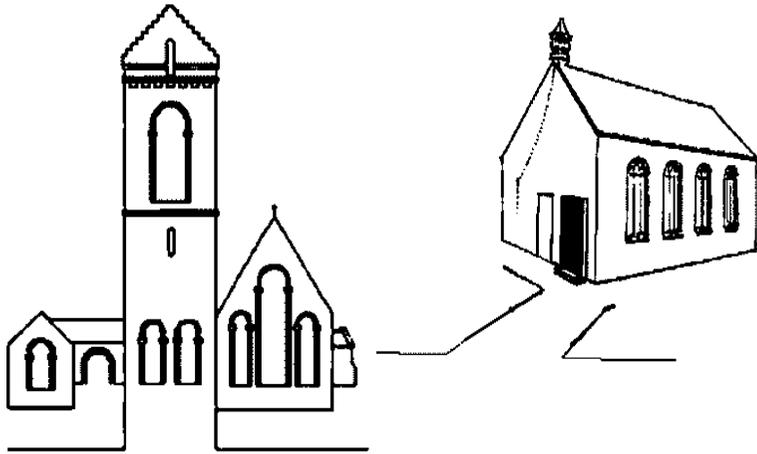


St Leonard's and Cameron Magazine SUMMER 2019



View from the Manse
Recipe Desert Island Discs
St Leonard's Parish Kids Page
Summer Quiz
Fifty Years as Organist at Cameron
Church

St Leonard's Parish Church of Scotland Congregation No: SC013586
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CONTENTS

Pages 3 & 4	View from the Manse
Page 5	Dates for the Diary/ The Church Family
Page 6	Community Hub News
Pages 7 - 8	Chronicles of the St Leonard's Treasurer/ A Night with Billy Anderson & Friends
Pages 9 -10	Letter from the Presbytery
Pages 11 - 12	A Radical Assembly
Pages 13 - 15	Fifty Years as Organist at Cameron Church
Pages 16 - 20	Ian Black's Desert Island Discs
Page 21	Summer Quiz
Page 22	Christian Aid
Pages 23 - 24	St Leonard's Guild News
Page 24	Copyright
Page 25	The Swilcan Singers' Charity Concert
Page 26	A Message of Hope not Despair
Page 27	Quick & Easy Kedgeree/ Answers to Summer Quiz
Page 28	Ever Catch Yourself Singing in the Shower?
Page 29	Thanks
Page 30	St Leonard's Parish Kids Page

Deadline for next issue is 22nd September and will cover October and November

View from the Manse

Dear Friends

Summer, with the green back on the earth and the whole world unlocked and seething – like winter, it came suddenly and one knew it in bed, almost before waking up; with cuckoos and pigeons hollowing the woods since day-light and the chipping of blue tits in the pear blossom...Outdoors, one scarcely knew what had happened or remembered any other time. There had never been rain, or frost, or cloud. It had always been like this...

Wouldn't it be great if we were in for a summer like that, like the one Laurie Lee describes in *Cider With Rosie*? I suppose it must be born of memories of the long summer holidays of childhood, but there's still part of us that expects months of sunlight, of rest, of easier times.

For me, with some weeks off in the middle of the summer, I enjoy the change of pace. Things don't grind to a halt and there's always plenty to do, but the number of meetings drops and there is a chance to refresh the spirits and recharge the batteries; to catch up on reading and to do some planning for the remainder of the year.

It's often in the summer weeks when some of the pressure is off that the more creative ideas bubble to the surface..."What would the church be like if...?"

View from the Manse *continued from page 3*

When I was growing up there used to be a television programme called *Why Don't You?* - or *Why Don't You Just Switch Off Your Television Set and Go and Do Something Less Boring Instead?* It was one of those programmes that only ever came on during the summer and it was packed with lots of different ideas and challenges and thoughts about things to do during the long days of the summer holiday.

This summer (and as I write this letter it is summer outside, with warm air and blue skies) why don't you dream dreams about your church, be it Cameron or St. Leonard's? What needs to be done? What needs to be improved? Where might you help? How might you help? Who are the people who have the skills, the talents and the vision to take our church on the next stage of its adventure of faith?

This summer let your imagination run riot. Listen to what the Spirit of God may be whispering to you about the way ahead for our congregations. Just don't forget to share it with the rest of us – it could change everything!

