

Starters for Sunday

CrossReach and Social Care Sunday: 15th November 2015

Theme: The local church is the light of the world (*Matthew 5:14-16*)

Chapter 1: Introduction

Reading: 1 Peter 2:4-5 (*NIV*)

As you come to him, the living Stone—rejected by humans but chosen by God and precious to him—⁵ you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.

Thought:

Recognising that God has set apart his church and considers his people precious, we took the theme of Living Stones for 'Heart and Soul' this year. CrossReach decided to take this opportunity to share some of the Living *Stories* of people that our Social Care Council supports; bringing comfort and hope where previously there was none.

CrossReach and Social Care Sunday on the 15th November provides a time for us to consider our physical and spiritual sacrifice in all aspects of supporting others; and to recognise and celebrate the amazing service of people involved in the Church of Scotland's social care work. Whether you take time on the 15th, on another Sunday, or perhaps during a house group or coffee morning, I hope that, through your use of the resources I am sharing with you today, God will provide a new insight into this vital part of the church's ministry and witness.

Video: To watch or download a video clip about this chapter, please go to: www.crossreachevents.org.uk/startersforsunday

Chapter 2: Post Natal Depression Counselling at Palmerston Place

Reading: John 6:1-15 (NIV)

Some time after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), ² and a great crowd of people followed him because they saw the signs he had performed by healing the sick. ³ Then Jesus went up on a mountainside and sat down with his disciples. ⁴ The Jewish Passover Festival was near.

⁵ When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?" ⁶ He asked this only to test him, for he already had in mind what he was going to do.

⁷ Philip answered him, "It would take more than half a year's wages to buy enough bread for each one to have a bite!"

⁸ Another of his disciples, Andrew, Simon Peter's brother, spoke up, ⁹ "Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?"

¹⁰ Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down (about five thousand men were there). ¹¹ Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.

¹² When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted." ¹³ So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

¹⁴ After the people saw the sign Jesus performed, they began to say, "Surely this is the Prophet who is to come into the world." ¹⁵ Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

Thought:

Watchman Nee, a Chinese church planter, observed that: "The meeting of the need is not dependent on the supply in hand, but on the blessing of the Lord." CrossReach has been running a Post Natal Depression Counselling service at Palmerston Place Church since 1997. At the time, they needed a venue in Edinburgh City Centre so that it was easily accessible for people who wanted support. The congregation here at Palmerston Place stepped out in faith to offer part of their building to CrossReach. Over the years they have invested money in refurbishing the space, and members of the congregation have invested their time as volunteers to help run the service.

Palmerston Place Post-natal Depression Service

Question 1: What is Post Natal Depression?

- 1 in 6 mothers and 1 in 10 fathers are affected by Post Natal Depression

Question 2: For those who don't know of the support provided in Palmerston Place, can you tell me a bit about the difference this service makes to the lives of people in this area?

- The importance of early intervention
- Impact on the whole family
- Support for parents improves children's lives and life chances

Question 3: Why is the service based here in Palmerston Place?

- It is accessible
- The Congregation has invested time and money in the service

Question 4: How has this service been sustained?

- Local church support
- Volunteers
- National church supporting through mission and renewal
- Prayerful and financial support of individuals
- Funding from NHS and local council

Conclusion:

Seeing a need is often only the beginning. Stepping out in faith to meet a need requires courage, patience, commitment and willingness to adapt to emerging issues you could not have foreseen. That is the kind of support the congregation here has offered CrossReach for almost 20 years now, and it has been an enormous blessing to those mothers and fathers who have been supported through an extremely difficult time in their lives.

Video: To watch or download a video clip about this chapter, please go to: www.crossreachevents.org.uk/startersforsunday

Chapter 3: Claymore's Story

At the age of 9, Claymore moved from living at home to residing in CrossReach's Ballikinrain Care and Education service.

Initially, he attended school there while he built up trust in his key worker and the staff who were supporting him. It wasn't too long before it was agreed he could attend mainstream school in Balfron, where he thrived. He quickly became a popular member of the village and school communities and was soon able to represent the school through his passion – rugby.

In his early teens, a place became available in Millmuir Farm (part of the Ballikinrain Campus) which he took and for continuity his key worker continued to support him there. The nurturing environment suited Claymore and when the time came for him to leave and take up an apprenticeship with a roofing company, he said he felt ready to return home to live with his parents, which he chose to do.

