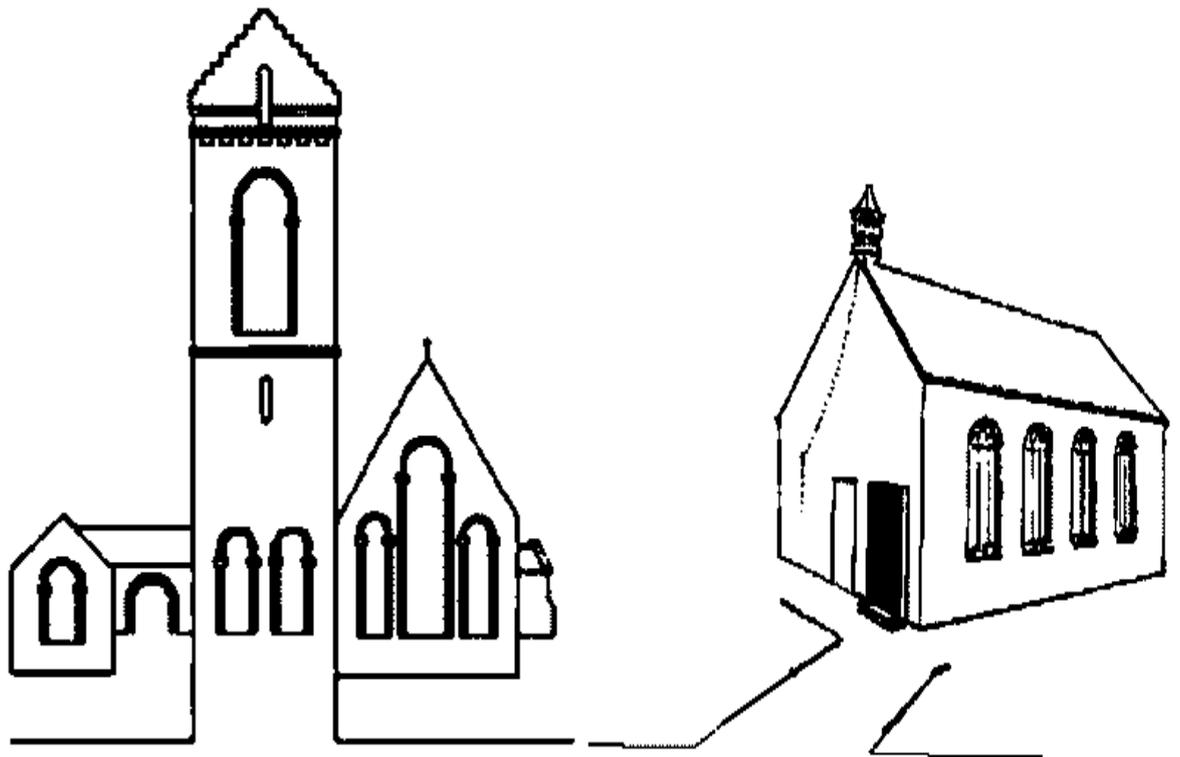


St Leonard's and Cameron Magazine SUMMER 2021



*View from the Manse
Desert Island Discs, Wrong Number
Mindfulness & Chocolate,
News from Cameroon, Island Tour
Community Outreach Officer*

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Deadline for next issue is 21st August for September, October & November

View from the Manse

Dear Friends,

Mindfulness – it's what my Granny McMurtrie would have probably called a 'new-fangled word', by which she'd have meant a word that wasn't around when she was growing up. I don't think it was a word many of us had heard until a few years ago but it seems to be everywhere now – mindful reading, mindful listening, mindful walking...even mindful chocolate eating.

At its most basic, mindfulness can help to keep us grounded and enable us to check in with how we really feel deep down and what state of mind we're in. It also brings us back into the present moment, calling us away from worrying about the past or the future.

It can be difficult keeping in touch with how we're doing within ourselves and what our present state of mind is. It can be easy (all too easy in my experience) to rush through life without stopping to notice much, never mind paying any sort of attention to our thoughts and feelings, and yet it can make a huge difference to our mental well-being.

I'm writing these words in the middle of Mental Health Awareness Week 2021 (10 to 16 May). It's been one of the side effects of the pandemic: the millions of people who have experienced a mental health problem or know of someone who has; and we've all seen that the support that's needed isn't always out there. As a result, talk of the potential for a looming mental health crisis is growing.

