

# THE VILLAGE HUG



Connecting Community Creatively

Issue 11 – 10<sup>th</sup> July 2020

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*  
Jeremiah Chapter 29, Verse 11

**The Village Hug is a newsletter created by the young folk of Torrance Parish Church as a gift to the people of Torrance during the Coronavirus Emergency.**

**Please pass on this PDF to others who may enjoy it and print it off for people not connected by email or Facebook (whilst taking the appropriate social distancing precautions of course).**

**If you have any ideas for future content then please contact us at [thevillagehug@gmail.com](mailto:thevillagehug@gmail.com)**

## INTERVIEW – Covid-19 Experience with Richard Stevenson

*Torrance Church member Richard explains how Covid-19 impacted him and his family while he worked on the front line of the NHS response in Glasgow.*



I work as a Consultant Surgeon at Glasgow Royal Infirmary. At the start of the pandemic there was a lot of uncertainty as to what to expect. As such, we had to adapt our working patterns which involved cancelling the majority of our elective operating, whilst prioritising those patients with cancer. We did this to allow space for patients with Covid-19 to have access to the high dependency/intensive care units which ordinarily would have been reserved for patients after surgery. Our elective surgical wards were also taken over for Covid-19 patients from the medical wards when they did not have enough capacity to manage them.

We also ensured that our working patterns reflected the increased need to be available at weekends and night shifts. The management team within Glasgow Royal Infirmary were excellent and provided a Rest & Recuperation area for medical staff—this included a gym, coffee facilities and an on-site psychologist for those feeling stressed/overwhelmed.

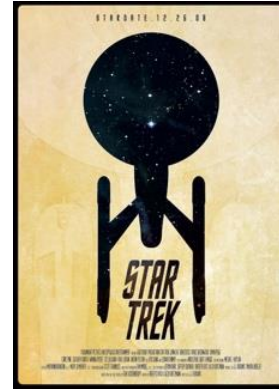
Of course, we had to take precautions to avoid spreading the virus, were we to become infected. This involved changing into hospital scrubs on arrival at the hospital, showering before we left and for those with vulnerable families at home avoiding contact with them altogether. My wife, Jo, is pregnant with twins so, particularly when I was on-call or working on the Covid-19 wards, I avoided all contact with her and our three children. At the start I stayed at a hotel, however that wasn't sustainable longer term as there were no cooking or washing facilities. Church member friends from Torrance stepped in to offer an empty cottage on their farm as a place for me to stay. This was great, as it was close to home and also had a garden so the kids could come and visit.

As the number of patients affected reduced, we resumed more of our elective operating and no longer were required to look after the patients with Covid-19. My quarantining ended and Jo let me return to the house! I still take precautions with changing my clothes/showering etc. but we've been fortunate not to have suffered any ill effects. There is always good to be found in difficult times and we are fortunate to live in a society where people are so willing to help.

**Star Trek – Cert 12A, Film 4 – 21:00, Saturday 11th July**

Star Trek’s glorious return to the silver screen is as about as action-packed as you would expect it to be. Director JJ Abrams (who later went on to helm Star Wars: The Force Awakens) delivers a fast paced adventure with likeable characters and interesting villains while still being able to keep the wonder that made the original TV series so great. The film’s two leads, Chris Pine as Captain Kirk and Zachary Quinto as Spock have excellent chemistry together which make their interactions on screen that much more entertaining.

3/5 Village Hugs



**Love Actually – Cert 15, Channel 5 – 23:05, Friday 17th July**

This is one of those Christmas movies that everyone says you have to watch at Christmas, like Elf and Santa Claus: The Movie. However, if you take away the Christmas aspect then at its core it’s just a fine romantic comedy with charming performances from all of its cast (the subplot focussing on Martin Freeman is particularly entertaining). There’s also nothing more wholesome than Liam Neeson giving his son the confidence to go and ask his school crush out on a date. That being said, the film can at times suffer from an overly complicated plot with so many characters to follow.

3/5 Village Hugs



**Three Billboards Outside Ebbing, Missouri – Cert 15, Channel 4 – 21:15, Saturday 18th July**

Frances McDormand really gets a chance to shine in her role as Mildred, the seemingly deranged mother mourning the disappearance of her child. In fact, this whole film rides on the casts’ performances, especially Woody Harrelson and Sam Rockwell, as they both have really great scenes where both of their characters get to shine. Although one is more in your face and the other more subtle, it really highlights the importance of the director working with the actor to get the performance of a lifetime.