With love and blessings



Joining our Church Family

If you would like to join the St Leonard's or Cameron Church family, please contact the Minister for further details.

Dates for the Diary

St Leonard's

18 Aug	Additional 9am service for Families and Young People – 30 mins. Usual services at St Leonard's and Cameron
24 Aug	LCR workshop – 9.30am to 12.30 pm
25 Aug	Additional 9am service for Families and Young People – 30 mins. Usual services at St Leonard's and Cameron
15 Sept	Guild Sunday
16 – 20 Sept	Stewardship Week Activities <i>(details to be confirmed)</i>
17 Sept	Co-ordination Group Meeting
24 Sept	Kirk Session Business Meeting
29 Sept	Harvest Thanksgiving & All Age Communion

The Church Family

St Leonard's

BAPTISM

Lucy Margaret Anderson

Baptised on 30th June, wee sister of Liam, Olivia & Charlotte
(all Baptised here) Parents: Scott & Danielle



Community Hub News

Folk working to develop the Hub have been particularly busy of late. Firstly, the application for the NEF Community Hub to acquire property in the town by Community Asset Transfer has now been submitted and is being considered over the next month or two, closely followed by a funding application to pay for purchase and refurbishing the property! There has been some misleading information and opinion in the local press recently, but the Hub Directors, supported by Fife Voluntary Action, are planning that everyone's needs are met, both now and in the future.

The other main event of late has been the relocation of the Hub Café after the Social Club committee decided that the Hub should no longer use their premises. St Andrew's Episcopal Church has kindly agreed that the Hub can use their hall three days a week in the short term, so all activities and visiting services such as Housing Officers, the Well, and Credit Union are now condensed into a Tuesday, Wednesday, and Thursday. Resources are currently stored in a myriad of locations across the town, wherever there is space, so far from ideal, and having dedicated premises has become more urgent.

If anyone would like to know more, either drop in at the Café in Queen's Terrace, or contact St Leonard's Church Office.

Jane Smith

*Lord, help me to see the positive not the negative
The cup half full rather than the cup half empty
The job nearing completion rather than the job unfinished
What has been achieved, not what is still to be done.
So, I can help others to be hopeful. Amen*

Chronicles of the St Leonard's Treasurer

Trivia

I managed to tick off another box on my bucket list this week when a friend took me to Wimbledon. It was a marvellous experience to be on Centre Court and soak up the atmosphere. I had been playing tennis with my young granddaughters recently – well playing is perhaps an exaggeration! I was teaching them how to score. One of them asked about the scoring system – she could not understand why it jumped up in 15s. To be honest I did not know either. It was something I had just accepted. I googled it and discovered that initially a clock face was used at the end of a court and the minute hand moved on a quarter with each point. Unfortunately, I could not google to find the answer last week when my calculations for the monthly bank reconciliation were out £5. It took me ages to find my error!

Serious Stuff

The last Board meeting is on 9 July. The Finance Group is already in operation. We are grateful that Hamish Tait has agreed to be the facilitator of this group, as he has invaluable knowledge and experience of church finances. He is joined by me, (Treasurer), Nina Swan (Gift Aid) Evelyn Grieve, Ian Lorimer, Robert McNeill and Graham Watson. At the moment, the finances are looking positive partly due to the fact that some of the planned, budgeted Fabric projects have not yet started.

We received a welcome grant of £750 from the R&A towards work on the fabric of the church.

Chronicles of the St Leonard's Treasurer *cont'd from page 7*

Income from the use of premises has been above budget too and we have new groups interested. Jane Smith in the office is coordinating hall lets.

May Watt does a sterling job coordinating the teas and coffees after church. Thank you too to all her helpers and to those of you who generously give a donation. This mounts up and May has banked £370 this year already. Every little helps!

The local branch of the Clydesdale Bank is closing shortly. This is an inconvenience for those of us in the church who have to bank cash, as the alternatives are a trip to Dundee or standing in a post office while the money is counted. It would be very helpful, to reduce the amount of cash each Sunday, if members of the congregation were willing to make their regular offering by Standing Order. If you wish to consider this, please contact me, Nina Swan or your church Elder for more information.