A paper written by the Mental Health Charity, Mind in June 2020 makes the following two points, amongst others:

- More than half of adults (60%) and over two thirds of young people (68%) have said their mental health got worse during lockdown.
- The Coronavirus pandemic will leave a deep and lasting scar on the mental health of millions in this country.

Continued on page 4

View from the Manse continued from page 3

Now there are several techniques or practices that can both enhance our awareness and increase the wellbeing of our mental health, reducing our risk of being included in those statistics. Mindfulness is one, but others include silent meditation and prayer. These can also be used along with walking – mindful walking, prayer walking, which also enable us to take in the health benefits of the world around us, which is itself the theme for this year's Mental Health Awareness Week.

There are many verses in the Bible that bring hope and encouragement, reassurance and comfort and peace. The trouble is that in some cases when people have been struggling with their mental health, sometimes these verses haven't helped as much as they've hindered. It's as if they feel that somehow, they've failed in their faith; that if you read the Bible and believe then you 'should' be able to overcome.

But this ignores the love and compassion that God offers us, as well as God's understanding and even empathy, because through Christ, God knows that our humanity comes with challenges and struggles. The Christian life reminds us that every day is a new opportunity to receive new life, renewal, acceptance and love...that every day is a fresh start!

As we begin to emerge from the long shadow that COVID19 and the pandemic have cast over all our lives, and as we get ready to enjoy what we hope will be a summer of long days and bright sunshine, may we all make the time and space to enjoy the world around us and be mindful of the new life and renewal that surrounds us – 'mindful' being the operative word.

Grace and Peace to you

A handwritten signature in cursive script, appearing to read 'Linn'. The signature is written in black ink and is positioned to the right of the text 'Grace and Peace to you'.

*Why not try following the Labyrinth on the
back page or the exercise on mindful
chocolate eating on page 13?*

The Church Family

St Leonard's



We have recently welcomed into our Church Family

Mr John Fulton

Mrs Alison Fulton

Mrs Margaret Porteous

and hope that, despite these far from normal times, they are able to enjoy worship in their new surroundings.-

Sadly, the cycle of life has meant that we have lost

Mrs Dorothy Duncan

Mrs Jean Jackson

Mr Robert Swan

And from **Cameron** Dr David Wilson

Our thoughts and prayers remain with their family and friends at this particularly sad time.

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Now seems the time to plan ahead for the resumption of St Leonard's Guild meetings in the autumn. The Committee met recently, and it was proposed to have our delayed AGM to elect and confirm Anne Aitken as our President along with other relevant business on **Thursday afternoon 24th June 2021 @ 2pm.**



It should be possible to meet in the Church Hall as Covid restrictions are due to be relaxed by that date. Failing that we can gather in the garden, weather permitting. As a last resort we would meet by Zoom. Those without technical access can be invited into other members' homes as that will be allowed by this date.

A full attendance would be beneficial as we move forward with enthusiasm into a new session where much has changed since we last met. We would like to extend an invitation to the members of Cameron Guild and any others to join us from both Congregations. Please contact Anne on 460630 or Mima 475650 to allow for seating arrangements to be organised for the meeting. All welcomed.

Mima Clark

PRAYER - Tumbuka

Malawian hymn, J. P. Chirwa (d. 1940)

'Prayer Focus', Church of Scotland WM Magazine, Aug-Sept 2011

Humbly in your sight we come together, Lord;
grant us now the blessing of your presence here.

These, our hearts, are yours, we give them to you, Lord;
purify our love to make it like your own.

These, our eyes, are yours, we give them to you, Lord;
may we always see your world as with your sight.

These, our hands, are yours, we give them to you, Lord;
give them strength and skill to do all work for you.

These, our feet, are yours, we give them to you, Lord;
may we always walk the path of life with you.

These, our tongues, are yours, we give them to you, Lord;
may we speak your healing words of life and truth.

These, our ears, are yours, we give them to you, Lord;
open them to hear the Gospel as from you.

Our whole selves are yours, we give them to you, Lord;
take us now and keep us yours for evermore.

