



# St. Matthew's Church Perth

## e- Newsletter No. 11

### Fri 5<sup>th</sup> June 2020

Dear all

Last Sunday the Moderator, Right Rev Dr Martin Fair, conducted the Pentecost service. The readings were taken from Exodus 13:17-22 where the Israelites crossed the Dead Sea and Acts 2: 1-4 concerning the Day of Pentecost.

He spoke about one of his favourite books "The Call of the Wild" about the Alaskan wilderness and asked: "I wonder if perhaps that's what's being asked of us right now as the church? That we need to, yes, go beyond all that is familiar, to hear again something of the call of the wild, to go beyond what's known and dear? For many of us this causes us all kinds of anxiety. We're far better when we know exactly what's happening. In terms of church, Sunday mornings, going down to our buildings, running our services according to patterns we've used for long enough, meeting together in our various groups and organisations and in the pastoral life of the church, visiting one another in our homes and so on. So with everything being so different, we find ourselves very disorientated, not quite sure of the landscape, not quite sure of ourselves. Our deepest longing is to get back to what we know. And all of this, we begin to get a glimpse into the experience of how it's always been for God's people. "

As he says, the first disciples were also asked to leave everything that was familiar to them and , more recently, our missionaries like David Livingstone and Mary Slessor have gone into completely unknown territory- and not with the communication possibilities we have today!

The Moderator advises that "Like never before, we're going to have to trust in and depend on God. He's always been there, and He will guide us. "Your word, Lord is a lamp to guide me and a light for my path." Can we trust that to be true? God will lead us by His word and by His Spirit. And today we rejoice in the gift of the Spirit. The Spirit that has gone before God's people in every time and place, the Israelites through the wilderness, though they knew not that territory, had a pillar of cloud before them in the day and a fire by night. And those first apostles, trusting in the Spirit, knowing that at times, doors would be closed to them and at other times opened for them. And what about those saints of old, who first came to these shores of ours, bearing the Gospel, trusting in the blowing of the wind to bring them where God would have them be. And now, will we be ready to go where God is leading us?"

He finally asks "What is the work still to be done for which God has given us the Spirit?"

May this Pentecost Season be a blessing to you all,

Fiona Bruce, Session Clerk

[FMBruce6@googlemail.com](mailto:FMBruce6@googlemail.com)

**Link to Pentacost service by Moderator and others.**

<https://www.churchofscotland.org.uk/news-and-events/news/2020/watch-the-church-wide-pentecost-service>

## Prayer

Andrew Davies has composed the following prayer for this difficult time.

Dear Lord in This Time  
Please keep our Friends and Families safe  
and hopefully when we get the all-clear from  
this terrible lockdown we will see them again.  
We also pray for our church friends and for  
those with little to do at home, and for  
people in flats with no gardens and for this  
community to stay safe, happy and healthy.  
I am praying now for the people who live further  
away from home that you keep them out of  
harm's way.  
and keep other countries safe and well too.  
Oh Lord there <sup>are</sup> some people who might fear  
that they may not manage to cope much longer  
like this.  
We are all thinking of them now.  
In Jesus' Name  
Amen

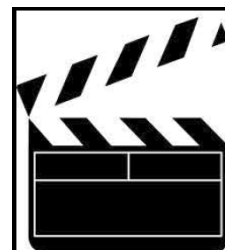
## FILM QUIZ

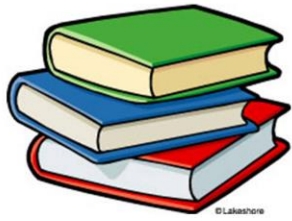
Do you know your films? As with the Book Quiz, I'll ask 5 questions each week and then ask you to let me have your answers at "the end". There will be a draw of correct answers – and a prize!

You have my husband, Alan, to thank (or blame) for these!

Fiona Bruce

1. Wordsworth and Keats have passed away in the club
2. A soft, wet shapeless mess of a story
3. Are they guilty? They more often are!
4. The small sheep will be quiet
5. A white house in Africa





## BOOK QUIZ

I am delighted to say that things were made easy for me

as there was only one household with every answer correct- and that was **Carolyn and Alastair Byers**.

