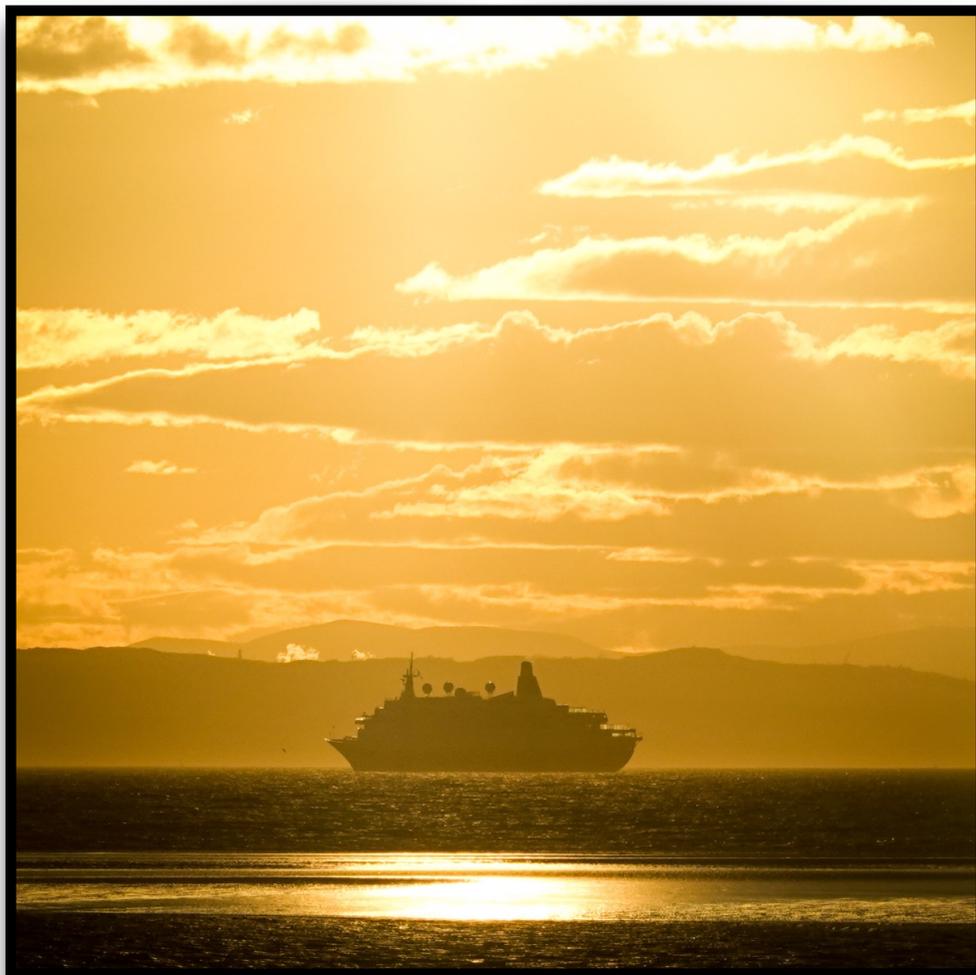

OUTREACH



A liner in the Firth of Forth waiting at sea during the Covid19 pandemic

**You are warmly invited to join us in the
SACRAMENT OF HOLY COMMUNION
Aberlady Parish Church
When dates are published
All will be welcome**



For your information:

www.aberlady-gullaneparishchurches.org.uk

www.facebook.com/AberladyGullaneParishChurches

www.facebook.com/AberladyAndGullaneChurchForChildren

COVID19 - A PERSONAL THOUGHT FROM JANE

Over the last few weeks I have heard people say that what we are going through today, with Coronavirus, is similar to what people went through during World War II. I have thought long and hard about this and, although I am not completely convinced with my conclusion, I think I would prefer to have lived through the war than now. At least during the war you could meet your friends and have a hug when you needed one. It's all very well having all the technology and being able to FaceTime friends and loved ones. But, my boy recently turned twenty-one and we had to have an online birthday party for him as he has been working in Tesco, keeping those who live in Bruntsfield and Morningside in Edinburgh fed while finishing year three of his degree.