Submitted by Marie Robinson

"PRAYING"

At my weekly reading group recently, we came across the poem by Mary Oliver called "Praying". It is short, sweet and to the point. Due to copyright, it can't be printed here but if you have five minutes to spare, Google it, please. It is beautiful in its simplicity. *Anne Tait*

Island Tour (by book)

During lockdown my usual regular reading habit became my main occupation and I revelled in it. I discovered some really good reads as well as a few clunkers along the way. But in the way of coincidence, if there is a such a thing, some of the best reads have been set in the islands around Scotland both real and imaginary. There is something about writing about island life and times which brings out the poetry and lyricism of the writer: none more so than Susan Fletcher in "The Silver Dark Sea". I discovered Susan Fletcher's books when one of them was set for a discussion group and I have read them all now. Each is a stand-alone. "The Silver Dark Sea" is dreamy and mythical and a slow build. It takes some time for the human characters to assume their own identities. As with many of these settings, the sea is a major character in its own right: its moods, ferocity and lure are the heartbeat of the novel. The reader has to focus to get into the style of the prose, but I consider it well worth the effort.

Another book where the sea is significant character is "The House Between Tides" by Sarah Maine. The tides dictate so much of the action or inaction. The story take place in two timeframes and the key is the crumbling Muirlan House and its history. When it comes to the denouement you really need to concentrate. An intriguing mystery which won the Waterstone's Scottish Book of the Year Award, 2018.

Another perhaps surprisingly, rich vein for island hopping is detective fiction. The classic is Peter May's "Lewis Trilogy" – "Blackhouse", "The Lewis Man" and "The Chessmen". These have been on my kindle for several years and I heard people talk about how good they were, but it was only during lockdown that I got down to reading them. When they were finished, I really wanted more. The main themes are the islands, the weather and a closed society where everyone watches what everyone else does and judges it, even when they have not been faced with the same problems. Yes, there are murder mysteries, but ones with complex characters, lots of atmosphere and drama, an apparently barren landscape and much rain.

Continued on page 8

Island Tour (by book) continued from page 7

Set in the northern isles, Ann Cleeves' Shetland quartet introduces the readers to the long "white nights" of summer and the complexity of police and forensic investigations when the nearest laboratory is in Aberdeen. Until I read these, I had no idea how challenging it was to reach Fair Isle but there is even a murder on Fair Isle. The timing of the ferries and planes as well as the weather play a major role in the action.

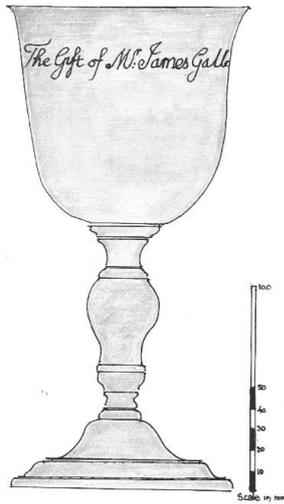
In order to avoid the "Midsummer Murders effect" of so many bodies in one small area, some writers have embraced the idea of the detective (with lots of personal problems) who gets sent to take charge, usually to the resentment of the local constabulary. This way they can visit Skye, Islay, Jura and the Orkneys or in other books take a holiday on Mull and have to put their detective skills to work.

Now you can put your detective skills to work on these anagrams of Scottish authors' names with a clue:

- 1 we lost tract (6,5) - wordy father of Scottish adventure story
- 2 turns robber (6,5) - poet
- 3 animal recitals (8,6) - daring eagles
- 4 sheep enjoy it (9,3) - author of classic mystery stories
- 5 risk pale rum (6,5) - best at prime time
- 6 chill relaxant scammed (9,6,5) - gentle whimsy
- 7 scrawling bog ibises (5,7,6)- giant of the North east literature
- 8 subservient lone roost (6,5,9)- adventure on the high sea
- 9 olden anarchy tour (6,5,5)- creator of the scientific detective
- 10 comic men ken topaz (7,9) - a lot of booze

Answers p 15

Communion Cups at Cameron



During the Communion service at Cameron, I've always admired a pair of 240 mm (9½ inches) high Georgian silver Communion cups and recently made use of an opportunity to study one more closely. They are very simple and plain, the only ornamentation being the beautifully written copperplate inscriptions: "The Gift of Mr James Galloway, born in this Parish of Cameron, now Mercht in Bengall 1770". The cups were gifted during the

incumbency of John Mair, 8th minister of Cameron from 1752 till 1798, and author of the parish entry in the Old (First) Statistical Account (1793).

