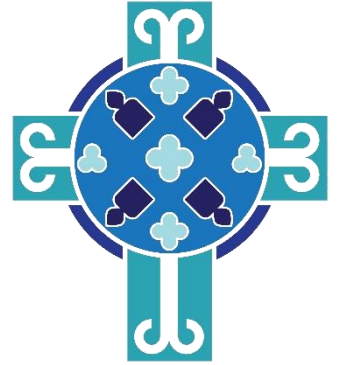


# ENCOUNTER

The Magazine of Inverurie West  
Parish Church

APRIL 2023



[www.inveruriwestchurch.org](http://www.inveruriwestchurch.org)  
Scottish Charity SC016907

# REFLECTION

*Easter Peace (from the Prayer Trust)*

*May the peace  
of Easter be yours  
the peace that comes  
from the Lord Jesus,  
peace only He can give,  
peace that renews us,  
that touches our spirits  
in the depth of our being.*

*May this peace sustain you,  
and encourage you,  
comfort and console you  
and remain within you  
as a sign that the Lord  
cares for you always.*



**Music Link - O Sacred Head Sore Wounded**  
(from Bach - St Matthew Passion, BWV 244)  
Click on image to hear



## ***From the West Manse***

Easter, sunshine. and daffodils are always linked in my mind.



It's a willful deception as, growing up in Canada and spending most of my adult life in Scotland, my Easter weather experiences have probably included more rain or snow than sunshine.

As a child we used to roll eggs (and sometimes each other) down a local hillside on Easter Sunday or Monday and it wasn't that unusual to be doing so in the snow.

I'm also pretty sure that Easter is usually too early for daffodils in my part of Canada.

Nevertheless, the illusion persists. In my mind if Easter had a colour it would be yellow - the colour of daffodils, and sunshine. The illusion persists even when a particular Easter or Easter season may be difficult and far from 'sunny' for other reasons.

When it comes to church tradition, Easter does have a colour. Accordingly to liturgical tradition, the colour of Easter is either white or gold. These colours are a symbolic nod to birth and resurrection but you could also argue that when mixed together they make yellow!

Easter Friday, unsurprisingly, is black, with Palm Sunday and the rest of Holy Week being red, or sometimes purple. Purple, sometimes red, is also the colour for Lent. One of my mentors when I did a placement in the States, always did confirmations of teenagers on Pentecost and presented them all with 'Holy Spirit shoes', namely bright red Converse™ trainers.

Although we don't follow the liturgical colours closely at the West, it is interesting to think about our lives of faith and all the seasons of those lives having a colour palette. Quite a large chunk of the year is green, covering what is often referred to as 'ordinary time'. The green is punctuated with different colours for festivals like Pentecost (red).

Similarly, a lot of our lives are lived 'in the green' so to speak. Life and faith have a routine quality. Things tick over, and hopefully there is slow growth and renewal. Sometimes, however, life and faith are interrupted by other shades - the red of passion or pain, the purple or violet of mourning, the black of despair or grief.

But underlying the surface of all that ordinary green, undisturbed by the red or black, lies a bulb of hidden gold. Purple's complementary colour of yellow is waiting in the dark, ready to burst forth and trumpet new life when the time is right.

As Jesus said to Martha as she mourned her brother Lazarus' death, *"I am the resurrection and the life. The one who believes in me will live, even though they die, and whoever lives by believing in me will never die"* (John 11: 25-26)

Whatever your Easter looks like this year, and regardless of whether we are up the Bass on Easter morning in sunshine, hail or snow, know that God's resurrection light is just around the corner, and it is daffodil bright.

**Every blessing,  
Rhona**



At our March meeting Morag Mitchell delighted us with photos and stories from last year's visit to Oberammergau to see the Passion Play. The origins of the play came about after the plague in the 17<sup>th</sup> century. The village promised God that, if it was spared, it would perform the Passion Play every 10 years and that tradition has continued with only a few interruptions for the past 300 years, one of which was the 2020's '*plague*' - and hence Morag's visit in 2022 rather than 2020.

