



St Matthews News

No. 100

June 2026

Rev Fiona reflects

Friends, I've found myself thinking about the rhythms of life lately. Cue song: "The rhythm of life is a powerful beat, puts a tingle in your fingers and a tingle in your feet" (from the musical *Sweet Charity*). I have to say that I love a good rhythm – something that makes me want to clap my hands or tap my feet. We hear these rhythms all around us: the rattaty-tat of a train pulling away from the station; the scurrying feet of a squirrel along the top of the fence; the drilling noise of a woodpecker on a tree; or a hymn enthusiastically played by Michael. It's good to notice the rhythms that surround us. Our lives dance to various rhythms at different times of the year and different stages in life.

When we move into the summer months, the rhythm of life at the Manse changes. It's been that way since Calum was born. It doesn't matter that we have blackout curtains: somehow Calum knows in his core that it is still light outside at night-time and light earlier in the morning too. His natural body clock wants to stay up later and get up earlier – which is no good for Mum and Dad! Perhaps you've noticed a change in the length of your days too.

We're about to have another change to our daily rhythm, as work begins to improve various parts of the Manse. Over the next few weeks, extensive work is planned to take place and, with tradespeople on site each day, we'll have to adapt our usual living and working patterns. It's a thought because we're quite attached to our habits and routines. Before the work has even begun, I find myself looking forward to getting back to normal afterwards. However, this break in routine could offer us as a family an opportunity to set the rhythm of life anew.

I think we sometimes fall into patterns of living without necessarily intending it to be so. Mealtimes, regular appointments, lessons or classes, TV programmes we enjoy watching, even Sunday worship all combine to create a rhythm of life. But I wonder how often we stop to question the rhythm of our lives and review whether it is the way we wish it to be. A rhythm can be set rather than simply noticed.

A few weeks ago, I urged the congregation to 'practise the pause' – something which had arisen from a contribution made at Faith Natters. In this busy life that can at times pull us in all directions, how often do we pause? A pause can help us to gain perspective. A pause can help us to breathe amid overwhelm. A pause can assist us to work out our next steps. A pause can be a prayer or a chance to listen for God's leading. Or it can simply be a moment of precious nothing in a world filled with noise. I wonder if this is what we forget to incorporate into the rhythm of our lives.

The most powerful symphonies use rests to great effect – a crescendo followed by a silence can be an emotional triumph. The best speeches balance words and pauses. In life, we ought to strive to achieve balance between many things and this is what creates the rhythm of life: the ups and downs; the action and the rest; the have-tos and the want-tos. But what if we were to be more intentional about it? We could choose the right pace and monitor the cadence. We could take quiet time to be fully present with God. We could pause and take our emotional, physical and psychological 'temperature', asking of ourselves how we might need to adapt our life rhythm. We could select a beat that makes us want to clap our hands or tap our feet in joy. Friends, the rhythm of life is a powerful beat – may you revel in the music, enjoy the tempo and appreciate your dance-partner Lord.

With extravagant love and wild blessings, Your Minister, Fiona

Sunday Morning Rotas for May

June	Welcome	Beadle	Readers	Tea / Coffee	AV Desk
7th	Perth City John Dewar	Malcolm Thom	Fiona Bruce	Joyce Thom	John Paton Gillian Heath
14th	Perth South Malcom Thom	Raymond Young	Raymond Young	Wendy Burnett	Raymond Young Nicola Macnee
21st	Oakbank Donald Stewart	Tom Morrison	Ann Attridge	Frances Turnbull	TBA Peter Barrett
28th	Boroughmuir Isobel Sinclair	Bill Chalmers	Charlotte Hay	Marjorie Clark	Andrew Davies Alastair Byers

Flower Delivery Rota: June 7th Marjorie Clark, 14th Alison Sweeney, 21st Lesley Mackie, 28th Janet Martin

Charity Stamps

Through the World Mission Council, the Church of Scotland has over many years raised a substantial sum of money for projects from Partner Churches around the world. In a large part this has been thanks to the diligence of one individual who has gathered in all the stamps and found places to sell them.

