



St. Matthew's Church

Perth

e- Newsletter No. 17

Fri 17th July

Dear all

Receipt of an invitation from Perth Quakers to join them at 2 events to mark the 75th Anniversary of the dropping of the first atomic bomb on Hiroshima on 6 August 1945 (see the invitation later in the Newsletter) prompted me to find out more about the Peace Pole which is mentioned.

The Peace Pole Project says that "A Peace Pole is a hand-crafted monument that displays the message and prayer "May Peace Prevail On Earth" on each of its 4 or 6 sides, usually in different languages.

There are tens of thousands of Peace Poles in 180 countries all over the world dedicated as monuments to peace. They serve as constant reminders for us to visualise and pray for world peace."

In fact, Perth hosts 2 Peace Poles- one is outside St Ninian's Episcopal Cathedral and the other is in the gardens outside the Rodney Pavilion. This latter one was erected by Perth Buddhists to mark a visit by the Dalai Lama to Scotland.

Lorna Morrison in her Mediation on Wednesday read from Philipians ch 4 vs 6-9, a short passage which mentions "Peace" twice and is very apt for today's climate of fear:

"Do not be anxious about anything, but in every situation by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus..."

Lorna also reminded us of The Scottish Bible Society App, Bible 2020, (mentioned in our Newsletter of 15th May), which can be downloaded onto a phone or tablet and can usefully prompt us to read a Bible passage daily.

As Stephen Opie from the New Zealand Bible Society stated:

"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."

Lorna gave us this Celtic Blessing composed by an Irish priest, Father John O'Donohue:

CELTIC BLESSING

May the nourishment of the earth be yours,
May the clarity of light be yours,
May the fluency of the oceans be yours,
May the protection of the ancestors be yours.
And so may a slow wind work these words
Of love around you,
An invisible cloak to mind your life.

Fiona Bruce, Session Clerk

FMBruce6@googlemail.com

A prayer from Andrew

Dear Lord Jesus
In this time of lockdown I know it has been
a struggle for the people and in their countries
at the moment.
But please Lord please let us feel
your presence now when coronavirus cases
and help other people and our community
to start getting life back on track when we left
of.
Please hope for our businesses and churches to
come back to normal again. We have a little
help that you can give us. Lord for our
hometown, livelhoods, churches, businesses, communities
and EComanies sake.
In our holy Lord's name
Amen.

COFFEE AND CHAT on Zoom

On Mondays at 11am – 11.45am

Meeting ID: 826 9139 9630 Password: 787146

MEDITATIONS on Zoom

On Wednesdays at 9am

Meeting ID: 880 6068 8261 Password: 271684

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.

Deadheading

Nothing is more rewarding than watching your garden come to life with beautiful blooms and at this time of year, deadheading your plants is a really important process as it will allow the plant to continue flowering and prevent it from going to seed.

Deadheading is simply the name for removing flowers as they finish to encourage the plant to keep producing more. As you remove the spent flower it encourages the plant to put all its energy into producing more flowers instead of setting seed.

Almost all bedding plants benefit from deadheading, especially the larger flowered ones like marigolds, begonias, petunias, pansies and geraniums. They will last all summer if they are deadheaded. If you only do a few plants make sure you do the bedding plants. It's well worth it!

There are times when you may not want to deadhead. For example, if you do want to get seeds from a plant then don't remove the flowers. The flower will then fade and as the petals fall off the seed capsule will form. This is often the case with poppies and aquilegia. Also, some plants have attractive seed heads like teasel or red hips on certain shrub roses.

The process of deadheading plants is really simple, all you need to do is remove the flower stem below the drooping flower and repeat the process until all that is left are new buds or fresh flowers. Most flowers will just snap off but if it is a thick, woody stem it is worth using secateurs to avoid damaging the stems.

Some of the most common herbaceous plants that will need deadheaded in order to give you a second bloom are bleeding heart, Phlox, Delphinium, Lupin, Salvia, shasta daisy and coneflower.