Reading: 1 Samuel 16:1-7 (NIV)

The Lord said to Samuel, "How long will you mourn for Saul, since I have rejected him as king over Israel? Fill your horn with oil and be on your way; I am sending you to Jesse of Bethlehem. I have chosen one of his sons to be king."

² But Samuel said, "How can I go? If Saul hears about it, he will kill me."

The Lord said, "Take a heifer with you and say, 'I have come to sacrifice to the Lord.'³ Invite Jesse to the sacrifice, and I will show you what to do. You are to anoint for me the one I indicate."

⁴ Samuel did what the Lord said. When he arrived at Bethlehem, the elders of the town trembled when they met him. They asked, "Do you come in peace?"

⁵ Samuel replied, "Yes, in peace; I have come to sacrifice to the Lord. Consecrate yourselves and come to the sacrifice with me." Then he consecrated Jesse and his sons and invited them to the sacrifice.

⁶ When they arrived, Samuel saw Eliab and thought, "Surely the Lord's anointed stands here before the Lord."

⁷ But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

Thought:

Above is the 'Living Story' of Claymore, a young person, supported by CrossReach who has been part of *Who Cares? Scotland's 'It's time to listen'* campaign. The campaign successfully convinced the Scottish Government to significantly increase the support offered to children and young people in care. Social care has transformed this young man's life, and has empowered him to change our society for the better.

At the heart of social care is a requirement to see past outward appearances and to see the potential in every person, recognising that they have been made in the image of God. The support social care offers can enable everyone to participate in the life of their community. In being a welcoming, including, open community the local church can reflect Christ's love for people who find themselves on the margins of society.

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Chapter 4

Reading: Luke 10:25-37 (*NIV*)

²⁵ On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?"

²⁶ "What is written in the Law?" he replied. "How do you read it?"

²⁷ He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbour as yourself.'"

²⁸ "You have answered correctly," Jesus replied. "Do this and you will live."

²⁹ But he wanted to justify himself, so he asked Jesus, "And who is my neighbour?"

³⁰ In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. ³¹ A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. ³² So too, a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan, as he travelled, came where the man was; and when he saw him, he took pity on him. ³⁴ He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. ³⁵ The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

³⁶ "Which of these three do you think was a neighbour to the man who fell into the hands of robbers?"

³⁷ The expert in the law replied, "The one who had mercy on him."

Jesus told him, "Go and do likewise."

Thought:

In the story, two travellers see the man lying there in his plight but decide it is unwise to get involved and they hurry past. Perhaps they were scared of having contact with a corpse – as they may have taken the prone figure to be – with all the troublesome issues that would throw up for them. Perhaps it was simply more convenient to hurry by and to steer well clear of a potentially messy situation. Serving other people is often a challenging and costly business.

But for followers of Jesus there is really no alternative. Wherever people are suffering, wherever people are in any kind of need, we are called to be Christ's hands and feet and heart to them. Jesus simply does not allow the kind of non-involvement represented by the first two travellers. But then someone of a very different spirit comes by. He was a Samaritan – a real outsider in this setting – but there was one big difference between this outsider and the two fine members of the religious community who'd gone before. When he witnessed pain and suffering on the Jericho road his heart was stirred with compassion and pity – and a determination to do something about it.

Every other ritual or ceremonial or cultural caveat became irrelevant in the face of human need, and this man goes to extraordinary lengths to ensure that a human life is turned around and a human being is made whole. Jesus is saying among other things that when we see people in trouble, our first question should not be about their cultural background or religious persuasion or social status, but simply, 'What can I do to help?' and be a channel for Christ's love and healing into this situation. What our Lord looks for is a heart of generosity, of mercy, of compassion – like his own – in the face of human suffering – whoever it is that's suffering, and whatever the nature of that suffering may be.

The spirit so beautifully exemplified in on the face of it the most unlikely person in this context – the Samaritan outsider – who went to the trouble of bandaging the mugged man's wounds, pouring in oil and wine, providing a kind of ambulance for him and paying for his care – in what must have been an early CrossReach establishment – during his period of convalescence. The CrossReach mission statement says: 'In Christ's name we seek to retain and regain the highest quality of life which each individual is capable of experiencing at any given time.' It's hard to think of anything closer to the spirit of the parable of the Good Samaritan than that.