Our '*Spring Afternoon Tea*' returned on Saturday, 18 March when it was lovely to see old friends again and share some quality time over a cuppa, scones and cakes.

The Guild '*Big Sing*' at Queen's Cross Church the following Wednesday was a thoroughly enjoyable afternoon of praise. Particularly worthy of note was a report from Matthew Philip (Craigiebuckler Church) who told us of the success of the *Young Adult Guild*. The group is particularly strong in the northeast and currently meet via Zoom. They next meet on 20 April to discuss '*Peace and Justice*'. Next we heard about the '*Living Well Café*' which meets in Brimmond, Oldmachar and Ferryhill church halls. This initiative is run by two committed and enthusiastic ladies, Jeanette and Linda, offering a safe and welcoming place for folk with memory problems (and their carers) to meet for a fun afternoon, a cuppa and a fine piece. Everyone was very pleased that the afternoon's collection (£850) was to go towards this very worthwhile and valuable work.

Final dates for your diary this session:

Monday 3 April	<b>AGM</b> 'Nazareth Challenge' Ann-Marie Coleman
Saturday 15 April	<b>Gordon Guilds Together Resource Day</b> West Church





Music has been in the air at the Acorn Centre this month! With Inverurie Music's Spring programme in full swing, we have hosted two of their concerts, with jazz from *Tim Kliphuis*, and from Baroque Ensemble *Apollo's Cabinet*. Also lifting the roof were Inverurie Choral Society who held a "*Come and Sing*" event which rounded off with a performance of Gabriel Faure's *Requiem*. It's always worthwhile checking out their respective social media pages as we really are very lucky to welcome some quality artists to the building.

We were also delighted to welcome some of our original volunteers to help us mark our 15<sup>th</sup> anniversary, and we are looking forward to celebrating with all the volunteers together later in the year.



The Centre has enjoyed a busy first quarter with people making the most of the special offers we have in place. As we move into spring, we'll be working on a **new menu** and trying to balance the ever-increasing food costs with making sure we maintain our commitment to affordability and value for money.

Mike



## Small Grants Scheme

This year sees the Acorn celebrating its 15<sup>th</sup> year! It's amazing how time has marched on, and we hope to look forward to the next 15 years. We send our deepest thanks to all the staff and volunteers who keep it all going so successfully, and it's thanks to them that we are able to carry on the **Small Grants Scheme**.

We would also like to thank the generosity of the customers who provide the donations that allow us to present these grants. We have a lot of “*regulars*” at the Acorn, and we really look forward to seeing them, and wonder what's happened to them if they miss their regular time.

Therefore, this year again, we are able to disburse small grants to local groups. Applications must be from the local area and can request amounts **up to £1,000**. Application forms can be obtained by e-mailing [admin@inveruriewestchurch.org](mailto:admin@inveruriewestchurch.org) or from the reception desk at the Acorn Centre or by sending a stamped addressed envelope to – *The Acorn Centre, West High Street, Inverurie, AB51 3SA*. These will be available from **the middle of April and throughout May** and the closing date for applications is **31<sup>st</sup> May 2023**. All applicants will be notified shortly thereafter whether successful or not.

We thank you all for your continued support which makes this possible.

