



# The Informer

The Newsletter of Clincarhill Parish Church of Scotland

Issue 73: November 2021

## Letter from the Manse

Church Website Address [www.clincarhill.org.uk](http://www.clincarhill.org.uk)

<sup>20</sup>That, however, is not the way of life you learned <sup>21</sup>when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup>You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup>to be made new in the attitude of your minds; <sup>24</sup>and to put on the new self, created to be like God in true righteousness and holiness.

<sup>25</sup>Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body. <sup>26</sup>In your anger do not sin: do not let the sun go down while you are still angry, <sup>27</sup>and do not give the devil a foothold. <sup>28</sup>Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

<sup>29</sup>Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup>And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4 NIVUK)

This would be an absolute cop-out, but there is a part of me that simply wants to write of this passage, "See this? Do that!". In fact, I suppose if I were to strip my sermons or reflections down to their most basic form, it would be a case of pointing to a passage of Scripture and saying, "See this? Do that!".

That's the thing about passages of Scripture like this, though: it is frighteningly easy for us to point to them and say of others, "See this? Do that!"; than it is to apply them to ourselves.

Yet, the LORD calls us to look to our own hearts first. Remember the Parable Jesus told of the man with a speck of dust in his eye? And the other man, who took great delight in pointing out that speck, all the while having a plank in his own eye? What was Jesus' advice? "You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." (Matthew 7:5 NIVUK). In other words, instead of being ready to call out others, look at your own heart.

This is even true in sermons! It might seem like I am but a voice calling out a message to all of you; but I can assure you, in the time of preparation before I preach, the LORD has been working through the passage and speaking into my heart, challenging me, and calling me to something better.

For that is the reality of an encounter with God through Scripture: experiencing God's presence always changes us, always calls us to something better than we are. I would, therefore, invite you to meditate on this passage of Scripture, to listen for the voice of God speaking into your life, and discover how God is calling you to change, calling you to become something better.

During that time of contemplation and meditation, you might also find it helpful to use the words of a prayer written by the Rev. Tracey Dawson:

"God, grant me the serenity to accept the people I cannot change,  
The courage to change the one I can,  
And the wisdom to know it is me."

Stuart

The usual reminder that you can still connect with our services of worship online, in the following way:

If you have a computer, laptop or smartphone, you can either use the Zoom app, or visit [www.zoom.us](https://www.zoom.us).

Alternatively, on a normal telephone, you can dial 0131 460 1196. Either way, when asked, please input the following information:

Meeting ID: 960 694 6264 Passcode: 012230

On YouTube Simply visit [www.youtube.com](https://www.youtube.com) and search for Clincarhill Church.

You will be directed to our YouTube channel. The live stream will become available at around 10:55am.

## From the Session Clerk

Sadly and frustratingly I still have to report that Covid-19 restrictions continue to affect our worship, in that masks are still required to be worn (unless exempt), and that includes attempting to sing. For me it's a big bugbear, and I have written to John Swinney raising my concerns and requesting these restrictions be removed as soon as possible. I have not received any encouraging response, and have contacted another MSP who will raise the issue in parliament. I realise this is my view on the matter and you may not share it, but I firmly believe the time has arrived when we need to move on. If you agree I would encourage you to contact your MSP. I'm not alone in this as I know the principal clerk to the assembly and other trustees share the same view. Church worship, in my opinion, is not as dangerous as pubs, clubs, discos and large football and concert crowds. The good news is that social distancing is no longer required, and there are no restrictions on seating in the pews. Although not legally required, we still take a note of who attends worship for track and trace purposes. At the end of Sunday services, you no longer need to leave by the side door into the garden, and can leave through the front door as normal. If you want to stay for tea or coffee, then you can leave the sanctuary using the exit down to the corridor and walk through the conservatory to the large hall.

It was good to be able to host our first communion after an 18 month wait, and it was great to see so many people attending. We hope to hold another communion service before the end of the year, and then surely 2022 should see us return to normal worship.

As I write, the minister and session will discuss arrangements for services through Advent and Christmas, the Guild are organising their Christmas Fayre on Saturday 20<sup>th</sup> November, and we commemorate those who gave their lives in two world wars on Sunday 14<sup>th</sup> November, poppies are available in the church.

Our hall lets are more or less running as normal, although we have a problem with the small hall ceiling, which should be fixed by mid-November. It is good to see the BB, Guild and other groups back in business once more.

I hope and pray that you all keep well and safe, and together we can pray for our church and city at this important time, hosting COP26.

