



St. Matthew's Church Perth

e- Newsletter No. 19

Fri 31st July

Dear all

Our Kirk Session spent some time the other night discussing how and when we can re-open our Sanctuary. Part of the problem is the ever-moving goalposts and changing rules and regulations from the Government, followed by the Church of Scotland.

The Government spoke today about the “health of the Nation”- but what exactly is the health of the Nation? It's certainly not limited to physical health, as they seemed to be implying. It also encompasses our mental and spiritual health- and these are what I think have been overlooked.

Because of the “lockdown” and isolation and lack of services and, dare I say it, closure of churches, the numbers of those with mental health problems and committing suicide are increasing. But we don't see these numbers broadcast daily in our papers or on our TVs. When are these numbers factored into the “health of the nation” equation?

Jean Young in her Wednesday Meditation asked “What is the purpose of church?” and “How do we bring about the Kingdom?” She suggested that it is now that we should take the time to reflect on what our church should look like when we return to it.

I ask:

How will we respond to the vast need out there- and only increased by the number of people who will have lost their livelihoods and hope for the future?

How do we welcome people, whilst at the same time trying to meet all hygiene requirements? How do we welcome people- but with a smile hidden by a mask and no hug?

How will our seating arrangements meet the 2-metre rule but at the same time not further isolate those who are alone?

Will there be music and reflection?

Will there be a café church format and teas and coffees which we have so enjoyed as part of our fellowship at St Matthew's?

My thought is that it is now that we each need to take responsibility and carry out our own personal Risk Assessments based on our age, health, fitness and personality – and step forward into or back from society according to the result.

BUT at all times we need to look to Jesus as our Guide. As oft -quoted from the Bible

“Do not be afraid. I am with you...”

Fiona Bruce, Session Clerk

FMBruce6@googlemail.com

Editors note: These are my own ,personal views and not necessarily those of Kirk Session.

I am happy to receive any contributions on this topic!

PRAYER from Jean Young

Lord God,

You are the Word behind all words, the calm at the core of the storm, the energy that sustains creation.

You are present in the pain behind the tears, the laughter in the eyes, the yearning of the heart.

All these you share, yet your gift is so much more.

So open us up, Lord,

We whose lives are locked, whose thoughts are well rehearsed, whose prayer is predictable.

Open us up to depths we have not explored, truths we have avoided, paths we have not followed, beauty we have yet to admire.

And open us up to Jesus, in whom all things are held together for God and for our good.

Amen

COFFEE AND CHAT on Zoom

On Mondays at 11am – 11.45am

Meeting ID: 832 2701 1231

No password this week

MEDITATIONS on Zoom

On Wednesdays at 9am

Meeting ID: 868 4937 0304

No Password this week

St. Matthew's Church



We want your memories!

In anticipation of next year's 150th anniversary of the building we now know as St Matthew's Church, some of us are delving back into its history. We actually already have quite a lot about the building and dedication of the church in 1871, when it was the Free West Church. However, in 1965, four Perth congregations - the Middle, West, Bridgend and Wilson Churches - came together to form St Matthew's Church, with the West Church building being chosen as the place of worship. We know there are members of the present congregation who were around at that time, and we would love to hear your memories. Which families, for example, belonged to which church? What was St Matthew's like in the 70s, 80s, 90s, etc? Do you have any programmes, photos, or memorabilia of events which happened either before or after 1965?

Thanks to those who have already been in touch with memories and material.. We are not sure yet what we will do with all the information we gather, but be assured it will make interesting reading. Please get in touch with our magazine editor Marjorie Clark (marjorie.clark@btinternet.com, or phone 01738 637017) if you have anything to share.

From Moira Bate:

An old Chinese proverb, if practised each day,
Could change the whole world in a wonderful
way.

Its truth is so simple, it's so easy to do
And if practised each day becomes easier too.
You can't do a kindness without a reward.
Not in silver or gold, but in joy from the Lord.
You can't give a rose, all fragrant with dew,
Without some of its fragrance remaining with you.
You can't shine a candle to show others the way
Without feeling the warmth of that bright little ray

THE UNEXPECTED NO.1

OLLIE WALE, a former member of our Junior Church and JAM, recounts part of his story:

As part of the duo "The Shrugs" St Johnstone supporters will recall that Ollie recorded the song "Fair Maid" for St Johnstone ahead of their winning performance in the 2014 Scottish Cup Final.



During his final year at the University of Dundee (where he was studying English and Creative Writing), Ollie found himself struggling with his mental health. When 'Fair Maid' was released, he admits that he became fixated on the handful of negative comments rather than the mainly positive feedback

After University Ollie moved home to live with his parents, Lesley and Terry, and he received some therapy for depression then. Ollie then decided to move to London in 2017 where he found work as an O2 projectionist whilst still pursuing his first love of music.

Thankfully the change in location coincided with an upturn in Ollie's mental health and his recently-released debut album "Grey Hairs and Black Dogs" charts his journey from those dark days to where he finds himself now.

Ollie's album is available to download from iTunes, Amazon and Band Camp and you can also stream it on Spotify. Ollie is donating 20% of sales to The Samaritans.

<https://olliewale.bandcamp.com/album/grey-hairs-and-black-dogs>

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.

HARVESTING

Mid to late July is the start of the bumper harvesting season so we should be expecting to reap the rewards of labours about now. I often get asked about how we know when crops are ready.

Things such as early varieties of potatoes will be ready now but your main crop potatoes still have a couple of months of growing to do. One of



the signs for your potatoes is to check that the plants have flowered and this is generally time to start lifting. For the earlies, just dig a fork in gently at the end of a row or in the pot and pull up a couple to see how they're doing. If they are around golf ball size or bigger then they're good to come out but if they're the size of a marble, leave them in for another couple of weeks.

