

Rosyth
Methodist Church



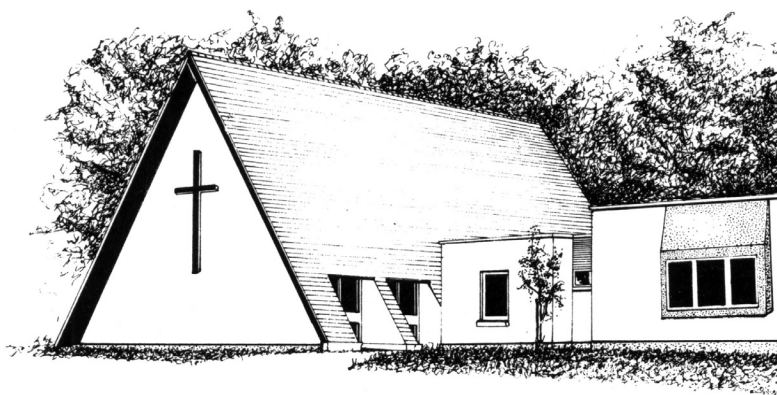
St Margaret's Scottish
Episcopal Church



Contact

the newsletter of the partnership between

Rosyth Methodist Church and
St Margaret's Scottish Episcopal Church



Issue 104

August/September 2019

Rosyth Methodist Church

Scottish Charity SC028559

www.rosythmethodist.org.uk

St Margaret's Scottish Episcopal Church

Scottish Charity SC028426

www.stmargaretsrosyth.org.uk

in partnership

Our partnership is formally recognised as a Local Ecumenical Partnership,
with a constitution and Covenant signed on 14 June 2000

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Very Rev Kenny Rathband

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01383 624779

Treasurer:

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Church Council Secretary:

Sandra Wilson

01383 415885

Pastoral Co-ordinator:

Myra Tarr

01383 723989

Treasurer:

Dave Ward

01383 414944

our regular pattern of worship

Sundays (except 4th)

9.30am Sung Eucharist

11.00am Morning Worship
(including Sunday School)

1st Sundays:

6.00pm "Sunday@Six" (as announced)

4th Sundays:

Worship together

10.30am "Messy Church" (during term time)

11.00am Joint Communion Service

where to find us

Our postal address is Queensferry Road, Rosyth, Dunfermline, KY11 2JH, and you'll find us at the junction of Queensferry Road and Woodside Avenue. The car park is behind the church, and limited local on-street parking is available, but there is lots more space in the parking area at the junction with Park Road.

From the Editor's Desk

Martin Tarr talks about this issue



It's now August; the days are already getting noticeably shorter; school's back later this month; we're about to start again on activities that have been on hold over the summer holidays.

This issue is deliberately 'front-loaded' with some of the things that we've been planning to kickstart the new season, giving special focus on items that change the way that we do things or think about things.

So our first article (pp4–5) ends: "I trust you to keep the flame burning, to be my presence in the world". Unfortunately, you can't see what happened afterwards – something that occurs in churches everywhere after the Gospel has been read on Ascension Day – which is the extinguishing of the Paschal candle. That candle was lit on Easter Day to symbolise the presence of our risen Lord, and is blown out to remind us that he is no longer with us in body, but has gone up to heaven.

Christ's body on earth is now the church – and ours is the responsibility to keep the flame burning – so our next article (p7) gives an opportunity for everyone to take part in the process of discerning the sort of church we believe God is calling us to become, and how to bring that about.

The idea that we are pilgrims on a journey recurs throughout the issue: in reports on our June Sunday@Six (p14) and the launch of the Fife Pilgrim Way (pp34–35); less overtly in ideas about making changes to our lives, both personally (p36) and in our relationship to our environment (pp26–27).

The new term will see new starts for some – Elizabeth Harfleet (pp14–15; p24); Annie Hughes (p24); Mark Slaney (p20) – and we wish them all God's richest blessing in their new spheres of activity.

As always, our theme – this time "Getting ready for the new term" – was capable of many interpretations. We had anticipated contributions on how relaxing on holiday had helped prepare folk for the season ahead – a family week on Anglesey did that for your editor! – but Contact readers are evidently made of sterner stuff, and focused on the challenges of the new start! Do look out for the 'knapsack' icon on the corner of the page that flags content which relates in some way to the new term, such as Wednesday Fellowship celebrating its 11th season (p10) or Messy Church (p12).

You may notice that we've included four articles (pp31–33; p37) that don't fit *any* of our normal categories. Hopefully they will encourage you to share your passions or concerns. The editor@ mailbox is always open for suggestions ...

Included in this issue ...

Getting ready for the new term
pp4–5; p7; p36

Plus our regular items:

Diary to early October pp19–22
Diocese and Circuit p24; p28
Fellowship News pp11–13
Invitations and requests
pp8–10; p18; p23; p35

Puzzle page p38
Reports p15; p25; p29
Sunday@Six p14; pp16–17
The wider world p7; pp26–27; p30; p34

A guide to our symbols



working together the wider world building community getting ready



Ascension Day communication

Michael Paterson's homily at our communion service took an unusual form ...

My homily for the Ascension takes the form of an email I wrote today.

Hi Jesus

I'm on my lunch break at work, so this email will have to be short.

I hope you got there safely and it wasn't too bumpy a ride. I've never been to heaven, but Ryanair to Malaga felt like long haul to me, so I hope you are not too out of sorts!

Without beating around the (burning) bush, you are doing my head in! Six weeks ago it was all hosannas and waving of palms. And arriving on that donkey was one of the best stunts you've ever pulled off. You gave us all a boost that day and we thought we were in for a great week.

But then it all got messy and your victory parade turned into a scene from Crimewatch. I've never seen people baying for blood before and it was awful. 'Crucify him' soon drowned out those 'Hosannas', didn't it?

But then, just when we pinned you down for the first time in history, rumours spread that you were risen, back from the dead and turning up all over the place!

I didn't believe it at first. I had partied with the rest of them on Palm Sunday and had my heart broken on Good Friday. I couldn't take any more. I was done for! But over the last few weeks I came round to the idea and toyed with Resurrection.

There are no lakes round here but I popped down to the shore at Inverkeithing a couple of times just in case you turned up for breakfast. (You didn't!)

And I know the road from Rosyth to Dunfermline is hardly the Emmaus Road but I walked it anyway hoping to bump into you. But you didn't show up ...

... or did you?

- Was that you pushing the wheelchair?
- Was that you running the kids football club?
- Was that you handing tins into the foodbank
- Was that you having a fag break outside the AA meeting?

I'm asking, 'cos each time I saw people with their feet on the ground, I can't say my heart burned within me, but it did defrost a wee bit.

And every time I saw folk with their heads in the clouds – all talk and no action – you seemed further and further away.

But then you ruined it all with this Ascension malarkey.

I can't help thinking that, if you had hung around a bit longer, we might have avoided the Crusades, or the Reformation, or the First and Second World Wars.

If you had kept your feet on the ground and stayed for the long haul there might never have been any slavery or racism or terrorism or even – God forbid – Brexit!

I've been a *Divine 'To Do'* list for years now and your progress – if you don't mind me saying so – has been pretty abysmal.

If you worked where I work, you would probably get a written warning. Performance Management they call it. Just saying Jesus. Just saying.

Anyway, sorry this is a bit rushed.

I didn't mean to go on so long.

I need to go now before Greggs runs out of steak bakes.

Love

Michael



**Michael's homily was followed
by these Ascension intercessions:**

Well guess what? I got a reply within minutes.

Dear Michael

Good to hear from you.

Since my inbox is full of emails like yours, I'll cut to the chase.

For the three years of my public ministry I walked beside you, I listened to your worries, I raised you up when you were feeling low and took care of you when you were sick.

For three years I taught you to wash each other's feet, and to keep a place at the table for the poor, the lonely and the hungry.

I've done my bit. But from here on, you are my feet on the ground. From here on, peace won't be spoken unless you open your lips. From here on, justice hasn't a chance unless you get off your bums. From here on, peace is a lost cause until you start saying sorry and learn to forgive.

You see I haven't really left you. I am present wherever my people are. I speak when you speak. I care when you care. I love when you love.

I've done all I can and now I am now taking the biggest risk of my life on you!

So are you going to stand there with your head in the clouds? Or get your feet firmly back on the ground?

You can blow out the candle now.

You really can, because I trust you to keep the flame burning, to be my presence in the world.

So who is going to be absent now?

Me or you?

Amen.

Let us hold before God all those whom Christ calls to follow him when faith is sure and when faith clings on by its fingernails; when following is easy and when following brings conflict: that, among God's people, wherever joys are celebrated and tears shed, wherever strangers are made welcome, wherever a place is kept at the table, Christ's presence may be made known.

Silent pause

Ascended Lord, in your mercy: **Hear our prayer.**

Let us hold before God all those to whom Christ offers his Kingdom – the abused and the exploited; the battered and the bruised; the feeble and the forgotten; the outcast and the scapegoat; the sick and the sorrowful – that, through our care, Christ's presence may be made known

Silent pause

Ascended Lord, in your mercy: **Hear our prayer.**

Let us bring to God those situations in which we long to see Christ reign – wherever conflict is a reality and peace but a dream; where injustice reigns and justice is trampled underfoot; where the powerful are heard and the powerless are ignored – that, through our care, our words and our action, Christ's presence may be made known.

Silent pause

Ascended Lord, in your mercy: **Hear our prayer.**

In silence we present ourselves to God

Silent pause

Give us, O God, a vision of your kingdom, a glimpse of your glory, and your Spirit to guide us. Through Christ, the Risen and Ascended one. **Amen.**

ROSYTH METHODIST & ST. MARGARET'S EPISCOPAL CHURCHES



Joint
WORSHIP SERVICE
INCLUDING HOLY COMMUNION

10:30AM

SUNDAY 18TH AUGUST 2019

Please note the time!

Exploring Church Together

What do I love about this church?

What would I like to see happen in this church?

Is God calling 'me' to do something new?

How can we serve the wider community better?

What is God calling us to do and be?



A SPECIAL TIME OF SHARING TOGETHER

Expect something different on 18 August ...



... is what the 'Exploring church together' team have told us

It's a Joint Communion Service, but it's on the **3rd Sunday in the month**, not the 4th Sunday; it's **Café Church**, on the 3rd Sunday, not the 2nd Sunday; it's **starting at 10.30am**, not 11.00am; and it involves talking and sharing. Confused?

