

Rosyth  
Methodist Church



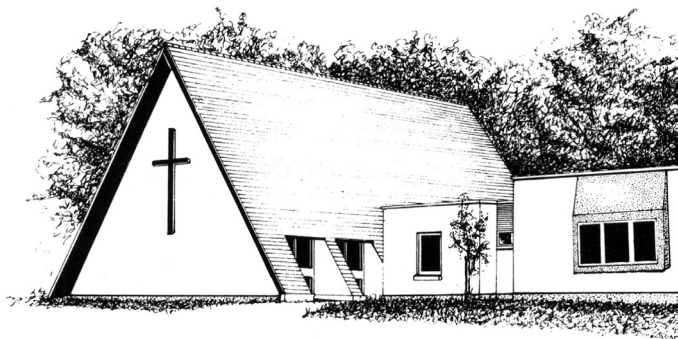
St Margaret's Scottish  
Episcopal Church



# Contact

the newsletter of the partnership between

Rosyth Methodist Church and  
St Margaret's Scottish Episcopal Church



Issue 110  
August 2020

Rosyth  
Methodist Church  
Scottish Charity SC028559  
[www.rosythmethodist.org.uk](http://www.rosythmethodist.org.uk)

St Margaret's Scottish  
Episcopal Church  
Scottish Charity SC028426  
[www.stmargaretsrosyth.org.uk](http://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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Rev Eddie Sykes 01383 512964

**Coordinating Steward:**

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Dave Ward 07835 954135\*

**Priest-in-Charge:**

Very Rev Kenny Rathband

01383 732654

**Vestry Secretary:**

Sandra Young 01383 415021

**Treasurer:**

Gordon Pryde 01383 860450

**Pastoral Co-ordinator:**

Myra Tarr 01383 723989

*\* An asterisk indicates a change since the last issue*

## **our regular pattern of worship remains suspended and the building remains closed; but plans for re-opening are now being made**

Guidance from the Scottish Government and the Methodist Church is now being used to plan for the re-opening, but all church services and all meetings remain cancelled or postponed until further notice.

### ***Instead, consider sharing in worship in your household or with others on-line.***

Links to Worship resources for home use are updated regularly on our websites  
[www.stmargaretsrosyth.org.uk](http://www.stmargaretsrosyth.org.uk) and [www.rosythmethodist.org.uk](http://www.rosythmethodist.org.uk).

The former includes a link to videos of 11am services by Kenny at Holy Trinity.  
The latter includes a link to the Worship from Home page of the Circuit website.

## **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 church is a short walk from Rosyth Rail station. The car park is behind the church and local on-street parking is limited, but there is much more parking space at the junction with Park Road.

# Contact

Newsletter of the Methodist—Episcopalian local ecumenical partnership in Rosyth

**Issue 110: August 2020**

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## From the Editor's Desk

This issue is a special one. Easing of the lockdown in Scotland meant that churches could consider re-opening their buildings for worship. So our lead article 'Returning to Church' is intended to let members of both congregations know what is involved in doing this. As the building is owned by the Methodist church, Methodist procedures and guidance need to be followed, and consistency achieved with Scottish Government Covid-19 guidance. Work on this is being undertaken by a small team led by David Salthouse. Practicalities and implications will be discussed with St Margaret's colleagues in due course. As is clear in this article, some of the implications will make 'church' feel most unlike 'church' as we have known it!

A nice counterbalance to the serious issues in the lead article is the positive and often light-hearted touch of our other contributors. So continue reading! HRK.

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Assistant Editor: Dave Ward

Diary Editor: Sandra Young

*Material for a subsequent issue is welcome at any time*

# Returning to Church

*David Salthouse summarises what is involved in re-opening the building*

You may be aware that the Methodist Church in Scotland had previously stated that no Methodist buildings would be able to re-open before 1st September 2020.

Plans are now in progress initially to enable the Rosyth Church to re-open for worship, and later for groups to start re-using the building.

