



The Springfield Cambridge Record



November 2017

*Blessed are the peacemakers,
for they will be called children of God.*

Matthew 5:9

Minister

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A word from our Minister ...radical acceptance.

There is a prayer of thanksgiving for life which has the line, "*We acknowledge with gladness that ever gracious love of God which with the gift of life freely gave also the greater gift of acceptance...*"

I have been thinking a lot about acceptance recently after I heard of a man who had undertaken a gruelling sporting adventure in Greece and when asked how he had coped with the pain, he said it was bearable because of radical acceptance. Now I had never heard this phrase before so that sent me off on a journey of my own to discover what it meant in the sporting world.

In facing problems which sometimes cannot be solved, in 1993 M. Linehan {1}, referred to radical acceptance in this way. Radical acceptance is about the acceptance of life on life's terms and not resisting what you cannot or choose not to change. Radical Acceptance is about saying yes to life, just as it is.

Imagine that you want to rent a flat in a popular location that is completely full. The landlord agrees to call you when the two-bedroom flat is available. You wait for months, and then stop by to check with him. When you arrive he is signing a lease agreement with a couple for a two-bedroom flat. When you confront him, he shrugs. That shouldn't happen. It isn't fair. And it did happen.

The pain is the loss of a flat that you really wanted. You may feel sad and hurt. Suffering is what you do with that pain and the interpretation you put on the pain. Suffering is optional; pain is not. It's difficult to accept what you don't want to be true. And it's more difficult to not accept. Not accepting pain brings suffering.

Refusing to Accept Reality

People often say, *"I can't stand this," "This isn't fair," "This can't be true," and "This shouldn't be this way."* It's almost as if we think refusing to accept the truth will keep it from being true or that accepting means agreeing. Accepting doesn't mean agreeing.

It's exhausting to fight reality and it doesn't work. Refusing to accept that you were fired for something you didn't do, that your friend cheated you, or that you weren't accepted into the university you wanted to attend doesn't change the situation and it adds to the pain you experience.

Accepting reality is difficult when life is painful. No one wants to experience pain, disappointment, sadness or loss. But those experiences are a part of life. When you attempt to avoid or resist those emotions, you add suffering to your pain. You may build the emotion bigger with your thoughts or create more misery by attempting to avoid the painful emotions. You can stop suffering by practicing acceptance.

Life is full of experiences that you enjoy and others that you dislike. When you push away or attempt to avoid feelings of sadness and pain, you also diminish your ability to feel joy. Avoidance of emotions often leads to depression and anxiety. Avoidance can also lead to destructive behaviours such as gambling, drinking too much, overspending, eating too little or too much, and overworking. These behaviours may help avoid pain in the short run but they only make the situation worse in the long run.

Acceptance means you can turn your resistant, ruminating thoughts into accepting thoughts like, *"I'm in this situation. I don't approve of it. I don't think it's OK, but it is what it is and I can't change that it happened."*

Imagine that you are late for an important job interview. Traffic is especially busy and you are stopped at one red light after another. Raging at the traffic lights or the drivers in front of you will not help you get to your destination sooner and will only add to your bad mood? Accepting the situation and doing the best you can, will be less emotionally painful and likely more effective. With acceptance you will arrive at your interview less distressed and perhaps better able to manage the situation.

Radical Acceptance Requires Practice

Radical Acceptance is a skill that requires practice. Practicing accepting that traffic is heavy, that it's raining on the day you wanted to go to climb the Campsies, and that your friend cancels when you had plans to spend the day together are important for coping well and living a more contented life. When you practice acceptance, you are still disappointed, sad and perhaps fearful in such situations, and you don't add the pain of non-acceptance to those emotions and make the situations worse. Practicing acceptance in these situations also helps you prepare for acceptance in more difficult circumstances.

Everyone experiences losing someone they love. The death of a parent, a child, a spouse or a dear friend is particularly difficult. Your first reaction may be to say something like *"No! It can't be,"* even though you know it is true.

The death of a loved one will always be difficult and painful. Acceptance means you can begin to heal. Resisting reality delays healing and adds suffering to your pain. When you practice acceptance every day, you may be more prepared when the most difficult experiences in life occur. So practicing accepting the heavy traffic is about easing your suffering in that moment and also about being able to decrease your suffering in more difficult situations that may come.

Reasons to Not Accept Reality

Sometimes people behave as if they believe not accepting something will change the situation. It's like accepting painful situations or emotions is being passive or giving in. That's not it. It's allowing reality to be as it is.