Joan Peter. Treasurer

A Night of Scottish Music with Billy Anderson & Friends

The town's Boys Brigade Company are inviting you to this year's Scottish night on Wednesday, 17th July at 7.30 pm in the Boys' Brigade Hall on the corner of Kinnessburn Road and Langlands Road. This event is a great part of the Brigade calendar and attracts lots of visitors from the town to come along and enjoy the evening.

To all members of Congregations and Kirk Sessions of the Presbyteries of St Andrews, Kirkcaldy and Dunfermline

Dear Colleagues,

Some of you may be aware that there are discussions taking place around the development of a union of the Presbyteries of Dunfermline, Kirkcaldy and St Andrews to form a Presbytery of Fife. Others will have no idea that this is going on, so this is the first of what may be a series of communications. There is a time scale set for the enactment of a union by the date of the General Assembly of May 2020.

Often in the Church there is fear of change and some will no doubt believe that any change in the system is going to be difficult. All change involves loss, and while this is acknowledged, it is important that we do not lose what is valuable and important in the operation of Presbyteries in the service of the mission of congregations.

Therefore, the Steering Group appointed by the three Presbyteries to bring forward detailed plans for the union is embarking on a series of varied forms of consultation. These are designed to ensure that the people of the parishes and those affected by any change are heard and their concerns are recognised, and, as far as possible, are dealt with creatively and sensitively.

It is important to emphasise that this is not about creating a larger version of what each Presbytery is doing at present or increasing bureaucracy. Instead it must be an opportunity, in line the Radical Action Plan and the Report of the Special Commission on the Governance of the Church to be discussed at the General Assembly of 2019, to devolve resources to presbyteries which are structured to be able to use money and personnel in the service of the congregations of this geographical area.

To all members of Congregations and Kirk Sessions of the Presbyteries of St Andrews, Kirkcaldy and Dunfermline

continued from page 9

It is the intention of the Steering Group to bring forward proposed structures and processes with options for discussion. Part of the changes, it is hoped, will reduce the burdens of safeguarding, property maintenance, financial management and data protection, from local congregations, and allow the congregations to be focused more on their mission and witness to their communities.

Alongside this is a concern to ensure that the local factor is not lost and that we use effective means of administration and collaboration to reach decisions and provide a service that is supportive and helpful to individual congregations and groups of parishes. This means that a lot of work will be done in trying to accommodate and include suggestions which come from the members of congregations and the existing Presbyteries.

In all of this, the focus is that of mission. The Church exists for mission, and all the adaptations and alteration of any structure of support and care which the Presbyterian system is designed to offer must enable and take the message of mission as its priority. After the listening exercise is completed, some proposals will be offered for you to discuss in Kirk Session and congregational meetings. The hope is that, by the grace of God, we will all be guided to find appropriate means of moving forward. In a time of fear and challenging change, is it difficult to be courageous and leave fear behind, but we can rely on the fact that in everything God is with us and in God's guidance we are able to trust.

On behalf of the Fife Presbytery Steering Group, April 2019

A RADICAL ASSEMBLY

The 2019 General Assembly of the Church of Scotland opened with a reminder from the Convener of the Council of Assembly that its decisions could 'shape the future of the Church for years to come'; and closed with the Lord High Commissioner, the Duke of Buccleuch, saying someone had described it as the most significant Assembly since the Union in 1929. Only time will tell whether either of those statements proves to be true, but what can be said is that the Assembly accepted three reports that between them have the potential to radically reshape the Church of Scotland, at every level from the local to the national and the General Assembly itself. The overall thrust of the plans is devolution of decision-making and resources from the centre to reorganised and re-energised regional and local structures.

The Radical Action Plan includes:

- Up to £25m to be spent on projects aimed at church growth, with particular emphasis on church planting
- 100 new worshipping communities to be established
- Focus on engaging with people under 40
- Cost of central administration to be cut by up to 30%: four councils to be merged into two
- Number of Scottish presbyteries to be reduced from 43 to about 12, focused on supporting local congregations in their ministry and mission
- Networks, hubs and other new local church structures to be developed
- Kirk Sessions to be reduced in size and focused on 'leadership and strategic decision-making'