Not to be able to give your only child a big hug on their special day was really tough for me.

Seeing people as they flout the guidance rules upsets me and means this virus will be around for longer than it needs to be and those of us who need to shield, due to age or medical reasons, will end up staying at home for longer than anyone else.

If you can, get outside into the sunshine and build up your vitamin D stores to help your body fight back if you do catch it.

In the meantime, until we can meet again, stay safe and stay well.
Jane xx

MINISTER'S MESSAGE

Dear Friends

As I write we are still in full lockdown but with the hope that it will not be long before some relaxation of the regulations becomes possible, at least for some of us. In the meantime, I continue to be humbled and deeply impressed by the way folk have responded to the crisis, in large measure accepting restrictions with grace and good humour while reaching out to neighbours and friends with generosity and compassion. The acts of kindness which Dorothy and I have experienced have been much appreciated; the ones with the most impact being simple gestures reminding us that we are in the thoughts of others. I hope your own experience is similar.

The other fact upon which I reflect with gratitude, daily, is that we are so blessed to be spending lockdown in the beautiful surroundings of East Lothian and as part of true communities. The contrast with those restricted to more sterile environments and to greater degrees of anonymity is huge and I cannot imagine how some people are coping. Thankfully, the Church is at work alongside many other agencies and individuals in every part of the land, bringing love and support and even those of us unable to be "out and about" in the front line can share in that work through our constant prayers and our financial donations.

Earlier this morning I read an article by the Reverend Dr. Giles Fraser which was published in a national newspaper and kindly shared with me by one of our elders. Giles Fraser was the Canon Chancellor of St Paul's Cathedral who resigned from office almost 10 years ago and took up post as a Parish Priest elsewhere in London. The reason for his resignation was the decision to remove peaceful "Occupy" protesters from the precincts of St Paul's using court action. He could not accept that this was a legitimate action by the Church.

MINISTER'S MESSAGE CONTINUED

Writing today from his parish in The Elephant and Castle, Fraser emphasises the dilemma facing Church in the UK caused by the huge number of buildings which require maintenance and repair by an ever-diminishing number of worshippers. While doubtless fully appreciating the thinking behind plans to close buildings and divert resources elsewhere, he emphasises that buildings are important; certainly because many bear witness to a continuous Christian presence over many centuries but also because buildings allow people to come together and give true substance and reality to community. Wonderful though the possibility of online worship and sharing is, Fraser emphasises that this possibility draws upon the “capital” that exists because of the relationships built up over many years by physical gathering and shared worshipping in the house of God. There is a great deal of truth and common sense in that observation.

When, in late January of this year, I announced my intention to demit office as your Minister at the end of October, the full impact of Covid 19 was not known. My enforced absence from work through March has been followed by this “surreal” period of lockdown and none of us knows how long it will be before worship services, meetings and home visits will be possible again. I wrestle with all this uncertainty and the changing obligations it places upon us all. Let us hope and pray that we might find clarity and guidance before too long.

I close by saying how delighted and grateful I am that this issue of the magazine can now be published and distributed. Thanks to all who have helped to make this possible. We are also much indebted to those who have contributed to the project to refresh and renew our presence on the website and Facebook. This makes daily news bulletins possible and allows us to make resources accessible at any time for everyone who has internet access. If you don't have internet access then do have a chat with your elder or with members of your family, who may be able to download printed copies or audio files of the Sunday reflections from the AGPC website. Finally, see the item in this issue about Daily Hope, which makes it possible to listen to hymns, reflections and prayers from the Church of England.

Grace and peace to you and yours.

Brian

Deaths of members

We mourn the passing of the members listed below who have died in recent weeks and months, giving thanks for the fellowship and friendship which we have enjoyed with them and asking God’s blessing upon all those most deeply affected.

