



St. Matthew's Church Perth

e- Newsletter No. 8

Fri 15th May

Dear all

This week's Meditations were led by Maureen Pearson who gave us a reflective talk on Mark ch 10 vs 17-22 and the parable of the "Rich Young Man".

As she said "it's easy to sympathise with him. He had done his best but it still wasn't good enough. He is still on the wrong road.

Like many of us he liked his comfort zone, his security. To step out from there is one step too far for this guy.

He hasn't the courage to follow Jesus down an unknown road. Do we have that courage?

When this situation is over things will not be the same. There will be many problems. Some businesses will not re-open. Some people will be out of work. There will be hardships and difficulties. People will need assistance. Where is it going to come from?

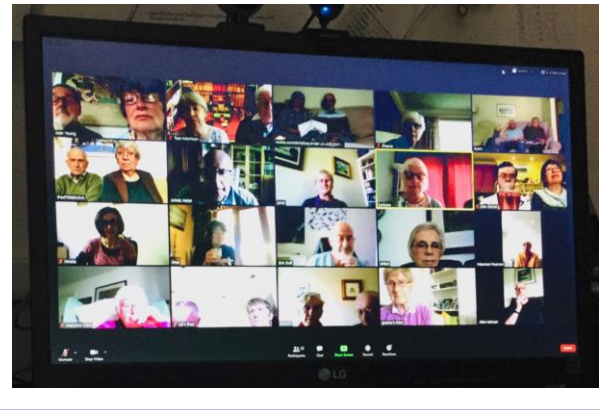
When we re-open St Matthew's will it remain the same or will we have to think about changing some things? We have a lovely, supportive community in St Matthew's but, like the young man, there are things we get wrong."

Only this week I received an e-mail from a past member who felt she had not been visited and supported- and this was prior to the lockdown. We as a church have responsibilities both individually and collectively.

Maureen points out that we need to consider also the community outwith our doors and consider what help and support will be needed.

Are we at St Matthew's on the right road?

"The Zoom Communion on Sunday 10 May was much appreciated by all. Thanks to Rev Barbara Quigley for conducting this. Here is a photo taken by Tom of some of the participants."



CHRISTIAN AID WEEK 10-16 May 2020.

In a previous Newsletter I drew your attention to the link at

<https://www.christianaid.org.uk/about-us/christian-aid-week>.

which gives us up-to-date information about Christian Aid.

Rev. Martin Fair, the Moderator to be installed this Saturday, has a Christian Aid Quiz on Saturday evenings which can be found on his Facebook page as follows:

<https://www.facebook.com/martin.fair>

During this week many in our congregation are used to delivering and collecting Christian Aid envelopes and attending the Christian Aid coffee morning. Of course, these ways of raising money are yet more things which will not take place this year.

As the Christian Aid website says:

"As this virus spreads across the world, love rises up in response. You've already shown incredible kindness to your neighbours. Now is the time to reach out to your neighbours both near and far.

Your love protects. From storms, from drought, and now from coronavirus. Your love protects our global neighbours battling the spread of this illness. Your love protects. With soap, clean water and medical supplies.

By supporting us this Christian Aid Week, you can reach out and protect more of your neighbours today.”

Tom has kindly produced an E-envelope specifically for our use below.

<https://envelope.christianaid.org.uk/envelope/eyJlbnZlbG9wZSI6NTY1MSwgImNoYW5uZWwiOiJjb3B5In0=>

Please donate now and save lives.

Fiona Bruce, Session Clerk

FMBruce6@gmail.com

DATES FOR YOUR DIARY

Saturday 16th May 11am – live on the Church of Scotland website and Facebook

Rev Dr Martin Fair will be installed as Moderator of the General Assembly. The ceremony will take place in the Assembly Hall with only a few people physically present because of the covid restrictions but followed by thousands of people across Scotland and across the world. The service will be captioned and there will be the option of BSL interpretation. Join in for an historic occasion and a clear statement that the Church is alive and active in these difficult days.

Sunday 17th May 2pm -4.20pm Heart and Soul 2020

It is planned to stream an abridged “Heart and Soul” event from 2pm on Sunday- when the original event in Princes Street Gardens would have taken place. You will be able to watch the event live on the Church of Scotland website (www.churchofscotland.org.uk) and live on the Facebook page (fb.me/churchofscotland). A recording of the event will be available soon afterwards.

Sunday 31st May 10-10.30am – Pentecost – streamed on the Church of Scotland website and Facebook

The Moderator will lead a service to mark the birthday of the Christian Church with contributions from many different places. Like the disciples on that first Pentecost here is the invitation to step confidently into whatever the future holds. It would be good if as many people as possible are gathered in fellowship and praise.