At other times people don't want to feel the pain. There are many life situations that are painful and that are not in our control. We can't avoid that pain, but we can control how much we suffer over the pain that we experience. Suffering is the part we can control.

A Place to Begin

Life gives lots of opportunities to practice. If you have a problem that you can solve, then that is the first option. If you can't solve it but can change your perception of it, then do that. If you can't solve it or change your perception of an issue, then practice radical acceptance. Begin by focusing on your breath. Just notice thoughts that you might have such as the situation isn't fair or you can't stand what happened. Just let those thoughts pass. Give yourself an accepting statement, such as *"It is what it is."* Practice over and over again. Acceptance often requires many repetitions.

Radical acceptance is about the acceptance of life on life's terms and not resisting what you cannot or choose not to change. The story of the rich young ruler in St. Luke 18:18-23 is a fascinating study in radical acceptance. The rich young ruler had the capacity to change his understanding but found himself unable to take that radical step towards acceptance of what Jesus was offering him. How about you?

Rev Ian Taylor

{1} Linehan, M. *Cognitive-Behavioral Therapy of Borderline Personality Disorder.*

LOOKING BACK

Funerals

Saturday 30th September, 2017

Mr David Wingate,
Woodhill Road

Monday 2nd October, 2017

Mr Tony Leon,
Fairhaven Road

Thursday 5th October, 2017

Mrs Agnes (Nan) D Squair,
Callieburn Court

God of grace and peace, in your Son Jesus Christ, you have given us new birth into a living hope. Strengthen us now to live in the power of the resurrection and keep us united with our loved one from whom in death we are not divided. For you live and reign for ever and ever.

Amen.

LOOKING AHEAD

Vestry Hour – Wednesday mornings at 10 am

Should anyone wish to see the Minister, Ian will be available on the **8th, 15th, 22nd and 29th November, and on the 13th and 20th December, 2017** from 10- 11 a.m. Should you wish to see him at another time, please contact Ian on ☎0141 772 1540 or ✉ITaylor@churchofscotland.org.uk and another arrangement can be made.

Mid Week Services – Cambridge Chapel 11.10 am

The Wednesday morning Service will be held in the Cambridge Chapel. The Cambridge Chapel will also be open Monday - Friday from 10 a.m. - 12 noon for anyone who wishes to find a quiet place to read the Bible, pray or reflect during the course of the week.



On **Saturday 11th November, 2017**, there will be short acts of Remembrance at 11am at the War Memorial on



Auchinairn Road and at the War Memorial at Bishopbriggs Cross.

On **Sunday 12th November, 2017** (Remembrance Sunday) our Service will start at the earlier time of **10.45 a.m.** The Uniformed Organisations will join us that morning. There will be a Retiring Collection in aid of the Earl Haig Fund.

Following our Service, there will be a second short Service at the Community Centre (at approx. 12.45, assemble at 12.30), on Auchinairn Road, before the Wreath Laying at the War Memorial across the road. A similar Service will be held at the War Memorial at Bishopbriggs Cross.



There will be a Service at Callieburn Court on **Sunday 12th November, 2017 at 2.30 pm.**

This monthly Service at Callieburn Court is open to any member of the congregation who would like to join the residents for a short Service lasting about 20 minutes or so. The Service is held in the Lounge.



On **Sunday 19th November, 2017**, there will be a Service of Dedication for the Church of Scotland Guild.

After Church on **Sunday 26th November**, the Sunday school and Bible Wayfinders will be serving rolls and sausage/bacon in the Cameron Hall in aid of their funds.



On **Saturday 2nd. December, 2017** between 10 - 12 noon and on **Sunday 3rd December, 2017**, our **Jars of Grace for UNICEF** will be received.

On **Sunday 3rd December, 2017**(the first Sunday in Advent) gifts for children will be received during this Service. The gifts will be used by local social work agencies at Christmas and throughout the coming year. You can wrap your gift if you wish, but please attach a label to the outside indicating whether the gift is suitable for a boy or girl, and what age group. Or, you may present your gift unwrapped, with accompanying paper attached and a note of sex/age of child. In this way these gifts can be used during the coming year for birthdays and the like, if unused at Christmas.