As soon as you have finished deadheading a new flush of flowers will follow. It's one of my favourite jobs in the garden and I find it quite relaxing. Try to do it every few days to keep the blooms looking fresh.

Manse Update

As many of you will know, the Manse is now "on the market" and I have the first viewing this weekend!

Thanks to Frances Turnbull and Janet Martin who did a power of work this week to clean it and bring it up to a marketable standard.

Sanctuary Update.

Following our recent Kirk Session, a small group of Elders (Tom, Joyce, Mark and Fiona) have been tasked with looking at how we can reopen St. Matthew's Church.

As you know Government and CofS Guidelines are changing constantly!

As requested by Presbytery we have completed a Covid 19 Risk Assessment and Check List and at the next Kirk Session on 29th July hope to progress matters further.



THE UNEXPECTED

This is a column when different members of the congregation will tell us something unexpected about themselves. This week one of our longest-serving Elders, SHEENA BEANGE, tells us part of her story:

My family and I came to live in Perth in 1972 and like most people new to an area went the round of the churches. We found that St Matthew's was the most welcoming and also had organisations which Gordon and I could join as well as Cubs and Brownies for David and Gillian who were then 8 and 6.

I worked for 30 years with Macmillan Cancer Support first as a volunteer at the new Day Hospice in Isla Road. I remember going there before it was fitted out and with Groups of Volunteers visited other Hospices in Scotland to see what would be expected of us as Volunteers. I must say that Joan, the first Sister in charge, had a difficult task persuading Doctors to refer their patients to come as some people said it was for "the terminally ill" and it was not. It was there to give a day out for people suffering from Cancer and this meant a day for their family to go to the hairdresser, have a round of golf etc. We had approximately 200 Volunteers and took 15 patients each day who were collected from their home at 9.30am and taken back to their door about 4pm. One lady driver had an open top car and used to take her patient on a tour of Perth if the weather was good. Most patients only attended on one day and as some drivers could only help morning or afternoon hence the need for so many volunteers plus those who assisted in the Hospice. During the day the patients did exercises with the Physio, Craft with the OT, baked for the afternoon cuppa, planted out pots with all sorts of flowers. We had a Chaplain who took a service once a week but also Tony a retired Methodist Minister who took services. The Hairdresser also came and the ladies got their nails done. We had a Library which AK Bell Staff kept well stocked. Handling and lifting classes were organised for the Volunteers to get patients in and out of cars safely and we organised a Listening Course with Dundee University for about 8 volunteers.

After two years Gannochy Trust asked the Support Group if they could use the building at Quarrymill which they had built. The kitchen then was just a small galley kitchen managed by Ian Mackinnon.

Running the Coffee Shop meant recruiting another 200 Volunteers although some did do both jobs. In 1989 I took over as Volunteer Coordinator of all 400 of these lovely people and Gordon was Treasurer for the Coffee Shop. From the first small galley kitchen it has twice been extended and is now a well-equipped kitchen -all stainless steel. Many friendships have been formed over the years between the volunteers and it is still very popular for both locals and visitors alike. We always had our regular "Deeside Visitors" who stopped off on their way North and again as they made their way home. The funds from the Coffee Shop went to the Macmillan House Support Group (now Cornhill) and provided all the extras like hairdressing, outings in the summer to a hotel for lunch, flowers, drivers expenses and the Co-ordinator's salary. I eventually retired in 2000 being wheeled along Isla Road in a wheel chair decorated with balloons. That did not end my involvement with Macmillan however as I then joined the local Fund Raising Group and became Chairman. Again, it meant raising Funds by running a Charity Shop each year (hard work but great fun) and rattling a can in the street for funds as well as selling Christmas Cards in the Library - in October our house used to have £5000 worth of Christmas Cards delivered.

The Church and Guild have been an important part of my life in Perth and I have made many friends through them.

HAPPY BIRTHDAY

Belated Happy Birthday Congratulations to **Doris Robertson** who was 94 on 13th July 2020.

Congratulations to grandparents, **Frances and Andy Turnbull** on the birth of their **new granddaughter**, Maisie Luna MacArthur born on 9th July.



WHAT ARE YOU READING?