In advance of this there are a number of steps that need to be taken to ensure that the building is safe, and procedures are in place which comply with current Methodist and Scottish Government guidelines. This is to ensure the safety of all.

Therefore, prior to re-opening, we need to make sure that the Church building is safe and that all Covid-19 risks have been identified and addressed. A small group has been working with the relevant guidance to prepare this risk assessment and also an action plan which identifies what needs to be put in place. This plan, once prepared, will need to be agreed by the Church Council who are the managing trustees of the building. Once this approval has been received the actions will be implemented.

All of this work is based on the most up to date guidance available and may need to be updated as restrictions are eased or potentially re-imposed

The return to worship will NOT be as it was when we ceased to meet in

March. The most significant of these include the following.

- **Social distancing**, which is still required for indoor use of places of worship. This limits the number of people that can assemble within the church sanctuary. Measurements (2 metre rule) have been taken and initial assessment is that the capacity for the sanctuary at Rosyth is 30 people seated at one time.
- As with indoor gatherings elsewhere, all those **over 5 years old will have to wear a face covering**, unless they are within those categories exempted from wearing these coverings.
- Whilst music is allowed, currently **no singing or chanting** will be permitted.
- The services are to be for a relatively **short duration** of thirty minutes and will be centred around prayer, reading and reflection.
- **Hygiene protocols** on exiting and entering the building. People will enter by one door and exit by another.
- **No gathering in fellowship** after the end of the service.. Refreshments are not allowed.
- Individuals **are not allowed to give lifts** to persons outside of their family/social bubble.

- The church has to implement **track and trace protocols** which all who enter the building will be required to observe.

Administratively there are practical considerations that need to be made regarding cleansing/hygiene and maintaining social distance. To that effect there will be signage and the provision of sanitising products for those entering and exiting the building, as well as for those moving from these access points to the other rooms within the church building. Full details will be provided either by adequate signage or stewards indicating the process to be followed.

Effective cleaning between different usage of the building is required. At present it is assumed that there will only be just one morning service on a Sunday. The intention is that all necessary steps can be put in place for a service to take place in September. As noted earlier this will be based on the action plan being agreed and implemented and no further restrictions being in force.

There will be a delay before other users of the building may restart, as this will also need to be based on their own affiliated organisations' guidance and restrictions.

It is understood that for a number of our current congregation this may still be a period of great concern and uncertainty and we appreciate that not everyone may feel that this is an appropriate time to return to shared worship. We would like to assure all

congregation members and building users that all steps will be taken to make sure that the facilities are safe and compliant with all guidance and mandated instructions.

If you have any concerns or would like further information, please contact David Salthouse who will try and answer your concerns or queries.

The above does not include every change / guidance that is required, as some will become apparent once the building re-opens. We note too that there may be further changes based on updates to the current plan and also following discussion with Church Council.

David Salthouse  
(email: [davidsalthouse@sky.com](mailto:davidsalthouse@sky.com))  
(On behalf of RMC Leadership Team)

## Lessons from paddling

*Martin Tarr reflects on recent encounters with water*

Over a recent fortnight I found myself paddling on no fewer than *three* occasions. The first two were on family outings to Silver Sands. Usually we arrive when the sea is far out, but our timings this year were perfect, allowing us to sit just above high water, and watch the incoming tide gradually erode Grandpa's efforts at building the ultimate sandcastle. Help from son Stephen and grandson Eddie is gratefully acknowledged!

Much of the fun lies in the inevitable destruction of the "house built upon the sand" – with its reminder of the Sunday School lessons from Matthew 7.24–27.

Whilst I might still hum the chorus, the adult engineer in me appreciates the subtle way in which the water table rises as the tide comes in, leaking into the moat, and starting to destabilise the structure. But awe-inspiring every time – even on its very modest scale – is the way that water turns sand into a fluid, small cracks gradually widen until a whole section suddenly falls down, and undermining by wave action causes overhangs and tunnel linings to fail.