A Radical Assembly *continued from page 11*

- Decision-making and resources to be devolved from the central administration to regional and local levels
- No congregation to pay more to the centre after next year until new arrangements are agreed
- Land and buildings plan to focus on 'well equipped spaces in the right places'. Money from sale of redundant buildings to be shared between congregations
- Improved training and support for all ministry and leadership roles
- General Assembly to be made smaller
- Encouragement of a season of 'prayer and preparation' across the Church from September to December 2019

OTHER REFORMS

- The Ministries Council will consider building into new vacancy rules a principle that, in future, no minister should be called on unrestricted tenure.
- The Assembly Arrangements Committee said its successor body, the Assembly Business Committee, would look at reducing the number of commissioners to future Assemblies. Convener, the Rev Fiona Smith, said it was not just about cutting costs but making the Assembly more fit for purpose.
 - A special commission is to be formed to explore the effectiveness of the Church's Presbyterian form of government.
 - A working group is to be formed to 'develop proposals... for ordination to a form of Word and Sacrament shaped by the context of the emerging Church'.

Extract from the Special General Assembly 2019 Supplement released by Life and Work on behalf of the Church of Scotland

Margot Munro recently retired as organist at Cameron Church. This is Margot's story of how she came to Cameron and stayed.

Fifty Years as Organist at Cameron Church

I had played the organ occasionally for services at St James' Episcopal Church, Aberdeen at which I sang in the choir. (I had studied music at Aberdeen University). Bill Stevenson, a former University Organist at St Andrews University in relatively recent years and who was in my class at university was encouraging people to join his choir at St James. Bill moved on very quickly to Edinburgh and was there from 1964 -69, before coming back north to become Head of Music at Morgan Academy, Dundee.

Bill's successor was Richard Galloway, from Peterhead. Richard too had a very successful career in music and he too moved on quickly from St James. I had two terms of organ lessons from Richard for which I am eternally grateful.

Meanwhile, I was working in two science libraries in Aberdeen, to gain "library experience" before going to library school and later that summer (1965), I went to Sheffield University to study a Dip.Lib at the very new Postgraduate School of Librarianship. After that, I was asked to appear for interview at St Andrews University to take up the post of cataloguing a collection of mainly 18th century music that had belonged to the composer Gerald Finzi, who had recently died. I accepted the post and was asked to play the organ at St Andrews Episcopal Church. I was there for two terms and then Cameron Church beckoned.

Fifty Years as Organist at Cameron Church

continued from page 13

Cameron Church was very different in the days before we joined St Leonard's. Donald Cubie, the Minister interviewed me in the library. He was very fatherly, but he was also very "with it". The first I heard of Glenda Jackson was from Mr Cubie in the pulpit when she was all the rage as Queen Elizabeth the First on television. I didn't drive then, so Mr Cubie arranged transport to and from the church for me. I would get a lift from an elder, a Mr James Mason. (father of John and Grace). That was another name that was "all the rage" in the 60's.

Mr Cubie retired quite soon after that but didn't have a long retirement. We were joined with St Leonard's and Andrew McLellan was our new Minister. Mr McLellan often came into the library to ask me to give theology students lifts to the various services in which they would be taking part. One time, I even gave a lift to the visiting preacher also as his car had run out of petrol!

Lawson Brown was our next Minister and he encouraged many students to be in the congregation.

With the advent of Alan McDonald in 1998, we had a very different congregation with a sizeable number of people from slightly different branches of the church. They are still around and very active. We started to have outside broadcasts from the two churches. The first was from Cameron with child musicians and modern hymn tunes such as Kelvingrove. I was never so relieved as when I was cut off before I would be playing the allegro part of a Stanley voluntary!

Now I am very pleased to be retired from my post and wish all the best to the Minister, the new organist and everyone else.

Margot



*At Margot's final service as organist, she was thanked for all the music she had given the Cameron congregation over her 50 years there and presented with a certificate and good wishes of all by the Minister, Rev Graeme Beebee
 Photograph courtesy of Peter Robinson*

Desert Island Discs – A MUSICAL JOURNEY

By Ian Black

The radio interview contrives to make a musical journey of memories from our lives and the events that were instrumental in participating in making us and, the person I am, and as a society, the people we are.

As a LONE SURVIVOR I would select the music that would sustain my identity and release me from the ever increasing need to conform. Music becomes of ever greater importance in meeting my inner needs to recall memories, values and fun like relaxing on a good holiday when time seems to have no beginning or end. So, let music that speaks to me of ANOTHER COUNTRY play on.

