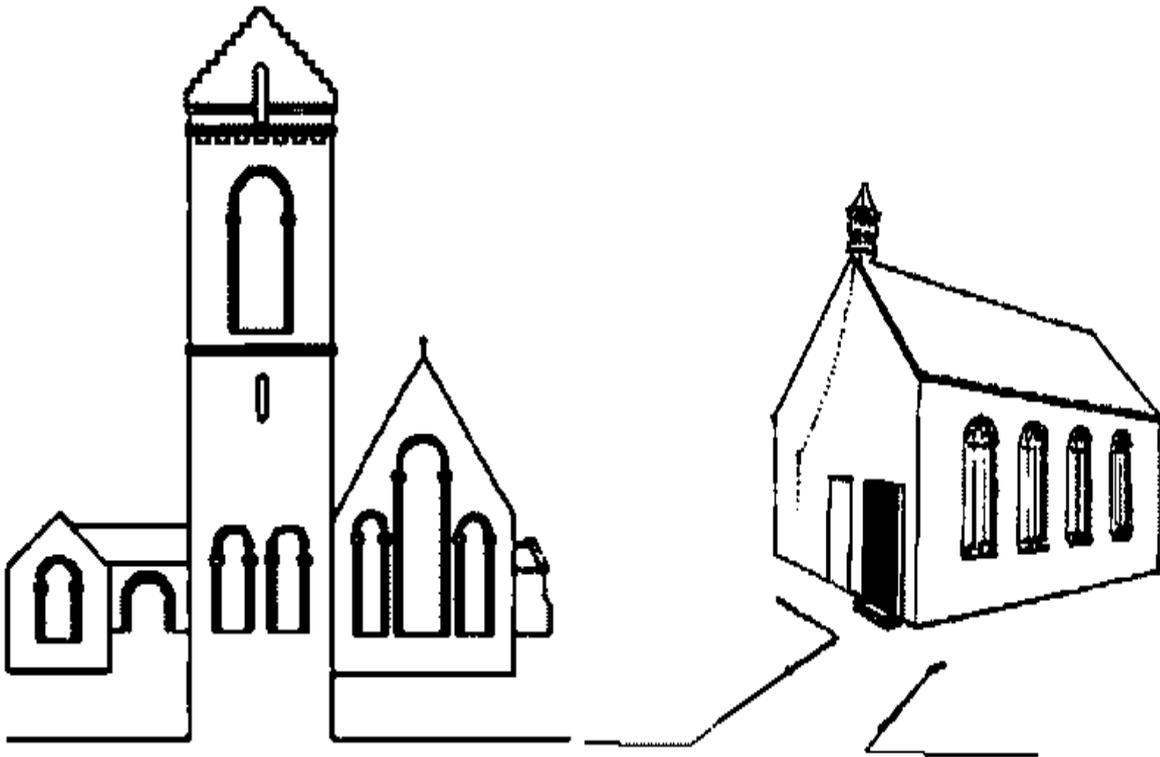


St Leonard's and Cameron Magazine **AUTUMN 2021**



View from the Manse
Desert Island Discs, Summer Reads
The Way It Was, Recipes
*“There is hope, and from that we can
rebuild anything”*
Weddings, Christian Aid

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Deadline for the next issue covering December, January and February is

20th November

View from the Manse

Dear Friends

Just like we could ask our grandparents and great grandparents what they did during the two World Wars, so in years to come perhaps future generations are going to be able to ask –So, what did you do during the great Lockdown of 2020 and 2021? Were you obedient and stayed indoors or at home when you were told to, or did you bend the rules, or even break them? Did you do what you were told, or were you something of a rebel?

Hopefully, by the time you read this letter, most if not all of the restrictions that have shadowed our lives for the past seventeen months or so will be a thing of the past and we'll be trying to prepare for what 'normal' will look like as we enter the last four months of 2021.

I'm reminded of a verse from Romans, where Paul writes, 'Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind...' (Romans 12:2). So, as we begin to unravel what 'normal' will mean in the future, and with Paul's words in mind I want to encourage you to do three things –I want to encourage you to Reframe, to Rethink and to Re-story your life.

