

# January 2018

un	Mo	Tu	W	Th	Fri	Sat
	1	2	3	4	5	6
						<b>7 - Trinities meeting - visiting each other /family</b>
						<b>7 - JOY GIVING - National 40days Campaign Starts</b>
<b>7</b>	8	9	10	11	<b>12</b>	13
					<b>12 - 1-2:30pm Airdrie-event-everyone is welcome!!!</b> Please contact Irina for details	
<b>14</b>	15	16	17	18	19	<b>20</b>
						<b>14 - Scottish Family Meeting</b>
						<b>20 - Glasgow Peace Federation-event everyone welcome to attend, instead SS next day!!!</b>
<b>21</b>	22	23	24	25	26	27
						<b>20 or 21 - Finance Committee meeting</b>
<b>28</b>	29	30	31			
						<b>26-28 - COC</b>
						<b>28 - Youth Service (Edinburg)</b>

# SCOTTISH NEWSLETTER

DECEMBER-JANUARY



**7 January - 15 February  
40 Days National  
Joy Giving Campaign**

Great things happen when a large number of people work together with a clear common goal and a shared strategy. Like many cogs and gears rotating in relation to one another within a working machine, a small input of power can be multiplied to release a great effect.

Whenever people have created the right conditions, God has delivered miraculous results.



**22 October / 17 December  
Tribal Activity kick off**

**It's something we can all do,  
and we can tailor our activities to fit into  
our  
character and circumstances.  
This is something we can all commit to do,  
if we want to do it,  
in our own meaningful way.**

**Witnessing activity, Glasgow**



"Today I went with Ulrike to visit Kazue. Jeff went to a Quaker service, but Juliano was there. We shared about the latest news from Korea and read with them the pamphlet about the 40 day joy giving condition and TF's words for today."

*Heidrun*

**Finance Committee Work Shop**



Stickers made  
by  
Maryann

JOY GIVING  
CAMPAIGN  
2018

um-uk.org

## Joy Giving

“Our stickers seem to be very successful and people like them”

“When I was on the bus I met Margery who is on the Edinburgh Interfaith Association and ask her if she would like a sticker and that made her smile and she stuck it on her jacket. She is a Board Member”

“On 11th January I went to a meeting in the University. It was from the Alwaleed Muslim Centre and was entitled Tales and Emotions in Arabic Literature. I met Tom he is in charge of the Alwaleed. I invited him to have a sticker and he accepted.

So I am spreading the Word far and wide.”

“today people were very accepting of my invitation for a sticker. They seem to love the idea. Thanks to Maryann for the brain-wave”



“I attended the Holocaust Memorial Day 2018 event at Gracemount High School in Edinburgh. It was marvelous. Afterwards I met The Lord Provost of Edinburgh Mr. Frank Ross and asked him if he would like a sticker and he immediately said yes. Iain Stewart who is the Executive Director of Edinburgh Interfaith Association was also there. I asked him if he would like a sticker and he smiled and said yes too Wonderful”.

*(Elizabeth Marshall)*

## Dunrobyn Gardens Care Home

We had a wonderful time at Dunrobyn Gardens Care Home in Airdrie on Saturday 31 January arranged by Irina Gardiner. We were all so happy to participate in the event and there was a very calm and peaceful atmosphere there. The residents were very relaxed and joking throughout the afternoon. We shared about different cultures. Heidrun did a presentation about the project called Sunrise Africa she runs with her husband Robert and many volunteers so we could see how much work they both put in to support several African countries. Some of the residents had made donations to her work.

Then Irina had arranged some videos of different cultures which everyone enjoyed. We sang some songs at the end.



After we chatted and had a cup of tea and biscuits. I played "Should Auld Acquaintance Be Forgot" on the beautiful electric piano there.

The old folks had such a good time that they invited us back again.

There were a few technical hitches with the videos but hope we can improve on them for next time. Thanks to everyone who participated.

*(Elizabeth Marshall)*

Attending were Irina Gardner, Ulrike Currie, Heidrun Williamson, Oksana Bryk and family, Maryann McDonald and Elizabeth Marshall.



## Natural Solutions for Healing

The Natural Solution for Healing was an enjoyable and informative event organized by the Glasgow Peace Federation. It took place at the Glasgow Partick Burgh Halls between 3pm and 6pm Saturday 20th of January 2018.

Five speakers gave concise accounts of their work and area of expertise. A table was set up displaying literature and contact details concerning the various topics on the agenda.

Dr Sujata Sriram introduced the Art of Living and how adjusting our awareness of how we breathe can transform our wellbeing, Sandrine Sequin explained how Reiki can benefit us all, Lin Yue introduced Chinese Medicine and its long tradition, Robert Torok explained the health benefits of Ginseng and Catherine Hughes informed us how we can support the promotion of Homeopathic medicine which is not being supported to the extent it should be by the NHS despite widespread positive testimonies from patients. Catherine is campaigning to keep the Integrative Care Unit open at Gartnavel Hospital. Finally Elizabeth Marshall from the FFWPU spontaneously shared how she transformed her husband's diet after he underwent a triple bypass at the age of 61 and went on to live to the age of 91. This is indeed testimony to the effects of diet on our general health.

Afterwards time was made for questions and discussion with the speakers. Delicious healthy snacks were also enjoyed by all attending. Everyone left the event having increased their knowledge on healthy living. The event was of good service to all who attended. *(James Hallower)*