Well, it is a special occasion, in more ways than one.

First and foremost, it's the opportunity for everyone to take part in the process of discerning the sort of church we believe God is calling us to become, and how to bring that about.

Since March, there has been a small group considering such issues. Called "**Exploring Church Together**", the members, including Revs Kenny and Eddie, proposed in May that both of our congregations should be involved more widely and that Café Church would be an ideal way of doing so. That is because folk seated at tables (with food and drink available) are more able to discuss issues and concerns together than if seated in rows.

In June plans were made for responses to certain questions to be sought using Post-It notes which, by displaying these on boards, can be shared across the congregation. These, together with any later responses made by those not present at the service, would be brought together later to inform discussion about ways forward.

Here are examples of the kind of questions that might be asked on 18 August:

- What do I love about this church?
- What would I change about this church?
- What might God be calling me personally to do?
- How can this church best serve our wider community (in Rosyth/Fife)?
- What activities should we grow?
What should we stop, if anything?

Responding to such questions, interspersed with hymns, readings and prayers, culminating with Holy Communion, will be a memorable event.

The responses will help shape how together we express our faith in this community. So, we need you to be there! What kind of church we are likely to become over the next few years, will depend on how we discern together what God is calling us to do. So, please come to this very important and joyful service and play a part in the churches' present and future growth!

If you are not able to come to this service, you are free to submit a separate response to these questions, but do please try and come and share.

Pilgrims on a journey

On *The Times* website on 17 June 2019, Emma Yeomans posted an article on the growth of pilgrimage in Scotland. Two quotes stuck out for me:

"People are recognising that faith is better described not as a set of principles but as a journey. The more experience you have and more adventures in life, the more you'll discover." (Murdo Fraser, the Scottish Conservative MSP)

"Pilgrimage helps us to step out of the routine of daily life in which we can easily become stuck, and by taking part in a physical journey our spiritual life can begin to move forward too." (An unnamed spokeswoman for the Catholic Church)



Invitations and requests – 1



Re-opening of the Hub Café

The Hub Café at the Parish Church has taken a well-earned holiday and was closed during the month of July. It will re-open refreshed and ready for business on **Wednesday 7 August**. If you are in Rosyth on a Wednesday please support the Hub which serves soup, snacks (baked potatoes, filled rolls, various toasties) and cake, tea and coffee, between 12noon and 1.30pm.

Silver Sands picnic

Instead of our customary arrangement of an annual barbecue at Silver Sands, Aberdour, we invite families and children from both churches to bring a picnic along to Silver Sands **from 1.00pm** on the afternoon of **Sunday 18 August**. This social event complements nicely the theme of the special joint service that very morning (see pages 6–7), and you don't need to sign up in advance as you will bring your own fare! In the event of inclement weather, we would host the picnic at the church.

Rosyth Foodbank

Since the inception of the Foodbank in Rosyth our congregations have been very generous in providing either goods or money towards its distribution and our regular support is much appreciated. Please continue to remember the Foodbank and all those it helps. The Foodbank currently needs tins of cold cooked meats e.g. ham, chicken roll and corned beef; puddings – rice, custard, sponge puddings, jellies, tinned fruit; and tomato sauce. The large box is in the Crush Hall to hold your gifts.

Macmillan Coffee Morning

Please keep the date of **Friday 27 September** for our annual coffee morning for Macmillan Cancer Support at Triangles.

Three Cs

Jean Hall writes: The 3Cs continues to grow. We invite everyone along to join us in the first Tuesday of each month. Bring your own craft, but be ready to learn something new or join in one of our many projects. We have made pillowslip dresses for Africa, knitted squares for blankets, angels for Christmas and sanitary towels so girls can go to school. These are just a few of our many projects. We return on **3 September**.

Update on Angel knitting

The Parish Church is delighted with the great response so far. To all of you who are busy knitting Christmas Angels, many thanks. The aim of the Angels is to share God's love and to bless the community in public and community spaces with a Christmas message. This is done by collecting the knitted Angels (details later), attaching a tag and leaving them near the Nativity Scene, halls and Church. The target is to have hundreds ready for December so that they can then be blessed at a service in the Parish Church before being left for others to take.

If anyone else would be willing/able to make some Angels – it only takes small amounts of wool and any colour can be used – patterns are available on the Crush Hall table or contact Sandra (sandrasyoung39@btinternet.com).

Spare cartridges

If anyone has an XP-640 Epson printer, Connie has the following new cartridges which are FREE – 1 black (T3351); 1 cyan (T3362); 1 magenta (T3363); and 1 yellow (T3364) - all E-T33 XL. Also 1 inkjet black T026 (for an earlier Epson photo printer). See Mrs Connie Syme or telephone 419494.

Invitations and requests – 2



Studying the Bible together

The final (of four) studies on Colossians will take place on **Thursday 15 August at 10:30am**. The study has been part of our engagement with the nationwide Bible Month initiative. It is worthwhile time spent as, led by Rev Eddie, we study the Bible together and share our faith with each other. We are encouraged by each other's life experiences and expressions of faith, and we pray together.

It is hoped that this monthly Thursday format will continue into the autumn as we begin a new study. Dates and topic are yet to be decided, so keep an eye on the weekly notices and noticeboards for further information.

Still calling all walkers

There are many charities looking for walkers to take part in the sponsored Kiltwalk in Edinburgh on **15 September**, including the Scottish Churches Housing Action (SCHA) and Waverley Care. Thanks to The Hunter Foundation, each Kiltwalker's fundraising receives an extra 40% donation.

Kiltwalk 2019 has a choice of three distances:

- The Wee Wander, 5 miles (for over-5s)
- The Big Stroll, 15½ miles (for over-10s)
- The Mighty Stride, 24 miles (for over-13s)

At April's Kiltwalk in Glasgow a record-breaking 13,000 people raised £3.5 million for over 700 charities; on Sunday 2 June another record was broken when 3,200 Kiltwalkers took to the streets of Aberdeen, raising more than £800,000 for charities across the North East. There will also be a Kiltwalk in Dundee on **Sunday 18 August**.

If you are interested in the challenge, don your tartan, enjoy the fresh air and views and raise funds for SCHA or Waverley Care. Full details and links to register at www.churches-housing.org or www.thekiltwalk.co.uk or you can email fundraising@waverleycare.org.

Organ Recital

There will be a recital in St John's Episcopal Church, Princes Street, Perth on **Sunday 8 September at 6.00pm** by Alexander Wallace. Alexander who left Glenalmond College this summer, where he was a music scholar, is going to St Catherine's College, Cambridge, as Organ Scholar in October. He will be playing works by Bach, Vierne, Langlais and others. Alexander gave a recital in St John's Kirk, Perth earlier this year which showed how talented a performer he is. It promises to be an excellent concert and all are invited to attend.

Origin Scotland – Symphonic Praise

A fully symphonic concert of praise and worship in the beautiful surroundings of Palmerston Place Church, Edinburgh (across the street from St Mary's Cathedral) will take place on **Sunday 6 October at 7.30pm until 9.00pm**. Origin Scotland works to deepen the fellowship of Christian believers with God and each other, and to reach out to those outside the Church. The event will be led by Origin's Exile Choir and Chamber Orchestra.

There is no charge for the tickets, but there will be a collection on the night. Suggested donation is at least £10 per ticket.



Invitations and requests – 3

Area Council

We look forward to our annual Area Council service which this year takes place at **4.00pm** on **Sunday 15 September** in Holy Trinity, Dunfermline. The service will be followed by refreshments. Watch the weekly notices for further details!

At the meeting on **Wednesday 20 November** at **7.30pm**, which St Margaret's is hosting, we will not be having a speaker from the Fife Pilgrim Way as mentioned in the last Contact. Instead, we are delighted to welcome Lou Davidson from Haiti Help, the charity that she and two nursing colleagues set up a few years ago.

Lou is no stranger to us, being a regular speaker at Wednesday Fellowship and having also taken part in the Sunday@Six for Christian Aid in May 2018. We are pleased that Lou has agreed to share her story with our friends from the Area Council Churches. As always, anyone from Rosyth is very welcome to join us.



Why the flowers? see page 13

Wednesday Fellowship re-starts

The Summer is whizzing by again – as it always does, and where I live “All is safely gathered in, ere the winter storms begin”!

The days are getting shorter, but hopefully we are all feeling refreshed after a summer of extremes of weather, and holidays, at home or abroad. It's that time of year when the Fellowship looks forward to the beginning of another year, our 11th.



Our opening session begins on **4 September** and will be led by Julia Reid. Julia is with our Methodist people while she prepares for the ministry, and is looking forward to meeting us all.

The following week, Aimée Ellis from the British Heart Foundation is coming to speak to us, and this is followed on 18 September by a return visit of Alison Pendrowski. The rest of the term, which is still at the planning stage, promises to be very interesting, informative, and may I say, challenging.

As soon as the programme is complete, a syllabus will be prepared and sent out to you. In the meantime, keep well and happy, and I look forward to seeing you very soon.

Mary Kidd



Baptisms

On Fathers' Day, Sunday 16 June, at the 11:00am Methodist Service, the following infants were baptised:

- **Rosie Frances**, daughter of Francis and Pamela **Smith**
- **Maya Alex**, daughter of Steven and Laura **Russell**

Eddie Sykes says: Whenever I baptise an infant, I send them a letter, which I hope one day they will read as reminder of this special day. Include in it are these words, which incidentally were the words written in a small Bible presented to me at my baptism. It reads as follows:

"Your parents brought you to the church, as the parents of Jesus took him when he was a baby to the Temple in Jerusalem.

"Acting in the name of Jesus, we received you into the Christian family and prayed that you might grow up to love Christ and to be his faithful disciple and servant to your life's end.

"Your parents promised God that they would try to help you to be a Christian at home, and bring you to church when you were old enough to come; and we all promised to try to make the church the kind of place where you could find God and learn to love and serve him.

"The day will come when you will have grown up enough to decide for yourself whether you are indeed going to be Christ's faithful disciple and servant. When that day comes we hope that you will decide to work for him, and join the great company of those who through the ages have found in him the most wonderful Lord and the most unfailing friend and helper ever."

New member

Jennifer Gill was recently received (by transfer) into membership at Rosyth Methodist Church. We pray God's blessing on Jennifer, and her infant son Ianto, as she continues to serve God in this place.