4/5 Village Hugs



**Hell or High Water – Cert 15, Film 4 – 21:00, Sunday 19th July**

Directed by a Scot, David Mackenzie’s Hell or High Water is considered by some to be his breakout film. It’s also the second film on this list where I say that Chris Pine gets time to shine in his role as Toby Howard, in fact his is one of the film’s best performances. Mackenzie nails the two brothers on the run and manages to create good friction between the two of them as they try to escape the jaws of Officer Marcus Hamilton. A great film you should definitely make the time to watch on the 19th.

5/5 Village Hugs



For those of you looking to expand your cycling horizons there are a few options around, although I anticipate many less experienced cyclists would like to avoid the road.

So my suggestion for a straightforward ride is to follow the Forth and Clyde Canal. There are two options for getting to the canal from Torrance: enter via the river path at the traffic lights or head up Torrance Road to the bridge over the canal. I prefer up the road as the river path is quite tight and is popular with walkers. You'll find the actual canal path in good order for cycling. It's also wider for passing others; please ring a bell to alert walkers and cyclists going in the same direction that you will be passing them shortly. It's also courteous to alert them to which side you are passing from.

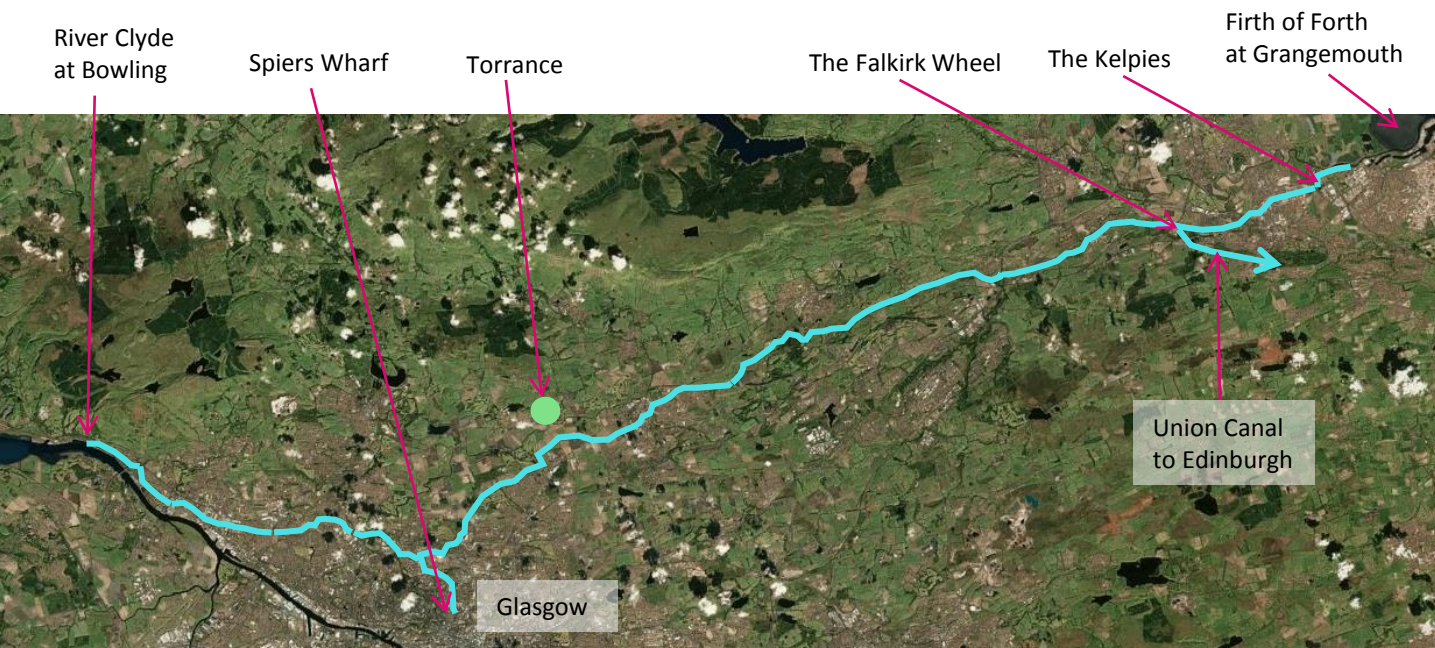
The canal is an enjoyable route as it is flat and a pleasant cycle. Although do consider that it's a fairly straight line, which means if it's windy you'll either get an easier or a harder ride! That might seem obvious but it's worth thinking about if you are cycling along thinking this is easy and go further than you planned, because when you turn around you'll notice the wind!