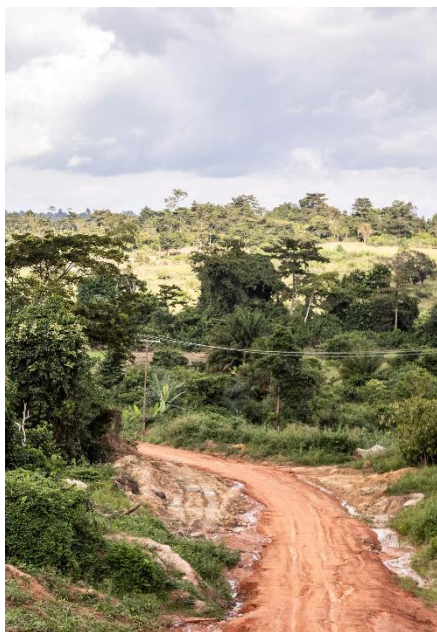
Morag Mitchell



## UBUNTU

Fairtrade fortnight, in which the focus was on encouraging people to switch to Fairtrade products, has come to an end for 2023. **Climate change** is making some of our favourite foods like coffee, bananas and chocolate more challenging to grow. Combined with deeply unfair trade, the communities growing some of our favourite foods are being pushed to the brink.

*Sadick Abanga's Story - Sadick is a Fairtrade cocoa farmer who is part of the Kuapa Kokoo co-operative in Ghana. Now aged 39 years, he has been farming nine acres of land for cocoa for 18 years. He's finding farming increasingly difficult due to the climate crisis, but he is working with Fairtrade to farm differently. Part of his farm lies high on a rocky, steep hillside which is an unfriendly terrain for cocoa plants. Sadick's working on gradually*



*surrounding the area with trees to provide shade - a technique he discovered after joining an agro-forestry project which offers farmers from Sadick's co-operative training in methods to adapt to climate change by improving soil, planting for shade, and attracting biodiversity. For example, he's now using simple solutions to the problem of unpredictable rainfall such as using the liquid inside a banana trunk to irrigate the young cocoa plants.*

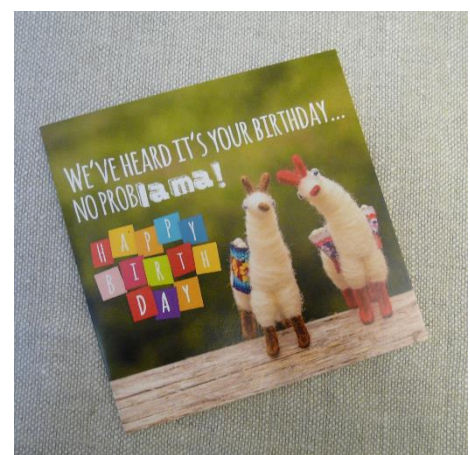
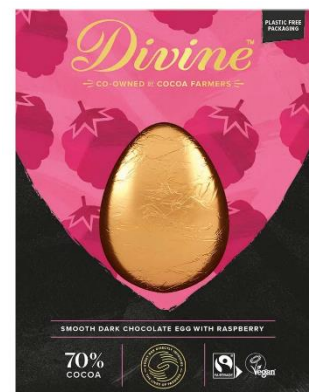
Happy Easter to you all.

Anthea



Coming soon to Ubuntu - **FairMail Cards** - the images are taken by under-privileged Peruvian teenagers and young people who receive a generous commission which they invest in their education. The cards are printed in the UK on paper which conforms to FSC (*Forest Stewardship Council*) standards, printing is digital using toner inks to avoid waste. **FairMail Cards** is a member of the World Fair Trade Organization.

There are now only a few shopping days until Easter so do come into Ubuntu and check out the Easter Eggs, cards, papier mâché eggs/chickens and of course the cute Easter bunnies enjoying their carrots.



## Holy Week services 2023

During Holy Week Inverurie District Churches Together host a series of interdenominational evening services from Monday to Friday. This year the services will be hosted by St Mary's and will be led by various churches with local speakers from within the group. All services start at 7.30 pm. Holy Week services this year are as follows:

<b>Monday 3<sup>rd</sup> April</b>	Service led by Daviot, Culsalmond and Rayne and New Community Churches
<b>Tuesday 4<sup>th</sup> April</b>	Service led by the Church of the Immaculate Conception and St Andrew's
<b>Wed 5<sup>th</sup> April</b>	Service led by Kintore Parish Church and Kintore Community Church.
<b>Thursday 6<sup>th</sup> April</b>	Maundy Thursday Service led by St Mary's Church
<b>Friday 7<sup>th</sup> April</b>	Good Friday Holy Week service led by the West Church
<b>Friday 7<sup>th</sup> April</b>	<b>8 am</b> Good Friday ' <i>walk of witness</i> ' Beginning at Our Lady of the Immaculate Conception and finishing at the Bass, followed by breakfast at St Mary's Church. All ages are welcome.