MARJORIE CLARK, a member of St. Matthew's Book Group, writes about "On this day in History" by Dan Snow.



One of the advantages of Lockdown has been the opportunities it has given me to read some of the books I received as Christmas presents. One such book which I have found utterly fascinating is called "On this day in History" by Dan Snow. For each day of the year, it describes an event which happened, somewhere in the world in the past on that very day. Spanning 3000 years, it covers all continents and centuries, kings and commoners, artists, adventurers and inventors, and many events of which I had never heard. So, for example, who knew that on 23rd January 1556, the world's worst natural disaster happened in China when an earthquake killed 1 million people, or that the shortest war in history happened on 26th August 1896, between Great Britain and Zanzibar – it lasted all of 40 minutes from 9 – 9.40 a.m.! 12th March 1881 saw the first black football player to play in and captain an international football team – Scotland – and they won 6 – 1. And 4th September 1998 saw the birth of Google – (I frequently found myself 'googling' to find out more about the people or events in this book.) And for this weekend? The Rosetta Stone was discovered in Egypt on 19th July 1799, which enabled the deciphering of Egyptian hieroglyphics.

This is a paperback book, and each entry covers no more than one page, so it is an easy read, and ideal for picking up for a short time. It is full of fascinating information, a gift to anyone who does quizzes, (but the information is easily forgettable too!) The Sunday Times described this book as 'eclectic and eye-opening' and I couldn't agree more! A great read.

St. Matthew's Cookery Book of 1981

Recently I came across a cookery book which was produced in St Matthew's around the early 1980s as a fund raiser. This may bring back memories to some of our long-term members who possibly gathered the recipes from members of the congregation. I found some familiar and some not so familiar recipes. I was particularly intrigued by one that involved a banana, some slices of cooked ham, mustard and cheese sauce!

I thought I'd share these two 'Biblical' recipes with you. Although I am working on the good complexion one (long term project in my case!), I haven't yet tried the Biblical cake, so will be pleased to hear how it tastes from anyone who has made it.

Janet Martin

Bible Cake Recipe

This recipe is made from 12 items, taken from various books in the Bible.



- 1) ½ lb of Judges (Butter) Chapter 5 v25
- 2) ½ lb of Jeremiah (Sugar) Chapter 6 v20
- 3) 1 dtspn 1st Samuel (Honey) Chapter 14 v25
- 4) 3 of Jeremiah (Eggs) Chapter 17 v11
- 5) ½ lb Nahum (Figs) Chapter 3 v 12
- 6) ½ lb 1st Samuel (Raisins) Chapter 30 v 12
- 7) 2 ozs Numbers (Almonds) Chapter 17 v 8
- 8) 1 lb 1st Kings (Flour) Chapter 4 v12
- 9) Season to taste with 2nd Chronicles (Mixed Spice) Chapter 9 v 9
- 10) 1 pinch of Leviticus (Salt) Chapter 2 v13
- 11) 1 tsp Amos (Baking Powder) Chapter 4 v 5
- 12) 3 tsp Judges (Water) Chapter 4 v 19

Method

Beat 1,2 and 3 to a cream

Add 4 one at a time, alternating with 8,9,10 and 11 (having previously mixed together) and beat well.

Add 5,6 and 7 (chopped and blanched) and lastly add 12.

Bake in a moderate oven for about 2 hours in a large well-greased and lined cake tin.

Recipe For a Good Complexion

For the Lips.....Truth
 For the Voice.....Prayer
 For the Eyes.....Pity
 For the Hands.....Charity
 For the Figure.....Uprightness
 For the Heart.....Love
Source Unknown



FILM QUIZ

Thanks to all who sent in answers for the Film Quiz.

Dorothy Borrie is the winner – with only 1 wrong answer! I think her love of cryptic crosswords has stood her in good stead as my husband

also enjoys these. Her she is holding her prize – a book about films!