Action for Children

Jean Hall writes: Many thanks to all who supported our annual Cream Tea and quiz. To date we have collected £558.19 including reclaimed tax; at Christmas we raised £451.82 including reclaimed tax – an amazing £1010.01 so far this year. We have also collected £61.18 in the "League of Light" boxes. Thank you to everyone who supports this charity.

Arunima Hospice

Ross Stirling-Young would like to thank all those people who have been praying for Suvabrota and Bijoya Das, and the children of the Arunima Hospice. Although at the moment he is unable to provide clear details, he can confirm that Bijoya has been re-instated as President of Diocesan Women's Fellowship and Suvabrota has been asked back to the Arunima Hospice to work. Never underestimate the power of prayer! Thanks be to God.

One minute, please

What did Jesus say?

"If you believe, you will receive whatever you ask for in prayer."

Matthew 21:22 (NIV)



Fellowship News – 2

Messy Church

Hello, Messy Churchers! Are you looking forward to meeting again? Not too long to wait! We will be starting again after our Summer break on **Sunday 22 September**, when we will be celebrating Harvest.

How about bringing some friends along? You are such a lovely, friendly group and it would be great to share this with others. Don't be shy about telling other people what you enjoy about Messy Church.

If this is new to you, we meet on the **fourth Sunday of the month at 10.30**. After a snack we have a story and then explore the meaning of the story through messy crafts. There is an opportunity to take Communion for those who want to and there's usually time to finish off with some songs (which you may keep hearing your children sing for the next month!)

Looking forward to seeing you all in a few weeks.

Gwyneth Kirby

Postscript

Like Sandra Young (Contact 103, p31), when the choir sang "All in the April evening" at the April joint communion memories were revived for me.

In my case they were of schooldays over sixty years ago at Enniskillen Girls' Collegiate in Northern Ireland where the music teacher was Mr Robert Farren. His enthusiasm for his subject was not always appreciated or reciprocated by his class of sometimes giggling schoolgirls but I vividly recall his efforts encouraging us to sing "All in the April evening". Another of his favourites was "Who is Sylvia, what is she?"

Now many miles from Enniskillen thanks to the choir I'm grateful to have been reacquainted with that anthem so beautifully and reverently sung that Sunday morning. Mr Farren would be pleased.

Olive Lee

Wednesday Fellowship

We've bought a goat ... no Kidding!

Early in April, we were delighted to welcome back Lou Davidson to give us an update on HaitiHelp's contribution to the life and well-being of the poorest of families on La Gonave. Lou gave news of a new project this year which entails buying hens (£15) or goats (£100).

Weeks later at our AGM it was a unanimous decision that we purchase a goat with a donation from our weekly collections (these are mostly allocated to charities of our choice).

Our nanny goat, which we decided to call ROSY, after Rosyth, will be a given to a family where the children will play an important

part in looking after her. When goats are purchased they are pregnant. Their milk provides important nutrition and the kids (i.e. the young goats, not the children!) can be kept or sold.

The recipient families are always living below the poverty line and these gifts are an important way to provide nutrition as well as boosting the family income over a long period of time.

We have received a certificate with a picture of Rosy as a way of thanking us.

God bless you, Rosy, and the three nurses from Fife. What a wonderful work you do.

Mary Kidd



Audrey Headden

Audrey Headden was 90 on 23 July. Lesley and I went to see her the day before her birthday at Alexander House. She was in her room and already had a pile of cards which had arrived by post that morning. She was thrilled to receive the flowers and greetings from St Margaret's.

As can be seen from the picture, she recognised most people's names and read out all the messages written in the card. July was always a special month for Audrey and Jock, as Jock's birthday was in July too, as well as their wedding anniversary.

Audrey is always pleased to receive visits from church friends. Just give Alexander House a quick ring (01383 518080) before visiting, as Audrey is sometimes involved in activities or outings.

Myra Tarr



Bishop Ian's visit

At our Sung Eucharist on Sunday 21 July we gave a special welcome to Right Rev Ian Paton, Bishop of the Diocese of St Andrews, Dunkeld and Dunblane, on his first formal visit to St Margaret's.

Bishop Ian presided at communion and preached a memorable sermon on Luke 10.38–42 – a passage your editor always associates with “cumbered about with much serving”! – in which the need to balance practical concerns with a spiritual focus was explored. We hope that this will be printed in our next issue.

Bishop Ian is seen here with our Priest-in-charge, Very Rev Kenny Rathband, in front of the certificates that remind us every week of our formal Local Ecumenical Partnership that will soon be 20 years old.



To be a pilgrim

Gwyneth Kirby reports

Deacon Elizabeth Harfleet led our Sunday@Six in June, taking “Pilgrims on a journey” as her theme. After singing the hymn “Who would true valour see” (which I suspect most of us hadn’t sung since schooldays!) she led us on a journey, inviting us to consider what we thought important to take with us on a pilgrimage. What amazed me was what some people felt they couldn’t travel without, perhaps influenced by what Elizabeth admitted she always packed in her luggage, even for a short trip away! We also thought about who we would like to share our pilgrimage with, which produced some really thoughtful responses.

Throughout the service there was time to discuss the topic with those sitting near us and then an opportunity to share with the whole congregation if we chose to. It was a lovely relaxed, at times humorous, and yet thought-provoking glimpse of what it means to be a pilgrim.

Thank you, Elizabeth, for taking us on this journey and may God richly bless you on the next stage of your pilgrimage. We will miss you.



This was the image that we chose to illustrate Elizabeth’s service. A scene from John Bunyan’s “Pilgrim’s Progress”, it shows the moment where Christian, the pilgrim on his journey to Heaven, sees the Cross and his heavy burden falls away.

Did you see Elizabeth’s thank-you card?



To all my friends at “The Triangle”.

It has been an absolute joy and privilege to spend my Friday mornings with you – and I am going to miss you so much!

Thank you for the blessing you have been – and have brought to my ministry in the Forth Valley Methodist Circuit.

May God continue to bless and increase your important work here.

With much love

Deacon Elizabeth Harfleet

Farewell Service for Deacon Elizabeth Harfleet

Julia Reid was there ...

On the evening of Monday 15 July, I travelled to City of Edinburgh Methodist Church (CEMC) for Elizabeth (and her husband Graham)'s leaving service. It was a warm summer evening and the drive through was unusually free of traffic so, when I also found a perfect parking space between Nicholson Square and George Square (both places being my old stomping ground from University days in the 1980s), it set the scene for a very calm and well-planned service. Clearly Elizabeth had had a hand in the organising!

It was a cross-Circuit service, being opened by Rev Hilda Warwick and concluded by Rev Eddie Sykes, with readings from Rev Stephanie Njeru and Louise McAspurren (Circuit Administrator) and prayers led by Rev Mary Patterson. Three churches had been asked to give a short reflection on Elizabeth's ministry during her time in Edinburgh & Forth / Forth Valley Methodist Circuit. These were CEMC, Tranent with Cockenzie Methodist Church, and our own Rosyth and St Margaret's LEP. Sandra had written the Rosyth script and this was ably and humorously delivered by Allan Henderson who began by apologising for neither sounding nor looking like our own Sandra! Rev Eddie also gave a reflection on ministry in general and Elizabeth's ministry in particular.

We all know that Elizabeth is a superb singer so, along with the five hymns which Elizabeth had chosen for us to sing (which ranged from the 19th to the 21st centuries), we were treated to a very moving solo by Elizabeth herself, accompanied by her friend Graham Cumberland on guitar.



As is customary there was a presentation of a gift which was made by Dr Val Pearce on behalf of the Circuit Stewards. Val also gave thanks for Elizabeth's ministry and for Graham's time in the Circuit, particularly his help to the CEMC finance team. Before the final prayers and hymn Elizabeth gave her thanks for the gift she had received on the night and the many other cards and gifts she had received during her time in Scotland. She shared with us her sadness on leaving Forth Valley but her enthusiasm for what lay ahead in the next stage of her calling as a Methodist Deacon which takes her and Graham to Kent.

The service was followed by the customary tea/coffee, cakes and conversation and the opportunity to leave a message in a commemorative book for Elizabeth.

October Sunday@Six



Jan Benvie updates us on Mark Calder, who is getting ready to return home!

I wrote earlier in the year (Contact 101, pp6–7) about Mark Calder, the Regional Manager in Scotland of ‘Embrace the Middle East’, who is running a series of ultra-marathons along pilgrim routes to raise awareness of and funds for a Christian-led project in Iraq.

I am delighted that Mark will join us at **Sunday@Six at 6.00pm on 6 October** to tell us about his year (by then Mark will have completed 12 of the 14 runs) and about the project in Iraq. But to whet your appetite I thought I’d share a little about the work that has recently begun.

The history of Christianity in Iraq is a long one. In the first century of the Christian era the apostles Thomas and Thaddeus are believed to have preached the Gospel on the fertile flood plains of the Tigris and Euphrates rivers. At one point Christians represented 20% of the Iraqi population. However, the impact of recent conflicts on them has been significant – conservative estimates suggest that at least 50% of the previously 1.4 million Christian population has fled the country since 2003 and that today Christians consist of only about 1% of the Iraqi population.

Many people are now returning to the north of Iraq and it is in this context that Embrace began, in March of this year, working with their first partner in Iraq, Christian Aid Program in Nohandra-Iraq (CAPNI). CAPNI is responding to the needs of displaced people seeking to return home. Although a Christian organisation, like all of Embrace’s partners, they offer help and support to all, regardless of religion.

Returnees and internally displaced people (IDPs) often have high levels of debt and no money, no way for their children to go to school, or anywhere to live apart from refugee camps or makeshift homes.

In this first project partnering with Embrace, CAPNI will provide job training for 30 returned families from Telesquf (a town that was occupied by ISIS in 2014 and 2016), and 30 IDPs in Duhok. CAPNI will also provide microloans to returned families in these areas – the practical support they need to set up thriving businesses.

Iraqis face huge challenges as they try to rebuild their lives and their country after war. I hope you can come along on 6 October to hear more about this exciting project that, together with the local Christian community, is bringing hope of a new beginning to a people who have lost so much. Refreshments, including some with a Middle-Eastern flavour will be served after the service and you will also have an opportunity to donate to Embrace’s Iraq project.

Embrace the Middle East is a Christian charity with over 160 years’ experience helping people of all faiths and none to free themselves from a life of poverty and injustice.

Fr Emanuel Youkhana from Christian Aid Programme in Northern Iraq (CAPNI) will be speaking at the Embrace Day in Edinburgh on **Saturday 21 September, 10.30am–3.30pm**, in the Augustine United Church, 41 George IV Bridge, Edinburgh.