17 th February 2020	Mrs Susan Struthers	Aberlady
17 th March 2020	Mr Harry Wilson	Gullane
19 th March 2020	Mrs Sheila Purves	Gullane
14 th April 2020	Mr Ian T. Black	Gullane
16 th April 2020	Mrs Mary Blyth	Gullane
22 nd April 2020	Mrs Janet Reid	Gullane
2 nd May 2020	Mrs Doris Duncan	Aberlady
14 th May 2020	Mrs Evelyn Ramsay	Aberlady
30 th May 2020	Ronald Walkingshaw	Aberlady

SESSION CLERK’S REPORT

An important resource for those without internet access.

Do you know someone who has no access to the internet but who might appreciate being able to access prayers, hymns and reflections through a free phone line? If so, pass them details of this 24 / 7 service by the Church of England in partnership with others.



Aberlady Parish Church- Financial Situation during Closure

I would like to thank everyone who is supporting the church financially during the present difficult situation either by maintaining their donations through their bank or making one of for regular donations Despite both buildings being closed I have still to pay about £3200 out every month including Ministry and Mission charges, insurance etc.. This is lower than the normal monthly expenditure of over £4000. This is a very difficult position with reduced regular income of about £1200 per month. There will be no Quarterly envelopes for the foreseeable future.

Here are some ways you can help me to keep us in the black:

Bank Transfer - You can do this through internet banking

OR telephone banking

OR in person at your bank. Bank details can be obtained from the Treasurer.

(This is best for me)

My phone number is in the Church magazine

Cheque - You can write a cheque payable to **Aberlady Kirk Session** which you may put through my letterbox or post it to me.

Cash - This is problematic but if you have no other option, you can save your donation in either your FWO envelopes or an envelope. You can keep them till church opens again OR bring them to my letterbox OR ask someone trustworthy (perhaps your elder) to get them to me. Please use this, only if you have no other option.

I, on behalf of us all, shall be grateful for all help and support at this difficult time.

Church Treasurer 28 May 2020

SUNDAY THIRTY

A short, informal All Age Service led by the Aberlady Worship Team in Aberlady Kirk Stables at 8.45am on the third Sunday of each month, followed by coffee/tea, a chat and something to eat.

Dates for your diary are:

Not known as yet because of the Covid19 pandemic

All will be welcome when services resume.

OUR MINISTER

Brian is a Minister and to Aberlady came
The villagers were happy when he called East Lothian “Hame”
When we heard his Sermons, we knew our choice was good,
He is a wonderful preacher and his singing voice is good!

He’s helped by his wonderful wife, Dorothy.
She’s right there by his side.
She helps at all our Social events
And with any job beside!

He’s patient, caring, loving
And we feel safe in his care
Our Minister is the best we’ve had
And we love to know he’s there.

For Births, Deaths and Marriages, we know on him we’ll call
Compassion is his middle name and he is the BEST of all.
He feels it’s time to leave us. He’s done his very best.
Every happiness to him and to Dorothy -
They really are THE BEST.

Martha Lithgow

London Underground in WWII



Just ponder on this for a minute...

2020 - We just have to stay in for a couple of months.

WW II - You have to leave your loved ones and might never see them again.

2020 - But my kids need some fresh air so we're all going to the park.

WW II - Your kids have to be evacuated and live with random good samaritans for their safety.

2020 - I can only Facetime my family and friends. I can't see them.

WW II - I have written letters. I'm hoping they're received and I get a response this year.

2020 - I am trying to order my food shop online. It's taking ages to get to me. I need, alcohol, and all the other foods I'm craving.

WW II - Are you coming to queue-up in the line for our rations-potato soup every day of the week?

2020 - The government hasn't said we can't go out. They just said we can but only once to exercise, so I'm going to go meet my friends and do what I want.

WW II - I'm not going out just in case a bomb drops. so I will stay in listening to some music quietly because the air raid siren might go off.

2020 - Netflix needs to sort the streaming out. I can't even watch a series without it crashing.

WW II - We are sitting in the dark around a candle playing cards keeping as much light in as possible so the warplanes don't see us from above.

2020 - Every man for themselves, so I'm going to stock-pile as much as I can because we are more important than anyone else. Never mind the elderly that gave us this freedom.

WW II - I'm so grateful for this community. Everyone is helping each other out when and where we can. We must stay strong.