Many different things happened to us during lockdown. Our movements were restricted as were our whole lives. For some it wasn't a big deal. For others it was, quite literally life changing. So, in looking back on it all – both the good and the bad of it – perhaps now is an opportunity to 'Reframe'. Take everything that happened; how it affected you or impacted your life and possibly the lives of your family and try to get another perspective on it all - like putting a new frame on an old picture. And as you begin to re-frame your thoughts about what 'normal' will be like, give God a free hand in helping you to see it through God's eyes.

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View from the Manse continued from page 3

This will give you the chance to 'Rethink' things – to see the transformation that has taken place in your life allowing you to set fresh goals, taking hold of new opportunities and trying to see how God might set you free from the way the world, or others, would expect you to be.

And this in turn may help you to 'Re-story' your life – to find new meaning from the past, the good and the not so good bits of it; helping you to write the story of your life differently from now on. Not always an easy thing to do, I know, but surely better than remaining stuck in the old ways. The past can be very seductive. Like a book we've read a hundred times, or a film we've watched so often we know the script off by heart, it holds no surprises. But that isn't how the world works. If we've learnt nothing else during the Pandemic of 2020/2021 we've learnt that.

However, I believe that we've learnt something else as well. I believe we've learnt (perhaps 'rediscovered' would be a better word) that no matter what life throws at us God remains faithful and will not let us be tested beyond our strength (1 Corinthians 10:13)

And as we prepare for what 'normal' will look like in the months ahead, for our Church and congregations as much as our community and world, perhaps that is the most important thing to remember and celebrate.

Grace and Peace to you.

Your friend and pastor



Poster found in a Church in France...translated

“When you enter this Church it may be possible that you hear ‘the Call of God’. However, it is unlikely that He will call you on your mobile. Thank you for turning off your ‘phones. If you want to talk to God, enter, choose a quiet place and talk to Him. If you want to see him, send Him a text while driving.”

The Church Family

We have recently welcomed Mrs Helen Mahler into the St Leonard's church family and The Very Rev Dr G Russell Barr and Mrs Margaret Barr into Cameron and hope that, despite the challenges posed by the ongoing Covid restrictions, they are able to enjoy worship among friends here in St Leonard's and Cameron.

Sadly, during this same period, the St Leonard's church family has also lost Mrs Audrey Snow, Miss Sheila Moncur and Mrs Margaret Malcolm and the Cameron church family lost Mr Ian Straith. Our thought and prayers remain with their family and friends at this particularly sad time.

Bump to Fives

The baby and toddler community outreach group previously known as Under Fives is being rebranded as Bump to Fives, to include anyone who is pregnant, so they can start to build a support network before their baby arrives. It takes place on a Friday morning from 10am for 90 minutes, and a rota of volunteers help with refreshments, lending a hand with holding babies, chatting to the parents and carers, and creating a welcoming environment. If you would like to join the rota, please contact the Church Office in the first instance. The group will start again on Friday 27th August, always within the allowable boundaries of Covid restrictions.

Jane Harrison Smith

Appeal from Presbytery of Fife

It seems likely that some refugees from Afghanistan will be coming to Fife, and the Presbytery has been in touch with Fife Council offering its help.

It is not clear who will be coming or when but, while we wait to hear more detailed news, we are asked to start preparing bags and packages of clothing and tinned foods (please, no pork or ham) with a long shelf life. Please do not bring items to the church until asked to do so.

In the meantime, we are asked to remember all the people of Afghanistan in our prayers.

Maureen Jack

PRAYER

Creator God, we give thanks

Kathy Galloway, from K. Galloway and K. M. Preston (2021)

Living Faithfully in the Time of Creation.

Wild Goose Publications, reproduced by kind permission www.ionabooks.com

Creator God, we give thanks

that we have heard the Spirit of God

in the freshening leaves

and the rush of water.

So we pray for the creation

which nourishes and sustains all that lives.

Renew in us the sense of its value

that we may not squander its riches,

or so bend it to our will

that we find we have destroyed it.

Submitted by Marie Robinson

Breathing Exercise to Calm or Help Sleep

Before starting, adopt a comfortable sitting position

Focus on the following breathing pattern:

- empty your lungs of air
- breathe in quietly through your nose for 4 seconds
- hold your breath for a count of 7 seconds
- exhale forcefully through your mouth, pursing the lips and making a "whoosh" sound, for 8 seconds

repeat the cycle up to 4 times

'There is hope, and from that we can rebuild anything',
Fair Trade producer in South Africa

It is a critical time as in the UK we move tentatively out of the pandemic grateful for our widespread vaccination programme. Those in the developing world are not so lucky, and Covid has undoubtedly widened the gap between the 'have' and the 'have not' nations of our world.