How far you go on the Canal depends on your ability and how much time you have! Turning right/west you can cycle all the way to Bowling (15 miles each way) and turning left/ east you can go to the Falkirk Wheel, which is about 18 miles each way. Indeed you can also join the Union Canal which will take you to Edinburgh.

So those are the "limits" of the canal ride but you can easily choose other attractions to cycle to for shorter journeys. Going west you can head into Glasgow and perhaps explore Spiers Wharf where they have signs showing historical aspects of the area. It's about 6 or 7 miles to get there. Look out for oncoming "traffic" when you go under the bridges. You will also pass Partick Thistle FC.

Heading east, you get to Kirkintilloch in a few miles and can obviously have a cycle around the town too if you wish. Further on you get to Auchinstarry Marina. Both these options would normally give you café access, but for now take snacks and drink with you. At Kirkintilloch you also have the option of heading off the canal and joining the old railway line to Milton of Campsie and going all the way to Strathblane.

If you need anything for your bike, including servicing, use local business Solid Rock Cycles in Balmore and help support our local community.



# CARD TO PRINT AND POST

As the rules relating to 'lockdown' change week by week some people are left feeling confused and concerned about the 'new normal'. You may be fed up with video calls, so why not take the time to contact someone you've not heard from in a while by post?

Print off this page then cut out and fold the card. Then write inside and post to tell someone that you appreciate them or are missing them. There's nothing quite like receiving a hand written card!

 <p>THE VILLAGE HUG</p>	naděje
	Hoffnung
	希望
	أمل
	håber
	ਉਮੀਦ
	esperanza
	dòchas
	望む
	надежда
	speranza
	espérer
	gobaith
	ελπίδα
	HOPE...
... it's the same in any language.	



Cut out

Fold along this line.

Name these **areas of Glasgow** using the cryptic clues provided.  
The answer to number 1 is given as an example.

1. Girl on top of small mountain.  
*Maryhill*
2. It's dark among the trees.
3. Girl before U.S. city.
4. Boy behind a vehicle.
5. A girl's country.
6. Jump before the stream.
7. Protect a large building.
8. Royal playground.
9. Pay your dues and get angry.
10. Health drink at large house.
11. A clean measure.
12. Holy place with some music.
13. Green order to a vehicle.
14. Heavy weight behind criminals.
15. English city in front of a mound.
16. Forbid a Scottish town.
17. Gather water in a home.
18. Alexander in front of an American car.
19. A measure of the farm.
20. Nearly there.

## ECO CHURCH – LOST STOCK

As a result of Covid-19, leading high street brands have cancelled orders for £1.6billion worth of clothes from factories in some of the poorest countries in the world.

These clothes have already been produced and this leaves millions of workers, in countries like Bangladesh, unpaid and at risk of starvation. Unlike the UK, where the government has provided financial support to those whose jobs are at risk, these people have nothing. Without help, families will starve and the clothes could end up in landfill.

In an attempt to help, Mallzee, an Edinburgh-based online company, has created Lost Stock. You log on, give them your size, preferred colours and your age range. You pay £35 (plus £3.99pp) and in return you receive a minimum of 3 items of clothing with a retail value of at least £70. The money you pay all goes back to the factories which produced the goods and even though you only pay 50% of the value, the factories and workers get more than they normally would have.

Each £35 order supports a worker and their family for a week. Mallzee have set a goal to help 100,000 families, so why not give it a go? This really is a win-win and just think of the fun when you open the box and see what's been selected for you!!