Blessings,

Roger Gann, Session Clerk [sessionclerk@clincarthill.org.uk](mailto:sessionclerk@clincarthill.org.uk)

## THE GUILD

November 1 — Games night with Violet Robertson

November 8 — Guild rally 2021

November 15 — Meeting cancelled (Football match)

November 22 — About Elsie Inglis with Liz McIntyre Allan

November 29 — Guild outing



The Guild welcomes anyone who wishes to come to any of the meetings advertised.

**Guild Coffee Morning and Christmas Fair:** The Guild will be holding their popular Coffee morning and Christmas Fair on **Saturday 20 November from 10am till 12noon**. There will be the usual stalls eg Christmas boxes and gifts; wooden goods by George Peachey; knitted goods and jewellery; also home baking in addition to a lovely cup of coffee or tea. Tickets are available from Guild members priced £3 or people can pay at the door. Look forward to seeing you there.

Sheila Morrow, Convener.

**Next Issue deadline Sunday 28 November**

Email any items for inclusion in the next Newsletter to  
[sessionclerk@clincarthill.org.uk](mailto:sessionclerk@clincarthill.org.uk)



Telephone Prayer Circle  
0141 632 4206



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# **Important Information for All Home Bakers, Kitchen Users & Food Handlers**

**Information on New Legislation on the Labelling of Pre-Packed Sales Products (PPSP), known as Natasha's Law and Removal of Restrictions on Home Baking.**

Many of you will already be aware of **Natasha's Law** which came into force on 1<sup>st</sup> October 2021, which concerns foods sold Prepacked for Direct Sales. This is relevant as the Church of Scotland also removed restrictions on home baking. The Maintenance and Eco team felt this information should be added to The Informer to ensure that everyone is aware of the implications. Please note:

## **Labelling**

- A list of allergens is now on display in the kitchen (and a copy added here)
- A notice inviting people to ask us about ingredients in foods **must** be on display whenever food or drink is served.
- Unwrapped food need not be labelled but servers **must** know ingredients.
- Pre-wrapped foods must be labelled e.g., jam, bags of tablet, whole wrapped fruit loaves.
- **All** ingredients must be listed with allergens highlighted in **bold** or coloured print. (Implications here for the upcoming Guild Christmas Fayre if serving/selling foods.)

## **Home Baking**

Anyone baking at home for church must undertake training. The **REHIS** (the Royal Environmental Health Institute of Scotland) course is available online.

## **Food Safety**

Roger has already emailed information regarding the REHIS training to email recipients which basically states that **all food handlers** require to carry out training unless already qualified (Presbytery will pay).

**All of this is required due to changes in the Law. The Church is simply adhering to the Law:**

*"It is a legal requirement that anyone who handles or prepares food and drink are appropriately trained and/or supervised. This qualification will help congregations to ensure that all their members and volunteers have received suitable training."* (for more details, see email below).

"And/or supervised" is a loophole but **best practice** would be that all are trained.

If you would like further clarification, please contact me, either in person on a Sunday at church or email [sessionclerk@clincarthill.org.uk](mailto:sessionclerk@clincarthill.org.uk)

Eleanor Campbell  
Maintenance & Eco Team

**For fuller information, please refer to this email from Brian Auld, Church of Scotland Head of Building Safety, Risk and Compliance:**

## **REHIS Introduction to Food Hygiene, Allergens Update and Revision to Home Baking Guidance during Covid-19**

I am pleased to provide you with the following update regarding food safety and hygiene that will impact on all Church of Scotland Presbyteries and congregations. I would be grateful if you could consider the following information carefully and pass this on to anyone who may find this information useful as part of their role within your congregation.

## **REHIS Introduction to Food Hygiene course by e-learning**

The General Trustees are pleased to offer all members of the Church of Scotland access to the REHIS Introduction to Food Safety and Hygiene course by e-learning. This is a recognised food hygiene qualification that will take approximately 2 hours to complete and will introduce learners to the basic principles of food safety. This course will be suitable to anyone who handles, prepares and cooks/bakes low risk foods such as biscuits, cakes and teas and coffees. This course is especially important for those who bake at home for church purposes.

I would be grateful if you could note the following:

- This course is delivered entirely online through a third-party training partner.
- The Church of Scotland General Trustees will cover all training costs so there are no direct costs to the congregation.
- All learners will need to have access to a computer or tablet with an internet connection.
- There are no exams or tests during or at the end of this course.

- All learners who complete the course will be issued with a REHIS Introduction to Food Hygiene certificate.
- This course should not be undertaken by anyone who has already successfully completed this course OR who has completed the REHIS Elementary Food Hygiene Course. However, anyone who wishes to undertake this course to refresh their knowledge and skills are welcome to apply.