Please speak to Jan Benvie if you are interested in attending, or book your tickets at <https://tinyurl.com/y4l23jkk>.



We will remember them!

Mary Kidd talks about our Memorial Book

Remember, remember the **3rd** of November! This is the day it's proposed that we hold a Memorial Book Service at **4.00pm**, to commemorate all those friends and family members who have gone before us, and whose names are inscribed in our Memorial Book at the back of the church sanctuary.

The idea came from Dennis Cook, almost ten years ago, in memory of his wife, Jean, to have a record of anyone who has worshipped, or had connections, with the two congregations who make up our Local Ecumenical Partnership.

The recording of names is done by a four-man team. It's my task to make a note of people who have died during the year. The list, if there is one, is passed on to David Slater, who has the responsibility of removing the right monthly pages (as well as faithfully turning over a page on the first day of each month). The information gathered is then given to Dennis Cook, who checks it with his daughter, Julia, before the book is sent to the Hilton Studios in Lichfield for the beautiful calligraphy.

When I show visitors around our church, interest is always shown in the book, the mural, the font, the welcome table, and other features in the sanctuary. Many of these are gifts that have been given to the church over the years in memory of loved ones, some anonymously, and others donated by family members or bought from bequests left to the church.



One Wednesday afternoon before the Fellowship meeting, our visiting speakers, two Salvation Army captains, expressed a wish to see the sanctuary and the various features of interest. They asked if we've ever had a memorial service to remember all these lovely people whose names are in The Book. No-one could think of a reason why not, and now I'm happy to announce that early arrangements are being made to hold a Memorial Service on the late afternoon of **3 November**. It will be led by Rev Alan T Anderson, a former Chair of the Scotland Methodist Synod, whose late father-in-law, James Mack, was our Methodist Minister during the 1950s – before my time!

So, please make a note of the date in your diary. Dennis and I will be happy to receive any suggestions you may have about what to include in the service, and of people you think should be notified and invited. More details and publicity will be available nearer the time.

Diary for August 2019

Sunday 4 August

Pentecost 11	9.30am	Sung Eucharist	Very Rev Kenny Rathband
	11.00am	Morning Worship	Rev Hilary Warwick

Note: No Sunday@Six

Monday 5 Aug	7.00pm	Ecumenical Study Group, Rosyth Parish Church (see page 31)
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Tuesday 6 Aug	9.45am	EDWJ meets at Mary Kidd's home in Limekilns
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Friday 9 Aug	9.30am	Triangle Coffee Shop in the Crush Hall onwards tea, coffee and home baking
	10.30am	Come and celebrate 130 years of MU in Scotland
	11.00am	Celebration service followed by bring and share lunch St Mary's Church, Dunblane (see page 24)
	7.00pm	Choir practice

Sunday 11 August

Pentecost 9	9.30am	Sung Eucharist	Very Rev Kenny Rathband
	11.00am	Morning Worship	Ms Julia Reid

Monday 12 Aug	7.00pm	Ecumenical Study Group, Rosyth Parish Church
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Thursday 15 Aug	10.30am	Studying the Bible together led by Rev Eddie Sykes
	to 11.30am	Paul's letter to the Colossians 3:18-4:18 (see page 9)

Friday 16 Aug	9.30am	Triangle Coffee Shop in the Crush Hall onwards tea, coffee and home baking
	7.00pm	Choir practice

Sunday 18 August

Pentecost 10	10.30am	Joint Café Church and communion service Rev Eddie Sykes and Very Rev Kenny Rathband (see pages 6-7)
	1.00pm	Church picnic at Silver Sands, Aberdour onward (see page 8)

Monday 19 Aug	7.00pm	Ecumenical Study Group, Rosyth Parish Church
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Tuesday 20 Aug	9.45am	EDWJ meets at Mary Kidd's home in Limekilns
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Friday 23 Aug	9.30am	Triangle Coffee Shop in the Crush Hall onwards tea, coffee and home baking
	7.00pm	Choir practice

Diary for August/September 2019

Sunday 25 August

Pentecost 11	9.30am	Sung Eucharist	Very Rev Kenny Rathband
	11.00am	Morning Worship	Ms Julia Reid
Monday 26 Aug	7.00pm	Ecumenical Study Group, Rosyth Parish Church	
Tuesday 27 Aug	7.00pm	St Margaret's Vestry meeting in Room 5	
Thursday 29 Aug	7.00pm	Choir practice (note the change of day)	
Friday 30 Aug	9.30am	Triangle Coffee Shop in the Crush Hall	
	onwards	tea, coffee and home baking	

Welcome, Mark!



On **Saturday 31 August** at **2.30pm** in Scott Street Methodist Church, Perth, there will be a service of welcome for Rev Mark Slaney, who becomes the Chair of the Synod of the Methodist Church in Scotland on 1 September.

We are all warmly invited to share in this welcome service, which will be followed by tea and cake. If you are not able to go to Perth, there will be a second opportunity to get to know Mark when he comes to Rosyth to take our Joint Communion Service at **11:00am on Sunday 27 October**. Your Editor hopes to be there to arrange a special Contact interview!

Sunday 1 September

Pentecost 12	9.30am	Sung Eucharist	Very Rev Kenny Rathband
	11.00am	Morning Worship with baptism	Rev Eddie Sykes
	6.00pm	Sunday@Six 'Around the World in 60 minutes' Sue Masson (see page 16)	
Monday 2 Sep	7.00pm	Ecumenical Study Group, Rosyth Parish Church	
Tuesday 3 Sep	7.30pm	Coffee, Cake and Crafts – a monthly evening craft club run by Jean Hall and friends (see page 8)	
Wednesday 4 Sep	2.15pm	Wednesday Fellowship: Opening Session Ms Julia Reid	
Friday 6 Sep	9.30am	Triangle Coffee Shop in the Crush Hall	
	onwards	tea, coffee and home baking	

Diary for September 2019

Sunday 8 September

Pentecost 13	9.30am	Sung Eucharist	Very Rev Kenny Rathband
	11.00am	Morning Worship	Dr Anne Pennington
	6.00pm	Organ Recital by Alexander Wallace St John's Church, Princess Street, Perth (see page 9)	
Monday 9 Sep	7.00pm	Ecumenical Study Group, Rosyth Parish Church	
Tuesday 10 Sep	9.45am	EDWJ meets at Mary Kidd's home in Limekilns	
Wednesday 11 Sep	2.15pm	Wednesday Fellowship: Aimée Ellis from British Heart Foundation	
Friday 13 Sep	9.30am	Triangle Coffee Shop in the Crush Hall	
	onwards	tea, coffee and home baking	

Sunday 15 September

Pentecost 14	9.30am	Eucharist with hymns	Very Rev Kenny Rathband
	11.00am	Morning Worship	Ms Julia Reid
	4.00pm	St Andrews West Area Council Annual Praise Service, Holy Trinity, Dunfermline, followed by refreshments	
Monday 16 Sep	7.00pm	Ecumenical Study Group, Rosyth Parish Church	
Wednesday 18 Sep	2.15pm	Wednesday Fellowship: Guest speaker: Alison Pendlowski	
Friday 20 Sep	9.30am	Triangle Coffee Shop in the Crush Hall	
	onwards	tea, coffee and home baking	
	7.00pm	Choir practice	
Saturday 21 Sep	10.30am	Embrace Day in Edinburgh with Fr Emanuel Youkhana,	
	to 15.30pm	Christian Aid Programme, Northern Iraq (CAPNI), Augustine United Church, 41 George IV Bridge, Edinburgh (see page 17)	

Sunday 22 September

Harvest	10.30am	Messy Church	
	11.00am	Joint Communion Service	Rev Eddie Sykes
		Traidcraft goods on sale after the service	
		to be followed by a bring-and-share lunch	

Diary for September/October 2019

Monday 23 Sep	7.00pm	Ecumenical Study Group, Rosyth Parish Church
Tuesday 24 Sep	9.45am	EDWJ meets at Mary Kidd's home in Limekilns
	7.00pm	Local preachers and worship leaders meeting at CEMC
Wednesday 25 Sep	2.15pm	Wednesday Fellowship: Guest speaker to be advised
Friday 27 Sep	9.30am onwards	Triangle Coffee Shop present "The World's Biggest Coffee Morning" in the Crush Hall: tea, coffee and home baking – all proceeds for Macmillan Cancer Support
	7.00pm	Choir practice
Saturday 28 Sep	12.00pm	Ordination to the diaconate of Annie Hughes St Ninian's Cathedral, Perth (see page 24)

Sunday 29 September

Pentecost 16	9.30am	Sung Eucharist	Very Rev Kenny Rathband
	11.00am	Morning Worship	Rev Eddie Sykes
Monday 30 Sep	7.00pm	Ecumenical Study Group, Rosyth Parish Church	
Tuesday 1 Oct	7.30pm	Coffee, Cake and Crafts – a monthly evening craft club run by Jean Hall and friends	
Wednesday 2 Oct	2.15pm	Wednesday Fellowship: Guest speaker to be advised	
Friday 4 Oct	9.30am onwards	Triangle Coffee Shop in the Crush Hall tea, coffee and home baking	
	7.00pm	Choir practice	

Sunday 6 October

Pentecost 17	9.30am	Sung Eucharist	Very Rev Kenny Rathband
	11.00am	Morning Worship	Mrs Margaret Freeman
	6.00pm	Sunday@Six: "Running home" Mark Calder, Regional Director, Scotland, for Embrace (see page 17)	
	7.30pm	Origin Scotland's Symphonic Praise Palmerston Place Church, Edinburgh (see page 9)	

Let's celebrate St Margaret's 50th anniversary!



Sandra Young and Alan Taylor provide an update on our plans

This year we celebrate 50 years of St Margaret's in Rosyth. Worship began at the newly-built Anglican Naval Base Church in 1969, where it continued until the closure of the Naval Base in 1996. From January 1996, the members of the congregation who remained behind moved, at the invitation of the late Rev Malcolm Trew, to worship in Rosyth Methodist Church, and thus St Margaret's Scottish Episcopal Church was formed. Fourteen of the congregation from the Naval Base Church are still here and our other members have joined us at various stages during the past 24 years.

We plan to celebrate 50 years of St Margaret's at our patronal festival on **Sunday 17 November**, starting with a **Dedication Eucharist** at **9.30am**. Sue has chosen some special music and the choir is already practising for the occasion. We hope all the congregation will be able to attend, as well as some former members and friends closely associated with St Margaret's over our 50 years.