My third paddle was on the day after that recent extended thunderstorm, and it wasn't planned! The afternoon being warm and sunny, I had been encouraged to take exercise. One section of my walk was between Kingseat and Townhill Woods, along a track whose position towards the top

of a hill had suggested it should be fairly dry. Which it was ... until I reached a point where a key field entrance was a small lake and the first 30m of path was under water. There was no way round and, as 'retracing my steps' is not in my vocabulary, I ended up with very wet feet!

It wasn't until I returned home that I heard about the tragic

accident at Carmont. As details emerged, it became clear that the derailment had been initiated by a landslip, the assumption being that heavy rain had saturated the embankment and it had failed. A process that is not dissimilar to the destruction of my sandcastle. Having earlier this year been reminded of the disaster at Aberfan on 21 October 1966 when watching the latest series of *The Crown*, I also recalled that other event where water had caused



catastrophic collapse of a seemingly solid structure.

What lessons can I take from all this? I've identified at least three:

- Given the buffets we must expect from life, **the importance of having a solid foundation**. I often think of an old hymn based on Isaiah 43:  
*"How firm a foundation, you saints of the Lord,  
is laid for your faith in his excellent Word!  
What more can he say than to you he has said,  
to you who for refuge to Jesus have fled?"*
- That there will be **better outcomes if my plans stay flexible**. This applies as much as to what I do every day as to my plans for travel and holiday, and to any plans and expectations I may have about the resumption of worship and choral music, both sadly missed since the pandemic.
- The **danger of ignoring warning signs**. The engineers who built the Aberdeen Railway in the late 1840s can hardly be blamed for failing to allow for this century's extremes of weather, but other recent landslips in the Carmont area have been reported. Are we failing to ignore "signs of the times" and the need to push for action on matters such as global warming, poverty, and injustice?

Think of these next time you take a stroll on the beach!

Martin Tarr

## Evelyn Kenny's ditties

*Evelyn emailed this as a letter to all*

Hello Folks----I have wondered about sharing some 'ditties' which have been very inspiring and encouraging to me and my daughter Alison for very different reasons. Family and friends have given them to me or sent them when appropriate. I felt I could share them with you and perhaps cheer you with a smile of recognition or encouragement. Most have a Bible reference within them.

Here is one ditty I have on my fridge!

*Lord help me to remember that  
nothing is going to happen today that  
You and I together can't handle.*

And here with theme Serenity is this ditty;

*God grant me the serenity to accept  
the things I cannot change, Courage to  
change the things I can, and Wisdom  
to know the difference.*

Other ditties may be read in the images provided: 'Footprints on the Sand', 'The Gardener's Hymn' and 'The Divine Weaver'.

The Footprints plaque (page 8) is one I used for a beach scene at our 2016 Flower Festival.

The Divine Weaver is special. Many people have recognised that fabrics and threads have played a large part in my teaching and church life and so this reference is aimed at echoing that sentiment. That (and the