INTOGETHER CHURCH

A new Presbytery Missional Initiative led by Chris White, Lynsey Paterson and Anne Stott has set up Intogether Church which aims to support families with children who have additional support needs.

They are currently preparing leaflets to explain their role and are collaborating with a newly formed Core Leadership Team comprising Dot Weeks, Marc Bircham (our Interim Moderator) and Grant McLaughlan.

They have also launched a Facebook page which they hope we will visit at:

<https://www.facebook.com/InTogether-Church/>

and ask for our prayers as they carry out their mission.

They can be contacted on intogetherchurch@hotmail.com if anyone with a child with additional support needs requires support, or just a listening ear, at this challenging time.

UPDATE on “Thy Kingdom Come” Initiative 21-31 MAY

I have been contacted by Kirsty Jackson, Presbytery Prayer Promoter regarding the Initiative which was mentioned in last week’s Newsletter. The main idea of this is to pray for the Holy Spirit to work in the lives of 5 people known to us and she talks about engaging with this in simple ways such as each putting 5 names up on the fridge or somewhere as a reminder to pray “May your kingdom come into so-and-so’s life, Lord”. There are also downloadable prayer diaries available online.



UPDATE ON THE BUTTON BANDS



I was delighted to hear from Liz Barrett that there has been an amazing response, with over 450 button bands being made by volunteers across Perth, and 427 distributed, in just one week. The bands have gone to

- district nurses and community hospital teams in Perth, Auchterarder, Kinross, and Crieff. The teams in North Perthshire currently have supplies of face masks with ties, so they don't need button bands at the moment
- to care homes around Perth: Ochil, Craigieknowes, Louisebrae, Strathtay, North Inch, Kincarrathie, Catmoor and RDM in Scone, and Moncrieff in Bridge of Earn (Viewlands said they were covered already)
- to care providers and care homes in Blairgowrie.

I know that quite a few St Matthew's folk have made Button Bands so thanks for their contribution.

A FEW SEASONAL CLIPPINGS ABOUT THE GARDEN FROM NICOLA MCNEE

who answers gardening questions for BBC Radio Scotland at 11am on a Monday.

Isaiah 58: 11 *And I will always guide you and satisfy you with good things. I will keep you strong and well. You will be like a garden that has plenty of water, like a spring of water that never runs dry.*

"No Mow May"

There is a real drive to protect our garden pollinators and Plantlife (a UK conservation charity protecting wild flowers, plants and fungi) have launched an initiative to encourage us not to mow our lawns so often. The benefit is that many more flowers will flourish in the lawn and provide nectar for our pollinators like bees and hoverflies which are in decline, like so many other insects. In a month the results can be quite surprising and you can read more about the details on the Plantlife website.

The first thing that we all worry about is the state of the lawn and how bad it can look when the grass is too long. Fair point and I have to agree although I don't like a bowling green lawn either. One way to try to do a bit of the no mowing regime is to just allow parts of the lawn to grow longer. Obviously this depends on the size of your lawn. Another way is to mow meandering paths in the longer grass. This can look great and helps to make the area looked after. I have left a piece of banking unmown for the last 2 years and have planted a few extra cowslips and wild flowers in it to encourage pollinators. If you do try the no mow regime it's recommended that you cut the area in the late summer and leave the cuttings for a few days to drop any flower seed then gather them up and compost them.

You can also take part in the 'Every Flower Counts' campaign. Between 23rd-31st May take a random square metre on your lawn and count the number of flowers in it. Results can be submitted to the Plantlife website. A bit of citizen science, they are hoping to work out how much nectar a 'typical' lawn can provide.

<https://www.plantlife.org.uk/uk/about-us/news/no-mow-may-how-to-get-ten-times-more-bees-on-your-lockdown-lawn>

Church Services

www.churchofscotland.org.uk/worship/services-online.

Alternatively, Rev Scott Burton, is also streaming online worship at

www.westkintyreandgighachurchofscotland.org

BBC 1 Scotland will also be broadcasting their new half-hour weekly show "Reflections at the Quay" on a Sunday morning.

A PRAYER FROM RONNIE SOREIDE

Living God

You call us to pray for all our leaders to remember those set over us, so we pray now for all those in positions of authority.

We pray for all health service workers, Doctors, Nurses, Porters, kitchen staff, Domestics, and all who are in the front line of this Pandemic.