Unfortunately, I've been able to learn very little about the merchant James Galloway. Old Parish Register records for Cameron refer to three baptisms of boys of that name between 1702 and 1770, but it isn't possible to say which particular James Galloway gifted the cups. The first noted was born on 13th Feb 1702, to David Galloway and Margaret Mores, while a second, James David Galloway, was baptised on 27th Feb 1726, the illegitimate child of Jean Galloway. The third James recorded was baptised on 28th Feb 1742, son of John Galloway and Euphemia Pride. It isn't possible to say when "our" James Galloway was born, what he was actually doing in Bengall (sic), or when and where he died.

The hallmarks on the cups are slightly more informative. The maker's mark is that of James Weems (or Wemyss), a silversmith in Edinburgh, active between 1738 and 1786, the year of his death, and known to have had his own mark (the initials IW) from 1756 – 1784. Interestingly, although gifted to Cameron Kirk in 1770, the cups were actually assayed in 1767 so James Weems presumably had to wait three years to attract a buyer once he'd made them. Whether silversmiths at that time made communion cups speculatively, as may be the case here, is an interesting question. If you'd like to use the cups, they're used in the Communion service held each year at Cameron on the evening of Maundy Thursday.

My Desert Island Discs by Jane Harrison Smith

I found it extremely hard to narrow down my choice of music to just eight discs, as my life has revolved around music from the off – as a performer, teacher, and dedicated season-ticketed member of the Proms audience who slept on the pavement outside the Albert Hall to get a prime position for the Last Night. I started out by telling the background story to each piece, but I was three times over the word count and the editor would have had a fit! I have therefore reduced it to the bare bones, and you'll have to speak to me if you want to find out more!

Ravel – Daphnis & Chloe Suite 1 & 2 - This is the piece in which I made my percussion debut in the Trinity College of Music Symphony Orchestra. All the excitement of The Rite of Spring (another favourite) but a bit less scary to play.

Ballet Essentials - This disc includes everything from Tchaikovsky's Swan Lake, to the Clog Dance from La Fille Mal Gardée by Hérold, and the Mazurka from Delibe's Coppelia, - heart rending beauty to bouncy bits which prompt me to dance – pure escapism, and definitely best done without an audience!

Rachmaninov – Symphony No 2 - Every bit as lush as the better-known piano concerto (used in Brief Encounter). Both emotionally fulfilling & draining whether listening or playing. Playing the clarinet solo in the slow movement was a life goal achieved.

Prokofiev – Symphony No 5 - Full of fun, humour, quirky bits, and twists. It is as much a pleasure to play as to listen to. It also appears on my husband's Desert Island shortlist, which we discovered on our second date!

Verdi – Requiem - This is epic! Verdi is said to have been an atheist, but it seems to me incredible that he could write this without divine inspiration; maybe he received it but didn't recognise the source. I am hard pressed to choose a favourite bit, but to play, it would have to be the bass drum part in the Dies Irae, whilst to listen probably the Lacrimosa, which is heart wrenching. *Continued on page 11*

Menotti - Amahl & the Night Visitors - I first came across this while at school; I was in the chorus, but on the night was picked as emergency understudy to the Page who had lost her voice! I loved the naïve story as much as the music, and so 10 years later staged it myself in my local church - St John's URC in Northwood, with members of the congregation singing all the parts. It was actually not a bad performance! I directed a similar performance here in St Leonard's as a talent-showcasing stewardship event in 2009 in which members of the congregation discovered talents they never knew they had. I would love to stage it once more.

Harry Nilsson – Aerial Pandemonium Ballet – Harry's style is lyrical and quirky, and I had most of his albums, but this is my favourite, especially the track, "Without Her" (not the same as the better known "Without You", although I do like that too). It will allow me to relive the less embarrassing parts of my youth. Thank goodness facebook wasn't around to document it then!

Beatles – Abbey Road – timeless easy listening. Also, my go-to album for running, until it gets to "You gotta carry that weight for a long time" which is not very encouraging!