<https://loststock.com/>



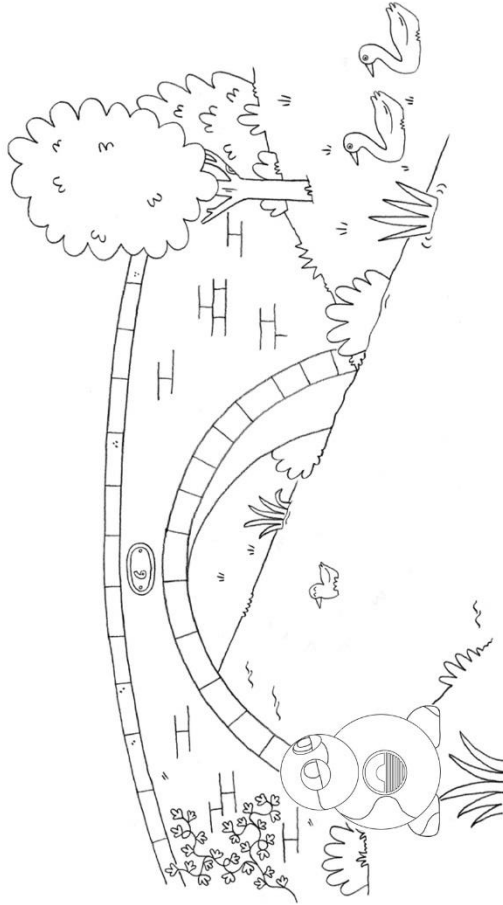
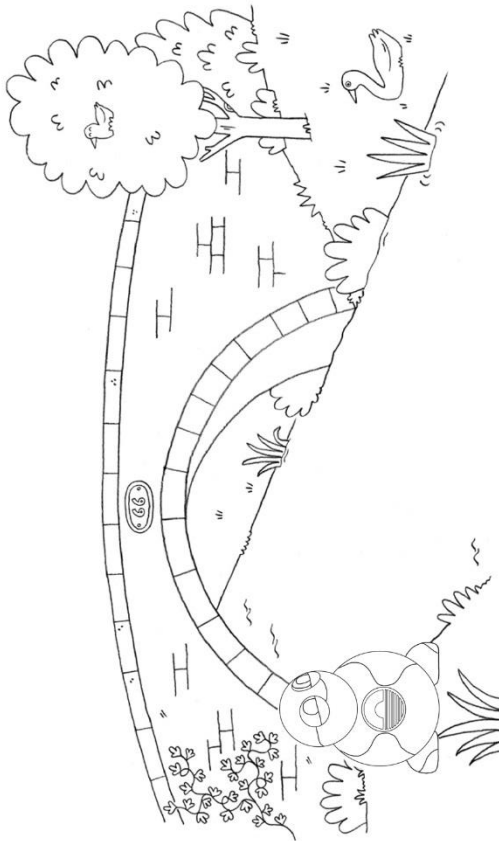


**Canal &  
River Trust**

Making life better by water

# Spot the difference!

Help Well-B spot five differences whilst colouring in these pictures

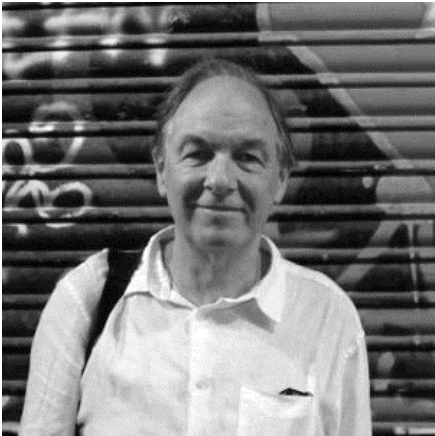


#LifesBetterByWater  
[canalrivertrust.org.uk/recharge](http://canalrivertrust.org.uk/recharge)

Steve Turner has been a guest several times at 'The Carrot Cake Club' –Torrance Parish Church's weekly youth group for those in S4 and older.

He's a one-time Rock Journalist, working for Rolling Stone magazine, who became a biographer for stars such as Johnny Cash, The Beatles, Eric Clapton and Van Morrison. Steve is also a popular and regularly published poet.

He described this 'poem looking for a song tune' as his own attempt to do a contemporary (Covid-19) version of "We'll Meet Again".



## **We'll Get Through**

*Sometimes the world seems dark  
Sometimes our life seems hard  
Sometimes we fall apart  
But we'll get through.  
Sometimes we hurt so much  
Sometimes the going's rough  
Sometimes we need some touch  
But we'll get through.*

*Sometimes we're inside out  
Sometimes we're all left out  
Sometimes we're filled with doubt  
But we'll get through.  
Sometimes we curse and moan  
Sometimes we don't like home  
Sometimes we feel alone  
But we'll get through.*

*We'll get through  
We'll get through  
There'll be a bright tomorrow  
When we do.  
We'll get through  
We'll get through  
We'll do what we must do and  
We'll get through.*