This is the perspective that we should have. We don't know how LUCKY we have it and people still aren't listening.

Stay in. It really is that simple!

Lockdown began on March 25th 2020

And now extended till 3rd May.

It's exactly 40 days from 25th March to 3rd May..

QUARANTINE

The Latin root of the word "quarantine" is "forty".

So what does the Bible say about 40?

The flood lasted 40 days.

40 years Moses fled Egypt.

40 days Moses stayed on Mount Sinai to receive the Commandments.

Exodus lasted 40 years.

Jesus fasted for 40 days.

Lent is 40 days.

Also:

A pregnancy lasts for 40 weeks.

40 days for a woman to rest after giving birth.

A group of theologians thinks the number 40 represents "change".

It is the time of preparing a person, or people, to make a difference.

Did you know that during this "quarantine" rivers are cleaning up, vegetation is growing, the air is becoming cleaner because of less pollution.

The Earth is at rest for the first time in many years and hearts are truly transforming.

Remember we are in the year 2020, and $20 + 20 = 40$.

BLEW.MY.MIND!!!!

Children during Covid19 pandemic and lockdown

If they cancel the rest of the school year, students would miss approx 6 months of education. Many people are concerned about students falling behind because of this. Yes, they may fall behind when it comes to classroom education...

BUT WHAT IF

What if instead of falling "behind", this group of kids are **ADVANCED** because of this? Hear me out.

What if they have more empathy, they enjoy family connection, they can be more creative and entertain themselves, they love to read, they love to express themselves in writing.

What if they enjoy the simple things, like their own backyard and sitting near a window in the quiet.

What if they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?

What if this generation are the ones to learn to cook, organise their space, do their laundry, and keep a well run home?

What if they learn to stretch a dollar and to live with less?

What if they learn to plan shopping trips and meals at home.

What if they learn the value of eating together as a family and finding the good to share in the small delights of the everyday?

What if they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers like truck drivers, grocers, cashiers, custodians, logistics, and health care workers and their supporting staff, just to name a few of the millions taking care of us right now while we are sheltered in place?

What if among these children, a great leader emerges who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?

What if they are **AHEAD?** 🙏🏠❤️🏫

Gullane Scrubbers

As lockdown loomed, I became aware that GP's and Healthcare Workers were all requiring scrubs to help them in their work on the front line of the Covid 19 crisis. These were becoming almost impossible to source.

Our BMA Ladies Club curling season was curtailed, but I learnt from my Skip, that her enterprising daughter, Elle Steele, who had less work to do at this time, was setting up Nifty Home Stitchers,

www.facebook.com/groups/214583163147228/,

to sew scrubs. Naturally, I volunteered and I knew I had a few friends who also might like to help.

'Gullane Scrubbers' was born!

We formed a WhatsApp Group on 14th April and sewing machines began to whirr around East Lothian, not least, of course, in Aberlady. We have grown to a group of well over 30 sewers, aged from 18 to 92. Despite social distancing and shielding, the new friendships we have forged are very real, not virtual. In an incredibly short time, supported by Elle and her team, we have amazed ourselves by making and supplying:

264 washbags to East Lothian County Hospital

109 pairs of scrubs trousers to Muirfield Nursing Home

39 Scrubs sets and bags to the Edington Hospital, North Berwick,

Scrubs and bags to doctors at Gullane Medical Practice, North Berwick Health Centre and Wood Practice, Broxburn.

Scrubs and bags to Ballantine Goldie, Opticians.

Scrubs and bags to William Fraser Centre, Edinburgh.

68 bags to the Resilience Team

We are grateful for the generosity and encouragement of our local community who have looked out spare sheets, fabric and ribbons and donated to us at www.gofundme.com/f/sewing-scrubs-for-the-nhs.

Local businesses, Lizzie Bell of Fenton Barns, Hazel Rebecca of Gullane and Ballantine Goldie Opticians of Gullane have also kindly donated fabric.

We are currently working on 250 metres of check fabric (which we have nicknamed Doddie) for a Dementia Unit in Glasgow.