The Desert Island experience is a golden opportunity to take stock and allow the music and background silence to speak for itself and hopefully shine a ray of light onto how the person I am ticks. Being on a desert Island I would receive natural sounds and rhythms that reinforce the memories of moments or days that meant most to me as I grew into adulthood and maturity. Strangely in my case in the moments when darkness threatened my life, music embedded itself, becoming a repository for timeless clear memories and reinforce them in the declining faculties of old age. These memories can sustain.

LET THE MUSIC SPEAK

Music as Peacefulness

I was not borne into a medical or musical family, but singing was commonplace to keep spirits up during the war years. My first recollection at home was a vinyl record played on a wind-up gramophone of a tune called "Teddy Bears Picnic" which we four children say with glee introducing young children to the delightful feelings of suspense and surprise.

Desert Island Discs *continued from page 16*

My parents' Scots background introduced musical ballads sung by Harry Lauder and reinforced by the White Heather Club on Saturday evenings. Somehow this music chimed with the nurture my parents gave our family, never more clearly than on our Easter caravan holidays on a remote farm in the Lakes where the sounds of nature were so close in a peaceful pastoral setting. I believe my sense of their peace and happiness enshrined their love for our family giving me my first premonition of their wishes for me to go onto the University in Scotland.

So, I am going to start with **The Glasgow Orpheus Choir singing "Crimond"** conductor Hugh Robertson and the silences as evocative as the underpinning Basses.

Music as National Pride

I grew up in a ship-building town and shipping companies trading throughout the world. The docks were the embarkation point for many a callow youth leaving his mammy for the first time. So, the sea was the lifeblood of our town at a time when the power of our Naval Fleet ruled the waves protecting the British Empire. This was demonstrated for me when our school was invited to the launch of the Ark Royal aircraft carrier. We watched with awe as this massive structure supported on its keel by wooden chocks chained to the side of the hull and the dry dock were hammered out, and after the Naming by the Queen, the bolts underpinning the chains were hammered out releasing in sequence the massive hull as she slid down stern first to float on the river, accompanied by the music of "a thousand hooters" and Cheers, were augmented by the band of the Royal Marines playing Colonel Bogey.

My second choice "The Royal Marine Band" playing Colonel Bogey

Desert Island Discs *continued from page 17*

Music as Healing

From eleven to my early teens I lived in fear of stammering in front of the class. I was so ashamed, I had to ask my younger brother to speak for me. However, by my late teens I had regained fluent speech, through evening recitals with my Father of his beloved Burns Poems, and secondly through singing and memorising melodies. Stammerers can often sing fluently and in public and so I recognise the enormous value of music sung joyfully in chorus which can boost the morale.

My third piece will recall the sheer Joy and Dance the Soweto Gospel Choir expresses singing "Amazing Grace" in their Native Style and Rhythm recalling millions in Africa who refused to be suppressed by Apartheid and taught the world that the joy of choral singing can overcome the despair of grinding poverty and threats of disease and early mortality, to uplift on the Island, when even the basic elements of life ran out.

Aged seventeen I was launched into a bigger world of Learning and self-discipline required at the University of Edinburgh. As well as imbibing facts from traditional lectures, we learnt teamwork in dissecting a cadaver in a theatre of over one hundred students and tutors – four to a body. For ten hours a week we were inducted into the sheer elements of death. Some students were broken by this experience. Any illusions you may have had about your choice of Medicine were severely challenged.

I was riding high on the crest of a wave when I got a call at 8 am. My father had died suddenly. Not long before he had asked to me to look after my Mother as if he had had a premonition. My Mother was left a large overdraft, which she paid off successfully and supported her family of four of whom I was the eldest. I took myself to the National Service Recruiting Office to defer medicine, only to be told to come back when I had a degree.

Desert Island Discs *continued from page 18*

A salutary lesson that simple reactions in adolescence are usually wrong! Fortunately, the University provided my Maintenance for a year, which relieved my mother and enabled my younger brother to attend university. After graduation working as a junior doctor took stamina during the long hours on call.

Fourth choice: Rachmaninov's "2nd Concerto in C minor" played as Music as PASSIVITY AND SERENITY.