LODGING HOUSE MISSION

Once again we will be selling Christmas Cards on behalf of the Lodging House Mission

These will be available in the Hall of Fellowship, every Sunday, from 22nd October 2017

Christine Mackinosh

Treasurer's Report

With only a few weeks left until the end of the year, "a landmark date" for any Church of Scotland Treasurer is always the 15th November as that is the date that we make our last Ministries and Mission payment for the year. Once our final payment for the year of £7,864 is completed then we will not make any further central payments until 15th February 2018!

To date in 2017 our Open Plate Offerings total £5,547 and while all contributions to church funds are much appreciated, if we as a congregation were able to Gift Aid half of this we would be able to claim another £693 in Tax Recoveries. Gift Aid has no commitment for any fixed amount to be given over a period of time and is a great way for us to make your offerings go further for Springfield Cambridge Church. If you would be interesting in finding out more about Gift Aid then please do not hesitate to contact our Gift Aid Convenor, David Lockhart or myself. Our contact details are on the inside front cover of this magazine.

***As you can see from the figures below we have a surplus on the General Fund for the year-to-date of £11,400. This is due however to late settlement of HMRC General Fund tax claims that should have paid to us in 2016 totalling £19,899. If this figure is removed then we are sitting a deficit for the year to date of £8,499.**

The Income and Expenditure figures for the year to 22nd October as against budget on the General Fund are as follows: -

| <i>Income from Offerings</i> | £ |
|-------------------------------------|-----------------|
| FWO Scheme | 13,144 |
| Open Plate | 5,547 |
| Gift Aid | 62,881 |
| Tax Recovered | 30,478 |
| Total | 112,050 |
| | |
| Other Ordinary Gen Income | 22,142 |
| TOTAL ORD GEN INCOME | 134,192 |
| GENERAL EXPENDITURE | 122,792 |
| Surplus for Year to date | 11,400 * |

Jim Kerr, Treasurer



268th Junior Section BB

The Junior Section has had a very busy start to the session as we are celebrating in 2017 the centenary of the Boys' Brigade first working with this age group.

In September we attended a District BBQ & Activities afternoon at Mugdock Country Park where the boys completed some orienteering, scavenger hunts and took part in some outdoor games.

As part of the 100 Birthday celebrations, BB UK has issued a list of 100 challenges for Junior Sections to complete during 2017 and we are currently working our way through these. In order to tick some off the list, we took 5 boys along to Battalion HQ for a 'Juniors 100 Challenge Day' where the boys completed a large number of challenges for the Section, including eating a doughnut without using hands & getting their photo taken with something that is at least 100 years old. They also got the opportunity to meet the First Minister of Scotland, Nicola Sturgeon.

At the beginning of October we held our very own '100th Birthday Party' where the boys took part in further challenges and had some delicious birthday cake!!

As well as all of this all the boys have been put into groups and the Leading Boys chosen.

Gaynor Lockhart , OIC



On the Front Cover this Month



A stunning cascade of poppies has been unveiled at a village church in East Lothian. More than 6,000 knitted and crocheted poppies adorn the artwork, which is 40ft long and 11ft high, outside Aberlady Parish Church. The cascade, which was organised by Aberlady Craft Group ahead of Remembrance Day, inspired people from as far afield as Australia and France to send contributions.

Rev Brian Hilsley said the installation is a "magnificent tribute" to military personnel who have lost their lives. "Our commemorations have special significance during the years 2014 to 2018 as we mark the 100th anniversary of the First World War. This installation is a magnificent tribute to all those who lost their lives in that conflict and since then. I pray that it will bring blessing to many and bear fruit in encouraging us all in the commitment to peace."

Work on the installation began in January this year at the regular meetings of the village craft group and as news of the project spread, poppies began to arrive from around the world.

All funds raised by the cascade and donations will go to Poppy Scotland.

From the Church of Scotland Website

The Guild



On Monday, 2nd October, our Speaker, Mrs Kathleen McPherson, pictured here with the Convener of our Guild, Mrs Isabella Hutcheson, took us to Hollywood and regaled us with hilarious stories of the links between Hollywood idols of the past and their links to Scotland and, in particular, Presbyterianism. We all enjoyed her talk immensely and forgot about the dark, wet autumn evening outside!

The “B Naturals”, a male singing group of five people entertained us on 16th October with “Barber Shop” singing, songs accompanied with instruments, and a superb piece recounting the story of Hamlet in the Glasgow dialect! It was lovely to catch up with two people who have visited us in the past, and who have Springfield Cambridge connections - David Sturgeon, whose rendition of Hamlet was so good, and who is the nephew of Alex Sturgeon who entertained us so often in the past; and Cameron Lowe, Lilian’s son. We wish them well.