Video: To watch or download a video clip about this chapter, please go to: www.crossreachevents.org.uk/startersforsunday

Chapter 5: Conclusion

Thought:

CrossReach's work in social care is a demonstration of practical Christian love; love incarnated in the places where people most need such love, in action through genuine service in our Lord's name. Loving service to others marked the service of Jesus from first to last. As he himself made clear: 'the Son of man came not to be served, but to serve.'

We remember at the last supper, when no-one else was willing to serve, he took a towel and a basin and went round the room washing the dusty feet of his disciples, and concluding with the words: 'I have left you an example. You must do for one another what I have done for you.' We're all called to service after the pattern of the service of Jesus himself. This is the motivation for the work of CrossReach and for the church's involvement in social care: it is an expression of our faith.

The local church shares this motivation, and so my hope is that we can draw on the history, experience and skill of CrossReach to make a positive difference in society. The church is called to be the light of the world, and we are to let our light shine before others so "that they may see your good deeds and glorify your Father in heaven" (*Matthew 5:16*). Through supporting people within our communities, the local church can truly be the light of the world.

Social care starts at a local level by identifying a barrier that needs to be overcome, and supporting people to overcome it. But it does not end there. Such an act of service has ripple effects which can move mountains – as these Living Stories show.

This is why social care is so valuable to all of us: it offers people the support they need to fulfil their potential. Not only does this benefit the direct recipients of social care, but it enriches the whole community as people are empowered to contribute in a way that would not otherwise be possible. Social care is a means of liberation and empowerment, and so the service of those people who dedicate themselves to working in this field should be recognised and valued. Without them our society, our community and our own lives would be so much poorer. Paul, writing to his Christian friends in Corinth, encourages them by writing: 'Therefore my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labour is not in vain'.

Video: To watch or download a video clip about this chapter, please go to: www.crossreachevents.org.uk/startersforsunday

Children's Talk:

A short story about human value (author unknown)

A well-known speaker started off his talk by holding up a £20 note. In the room of 200 people, he asked,

"Who would like this £20 note?"

Hands started going up.

He said, "I am going to give this £20 to one of you but first, let me do this."

He proceeded to crumple up the £20 note.

He then asked, "Who still wants it?"

Still the hands were up in the air.

Well, he replied, "What if I do this?"

And he dropped it on the ground. And started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty.

"Now, who still wants it?"

Still the hands went into the air.

"My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it. Because it did not decrease in value. It was still worth £20. Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value.

Dirty or clean, crumpled or finely creased, you are still priceless to those who **DO** love you. The worth of our lives comes not in what we do or who we know, But by **WHO WE ARE**. You are special - Don't **EVER** forget it."

Children's Songs:

MP 167 Give me oil in my lamp

MP 1039 Colours of Day

JP 258 This little light of mine

Jesus bids us shine

Jesus wants me for a sunbeam

Questions

Starters for Sunday

Did you know? CrossReach Quiz

- How many staff does CrossReach employ?
a. 2000 b. 1000 c. 500
- How many services does CrossReach run across Scotland?
a. 35-50 b. 50-70 c. more than 70
- In which year was the first CrossReach Week held?
a. 2010 b. 2012 c. 2014
- In which year did CrossReach begin as the Committee on Christian Life and Work?
a. 1869 b. 1969 c. 2009
- In which year was the trading name CrossReach introduced?
a. 2000 b. 2005 c. 2010
- How many people in Scotland work in all Social Care services?
a. 190,000 b. 90,000 c. 9,000
- What is the annual cost of operating CrossReach?
a. £16 million b. £36 million c. £46 million
- How much does the Church of Scotland give to CrossReach towards its annual budget?
a. £900,000 b. £10 million c. £25 million



The Church of Scotland

Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353



www.crossreach.org.uk

Starters for Sunday

Did you know? CrossReach Quiz

1. How many staff does CrossReach employ? **2,000**
2. How many services does CrossReach run across Scotland?
More than 70
3. In which year was the first CrossReach Week held? **2012**
4. In which year did CrossReach begin as the Committee on
Christian Life and Work? **1869**
5. In which year was the trading name CrossReach introduced?
2005
6. How many people in Scotland work in all Social Care services?
190,000
7. What is the annual cost of operating CrossReach?
£46 million
8. How much does the Church of Scotland give to CrossReach
towards its annual budget?
£900,000



The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353



www.crossreach.org.uk

Prayers

Most merciful father, you have called us to be a caring Church, reflecting in our lives your infinite care for us your children.
 Help us to fulfil our calling and to care for one another in an unselfish fellowship of love; and to care for the world around us by sharing with it the good news of your love, and by serving those who suffer from poverty, hunger and disease.
 In the name of Christ our Lord.