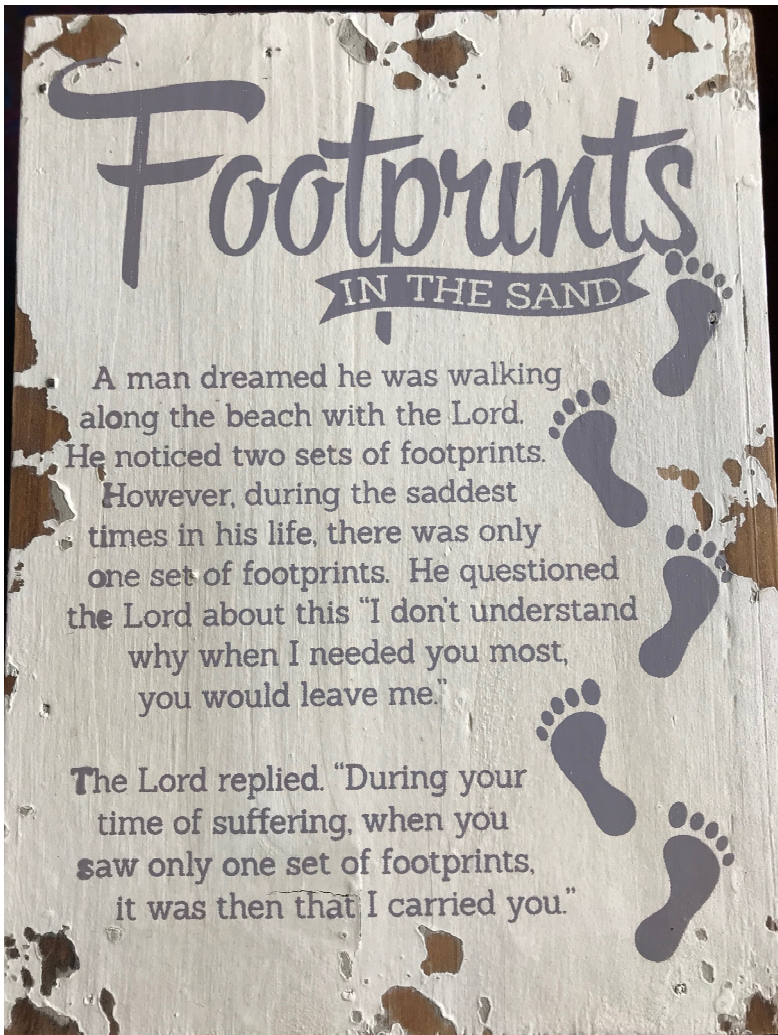
*Continued on page 8*

## Evelyn Kenny's ditties (2)

Gardener's Hymn) will be in a later issue. Another image is of the story 'The Boy, the Mole, the Fox and the Horse' which Alison and I found similarly inspiring and encouraging, Read about it on page 9,

Wishing you all to keep well and safe and know God's blessings in this difficult time.

Evelyn





### Evelyn Kenny's ditties (3)

## **The Boy, the Mole, the Fox and the Horse** by *Charlie Mackesy*

Charlie Mackesy's heartfelt work has laid claim to a spot on the best seller list for the New York Times, Wall Street Journal and USA Today, and it was also named as Waterstones' Book of the Year for 2019. The illustration book tells a beautiful story of friendship and kindness; the message is simple, the morals are poignant and the book itself is an excellent read for all ages as a reminder that we must be gentler to ourselves and others.

*The Boy, the mole,  
the fox and the horse*



*Charlie Mackesy*

# Thoughts on surviving Lockdown

*Myra Tarr reflects on the experience*

Well, what a strange five or six months this has been! Something we could never have imagined happening in our Western European hi-tech country. Some of us thought Brexit was the worst possible thing that could happen to us, but we were about to find out something beyond our 21st century imagination. We had so much so-called freedom. We could shop seven days a week, (although that is a debatable privilege), travel by bus, car, train or plane wherever and whenever time and money permitted. We could see our family and friends almost whenever we chose. We could book seats at the cinema or theatre. We could attend church and we presumed it would always be there whether we chose to attend or not.

By the middle of March it was slowly dawning on our rather limited imaginations that life was becoming more restricted; that this virus was not going to be confined to the Third World; that being an island did not protect us. Even then many of us thought the restrictions would last maybe a few weeks. I know I was in denial, but then I am a bit of an optimist. I had to be to come to Scotland 31 years ago with my teenage daughters and four-year old Stephen. When Eve Denning introduced me to the then Naval Church at Rosyth it helped me hugely. I don't think we realised that Sunday@Six on 15 March would be

our last service for many months. How grateful I am now for the memory of that inspiring service.

So, what were the good things and bad things about the long lockdown? We knew that, as we belonged to our church, we would be supported, and we are grateful that support by email, phone and even snail mail has been given to us, and we have appreciated the weekly contact letters we have received. It is a great blessing to belong to our LEP churches. I also have many friends, locally and much further afield, with whom I've been in touch and it has been good to have time to do that. If you pick up the phone and contact someone it is surprising how pleased they are. I think we should continue this even as life returns gradually to nearer normality.

