

Rosyth
Methodist Church



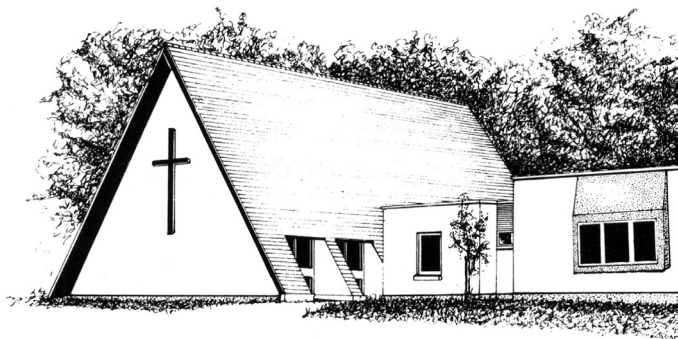
St Margaret's Scottish
Episcopal Church



Contact

the newsletter of the partnership between

Rosyth Methodist Church and
St Margaret's Scottish Episcopal Church



Issue 111
October–November 2020

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

Minister:

Rev Eddie Sykes 01383 512964

Coordinating Steward:

David Salthouse 01383 889212

Pastoral Secretary:

Gwyneth Kirby 01383 624779

Church Council Secretary:

Sandra Wilson 01383 415885

Treasurer:

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 but the building is now re-opened for services;

However, under guidance from the Scottish Government and the Methodist Church all meetings remain cancelled or postponed until further notice.

Worship will take place in the church under social distancing and ventilation requirements on Sunday mornings in October and November as follows:

9.30 am Said Eucharist on 4 and 18 October and 1, 15 and 29 November

11am Morning Worship on 11 and 25 October and 8 and 22 November

Morning Worship can also be experienced on-line via Zoom at

9.45am every Sunday, enabling sharing in worship with a wider community.

Details of the above and of Zoom-based Bible studies are in the diary section

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 111: October–November 2020

Contents

	Page No
Becoming connected.....	4
Staying connected (Rev Eddie Sykes)	5
Breath – a lifeline through Corona Virus and beyond (Rev Dr Mark Slaney)....	6-9
Breathing under water (Sister Carol Bieleck)	9-10
On the first day back (Valerie Lesley)	10
On opening up (Pamela Webster).....	11
Editorial: the way ahead (Howard Kirby).....	11
Fellowship news (Sandra Young)	12-13
Diary for October/November (Sandra Young)	14-15
Lessening our environmental footprint (Jan Benvie)	16-17
Calling all knitters! (Jan Benvie).....	17 & 28
Remembrance service (Rev Eddie Sykes).....	17
News from the Diocese (Sandra Young)	18
Arunima Hospice — an update (Ross Stirling-Young)	19
A Methodist Way of Life	20-21
Overcoming problems with Zoom—Part 1 (Martin Tarr)	22-23
Charities supported during 2019/20 (Dave Ward)	24
Methodist Conference news (Howard Kirby).....	24
God give me grace (Rev Liz Crumlish)	25
Junior puzzles (Dave Ward)	25
Puzzle page (Dave Ward)	26
Contact points and <i>normal</i> meeting times	27
Anticipating Christmas – knit a Star (Jan Benvie)	28

Editor: Howard R. Kirby

12 Overton Court, Pitreavie Castle, Dunfermline, KY11 8TY

E-mail: editor@rosythmethodist.org.uk

Assistant Editor: Dave Ward

Diary Editor: Sandra Young

For the next deadline, see back cover. Note that we can receive material at any time.

Becoming connected

Here is the advice given to those thinking of going to church when it re-opened

For those thinking of coming* to a service at Rosyth Methodist Church, you need to be aware of the following:

Signage and sanitising stations are now in place, and the church is marked off to designate social distancing.

You **must**, unless under exemption, wear a facemask at all times.

On arrival at the building you will be met by a steward, who will further explain the protocols that need to be observed. This includes informing you of the direction of travel you must follow within the building.

You will be required to use the hand sanitizers on entry and exit of the building.

On arrival, your name and contact details will be taken for track and trace purposes.

In the worship area you are asked to sit on designated seats, that are socially distanced apart. You can only sit next to someone from your own household bubble.

During the worship service, there will be no singing, although music will be played in the background.

Paper notices will not be provided. If you need a Bible, please bring and take away your own.

Unfortunately, at this time there is no provision for active family worship, Messy Church or similar.

Persons will fill the worship area from the front to the back. At the end of the service persons will exit in order from the back of the church.

An offering will not be received during worship, but a plate will be available for you to place your offering on at the back of the worship area. Please place your gift there on entering or exiting the building.

On exiting, you are asked to head straight away from the building. You must not assemble for fellowship, neither can there be handshaking.

Government guidelines state that only persons from your own household bubble can give you a lift to church.

If you have any symptoms whatever that might appear Covid-19 related you must stay at home.

**[Ed: A covering email asked those intending to come to 'let us know'. This was because social distancing guidelines limited the number allowed in the worship area (to 28).]*

[Ed: you also need to be aware of the following need, due to a ventilation requirement (see page 11):

Wrap up to stay warm!]

Staying connected

Rev Eddie Sykes' October letter of greetings to Sisters and Brothers

I write this note following the first couple of **Sundays** worshipping in the sanctuary. Although it is still very early to make an evaluation, things have gone well. Persons are aware of the guidelines and, realising that we are all in this together, we are encouraging and helping each other to stay safe.

Worship will continue in this manner as Rosyth Methodist and St Margaret's SEC alternate Sundays between now and the end of November. How we proceed into Advent and Christmas will depend on the guidelines nearer the time, and that is not predictable.