Based on words of Michael Ramsey

**As we attempt to live like Christ
 In actions, words, and deeds,
 We'll follow His design for prayer
 And pray for others' needs.**

Branon

Father,
 Allow me to serve others with a joyful heart;
 Never keeping score;
 Always giving;
 Never expecting to receive.

Allow me to give of myself,
 To give of my talents and of my goods,
 To give of my time and of my energy,
 To give of my heart and of my soul.
 Help me understand the needs of others,
 Never criticising,
 Never demeaning,
 Never scolding,
 Never condemning.

You have been so gracious to me,
 Always Loving,
 Always forgiving,
 Always restoring;
 Never gloating over my defeats,
 Even when I have been so wrong.
 Father, keep a condemning spirit
 Far from my heart and further from my lips.

Allow me to serve others as You serve,
 With gentleness, compassion, and tenderness,
 Never diminishing the worth of another,
 Choosing to extend mercy to the brokenhearted,
 Like You have repeatedly shown it to me,
 Amen.

Jack Watts

Lord, you were rich
 yet, for our sakes, you became poor.
 You promised in your Gospel
 that whatever is done
 for the least of your brothers and sisters
 is done for you.
 Give us grace to be always willing and ready
 to provide for the needs
 of those whose parents have died
 or whose homes are broken,
 that your kingdom of service and love
 may extend throughout the world,
 to your unending glory.

A prayer of St Augustine

God our Father, we bring before you today those who suffer from chronic illness or disability, those for whom sickness or disability profoundly affects their lives. When they feel diminished, remind them that you call them by name and hold them in the palm of your hand.

When they feel fragile and broken, mould them and heal them, that they may more closely resemble the image of Jesus, your Son and our Brother.

When they are reminded of different times in the past, lead them to grow in the faith that you love them today, as they are, in the reality of their lives this day. When they feel uncertain about the future, lead them to that perfect love which casts out all fear.

When situations remind them - not of what they **can** do - but of what they **cannot** do - remind them that 'love never fails', and that, living in your love, they will bear your fruit in plenty.

May all of us - whatever our circumstances - never be so taken up with our own concerns that we do not see or respond to the needs of others. May we live with courage the different challenges that each one of us faces.
 Amen.

CrossReach Prayer Diary

Printed copies are available 3 times per year or a PDF can be downloaded from:
crossreach.org.uk/publications-and-media

The Prayer Diary includes prayer points for the week of 8th November (CrossReach Week) as well as other prayers for particular service areas which you may wish to focus on as part of your worship.

A 'widget' of the Prayer Diary for your church website is available from:
bdd@crossreach.org.uk

Hymn Suggestions

CH4 96 You are before me, God, you are behind

CH4 259 Beauty for brokenness

CH4 351 Jesus' hands were kind hands

CH4 512 To God be the glory

CH4 519 Love divine all loves excelling

CH4 533 Will you come and follow me

CH4 577 Christ be beside me

CH4 644 O Jesus I have promised

CH4 710 'I have a dream' a man once said

CH4 718 We cannot measure how you heal

CrossReach Anthem – 'Bring Me In', *Written by Iain Jamieson*
(available on CD for £3 from bdd@crossreach.org.uk)

Ideas for before CrossReach and Social Care Sunday and for afterwards

- Get a supply of CrossReach and Social Care Sunday bookmarks (available from your Congregational Supporter or direct from bdd@crossreach.org.uk)
- Make use of the information updates in the publications and media page of the CrossReach website at www.crossreach.org.uk - these can provide useful inserts for your church newsletter
- Update your church website with CrossReach Prayer Diary 'widget'. Get in touch with bdd@crossreach.org.uk for support
- Consider adopting a CrossReach service as a way of 'Getting Alongside' the work of the Social Care Council
- Identify ways in which your CrossReach Congregational Supporter can keep the church informed. Some Kirk Sessions have regular updates, other churches have a CrossReach noticeboard
- Engage with your Youth Assembly members as they will be kept up to date through COSY facebook page on CrossReach's work
- If you want to raise funds:
 - Take up a retiring collection
 - Sell CrossReach Trading cards and calendars in the church shop or promote on screens or posters to increase funds raised
 - Uniformed groups could choose CrossReach Trading as their charity to help raise funds for CrossReach and raise funds for their group