Lord in your Mercy Hear our Prayer

We pray for those in the Police Force, the Fire Brigade, Paramedics, the Army, Refuge Collectors, Postal Service, Pharmacist and those who deliver our prescriptions and many more who are helping in our community, with all the dangers and difficulties their work involves, give them the integrity, courage, patience and resolve and grant them your strength and protection.

Lord in your Mercy Here our Prayer.

We pray for those in Parliament both the government and opposition in all their decisions give them a proper sense of the responsibility entrusted to them, and grant that they may work not for themselves but for the good off all during this pandemic. Lord in your Mercy Hear our Prayers.

We pray for leaders in the Church, ministers, elders, with position of oversight, and called to teach the faith through word and deed. Grant them the vision and discernment, a living knowledge of your presence, and a daily sense of your guidance. Lord, in your Mercy hear our prayer

Living God we thank you for those who are willing to taken on heavy burden of responsibility, the onerous privilege of leadership. Support them in their work and help them to fulfil their calling faithfully, recognising that the day will come when they have to answer a higher authority, and when you will pronounce your verdict on all.

Lord in you Mercy hear our Prayer.

In Jesus' name AMEN.

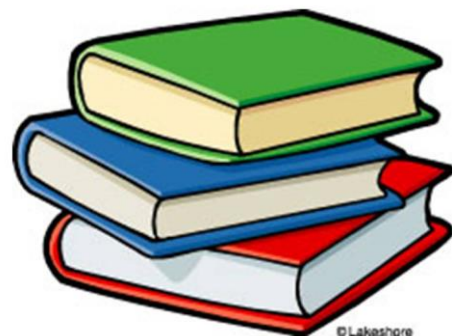
BIBLE 2020

Lorna Morrison has recommended The Bible Society app, Bible 2020, which provides a bible reading every day of the year. Its aim is to have people all around the world reading the Bible together, there is a facility to record yourself reading, and hear others reading the same passage. It is in use in over 100 countries, having been introduced on 1st January 2020.

"Maybe the promises of Scripture spoken aloud will linger over the cities until God brings them to fruition. Maybe God's words will bring peace to those who desperately need it right now. May God use Bible 2020 to change our nation, and our world!"
Quote from Stephen Opie, Bible Society New Zealand.

I am sure that in this time of great uncertainty this App will be a useful addition to our Christian life.

BOOK QUIZ



We are now down to the last 10 titles. Here we go!

1. Plenty of Scottish spirit
2. Lara is the heroine of this novel.
3. A whale of a tale.
4. The buildings at the Oval and Trent Bridge are a long way off.
5. A long way from the January sales

Please keep the answers until you have all 25 when you will be given instructions on how to submit them.

I will draw the correct answers out of the hat and the lucky person will win a book!

CONGRATULATIONS

60th
Anniversary

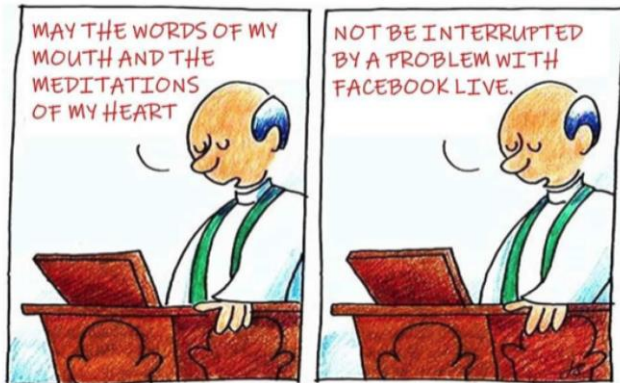
To Jean and David Sawyer on celebrating their
DIAMOND Wedding Anniversary recently!

OUR GOOD WISHES

For a speedy recovery are sent to **JOHN SPENCE** who has recently spent some time in hospital and is now recuperating at home

And to Barbara's father-in-law, **JACK**, who is also in hospital.

Our thoughts and prayers are with them and with others who are facing difficult times as a result of health issues for themselves or their loved ones.



ZOOM and Weekly Meditations

Weekly meditations have been taking place on Zoom on a Wednesday morning at 9am.

Jean Young is the administrator of these Zoom meetings and Jean sends out the joining instructions immediately before the start of these sessions.