I have been very impressed by the effort and co-operation shown by the joint church leadership as we navigate these challenging times. There is always that anxious edge due to the unpredictability of the virus – for us at Circuit level it has probably been the most difficult time since lockdown began in March. We want to make the right decisions so that everyone is kept as safe as possible. Your prayers are indeed valued.

Having never heard of Zoom before March, I must confess that there are some weeks when, at the end of the week, I feel that I am 'Zoomed out' from numerous meetings in the virtual world. However, it has meant that we have been able to do more than we previously had thought possible. It is hard to imagine what we could have done twenty-five years ago

– just imagine the cost of phone calls alone back then! It has been good to see and be part of a whole range of on-line worship services as well as continue the business of the church.

I know we miss being together, and I hope that the time when we will be able to do so will not be too far away. In the meantime, we are called to wait. In the Bible, waiting is never about idly doing nothing – it is always about living with 'patient expectation' – praying, seeking discernment from God, looking forward to this new thing that God will do and is already doing to us and for us. I encourage us in our conversations to engage our imaginations in this new and very different world we are already living in - not to see how we re-engage with what we always used to do, but to allow God to challenge, to form and transform our thinking and doing in authentic, new and hopeful ways of being God's people.

In this edition of Contact (page 20) you will see a document entitled "A Methodist Way of Life" – indeed it could simply be called "A Christian Way of Life" - why not use this to begin these conversations. You never know where God will be leading us – but I assure you it will be gracious, affirming, true, just and fulfilling.

Take care and stay safe. God bless

Eddie Sykes

Breath – a lifeline through Corona Virus and beyond

A theme featured in one of Dr Mark Slaney's YouTube sermons during lockdown

Prayerful prelude

Begin by taking a breath.

Inhale ...

Exhale ...

And again.

Inhale ...

Hold that breath a moment ...

Exhale ...

Savour that which gives life.

Savour Spirit.

'O Holy Spirit, breath of all creatures, purifier of all souls and healer of all wounds; be fire to our heart, light to our path and friend for our journey.¹

Amen.

Reflection

A human being can survive about:

3 weeks without food – eating

3 days without water – drinking

3 minutes without oxygen – breathing

Coronavirus was introduced to us a respiratory virus. We are beginning to know its wider effects on the human body, not just the lungs but other organs and systems, but we first knew it and feared it because it affected our breathing, reduced our capacity to breathe, and for far too many to the last breath. Many who suffered the virus are in long slow recovery, with their breathing still notably affected. This is the case for

two Ministers I know here in Scotland – one Methodist, one Episcopalian. We wonder how long recovery will be or if this is the new normal, the virus' lasting effect.

We sought to crisis manage this pandemic so as to minimise overwhelming our health services in the light of a deadly fast spreading virus and a lack of resources (PPE and other equipment). Giants of commerce turned production to hospital respirators, Dyson and Rolls Royce among them. Respirators designed to help the sick breathe or even breathe for them when they could not.

A Minister involved in hospital chaplaincy during lockdown spoke of an encounter with a nurse who asked: 'What has your God to say to me when I have to choose who gets a ventilator and who does not?'

The virus was no respecter of nationality or geography or wealth or poverty. It appeared to be a great leveller; we were all vulnerable world-wide. But, the resources at nations' disposal were markedly different, and we now know it hit the poorest, marginalised and oppressed hardest.

In April, The New York Times reported: '... South Sudan, a nation of 11 million, has more vice presidents (five) than ventilators (four). The Central African Republic has three ventilators for its five million people.

In Liberia, which is similar in size, there are six working machines — and one of them sits behind the gates of the United States Embassy. In all, fewer than 2,000 working ventilators have to serve hundreds of millions of people in public hospitals across 41 African countries, the World Health Organization says, compared with more than 170,000 in the United States. Ten countries in Africa have none at all.²

Meanwhile, Planet Earth was seen and heard to be breathing better. As human beings isolated themselves, shielded, socially distanced, shut down production, stopped travelling, focused on essential journeys and activities – pollution reduced, air quality improved, and there were occasions when we could rely on greener energy production to meet our needs. In Wuhan, the source city of the outbreak, it was reported that for the first time in years birdsong could be heard – no longer drowned out by traffic-noise. Some are even suggesting that birds have begun to lower the volume of their singing because they have not had to compete with city noise and the like.

There have been passionate and visionary calls for increasingly just and green politics and production post-lockdown.³

In many ways, though forced upon us, we managed to adapt and change in a matter of months more than we have in the past decade or more. And that included Church as we became church without walls, world-wide on the

web⁴ and as local as your own home. To some extent and with some excitement we found ourselves sharing worship, fellowship and preaching with more people and discovered that our own lounges, dining rooms and bedrooms are sacred spaces where God is with us. Though scattered and isolated in many, many places we have met together in the presence of the omnipotent God.

Then came Holy Week, Easter, Pentecost. Our Faith Festivals celebrated in lockdown. Jesus was Crucified – death by asphyxiation. ‘My God, my God why have you forsaken me? ... Then Jesus gave a loud cry and breathed his last.’ (Mark 15:34...37).

Entombed. Locked down.

Then Easter Day. A new breath was taken. ‘In a garden, just at dawn, near the grave of human violence, the most precious Word of Life cleared his throat and ended silence, for the good of us all.’⁵

In the Gospel of John resurrection includes both social distancing - Mary is told not to hold onto Jesus - and the transformation of wounds – the post trauma signs which Thomas touches.⁶ Both lead to resurrection faith.

Resurrected. Released.

Then Pentecost, when Spirit, ‘ruach,’ ‘pneuma,’ (spirit, wind, breath) was sent from heaven catapulting disciples out beyond the confines of the building they hid in, waited in, out into

Continued on page 8

Continued from page 7(Breathe,...)

the public space and empowered, emboldened to share the Good News about Jesus. The lectionary reading for this year was from John 20 where Jesus breathed on them and said to them, “Receive the Holy Spirit.”⁷

Empowered. Sent out.