We now look forward to the 30th October, when we will hear from Paul Semple. about the Paddle Steamer, Waverley. Also ahead is our Coffee Morning on Saturday, 4th November from 10.00 a.m. to 12 noon. I do hope you will support us then, and come along to the Cameron Hall and enjoy the coffee and the baking.

Sheila M Gibson

Flower Calendar - November

Distributors: Mrs M Aitken and Mrs A Harvey

*Donors: Mrs M Myles, Mrs E Allison (11th), Mrs M Manson,
Mrs S McDougall, Mrs J Hall (21st)*



FUND RAISING QUIZ-AROUND SCOTLAND
 - Quiz Sheets are available in the Hall of Fellowship over the next few Sundays, donation £1, from Members of the Fund Raising Team

I would like to thank Rev Ian Taylor, Elder Drew Fleming and all my friends in the congregation and Guild for the many prayers, flowers, cards and visits to Glasgow Royal, The Queen Elisabeth University Hospital Govan, and recuperation in Lightburn Hospital after my fall and subsequent operation. It was a very stressful time and my family and I are grateful for the comfort we received from all the prayers and concern.

Thank you very much.

Mrs Jean Provan

I would very much like to thank everyone for all their prayers and good wishes with calls and cards during my recent illness, from which I am thankfully recovering well.

Stewart Campbell

Christmas Carol Concert featuring members from the Springfield Cambridge Chorus

Alan Craig will be conducting members of the Springfield Cambridge Chorus at a Carol Concert at the University of Glasgow in the Memorial Chapel on Saturday 2nd December. The carol concert has been held for the last 3 years in support of the Paul O’Gorman Leukaemia Research Centre. The concerts have featured musical ensembles from across Scotland and this year Alan and members of the Springfield Cambridge Chorus have agreed to take part. It is a great way to end a day of Christmas shopping as the concert starts at 5pm (for refreshments/mince pies) and ends at 6:30pm. So if you missed out on obtaining tickets for the annual Springfield Cambridge Ensemble at the Royal Concert Hall this would be an opportunity to hear some of the pieces that they may perform. The Glasgow University Choir will also feature during the concert.

Tickets priced £12 for adults and £6 for concessions will be available from Tom Noon in the Hall of Fellowship most Sundays in the run up to the carol concert.

Parking is generally available within the university grounds (entrance at University Avenue).

Tom Noon



SPRINGFIELD
CAMBRIDGE
CHURCH
FUND RAISING
GROUP



are holding a
QUIZ AND FISH SUPPER NIGHT
on **FRIDAY 24th NOVEMBER 2017**
at **7.30 PM**

in **THE SPRINGFIELD HALL**
TICKETS - DONATION OF £9



Available on Sundays from 29th October
in the Hall of Fellowship

This is an Adults-only night BYOB

268 Glasgow Company The Boys Brigade
Springfield Cambridge Church Bishopbriggs

CHRISTMAS CARD DELIVERIES

Our Christmas Card Delivery service is once again being made available for all "G64" Postcodes.

Please provide all cards fully addressed with flat numbers and postcodes as omissions may mean that we cannot guarantee delivery

Still a Bargain at only 25p per card

Dates to Remember

Collection starts Sunday: 26 November
Last Collection Date: 10 December
Deliveries Completed by: 20 December



Springfield Cambridge Church

Sunday 5th November

Worship at 11am



Sunday 12th November

Remembrance Sunday

Service will start at 10.45am

Afternoon Service at Callieburn Court at 2.30pm

Sunday 19th November

Worship at 11am

*Including Service of Dedication
for the Church of Scotland Guild*

Sunday 26th November

Worship at 11am

In days to come the mountain of the Lord's house shall be established as the highest of the mountains, and shall be raised up above the hills. Peoples shall stream to it, and many nations shall come and say: 'Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.' For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. He shall judge between many peoples, and shall arbitrate between strong nations far away; they shall beat their swords into ploughshares, and their spears into pruning-hooks; nation shall not lift up sword against nation, neither shall they learn war any more; but they shall all sit under their own vines and under their own fig trees, and no one shall make them afraid; for the mouth of the Lord of hosts has spoken. For all the peoples walk, each in the name of its god, but we will walk in the name of the Lord our God for ever and ever. *Micah 4: 1-5*