



St. Matthew's Church Perth

e- Newsletter No. 16

Fri 10th July

Dear all

I don't know how many of you listen to Radio 4's "Pick of the Week" but I enjoy it and recently caught up with an episode on BBC Sounds which was recommended by Marjorie. It was presented by Julie Hesmondhalgh, originally on 21 June, and there were a few items which "caught my ear".

These pieces involved people who had to find new ways to live and survive and adapt to changed circumstances and I was struck in all cases by their sheer positivity in the light of very adverse situations. There was mention of the review of "The Salt Path" book (which you will find later reviewed in this Newsletter by Carolyn Byers) followed by a reflection about an incredible "Hearing Architect", Chris Downie from New York, who had recently lost his sight.

As Chris explained- so much of his previous architectural work had been about "delight in a visual sense" so he had to discover what would now be "delightful" as a blind person. He talked about door handles and walls and handrails and all these pieces of building "furniture" that we completely overlook and how he had found a handrail so stunning – it was "the handshake of a building". Julie H talked about people overcoming obstacles with grace and determination and this was certainly an example of that as Chris talked about how we need to find creative solutions and change our frames of reference when we find we have a "mental block".

The second example of this adaptation was a woman called Jan who had a degenerative disease which had ultimately rendered her quadriplegic. However, she had had brain surgery to enable her to use a robotic arm which had been very successfully employed- her treat was to eat chocolate using it! She spoke very movingly about "Counting her Blessings" and that her motto was "You are more than the body you live in."

This was then followed by Justine Shuttleworth talking about her "journey" following an eventual diagnosis of chronic Lyme's Disease and how she had found a sense of peace by delving deep into her soul.

All these people left me feeling inspired on the one hand and very small on the other. But what was clear was that as we emerge, blinking, into our "new normal" world we also need to find new ways to live and adapt and hopefully improve not only our own lives but also the lives of those around us and the vulnerable and marginalised in our society.

Fiona Bruce, Session Clerk

FMBruce6@googlemail.com

Prayer by Rev Dr. Lezley Stewart

Each new day
we celebrate what it is to be free -
to live our lives in fullness.
This is the eternal gift of God.

But freedom and fullness lives in the simple

- in each breath we take
- in knowing we have a roof over our heads
- in the love of family and community
- all the things we might usually take for granted...

Freedom also invites the gift of generosity

- to continue to give where we can
- to support one another as we are able and go the extra mile
- to offer a welcome smile and forget the more formal handshake of yesterday
- to be what we have always been called to be - human.

This is not a Church crisis, a worship crisis, nor a financial crisis

- this is about the gift of life, which is for all, irrespective of birth, status or circumstances.

As we remember the most simple of these things, may we be inspired to renew calm, peace and hope in every new day.

For in the midst of all storms a Presence is found, and freedom in Christ remains.
Amen

COFFEE AND CHAT on Zoom

On Mondays at 11am – 11.45am

Meeting ID: 840 7324 0879

Bev's Challenge- Virtual walk from Perth to Iona - let us reach £1000!

A fantastic total of £879 has now been reached but there is still time to donate more by using the Go Fund Me link below or St Matthew's Facebook or by sending a cheque to our Treasurer:

John Dewar
34 Craigie Road
Perth PH2 0BH

https://www.gofundme.com/f/june-walk-to-iona?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1

Please note that the link will close on Sunday 12th July.

Film Quiz

I have received a couple of entries (brave people!) but there is still time to e-mail me with your 25 answers to:

FMBruce6@googlemail.com
to reach me by Sunday 12th July.

Flowers and Plants Quiz

As I know many of you enjoy a Quiz here is a new one, courtesy of Maureen Pearson!

Do you know your flowers and plants found in the Bible?

I'll ask questions over the next weeks and then ask you to let me have your answers "at the end"! There will be a draw of correct answers- and a prize!

Fiona Bruce

Name the flowers or plants found in:

1. Genesis – name 3
2. Proverbs – name 1
3. Judges – name 2



WEDNESDAY MEDITATIONS at 9am.

Meeting ID: 846 1197 7639

Count That Day Lost by

George Elliot

If you sit down at set of sun
And count the acts that you have done,
And, counting, find
One self-denying deed, one word
That eased the heart of him who heard,
One glance most kind
That fell like sunshine where it went --
Then you may count that day well spent.

But if, through all the livelong day,
You've cheered no heart, by yea or nay --
If, through it all
You've nothing done that you can trace
That brought the sunshine to one face--
No act most small
That helped some soul and nothing cost --
Then count that day as worse than lost.