### **New Legislation on the Labelling of Prepacked for Direct Sale Products**

The Scottish Government has published new legislation relating to food allergens and the labelling of prepacked foods which came into effect on 1 October 2021. The majority of Church of Scotland congregations are unlikely to be affected by this change in legislation, however there are a number of congregations who operate commercial food businesses or offer prepack food items which may be affected.

The new legislation will require food businesses in Scotland to include the product name, and a full list of ingredients (including allergens) on food items sold prepacked for direct sale (PPDS). This applies to food that is prepacked in advance, mainly at the same place where it's sold before being offered to consumers. For example, if your congregation makes sandwiches or filled rolls and packages these up before placing in a chilled display cabinet for consumer to pick their own sandwiches, then this new legislation will apply. However, if you are displaying or offering cakes and biscuits for sale at a coffee morning and the consumer picks their own products and asks the server to place them in packaging, then the new legislation would not apply.

It is important to note, that all food offered by a congregation, whether for consumption within the church building, or for taking away, must comply fully with the standard regulations on allergens within foodstuffs. It is good practice that information relating to food allergens will be displayed, and if someone asks for additional information then this should be readily available. Full details regarding the new legislation can be found by visiting the Food Standards Scotland website: <https://www.foodstandards.gov.scot/business-and-industry/safety-and-regulation/food-allergies-2/prepacked-for-direct-sale>

You may find the following web resources useful: <https://www.foodstandards.gov.scot/business-and-industry/safety-and-regulation/food-allergies-2/allergen-training-tool>

### **Home Baking during Covid-19: Removal of Restrictions on Home Baking**

I am pleased to advise you that the restrictions on home baking for Church of Scotland congregations can now be removed. However, congregations should only allow home baking when they are satisfied that the risks associated with home baking and the transmission of Covid-19 can be adequately controlled. We would still actively encourage congregations to continue baking in their church kitchens rather than at home whenever possible.

Although the transmission of Covid-19 from food is very low, there is an increased risk of Covid-19 transmission from the home environment to the church if suitable control measures are not in place. Therefore, before congregations consider allowing home baking to resume, we would ask that:

- A risk assessment is undertaken specific to home baking and that suitable control measures are identified and implemented. This risk assessment must be shared with everyone who bakes at home.
- Everyone who bakes at home on behalf of their congregation is provided with suitable training in food safety and hygiene. This is a legal requirement. Home bakers who have not already attended a food safety and hygiene training course should register for and complete the REHIS Introduction to Food Hygiene course. If those who bake at home have already undertaken this course or completed the REHIS Elementary Food Hygiene course, then no further training is required, however they may find the introductory course a useful revision tool.
- All home bakers should be regularly reminded of the importance of good hygiene practices, personal hygiene and cleaning and disinfection.
- Home bakers who have tested positive for Covid-19 or are showing symptoms of Covid-19, must not provide home baked products to the church until their isolation period has ended or a negative PCR test is received respectively. Anyone who is living with someone who has tested positive for Covid-19 must follow the relevant Scottish Government guidance. Further information can be found by visiting <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/pages/summary/>

# 14 INGREDIENTS LINKED TO ALLERGIES AND INTOLERANCES

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in food. Here are the allergens, and some examples of where they can be found:



### CEREALS CONTAINING GLUTEN

Wheat (all varieties including spelt, Khorasan etc.), rye, barley and oats are cereals that contain gluten. These cereals can also be found in foods containing flour, such as batter, breadcrumbs, bread, cakes, couscous, processed meat products, pasta, pastry, sauces, soups, fried foods which are dusted with flour, some brands of baking powder etc.



### EGGS

Egg includes eggs from all birds including hen, duck, quail etc. Eggs can also be found in foods such as cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces, pastries or foods brushed or glazed with egg etc.



### MUSTARD

Mustard, mustard powder and mustard seeds are included in this category. Mustard can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups etc.



### SESAME SEEDS

Sesame seeds are often found on hamburger buns and in salads. They are also found in breads and breadsticks, hummus, sesame oil, tahini etc.



### TREE NUTS

Tree nuts refer to nuts which grow on trees, namely - almonds, hazelnuts, walnuts, cashews, pecan nuts, brazil nuts, pistachio nuts, macadamia (or Queensland) nuts. Tree nuts are also found in many foods including breads, biscuits, crackers, desserts, nut butters, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils, sauces etc.