Email, cheap long-distance phone calls and of course the now-ubiquitous Zoom, have been some of the blessings that have helped us to survive these few months. The weather in the first weeks was a godsend and many people began a walking regime which has been good for physical and mental health. The radio and television are a blessing too. Martin and I have loved seeing whole operas on YouTube, and I couldn't live without the endless wonderful music so well presented on Radio 3 and Classic FM. How different it would have been in the 1950s of my childhood, or even the 1980s.

So what have we learnt from all this?  
Just three personal thoughts.

- We must never again take the advantages of modern life for granted, and never think we are so clever that we are immune to pain and suffering, but must try to walk in the shoes of others who don't have our material advantages.
- Hopefully we shall take steps to be kinder to our precious planet and maybe live a little more simply.
- As my Mum used to say (annoyingly at times!): "Count your blessings". But this really is the best attitude. In 1 Thessalonians 5:18 Paul says simply "In everything give thanks". I believe we should all be less anxious and happier people if we tried to do just that every day.

Myra Tarr

## Interested in joining a Prayer Group?

*Jan Benvie extends an invitation to all*

Online worship has, from necessity, replaced church services, and it seems that more people are tuning in to these services than were attending church before the pandemic. Different ways of worshipping have sprung up, many are trying something different.

I have recently joined a Prayer Group organised through Holy Trinity, but open to anyone, regardless of church or denomination, who is committed to prayer and seeking a praying community.

Rachel Walker, who many will know from her visits to Rosyth to talk about Youth Fellowship, was updating the website, came across an old entry for a prayer group and thought this would be a good time to restart the group.

Currently we meet every two weeks on Zoom where we share a time of prayer which includes saying Evening Prayer together. After each meeting

the list of prayer requests is updated and sent out, so that in the intervening weeks we can continue to pray in our own homes and at a time that suits.

Requests can be anonymous, for people in the church community or friends and family – anyone that needs held dear for whatever reason. All requests are valid and deserve prayer, they are made in sacred trust and kept confidential. When names are used only the first name is used and a brief, generic reason can be shared if the person requesting the prayer has agreed.

More information can be found at <http://holytrinitychurch.org.uk/get-involved/prayer-group/>, or if you want to get involved or to ask for prayer please email [prayer@holytrinitychurch.org.uk](mailto:prayer@holytrinitychurch.org.uk). Remember, this is for anyone regardless of church or denomination.

Jan Benvie

# Wholehearted beauty

*A poem by Rev Liz Crumlish that was posted to our website*

***It is the struggle of the Stradivarius tree—the struggle for water, for light, and for space—that makes it uniquely qualified to be crafted into a beautiful violin.***

*The Power of Belonging* , by Will Van Der Hart, Rob Waller)



The trees at the edge of the forest  
that have not had to struggle  
for water and air  
whose branches are plentiful  
whose leaves are many  
are too full of knots  
to make beautiful instruments  
Only those that have struggled  
Forced to endure darkness  
Forced to grow thin and tall  
Forced to eschew branches  
to occupy less space  
Forced to seek the light  
those are the trees  
Chosen  
to be fashioned  
into beautiful instruments  
For beauty insists  
that we go beyond what we see  
that we persistently look  
for that which is considered  
impossible  
that we look deep within

and call forth  
an ancient wisdom  
that refuses to settle for ordinary  
While beautiful music  
requires discipline  
many hours  
of patiently rehearsing  
the notes on the page  
laying each one down  
allowing even the discords  
to find their place  
Until  
from the grit  
of persistence  
transformation occurs  
and out of brokenness  
emerges beauty  
forged in love  
sustained by care.  
A wholehearted offering  
to beautify the world.