The Unexpected

This is a column when different members of the congregation will tell us something unexpected about themselves. This week our former Session Clerk, Ronnie Soreide, has a fascinating tale to tell of his father who was part of the "Shetland bus".

Read on:

I was born in Bergen, Norway to a Norwegian father and a Scottish mother. My mother was born in Perth and my father was born on an island called Austevoll, off the coast of Bergen.

During the Second World War, when my father was nineteen, the German Army occupied Norway. All young Norwegians, aged 16 and over, were being conscripted by the German Army so my father, along with some others around his age, decided to escape to Scotland. They travelled in small fishing boats, organised by a member of the Royal Navy and landed at Shetland. Later this ferry of boats became known

as the "Shetland Bus". When the Norwegians arrived in Shetland they were transferred to Doncaster for debriefing in case they were German spies.

My father was sent to the Commando Regiment at Spean Bridge where a new Unit of Norwegian Soldiers was formed called the "Norwegian Independent Company 1" because he had a good knowledge of the terrain in Narvick which was similar to the terrain in Telemark (as he had spent many fishing trips in Narvick with his father). This Unit was affectionately known as "Linge Company" as it was under the command of Martin Linge. He later learned he would be going to Telemark with the Commandos on a trip to try and blow up the heavy water plant but, unfortunately, they were betrayed by a Norwegian informer. Ten Commandos went out but only two came back- and one was my father.

The Commando Regiment were stationed at Callander and did their training at Spean Bridge, where the Commando statue stands at the top of the hill. My father met my mother in Callander and the rest is history! They married in Perth and when the war ended they decided to stay in Norway.

It was a happy time for me there. I learned to swim in the North Sea, as we had a small inlet from the Fjord and it wasn't too deep. I also learned to skate on the frozen inlet and my Dad made me a pair of small skis out of an old barrel he broke up. I was taught to look after the hens we had on the island and I really enjoyed that, especially looking after the small chicks when they came along. I didn't go to school in Norway as you had to be seven to start school and my father and mother decided to come back to Scotland to live when I was 6 years old.

My grandfather set my Dad up in business as a greengrocer travelling around the housing estates in Perth. My grandfather had a large market garden at Scoonieburn, just on the outskirts of Perth on the Edinburgh Road.

I had a happy upbringing in Perth as well even though I can still remember saying to myself "what have I done to my parents to bring me to this country?". I couldn't understand the language as at this time I could only speak Norwegian, money was a disaster- twelve pennies to a shilling- I was used to decimal money, (we had the ore and the kroner. 100 ore to a

kroner) Measurements of 12 inches to a foot and 3 feet to a yard when I was used to millimetres and centimetres and metres was very difficult!

Both sets of grandparents were lovely, full of love, as were my father and mother. I did all my primary schooling at Craighend School, then the High School in Perth. My grandmother played the piano and my grandfather played a two-row melodeon. My father sent me to learn the button key accordion at Bill Willkie's in Perth. I was eight when I started there but I stopped when I was sixteen as other interests came along. I now regret giving up!

When I left school, I managed to acquire a job with Laing's the grocer in St. John's Street in Perth which was one of three high-class grocers in Perth. However, one night I came home from work and my Dad told me Mr. Donald MacKay wanted to see me. He was the Superintendent of the Sunday School in The West Church in Perth (now St. Matthew's) where I attended Sunday School, the Lifeboys and the Boys Brigade and he had arranged an interview with James Scott & Co. Electricians. So I became an electrician! I worked there for 9 years, travelling frequently to the islands on the West coast, installing generators for power supplies to homes and factories. I then left Scott's to start work in the NHS. I achieved more certificates, gained several promotions and ended up as Maintenance Manager for Primary Care in Tayside.

I met Ina, my wife-to-be, in Glasgow and we were married in the Gairbraid Parish Church in Maryhill. We have been blessed with three children and six grandchildren.

A Note on my name: - My surname is only four generations old. My great-grandfather's surname was called Bjanes (pronounced Bee-yoan-ess), How this came about was: In Norway if a couple lived in the home district of the male on the island (as was usual) the male would take the surname of that district.

However, if they moved to the wife's home district, they would take the surname of that district. So - my great-grandfather, Bjanes, married my great-grandmother, Soreide. They went to live with her family and so adopted the surname Soreide.

Editor's Note : For those who are interested in learning more about the "Shetland Bus", it features in Ann Cleaves Shetland book "Red Bones".

A few more 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.

Bolting in Vegetable plants.