Our email address for volunteering is volunteerniftyhs@gmail.com, although we are not currently taking new members while we consolidate.

Update: During the past week, ending in 31st May, a total of 85 more scrubs were sent to Elle Steele for distribution to the Care Inspectorate and to a Dementia Unit in Glasgow. Production will now be winding down as from 10th June, but if any sewers wish to continue they can make contact with Elle Steele who will match them up to certain companies which will still be in need of more scrubs, tops and bottoms plus scrub bags.

Sincere congratulations to all the happy sewers. Messages of grateful thanks have already been received from some of the recipients.

Our email address for requests is requestniftyscrubs@gmail.com



A conversation between a child and their Grandad in 2095...

Child - How old are you Grandad?

Grandad - I'm 81 Kid.

Child - So does that mean you were alive during the Coronavirus?

Grandad - Yes kid I was.

Child - Wow. That must have been horrible Grandad. We were learning about that at school this week.

They told us about how all the schools had closed. And mums and dads couldn't go to work so didn't have as much money to do nice things. They said that you weren't allowed to go and visit your friends and family and couldn't go out anywhere. They told us that the shops ran out of lots of things so you didn't have much bread, and flour, and toilet roll 'child giggles'. They said that summer holidays were cancelled. And they told us about all those thousands of people who became very poorly and who died. They explained about the NHS and how hard all the doctors and nurses and all NHS workers worked, and that lots of them died too.

That must have been so horrible Grandad.

Grandad - Well kid, that is all correct. And I know that because I read about it when I was older. But to tell you the truth I remember it differently...

I remember playing in the garden for hours with mum and dad and having picnics outside and lots of bbqs. I remember making things with my Dad and baking with my Mum. I remember making dens with my little brother and teaching him how to do hand stands and back flips. I remember having quality time with my family.

I remember mum's favourite words becoming 'Hey, I've got an idea...' Rather than 'Maybe later or tomorrow I'm a bit busy'. I remember making our own bread and pastry. I remember having film night 3 or 4 times a week instead of just one.

It was a horrible time for lots of people. You are right. But I remember it differently.

Remember how our children will remember these times. Be in control of the memories they are creating right now, so that through all the awful headlines and emotional stories for so many that they will come to read in future years, they can remember the happy times.

Just watching the scenes from Hart Island off the Bronx in New York and it's heartbreaking. Mass graves in this modern age in the richest country in the world. It's hard enough to think of everyone in the UK that has lost a loved one and not been able to be with them in their final moments or have a funeral with the support of family and friends. Never before has the world suffered like this. We've been threatened before but it's come to nothing. Those who lived through the last World War at least had the comradery of those around them. My poor husband is stuck with me and our boy is in Edinburgh as he is working in Tesco and keeping those in Bruntsfield area stocked with food so can't come home. He will be 21 on 26 April and we can't be with him to celebrate. But hey, we're alive and our parents aren't here to see this (thank goodness) and our boy is safe for now (long may he remain so). Stay safe everyone, stay home  



21/05/2020

Dear Participants,

RE: VJ DAY - 15TH AUGUST 2020.

I hope you and your family are keeping well.

Due to the current position in relation to this dreadful virus, and the fact that we are all still being told to either stay at home or keep our distance from others, and the uncertainty of it all over the next few months, we are only encouraging the following to take place on VJ Day - 15th August 2020, because they can be undertaken as individuals and not groups of people, to help ensure that those brave souls from VJ Day who always feel they are the forgotten Army, are **NOT** forgotten by us all during this historic anniversary.

(1) PIPERS: Please consider playing Battle’s O’er at Sunrise at **5.47AM** local time in the country you are in, from home or a safe location of your choice that morning to officially start this special anniversary day. Those Pipers taking part are being asked to visit - www.battlesover.org/vjday75 and register their participation by no later than 7th August please.