Book: As I child there were many books I repeatedly reread and they were like friends to me; as an adult my favourite genre is who-dunnits, which don't work so well being reread, so I have settled on the full score of the Verdi Requiem, which I don't think I will ever master enough to conduct, but which would keep me entertained trying for a very, very long time.

Luxury Item: A piano please! If it washed up on the shore of the island complete with a piano stool full of music, so much the better. I have never been very good at the piano, having taken it up rather late. If I was stranded on a desert island this would be something I could work at for pleasure and emotional release without embarrassment as no one else would hear!

Storehouse is looking for:



UHT milk	tinned fruit	rice pudding
smash (instant mash potato)		4-6 size nappies
biscuits	shower gel	shampoo
conditioner	cereal	crisps
cooking sauces, e.g. curry sauce, pasta sauce		
instant noodles	hot chocolate powder	

Stamp appeal 2021

(from the Church of Scotland website)

This year the Stamp Project proceeds will benefit The Women's Development Centre (WDC) in Kandy, Sri Lanka which runs a project to support women and girls who have been victims of rape and sexual violence.

The WDC gives these women somewhere to stay, and supports them in caring for their children, helps them return to education if they wish, and trains them in skills they can use to make a living when they leave. The WDC has a social enterprise and café where the women can work and sell their hand-made products.

The team at WDC care for and heal girls who are vulnerable and often discarded by their families. It is impossible not to be moved by what they do. Help support them by collecting used stamps which are then sold on.

Marie Robinson

Thank you to all those who have managed to collect stamps and please keep it up over the Summer.

I would also like to thank all my friends who have contributed to my sponsorship for Blood Cancer. With your help I've reached over £2000 and am really delighted. *Liz Thirkell*

Mindfulness when eating chocolate

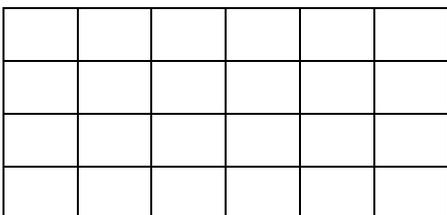
- Break off a *small* piece e.g. a square
- **Breathe** deeply a couple of times
- **Look** carefully at the chocolate either in your hand or nearby
How does it look? Is it smooth, is the grained? How thick is it?
- **Smell** the chocolate just as you would smell a glass of wine.
Can you identify any aromas?
- **Bite** - take a *small* bite of your piece of chocolate
Let the chocolate melt on your tongue and identify the various flavours as they develop
- Do the same with the rest of the piece of chocolate and put the rest away!

Consider how different this experience was from the way you usually eat chocolate and remember this feeling.

7th July is National Chocolate Day in the UK to celebrate the arrival of chocolate in Europe in 1550 – as drinking chocolate.

Chopping the chocolate

Imagine you are the happy owner of a big chocolate bar which you want to break up into 24 individual squares to share with your friends.



To save time you want to make as few breaks as possible. What is the minimum number of breaks you can make to achieve this? (*Answer p 15*)

And finally, 8th August is International Cat Day - Celebrating cats and their tricks like this one – how to stop your owner doing a jigsaw.



A TALE OF TWO NUMBERS & THE CONSEQUENCES OF A SENIOR MOMENT!!

I have been delivering the Church Magazine for many years and have become very familiar with my delivery route. Elspeth Wallace does a great job co-ordinating the magazine distribution but is always on the lookout for more delivery "boys" & "girls". So, to help out last month, I volunteered to deliver an extra batch which happened to overlap with my normal patch and my Elder's District.

I was making swift progress carefully checking my address list as I walked around but on getting home, I wondered why I hadn't delivered one to a name I recognised from my Elder's District. The penny dropped when I realised that I had mixed up my addresses and delivered twice to No 20, one in one street and one another instead of to No 20 in the first street and No 22 in the second!!

So, I returned somewhat sheepishly to the second No 20 to admit my mistake, retrieve the magazine and deliver it to No 22. After introducing myself and explaining the situation, the occupant asked if I had time for a chat to which I readily agreed.

He was very understanding, told me that he had been a teacher, was an avid reader and a book club member. And, to my amazement and surprise, I found out that he had not binned the magazine as unsolicited junk mail but had read it from cover to cover, found it most interesting and informative, thought St Leonard's came across as a very friendly church – wonderful feedback - and asked if he could receive future copies. I agreed to arrange this and invited him to come along to any Sunday Service at St Leonard's where he would be made very welcome.