*Sometimes the days don't end  
Sometimes the pain won't mend  
Sometimes we lose a friend  
But we'll get through.  
Sometimes we find no rest  
Sometimes we fail the test  
Sometimes we're second best  
But we'll get through.*

*Someday we'll break from jail  
Someday we'll hit the trail  
Someday our ship will sail  
And we'll be through.  
Someday our life will clear  
Someday we'll all draw near  
Someday there'll be no fear  
And we'll be through.*

*We'll get through  
We'll get through  
There'll be a bright tomorrow  
When we do.  
We'll get through  
We'll get through  
We'll do what we must do and  
We'll get through.*

WHEN THIS IS OVER I'LL BE EXCITED ABOUT...

**...GOING ON HOLIDAY.**

**...PLAYING FOOTBALL AGAIN.**

**...SEEING MY FRIENDS.**

**...GIVING PEOPLE A HUG!**

**... SOCIAL DISTANCING BEING A  
DISTANT MEMORY.**

*By Members of Crossover*



# LOCKDOWN QUIZ ANSWERS

- 1 Professor Jason Leitch
- 2 The Baked Potato (from the 'Thank You Baked Potato' song)
- 3 Sir Tom Moore
- 4 Joe Wickes (the nation's PE teacher)
- 5 Barnard Castle
- 6 Temporary Hospital at the SEC in Glasgow
- 7 THE NEW NORMAL
- 8 WORKING FROM HOME
- 9 CLAP FOR CARERS
- 10 SOCIAL DISTANCING
- 11 TWO METRE RULE
- 12 PERSISTENT COUGH

## TRAIN ADVICE



## PRAYER OF THE FORTNIGHT

Please join us as we pray for the needs of our Village.

*“Loving Heavenly Father,*

*We pray that through this time of Covid-19 Pandemic we will be aware of your presence near us. Not just here in Torrance, but throughout this land.*

*We pray for wisdom and patience, not only for ourselves but especially for all those with the responsibility of decision making.*

*Whatever our circumstances, we give thanks we have a God who cares for us, nurtures us, comforts and sustains us. A God who is waiting for us to cry out to Him.*

*Amen”*

Are you in need of help, prayer, to be listened to in confidence?

Please don't hesitate to contact the following number by phone call, WhatsApp or text:

**07788 797238**

This is a dedicated phone number, used only by the Prayer Ministry Team.

# GOAT'S CHEESE & BLACK PUDDING RECIPE *from Jen Barge*

## Ingredients:

- Stornoway black pudding (perfect to use because of its soft texture)
  - 6x2 cm thick slices
- Goat's cheese cut into 6 x 1 cm thick slices – try to buy cheese that is the same diameter or larger than the pudding
- 400 grams red onions finely sliced
- 2 tbsp caster sugar
- 5 tbsp balsamic vinegar
- 50 grams butter
- Mixed leaves – balsamic dressing (optional)
- Salt and pepper

## Method:

1. For the caramelised onions heat a frying pan and add the butter, onions and sugar and cook over a gentle heat, for 5-10 minutes, until they're just beginning to turn golden brown
2. Add the balsamic vinegar and cook until the vinegar has just about disappeared, and season with salt and pepper. You should have a sticky mixture that still just moves in the pan - you may need to loosen it off with a teaspoon of water if it becomes too sticky
3. Heat the grill on high until really hot. Place the puddings on an oiled tray under the grill and cook, turning two or three times until the puddings just start to take on colour and soften – this will take about 4-5 minutes
4. Remove and place one slice of goat's cheese on each pudding and replace under the grill and leave until bubbling and browning (about 2-3 minutes)
5. Heat the onions in a pan. Place the pudding using a fish slice or palette knife on a plate and spoon onions on top
6. You can garnish with a mixed leaf salad with a balsamic dressing if you wish.



## NEW SUNDAY MORNING VIDEOS!

## CHRISTIANITY|EXPLORED

### SUNDAY GATHERING 10:30-11.00AM EVERY WEEK DURING THE SCHOOL HOLIDAYS

During the Coronavirus Emergency you can listen to and watch a service using the Zoom webinar conferencing app. As a viewer you won't be seen or heard on screen at any time.

**During the summer holidays the teaching will be based on the 'Christianity Explored' videos which give an overview of Mark's account of the life of Jesus.**

<https://zoom.us/j/462751387>

The Meeting ID is: 462 751 387.

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parish  
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