(2) BUGLERS/TRUMPETERS/CORNET PLAYERS: Please consider playing the Last Post and Reveille at **11AM** as part of the TWO minute silence, from home or a safe location of your choice, followed at **8.18PM** by playing Sunset that evening. Those wishing to take part are being asked to provide the following by no later than 7th August please, send it to me at - brunopeek@mac.com

Name:

Name of Band:

Location when playing Last Post, Reveille and Sunset:

Name of County:

Name of Country:

Tel:

Email:

(3) TOWN CRIERS: Please consider undertaking the unique 'Cry for Peace Around the World' especially written for this occasion at **11.05AM** from home or a safe location of your choice. Please confirm your involvement by undertaking the following, send it to me at - brunopeek@mac.com by **7th August** at the latest.

Name of Town Crier:

Location of 'Cry':

Name of County or Region if overseas:

Name of Country:

Tel:

Email: address:

However, it is important to point out that the choice of whether or not to take part in VJ Day on the 15th August in the ways outlined above, or celebrating with a pre-planned VE Day event on VJ Day too, must be the choice of the individual, organisation or local community that has spent many months of planning before the virus came to the United Kingdom.

As a 'heads up,' the next Beacon lighting event will take place on a date to be confirmed in early JUNE 2022, in celebration of Her Majesty The Queen's Platinum Jubilee, and those wishing to take part are being asked to register their interest in taking part by confirming the following, emailing it to me at brunopeek@mac.com within the next few months please. I expect detailed planning to start in **MARCH 2021**.

Name of Contact:

Name of Council or Organisation:

Beacon Location:

Name of County:

Tel:

Email:

Public or Private event:

I would like to take this opportunity to wish you well.

"Stay safe."

My warmest regards.

Bruno Peek

Bruno Peek LVO OBE OPR
Pageantmaster
VE Day 75



Whose we are and Whom we serve



Guild news letter.

Sadly, all our Guild activities came to a full stop on March 16, when we had to cancel our Guild meeting. Since I was going to be the speaker, no one was too dismayed.

A repeat booking was quite a possibility.

Luckily we had a very good coffee morning the week before which was well attended and the baking as usual was superb!

We raised over £600, which was a great result. Well before lockdown the committee had already decided which charities we would donate money to and Marian Chambers, our treasurer, made sure the following projects received their donations as soon as possible.

These donations were as follows :

£300 to Crossreach , Social Care Council of the Church of Scotland,

£300 to Seema project India

£100 to Disaster and emergency committee Mozambique

£100 to Teen Ranch, a Christian Charity for young people.

The Guild people had been looking forward to a rare treat, which was to be a Strawberry tea in Elspeth Walkers garden on May 10 at 3 pm. We all thought this was going to be cancelled under the new restrictions. However, Elspeth and her team were not put off by a little difficulty.

On May 10 at 3pm all members of the Guild sat down to a cup of tea, a chocolate covered cake, a beautiful card with kind message, a quiz and a lovely posy, with each person in their own home. We were delighted and want to thank Elspeth and her team for this lovely surprise.

Our next meeting is not fixed and we may have to be masked to attend. Who knows? We shall certainly enjoy meeting up with each other.

Until then, all good wishes and keep well.

Angeniet



GULLANE DAY CENTRE

We hope you are all well and coping with this strange situation in which we all find ourselves.

On March the 18th the centre closed to visitors, volunteers and service users. The centre is running a reduced service. Our aim is to keep in touch with as many of our service users and volunteers by phone or letter and help out as required. Please get in touch by phone or email if you feel you would like to talk to us

The staff continue to work, albeit on reduced hours to enable social distancing. We have been delivering meals, phoning and staying in touch with our service users and volunteers. Some of our service users are isolated without help, and it has been good to be able to do weekly shopping for them. Many are still enjoying activities delivered, such as jigsaws, quizzes, music, books and puzzles.

Last week we had some special help delivering lunches. We were delighted to have a helping hand from Major Mack MBE (Scots) and his team from 243 Provost Company who had great doorstep chats with our members. Some even wanted a wee hurl in their Military Police car but unfortunately they couldn't oblige. The unit is willing to make regular visits and when we can get back to normal, will visit the centre.