Mark – I do hope you are reading this article and remember the invitation still stands. However, sadly due to Covid-19, numbers are restricted at the moment, so it is necessary to book a place. This is easily done by phoning St Leonard's Church Secretary, Jane Smith on 07871 871740 between 9.30 and 12 noon on Wednesday, Thursday or Friday.

It just proves that the consequences of a senior moment are not all bad ones!!

Submitted by Brian Gray

St Leonard's Church Community Outreach Officer

We are delighted to announce the appointment of Georgiana Mazilu to our brand-new post of Community Outreach Officer. Funded for two years in the first instance, this post will lead our Church's ambition to work in the community where we are based. It will do so in partnership with the North East Fife Community Hub.

St Leonard's Church has, at the core of its mission, outreach to the community, beyond the physical walls of the building. This aims to share the messages of love, justice, equality and service. The Community Hub shares these aims, in collaboration with other Churches and organizations in the area. Georgiana's post was created to take these aims forward.

She will mostly be working in the Hub, at its new permanent home, St David's Centre at Albany Park. She will join a new team which will establish a Community Café, with its focus on providing refreshment, company and support for anyone who needs or wants these. The Hub will also host Storehouse (the local official food bank) and Clothesline (clothes bank), as well as numerous other services to our community. Clothesline ran out of St Leonard's Church during lockdown.

Georgiana will be offering this work on behalf of St Leonard's Church, as mission and service to our parish. We look forward to introducing her to the congregation, and she looks forward to connecting with us all, in this service.

Blair H. Smith

Answers to Scottish authors

1. Walter Scott, 2. Robert Burns, 3. Alistair McLean, 4. Josephine Tey, 5. Muriel Spark, 6. Alexander McCall Smith, 7. Lewis Grassie Gibbon, 8. Robert Louis Stevenson, 9. Arthur Conan Doyle, 10. Compton Mackenzie

Chopping chocolate – 23 breaks



News from Cameroon

At the beginning of this year, I contacted Rachel, "The Pastor's Wife", to exchange New Year greetings between our families. I asked Rachel to check on the borehole which had been drilled thanks to funds provided by the combined Churches of Scotland in St Andrews, Kilrymont St Andrews Rotary Club and Rotary District. The borehole is situated at one of the schools for which I acted as an advisor during our two years in the Extreme North of Cameroon. As Rachel no longer lives in Zidim, she had a long, hot journey on the back of her husband's motor bike to Mandoula. On arrival she was dismayed to find that the well had not been working for some time, due to the theft of the pump mechanism i.e., everything above ground!

Rachel was kind enough to do all the work of organising the repair, which was to be done by the wonderful Fondation Bethléem, run as a non-profit making company by an Italian Catholic priest. All of this took some time because of distance, communication issues, suspicion and fear of fraud or further theft, but in the end, we got there. The villagers were able to make a small contribution towards the repair and Kilrymont St Andrews Rotary club picked up the bill for the balance of £395. On Friday 14th May I received an email with some photos which gladdened my heart, showing a fully functioning well with an even better flow of water than previously. Despite suffering from malaria last week, Rachel was determined to send us a photo of the well in operation as soon as possible after completion of the repair. In the photo Rachel is the one wearing a mask.