And then, George Floyd was killed by a policeman kneeling on his neck. George was heard to say ‘I can’t breathe. I can’t breathe.’

And the voices of millions cried out ‘Black Lives Matter’ and toppled statues reminding me, at least, of the Midrash legend of Abraham toppling his father’s idols.⁸ And here in Scotland, as church leaders released statements about racism being anti-gospel⁹, others had to confess that the very church buildings we were locked out of had been built by the wealth of slave traders and plantation owners¹⁰. Around a third of Caribbean plantations were Scottish owned, I’ve heard.

What now and next? As we come out of lockdown. Back to normal? I hear Politicians in Scotland and senior NHS managers talking about the need for new ways of government and health care, articulating ‘recovery and renewal’ – that’s the language and vision we need isn’t it?

Recovery and renewal.

A cord of breath runs through these difficult days. It’s a cord woven from threads of sickness and grief, health and resources, inequality and

injustice, bird-song and greener possibilities, recovery and renewal, change and resistance to change, locked-out and sent-out, Good Friday, Easter and Pentecost.

As many spiritual teachers have said: ‘Pay attention to your breath.’

Martin Luther King, the prophet and lead energy for the Civil Rights movement in 1950s USA, said: “To be a Christian without prayer is no more possible than to be alive without breathing.”

I practice a form of breathing prayer based on simply inhaling and exhaling the names of God in the Christian tradition: Fa-ther... Je-sus.... Spi-rit.... If my prayer and my breathing are so connected is it possible to ‘pray without ceasing’¹¹ just as I am always breathing? By offering my breath to God am I offering my very life to God?

Imagine a Minister as spiritual respiratory consultant. Someone who checks and measures how the Methodist people are breathing, attends to what is adversely affecting that breath.

A ministerial friend, recovering from the virus and wrestling with energy levels for work, was asked by his GP and Spiritual Director ‘What do you use your breath for?’ And having answered they responded: ‘So you use your breath to work, not to live?’

What do we Methodists use our breath for?

Singing... Preaching... Conferring...

What has it been like not to be able to sing together?

What has it been like not to be able to practice a call to preach? Or to shift the art of preaching into an online space?

Not being able to confer well changed Conference and put major agenda items back at least 12 months. How can we confer well and make space for birdsong and unheard voices?

If we go back to our breathing practices – singing, preaching, conferring – in our chapel buildings who will hear us? Who will no longer hear us?

In reopening places of worship how might we articulate and experience required social distancing and post trauma signs as connected to and touched by resurrection?

Will we listen to the question of nurses and others – “what does your God have to say to me in my place and context?”

What will we use our new breath for? Just for God to hear in buildings? For justice? For the planet?

What does ‘breath’ offer as a measure of Christian life, of church with our ministry, mission and worship? To live we must breathe in and breathe out. Inhale and exhale. Receive and give – in equal measure. You can’t breathe in more than you breathe out, can’t mostly breathe in.

Post lockdown we’re already discussing re-balancing our life together. For example, we recognise and indeed desire to hold onto and

develop some of that which has emerged online alongside that which we return to offline. A new balance of on and off, in and out, engagement and retreat, in this altered world in which we live.

What will we be prepared to not take up again in order to continue holding this new ministry in this new mission-field?

Let me end by quoting the poem ‘Breathing Under Water’ by Sister Carol Bieleck, Order of the Sacred Heart.

Mark Slaney

[Ed: The poem is printed separately below in order to draw readers’ attention to it in its own right.]

[Ed: numbers in superscript ¹⁻¹¹ are references to sources, details of which can be obtained from the Editor]

Breathing Under Water

*A poem by Sister Carol Bieleck,
Order of the Sacred Heart.*

I built my house by the sea.

Not on the sands, mind you;

Not on the shifting sand.

And I built it of rock.

A strong house

By a strong sea.

And we got well acquainted, the sea
and I.

Good neighbours.

Not that we spoke much,

Continued on page 10

We met in silences.
Respectful, keeping our distance,
But looking our thoughts across the
fence of sand.
Always, the fence of sand our barrier,
Always, the sand between.
And then one day,
and I still don't know how it happened
the sea came.
Without warning.
Without welcome, even
Not sudden and swift, but a shifting
across the sand like wine,
Less like the flow of water than the
flow of blood.
Slow, but coming.
Slow, but flowing like an open wound.
And I thought of flight and I thought of
drowning and I thought of death.
And while I thought the sea crept
higher, till it reached my door.
And I knew then, there was neither
flight, nor death, nor drowning.
That when the sea comes calling you
stop being neighbours
Well acquainted, friendly-at-a-
distance, neighbours
And you give your house for a coral
castle,
And you learn to breathe underwater.

[Ed: Mark Slaney noted that he came across this poem in the introduction to Richard Rohr's book 'Breathing Under Water – Spirituality and the 12 Steps', St Anthony Messenger Press, 2011.]

On the first day back

by Valerie Leslie

Today (4.10.20) was the first day back at church for the congregation of St Margaret's and although it was worship with a difference it was still wonderful to be back in church. As a member of St Margaret's choir I dearly love to sing and of course we are not allowed to do this right now, but we did have Myra playing the organ.

However, I wonder if anyone noticed a blackbird singing during prayers? It lifted my spirits and my heart soared! The Trinity was with us all in the singing of that bird and made me hopeful that some day soon we will be able to sing again. Life is hectic but in the stillness of prayer and the beauty of togetherness we are reminded that God is with us no matter how bleak the new pandemic torn world is right now!

I am reminded of the hymn 393 in *Singing the Faith*- she sits like a bird, brooding on the waters, hovering on the chaos of the world's first day; she sighs and she sings, mothering creation, waiting to give birth to all the word will say.