At Just Trading Scotland we have been talking with our producer partners to get a better understanding of how their day-to-day lives are being affected by Covid, and by political and other issues that have been compounded by Covid. They all have a difficult story to tell, here are comments from one of our partners in South Africa.

About two years ago, at the request of Oxfam, JTS formed a relationship with Barrett's Ridge to import their beer bread from South Africa. We now sell this through Oxfam, Traidcraft, the JTS online shop and other retailers. Tayrene Barrett, the owner of Barrett's Ridge told us that South Africa has been in some form of lockdown for 18 months leading many businesses to close with massive job losses. With donor fatigue and a strained economy, many feeding schemes and informal day care facilities have shut their doors and people are worried and frustrated. On top of this came the riots following the arrest of former President Jacob Zuma for corruption. This triggered further looting and riots last month, fuelled by the job layoffs and economic inequality made worse by the pandemic.

Tayrene says she feels she can speak for all South Africans when she says, "We are tired, frustrated, scared, angry and just emotionally exhausted. We (especially those of us in the Western Cape) felt helpless and heartbroken as all we could do was watch as businesses and communities were looted, burnt and destroyed". However, she also sent me a newspaper article about how people are fighting back and building stronger relationships across divided communities. The front page headline is, 'There is hope, and from that we can rebuild anything'. This, Tayrene says, is the message from South Africans to each other, and it is a message for us as well.

Continued on page 8

'There is hope, and from that we can rebuild anything' continued from page 7

She says, "There is always hope and resilience even in chaos. That is our real strength. As exhausted and scared and tired as they are, South Africans have come together to mend their communities. People are fighting back showing care for one another in many ways, people coming together in hardship clearing up the mess".

As we approach the crucial COP26 conference in November in Glasgow, we are all aware of the impact of climate change globally. The carbon footprint of smallholder farmers and producers in the developing world is tiny compared to ours, yet they are the people who will suffer most. We are together and individually part of the hope for the future for Tayrene and the workers and farmers who supply Barrett's Ridge, and countless others.

We will hope to have the St Leonard's Fair Trade stall running again soon but, in the meantime, to buy JTS goods look at www.jts.co.uk and order direct, or order through me and I will deliver (01334 478520). Please keep buying fairly traded goods and help us all build back a fairer world.

By the way, Tayrene's Beer Bread, which is made to her grandmother's recipe is delicious!

Mary Popple (Chair, Just Trading Scotland)

A Word from the Editor

Hopefully you have enjoyed reading all the articles which cover a wide range of subjects. You may also have noticed that several new people have written items (with little or no arm twisting involved). If you have a story to share or want to tell us about a book or books you have read or volunteer to be on the Desert Island, then please don't hesitate. This is your magazine. With thanks to everyone who has provided items.

Isobel Clifford

A Word (or Two) from the St Leonard's Treasurer

Financially, it has been a quiet summer but hopefully things are beginning to pick up. Jane reports that bookings are coming in for use of premises so that is promising. As I have said before, the church is very grateful to those of you who already gave by or set up standing orders during lockdown. This has brought in much needed regular income. Thank you too to those who have been attending church and making use of envelopes and the open plate. I am aware, however, that many of you are not confident enough or able to return to church in person but have been enjoying the services which Graeme has streamed. If you have been filling your envelopes each week at home or putting a little aside in a piggy bank, please contact myself or your Elder and we will be happy to collect.

When the church restrictions are lifted, it is the intention not to go back to passing round offering bags. There will be a collection plate at the hymn book station on entry to and at the cross isle (at the moment) when leaving the church. There is also the facility to give electronically (ask someone on duty) or to use the donate button on the Church of Scotland website.

It is the intention to have a National Giving Day at St Leonard's in the Autumn. The format of this is still in discussion. The aim of this initiative by the Church of Scotland is to enable churches to reflect on God's loving presence during the difficult and challenging period of COVID and to show appreciation and gratitude by giving generously. Any money raised by this is kept and put to use by St Leonard's and is not included in the annual income assessment for Ministry and Mission contributions.