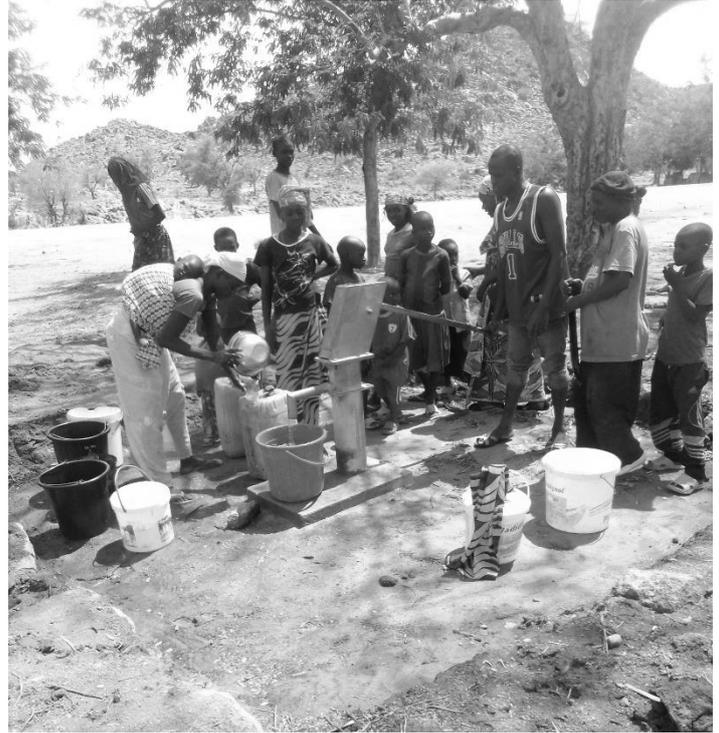
Over the years since Hamish and I returned from Cameroon, many members of the congregation have asked for an update on Rachel's family. There have been many changes for the Tchao family since we were last there in 2013.



Continued on page 17

News from Cameroon continued from page 16

Their church has moved them four times in those years and they live now in Mokolo, about 30 miles from our home in Zidim. In a part of Cameroon where educating girls is still not commonplace, Rachel and Jean have done their best to educate all of their children, boys and girls alike. Séraphine and Clémentine are qualified teachers, Gabriel is at University doing environmental studies and Grâce, the youngest, is in her final year of school. Members of the congregation may remember that their elder son, Augustin, was



studying medicine. After many setbacks and breaks, including a two-year gap when the family ran out of money to support him at university, he is now back at medical school in the capital, Yaoundé. He has two more years to go. Let's hope and pray that there are no more setbacks. Augustin deserves to qualify as a doctor after all the setbacks and dangers he has endured.

The pandemic has, of course, taken its toll in Cameroon as in all other countries and the Tchaos have lost friends and colleagues. Perhaps because of its remoteness and wide-open spaces, the Extreme North has not had too many deaths. One email from Rachel begged me to tell her the truth about the vaccine, as rumours are rife that it will make people infertile, that it will kill many and deliberately reduce the population. I was happy to tell her that Hamish and I had had the vaccination and that he is, in fact, helping at clinics here to deliver the vaccine. We urged her and her family to be vaccinated as soon as it is available to them. May God keep them safe until then.

Anne Tait

It's almost 75 years since Douglas Lister (subsequently of St Andrews Presbytery) championed the cause of starving German refugees, helping the Inter-Church Refugee Service from which Christian Aid (CA) developed. Just recently 20 helpers from St Leonard's gave out hundreds of envelopes in Christian Aid Week. Pre-pandemic, the UK raised £15 million with 57,000 helpers. Currently CA is helping in the Covid tragedy in India by supplying basics – soap, water, toilets etc as part of the Disaster Emergency Committee (which CA helped found).

A very brief summary of those 75 years could read:

1940's Raised £80,000 (equal to £3 million today) for refugees

1950's Christian Aid Week launched especially for Palestine, Korea and China. Supported formation of Voluntary Service Overseas (VSO)

1960's Disaster Emergency Committee (D.E.C.) founded

1970's Helped to found New International Magazine and Simple Living Campaign against consumerism

1980's Fed the hungry in Ethiopian famine

1990's Fought stigma of HIV in Sub-Saharan Africa. Food for refugees in Kosovo

2000's Reached more than 500,000 people with food, shelter and healthcare after Asian Tsunami

2010's Climate change campaigns. Support for refugees in Europe from Africa and the Middle East.

The campaigning goes on. The Seven Day Devotional booklet available at the church door, features this year's campaign for water in Kenya, and has a freepost card to the Prime Minister inside the back cover calling for action on climate change at COP26 in Glasgow. Why not fill it in?

If you missed out on receiving an envelope with a Gift Aid Form attached, phone 01334 474872 and leave your name, address and phone number. Here's to the next 75 years, God Willing!

George Black



A Labyrinth is one of the most ancient tools for spiritual growth and development, dating back to medieval Christianity. Walking a labyrinth - or in the case of the image above, slowly tracing the path with your finger - is like going on a pilgrimage where beautiful and unpredictable things can happen. Sometimes a burden is laid down; sometimes a challenge is picked up; sometimes an opportunity is recognised.