What is required beforehand:

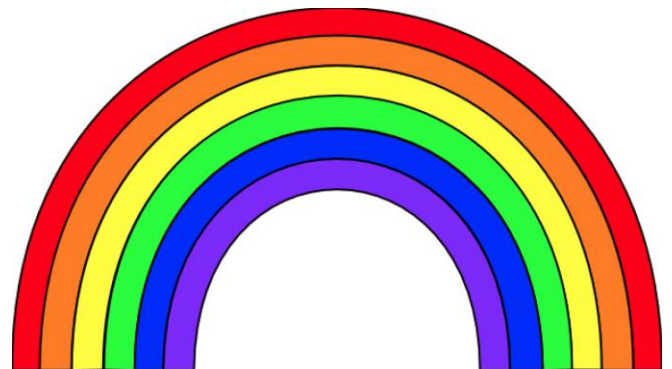
- 1) Download the ZOOM app onto your PC, Laptop, iPad, or iPhone.
- 2) Send an email to Jean at [jy2@btinternet.com](mailto: jy2@btinternet.com) to let her know you wish to receive the joining instructions.

Janet asks if you can spot 17 colours hidden among the letters of this passage?

Once risen, the sun woke me from my slumber. I feared yet another tiring day, although I did find I got chirpier on clambering from bed for a long re-energising shower. I made spicy anchovies on crusty bread and prawn cocktail shrimp in ketchup for lunch but was interrupted by a knock at the door.

It was a hag, old and wizened. She advised me to liven up and things would improve. Then the morose lady vanished into thin air which made me jump back, bang my head and yell, "Ow!" Once the haze lifted, I found dislodged a hidden panel when I jumped, behind which was a treasure chest.

Now I'm rich, be I generous or not, only time will tell.



From Marjorie

This is a lovely 10 minute poem which might appeal to grannies who are missing their grandchildren...

[.https://www.sanctuaryfirst.org.uk/video/watch/are-you-lonely-granny-bear](https://www.sanctuaryfirst.org.uk/video/watch/are-you-lonely-granny-bear)

written by a friend of mine, whose services. at Tulliallan and Kincardine Church I am tuning into every Sunday.

THE UNEXPECTED

This is a new column when different members of the congregation will tell us something unexpected about themselves.

To start off we have a piece from Eric Duff about meditation in prison which some might find useful at this time:

“I worked in the Scottish prison service for 30 years and was in charge of Physical Education. We always had in the region of about 10 prisoners who were so badly behaved that they were locked up for about 23 hours a day. This was a concern for me and I wanted to get these guys out a bit more and to attempt to do something positive with them. I applied to the Buddhist centre Samye Ling at Eskdalemuir to attend a weeks residential course to study meditation and relaxation.

I set up the course for the locked-up prisoners. My aim was to reduce stress, depression and anxiety. It was to train them to be aware and to have a healthy sense of perspective. The main tools I would use were visualisation, muscle tension and relaxation.

I asked the prisoners to all lie still with eyes closed (eyes closed was difficult for some due to fear from their colleagues. I then got the group to visualise their Granny’s house. I directed them through the garden gate to the front door, open the door, and walk in - what was the first thing that they saw? Where was the livingroom. Look very carefully at the TV what make was it? Look at the fireplace- does it have a mantle? Taking them through this procedure took about 10 minutes. I was continually talking in a very low, slow voice and recording their pulse meters. Due to the intense concentration the average readings were now down to 71(from 79 beats per minute) For a first session this was a good result and they were returning to their cells with some knowledge in how to relax using this technique.

The second session was a bit more macho using muscle tension and relaxation. The procedure is done with the person lying on the floor wearing loose clothing and in a warm room. The person is asked to close their eyes and just picture their body on the floor. Then to start at the bottom with only their toes and curl then up very tight, hold for about five seconds then relax them and feel then fall to the floor. You then bring in the whole foot, tense it up, hold, then relax. Next the calf- working up the body, picturing every muscle as you proceed. Once you have

reached the Gluteus maxims (your bottom) every muscle in the legs should be very tight.

The important part is to totally relax all the muscles at the same time, feeling them fall through the floor when you have reached the finish. The only parts of your body touching the floor will be your bottom and shoulders. Every single muscle in the body will be held as tight as possible- then the final relax.

This procedure is very good to do before going to sleep if you have problems with sleeping and can be done while lying in bed and the prisoners found this one of the best methods to relax.

Tain (Bev’s son) aged 5.

Bev’s coronavirus conversation with Tain

What is the Coronavirus?

A virus that’s going around killing people.

What is the prime ministers name?

I have no idea

How long have we been in lockdown?

About 100 weeks

Do you want to go back to school/nursery

Yeah

Who will you hug first after lockdown?

“Auntie Joy and Uncle Fun”

Where do you want to go first after lockdown?

Aberdeen for tea

What do you think we can do to get rid of the Coronavirus?

Stay inside and wash your hands for 20 hours

Is Mum a good teacher?

Kind of. .

All contributions welcome

To Contribute please contact me on FMBruce6@googlemail.com