To put you out of your misery here are the answers:

1. Wordsworth and Keats have passed away in the club - **Dead Poet's Society**
2. A soft, shapeless mess of a story - **Pulp Fiction**
3. Are they guilty? They more often are! - **The Usual Suspects**
4. The small sheep will be quiet - **Silence of the Lambs**
5. A white house in Africa - **Casablanca**
6. Big birds take a chance - **Where Eagles Dare**
7. Performing an aria whilst it precipitates - **Singin' in the Rain**
8. Robinson Crusoe? With a volleyball - **Castaway**
9. Satan is well-dressed - **The Devil Wears Prada**
10. It's warm after dark - **In the Heat of the Night**
11. The opposite of many bad women - **A Few Good Men**
12. Eating utensils are not in - **Knives out**
13. Conjecture about the person who is arriving for an evening meal- **Guess Who's Coming to Dinner?**
14. My Italian mother - **Mamma Mia**

15. A number of marriage ceremonies and a burial - **4 Weddings and a Funeral**
16. The Bard has a crush - **Shakespeare in Love**
17. A very angry male cow - **Raging Bull**
18. Scrawling on walls in the US - **American Graffiti**
19. Clint Eastwood's character could do with a wash - **Dirty Harry**
20. Early meal at the jewellers - **Breakfast at Tiffany's**
21. The Jets and the Sharks slug it out - **West Side Story**
22. Icy-fingered apostle - **Cool Hand Luke**
23. Italian get-away - **Roman Holiday**
24. Ruler of the big cats - **Lion King**
25. Very hot horse gear - **Blazing Saddles**

South Perth Community

FOOD SHARE



Come and help reduce food waste
 Free and very low cost food & other items

Opens Monday 20 July

Moncreiffe Community Hall

Mondays 11.00am -1.30pm
 Thursdays 11.00am -1.30pm
 Saturdays 11.00am - 1.30pm

Supported by Letham4All

Liz Barrett has advised us that the above 4 week pilot for a new community food share for South Perth is starting on Monday 20th July to also help people who might have difficulty getting into town for help. Please could folk in Moncreiffe, Friarton and Craigie come and try it out in the next few weeks?

And please contact Liz Barrett on 571527/
liz@kildonan.co.uk if you would like to find out more, volunteer for a session, donate food or produce, or a display fridge (for chilled meals), or buy a facemask (£10) in aid of the project.

St Matthew's Benevolent Fund

The recent pandemic and lockdown has affected people in different ways, some very negatively, where livelihoods have been put on hold, and income has diminished or stopped while bills continue to come in. Please be aware that St Matthew's has a Benevolent Fund which can offer help in such circumstances. To find out more, please contact Alastair Byers (alastair.byers1@btinternet.com, tel. 01738 553835 - or write to him c/o St Matthew's Church, Tay Street, Perth PH1 5LQ). All approaches will be dealt with in the strictest confidence.

Flowers and Plants Quiz

As I know many of you enjoy a Quiz here is the second part, courtesy of Sheena Beange. (last week this was incorrectly attributed to Maureen Pearson, sorry)

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:

- 4 Exodus – name 2
- 5 Song of Solomon – name 5
- 6 Isaiah – name 1



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/>



Hiroshima Day: 6 August



To mark the 75th anniversary of the dropping of the first atomic bomb on Hiroshima on 6 August 1945, Perth Quaker Meeting invites you to join us for a vigil in Perth High Street and an informal event at the Peace Pole in Rodney Gardens

When: Thursday 6 August 2020. 11.00 - 13.00

Where: At the junction of High Street and King Edward Street

We will have a banner and posters, and will be physically distanced in accordance with current guidelines. Everyone is welcome to join us for all or part of the time.

Informal social event: At 14.00, we will hold a witness for peace and social gathering by the Peace Pole in Rodney Gardens, for around an hour. All are welcome to join us. Bring along a poem, song or similar to share - and a seat if you need one.

For further information contact:

perthquakers@gmail.com or 01738 560250



May peace prevail on earth



Church Walk

The walking group is going to try a socially distanced walk on Saturday 1st August. This will be a walk of around 5 miles at Dunning. More detail next week.

To Contribute please contact me on FMBruce6@googlemail.com