# Junior Puzzles

*With puzzles from Dave Ward*

## New puzzles for June

- 1) Forwards I am heavy,  
backwards I am not. What am I?
- 2) How far can a dog run into the woods?
- 3) Which is the correct, to say: 'The yolk of an egg are white', or: 'The yolk of an egg is white'?
- 4) How many grooves are there on each side of a standard 33  $\frac{1}{3}$  record album containing 6 songs?
- 5) If you divide 30 by half and add 10 how many have you?

## Answers to June's Junior Puzzles

- 1) Fred was drilling holes into the barrel.
- 2) Molly was charging £5 a letter (wrap, 4 letters long, £20, etc, so underwear, 9 letters long, is £45.
- 3) A Window or glass.
- 4) The angle is still 14 degrees.
- 5) The first part is 3, the second part is 25.

# Puzzle page

*With puzzles from Dave Ward*

## August puzzles

- 1) **Letter count.** How many times does the letter F appear in the statement below? FANNY  
FILINGER WAS OF THE  
IMPRESSION THAT EIGHTY-SIX  
YEARS OF HISTORY SHOW  
THAT SCIENTIFIC RESEARCH IS  
OF THE UTMOST IMPORTANCE  
IN EVERY CASE OF FUTURE  
GENERATIONS.
- 2) **Pairs.** What do these pairs of letters represent? RD ST ND
- 3) **What is it?** The maker does not want it, the buyer does not use it, and the user doesn't see it.
- 4) **NASA canaries.** NASA was considering sending Canaries into space to study them under zero gravity. The project was scrapped when someone realised that despite having plenty of water, they would die of dehydration within a few hours. Why?
- 5) **Abbreviations** what could this possibly mean?

## June answers

- 1) **The 8-lettered word** is inkstand: IN\_KST\_AND.
- 2) **What would happen?** Nothing: a match cannot spark without oxygen.
- 3) **Travel direct.** Fred is a dwarf and on wet days he carries an umbrella, so he can reach all the lift buttons.
- 4) **Caged.** There are 4 four footed animals, 2 two footed animals, and 5 snakes.
- 5) **How high?** The nail would be at the same height, as trees grow from the top.

## For Junior Puzzles

see previous page

## Contact points and *normal* 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.

***Due to the need to contain the spread of the corona virus, group activities are cancelled until the building is re-opened and the group's requirements met.***

### Church activities

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

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

St Margaret's Choir  
Myra Tarr 01383 723989  
myra@mtarr.co.uk

St Margaret's Gift Aid enquiries to  
Gordon Pryde 01383 249106  
gordonpryde@btinternet.com

Sunday School and Messy Church  
Gwyneth Kirby 01383 624779  
gm Kirby@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  
cmarylidd@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)  
Tracy Mitchell 07582 731158  
kiso0709@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)  
Bob Broderick 01383 411938  
robertbroderick@fife.ac.uk

### Guide Unit

Rainbows (Mon 1800-1900)  
Skye Fraser 07565 531886  
6throsythrainbows@gmail.com

Brownies (Mon 1800-1930)  
Nicola Byrne 07956 005996  
6throsythbrownies@gmail.com

Guides (Thu 1800-2000)  
Linda Wallace 07491 971989  
6throsythguides@gmail.com

Rangers (Thu 2000-2130)  
Linda Wallace 07491 971989  
rosythrangers@gmail.com

*\* An asterisk indicates a change since the last issue (in either meeting time or contact details or both)*

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

### **To our contributors**

Grateful thanks to all those who have contributed to this issue. Our next issue will depend on progress in making ready for the re-opening of the church; please regard 30 September as a likely target date. An update will be circulated by email.

### **CONTACT on-line**

You'll find this issue, and many previous issues of Contact, on the archive pages of our websites—[www.stmargaretsrosyth.org.uk](http://www.stmargaretsrosyth.org.uk); [www.rosythmethodist.org.uk](http://www.rosythmethodist.org.uk)—where you will get the benefits of colour without the extra printing cost.