I'm glad to be back at church.
Blessings to all my brothers and sisters in Christ in RMC, St Margaret's and Holy Trinity.

Valerie Lesley

On opening up

by Pamela Webster via Martin Tarr

Exodus 14:19-31

Caught in a hard place,
a place of terror.

A place where home
and the place of rescue
had become
a burden

and where we were enslaved.

God stood between God's people
and their enemies,
giving protection,
shining God's light
to see the way forward.

We had to step forward,
into the way we were shown,
without knowing how
or why.

But we went
only in God's strength –
not our own.

Today, what is God opening up before us? Where is God taking us? From the fear and disorientation of the last six months, where might God be leading me and you?

Editorial: the way ahead

Howard Kirby

"How splendid that your services have started up again." was Evelyn Kenny's encouraging response to the news; and Valerie Leslie provided an enchanting account of the first St M service at church (see page 10). Further positive comments were made at the Covid Review meeting on 6 October; everyone had been made aware of what to expect (see page 4). A need to add "Wrap up to stay warm" to the advice became apparent as fire exit doors remained open during the service for ventilation purposes.

The effort involved in preparing the Risk Assessment and Action Plan and putting the latter into effect has brought out the best feature of our partnership: we work together. The joint Property Committee, the joint team of cleaners, and now (for the Covid Review) the joint leadership team. A big Thank you to all involved.

The way ahead will become clearer as we monitor changes in Covid guidance and procedures and review experience in their use. How this will enable users of the building to resume their activities is a big question. How this will affect what is allowable in worship is another big question. At least we can hope and pray that the Joint Worship group will develop a plan for resuming Joint Communion!

The joint leadership team will meet next on Monday 2 November at 7pm via Zoom and monthly thereafter.

Fellowship news (1)

20 years on. Congratulations to Martin and Susan Forman who celebrated their 'China' Wedding Anniversary on 16 September. They were the first St Margaret's couple to be married, following the closure of the Naval Base Church. Their wedding took place in Holy Trinity, Dunfermline and was conducted by the Rev David Campbell. Sue can you believe it was 20 years ago?



Birthday greetings to Fr Ross Kennedy our dear friend and former retired priest who celebrated his 80th birthday last month. Also to our own Dorissia Forsyth on reaching a special milestone -60 – on 11 October. We congratulate both of them and wish them all the best for the future.

Some sad news. Tim Bennison died very suddenly and unexpectedly on 22 September. He was Priest-in-Charge here for nearly four years from September 2008 to May 2012 as well as being Rector of Holy Trinity,

Dunfermline. Tim also served for several years in NHS Chaplaincy, most recently as Lead Chaplain for Forth Valley NHS. We offer Hilary our condolences and pray for her and Tim's daughters at this very sad time.

Some happy news. Stephen and Stephanie Tarr's second daughter,



Eliza Cora Jane, a sister for Matilda, was born on Wednesday 23 September.

Gwyneth and Howard Kirby are delighted that they have a second grandson,

Barney. Born on Wednesday 16 September to Alison (our younger daughter) and husband Siva, Big Brother Miles is looking after Barney in the picture.



Fellowship news (2)

The Ecumenical Study Group

is led by Deacon Morag Crawford from Rosyth Parish Church, the group now meets each **Monday evening at 7.00pm** on Zoom. At present, they are looking at St Paul and his various letters, probably until Advent. The group is very relaxed and aren't afraid to ask questions, so different opinions are heard! If you are interested in joining them – and you are most welcome to do so – please contact Alan Taylor who will direct you to the Zoom link.

Autumn Bible Study

Having finished the summer series of Zoom-based Bible study discussions led by Rev Eddie Sykes and enjoyed a six-week break, the Autumn series started on Thursday 24 September, this time meeting fortnightly, and studying the Book of Esther.

Each Zoom meeting starts at **10:30am**, includes a time of sharing at the beginning, and finishes at about **11:40am**. The meeting details are the same as in July. If you don't have these, or are new to the group, please email minister@rosythmethodist.org.uk, with subject 'zoom bible study' for an access code.

We warmly invite you to join us fortnightly on **Thursdays** this Autumn, even if you have not done so before. Previous Bible knowledge is not a requirement, just a desire to learn and enjoy the on-line fellowship.

The topics for each Autumn session are given below. As before, Eddie will be producing notes on the topic ahead of each session, and these will be available on our website as they are published.

24 September – Parties, Politics and Power (Esther 1:1–2:4)

8 October – Personnel, Programs – and Pogroms (Esther 2:5–3:15)

22 October – Such a Time as This (Esther 4:1–5:8)

5 November – Plots, Parades and Providence (Esther 5:9–6:14)

19 November – Counterplots and Counter-edicts (Esther 7:1–8:17)

3 December – Duelling Degrees and Purim Parties (Esther 9:1–10:3)

Harvest to Foodbank and....

Giving thanks for Harvest was the theme of Rev Eddie's Pastoral Letter on 7 October and at Morning Worship the following Sunday. Or rather the impossibility (within the Covid-19 guidelines) of doing so in the usual way of bringing harvest gifts to the church and distributing these to a local foodbank or the housebound. To enable church support for the foodbank to be restored, Rev Eddie asked the congregation to put gifts in the food bank trollies at local supermarkets; and encouraged donations to the work of the church overseas, through agencies such as AllWeCan (whose 20/21 campaign is 'Change begins with a bicycle').