At this time of year when the temperatures are warm and we have lots of day light you have to be very careful that your veg doesn't bolt otherwise all the hard work that you've done will be for nothing!

Bolting occurs when crops put on a vertical growth spurt and try to flower and set seed before the vegetables are ready for harvest. If your veg bolts, it generally results in inedible, bitter tasting leaves or poor-quality produce with little that can be salvaged.

Most things we put in the ground will flower at some point but the important thing for veg gardeners is to have a proper understanding of what you should prevent from flowering, for example, peas and beans definitely need to flower but things such as carrots, lettuce, pak choi, rocket, cabbage and kale shouldn't flower otherwise the crop is wasted.

Plants respond to longer days and warmer temperatures and this can be a signal to flower so bolting can literally happen within a couple of days. The best way to get round this with the likes of lettuce, rocket, coriander and other fast maturing veg is to sow small batches and to do it every couple of weeks. If the mature plants bolt you have a new batch of younger plants coming along to take their place. This is known as successional sowing.

Another reason why your plant might bolt is because it may have gone short of water or been under stress at some point earlier in its development. Always try to keep vegetables well-watered and growing healthily because if a plant thinks it's going to die it will try to flower.

This year the very warm, dry weather in April and May was great for us but not so good for your young vegetable plants. Many people are complaining that their beetroot has bolted, so far mine are doing ok!



WHAT ARE YOU READING?

CAROLYN BYERS writes about **THE SALT PATH** by **RAYNOR WINN**:

Regular readers of this newsletter will know that we were fortunate enough to win the recent book quiz. Our prize was a copy of *The Salt Path* by Raynor Winn. What an uplifting and inspirational read...

Ray and Moth have lost everything. Moth has been diagnosed with a terminal illness, they have lost their home and livelihood due to a bad investment, betrayed by Moth's lifelong friend. Hiding from the bailiffs in a cupboard, Ray spies a book that she read over thirty years previously and decides, in this moment, that they should just walk.....

Shortly afterwards they set off carrying their lives on their backs, often surviving on nothing but a few squares of fudge.

The power and the beauty of nature is vividly described and what could easily be a really hard going read is instead, a delight to be devoured in under twenty four hours. Well it was the weekend!



Marmalade Sale – by JANET MARTIN

A big thank you to all who bought my homemade marmalade and a special thanks to those who said 'keep the change'!

The change and donations amounted to £63, which I have passed on to John Dewar for our church funds.



WORSHIP

Rev Scott Burton, is streaming online worship at www.westkintyreandgighachurchofscotland.org

Rev Marc Bircham, our Interim Moderator is also streaming online worship. See You Tube at "Madoch Centre"

North Church Perth:

<https://www.perthnorthchurch.org.uk/sunday-live>

St.Leonards Church Perth:

<https://slitfperth.co.uk/>

Letham St.Marks:

<https://www.lethamstmarks.org.uk/>

The Moderator's Conversations "A Fair Question"

<https://www.facebook.com/churchofscotland/videos/269437690942848/>

Through the eyes of a child

Some children were asked questions about the Old and New Testaments and these were the answers. Incorrect spelling has been left in!

6. Samson slayed the philistines with the axe of the apostles.

7. Moses led the jews to the red sea where they made unleavened bread, which is bread without any ingredients.

8. The egyptians were all drowned in the dessert. Afterwards, Moses went up to mount cyanide to get the ten commandments.

9. The first commandment was when Eve told Adam to eat the apple.

10. The seventh commandment is thou shalt not admit adultery.

PKAVS have asked us to publicise the following:



I hope this email finds you well. As you will know, the Scottish Government has issued guidance that from this Friday, face coverings must be worn in shops. At PKAVS, we are looking to respond to the need for fabric face coverings by working with volunteers to make them. Many of our service users, and those who access the other charities we work with, are on tight incomes, meaning that the cost of a comfortable and reusable face mask is prohibitive. I was hoping that the local churches might be able to help us by getting the word out to their church families? We are looking for any volunteers who might be interested in helping us by making masks if we were able to provide them with fabric, elastic and a pattern.

I would be really grateful if anyone who is keen to help could leave their details on this google form and we'll get back to them within the next week or so with more details: <https://forms.gle/ryz6xLMpR23yoTDGA> Interested volunteers can call or text 07395 886672 and leave a message with their name and contact details if they do not have an email address.

Jenni Keenan

Team Leader

Minority Communities Hub

The Gateway, North Methven Street, Perth, PH1 5PP

To Contribute please contact me on FMBruce6@googlemail.com