Carrots and beetroot are slightly easier to check as you can put your fingers into the ground to feel the collar and if they feel quite wide then pull one out to check. If they're still looking a bit small leave them to grow for a few more weeks and keep them well watered. It depends on when you sowed the crop too. You can leave carrots in the ground for a while but I prefer to pick them young as they are much sweeter.

One of the issues with some root crops, especially potatoes is that if you leave them in the ground too long they will get attacked by slugs, this can also be aggravated by how wet the season has been. Bumper slug year this year!

If any veg like pak-choi, radish or lettuce start to flower get them picked too as once they bolt they taste bitter.

With things such as peas, beans, courgettes and radishes it's much easier to tell if they are ready as you can physically see them. As soon as beans and peas are ready start to harvest them almost daily as this helps to keep the plants cropping for longer and avoids the veg becoming tough and stringy. If in doubt I would suggest harvest things small.



The Beavers, Cubs and Scouts have still been Scouting during the lockdown. They have had den building challenges, a Great Easter Bake Off, a photo challenge and 2 virtual group camps. They've also had the opportunity to join other virtual camps and join in with the great activities The Scout Association has been putting online. The members have packed for camp, planned their campsite, camped in their gardens and houses, prepared meals, lit fires, created flagpoles and zip wires, hiked and created video clips for our group video which were shared on the group's Facebook, Twitter and Instagram pages. When they closed the Beavers and Cubs were all sent sunflower seeds to grow whilst we couldn't meet and they have been sharing photos as these grow and flower. All of these activities have counted towards badge work and they have been able to send in their evidence for this online. There's even been a couple of Zoom meetings.

The Group now have permission to return to face to face Scouting and outdoor meetings will start soon in line within current guidance.

There are spaces in Beavers, Cubs and Scouts with no waiting list at present so if you know a young person who might be interested please email Perth22ndGSL@outlook.com for further details.

Sarah Ruse
Group Scout Leader
22nd Perthshire (St Matthew's) Scout Group

The other tale of 'The Unexpected' this week comes from Irene Taylor from Aberdeen who took part in our zoom Coffee and Chat on Monday. Irene is a sprightly 92 year old who has been staying with her daughter in Huntingtower during lockdown. On previous visits to Perth with Linda and Ian, they have all come to coffee mornings at St Matthew's and Irene is an avid reader of our Inspire magazine and weekly newsletter.

The Unexpected No 2

One day in the 1960s I was walking past an Italian restaurant when I spotted a vacancy for a p/t assistant. I enquired about the post and was given a 2 day trial. Before I knew it, I

found myself being taught how to make up exotic desserts such as Knickerbocker Glory, Banana Split, Peach Melba and a variety of others, including my favourite which is Walnut, Ice cream & Maple Syrup Sundae. In those days there only seemed to be white or pink ice-cream available. However, being Italian made (to a secret recipe) it was top quality and delicious and certainly the best in town.



It was a very busy establishment and each day I made up hundreds of cones, wafers etc. for the multitudes of excited children en-route home from school. I had to learn the job on the hoof as not only did we serve ice-cream but there were regular customers for their coffees, young courting couples (trying to impress!) workmen for their sandwiches, hamburger and hot dog snackers and of course not forgetting the much sought after ice-cream cakes which renowned

throughout Aberdeen and were specially ordered for Christmas.

The Italian couple I worked for treated me like family and as well as working hard we had lots of fun and laughs together. I went into the Holburn Café for two days and unexpectedly ended up staying 25 very happy years. I still love ice-cream and continue to be a dab hand at rustling up any ice-cream dish you desire. Naturally the ability to produce a Knickerbocker Glory has always stood me in good stead with my grandchildren and all the other young ones!

THANKS FROM THE CHRISTIAN AID WEEK COORDINATOR

I just wanted to drop you a note to say an extra special thank you. Back in May, when you set up your e-envelope for Christian Aid Week, you were part of something really special. Together, the e-envelopes raised over £200,000 which will help reach many more people like Imote in Nigeria.

Your e-envelope raised £80. Thank you so much. Please also pass on our thanks to your family friends, church and community who have made a difference to some of the world's poorest communities this Christian Aid Week.

Flowers and Plants Quiz

These are the last 4 questions :
Name the flowers or plants found in:
10. Kings - name 1
11. Matthew - name 2
12. Psalms - name 1
13. Job - name 1

Please gather all 13 answers together and either e-mail them to me at:
FMBruce6@googlemail.com
or post to:

Fiona Bruce

6 Kincarrathie Crescent

Perth PH2 7HH

by Sunday 9 August at the latest.

I will draw the lucky winner from the correct entries. Good Luck!



NOTICES

Congratulations!

CRAIG DOBNEY, who is an Elder and worshiped here at St. Matthew's for several years with his wife Donna, has successfully passed his Ministry Probationary period. Hopefully more news on this next week!

MANSE UPDATE

I am delighted to report that we have received a very acceptable offer and will now proceed with "the legalities" and towards a binding contract of sale. I am glad to have finished with "viewings"! Our thanks go to :
Janet Martin and Frances Turnbull,
Tom Morrison, Mark Crichton and Eric Duff
who all contributed greatly to the marketability of the property.

Look to this day,
For it is life,
The very life of life.
In its brief course lie all
The realities and verities of existence,
The bliss of growth,
The splendour of action,
The glory of power –
For yesterday is already a dream,
And tomorrow is only a vision.
But today, well lived,
Makes every yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day.

Ancient Sanskrit proverb



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/>

To Contribute please contact me on FMBruce6@googlemail.com