However Keith Scott has decided to call it a day, and indeed the value of used stamps has dropped dramatically. This means that we will no longer be collecting your used stamps at St Matthews unless anyone knows of another way to raise money from these stamps. The stamp box will be removed, and I will try to find a home for the remaining stamps. Lorna Morrison



NOTICE: All Room Bookings to be made through the office

To ensure everyone's safety, efficient heating management, and to avoid booking overlaps, all room reservations must be made through the office.

This process will help :

- Keep track of who is using each space for safety purposes.
- Manage heating and lighting efficiently.
- Prevent double-bookings or schedule clashes.
- Ensure security of the building.

Beverly Skene Facilities & Outreach Manager

Save the Dates! Coming up in July.....Chris and Chrissie Dobbs will be much involved in the Open



Gardens weekend at their home at Bonhard House on 11th and 12th July. Many of us have very happy memories of previous Bonhard House's Open Gardens weekends, and once again, we at St Matthew's are being offered the opportunity to organise the refreshments for the visitors that weekend. That means we will be looking for volunteers, both to offer to provide some baking, and to serve in the refreshment tent. So please - put the dates in your diary now and listen out for more info in the weeks to come.

Boys' Breakfast Blether meets on the 2nd Wednesday of each month at 10 a.m. in Wetherspoons next door to the church – all (boys) welcome. Next Blether is 10th June.

Janet's Jottings

A book to suit

"People who don't read, only lead one life" stated the author Ian Rankin. I read this in a newspaper article where he of course, was advocating reading books and the positive effects reading has on one's life. I have always been an avid book reader. I love the feeling of opening a new book and escaping into someone else's life adventures or learning new things. I once told a friend that I would have loved to have been a librarian or worked in a bookshop, when she asked why I didn't pursue that career, I replied that I probably would have been sacked pretty quickly for spending too much time reading the books!



Reading has many proven benefits in that it improves one's vocabulary, spelling and writing skills, but it has also been shown to reduce stress, improve memory, aid sleep and help to develop imagination, amongst several other positive benefits. In my case, I just love reading as it can take me off into another land. It might be a good novel, where I am transported into the mind and lifestyle of an intriguing tale, or a travel book that takes me to exotic countries I long to visit. I often enjoy biographies and unearthing things I never knew about folks in the public eye. A poetry book is always a pleasure, as it calms and nurtures my soul, or gives me food for thought.

The Bible has all the above effects on me. I must admit, that I am not always a regular reader of my Bible. It goes in phases, when I find myself following a daily reading plan for a while and then that slips. Or I will get into a particular story in the Bible and will read it until the end. I frequently will just pick up my Bible and open it and see what page I have landed on and see if it gives me a message for the day - I have never quite managed the art of being more disciplined in my Bible reading.

The Bible is full of adventures, that can take us out of our own life, enhance our imagination and learn from their experiences. Through the Bible, God provides daily wisdom for decision-making, anchors our faith and fosters a deeper relationship with Him. Additionally, it can provide emotional resilience, offering us comfort and peace in times of despair. Think back to the words of Ian Rankin; let's not be stuck just in our own lives. The Bible can help us reach into the world of many others existing not only in its pages but also encourage us into the lives of others we interact with every day. If like me, you haven't read your Bible regularly, open it up and see if it might fuel your imagination and whose life it might lead you into. Janet Martin

Andrew's Prayer

Dear God
Thank you for our seasons
We are enjoying the summer sun.
It is beautiful to see the flowers
in their lovely colours,
we love our walks and chats with
our church friends on the church
walks. Thank you
Amen

WALKING GROUP



MAY WALK:

The walk in May was led by Jean Young and was a lovely 4-mile "lollipop" walk in the Fowlis Wester area around Loch Meallbrodden and was completed in dry weather which is always a bonus!

The next church walk takes place on Saturday 6 June and is the "5 lochs walk" near Blairgowrie, incorporating a beautiful bluebell walk. It's around 7 miles long but very flat throughout. Please bring snacks and drinks and we'll go for lunch to the "Wee Coffee Shop" in Blairgowrie afterwards.