After our Anniversary Service, we will meet again at the very attractive Garvock House Hotel, where a **celebratory lunch** has been booked at **12.30pm for 1.00pm**. This will be a ticketed event which we will

subsidise, bringing the cost down to £25.00 per person. For this we will have a 3-course lunch, each with several choices to suit all tastes, followed by tea/coffee and tablet. Those who would like a glass of wine with their meal may purchase this from the bar.

We will have silver service at the meal, with white linen and fresh flowers on each table – and a commemorative menu for each person to take away as a souvenir. There will also be an anniversary cake.

We hope that a number of paying guests – folk who have had a connection with us over the years – will join us. Alan will ask for 'bookings' for this event by the end of September by a deposit of £10 per person; the balance will be due by 10 November – this will help to spread the cost!

We expect to a very good turn-out from our own congregation, but we also hope that a good number of our Methodist friends will want to join us.

We're also planning to produce a limited edition of a **commemorative mug** in bone china. The design, reflecting the change in St Margaret's over 50 years, is currently being worked on, so watch the weekly notices for your opportunity to order.

It changes the pray-er

A number of people were moved by the sermon that Eddie Sykes preached at our Joint Communion service on 28 July, and asked for it to be made available.

Unfortunately we haven't space to publish it this time – it'll be in our October issue – but there are two ways in which you can access it before then:

- 1 By downloading the extracts from Eddie's sermon that we'll be printing in our next issue at <https://tinyurl.com/y3mzjkqd>
- 2 By asking Howard Kirby for a recording of the sermon on CD or as an MP3 file – as always with our joint services, the service was recorded



Around the Diocese and Circuit

Celebrating Mothers' Union

This year, the Mothers' Union celebrates 130 years in Scotland on Mary Sumner Day, **Friday 9 August** at St Mary's, Dunblane, St Mary's being the first branch to be formed in Scotland.

The day starts with coffee in the hall at **10.30am**, followed by a Celebration Service at **11.00am** and, at noon, a bring-and-share lunch.

There will be an Exhibition of Diocesan Banners and you can find out about the history of Mothers' Union.

Ordination of Annie Hughes

It is hard to believe that three years ago this September Annie embarked on her journey as an ordinand at the Scottish Episcopal Institute. Annie spent three happy months with us in early 2017, specifically learning about our LEP, and has kept in touch since then.

Annie is being ordained to the diaconate at Michaelmas on **Saturday 28 September** at **12noon** in St Ninian's Cathedral, Perth by Bishop Ian and will serve her curacy at St John's Episcopal Church, Perth.

Annie would be delighted if some of us can attend the service and support her as she begins her ministry. In the meantime, our prayers and thoughts are with Annie and David, her husband, as Annie prepares for her ordination.

Prayer Handbook

The Methodist Prayer Handbook 2019/20 (on the theme "Responding to the Gospel") is now available to order from Methodist Publishing. If you want a copy (either in the A5 standard or the large print A4 edition), please order yourself at <https://tinyurl.com/y3qhh6os>.

Thank you

Elizabeth and Graham Harfleet would like to express their deepest thanks and appreciation for the kind and generous gifts, cards and messages of encouragement received ahead of their move to North Kent – and grateful thanks too for all the encouragement and support given by the Forth Valley Circuit during the past three years. Every blessing!

Methodist Volunteer Awards

At Methodist Insurance staff are passionate about championing the rich and varied contribution that churches make to society. None of this would be possible without those who dedicate their time and energy to support the church and enrich their local community – the church volunteers. No matter how small their contribution, their impact often makes a big difference to the lives of others.

Methodist Insurance are offering a chance to win up to £3,000 for your church, as part of the Church Volunteer Awards. This is your church's chance to say thank you to those members of the church who are always there. First to roll up their sleeves and lend a hand, these are the people at the very heart of your church community. While sometimes it goes unnoticed, these small contributions can make a huge difference. Methodist Insurance want to hear about these volunteers so that they can help us show our gratitude and, by sharing the stories, inspire others to get involved and volunteer.

For more information visit www.methodistinsurance.co.uk/volunteerawards. If you think you know someone who should be nominated please speak to one of the leadership team in the first instance.

2019 Methodist Conference



The 2019 Conference was held in Birmingham at the end of June. A full report for local churches about the business of the Conference (a two-day session for ministers, followed by four days of meetings for representatives) is available to download at <https://tinyurl.com/y2ncco97>, but we thought readers might be interested in a selection from the report.

New blood: Conference included receiving twenty-two presbyters and four deacons into 'Full Connexion' during Conference Worship on 30 June. Later that day ordination services took place in four venues across the region.

3Generate: Jasmine Yeboah, Youth President, encouraged young people to step outside their comfort zone to do something courageous for Christ. She spoke of the priority for the Church to listen to the voices of children and young people. The 3Generate manifesto that has been developed includes taking action on homelessness, building relationships within communities, supporting the lonely, caring for the environment, creating safe spaces for people to listen to each other and being creative in worship.

Ed: You'll probably hear more about the 3Generate manifesto (available at www.methodist.org.uk/3genmanifestos), as local churches are being urged to engage with it ...

Action for Children: The Deputy Chief Executive of Action for Children made a striking presentation to the Conference, marking the 150th year of the charity's support for children, young people and families. In response, the Conference encouraged all Methodists to write to their local MPs to express their concerns about the ongoing plight of children in the UK.

Marriage and Relationships: The report of the Marriage and Relationships Task Group was commended for study and prayerful discussion, and provisional resolutions passed will be voted on by District Synods during the year, with a report to be brought to the 2020 Conference based on those responses.

Housing and Homelessness: Conference commended the work being taken by churches and communities to support people experiencing homelessness and to combat the housing crisis, and urged Her Majesty's Government to accelerate its targets to eliminate rough sleeping, allow local authorities to build more housing and to enable the building of more genuinely affordable homes as a means of building stronger and more cohesive communities.

Climate Emergency: Council reported that it had endorsed proposals for the development of Eco Circuits and Eco Districts along with the Eco Church awards.

The Conference received a 'memorial' (the term used for the messages from Circuit Meetings and District Synods that play a vital part in enabling Conference to hear and respond to concerns) from the Bristol District, that highlighted the need for urgent action on climate change. The Conference endorsed this, and also adopted a notice of motion concerned to reduce the use of plastic.

The Unfinished Agenda: The Conference discussed matters relating to EDI (equality, diversity and inclusion). The Council reported on the March 2019 EDI Symposium, and the work still to be done to increase participation and inclusion. Concerns were expressed about procedures relating to incidents of hate or unlawful discrimination and the ways in which other EDI issues are dealt with, and these will be discussed by the Methodist Council in the year ahead.



No time to waste

Sir David Attenborough backs major new report on plastics from Tearfund

A new report has revealed for the first time that one person is dying every 30 seconds in developing countries from diseases and illnesses caused by plastic pollution and uncollected rubbish dumped or burnt near their homes.

The new figures were released in *No Time to Waste: Tackling the Plastic Pollution Crisis Before it's Too Late*, by international relief and development agency Tearfund, in collaboration with conservation charity Fauna & Flora International (FFI), the Institute of Development Studies and waste management charity WasteAid.

The report looks at the health impact of plastic pollution and rubbish on the world's poorest people for the first time. It found that each year between 400,000 and a million people (at the upper end, one person every 30 seconds) are dying in developing countries from illnesses and diseases like diarrhoea, malaria and cancers caused by living near uncollected waste and plastic pollution.

The report calls on multinational companies to fundamentally change their business models by committing to reporting the number of single-use plastic items they distribute in developing countries by 2020, and halving this by 2025.

"This report is one of the first to highlight the impacts of plastic pollution not just on wildlife but also on the world's poorest people," Sir David, a vice president at Fauna & Flora International, said.

"It is high time we turn our attention fully to one of the most pressing problems of today – averting the plastic pollution crisis – not only for the health of our planet, but for the wellbeing of people around the world."

"We need leadership from those who are responsible for introducing plastic to countries where it cannot be adequately managed, and we need international action to support the communities and governments most acutely affected by this crisis."

Globally two billion people (one in four), don't have their rubbish collected. This often leads to disease and death. When rubbish isn't collected it often builds up in rivers and causes flooding, which can lead to diarrhoea and a host of infectious diseases. Often the only other way to dispose of waste is to burn it in the streets, with the resulting fumes being extremely damaging to health as well as -in some countries -being the single largest source of carbon emissions, contributing to climate change.

Dr Ruth Valerio, Global Advocacy & Influencing Director at Tearfund said:

"Tearfund's new Rubbish Campaign calls for urgent action from four multinationals – Coca-Cola, Nestle, PepsiCo and Unilever.

"They sell billions of products in single-use plastic packaging in poorer countries where waste isn't collected, in the full knowledge that people will have no choice but to burn it, discard it in waterways or live among it.

To read the report, log onto www.tearfund.org/notimetowaste.

An article found by your editor in *Messenger*, the magazine of Upper Holloway Baptist Church. UHBC may be a small church but, to use the Marian Wright Edelman quote with which Jan Benvie's emails end: "You just need to be a flea against injustice. Enough committed fleas biting strategically can make even the biggest dog uncomfortable and transform even the biggest nation."

Fair Trade and the Environment



Myra calls for greater commitment to supporting justice for producers and our planet

Thank you to all the loyal customers who support the Traidcraft stall after the monthly joint services.

We are a Fair Trade church, which means that we serve fairly-traded tea, coffee and sugar at all church-sponsored events, and we also take an interest in where our food and other goods are sourced. Unfortunately, this does not apply to other organisations who use the building.

Through the pages of Contact I would like to highlight the importance of fair trade in our unfair world. It would be good to hear from you of particular products that you buy on a regular basis. We need to share our experiences so that we are using more and more fairly-traded goods to help small producers around the world.

St Margaret's has made donations to Traidcraft Exchange, the charity arm of Traidcraft. Find out about their projects at <https://www.traidcraft.org.uk/>.

In my mind fair trade is closely related to our efforts to Save the Planet, so please keep reading labels and buying as many recycled goods as you can.

And do let us know what you are doing to reuse and recycle, and especially to avoid single use plastic? There must be ideas which we can share. For example, we can encourage the supermarkets to change their ways by buying their loose vegetables and fruit, when available. We have become so used to picking up apples or pears wrapped in plastic that it seems like an effort to pick up loose apples and put them in a paper bag. Do you make an old-fashioned pint of jelly with your grandchildren, or do you buy jelly in plastic pots? Just small things, but I'm sure we can make a big difference.