However, congratulations must go to all the entrants as they each only had 1 answer wrong- but a different answer!

To put you out of your misery here are the answers. Enjoy!

Fiona Bruce



## BOOK QUIZ ANSWERS

1. A killing on an eastern fast train
2. To murder a jeering fowl
3. Splendid prospects
4. Garden tool of the terrible
5. Belle Noir

6. Wife of Isaac and mother of Esau and Jacob
7. A citrus wind-up
8. The George Cross islands bird of prey
9. The dearest unopened flowers of spring
10. Mr McGregor's vegetable poacher

11. Scrumpy with a little flower girl
12. Has this aquatic vessel sunk?
13. Had all his work done by Friday
14. Prickly fowls
15. Farewell mister French fries

16. Plenty of Scottish spirit
17. Lara is the heroine of this novel
18. A whale of a tale
19. The buildings at the Oval and Trent Bridge are a long way off
20. A long way from the January sales

21. Blood Count
22. Brutal Ocean
23. The head of Dorchester's Town Council
24. Doubting disciple locomotive
25. Child slept

Murder on the Orient Express  
To kill a mocking bird  
Great Expectations  
Ivanhoe  
Black Beauty

Rebecca  
A Clockwork Orange  
The Maltese Falcon  
The Darling Buds of May  
Peter Rabbit

Cider with Rosie  
Watership Down  
Robinson Crusoe  
The Thorn Birds  
Goodbye Mr Chips

Whisky Galore  
Dr Zhivago  
Moby Dick  
The Far Pavilions  
Far from the Madding Crowd

Dracula  
The Cruel Sea  
The Mayor of Casterbridge  
Thomas the Tank Engine  
Kidnapped

## Wednesday Meditations

Marjorie Clark, in her Wednesday meditation, spoke about the Holy Spirit as a “disturber” and a “wild goose”. I’d now like to use a prayer which she was given by David Cameron, an elder and worship leader at Mid-Strathearn as follows:

*Breathe on us, Breath of God. In this season of Pentecost, we especially remember the outpouring of your Comforter, on the believers gathered in Jerusalem all those years ago. We remember how it gave strength to that small band of followers to take the message of your love to everyone, no matter from where they came or who they were.*

*Breathe on us, Breath of God, as we too seek to take your message to wherever we go, even as we struggle to come out of lockdown. Help us to stay focussed on who we are and what we do, but not to be limited by that but open to your promptings.*

*Breathe on us, Breath of God, as we remember all those who are suffering in our community, for whatever reason. May they feel your soothing breeze on their face today.*

*Breathe on us, Breath of God, as we remember the families of those who have been laid to rest in recent weeks, that they may feel your uplifting hand to comfort, uplift and support them.*

*Breathe on us, Breath of God, as we begin to look at new ways for our church to worship you in meaningful ways for everyone.*

*Breathe on us, Breath of God. Amen.*

**The Wednesday Meditations are open to ALL and followed by a time of conversation and news. Please consider this happy start to a Wednesday on Zoom. There is space for all of us at the table.**

## A few Seasonal Clippings about the Garden From Nicola McNee



### 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.***

### Summer Scents

Summer has officially arrived and what better way to use the good weather than to grow some herbs. If you've got a garden or just a patio or a windowsill there's a herb for you. The warm weather brings out all the fantastic scents of the foliage and some herbs, like chives and thyme, have gorgeous flowers just now too. My chive plant is covered in big purple ball shaped flower heads.

Easy herbs to grow each year from seed include : basil, dill and coriander. These can grow on the windowsill or patio if that's all the space you have although dill gets a bit tall for the windowsill. Sow a few seeds every couple of weeks to get a regular supply as the coriander and dill often (bolt) go to seed quite quickly. You can almost see the foliage growing in front of your eyes. Just don't forget to keep using the leaves.