We'll meet as usual at Broxden beside the electric chargers at 9.30am.

If you are interested in joining us for the walk/ lunch, please let me know. All are welcome!

Fiona Bruce FMBruce6@googlemail.com

Gleanings from the Kirk Session

- Moira Adam and Dinah MacAleese have indicated their wish to step down from being active elders. We thank them for the great contribution they have both made to St Matthew's over many years, in so many capacities, and wish them both a very happy retirement from the Kirk Session. They are not going away, though - both have said they will still be around the church, as members of the congregation!
- Our Property Convener, Malcolm Thom, has embarked on a programme of clearing up the different corners of the church - it is amazing just how much 'stuff' is accumulated and stored in hidden spaces (like up in the Gallery.) Along with the clearing comes the cleaning, and we thank everyone who helps in keeping our building safe and hygienic.
- We are getting closer to installing a defibrillator in the church - thanks to the Scouts and Guides whose initiative this is, and who have raised almost £1000; a further anonymous donation has also been received towards the cost. We are currently exploring the practicalities of where to instal the defib, and we'll be looking at organising a training session in its use.
- We hope once again to have our church building open on weekdays for visitors during the summer months of July and August. There is a notice in the foyer for folk to sign up, if you feel you can offer a couple of hours of your time (from 11- 1 and 1 -3p.m.) to offer a welcome to visitors. In previous years, volunteers have said how much they have enjoyed meeting visitors from all over the world, as they show an interest in our open building.
- We are delighted also that Andy Turnbull has again organised a series of concerts on Wednesday evenings - "Music for a Summer Evening"; there will be an eclectic mix of musical styles, which in previous years have been much enjoyed; I am sure they will be so again this summer.
- Many thanks to all who contributed to the retiring collection for Christian Aid on our May Communion Sunday - we were able to send over £500 to Christian Aid, and we thank you all for your generous support for a worthwhile cause.