Joan Peter

Key Amnesty

The Office is once again short of keys to the Church door. If you have a key, and use it less than once a week it would be helpful, and much appreciated, if it could be returned to be used by more regular users.

Jane Harrison Smith

Summer Reads

In the 1930s Maurice Wilson decided he would fly to India, land near Everest then climb the mountain , a solo climb without the use of oxygen. There were only a couple of small problems- he couldn't fly , didn't have a plane and had never done any climbing. In the book , 'The Moth and the Mountain', Ed Caesar traces this story of a man who through sheer will power overcomes all these obstacles as well as the British and other Governments attempts to stop him. Wilson was a First World War veteran, and this riveting tale deserves to be much better known. It was described as 'Mad , magnificent and moving ` and I couldn't agree more.

I chanced upon a review early in the summer for this next book. Not being one for fiction and less likely to choose one described as a love story, I chanced it nevertheless. What a lucky find. 'Ali and Nino' live in oil rich Baku in Azerbaijan at the turn of the 20th century. Only difficulty is, he is a Muslim and she is a Georgian Christian. The story traces their lives through school to romance and marriage and as the review says- The First World War breaks out. As the Russians withdraw, the Turks advance, and Ali and Nino find themselves swept up in Azerbaijan's fight for independence. The culture of the region is fascinating and helps to set the scene for the recent conflict between Armenia and Azerbaijan. The book written by Kurban Said in the 1920's was only discovered again in a flea market in Germany in 1950

Lastly a book by Mathew Woodward author of Trans –Siberian Adventures, and now his new book –'Silver Streak'. With not being able to travel, it was the next best thing to stepping aboard some long-distance Amtrak trains around the USA . With the romance of such names as ` Atchison, Topeka and Santa Fe Railroad' , 'The Southwest Chef' and the 'Empire Builder', the book should evoke happy memories for some and possibly whet the appetite for others.

Jim Douglas

Weddings

I've been privileged to attend four wedding ceremonies this summer, but it hasn't cost me a penny in gifts or outfits! Actually, I didn't know any of the bridal families either and no, I didn't gate-crash! During the current restrictions, the church provided ushers to show guests to their socially distanced seating.

It was fascinating to study current trends and fashions – one week a bride with bright yellow shoes and a few weeks later one with red shoes with big bows! Some men wore full Highland regalia and another was more casually attired in braces and deckshoes.

I love wedding music especially Widor's Toccata which was played at my wedding in 1968 (I was a child bride!) This lengthy piece is an organist's nightmare and Margaret carried it off well at one of the weddings. For my part, I was saddened that her beautiful organ playing was replaced at one wedding by a recording of the Star Wars Theme, however, it was obviously of some significance to the newly married couple.

My most lasting impression of these occasions though, was the ease at which Graeme put these couples with his humour and wit at appropriate points. I'm sure, in years to come, they will remember a lot more of their special day than I can of mine. Before you surmise that this is an age thing, I can tell you that I never could. I was frozen with nerves. Perhaps one of Graeme's jokes would have lightened the moment for me but unfortunately humour played little part in the church in those days.

These four couples who were married this summer and all those in previous years of Graeme's ministry are privileged. *Joan Peter*

Christmas is A-Coming

I can hear the groans already. Last year I asked for your favourite Christmas films, before that it was your favourite Christmas hymns. This year we want to know your favourite Christmas songs whether its" Rockin' Around the Christmas Tree "or "White Christmas". If you've enjoyed reading the wee stories in previous Christmas editions, then please share yours this Christmas.

Desert Island Discs by Marjory Watson

1. She Loves You – Lennon and McCartney

In 1963 my friend, June Begg won a competition. The prize was two tickets to see The Beatles at the Caird Hall in Dundee. The Beatles came on stage but as the screaming level was so high it was tricky to work out what they were singing. It didn't matter – we were there! June was whisked backstage at the interval to meet the Fab Four and became quite the celebrity at Arbroath High School!

2. Where'er You Walk – George Frederic Handel

My father, William Cant – tenor, sang this for me at the signing of the register on 23rd December 1972 when Graham and I were married in Inverbrothock Church in Arbroath. 33 years later in 2005, my brother, Douglas, sang it (also during the signing of the register) for my son Angus when he married Jennifer Wade at Westonbirt school chapel.

