lewis, keep up the good work!

By Holly Imperiale, S5 student.

Lewis Bannerman (R) being presented with his certificate at assembly with Mrs Bell, Deputy Head Teacher at Aberdeen Grammar School (L)



Cocktail Night

Live music by
Atholl Smith Jazz Trio

Friday **25**
August
7.30 pm



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Tickets available from Queen's Cross church office