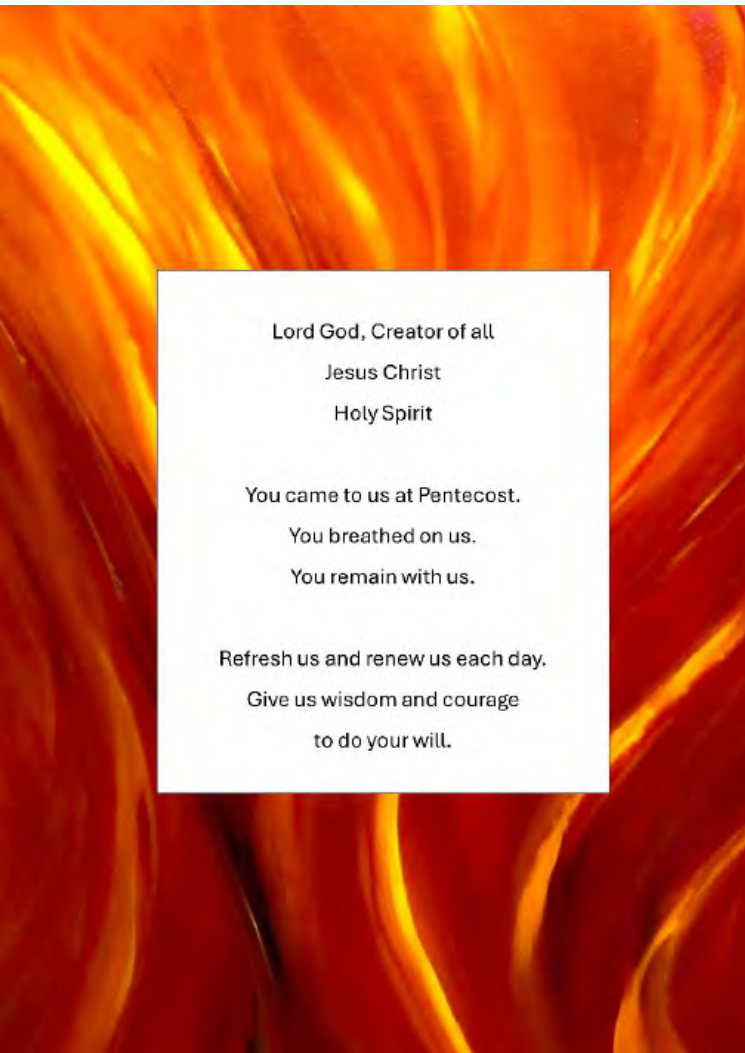
Marjorie Clark, Session Clerk

PLANT SALE

There will be a 4th annual **Plant Sale** outside St Matthew's Church on **Saturday 30 May** 10-3pm and also at the St Matthew's Summer Fair on **Saturday 20 June** 10-1pm.

All proceeds go to St Matthew's Church.

Fiona Bruce



Lord God, Creator of all
Jesus Christ
Holy Spirit

You came to us at Pentecost.
You breathed on us.
You remain with us.

Refresh us and renew us each day.
Give us wisdom and courage
to do your will.

Zoom and You Tube Links for Sunday morning services

Click the following link, and when asked, provide your name then join the meeting:

<https://us06web.zoom.us/j/82349848787...>

OR “Join a meeting” on ZOOM providing the following:
meeting id = 823 4984 8787 then provide the
password = 296100

It is also possible to join these services by phone—tel. 0131 460 1196, and when asked, key in the above meeting id, and follow the instructions.

We also have an easy-to-remember link to take you directly to the St Matthew's church YouTube home page as follows: youtube.com/@stmatthewsperth

OR youtube.com/@stmatthewsperth/streams where services can be watched at the time most convenient to yourselves.

Who’s in the pews?

Janette Taylor

Where were you born/brought up?

I was born in Edinburgh and educated at Moray House School, which attached to the Teacher Training College. Our house overlooked Holyrood Park, which was our main playground.

What is/or was your occupation?

I was a shorthand typist, first employed in a solicitor’s office, then in Civil Service in the National Savings Dept. After I got married, I helped husband in his photographic business.

What brought you to St Matthew’s?

Marriage – over 50 years ago. I then joined the young wives group and after all these years we still meet up monthly to share family news and coffee.

Are you involved in any groups/or volunteering at St Matthew’s or anywhere else?

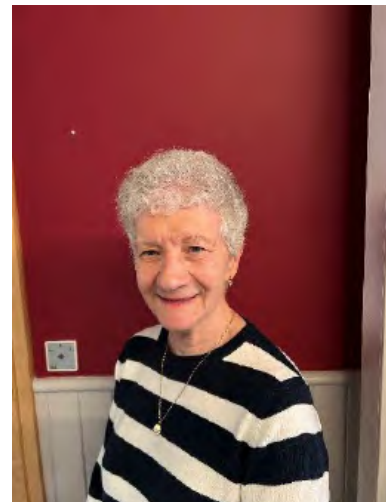
I am a host at ‘Renew 32/3’ and I am on the tea and coffee rota after the Sunday service here. I am also a member of the Faith & Worship team.

Tell us about any hobbies you enjoy?

I like to swim, read, knit and I also enjoy doing Tai Chi.

What is the most surprising thing about you that we might not yet know?

I nearly drowned as a child and was rescued from the bottom of the swimming pool. My twin sister got more of a fright and she never went back - I returned the following week!



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ST. MATTHEW'S

FREE ENTRY

Summer fair

10AM - 2PM

SATURDAY 20TH JUNE

CAKE & CANDY
BOTTLE STALL
CRAFT STALLS
RAFFLE
PLANT STALL
REFRESHMENTS
& LOTS MORE

ALL WELCOME

ST. MATTHEW'S CHURCH,
TAY STREET, PERTH. PH15LQ

ROCK CHOIR

SUMMER SONGS FOR ST. MATTHEWS

AN EVENING WITH ROCK CHOIR

Join Perth Rock Choir for a joyful summer concert supporting St Matthew's Church, with feel good favourites, a bar, raffle and a wonderful evening of music for a great cause!