Information about CrossReach

CrossReach (the Church of Scotland Social Care Council) provides care to some of Scotland's most vulnerable people. Our work and support is both challenging and exciting and is built upon the Church's long tradition of providing care and support, dating back to 1869. CrossReach is a forward thinking organisation that not only offers services to people but also aims to identify existing and emerging areas of need, as well as pioneering new approaches for early intervention and support. Today we employ 2,000 staff in more than 70 individual services, offering care at the point of most need.

Adult Care Services

We recognise that each person has unique needs, preferences and aspirations, and that everyone has the right to make decisions about their own life. In so doing, CrossReach Adult Care Services support people, between the ages of 16 and 65 with the range of difficulties that they face, to rebuild their lives. The services we offer include Counselling and Support, Criminal Justice, Homelessness, Learning Disabilities, Mental Health and Substance Misuse.

Adult Care Services' aim is to help service users to make their own decisions, improve their quality of life and unlock their potential. We work with individuals to design a personalised support plan to prepare for the future, making tangible strides towards independence where possible, or for clients and carers to access information, treatment and community support.

Central to our philosophy is an emphasis on recovery where appropriate; this approach promotes service user involvement and social inclusion. Working with local authorities and other partners and engaging with local people has led CrossReach to a better understanding of what services are needed within our communities. CrossReach Adult Care Services deliver sensitive, supportive and person centred services where people can expect to receive a professional service tailor-made to their needs.

Children and Family Services

CrossReach delivers a diversity of services to over 2,500 children, young people and their families every year in a variety of different settings. We follow an asset based approach believing that with the right support and intervention in place, children and families can build on their own resources and be enabled to thrive and succeed. Most of our support is delivered in the communities where the children live and is tailored to meet specific needs where we know children and families are at their most vulnerable. We offer specialist perinatal depression services and generic counselling services, including family therapy, relationship counselling and school based clinics. We are also able to support children and young people affected by parental substance use or parental imprisonment.

Some of these services have been amongst the first of their kind and have shaped policy and practice on a national level. For children who do need more intensive support CrossReach offer residential and short breaks services to children with physical emotional and learning disabilities. Our care and education services for children placed with us longer term provides the stability they need.

Based in small house settings and able to access our own education service, where mainstream schooling is not an option, children are able to build positive relationships and re-engage with learning, building the best foundation for a fulfilling future.

Building on CrossReach's expertise in early intervention, the Daisy Chain Early Years' Service in Govanhill was started in 2012 where in partnership with a number of other churches and local groups, we work with the community to design and deliver holistic and inclusive services based around play to some of Scotland's most marginalised families. In 2013 CrossReach was successful in establishing ConneXions funded by the Scottish Government Third Section Early Intervention Fund to work strategically across all our services and the wider church ensuring engagement with the national strategy 'Getting It Right For Every Child'.

Services to Older People (STOP)

At CrossReach we have many years' experience in providing care and support to older people 'in Christ's name'. We have been working in this area since 1928 and today we support more than 750 older people throughout Scotland. We have more than 30 services across the country from Shetland to Ayr.

Our staff work alongside and support the older person to develop a personal plan which enables each individual to live life the way they choose with the appropriate level of care and support. This support is delivered in a variety of ways including residential care, dementia care, day care, respite care, community based care and support and also through creative arts. Our services are registered with the Care Inspectorate and we adhere to the National Care Standards. Many of our services have received external quality accreditation in the form of the Customer Service Excellence Award.

We are committed to the philosophy of partnership working and where a need is identified we look for ways to establish innovative new projects. That's why we developed 'Heart for Art', a creative arts project for people with dementia. We have an impressive track record, developing new initiatives in dementia care for over 30 years. We have established two posts specifically focussed on research and development in dementia care and have a Dementia Ambassador in every service. At CrossReach we recognise people's uniqueness as individuals. This fundamental premise is at the heart of our work and shapes our approach. We have a well-trained, competent and confident workforce supported in their development by Employee Development Officers through an organisational culture rooted in promoting People Development. We aim to enable people to realise their dreams and aspirations and attain the highest quality of life possible.