With his long and broad memories imbued with a resigned melancholy, beautifully reminds me of those long hours and yet a thread of hope imbued. My hope was kindled when I discovered medicine could be ticket to ride in the quaint dress of Ship's surgeon and then I did enjoy living. I needed to have time out for a year.

My fifth choice is my late wife's favourite piece "Chopin Nocturne No 2 in E flat Major", and I play it in her memory who learnt that serene music could restore JUST BEING.

Music as Silence

The Friary, situated in the seaside village of Alnmouth, originally served the homeless and strangers, but now their ministry is residential groups, of all faiths or none as long as they respect the Order's way of life. Their life is based around a daily pattern of Prayers, domestic duties and a silence from 9pm to 9 am. I found consolation here. These silent periods provided a rhythm where themes and harmonies arise from a silent sphere, providing time for Quiet reflection and guided meditation. Silence is a blessed relief.

My Sixth choice is an example of notes punctuated deftly to express the mood of elemental stillness and Silence, a gift I would need. **"Moonlight Sonata, 1st Movement" played by Daniel Barenboim.**

Desert Island Discs *continued from page 19*

Music as fun

My Seventh choice is the energetic swing music of Django Reinhard and Steffan Grappelli to keep me optimistic and an ever-hopeful alert mind. Their recording **"Quintet at The Club Paris"** – Take It Away Boys!!

Music as Grief

My Eighth piece is the musical setting to the "Poem Finlandia" by Sibelius.

The mood reflects on the need for courage and to rise from doubt into trust The New Life that God is in everything and ANOTHER COUNTRY is not wishful thinking or a Chimera, but the suffering we accept and through which we find help.

Survival may instruct and override emotion, and embracing modern technology is a gift which has its consolations but would not sustain my exhaustion and loneliness in the absence of family and friends.

So, for my Luxury Item, I would choose a **Solar Powered Radio transmitter and receiver,** to listen for signals of human life and hope they may contact me.

My book would be "Welcoming Each Wonder" by Tom Gordon, which describes for each week of the year a wide variety of circumstances and surprises in everyday ministry that help us to make sense of the changes we have to cope with so "the Desert Flowers". These are contemporary stories from everyday ministry. It is not an earnest litany and I will be delighted to discover stories that are funny, moving and fresh.

Ian Black

Summer Quiz

1. What are the summer signs of the Zodiac? (three answers needed)
2. In which month does the Summer Solstice occur in the Southern Hemisphere?
3. The "First Day of Summer" is celebrated with a public holiday in April, in which European Country?
4. What term is often given to a period of dry hot weather that occurs in the autumn?
5. The Summer Palace is a vast ensemble of palaces, gardens and lakes in which world city?
6. In the famous nursery rhyme what did the Queen of Hearts make 'all on a summer's day'?
7. What is used as the filling for "summer pudding"?
8. The tiny summer Isles are a few miles Northwest of which Scottish port?
9. Which hit song describes summer as "Those days of soda and pretzels and beer"?
10. Where will the 2020 Summer Olympics be held?

Answers on page 27



This year, during Christian Aid Week, on the doorsteps of St Andrews, Dunino, Cameron and Strathkinness, 78 collectors in 90 districts witnessed to Jesus Christ on behalf of the poorest of the poor and raised £9477-58. Lunches, coffee mornings, church collections, and a collecting can brought the total to £10,679-43.

Mums and babies in Sierra Leone have a better chance of survival. Nurse Judith works around the clock to meet the needs of those who come to the clinic and with our support her community can build a bigger, better health centre with more delivery beds and solar lighting for safer births.

Judith says: "I know that for women here, thanks to Christian Aid and by the Grace of God, our situation is going to change."

Jesus said, "I tell you this: anything you did for one of my brothers here, however humble, you did for me." *Matt.25.40. New English Bible.*

At the Scottish Storytelling Centre, 43-45 High St., Edinburgh from Fri 6th Sept at 10am to Sunday 29th Sept at 5 pm, there will be an Exhibition: In Their Lifetime. Celebrating 10 years of ground- breaking work to find radical new ways of fighting poverty.

Date of Next Meeting: Tuesday 10th September 7.30pm, Cameron Sunday School Room. All Welcome. George Black.