Martin and Sue Forman are Myra's faithful helpers behind the Traidcraft table

Thank you to all those of you who bought the 100% recycled loo rolls after our joint service in July.

I thought it was high time we sold something other than chocolate! As our discerning customers know, these toilet rolls are a quality product, and something that Traidcraft is proud of. Also they are items that will still be available to us, even though the Traidcraft range has been slimmed down over recent months.

Do please let us know if you are happy with the product. I'm happy to deliver to you loo rolls in bulk if it encourages you to become a regular user!

Ed: As a regular user, I'm more than happy to "wipe away poverty" ... or should that be "flush away"?



Update from St Finnian's, Lochgelly

Ross Stirling-Young reports ...

It's hard to believe how time passes so quickly, it being four months already since Rev Margaret left St Finnian's. To say it was a little strange at first is probably an understatement! It felt as though Margaret had popped off on holiday and would be returning to us soon, although deep down we were all so happy for her new beginning in Edinburgh.

So I guess you could say it's been similar to starting a "new term" for those of us at St Finnian's who help organise in any way, shape or form. From hymn choices to pew sheet production, social media updates to the ordering and supply of bread and wine!

We have been blessed by having such a wonderful team at the Diocesan Office keeping in regular contact with us to ensure that cover is maintained. Furthermore, we are extremely fortunate and grateful to both Rev Gareth and Rev Gerry from our partner church St Luke's in Glenrothes for covering two services per month. The alternate weeks of the month are lay led worship services with Communion from the Reserved Sacrament taken by Edith and myself. I guess it's been a steep learning curve for me personally, having had no previous experience of writing and presenting reflections to a congregation. However, placing anxieties aside, I've been able to assist leading over seven lay services to date. Having been a server since 2015, I feel this has enabled me to develop not only my liturgical presence but also my understanding as to the importance of assisting in administering the Eucharist. Put simply, it's a feeling within that's so special for me, assisting in this outward act of remembering Jesus at that last supper.

In relation to our current vacancy, Bishop Ian has planned to visit the head office of Church Army in Sheffield, placing us another step forward in recruiting our Priest Evangelist, for which we are all eager and excited. In the meantime, please keep the Central Fife Group in your prayers and, of course, the work of our Bishop in leading us forward.

Ecumenical links at St Finnian's continue to develop and grow both in the towns of Lochgelly and Cowdenbeath. In June, members of our congregation took part in the opening service of Cowdenbeath Civic Week alongside other local churches including the Church of Scotland and the Salvation Army. Then towards the end of June, as part of our Benarty and Lochgelly Churches Together partnership, we helped organise an open-air worship service at Lochore Country Meadows Park. We enjoyed hospitality from the Salvation Army Emergency Response truck, singing worship songs accompanied with Rev Geoff on guitar, and bible reading and reflection followed by prayers for our community.

Looking slightly ahead to the future, with the growth of our latest ecumenical link between St Finnian's and the Salvation Army in Cowdenbeath, we are offering our congregation members the opportunity to attend a weekend retreat. This will take place on **Saturday 14 September** inside the Willie Clarke Centre at Lochore Country Meadows, followed by a joint Taizé-inspired service on **Sunday 22 September** at St Finnian's to praise God and following the theme of our retreat "Changing Seasons".

We are excited for our future at St Finnian's, to see where God leads us in mission, becoming more outward-facing, and taking church into the very heart of our community.

General Synod 2019



Ross Stirling-Young from St Finnian's reports on his first Synod

As a newly-elected lay representative for our West Fife Area Council this was the first year I attended General Synod 2019. Although I participated alongside Linda Brownlie (who has many years of experience attending Synod), I thought it would be nice to share with my friends at Rosyth my own experience and thoughts from the perspective of a new member.

I'll start by sharing with you a rather funny episode. As I entered, I was warmly greeted and allocated a table at random (this would be my place setting for the entire synod). Upon finding my table I introduced myself to the lady next to me, her name was Karen. We spent a few moments explaining who we were, where we were from, what church and so on. Suddenly it clicked that Karen was from the group of churches that "poached" (said jokingly) our potential church army applicant back last year! Her reply was "Oh, we did hear about that!" We clicked from that moment onwards and it was really good to hear all the great things that are happening with Church Army in her own group of churches in the Scottish Borders.

During Synod, we debated, we discussed, and we agreed on some issues and distinctly disagreed on others. But throughout the entire process of debating and making changes to canon law, there seemed to be an underlying theme of both respect and compassion.

I met people from all over the province and further afield, and it was great to place names to faces and get to know people from all over Scotland. We heard from Sheikh Imam Sayed Ali Abbas Razawi, Director General and Chief Imam of the Scottish Ahlul Bayt Society. His presentation was simply awe inspiring and it's great to hear

how interfaith relationships are about to develop further in the SEC. I would highly encourage anyone to check out the video link of his presentation online if you haven't already done so.

The Clergy Welfare study was another important debate/discussion. But I was glad to hear not only is this going to be re-assessed with the types of questions it asks, but consideration will be given to a similar questionnaire for lay people. From my viewpoint, it's important that lay people should also be asked about their wellbeing, especially when so many of us do undertake roles within the SEC.

One of the highlights of Synod for me was the revision of Ethical Investment Policy. It was surely a heated debate with good and valid arguments on both sides of the fence. It felt an honour for me being able to take part in that motion being passed or not and I was so pleased that the new motion raised by Rev Diana Hall (in which I was one of ten contributory signatures) was carried instead. It's a momentous statement for our church taking the first steps to disinvest from fossil fuels among other unethical investments.

On the Friday evening members from our diocese gathered together for a social evening, enjoying dinner at an Italian restaurant in Edinburgh. It was a great occasion to get to know others within our diocese, to hear the amazing things that God is enabling to happen in our communities of Fife and to share ideas for the future.

There are of course many other aspects of General Synod that I could share with you such as the new formation of recruitment and selection of lay and ordained ministry, mission, and global partnerships and so on but I'm aware of word count!



Path of Renewal

We asked Rev Liz Crumlish, who preached at our joint Communion service on 23 June, to tell us something about the initiative she's been involved with

I enjoyed sharing communion with you recently at the invitation of Rev Dr Michael Paterson.

I was ordained 25 years ago in the Church of Scotland and have served in Hospital and Hospice Chaplaincy and in two parishes – Inverkip and Ayr: Castlehill.

Four years ago, I left Parish ministry to take up the role of coordinating a Pilot Project for the Church of Scotland – Path of Renewal, a project seeking to change the culture of congregations from maintenance to mission, from survival to flourishing.

Working with the parish minister and groups in the congregation, some of the questions we are asking are: What does it mean to be a disciple in today's post Christian culture?

And, alongside that: What is God up to in the neighbourhood and how can we join in?

"Path of Renewal does not provide a blueprint for how church should be today but encourages ministers and congregations to work out – together with God – how God is inviting them to be in and with the communities they serve.

Rev Liz Crumlish,
Path of Renewal Co-ordinator

Much to the disappointment of many in the church, we don't have a set of materials or a programme that folk can follow to discover growth in the church. Rather, what we offer is acumen, accompaniment and accountability.

Perhaps this quote from the Research Report, produced after three years might whet your appetite to read the whole report which can be found at <https://tinyurl.com/yxpoq2sg>.



"Path of Renewal has made progress at some level, in a relatively short space of time, in all of the desired outcomes listed in the project proposal. This, at a time when the situation in the national church is being highlighted as a growing concern, offers everyone an opportunity to think differently about how they might look outward instead of inward and a chance to remind their communities that the local church exists to serve where God is already at work building resourceful and resilient communities, who live together in love. Although deep and lasting cultural change takes longer than three years, there are signs of hope and promise in the work of Path of Renewal to date."

At www.pathofrenewal.blogspot.com you can find a blog where stories of renewal are shared. These stories are not dramatic, but are nonetheless signs of good news and witnesses to the kingdom of God at work in our communities today.

Of course the call of God to be engaged in God's mission in our communities is for all disciples and all denominations. We are called, together, on the journey, sharing stories as we travel as we, together, practice discernment, discovering how to welcome God's kingdom in all our different contexts today.

The story of Isaac and Rebecca

Alan Taylor finds relief at the Ecumenical Study Group

When I bought my own copy of the Good News Bible a few months ago, I decided to read it from Genesis through to Revelation. Much of the early Old Testament, in “modern” English, is quite disturbing (I’m up to p723), a little repetitive, and certainly bloodthirsty. God is often angry, killing whole tribes who have warred against his people, drowning the Egyptian army in the Red Sea, sending Israel to Babylon, razing Jerusalem, demanding blood sacrifices involving hundreds of farm animals, and even killing the poor traveller who dared to touch the Ark of the Covenant to steady it from falling over when it was being carried by the Levites. I have been advised to get a good commentary to help me understand what is going on!

So it is a relief to read “gentle” stories, like the birth of Moses and the love of Ruth and Naomi. At our Ecumenical Study Group meeting in the Parish Church on Monday 22 July, we studied one such story from the time of Abraham. His wife Sarah had died, having given him a son, Isaac, in her old age. Abraham himself was now “very old”. He was concerned that Isaac was still not married, so he called his oldest servant “who was in charge of all that he had” and made him vow that he would not “choose a wife for my son from the people here in Canaan ... but ... go back to the country where I was born and get a wife for my son Isaac from among my relatives”. Abraham’s brother Nahor still lived there, in northern Mesopotamia (the land between the Tigris and Euphrates, about 750 miles from Canaan), and had eight children and several grandchildren.

Abraham’s servant, with ten camels and several of his own men, set off and finally reached the city. Here he made the camels lie down at the well outside the city at the time when the young women would come out to get water. He prayed to God that the

young woman he would approach to ask for some water would say “Yes” and then offer to get water for his camels also. This would be the sign that the woman the servant spoke to was the “one you have chosen for your servant Isaac”. Before he had finished praying, Rebecca, one of Nahor’s granddaughters – “a very beautiful young woman and still a virgin” – came to the well. She did what the servant asked and after she had finished, “the man took an expensive gold ring and put it in her nose and put two large gold bracelets on her arms”. He asked if there was room in her father’s house for him and his men to spend the night, to which Rebecca replied that there was both room and plenty of straw and fodder.