Our Easter Sunday worship will be shared as usual with St Andrew's, and this year they will be hosting.

**Sunday 9<sup>th</sup> April. 8 am** Early morning service at the Bass (and a ground level option at St Andrew's for those who find the climb difficult). This will be followed by breakfast at St Andrew's Church.

**Sunday 9<sup>th</sup> April 10 am** Joint West Church/St Andrew's Easter Sunday worship at St Andrew's.

## A PRAYER AT EASTER TO SUIT OUR TROUBLED TIMES

*This is the day the Lord hath made  
the day hope comes striding from an empty tomb  
the day joy comes dancing through grief and pain*

*Wherever conflict flares  
roll back the stone  
and let Your people find peace  
in the triumph of the Prince of Peace*

*Wherever Your people are oppressed  
roll back the stone  
and let Your people find freedom  
in the good news of the empty tomb*

*Wherever Your people are sick, mourning or in need  
roll back the stone  
and let this day of Resurrection  
bring healing, comfort and hope*

*For a new day has dawned  
and the way to life stands open  
in the rising to life of life itself  
our Saviour Christ*

*Hallelujah!*

An Easter prayer by the Rt Rev Russell Barr when he was  
Moderator of the General Assembly of the Church of Scotland.



## SOCIAL/FUNDRAISING TEAM UPDATES

We are continuing to celebrate the Acorn Centre's birthday this month with elders delivering an invitation for every household to donate £1 for each year the centre has been open. Alternatively, we'd be delighted if you could make your £15 grow with your own creative fundraising ideas!

All funds received will be used towards the costs of replacing pieces of equipment that are now 15 years old.

Donations can be dropped off at the Acorn Centre, or transferred online to –

Sort code 82-65-21, account No. 40300079. Please mark your donation as Centre 15.

### Polish up your quizzing skills!



On **Friday 12 May** we have a Quiz Night with Larry Young. Teams of 4 maximum - come as a team or make up a team on the night.

### Save the date!



The Bennachie Bike Ride has been booked for **Saturday 12 August** - more details later.



## CHILDREN'S EASTER ACTIVITES



*Can you help the Bunny climb the ladders and get to the eggs?*



**How do you catch the Easter Bunny?**

*Hide in a bush and make a noise like a carrot!*

**Where does Christmas come before Easter?**

*In a dictionary!*

Colour the eggs with circles blue - Colour the eggs with stars yellow - Colour the striped eggs green - Colour eggs with squares red - Colour the eggs with rectangles orange - Colour the eggs with triangles purple

Draw some shapes on the blank egg.



## MAINLY MUSIC

The Easter egg hunt was fun! The Easter bunny (Rhona) was waiting for us in *the Pause for Thought Garden* and she had an egg for each of the children. There were more eggs hidden in the garden too. (Photographs in Encounter Online)

Avril from the Tuesday **Afternoon Craft Group** made each of the children a knitted bag and filled them with chocolate eggs and as you can see in the pictures the children loved them!

**Jane**













## Christian Aid

This year the annual Christian Aid Book Sale will be **held in the West Church Hall from Saturday, 13th May until Friday, 19th May**. The "*Jam and Jigsaws*" stall, which has in recent years been at the Farmers' Market, will be located at the door of the West Church Hall on the morning of **Saturday, 13th**. If you are doing a spring clean of any of your bookshelves, or are ready to part with any jigsaws that might have kept you busy through the winter, please bear Christian Aid in mind, and lay your donations aside for us to sell in aid of their important work with some of the world's most vulnerable communities. More details regarding delivery or pick-up will appear in next month's Encounter. **Margaret Hearne (01651 882274)** will also be looking for volunteers to help **set up the Book Sale on Friday, 12th May** (late afternoon, early evening) and to "*mind the shop*" throughout the week. The latter allows for a leisurely browse through what's on offer, a friendly chat with a fellow-volunteer, and even a cup of tea or coffee and chocolate biscuit!