St Leonard's Guild News



We finished our session by an outing to Lindores Abbey Distillery. The history was extremely interesting. The farmer was unaware of the significance of the ruins on his farm until an author Michael Jackson who was researching the origins of whisky knocked on his door 20 years ago. It transpires the ruins are a Tironensian abbey and was founded in 1191 as a daughter house to Kelso Abbey.

The Abbey was ransacked by a mob from Dundee in 1543 and again by John Knox and his supporters in 1559.

The original main upstanding remains are - a gateway leading into the monastic enclosure; and the ground plan of the whole structure can be traced. Many of the stones of the ruins can still be seen in buildings in Newburgh. In 1585 the Abbey clock was purchased by Edinburgh and was placed in the Tower of St Giles Cathedral. James Douglas, 9th Earl of Douglas is buried in the Abbey along with others.

However, it was the whisky side that interested Michael Jackson. The earliest record of Scotch whisky was cited by the exchequer roll for 1494. It is a commission from King James IV to Lindores Abbey for "eight bols of malt" or 580kg of aquavita as it was then known.

In 2018 a distillation vat was discovered in the ruins, along with whisky production. The remains of the still are preserved for display in the ruins. The Distillery started distilling whisky in December 2017.

As this is a potted recollection it is well worth a visit, not to mention the Aqua Vitae samples.

We finished our outing with an enjoyable high tea at Drumoig Hotel.

St Leonard's Guild News *continued from page 23*

Our new session of the Guild resumes on Thursday 3rd October 2019 at 7pm with our opening Harvest supper when Rev Graeme Beebee will lead us in our devotions. Anyone wishing to join us and perhaps wish to become a member will be warmly welcome. Please speak to Shirley Sunter.

We wish everyone a warm and happy summer.

Mima Clark

PS. If you need an idea for a present for a special person there is the opportunity to purchase a barrel of whisky remembering it will take a few years to mature.

Copyright Material

The Kirk Session was recently alerted to some of the problems with copyright issues. There are areas where issues with copyright may occur, so I sought advice from Church of Scotland Law Department. St Leonards produces a regular magazine and has a website and Facebook page.

The main problem that could arise is where you produce an article for any of the above and use material from another author/photographer etc. If you are not sure whether something is covered by copyright the advice is that the safe option is not to use it. Please remember that just because an article or photograph appears on a website does not mean that it is not covered by copyright.

The members who look after the website and the magazine are well aware of the issues but please help them when you produce an article for them.

Arthur Griffiths, Roll Keeper

The Swilcan Singers, regular visitors and entertainers at St Leonard's Guild, will be leading a charity concert at the Byre Theatre in September. Proceeds from the concert, hosted by The Friends of the Byre (FOB), will be shared between MND Scotland and the Friends, who financially support local amateur musical and drama societies when they perform at the Byre Theatre.

Congregation members will recall the touching words spoken recently in the church by Elliot Tanner, remembering his grandmother, Margaret Craig, who died from the disease in October 2014. Other members of the congregation have also been victims of this dreadful disease in past years. The Swilcan Singers, conductor Joyce McIver who is a member of the church choir, includes members of the St Leonards congregation and will be performing on Thursday 12th September in the Byre Theatre.

They will be joined by a selection of other guest entertainers including a saxophone quartet, young tap dancers and members of the Byre Youth Theatre. It should be a good night! The evening will finish by 9.30pm.

If you can manage to come along and support these good causes it would be much appreciated.

Tickets are now available from the Byre Theatre tel 01334 475000 Price £10 (£9 for FOB). *Joyce McIver*



A Message of Hope not Despair

A few weeks ago, Graeme preached on the necessity for hope in our lives and a few days later I was sent an article by a Zambian theologian about how little hope there is amongst young Africans because of poverty.

I have also heard a Malawian rice farmer say how ashamed (his word) he is of the poverty he and his family live in. But, when that same Malawian farmer heard the good news that Kilombero rice is the most ethical rice we can buy in the UK, this is what he said:

'Kilombero [rice] is grown and processed by the small holder farmers of Karonga in Malawi. It is grown under very hot conditions; these farmers eat only once per day as Malawi is one of the poorest countries in the world. It is our cash crop, our rescuer, our hope, our wealth. Much as we thank you who enjoy the product, we sincerely and humbly request you to whisper to your friends that " Did you know that Kilombero is the best and most ethical rice on the market?" Join the team of 'fair' people by eating Kilombero rice and your only regret will be that you didn't start eating it sooner.'