Diary for October 2020

Sunday 4 October

Pentecost 18	9.30am	Said Eucharist	Very Rev Kenny Rathband
	9.45am	On-line service via Zoom	Rev Eddie Sykes
Monday 5 Oct	7.00pm	Ecumenical Study Group, via Zoom (see page 13)	
Thursday 8 Oct	10.30am	Autumn Bible Study with Rev Eddie Sykes via Zoom Personnel, Programs – and Pogroms (Esther 2:5–3:15) (see page 13)	

Sunday 11 October

Pentecost 19	9.45am	On-line service via Zoom	Rev Eddie Sykes
	11.00am	Morning Worship	Rev Eddie Sykes
Monday 12 Oct	7.30pm	Ecumenical Study Group, via Zoom (see page 13)	
Tuesday 13 Oct	7.00pm	RMC Council Meeting, via Zoom	

Sunday 18 October

St Luke	9.30am	Said Eucharist	Very Rev Kenny Rathband
	9.45am	On-line service via Zoom	Rev Eddie Sykes
Monday 19 Oct	7.00pm	Ecumenical Study Group, via Zoom (see page 13)	
Thursday 22 Oct	10.30am	Autumn Bible Study with Rev Eddie Sykes via Zoom Such a Time as This (Esther 4:1–5:8) (see page 13)	

Sunday 25 October

Pentecost 21	9.45am	On-line service via Zoom	Rev Hilda Warwick
	11.00am	Morning Worship	Rev Eddie Sykes
Monday 26 Oct	7.00pm	Ecumenical Study Group, via Zoom (see page 13)	

Sunday 1 November

All Saints Day	9.30am	Said Eucharist	Very Rev Kenny Rathband
	9.45am	On-line service via Zoom	Rev Eddie Sykes
	4.00pm	On-line Remembrance service Via Zoom (see page 17)	Rev Eddie Sykes
Monday 2 Nov	7.00pm	Ecumenical Study Group, via Zoom (see page 13)	
	7.00pm	Joint Leadership team, via Zoom (see page 11)	

Diary for November 2020

Thursday 5 Nov 10.30am Autumn Bible Study with Rev Eddie Sykes via Zoom
Plots, Parades and Providence (Esther 5:9–6:14)
(see page 13)

Sunday 8 November

Remembrance Day 9.45am On-line service via Zoom Rev Eddie Sykes

10.50am Morning Worship Rev Eddie Sykes

Monday 9 Nov 7.00pm Ecumenical Study Group, via Zoom (see page 13)

Sunday 15 November

St Margaret 9.30am Said Eucharist Very Rev Kenny Rathband

 9.45am On-line service via Zoom Rev Eddie Sykes

Monday 16 Nov 7.00pm Ecumenical Study Group, via Zoom (see page 13)

Thursday 19 Nov 10.30am Autumn Bible Study with Rev Eddie Sykes via Zoom
Counterplots and Counter-edicts (Esther 7:1–8:17)
(see page 13)

Sunday 22 November

Christ the King 9.45am On-line service via Zoom Rev Eddie Sykes

 11.00am Morning Worship Rev Eddie Sykes

Monday 23 Nov 7.30pm Ecumenical Study Group via Zoom (see page 13)

Sunday 29 November

Advent 1 9.30am Said Eucharist Very Rev Kenny Rathband

 9.45am On-line service via Zoom Rev Eddie Sykes

Monday 30 Nov 7.30pm Advent Ecumenical Study Group (tbc), via Zoom

Thursday 3 Dec 10.30am Autumn Bible Study with Rev Eddie Sykes via Zoom
Duelling Degrees and Purim Parties (Esther 9:1–
10:3) (see page 13)

Lessening our environmental footprint

Jan Benvie suggests ways to tackle a different crisis

So much of our focus, understandably, is the Coronavirus Pandemic, and it is easy to forget the Environmental Crisis our world is also facing.

Lockdowns, constantly changing rules & regulations, worries about our health, feelings of isolation, missing family & friends we all have a lot on our plates right now, so I'm not going to add to worries, but rather **I want to suggest a few simple things we can do to lessen our environmental footprint.**

Last year (gosh, 2019 seems such a long, long time ago!!) I made a resolution to cut out single use plastic. All went well until lockdown, shortages in shops, and some shops, regarded as 'non-essential', closed.

I used to re-fill my laundry liquid and washing up liquid at Happy Earth Place in Dunfermline and also got my shampoo bars (I've not used liquid hair shampoo for a few years now, although you can get these refilled too) and dried goods there, but it closed during lockdown. I also used to go to the Eco Larder (Morrison Street) when I was in Edinburgh as they sold a wider range of dried goods, but during lockdown getting the bus to Edinburgh wasn't an option.

I confess I bought pasta in plastic packaging, and bottles of laundry liquid, my resolution to cut out single use plastic seemed unrealistic!! It

was tempting just to give up, to accept that events had overtaken my pledge.

My garden and the internet came to the rescue!

As well as my drive to cut out plastic, I also try to buy locally as much as possible, and preferably avoid the big supermarkets. My local garden centre (The Plant Market at Hillend) of course was closed, but they were able to deliver online orders, and it was while checking this out that I discovered a relatively new shop in Burntisland (they opened October 2019) that not only offers a wide range of goods for refill, but can also deliver.

As lockdown has eased I now cycle along to Burntisland most weeks and restock my kitchen store cupboard, and bathroom shelves, but they have a wonderful website and still deliver.

You may already have your own ideas of how to lessen your environmental footprint. I wonder if we could start an Eco Page in Contact, a space where we can share ideas of the **positive things** we can do.

Here (see Appendix, at foot of facing page) are the websites or Facebook pages (you don't need to be on Facebook to access the pages) of the shops I've mentioned for refill and non-plastic toiletries. There are certainly others in Edinburgh, but I don't know of others locally.

Jan Benvie

Calling all knitters!

Jan Benvie anticipates Christmas with a challenge to knit a star

Calling all knitters!

You may remember the lovely Angels that were given last year to school children.

Well, this year the idea is to give a Star - with a message tucked into a little pocket on the star.

A pattern is provided on the **back cover** (page 28).