Rebecca hurried home to her mother’s house and told the whole story. Her brother Laban ran out to the well to bring Abraham’s servant home, where he and his men were well looked after. Laban saw that this was the Lord’s doing, so he said to the servant “Here is Rebecca; take her and go. Let her become the wife of your master’s son, as the Lord himself has said”. The following morning, the servant wanted to set off back to Canaan straightaway, to report the success of the mission, but Rebecca’s mother and brother wanted them to stay for another week. So they called Rebecca and asked her “Do you want to go with this man?”. Rebecca said “Yes”, so she and her young women set off to Canaan, where she met Isaac in the fields as they approached. Isaac took Rebecca “into the tent where his mother Sarah had lived, and she became his wife. Isaac loved Rebecca, and so he was comforted for the loss of his mother”.

At this point in our study session, Morag suggested we should all say “Aaaahh”! And rightly so – a gentle story from Genesis 24. Why not read it for yourselves?



Leeanne's book – an update

Leeanne Clark last wrote for Contact when she contributed "A visit to India" to our June 2018 issue (Contact 97 pp29–31)

Some of you may know that I started writing my own book after winning a Fellowship Award back in 2016, and I think it's maybe time to update you on my progress.

In October 2018 I started six months of editing with a lovely heart-warming man who helped me put my book into shape. In those months I have had my ups and downs trying to put in as much detail and description as possible. At the beginning, I thought editing would be all about grammar and words spelt correctly. I was wrong – it is much more than small parts like that. Editing is all about the big parts of putting chapters in order, spelling, grammar, word count, quotes from important people who know me personally, back cover blurb, front cover, and much more.

I have now finished editing and am looking forward to the bigger and brighter things in life, and at the next step of actually becoming an author. Before you get to the publishing stage there are the steps of designing a front cover and 'typesetting' where someone helps you to set out the writing and other things in the book. I am waiting to hear from someone I met at a course at Moniack Mhor (Scotland's Creative Writing Centre, near Inverness) who wanted to help me with this.

For everything I do from editing, typesetting and publishing to book launch, I have to apply for funding through the RSA (The Royal Society for the Encouragement of Arts, Manufactures and Commerce) which is the organisation that gave me the Fellowship Award, and the SCLD (Scottish Commission for Learning Disability) an organisation in partnership with the RSA.

I have a meeting soon with another RSA Fellow who used to work as a publisher, but has now moved on to do something else, to discuss with her the next steps and maybe to give me some tips on finding my own publisher.

My book is my autobiography about my past life living with my birth parents and how they treated me and my siblings as an outsider. Having being abused as a child by family members I have now turned my life around by moving in with my carers seven years ago. The book is all about the changes I have made.

When I first started writing this book, I wondered why my childhood was so different to other children. Since changing my life completely around. I have started to give presentations/talks to organisations about my upbringing and trying to share awareness of child abuse.

I have been asked over the years since living with my carers to give talks on this sensitive, uplifting and powerful story of mine. Which I think it is and those who have heard my story before think also this is true. I have spoken to Social Work departments, and even students and lecturers in Fife College where I studied Childcare at the time. Now I've finished college for good I've been asked to do another talk in September, when I will be heading over to Edinburgh College to speak to students there.

Carpe Librum (seize the book)

Book Club news from Val Leslie



A book club has been running for a number of years. This was originally set up by Helen Welsh (known to both Holy Trinity and St Margaret's) and more recently has been very ably run by Pam Pryde.

We meet every month in one another's houses and there are at least five to six regular group members. During the Summer we treat ourselves to a trip to the Pitlochry Festival Theatre, where we have seen some fantastic plays such as the 'Admirable Crichton', 'The Woman in the Van' and 'This Happy Breed'. In November we generally have a Scottish theme, usually a DVD, and in January we attempt a play reading chosen by Pam. These are great fun and quite nuts! One year we acted out the parts of 'Lady Windermere's Fan', swapping hats and other props to great hilarity.

On 31 May the book club met at Pam's house. We were all very excited because, for the first time we were getting the opportunity to quiz the author of the book 'Siege of the Northland' about her experiences of being an author and what influenced her in the writing of the book. Everyone at St Margaret's and a good few of our other readers will know the author, as she is none other than Ruth Rathband, Kenny's wife.

Ruth talked eloquently about the process of writing her fantasy novel; who, where and what influenced her; and how she set out the characters. It was a fascinating evening and, for anyone who likes reading, particularly fantasy novels, 'Siege of the Northland' is well worth the read. I had to order it from Waterstones (because I don't really like Kindle) but, it would be lovely to support a local Dunfermline writer. I read the book three times I enjoyed it so much!

Anyone who is a keen reader and likes sharing their views with other readers would be most welcome to come along to this group. It is not a church group and two of our members are not members of our Partnership, one member being a good friend from Holy Trinity, so you would be in good company should you chose to give it a go. For more details please speak to Valerie Leslie or Pam Pryde.

The next book to be discussed is "Mr Mac and Me" by Esther Freud. A great book for lovers of the work of Charles Rennie McIntosh, this is a poignant book, particularly so since Freud's book was completed just as tragedy struck, when the Glasgow School of Art went on fire destroying much of Toshie's masterful and beautiful library. It is even sadder when you think that, just as work was being completed to restore the library, another fire destroyed it again.



The photo shows book club members with Ruth. As you can see, we are a happy wee group and meetings are always keenly anticipated by everyone. It's a great social activity so, for anyone who likes to 'seize the book', give Pam or myself a shout and we will be happy to give more details.



Launching the Fife Pilgrim Way

Alan Taylor reports

The Fife Pilgrim Way, a 64 mile long pilgrimage route from either North Queensferry or Culross to St Andrews, was officially launched in Dunfermline on Friday 5 July. The occasion was quite grand, starting with a morning walk from St Margaret's Hope to Dunfermline Abbey, where the good and the great of the land spoke about the visions of re-creating this old pilgrimage route. Lord Thurso was there as was Gordon Brown, and many others, each extolling the benefits of pilgrimage. Bishop Ian read the second lesson at the service from Mark 10 – about laying down everything and following Jesus on his journey.

Following the speeches – which started at 2.00pm and finished at 3.00pm (!) – a service to celebrate the launch of the Pilgrim way was conducted by the Very Rev Dr John Chalmers in the Abbey Church. John is a former Moderator of the General Assembly, but he has another claim to fame – “JJ” (John James), his ex-Royal Marine Commando son, who was blown up by an IED in Afghanistan, took part in the recent BBC series of programmes following a group of well-known personalities, such as Debbie McGee, Neil Morrissey and Rev Kate Bottley, as they walked the route of the Camino de Santiago in NW Spain. John therefore had a very personal interest in our own pilgrim way.

The service included appropriate hymns: I to the hills will lift my eyes, Will you come and follow me? and Guide me, O my great Jehovah. All the words used in the blessing of the Pilgrim Way and in the prayers were most apposite, but the Prayer for the Journey bears repeating here:-

Journeying with you, Creator God,
is to journey in your world –
full of marvels and such beauty.
To glimpse eternity in sky and sea,
to feel the earth and rock beneath
our feet.

Journeying with you, brother Jesus,
is to journey with your friends.
To meet and travel a while together,
then part at the crossroads,
knowing you are with us all.

Journeying with you, Holy Spirit,
is to journey with the wind.
To move to your wild music
then try to sing your song
so others may hear.



During the service, a small cairn – so characteristic of many pilgrim routes – was created in front of the Communion Table from stones everyone was given as they entered the church. A very moving, emotional service, hard to describe in words, but a fitting blessing for the Fife Pilgrim Way.



Another trail to follow

Adrian Masson extends an invitation to explore Fife in a different way



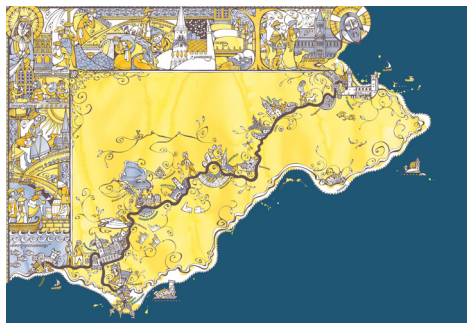
Central Fife Open Studios (CFOS) is an art trail that takes place on the weekends **7 & 8 September** and **14 & 15 September** from **10.30am until 6.00pm** to give professional artists, makers and designers in Central Fife the opportunity to show their work to the public and celebrate the wealth of talent in this area. This is a free event for the public. Simply visit the CFOS website www.centralfifeopenstudios.org, choose the studios you would like to visit and go and meet the artists and see their work.

I will be taking part again this year and would love to invite any folk from our church community to visit my studio in our house at 28 Lumsdaine Drive, Dalgety Bay, KY11 9YU. I am a traditional landscape artist painting in oils and watercolour and there will be an exhibition of paintings and scraperboard engravings, many of which will be for sale, as well as an opportunity



The Long and Winding Road

to discuss how they are produced and what inspires my art. If you are interested but would like to see more, there are some examples of my work on the Dalgety Bay Art Club website: www.dalgetybayartclub.com/gallery_612540.html.



Jenny Proudfoot's map of the Fife Pilgrim Way adorned the cover of the order of service. In order to bring a bit of economic regeneration to some of the more deprived parts of west Fife, the route deliberately doesn't follow exactly the footsteps of the medieval pilgrims, who travelled up to Kinross, Scotlandwell and Loch Leven.



There was good coverage of the opening of the Way in the media, and some reports are still on-line, including the *Courier* (<https://tinyurl.com/yyoyotvb>) and the *Herald* (<https://tinyurl.com/y2djvbnm>).

And Ian Bradley has written a book about it "The Fife Pilgrim Way: in the footsteps of monks, miners and martyrs". A review would be welcome ...



Getting ready for the new term

Ross Stirling-Young of St Finnian's is listening for what God wants him to do

When I received an email regarding possible contributions for this current issue, I was excited to read the intended theme "Getting ready for the new term". At this time of the year this is exactly what I would normally be doing, preparing to return to my role as lecturer at Fife College, and welcoming both existing and new students into my classroom. However, I've made the decision not to return to that role and, after ten years of teaching in Dundee, Edinburgh and Fife, it's apparent that change is needed. What that change looks like or involves is something I'm still working on through prayer and stillness.