Come to the fair-trade stall in the Hall after church any Sunday, buy something and help bring hope into the world.

There are lots of ways to cook with Kilombero rice.

See recipe on page 27

Mary Popple

Quick and Easy Kedgeree – for 4 servings

0.25kg pack smoked mackerel fillets, skin removed and broken into pieces
240g Kilombero rice, brown or white (available from the fair-trade stall)
Olive oil (available from the fair-trade stall)
2 shallots
100g frozen peas
2 teaspoons curry powder
Good handful of sultanas (available from the fair-trade stall)
Handful of parsley
4 hardboiled eggs, shells removed
Black pepper

Fry the shallots gently in the oil in a large saucepan or deep-frying pan. Add the mackerel, sultanas, curry powder and pepper. Meanwhile cook the rice as instructed on the packet and then add to the pan. In another saucepan boil some water and put in the frozen peas, turning off the heat at this point. Leave for a few minutes then add the peas to the rice and fish mixture. Chop the eggs and fold in carefully. Serve onto plates or bowls and sprinkle with parsley.

Answers to Summer Quiz 1. Gemini, Cancer and Leo, 2. December, 3. Iceland, 4. Indian Summer, 5. Beijing, 6. Some tarts, 7. Soft fruit e.g. raspberries, 8. Ullapool, 9. Lazy hazy, crazy days (of summer), 10. Tokyo, Japan.

Ever Catch yourself singing in the shower?

Okay...so perhaps that's a little too much information, but it's a fact that belting out a couple of verses from your own back catalogue is one of the best ways there is to start the day; one that doesn't just make you feel good but actually does you good. That buzz you get when you hit the top notes is due to those endorphins rushing about your body as you warm up your vocal chords, which apart from anything else can help to cut down your stress...

But that's not all.

According to a recent study by the University of East Anglia, singing with other people can lift your mood even more. Over a period of six months, researchers looked at a range of people involved with church and community choirs. What they found was that the singers either improved or maintained good levels of mental health, with many speaking about how good it made them feel. It wasn't just about the singing. It was because they were part of a choir, part of a community. It helped them feel better about themselves and their life.

So, it is official – singing in the shower is good for you...but singing in a choir is even better!

But don't just take our word for it. If you would like to do your own research and discover the joy of singing for yourself, then why not join St. Leonard's Choir when it starts up again at the beginning of September.

GWB

Help for Syrian refugees in Lebanon

Thanks to the generosity of members of Cameron and St Leonard's I was able a few weeks ago to take a carload of bin bags full of warm and waterproof clothing and footwear to Edinburgh Direct Aid's warehouse. Before the winter the clothing will be taken by lorry to northern Lebanon, where it is desperately needed by Syrian refugees. Many thanks to everyone who donated. *Maureen Jack*

World Mission Stamps

Thank you to all the people who have already risen to the challenge of collecting 50 stamps and often more. It's wonderful and I look forward to seeing more envelopes stuffed with bits of envelopes with stamps stuck on them in the box in the Welcome Area at St Leonard's. *Liz Thirkell*

Contact details and the rotas for Flowers, Tea and Coffee at St Leonard's and the Creche at St Leonard's have been removed from the web version to comply with Data Protection Regulations.

Welcome to the St Leonard's Parish Kids' Page!

Grub Quiz

We hope everyone has enjoyed their summer holidays, whether your travels have taken you near or far.

One thing we love trying on holiday is new foods – and that got us thinking for this edition's page. Just how many foods are mentioned in the bible? We've taken a few, mixed them up and made anagrams. Can you unscramble them to list them all? And as a tip, some of the dozen listed are plural ...

1. ANOCRIDER
2. LICRAG
3. RATSUMD
4. GIFS
5. SMELNO
6. CHIASTOPI
7. BRECSUMUC
8. YARLEB
9. RATDIGREP
10. VEDO
11. SONNIVE
12. TRUETB



If you can answer all - bring your answers to any St Leonard's Parish Kids' gathering and share with any of the leaders to get a wee treat!

Until the next time ...