As it was last year, it is being coordinated by Morag Crawford, Deacon at Rosyth Parish Church. To give to all the schools we will need about 1200. There is no restriction on the type and colour of wool. If you can knit but cannot sew up do not fret,

there are people happy to sew them up for you.

If you wish to knit some and want them passed on to Morag please let me know and I can collect them.

Morag has also suggested a prayer to say while knitting the stars, as you knit say a prayer for the recipient:-

*The Wise men were guided by a star.
Pray that the star may remind the
recipient they are a star –
just the way they are – special –
created and loved by God.
May the star bring a glimmer of light
and hope to them in the darkness.*

Jan Benvie

Remembrance Service

Rev Eddie Sykes writes: there will be a Zoom Remembrance Service at **4pm Sunday 1st November 2020 (All Saints Day)**.

During this service I will be asking you to remember loved ones who have died, and in particular will remember those who have died during this past year.

During the service I will also be asking you to light a candle in your homes in remembrance of loved ones.

Eddie Sykes

Appendix to Environmental footprint article: sources of shops mentioned

Happy Earth Place, 47 James Street, Dunfermline,
<https://www.facebook.com/happyeearthplace/>

Grain & Sustain, 135 High Street, Burntisland, (they do have a hub in Kirkcaldy and at Bowhouse Farmers Market in St Monans)
<https://www.grainandsustain.co.uk/>

Eco Larder, 200 Morrison Street, Edinburgh, <https://www.theecolarder.com/>

Jan Benvie

News from the Diocese

All Souls Group

The Revd Carol Latimer, who has taken services at St Margaret's, is now Assistant Priest in the All Souls Group, with pastoral charge of St Serf, Burntisland. This follows Carol's curacy in the All Souls Group.

Ordination of Annie Hughes

Annie's ordination to the priesthood took place on Friday 2 October in St John's Church Perth where she is serving her curacy. It was a fitting occasion for the re-opening of worship at the church and a suitably distanced invited congregation of about 30 people, including David, Annie's husband, members of St John's, close friends and other clergy were privileged to be present. Bishop Ian officiated assisted by Canon Graham Taylor, Rector of St John's and Kenny, as Dean.

I watched the service, as did Alan and Martin, which was streamed on line. This was a completely different experience, but one which I think worked well. Although I missed the atmosphere of the being present, nevertheless witnessing the ordination at close quarters, rather than from a distance, was very moving and dignified especially the moment when Annie was ordained into the Order of Presbyters, and the laying on of hands by Bishop Ian, assisted by Canon Graham and Kenny (see picture).

What came over to me as well was a wonderful rapport between Bishop Ian and Annie through his words of encouragement in his powerful sermon based on the Easter story of the Apostles in lockdown (John 20) and also as he gently and supportively led her through the ordination liturgy. It was, of course, a special occasion for them both, as Annie is the first person Bishop Ian has ordained both deacon (last September) and now priest. It was good to hear the organ, with Widor's Toccata a rousing ending to the moving occasion.

Annie has been a huge asset to St John's as their curate for the past year, and worked far beyond her call of duty to support Canon Graham, especially during the last six months of lockdown – and in Graham's words of introduction at the service "the congregation love her to bits". Many congratulations Annie and we wish you a long and fruitful ministry.

Sandra Young



Arunima Hospice — an update

Ross Stirling-Young's report first appeared in the Diocesan e-News

As the pandemic continues to spread, India is now one of several countries to be recorded as having the highest number of Covid-19 cases. I remain in weekly contact with my friends at the Arunima Hospice, and I'm relieved to say that all staff and children are safe and well at present. Also, I have been in contact with Bishop Paritosh Canning to share the good news of relief funds sent on behalf of members of our diocese. On Saturday 12 September, LeeAnne Clarke, Altar Server from St. Finnian's Lochgelly took part in her third Kilt Walk raising funds for the hospice. Due to the pandemic, LeeAnne was unable to attend in the usual manner and undertook her walk at Loch Leven. She was joined by myself, a Canon (Rev Canon Christine Fraser), a Rectors Assistant (Bubbles!), and last but not least, a Priest Evangelist (Rev Gerry Dillon).

Funds were also raised from three regular donors, belonging to various denominations including the Scottish Episcopal Church, the Mormon Church and the Roman Catholic Church.

The donations sent will be used for the purchase of food and medical supplies to assist with operational costs at the Arunima Hospice. An additional £100 has also been sent to Nari Dana. The women's empowerment programme provides skills training and supports self-help



groups for women and girls from poor and disadvantaged communities.

During my previous visit in November 2019, I was able to return with items made by members and sell these. In turn, this meant I was able to send all profit back to the programme to assist in this vital enterprise.

Please continue to keep the people of Calcutta in your prayers.

Ross Stirling-Young
(St Finnian's, Lochgelly)

A Methodist Way of Life

Soon, every Methodist will receive their own 'Way of Life' commitment card.

A Methodist Way of Life is a way of living. It is how we try to live our lives in response to God's love, made known to us in Jesus.

Like the early Christians (*Acts 8.08-47*), we seek to express what it means to follow Jesus in the regular, practical actions of worship, learning and caring, service and evangelism. In this sense, A Methodist Way of Life is both new and old. It is new, in that Methodists first discussed such a way at the 2018 Conference, although it is based on ***Our Calling***, agreed in 2000. That, in turn, was built on what Methodists have always done, since the days of John Wesley, in trying to follow Jesus and live out the Christian faith – just as those first followers in Acts did.

The **commitments** of A Methodist Way of Life remind us of, and provide a compass for, Christian living.

A Methodist Way of Life

The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission.

As far as we are able, with God's help:

Worship

We will **pray** daily.

We will **worship** with others regularly.

We will **look and listen for God** in Scripture, and the world.

Learning and Caring

We will **care for ourselves and those around us.**

We will **learn more** about our faith.

We will **practise** hospitality and generosity.