I suppose before making this decision I felt a lot like Martha, the story we hear from the Gospel of Luke. I'm not suggesting there is anything wrong with being busy, or serving others, but before I could reach this decision and recharge my spiritual self, I needed to be more like Mary, who sat at the feet of Jesus and listened to what he had to say. I shared with you in a previous edition of Contact (Contact 102, p37) my experience of attending Growth in Prayer and Reflective Living (GPRL) organised by the Epiphany Group. That course allowed me not only to experience and develop my prayer life, but also gave me the time to be still and listen. I've recently submitted my application for the next course taking place in Edinburgh from September to May continuing in my self-development in spiritual conversations.

[I believe there are still places on the foundation course GPRL which takes places at the Link Church in Dunfermline. I would highly recommend this to anyone who may be considering a time to recharge spiritually. For more information on the course online, visit www.epiphanygroup.org.uk]



Lastly, when "preparing for a new term" whatever that may be, I highly recommend The Bield at Blackruthven for those of you who haven't heard or been before. I would describe this Christian Retreat Centre just outside of Perth as a "thin place". I've spent three individual retreat days here in the past few months, one silent day and two others with friends. My recent retreat was mid-July and I was so pleased to take Lieutenant Karen from the Salvation Army along with me. There is so much to see and do, or you can simply remain silent and still, soaking in the spiritual energy that abounds.

Ed: "Bield is an old Scottish word, rich and resonant in meanings, from shelter to welcome, from refuge to strength. The Bield at Blackruthven was set up in 1997 to be a centre for Christian Spirituality, retreat and healing in the widest sense of the word." Found at <https://www.biieldatblackruthven.org.uk/>

When Kenny isn't Kenny!

The Editor talks about keeping safe in an increasingly-dangerous digital world

In early June a number of our contacts received an email headed "Peace and Blessings", with the sender shown as "Very Rev. Kenny Rathband". Of course, it wasn't really Kenny:

- the email address after the name wasn't correct,
- it asked for a 'favor' (American spelling),
- and, if you responded, you got a reply that said "I just need to get Amazon gift card for some women patients going through cancer at the hospital but I can't do that right now because I'm currently busy. Can you get it from any store around you right now?"

Does that sound like Kenny? Would he want a gift card for folk in hospital? Would he really ask you to go to 'any store'? Hopefully you got the message that this was a non-UK confidence trickster at work!

If you responded, but didn't pay up because you realised it was a scam, I believe there to have been no danger in having replied, as there were no 'nasties' embedded in the email.

However, that *doesn't* mean that all such links will be safe. Hopefully you will already have properly-updated internet security software, giving you a 'firewall' (to keep hackers out) and protection against viruses, spam and ransomware, but you still need to take sensible precautions!

- 1 Make sure that you **look twice at any odd emails** you get that appear to be from a friend, and ask whether they would write in that way. If in doubt, look at the address that the email actually came from.

- 2 If you are in doubt, **don't click anywhere in the incoming message**. Create a separate email to your friend, asking them whether their email request was genuine. In nearly all cases, the scam comes from someone *pretending* to be your friend, rather than a hacker who has taken over your friend's email address. Or you could text or phone your friend.
- 3 Similarly, **don't open any attachment** contained in the email.
- 4 If the email comes from a company, use your browser to find the company's correct domain name, and **check that the email came from that domain**. Be very careful that the detail of the spelling and punctuation is *identical*!
- 5 **Don't under any circumstances part with money** unless you know exactly where it's going!
- 6 Similarly, **don't part with any personal information** without good cause.
- 7 **Don't be panicked into taking action**. There will be a reason for your concern, and it's worth thinking twice before doing anything – when you're driving a computer rather than a car, there's nothing that *ever* requires immediate action!

More information at <https://www.actionfraud.police.uk/scam-emails>.

Should you ever lose money to a scam, help others by reporting it at <https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime> or call ActionFraud on 0300 123 2040.

Puzzle page

with puzzles from Dave Ward

New puzzles

How well do you know your Bible?

The first two answers come from Matthew's Gospel ...

1 Missing plant

What plant is missing from this verse:

Another parable put he forth unto them, saying. "The Kingdom of Heaven is like a grain of ____ seed, which a man took and sowed in his field."

2 Missing herb

What herb is missing from this verse:

"Woe unto you, scribes and Pharisees, hypocrites! For ye pay tithe of _____ and anise and cummin, and have omitted the weightier matters of the Law, judgment, mercy and faith: these ought ye to have done, and not leave the other undone."

3 What kind of birds?

What kind of birds arrived to sustain the Israelites just before the sending of manna?

4 Another missing herb

This one is from Psalms, what is the missing herb?

"Purge me with _____ and I shall be clean; wash me, and I shall be whiter than snow."

5 What wood?

What wood is the Ark of the Covenant meant to be made from?

Ed: It's evidently holiday season, as Dave has taken pity on those who find the usual sort of puzzle quite hard!

June/July answers

1 What is the day?

It is **Tuesday**.

2 Does this add up?

68782+68782+650 = 138214

3 Checkmate?

There are **54** games.

4 Who's who?

The sister on the left cannot be Anne, as that would make Anne a liar. The sister in the middle cannot be Anne either, for the same reason. So the sister on the right is Anne. Anne tells the truth, so the sister in the middle is Beatrix. That makes the **sister on the left Caroline**.

5 Up to a hundred?

1 + 2 + 3 + 4 + 5 + 6 + 7 + (8 × 9) = 100

Let Dave know if you need extra clarification!

Dismissal for the Ascension

In the name of God – **we go**

In the name of Jesus – **we go**

In the name of the Holy Spirit – **we go**

We go in peace to love and serve the Lord

In the name of Christ. Amen.

Michael Paterson concluded our Ascension Day communion service with this Dismissal. Perhaps we should re-read his homily (pages 4–5) and use these words more often.

Contact points and meeting times

This list supplements the list of formal contacts given on the inside cover, and is for the activities and organisations run by the Methodist Church Council, St Margaret's Vestry, and by affiliated but independent organisations.

Church activities

Methodist Gift Aid enquiries to
Stuart Fowell 01383 823936
stuart.fowell@btinternet.com

Property matters and letting enquiries to
Martin Rogers 01383 415458
martin.rogers13@talktalk.net

St Margaret's Choir
Sue Masson 01383 824887
susan.masson@btinternet.com

St Margaret's Gift Aid enquiries to
Gordon Pryde 01383 249106
gordonpryde@talktalk.net

Sunday School and Messy Church
Gwyneth Kirby 01383 624779
gmkirby@hotmail.com

Toddlers' Group
(Tues/Wed/Fri 0930–1100)
Elaine Lambert 01383 417071
elaine.lambert1@sky.com

Traidcraft
Myra Tarr 01383 723989
myra@mtarr.co.uk

Wednesday Fellowship (Wed 1415–1600)
Mary Kidd 01383 872332
cmmarykidd@btinternet.com

Coffee, Cake & Crafts (1st Tue 1930–2100)
Sue Masson 01383 824887
susan.masson@btinternet.com

Organisations meeting in our premises

Parahandies Disabled Club (Mon 0930–1400)
Peter Merckel (sec) 01383 822940
peter.merckel@yahoo.co.uk

Scout Group

Group Scout Leader
see Martin Rogers 01383 415458
martin.rogers13@talktalk.net

Beaver Scouts (Tue 1730–1830)
David Sinclair 01383 410255
davidgraeme31@yahoo.co.uk

Cub Scouts (Tue 1830–2015)
Martin Rogers 01383 415458
martin.rogers13@talktalk.net

Scouts (Fri 1900–2115)
Alan Connery 01383 731391
scouts_13th_fife@btinternet.com

Explorer Scouts (Fri 1900–2115)
Gary Dewar 01383 411938
gary.dewar@sky.com

Guide Unit

Rainbows (Mon 1800–1900)
Skye Fraser 07565 531886
skyefraser96@gmail.com

Brownies (Mon 1800–1930)
Nicola Byrne 07956 005996
NicolaByr44ne86@hotmail.com

Guides (Thu 1800–2000)
Rangers (Thu 2000–2130)
Linda Wallace 07491 971989
rosythrangers@gmail.com

Please let the Editor know of any changes or additions to this list, preferably by email to editor@rosythmethodist.org.uk

From our website – July's Thought for the Month

The long season after Pentecost is associated ecclesiastically with the colour green, as I recalled when listening to Baptist minister Richard Littledale on Radio 4's *Sunday Worship* on 23 June 2019 reflecting on the colours of the created world and how they stimulate faith.

About the colour green, Richard said: "To me, green is the colour of new life and defiant nature. It is the colour of hope after despair and Spring after Winter. Many centuries ago, the prophet Isaiah was speaking at a time when God was little more than a distant memory to many of his audience. Faith had crumbled, miracles were a thing of the past, and pride was in tatters. Against such a backdrop, the prophet makes a remarkable promise:

The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus it shall blossom abundantly, and rejoice with joy and singing. The glory of Lebanon shall be given to it, the majesty of Carmel and Sharon. They shall see the glory of the Lord, the majesty of our God. (Isaiah 35: 1–2)

"'The desert shall rejoice' is such an evocative phrase, and the idea of things blossoming there seems like a contradiction. The prophet's gift was to see God's possibility, which seemed impossible to anyone else at the time. To see the wilderness rejoice or the desert bloom was to see things only visible to the naked eye of faith. It is still so.

"The particular lush green which the prophet describes is an act of re-creation. Our faith is based not just on God as creator – but redeemer. Right at the heart of our faith is the belief that in the harshest deserts of life he can make the living water flow and bring lush green foliage."

Having told the tale of a dear friend who could testify that their desert rejoiced, despite suffering, Richard went on to pray: "Today, may the peace of God brush against our anxious souls, like cool green leaves brushing against our skin. We pray for all who find themselves in the desert of the soul – far from water and shade in the heat of the sun. Provide water for their souls and shade for their minds in the green oasis of your promises, we pray. Amen."

You can read the whole script at <https://www.bbc.co.uk/programmes/m00066sx>

Contact on-line

You'll find this edition, and many previous issues of Contact, on the archive pages of both the church websites – www.stmargaretsrosyth.org.uk; www.rosythmethodist.org.uk – where you'll get the benefits of colour without the extra printing cost!

To our contributors

Grateful thanks to all those who have contributed to this issue. Our next Contact will be published on 29 September, and its theme will be "**Remember, remember ...**". Please let us have your contributions by the end of play on **Sunday 22 September**, preferably by email to editor@rosythmethodist.org.uk.

And do remember that, if you think of something that fits the theme, and feel motivated to write about it earlier, the editor@ mailbox is always monitored,