Perennial herbs (they last from one year to the next) are a bit more work initially as they need to go in large pots or outdoors. Favourites are Sage, Chives, Thyme, Mint, Oregano and Bay. They all love a sunny spot (mostly from the Mediterranean ) and will grow happily in a large pot with free draining compost or in the ground as long as it drains well. Always keep mint in a

pot as it spreads like mad if allowed to go free!  
Make sure you position your herbs near the door so you can easily nip out to pick them when you are cooking. Even just brushing past them on a warm day you release the oils and get the lovely scents. Think about planting them near a garden seat too. You don't need a lot of a fresh herb in most dishes as they are so strong compared to dried herbs. You could have a go at freezing chopped fresh herbs in ice cubes if you have too much. Just drop the ice cube in to a dish when cooking.

### **Good News from Barbara**

Duc, my Vietnamese friend has now been granted refugee status. He can remain in Britain for the next 5 years at least.

This means the fear of detention and deportation have been lifted. Duc can now look for a job and begin to make some plans for his future.

He is so grateful to all the good Christian folk who supported him and helped him.

Thank you for keeping him in your prayers and please continue to remember him.

### **Hymns and Things**

Have you ever sung a line of a hymn and thought "What was that about"?

"Lo I raise my Ebenezer."

"Gladly, my cross-eyed Bear"

"Jesus saves" [Greenshield stamps! Or Moses scores on the rebound] to mention but a few. We talk in code and in shorthand and if you're 'in' you know the codes but to those out side the club it's a mystery.

One hymn I came across recently comes from the Lutheran tradition and I'd never heard of it. It's an American translation of Old High German and is awful [in both senses of the word]

*"Come, ye disconsolate, where'ere ye languish*

*come to the mercy seat, fervently kneel.*

*Here bring your wounded heart, here tell your anguish;* [then comes the kicker]

**EARTH HAS NO SORROW THAT HEAVEN CANNOT HEAL.**

In these troubled times it's cathartic to be able to grieve and then find hope.

Have a look on Youtube for a version of this hymn beautifully sung by Baylor A Capella Choir.

Rev. Barbara Quigley

## **Jean Young has given me this interpretation of Psalm 23 by Carla A Gross-Miller.**

Her book is Psalms Redux: Poems and Prayers published by Canterbury Press UK.

*This I know: My life in Your hands, I have nothing to fear. I stop, breathe, listen. Beneath the whirl of what is, is a deep down quiet place. You beckon me to tarry there. This is the place where unnamed hungers are fed, the place of clear water, of refreshment. My senses stilled, I drink deeply at home in timeless territory. In the midst of all that troubles, that threatens and diminishes, You set abundance before me. You lift my head; my vision clears. The blessing cup overflows. This I know: You are my home and my hope, my strength and my solace and so shall You ever be.*

Rev Scott Burton, is streaming online worship at [www.westkintyreandgighachurchofscotland.org](http://www.westkintyreandgighachurchofscotland.org)

BBC 1 Scotland will also be broadcasting their half-hour weekly show "Reflections at the Quay" on a Sunday morning. (Check the TV programme for the time)

### **Foodbank Update**



Fiona has asked me to give an update about the Foodbank and how we are coping during the current lockdown period. We have settled into our new routine – we are now open three days a week (Tuesday, Wednesday and Friday) from 12 – 4p.m. when we give out food parcels to those who have been referred to us by different agencies. Volunteers (who currently include Liz and Pete Barrett) spend a lot of time making up the parcels (single, couple or family size) and we have been

lucky to have the help of three wonderful Community Wardens who hand over the parcels to folk at the door. They are also able, if necessary, to deliver food parcels if the client referred for any reason is unable to come and collect it from the Foodbank. My job is to sit at the computer, fill in the database, watch for e-mail referrals, and remind everyone to keep a safe distance from each other!

We still have an excellent stock of food – people are still donating at the supermarkets, and over and above that, we have been getting an extra delivery from Tesco each week, organised by the Trussell Trust nationwide. We have received a number of unwanted NHS parcels too!