Service

We will **help people** in our communities and beyond.

We will **care for creation** and all God's gifts.

We will **challenge** injustice.

Evangelism

We will **speak** of the love of God.

We will **live** in a way that **draws others to Jesus.**

We will **share** our **faith** with others.

May we be a blessing within and beyond God's Church, for the transformation of the world.

A Methodist Way of Life—some questions for prayer and conversation

A Methodist Way of Life encourages us to grow together. Why not make time to discuss these questions regularly with others?

Worship

What is the pattern of your prayer life?

How easy or hard do you find it to pray?

What has spoken to you recently in worship or in the Bible?

When, lately, have you felt close to God or distant from God?

Learning and Caring

How have you practised generosity since we last met?

How have you shown hospitality to others recently?

How are you caring for yourself?

How and what are you learning now?

Service

How are you seeking to serve others in your communities and beyond?

What has helped or hindered you in your service of others?

How are you caring for God's creation?

How are you using God's gifts (including your financial resources)?

What issues of injustice are you currently concerned about?

What are you doing in response?

Evangelism

When was the last time you were able to talk about God?

What opportunities to share your faith have there been since we last met?

How have you responded to opportunities to share your faith?

Is there anyone you might invite to consider Christian faith?

**How can we support each other
in our Way of Life
commitments?**

Overcoming problems with Zoom – 1

Getting to see what you want to see

What you can see on your screen depends on the equipment you are using to access the Zoom meeting and whether or not the speaker is sharing their screen, but there will generally be *two* options:

- **Gallery view**, where you can see thumbnails of a selection of the participants, including the image that you are broadcasting, and
- **Speaker view**, where the main window shows the person who Zoom determines is speaking, and you appear in a subsidiary window.



Gallery view on a tablet, with five participants – the thumbnail for the speaker has a green line round it

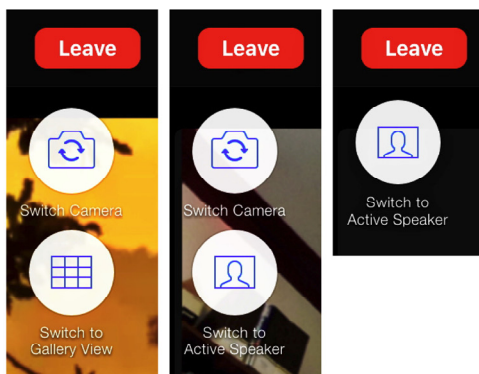


Speaker view on a tablet, with main speaker (Eddie) and participant (Martin)

Switching between the two views is an important skill to learn, particularly if you want to concentrate on the speaker without being distracted by what's happening on a participant screen.

Somewhere on the display of your tablet, laptop or PC will be an icon that toggles between the two views, and indicates the *alternate* view from the one you're watching.

On a tablet, this will usually appear towards the top left-hand corner, under the red Leave button:



Left: the toggle to switch to Gallery view when you're in Speaker view

Centre: the toggle to switch to Speaker view when you're in Gallery view

Right: the toggle to switch to Speaker view when you've turned off your video

On a laptop or PC, the toggle can usually be found near the top right-hand corner, next to a full-screen icon.

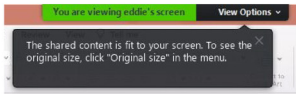


Left: the toggle to switch to Gallery view when you're in Speaker view

Right: the toggle to switch to Speaker view when you're in Gallery view

One of the valuable tools that Zoom offers speaker is a way for speakers to share their computer screen and sound. That's how Eddie shares hymns and prayers.

If you have a PC or laptop, the top of your screen may show a notification that this sharing is taking place, with some display options.



Others will get a large image of the screen, with a smaller one of the speaker:



You can replace the speaker thumbnail image with an icon by clicking on the - sign at its top right-hand corner.

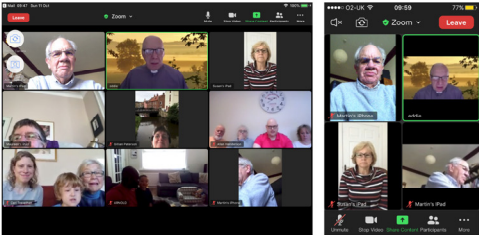
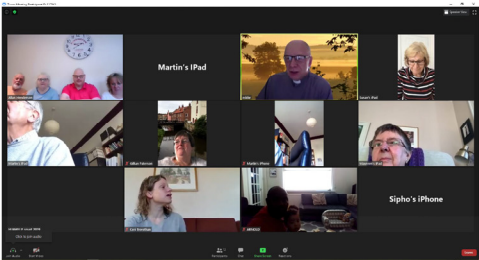


By clicking the icon you restore the speaker thumbnail image.

On a computer, the gallery view looks slightly different, with the participants on a film strip roll, starting with the speaker:



A common problem when there are lots of participants is that you can't see everybody! The problem gets worse with smaller portable devices:



Depending on the configuration, a laptop or PC (top) may be able to show 12, 16, 20 or 25 participants, whereas a tablet (bottom left) might only display 9, and a smart phone (bottom left) just 4

But everyone can be found *somewhere* on Gallery view!

On a **PC or laptop**, there will be forwards and backwards arrows hidden towards the right and left edges at the centre of the gallery.

On a **tablet** or similar touch-sensitive device, swiping the gallery left or right will similarly move your view.

On a **smart phone**, swiping the gallery left or right will move your view., and you can see where you are in the gallery by looking at the highlight in the row of dots display at the bottom of the screen:



The first dot gives the Speaker view, which is accessed by swiping towards the right until nothing more happens!

Charities supported during 2019/20

Because of the pandemic, the church building was open only up to 15 March 2020 (so 28 weeks of the financial year*).