3. Bring Him Home – Claude-Michel Schonberg

In 1987 Graham and I were living in Aylesbury. We were fortunate enough to go to the Palace Theatre in London to see "Les Miserables" with the original cast. The highlight for me was hearing Colm Wilkinson sing "Bring Him Home" – it was so emotional and remained so whilst Angus was serving with the Black Watch in war zones in Kosovo, Iraq and Afghanistan.

4. The Dam Busters March – Eric Coates

This is one of my favourite pieces of military music. It was used for the film, The Dam Busters (617 Squadron) in 1955. With added lyrics it was the signature of the Halton Singers, the choir I joined when living in Aylesbury. The music has also been used for the hymn "God is our strength and refuge".

5 Enigma Variations – Nimrod – Elgar

This music reminds me of the tour we had in Scotland at R.A.F. Kinloss. This was Graham's first tour and the aeroplanes based at Kinloss were Nimrods – the mighty hunters searching the seas for intruders.

6. The Four Seasons – Spring – Vivaldi

I have chosen this piece for two reasons. I was born on the first day of Spring in my birth year – according to my Mum. Secondly Graham and I have attended concerts during which Nigel Kennedy performed excerpts which were outstanding. At one concert in London, he asked the audience what they wanted him to perform – he walked up and down the aisles playing without any music – his accompanist had a bit of difficulty though!

7. Bohemian Rhapsody – Freddie Mercury of Queen

A brilliant song which is still popular. Swilcan Singers with Joyce McIver as our conductor, chose a 4-part choral version for female voices as part of our programme for the Fife Festival of Music just prior to lockdown. It is super to sing and the trickiest thing we had to do was learn all the words and perform it without music!

8. Shall We Dance? – Rogers and Hammerstein

For my final choice I wanted to have a childhood member. I was one of the children in “The King and I” performed by the Arbroath Operatic Society. “Shall We Dance?” was the final song as we took our curtain calls at the end of the show. I like the version from the John Wilson Orchestra. They came to Perth in 2016 to perform songs and orchestral pieces from Broadway stage musicals and the music was great to listen to with excellent arrangements and soloists.

My book choice - “How To Stay Alive: the ultimate survival guide for any situation” by Bear Grylls. This would be useful for me because I have my own resident Mr Fix-it so am clueless at doing the simplest of jobs.

My luxury item - a photograph album filled with photos of family and friends.

St Leonard's Guild news

The Guild committee met to plan both the Syllabus and how we meet safely for the foreseeable future.

Our first meeting will be on October 7th, 2021, at 2pm. Please note that we have changed our time of day by a unanimous vote at our recent AGM which also elected Anne Aitken as our President.

Speakers for our Syllabus have been decided and invitations will be going out as soon as possible.

The Guild welcomes all members of St Leonard's and Cameron Churches to attend and it is hoped that the day and time change will make it more convenient.

Dates for further meetings are October 14th, November 4th, November 18th, December 4th SALE & Coffee morning if permitted.

For further information please speak to Anne Aitken or Mima Clark.

Guild Annual Gathering will be held in the Assembly Rooms , Edinburgh 4th September 11am-2 30pm. Due to Covid restrictions only 250 persons are allowed to attend. However, the meeting can be viewed online on the Church of Scotland's website live or later.

The 2021-2024 Guild Projects are:

- Home for Good – Finding homes for vulnerable children
- BEAT Eating Disorders – Blether with Beat
- UNIDA – Hear my voice!
- Starchild – Finding the light in every child
- Vine Trust – Kazunu Village of Hope, Tanzania
- Pioneers – Chocolate Heaven

Christian Aid Global Hunger Emergency Appeal

Christian Aid urgently needs our support to help people around the world who are facing extreme hunger. At the time of writing in mid-August, 41 million people in more than 43 countries around the world are teetering on the brink of famine.

The Covid-19 pandemic, violent conflict and the climate crisis have all increased global hunger. People in countries including Ethiopia, Afghanistan and Burkino Faso face the very real threat of starvation. The situation is particularly dire in South Sudan, where it is estimated that up to 60% of the country will face severe food insecurity.