As for the numbers coming to the Foodbank, so far we have not had a huge increase in demand, but that is because there are now a number of Community hubs which have sprung up in places like Letham, Muirton and Tulloch, where folk can get help more locally; the Council is also delivering food parcels to over 100 households each week. (We give out about 60 parcels a week.) And we give some of our referral agencies, like CATH, a supply of food parcels to have at their base, which they are able to give to their clients, so that they do not have to come in to town to collect them. As some of these temporary measures reduce, and as people become ever more financially challenged, we do sadly expect to see an increase in food poverty and the demand for our services. What is good is that all these various networks are keeping in touch with each other – we can deliver food to those who are cooking and delivering meals in certain areas, and this coordinated approach is so important.

Finally, we want to say a huge thank you to everyone who has supported the Foodbank with donations, either of food or with money – we could not survive without that support.

Marjorie Clark

PS If anyone has any spare 'bags for life' we can always use them! Let me know and I will come and collect them. **01738 637017**

## NOTICES

### **ACKNOWLEDGEMENT**

Margaret Wright and family wish to thank everyone for their kind expressions of condolence in the many lovely cards, e-mails and telephone calls received following the sad loss of Ian.

The lovely words and memories of Ian that have been shared have been a great comfort. Many thanks also for the beautiful flowers we've received and for Marjorie's reassuring visits and for her comforting service at the Crematorium.



### **Weekly Meditations on Zoom**

On a Wednesdays at 9am.

**Meeting ID: 832 2168 0794**

### **COFFEE AND CHAT on Zoom**

On Mondays at 11am – 11.45am

Bring your own cake and coffee, "drop in, drop out" basis!

**Meeting ID: 892 5675 5564**

### **What is required.**

- 1) Download the ZOOM app onto your PC, Laptop, IPad, or iPhone.
- 2) Open Zoom and click "Join a Meeting"
- 3) Follow the instruction and add the Meeting ID as above.
- 4) NOTE. This number changes each week.



Birthday Congratulations to Margaret Wright who will be 85 on 9th June.



## Beverly Challenge

Would you like to sponsor Beverly on a virtual walk from Perth to Iona? She is as I write on the 5<sup>th</sup> June setting out from St.Fillans on Day 5 of her challenge. 28 miles down. £194 pledged. Please post comment on her Facebook entry to give her as much encouragement as possible. Beverly will post details of her progress in the ST.Matthew's Facebook Page as she walks on her treadmill. A big challenge of 140 miles which she intends to complete by the 30<sup>th</sup> June.

Please pledge your support by emailing Bev at [office@stmatts.org.uk](mailto:office@stmatts.org.uk). giving a note of your support and making your sponsorship using the following Go Fund Me link.  
[https://www.gofundme.com/f/june-walk-to-iona?utm\\_source=customer&utm\\_medium=copy\\_link&utm\\_campaign=p\\_cf+share-flow-1](https://www.gofundme.com/f/june-walk-to-iona?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1)

OR once we are back at church the sponsorship money can be collected.

## "Summer Recipes"

### Lemonade Scones



2 cups (300g) SR flour

1 teaspoon baking powder

2 tablespoons caster sugar & extra to sprinkle on top

Finely grated zest of 1 lemon

½ cup (125ml) lemonade

½ cup extra thick double cream

¼ teaspoon salt

Preheat oven to 220 deg. C.

Line a large baking tray with baking paper

Sift flour, baking powder, sugar & salt into baking bowl along with the lemon zest and stir together.

Add the cream and the lemonade and mix together to form a soft dough.

Turn out onto a lightly floured surface and knead very gently 5-10 times into a soft ball.

Gently pat the dough flat to a thickness of approx. 2 cm.

Use a 5 cm round scone cutter dusted in flour to cut out the scones.

Place scones on the tray and brush the tops lightly with some of the thick cream and sprinkle some caster sugar on top.

Place in hot oven and bake for 10-15 mins until lightly brown.

Cool on a wire rack and then serve with whipped cream and jam.

contributed by Janet Martin

All contributions welcome

To Contribute please contact me on  
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