## NORTH ABERDEENSHIRE FOOD BANK

*The situation in the Foodbank is now critical as need is overtaking donations. There is a desperate need for the following:*

**Tinned fish**

**Long Life Juice**

**Jam**

**Tinned vegetables**

**Pasta Sauce**

**Please also consider making a monetary donation to help  
END HUNGER IN ABERDEENSHIRE**

## Ways of connecting April 2023



If you are worshipping from home, you can connect as usual via the West church website and YouTube channels or access the service by phone on **01467 343790** (calls are charged at local rates).

**Sun 2 Apr 11 am** Palm Sunday worship including baptism.  
Hospitality after service

**Monday 3-Friday 7 April**  
**7.30 pm IDCT Holy Week services each evening at St Mary's**

**Fri 7 April 8am** Walk of witness beginning at Our Lady of the Immaculate Conception, North St., followed by bacon rolls at St Mary's

**Sun 9 Apr 8 am** Early Easter service at the Bass (Ground level option at St Andrew's) followed by Easter breakfast at St Andrew's  
**10 am** Easter Sunday joint worship at St Andrew's

**Sun 16 Apr 11 am** Morning Worship. Hospitality after service

**Wed 19 Apr** If you have any material for Encounter please email [encounter@inveruriwestchurch.org](mailto:encounter@inveruriwestchurch.org)

**Sun 23 Apr 11 am** Morning Worship. Hospitality after service

**Sun 30 Apr 11 am** Morning Worship followed by informal communion

*Children are welcome at all services. A weekly craft activity can be found in our 'Play as you worship' box and there is also space downstairs for wee ones who need to run about, if preferred.*

**The Prayer Group** continues to meet regularly on a Thursday morning. Prayer requests can be sent to [olive.duncan@hotmail.co.uk](mailto:olive.duncan@hotmail.co.uk) or [duncan.linda1@btinternet.com](mailto:duncan.linda1@btinternet.com)

Our contact email address for those looking for help with collection/delivery of supplies or medication is [help@inveruriwestchurch.org](mailto:help@inveruriwestchurch.org)