Christian Aid asks us to join with them and stand with our global neighbours who face extreme hunger. Emergency funds need to be raised to provide life-saving support for households, e.g., water hygiene kits, seeds and tools, and essential food. You can read more on the Christian Aid website www.christian.aid.org.uk

We have our own webpage for donating directly: <https://giving.give-star.com/online/christian-aid/cameron-and-st-leonard-s-parish-churches-global-hunger-appeal>

This link is on the St Leonard's Church Facebook page and will also appear on the church website opening page. Appeal envelopes are also available in both churches.

Marie Robinson

And closer to home –

Storehouse - Items needed

Potatoes (Tinned and Mash)

Pot Noodles

Milk (UHT)

Coffee (instant)

Clothes wash/detergent

Toilet Rolls

Biscuits/Sweets/Chocolate

Pies (Frey Bentos/Princess etc)

Bleach/toilet cleaner

Washing up liquid

Disinfectant spray/wipes

THE WAY IT WAS

GRAMPIAN-The little TV Station with the BIG reputation

It was the last Monday in October, 1961. I reported to reception at 10a.m. At 6p.m. I was interviewing a young man about a massive bomb explosion in Russia which had been picked up by Aberdeen University. The interview was, of course, live because we had no recording facility. If it wasn't live it had to be filmed. That was my introduction to the way it was at Grampian Television in Aberdeen. Grampian Television---the smallest television station in Britain - with the largest transmission area. A footprint which stretched from this part of Fife north to Orkney and Shetland; from North East Scotland west to Inverness, Skye and the Western Islands. An area just a bit bigger than Belgium. Following my attempt as an interviewer my boss said "Not bad Jamie. It would be much better if you didn't stick out your tongue every five seconds and STOPPED saying "I see" at the end of each answer". Good start!!! The following morning was the first of a few training sessions with Jim Buchan our controller of local programmes.

In 1962 Grampian faced going bankrupt. Our income came from on air advertising. Our costs were greater than our income. Our saviour was the same Jim Buchan. Jim devised a series of local programmes designed to reflect aspects of life which had been lived and enjoyed by communities of yesteryear. Jim turned the spotlight back on our audience. They loved it!! Do you recall any of these programme titles or their contents? "Ingle Neuk"---"Bothy Nichts"---"A' The Airts" I suppose the description "couthy" would be appropriate! "Ingle Neuk" was hosted by a north east character called John Mearns. To describe him as an entertainer doesn't do him justice. It was simply fire side chat and music. "Bothy Nichts" was the entertainment which the farm workers devised for themselves. "A' The Airts" was a quiz (which I hosted) based on Scottish general knowledge. The mother of a dear friend rechristened it "Ay The ARTS" which was a trifle confusing. These programmes and others captured our TV audience. We became THEIR television station. Our viewers became fiercely loyal.

The Way It Was continued from page 16

There have been so many changes and improvements in communication over these 60 years it's a little staggering to contemplate them. Let me recount just one, in connection with newsreading. News reading itself was straight forward---IF--there were no film inserts. These were the days before videotape. If an item or an interview had been filmed to be included in the bulletin, life could become less than straightforward. The filmed item came back to HQ to be processed then edited. Then loaded onto a machine ready for transmission. Timing in television is critical. Especially in commercial television because advertisers pay for airtime—by the SECOND.

News readers normally speak at 3 words per second. However, the machine the filmed item is laced on to requires a 7 second leader to get up to speed. (3 words per second times 7 seconds, 21 words). News bulletins, like everything else, are closely timed. The reader counted back 21 words from the end of the script/start of film including full stops. That particular word is marked. When the reader delivers that word the film machine is started and 21 words later the reader is faded from the screen and the film starts. Not a lot of room for error. Today's newscasters don't have THAT problem. Of course, the bulletin has to be timed as well. If the entire bulletin is 10 minutes long each story is timed in rehearsal paragraph by paragraph and 2 seconds are allowed for each page turn over.

A continuity announcer supplies continuity between programmes. From the very beginning of Grampian, it was decided that continuity announcers should as often as possible be in vision—as opposed to words over pictures. One effect of this was announcers became identified with the station. This led to invitations to open Sales of Work etc sometimes with surprising results. At a Church Guild sale in Dunkeld, I was looking round the various stalls and fell into conversation with a lady---not young. Eventually she said:-" You're not married are you Mr Spankie?" "As a matter of fact, you're right I reckon I'm on the shelf" Her eyes widened. "Well" she said "I'm sure you're frequently taken down and dusted"

The Way It Was continued from page 17

Or "Is that you Mr Spunkie? We'd awfy like you to come and open wir hotel extension"

" I'm happy to help but because you are a commercial organisation I have to charge you expenses"

"foo much?"