### CRUSTACEANS

Crustaceans include crabs, lobster, prawns and scampi. They may also be found in shrimp sauce, shrimp paste (commonly used in Thai and south-east Asian food), shellfish stock, paella, fish soups such as bisques and bouillabaisse etc.



### SULPHUR DIOXIDE AND SULPHITES

Sulphur dioxide and sulphites are often used as a preservative in dried fruits such as raisins, dried apricots, prunes etc. They can also be found in meat products, prawns, vegetables, soft drinks, wine and beer, etc.



### CELERY

Celery includes celery stalks, leaves, seeds and the root called celeriac. Celery is also found in celery salt, salads, some meat products, soups, stock cubes etc.



### MILK

Milk includes milk from all animals including cows, sheep, goats etc. Butter, cheese, cream, milk powders and yoghurt are derived from milk. Milk can also be found used in a variety of foods including foods brushed or glazed with milk, and in powdered soups and sauces etc.



### SOYBEANS

Soybeans also called soya, is found in tofu/bean curd, edamame beans, miso paste, textured soya protein, soya flour or lecithin E322 (if made from soya). Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces, vegetarian products etc.



### PEANUTS

Peanuts are legumes and grow underground, which is why they are sometimes called groundnuts. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, and sauces (such as satay sauce). They are also found in groundnut oil, peanut flour and peanut butter etc.



### FISH

Fish includes all species of finned fish, fish oils and caviar. Fish is also found in condiments such as fish sauce, Worcestershire sauce, salad dressings (e.g. Caesar salad), stock cubes etc.



### MOLLUSCS

Molluscs include mussels, oysters, scallops, escargot (snails), octopus and squid including its ink. They may also be found in oyster sauce, paella, fish soups etc.



### LUPIN

Lupin flour and seeds can be used in some types of bread, pastries, pasta etc.



#### FOR MORE INFORMATION:

[foodstandards.gov.scot/food-allergies](http://foodstandards.gov.scot/food-allergies)

Sign up to allergy alerts on [foodstandards.gov.scot/subscribe](http://foodstandards.gov.scot/subscribe) or follow #AllergyAlert on our social channels

## Clinchardhill Parish Church - Bible Reflection 11

This is an opportunity for us to engage, in a prayerful way, with a passage from the Bible. It might be helpful to have a notebook handy so you can write down what comes to you during this reflection. Begin with a prayer inviting God to be present with us through His Holy Spirit, asking for what He wants us to hear and pay attention to.

This month we are looking at remembering. It's the time when we remember those who have given their lives in conflict, and other situations, so others might live in peace and reconciliation. The passage from John's Gospel reminds of why Jesus came—He is the Light that can never be out no matter how dark things seem in our world. John came to prepare us for the Light, to preach forgiveness and love.

When you've read the passage a couple of times, be aware of any word or phrase has struck you, then, use the following questions to help your prayer. The questions are just a guide over the following days and weeks, it may be that something else has come to mind for prayer, go with it as it's a sign God has something else in mind.

When you are ready perhaps write or draw something that reminds you of your reflections. Finish your time with a prayer—perhaps the Lord's Prayer or the one below or something familiar to you.

- What happy and sad memories do you have at this time after all that has happened this year?
- Ask God to shine His light on these experiences. Where has He been during them?
- Remember all those who have been involved in them and give thanks to God.

### Bible Reading: John 1: 1–12

<sup>1</sup>In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup>He was with God in the beginning. <sup>3</sup>Through him all things were made; without him nothing was made that has been made. <sup>4</sup>In him was life, and that life was the light of all mankind. <sup>5</sup>The light shines in the darkness, and the darkness has not overcome it.

<sup>6</sup>There was a man sent from God whose name was John. <sup>7</sup>He came as a witness to testify concerning that light, so that through him all might believe. <sup>8</sup>He himself was not the light; he came only as a witness to the light.

<sup>9</sup>The true light that gives light to everyone was coming into the world. <sup>10</sup>He was in the world, and though the world was made through him, the world did not recognise him. <sup>11</sup>He came to that which was his own, but his own did not receive him. <sup>12</sup>Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God

#### Prayer:

Lord God, I remember the happy and the sad, the joyful and the difficult. Help me to find ways to mark moments of darkness as well as celebrate moments of light.

Thank you God, for sharing with me my difficulties and sadness. Thank you, that I have ways to remember that can help me to learn, and move on.

In Jesus' Name I pray. Amen.

God's rainbow –  
a promise of hope in the  
darkness



Picture by Harald Arlander from  
Unsplash Photos