All our service users are asking when we will be opening again. Unfortunately, we have had no guidance as of yet. Hopefully we can work on plans to open as soon as it is safe to do so, as we know everyone is missing attending the centre.

We would like to thank everyone who has supported us

Margaret Mack

Manager: gullane.dc@btconnect.com 01620 843084



Photos taken at Gullane Day Centre and showing the visits to two of the service users.



TEACHERS DURING COVID19 AND LOCKDOWN

I feel annoyed that Teachers are being criticised at this moment in time.

In the last eight weeks many of us have learnt to do our jobs in a new place, adjusting to new meeting formats and leading teams in new ways. In the NHS many people have adjusted to working in new physical environments and with new equipment with limited preparation time.

Unlike the NHS, Teachers had no government planning or resources thrown behind them and with 14 days' notice at best, were thrust into a completely uncharted way of working. Unlike corporate firms, they weren't just navigating themselves and their teams through this, but with 30 kids and sometimes 60 parents too. That's 90 direct reports for whom they were the technical lead, the educational lead and the well-being lead too. And do you know what?

They did it. With no weekly clap. No PPE. No special attention.

By the end of March, teachers had found ways of remotely supporting their own classes and offering their help and expertise to any floundering parent too.

What's more, their steadfast reliability meant it was assumed teachers would be there as required for key workers' kids in schools too; doing a day-care role for which they were over-qualified. And they did that too, and are continuing to do so.

Teachers have adapted, supported, nurtured, trouble-shot, prepped work, given feedback, and, are still doing that, working around the emotional, physical and continual needs of their own families, all at the same time. They are physically exhausted, emotionally drained and they still continue to give.

TEACHERS DURING COVID19 AND LOCKDOWN continued

And do you know what?

Having helped navigate the parents and pupils through one change, they are now being asked to steer us through another change: To go back into the work place to teach and supervise in very different, intense environments. Again managing the expectations and fears of pupils and parents alongside their own concerns. Maybe even teaching different children, or different year groups, even in different settings. Oh, and continuing to deliver home learning for those not coming back to school yet. As well as home schooling their own children!

Let's be under no illusions: teachers are not 'going back to work'. They haven't stopped working. In fact, those who were in school with key workers' children worked right through their Easter holidays and those teaching remotely spent Easter prepping new work packs for collection, checking out new apps to aid home learning and communication, and, planning lessons for online delivery.

Since Boris' June 1st plans for English schools were announced, teachers have been thrust into a whirlwind of activity: wading through the 30+ educational briefs released by the Government, planning how to completely change school timing, layout, class sizes, curriculum, cleaning routines, signage, break times and lunch hours to keep our kids safe, starting communicating all that to pupils and parents in a way that calms and reassures. All of which whilst keeping themselves and their families safe.

These people deserve our applause. But teachers deserve so much more than a clap. They deserve our unwavering support, praise and admiration. We should be campaigning on their behalf for bonuses to reflect their commitment, and, at the very least, we should be sending them into their summer holidays with our full blessing and not the tiniest murmur of resentment, because they jolly well deserve a break and are national heroes.

David Higson - May 2020

Magazine article

‘ And God said “ Let there be light”but not too much! ‘

Over the last two years Nigel and I have shared two of our interests with you, astronomy and moth recording. We were fascinated then to attend a talk in January which combined both.

A major concern for all astronomers is the growing problem of light pollution, as our society seems to become increasingly keen on brightly lit spaces at night. There are lots of reasons for this, many of them to do with safety and security, which is understandable, but it makes it increasingly difficult to view the night sky properly unless one visits a Dark Skies park, which is frustrating to astronomers the world over.