"£5" I responded.

"Dinna bother we'll get the provost"

Jimmy Spankie

(Jimmy Spankie, with some colleagues, has helped to compile an anthology about the life and times of Grampian Television. It's priced at £12.99 and copies can be had from Jimmy or Amazon.

Publication date – 29th September, 2021. Income from book sales is going to Dementia Scotland.)

NEF Community Hub

The Hub at its permanent home in St David's Centre was officially opened by well-known author Val McDermid at the beginning of August, and is now gradually adding more services as Covid restrictions and available funding allow. While grants are often available to pay for fixtures and fittings, they are rarely able to pay for staffing, so until all building work and Covid restrictions are finished, and the building can be fully utilised, there is a challenge to cover salaries. One way may be to invite people to sponsor the Hub for, say, £10 per month. If just 140 people out of the population of St Andrews did this, the salaries would be covered; if more than that was raised, staff hours could be increased, which would in turn increase the level of provision. If you have any other suggestions about this, please do come forward!

In the meantime, the cafe is open for business, weekdays for morning coffee, with or without cake, and for lunches. A warm welcome awaits you. Come and introduce yourself to Georgiana, St Leonard's Church's Community Outreach officer, and the team, and support the community. Further information is available from the Church Office.

Jane Harrison Smith

Christian Aid

' Let us not love with words or speech but with actions and in truth' 1

John 3:18

This year's Christian Aid Week in St Andrews raised £955 plus donations by text, on-line, Freepost and telephone. Many thanks are due to the 20 deliverers from St Leonard's who helped to make this possible. The U.K. as a whole had raised £4 million by 11th August was still counting! This compares with £15 million in 2019 when envelopes were collected on the doorsteps.

In her letter to St Andrews Christian Aid Group, Lauren Petherbridge, Community and Events Fundraising Officer, Scotland, writes: "Thank you for your generous gift of £955.00. With your gift this Christian Aid Week you are supporting communities to access a reliable source of water, helping to provide a stable income and keep families healthy.

In Kitui, Kenya, your gifts will support women like Florence to access a reliable water source. With her local dam, Florence can grow tomatoes, onions, papayas and chillies on her farm. With the water harvested, she keeps bees and sells the rich, golden honey for cash at the market. It's a reliable water source, whether she faces long drought or relentless rainstorms.

A few years ago, like millions in Kenya, Florence was struggling to cope. At that time, she had no water to grow crops, her children were hungry, and she had to walk for hours on a dangerous journey to collect water, 'Life was miserable,' she told us. Now with support from our partner, Florence is proud to show us something remarkable – a dam, full of fresh water.

This is all thanks to generosity of people like the St Andrews Christian Aid Group and life changing gifts. With your support we're working with our local partner Anglican Development Service Eastern (ADSE) to build better earth dams to harvest more water; sow drought-tolerant crops and to demand that governments prioritise climate justice. Together these activities make all the difference. Thank you for gift this Christian Aid Week. Together we stop with climate crisis".

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Christian Aid continued from page 19

Scotland has a long and proud connection with Kenya. The first secondary school, Alliance High, Kikuyu, founded in 1926, by the Alliance of Protestant Missions had Dr Arthur from Cupar as one of its promoters and Mr Grieve from Markinch as first headmaster. At Uhuru, or Independence in 1963, one third of the cabinet were former pupils, The Girls School produced the first female African doctor, judge and headmaster in Kenya.

The total for the Emergency Appeal is not yet known. Our envelopes were sent to Freepost Christian Aid and there were donations by phone at 08080004004 or online at christianaid.org.uk.

The Seven Day Devotional from Christian Aid Week has a Petition to the Prime Minister inside the back page re COP26 in Glasgow in November. Please take one in the vestibule and send it Freepost. If you want further information, the following links are also useful:

Climate Justice Petition

<http://www.christianaid.org.uk/get-involved/campaigns/Climate-justice-2021>
and Eco congregations Scottish Churches COP26 pledge
www.ecocongregationscotland.org/scottishchurchespledge/

George Black

The Absent Prayer Box (During Covid)

The Fretwork of the Cross

Shows only dark within

The Pain of one man's grief, another's fear

Of what may lie inside beneath the tray's surface sheen

The Pray-ers slip their prayer

Into the box's wound

The fretwork of the Cross

Their raw, imploring prayers

Their pleas.