## WHO'S WHO AT THE WEST

<b>Minister</b>	Rev Rhona Cathcart <a href="mailto:r.cathcart@inveruriwestchurch.org">r.cathcart@inveruriwestchurch.org</a>	620285
<b>Session Clerks</b>	Mark and Gillian Paterson <a href="mailto:sessionclerk@inveruriwestchurch.org">sessionclerk@inveruriwestchurch.org</a>	625675
<b>Church and Acorn Centre Administration</b>	Judith Will <a href="mailto:admin@inveruriwestchurch.org">admin@inveruriwestchurch.org</a>	670850
<b>Church Officer</b>	Kenneth Gray <a href="mailto:kennethgray@hotmail.co.uk">kennethgray@hotmail.co.uk</a>	620658
<b>Rollkeeper</b>	Ann-Marie Coleman <a href="mailto:rollkeeper@inveruriwestchurch.org">rollkeeper@inveruriwestchurch.org</a>	620378
<b>Life &amp; Work</b>	Irene Jamieson <a href="mailto:irenejamieson@live.co.uk">irenejamieson@live.co.uk</a>	
<b>Safeguarding Co-ordinators</b>	Valerie Napier Gail Buchan	623279 622145
<b>Transport Co-ordinator</b>	Linda Mathers	622586
<b>Acorn Centre Management Team</b>	Laura Gray <a href="mailto:lauragray25@btinternet.com">lauragray25@btinternet.com</a>	620658
<b>Environmental Matters Team</b>	Joy Doorghen <a href="mailto:doorghens@hotmail.com">doorghens@hotmail.com</a>	620823
<b>Fabric Team</b>	Jim Lyle <a href="mailto:jimlyle@hotmail.co.uk">jimlyle@hotmail.co.uk</a>	624159
<b>Finance Team</b>	Alan Sharp <a href="mailto:sharp3@btinternet.com">sharp3@btinternet.com</a>	
<b>Treasurer</b>	Alison Blair <a href="mailto:treasurer@inveruriwestchurch.org">treasurer@inveruriwestchurch.org</a>	620677
<b>Committed Giving Envelopes</b>	Cindy Farquhar Cindyfarquhar25@yahoo.com	
<b>Gift Aid</b>	Mandy Aitken <a href="mailto:mandyaitken@sky.com">mandyaitken@sky.com</a>	07532 487788
<b>Junior Church Team</b>	Biff Barrow <a href="mailto:biff.barrow@tiscali.co.uk">biff.barrow@tiscali.co.uk</a>	623096
<b>Pastoral Care Team</b>	Rev Rhona Cathcart <a href="mailto:r.cathcart@inveruriwestchurch.org">r.cathcart@inveruriwestchurch.org</a>	620285
<b>Social/Fundraising Team</b>	Joyce Petrie <a href="mailto:joycepetrie21@hotmail.com">joycepetrie21@hotmail.com</a>	620932

## ***FLOWER CALENDAR APRIL***

Convenor – Joan Feltham

April 2<sup>nd</sup> Sharon Huxtable

April 9<sup>th</sup> Easter Sunday service St Andrew's

April 16<sup>th</sup> Margaret Sangster

April 23<sup>rd</sup> Linda Walker

April 30<sup>th</sup> Janet Duncan



**Thanks to all who donate, arrange, or deliver flowers.**

**CLIMATE CHANGE** – Last month in Encounter we focussed on several initiatives dealing with climate change. The Church has established a '*Climate Matters Group*' which would welcome new members. *Biff Barrow has provided an interesting and informative article on how we can all contribute to combating climate change and that can be found in the online version of Encounter. A useful link to an A-Z of Waste and Recyclable items can be found at: <https://online.aberdeenshire.gov.uk/waste/atoz>. In addition, soft plastics can be recycled at various supermarkets: <https://onelittlestep.blog/soft-plastic-recycling-at-your-local-supermarket/>*

**ENCOUNTER ONLINE** – Currently we are producing and distributing Encounter online and in print. If you have not already provided details of your e-mail and would like to ensure you receive the online version please contact the Session Clerk (01467 625675).





## **What can we do to show we love our earth?**

There are many things we can do to reduce our own ‘carbon footprint’ and environmental impact. An internet search will give lots of ideas, but here are a few of the most effective actions. Some of these are also good for your health and save you money, so what’s not to like?

**Travel** Air travel has high environmental impact; avoiding even one flight a year makes a difference.

**Car travel** is unavoidable in our area but try to avoid driving whenever you could walk, cycle or use public transport, and take opportunities to car share where possible. If you can live without a car, or can afford to change to an electric vehicle, that’s even better but it’s not realistic for everyone. Don’t leave your engine running when you don’t need to – other folk are breathing that in and it’s costing you fuel too!

**Energy in your home** – Installing solar panels or a heat pump to replace oil or gas heating is very good but it may be too complex and expensive; but switching to a renewable electricity supplier is a straightforward step. There may be more ways you could reduce your energy consumption too e.g., using your washing machine less often and at lower temperatures/full load only; don’t use a tumble drier; switch off all standby at night as well as when you go away – can you and your family add other ideas that work for you?

**Meat and dairy consumption** - you might not want to go vegetarian or vegan, but eating less meat and dairy is good for the environment and good for you and your family’s health. Make meat a treat!