The Triangle's Coffee Shop is run jointly by teams from the two churches in the partnership,

From the surplus generated by Triangle's in the previous financial year a total of £1,500 was brought forward for donation by Triangle's to deserving causes. Five causes were selected by the teams running the Coffee shop, as follows: the 'Madison Downie Appeal', 'The Samaritans' (Dunfermline Branch), 'Breathe Easy', 'Maggies' and 'All We Can' (for the Bahamas Hurricane appeal). Each received £300.

Rosyth Methodist Church

The last two charities, *i.e.* 'Maggies' and 'All We Can', were also supported by the Methodist congregation. These two plus 'MacMillan Cancer support', 'Mission in Britain', 'Scottish Bible Society' and 'Action for Children' led to the total donated by RMC being £1,648.92. There would have been more but for the Pandemic.

Dave Ward

** [Ed: the financial year starts on 1 September for Methodists but 1 October for Episcopalians. Equivalent information for St Margaret's will be reported later.]*

Methodist conference news

The Methodist Conference 'digest for local churches about the business conducted.' was scanned for items of local interest. The next two items were selected as a result.

Structure of the Methodist church.

Simplifications in structure are seen to be necessary so that the Church can focus its energies on its mission. This involves a review of the number of Church Councils, and of the minimum size for a local church. Examples will be sought in which one Church on multiple sites and/or federations of classes under a united Church Council, can enable local missionary communities to flourish.

Online communion. Current experience of online worship has reduced participation in Holy Communion and so recommendations regarding 'online communion' are to be brought to the 2021 Conference.

'Way of Life' commitment card.

Conference committed itself to producing such a card, Meantime you can read all about the Methodist Way of Life in this issue of CONTACT (see pages 20-21)

Howard Kirby

God give me grace

A prayer by Rev Liz Crumlish

*God give me grace
Grace in bucket loads
Grace to deal with rules and
regulations
that make no sense
Grace to deal with the closing in
that comes from an institution in crisis
Grace to recognise my own stress
reactions
that exacerbate already difficult times
Grace to stop and breathe
so that, in the midst of conflict
I may exhale peace
And, in the heat of irritation
I may exude calm
God, shower me with grace
Grace that dissipates resentment
Grace that soothes hurt
Grace that brings courage
to speak truth calmly, with love
Grace that always looks for good
intentions
rather than seeing annoying
bureaucracy
Grace that chooses gentle humour
rather than aggressive confrontation
Grace that finds a way
and doesn't fall at the first hurdle
Grace that hunkers down
and calls forth love
Grace that confounds every effort
to diminish the spark of God
in one whom God declares beloved.
Grace - enough - and more*

Junior Puzzles

With puzzles from Dave Ward

New puzzles for October

- 1) What is the third hand of a watch called?
- 2) Mr and Mrs Plum have six daughters and each daughter has 1 brother. How many make up the Plum family?
- 3) At 7am a train leaves Montreal and heads for Toronto at 90km/hr. At 8am a train leaves Toronto and heads for Montreal at 110 km/hr. Which train will be closer to Montreal when they meet?
- 4) A man has been given the job of painting numbers on 100 office doors numbering 1 to 100 how many times does he have to paint the number 9?
- 5) Mr and Mrs Smith have 5 children half of them are boys. How?

Answers to August's Junior Puzzles

- 1) The word is TON
- 2) Halfway (any further and he will be going out).
- 3) Neither The yolk of an egg is yellow.
- 4) There is only 1 groove on each side of any record.
- 5) The answer is 70. When dividing by fractions you must invert and multiply.

Puzzle page

With puzzles from Dave Ward

October puzzles

- 1) **Candle tallow.** The tallow obtained from burning 10 candles yields 1 extra candle. How many extra candles would you yield if you started with 100 candles?
- 2) **Crossing a river.** A man, his wife and 2 sons reach a river they need to cross. They find a boat but it has weight restrictions to the effect it cannot carry a load of more than 150kg. If the man and woman each weigh 145 kg and the sons each weigh 75kg, how do they all get across and how many trips does it take?
- 3) **Birth years.** King Tut died 120 years after King Eros was born, Their combined age when they died was 100 years. King Eros was born in 40 BC, when was King Tut born?
- 4) **Taking notes.** If you were blindfolded and placed in front of a large bowl of money containing £50, £20, £10 and £5 notes. You were told to take 1 note at a time until you picked 4 of one note,

what is the maximum you could take?

- 5) **Truth-tellers.** You were visiting a strange island where natives always lie and visitors always tell the truth, Suddenly you were approached by Bill, Frank and Joe and Joe said "all of us are natives." But Frank said "Only 1 of us is a visitor." Who is a native and who a visitor?

August answers

- 1) **Letter count.** There are 8 F's in the sentence.
- 2) **Pairs.** They are pairs of letters ending thiRD, firST, secoND
- 3) **What is it?** A coffin.
- 4) **NASA canaries.** Birds unlike humans need gravity to swallow. (humans can swallow even upside down.)
- 5) **Abbreviations.** M N X R L T 4 U reads as "ham and eggs are healthy for you".

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
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)
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

Anticipating Christmas—knit a Star

See Jan Benvie's article 'Calling all knitters' on page 17



Step2

Lay one triangle on top of the other to give points of star.



Step1

Make 2 triangle s

Cast on 25 stitches.

Knit two rows plain.

Decrease one stitch at the end of each row until one stitch left. Finish off



Step 3

Attach triangles using a running stitch leaving a pocket at the top centre so that a message can be inserted Into the pocket.

Use thread on point to make a loop by crocheting 25 chain stitches so making hanging loop

To our contributors

Grateful thanks to all those who have contributed to this issue. Our next issue will be published on 1st December. Please let us have your contributions by close of play on Sunday 22nd November, by email to editor@rosythmethodist.org.uk.

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; www.rosythmethodist.org.uk—where you will get the benefits of colour without the extra printing cost.