A Reflection by Ian Black

The St Andrews Churches Eco-Network (STACEN)

The St Andrews Churches Eco-Network (STACEN) is organizing a series of events in the run-up to the COP26 Climate Change conference in Glasgow at the beginning of November.

Following a highly successful Lenten programme of presentations and discussion, there will be a further weekly series of Zoom sessions on Wednesday afternoons at 4pm throughout September, themed around Harvest with a focus on food, where it is sourced from, how it is distributed and shared and what we can do to tackle both obesity and hunger. The first session, on September 1, on what the Bible has to say about food and drink, will be led by Ian Bradley.

On Saturday 23 October there will be a 24-hour prayer vigil in St Andrews Episcopal Church in Queen's Gardens and STACEN will have a stall in Church Square to draw attention to the issue of climate change and what we can do about it. There will also be a film screening in Hope Park Church that evening.

Members of churches in St Andrews are especially welcome to all these events. For more information on them, and to book into the Zoom sessions, please email Lorna Hutcheon on greenshoots@hpmchurch.org.uk

Ian Bradley

A DIY Prayer

Make this prayer inspired by the fruits of the Spirit all your own. Just add a word at the end of each phrase...

Love in place of...

Joy in place of...

Peace in place of...

Patience in place of...

Kindness in place of...

Goodness in place of...

Faithfulness in place of...

Gentleness in place of...

Self-Control in place of...

Amen

Sweet Potato and Lentil Curry

Ingredients

1 onion; 1 clove of Garlic; 1 medium sweet potato; 1 large carrot
oil for frying; ½ jar of Eswatini Medium Curry Sauce;
1 tsp Eswatini Swazi Fire sauce (or other hot chilli sauce) optional to
taste; 400g of Kilombero rice
340g of Fairtrade Organic Red Split Lentils;
600ml vegetable stock; 200ml (½ can) of Ma's organic coconut milk

Dice the onion and garlic, chop the carrot and sweet potato. Heat the oil in a large pan and add the onion and garlic, stirring until browned. Add the curry sauce and the chilli sauce (if using), the chopped carrot, sweet potato, lentils and stock.

Bring to the boil and simmer for 20 minutes. When lentils and sweet potato are tender, mix up and stir in the coconut milk. Bring back to up heat.

Cook the rice, following the instructions on the packet, and serve with the curry.

....and enjoy amazing food that does amazing good!

Delicious Rocket Soup.

1 tablespoon of olive oil; 200g shallots, peeled and roughly chopped
400g of potatoes peeled and sliced; 1 litre of stock
2 x 70g packets of wild rocket or 140 grams fresh rocket
salt and freshly ground pepper.

- 1 Pour oil in pan, add shallots fry on medium heat for 5-10 mins
- 2 Stir in sliced potatoes and stock. Cook until potatoes are soft.
- 3 Stir in rocket leaves reserving some for garnish.
- 4 Place in food processor and season with salt and pepper.
- 5 Garnish with reserved leaves and serve with crusty bread

St Leonard Church Flowers

What a strange world we have been living in in recent months! I do hope you have all been keeping safe and well. Now that life is beginning to return to more normality, we shall perhaps soon be able to have fresh flowers to decorate the Church. To this end, I shall have to be drawing up a new rota.

If you no longer wish to be involved in the flower rota, could you please let me know. If I do not hear from people, I shall presume you wish to remain involved with the Flower Rota.

Equally, if you would like to become involved in the Flower Ministry and take on responsibility for supplying the flowers one week, please let me know. There are several weeks that are unallocated at the moment. You do not have to arrange the flowers yourself, a florist can do them for you.

Heather Cormack, Flower Convenor, Email drumtian@freeuk.com Tel 461155

STAMPS FOR WORLD MISSION

Please keep collecting stamps and put them in the box in the welcome area. I know there are fewer and fewer coming through the letter box so that is why it is important to collect them all. Thank you, *Liz Thirkell*