**Waste** - everything has an environmental impact in its production and disposal, so try not to waste anything (food, clothes, electronic gadgets etc); avoid buying stuff you don't need and throwing things away when they could still be used. Give unwanted things to charity shops or offer them on a giveaway website e.g. Freecycle or Freegle.

**Bank accounts, investments, pensions** - Is your money doing good or harm? Is your bank or pension company investing it in fossil fuel projects which are driving climate change? You can find out and push for change, using a website such as <https://makemymoneymatter.co.uk> - and consider switching to a more ethical option. High street banks such as Barclays and HSBC have some of the worst ethical performance, while Triodos, Co-op bank, Nationwide and other Building Societies are some of the best.

Relevant websites:

<https://thegoodshoppingguide.com/subject/ethical-banks-building-societies>

<https://www.eccr.org.uk/money-makes-change>

**Campaigning** is very important, because change on a national and global scale is vital. There are various opportunities and tools for doing this; writing to your MP and local councillors, signing petitions, sharing campaigns and information on social media, joining marches and protests, supporting relevant charities and campaign groups.

- You can write to your MP at House of Commons, London, SW1 0AA or find contact details for them at:

<https://members.parliament.uk/> Remember to include your address to show you live in their constituency.

- You can write to or visit your local MSP (including those on the regional list) to find out more about what the Scottish government is doing to meet its climate targets and how local communities can help.

- See the websites of organisations such as Friends of the Earth, WWF, Oxfam, Christian Aid, Tearfund, Greenpeace, Woodland Trust, RSPB, for information and campaigns you can join in.

**Wildlife** needs all the help it can get; if you have a garden there are several ways to make it a haven for insects, birds and animals. These web pages will give you some ideas. The National Trust offers advice, or

<https://www.rspb.org.uk/birds-and-wildlife/advice/gardening-for-wildlife/creating-a-wildlife-friendly-garden/> or  
<https://www.buzzaboutbees.net/gardening-for-bees.html> .

**Some useful websites for information and action ideas:-**

<https://www.metoffice.gov.uk/weather/climate-change/what-is-climate-change>

<https://www.wwf.org.uk/what-we-do/climate-change-and-energy>

<https://www.imperial.ac.uk/stories/climate-action>

<https://www.un.org/sustainabledevelopment/climate-action-superheroes/> (*this one is particularly good for families, to involve children*)

***Finally why not join our ‘Climate Matters Group’ or attend our Climate Cafe Sessions?***

***Ask Rhona, Biff, Sharon or Joy if you want to know more ...***

## A to Z of waste and recyclable items

Margaret Hearne has provided a useful list of how to recycle various items. This is extracted from <https://online.aberdeenshire.gov.uk/waste/atoz> where a full list of items which can be recycled can be found and where you can get regular updates on changes in procedures for recycling items.

Aerosol tins

Blue bin (mixed dry recycling bin)

Air freshener (aerosol)

Blue bin (mixed dry recycling bin)

Aluminium/Tin foil

Blue bin (mixed dry recycling bin)

Baking tray

Black bin (non-recyclable waste), Recycling centres

Can be donated to charity if in a suitable condition. You can also put them in a scrap metal container at one of our recycling centres.

Black bags

Black bin (non-recyclable waste)

Bubble wrap

Black bin (non-recyclable waste)

Cleaning product bottle (plastic)

Blue bin (mixed dry recycling bin)

Cling film

Black bin (non-recyclable waste)



Fibreglass

Black bin (non-recyclable waste)

Fish and chip boxes

Black bin (non-recyclable waste)

Food bags (plastic) for example: bread, frozen foods.

Black bin (non-recyclable waste)

Food tins

Blue bin (mixed dry recycling bin)

Food trays (polystyrene)

Black bin (non-recyclable waste)

Furniture polish can

Blue bin (mixed dry recycling bin)

Hand Sanitizer (plastic containers)

Blue bin (mixed dry recycling bin)

Hand wash bottle

Blue bin (mixed dry recycling bin)

Insulation (such as loft, wall, floor)

Black bin (non-recyclable waste), Recycling centres

Kitchen paper towels

Food waste caddy

Small amounts of paper towels can be taken in the food caddy.