12TH JUNE 2026 | 7:30PM - 9:30PM | TICKETS £12
DOORS OPEN 7:10PM

ST. MATTHEWS CHURCH, TAY STREET, PERTH

BOOK YOUR TICKETS NOW!

<https://www.tickettailor.com/events/stmatthewschurchperth>

THE YARD MARKET

Support Local - Meet Amazing Makers - Cafe & Live Music
£2 entry - Free For Under 16's

St Matthew's, Tay Street, Perth, PH1 5LQ

Saturday, 27 June 2026
11.00AM - 4.00PM

linktr.ee/theyardmarket

Celebrate 900 Years of St John's Kirk of Perth with a Special Jigsaw



Featuring a great image of the historic Kirk, this puzzle lets you piece together an important part of Perth's history.

Share with family, or as a thoughtful gift. A lovely keepsake to remember this special anniversary.

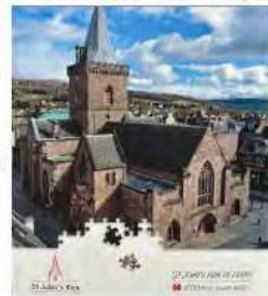
Bring St John's Kirk of Perth into your home

500
piece
£20

1000
piece
£25



Available in Church on a Sunday after the service at 11am or during the week when open for visitors
cash or card payments only



Website: <https://www.st-johns-kirk.co.uk/celebrating-900-years>

Follow us: <https://www.facebook.com/stjohnskirkperth/>

Email: rollkeeper.stjohns@gmail.com

Who's in the pews?

Dave & Maggie Roderick

Where were you born/brought up?

Maggie: born in Glasgow, moved to Troon with mum and step-dad as a teenager. Moved around a lot after that including West Midlands for 14 years.

Dave: born in Northampton in the East Midlands and lived there until I was 18.

What is/or was your occupation?

Maggie: Retired CoS minister, former Trading Standards Officer, Consumer Advisor and Careers Officer, Civil Servant. Now an Executive and Leadership coach, working with Trading Standards Apprentices in England.

Dave: I was in Trading Standards for 42 years, starting as a trainee in London in 1971. I worked for Lancashire County Council from 1988 until 2002 when I moved to Scotland. I retired in 2013 when I was the Trading Standards Manager for North Lanarkshire Council.

What brought you to St Matthew's?

Maggie: Like so many, when we moved to Perth, I thought I'd 'try out' a few Churches. Started at St Matthew's and loved it – so stayed.

Dave: See the above answer

Are you involved in any groups/or volunteering at St Matthew's or anywhere else?

Maggie: I was involved with the Pride Day in 2025 for St Matthew's and working with others to make goodies for the bags. I 'organised' the craft displays for Open Days in 2025 and some Sunday afternoon crafts. My one responsibility just now is refreshing the Prayer Table. I have occasionally provided Pulpit Supply.

I've volunteered for many organisations in the past. In July, I'm about to join a Care Home Board.

Dave: I was admitted as an Elder of St Matthews last year. I am the editor of St Matthews News and am also responsible for the Communications team.

I have been a volunteer Guard at the East Lancashire Railway at Bury in Greater Manchester for 34 years. I was also the General Secretary of the Scottish Railway Preservation Society for 10 years.

Tell us about any hobbies you enjoy?

Maggie: I enjoy drawing and various crafts. I especially love spending time with our grandson, Michael. Kids' games can be really good fun.

Dave: I have a keen interest in Railways, everything from heritage railways right up to the modern day. I am an avid reader of crime novels.

What is the most surprising thing about you that we might not yet know?

Maggie: I did some belly dancing classes in my 20s – but I was very thin then so was useless at it. 🌈

Dave: I once had to go to Fortress Wapping in East London, then News International HQ, to interview Mazher Mahmood, the former News of the World reporter (aka the *Fake Sheikh*) after he had posed as a market trader to purchase counterfeit Levi jeans from a Blackburn manufacturer.



MAKING LEMONADE

Friends of mine have a poster that says: 'When life gives you lemons - make lemonade'. My lemon came in December when what I thought was sciatica hit my left leg. Now I've had several health issues over the years, but never ever thought my legs would be a problem. I could walk for miles. After all, with the support of members of the congregation, in November I had raised £760 for Prostate Cancer Research through walking 85 miles.