What we hadn't realised was the effect this overuse of bright light was having on the animal, bird and insect life we share our world with. During the talk we heard about the huge loss of glow worms in the South Downs. Glow worms use light to communicate and attract mates.....they can't see each other due to light pollution therefore aren't mating and reproducing. This is just part of a larger picture of nocturnal animals and insects having their habitat and behaviours changed by abnormal amounts of light. Migratory birds can become confused as they use moon and starlight to navigate and for night hunters it can be much easier to find prey. If interested this website is good <https://www.darksky.org/light-pollution/wildlife/>

It's not all doom and gloom....scientists, councils, local planners are recognising this and steps are being taken to reduce upward glow of street lights, change the nature of light generated and other measures are being put in place. East Lothian has certainly reduced the light glow in many areas. However we can all play our part....if installing security lights - the best are those which point down without too much lateral spread or better still ...consider if you really do need them. Don't leave outside lights on if not neededbetter for the planet from an energy perspective too. Go outside in the complete darkhow wonderful is the sky!

Fran

Just launched: Online Art Shop

While its gallery at Waterston House in Aberlady remains closed until further notice, the Scottish Ornithologists' Club (SOC) has launched a dedicated online art store to bring you the best of wildlife art at home!

The SOC Online Art Shop offers a collection of work by some of the best wildlife artists in the UK. The focus of the collection, which is expected to change regularly, is artworks produced on paper, such as fine art prints, watercolours and drawings, sold unframed and delivered within the UK.

The launch collection has a distinct summer flavour and features works ranging from pastel drawings and watercolours to screen prints and linocuts. It is one of the joys of this online shop to be able to browse through a wide range of styles and compare the approaches of different artists, for example, the contrasting Puffins by Lucy Newton and Derek Robertson.

While it was developed in response to the current circumstances, the SOC's new online store is here for the long term, to showcase quality wildlife art to a wide online audience, in tandem with the on-site exhibitions at Waterston House, when those are able to resume.

Visit the SOC website and enjoy a browse through this summer's online art selection:

<https://www.the-soc.org.uk/online-shop>

About the SOC: The Scottish Ornithologists' Club is a charity promoting the study of birds in Scotland. It hosts a programme of activities, discussions and outings for its members and the general public.

For further information contact:

Laura Gressani
Exhibitions Coordinator
I work Monday-Thursday-Friday
07867 529 298

www.the-soc.org.uk

Scottish Ornithologists' Club
Waterston House
Aberlady
East Lothian
EH32 0PY
Tel: 01875 871330

www.the-soc.org.uk



OLD BAKEHOUSE TEAROOM

in Sew In Stitches, High Street,
Aberlady, East Lothian, EH32 0RB



OPEN
Monday, Tuesday,
Friday, Saturday
10am - 4.30pm

Teas, Cappuccino, Latte,
Americano, Flat White,
Mocha, Espresso,
Hot Chocolate.
Takeaways

Scones freshly baked each day, assorted home made
Cakes · (Soya milk, decaffé & Gluten Free available)

Warm welcome to everybody,
Light Lunches and takeaways available.
Local hand made gifts & cards in shop.

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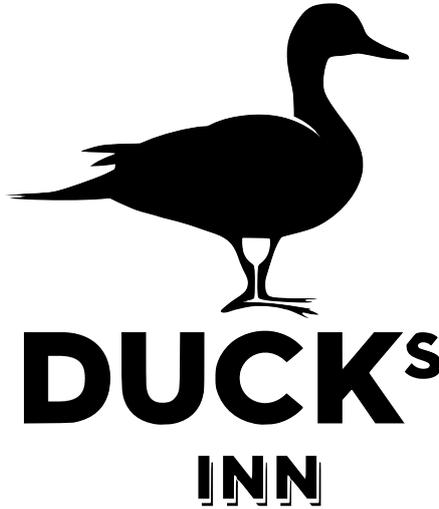


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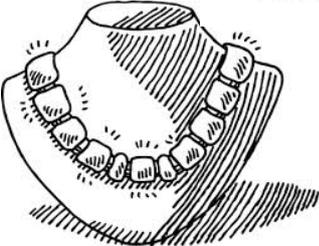
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Thoughts for the day

1. Practice kindness all day to everybody and you will realise you're already in heaven now.
2. Work hard, but make time for your love, family and friends.
Nobody remembers Powerpoint presentations on your final day.
3. Worrying won't stop the bad things happening. It just stops you enjoying the good.
4. Sweet words are not always true. True words are not always sweet. But no matter what words can say, actions will always tell the truth.

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