Kitchen roll tubes

Blue bin (mixed dry recycling bin)

Laminated paper  
Black bin (non-recyclable waste)

Paint  
Black bin (non-recyclable waste)

Note, all paint should be either removed or dried. If you have tins of water-based paint, leave the lid off so the paint can go hard before putting them in your refuse bin. For oil-based paint, mix the paint with sawdust or cat litter first and then leave to dry before disposal.

Painted paper or card  
Black bin (non-recyclable waste)

Pet food pouches  
Black bin (non-recyclable waste)  
Currently can't be recycled through our services through our services, but can be recycled with soft plastics at some local supermarkets. Please check your local supermarket for information on what they can accept.

Plasterboard  
Recycling centres  
Make sure it's clean and free of any tiles or dirt.

Plastic bags  
Black bin (non-recyclable waste)  
Currently can't be recycled through our services through our services, but can be recycled with soft plastics at some local supermarkets. Please check your local supermarket for information on what they can accept.

Plastic cups (disposable)  
Blue bin (mixed dry recycling bin)

Plastic lids  
Blue bin (mixed dry recycling bin)

Plastic netting,  
for example: fruit and veg nets  
Black bin (non-recyclable waste)

Plastic pots  
Blue bin (mixed dry recycling bin), Recycling centres

Plastic trays  
Blue bin

Plastic tubes  
Black bin (non-recyclable waste)

Plastic tubs  
Blue bin

Polystyrene  
Black bin

Polystyrene expanded (EPS)  
Recycling centres  
Can be recycled at [Alford](#), [Banchory](#), [Ellon](#), [Fraserburgh](#), [Inverurie](#), [Peterhead](#), [Portlethen](#), [Stonehaven](#), and [Westhill](#) recycling centres. Please note only shape molded packaging, usually used for electronics, blocks and planks of filled material, clean packaging boxed and packaging balls are accepted.

Sanitary products  
Black bin (non-recyclable waste)

Shampoo bottles (plastic)  
Blue bin (mixed dry recycling bin)

Soft plastic tubes (such as toothpaste)  
Black bin (non-recyclable waste)

Tablet blister packs  
Black bin (non-recyclable waste)

Tablet bottles  
Blue bin (mixed dry recycling bin)

Toothbrushes  
Black bin (non-recyclable waste)

Toothpaste tubes  
Black bin (non-recyclable waste)

Wool  
Black bin (non-recyclable waste)

Yogurt pots  
Blue bin (mixed dry recycling bin)

## HOW WOULD YOU LIKE YOUR ELDER TO CONTACT YOU?

It's that time of year again when Elders are out visiting members and adherents, finding out how everyone is doing and inviting them to communion.

Part of our elders' calling is to have a pastoral concern for others, which we try to show through regular contact, checking in with you at least twice a year. However we're aware, especially as times change, that for some people a visit isn't the best way to do this.

Accordingly we're inviting you to let us know if you have a preferred route of contact. For example, would a phone call or an email work better for you than a knock on the door? If you do have a preference, please let us know via the slip below. If you don't have a preference we'll keep doing our best in our own way to make sure you know the church is still thinking of you and keeping you in our prayers.

The brief form below can be filled in manually and sent or dropped off at the church for the attention of our session clerks or you can email your response to [sessionclerk@inveruriwestchurch.org](mailto:sessionclerk@inveruriwestchurch.org) . If it's easier, feel free to give Rhona a ring on 01467 620285.

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Name:

Address:

For each option below please tick the relevant box to indicate how you would prefer your elder to keep in touch:			
	Yes	No	Don't Mind
a. Visiting or putting material through the door			
b. Email (please provide email address below)			
c. Phone call (please ensure we have your number below)			
d. Other (Please specify below)			