And then we realised my leg was losing strength. This was more complex. Like most men I avoid going to the doctor but I decided to see him at the end of December. He quickly arranged an MRI scan for me, and the lemon turned out to be a cyst on the spine pressing on the nerves of the leg. It felt manageable for a wee while until a series of falls meant I had to borrow, with thanks, a 'Rollator' from David Sawyer. So, a period of temporary disability until the cyst was removed and recovery on crutches underway. There is a light at the end of the tunnel and my temporary disability will, I hope, be over.

However, I now see this as an interesting period for reflecting and learning. And I thought I might share a few of these reflections.

I'll start with how lucky I am with the support of family and friends, including my church family. Being part of St Matthew's has been a strength and blessing. Thank you all for your prayers and support. I feel guilty at not been able to do some of the physical things - but I'll get back to doing them.



As ever, when the NHS works, it is wonderful. And it worked for me. A friend in Ayrshire went to see his doctor at the same time as me. The wait for an MRI scan was so long that he decided to go private. Took him 2 months to get a scan and another 3 months to get the results. So, the private sector about which we hear a lot is not necessarily better. We are so lucky in Tayside. I thank God for his/her NHS and the staff. Like the rest of us the NHS has faults and sometimes makes mistakes. But we hear more about the faults, and we need to share the good stories - of which there are very many.

I was 80 in January. I thought about the time being lost by not being able to do the things I wanted to do. But then I learnt the value of slowing down (some folks may laugh at that!). And seeing things at a slower pace. Almost as if God had a lesson for me. For example, not just rushing through the village where we live. Walking slowly and stopping to chat to people. Spending time with a neighbour with whom I haven't properly chatted for a while. Stop and admire a garden and chat to the gardener. I hope I can continue this.....

I learnt how much getting around is a problem for people with mobility challenges. Pavements uneven. Pedestrian crossings don't really allow enough time shuffle across. Steep ramps can be scary. I think all designers should be required to spend time in a wheelchair and with a Rollator and crutches. And it wouldn't be amiss for the rest of us who are fit and healthy to do that as well. Concert halls, theatres, cinemas are all steps and not easy to negotiate with crutches or come round the back. On the other hand, I have to award a gold star to the Dundee Rep theatre for happily swapping my tickets for a full house to seats at level access.

Thanks to John Spence I have campaigned for churches to ensure that everybody can come in the same front door. Part of the joy of St. Matthew's is that accessibility that helps to make us inclusive. But one thing which I never really appreciated - the doors to the accessible toilet are so heavy that opening them is difficult on crutches and must be almost impossible in a wheelchair. As are the glass doors into the Sanctuary. When we get the chance (money!) can we make them powered?

I could go on. But a final lesson. Another friend has a poster that says; "Please be patient, God isn't finished with me yet'. That's for me - and St Matts.

Raymond Young

Our friends in **St John's Kirk** have extended an invitation to their neighbouring churches to a couple of events, exploring the faith.

Jesus: The Evidence. There is a wealth of evidence pointing to Jesus being the Son of God. Jesus: The Evidence draws upon current historical, textual and archaeological research to present this evidence in a clear, rational manner. Sunday 31st May 7.00pm

Doubt less : why Jesus makes sense!" Steve Osmond looks at big questions of life and the truth of Jesus from a range of perspectives. Sunday 7 June 2.30-5.00pm

Music for a Summer Evening at St Matthew's

Wednesday 8 July: Black Cat Jook Band



Wednesday 15 July: David Sawyer and Michael Ellacott

Wednesday 22 July Tayside Jazz Quintet



Wednesday 29 July: Highland Notes Singers

Wednesday 5 August: Idler's Dream



Wednesday 12 August: Camerata Chamber Orchestra

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The next issue of St. Matthews News is due out on Friday 26th June, and will cover July and August. All contributions by Monday 22nd June please to the Editor:david.roderick2@btinternet.com

