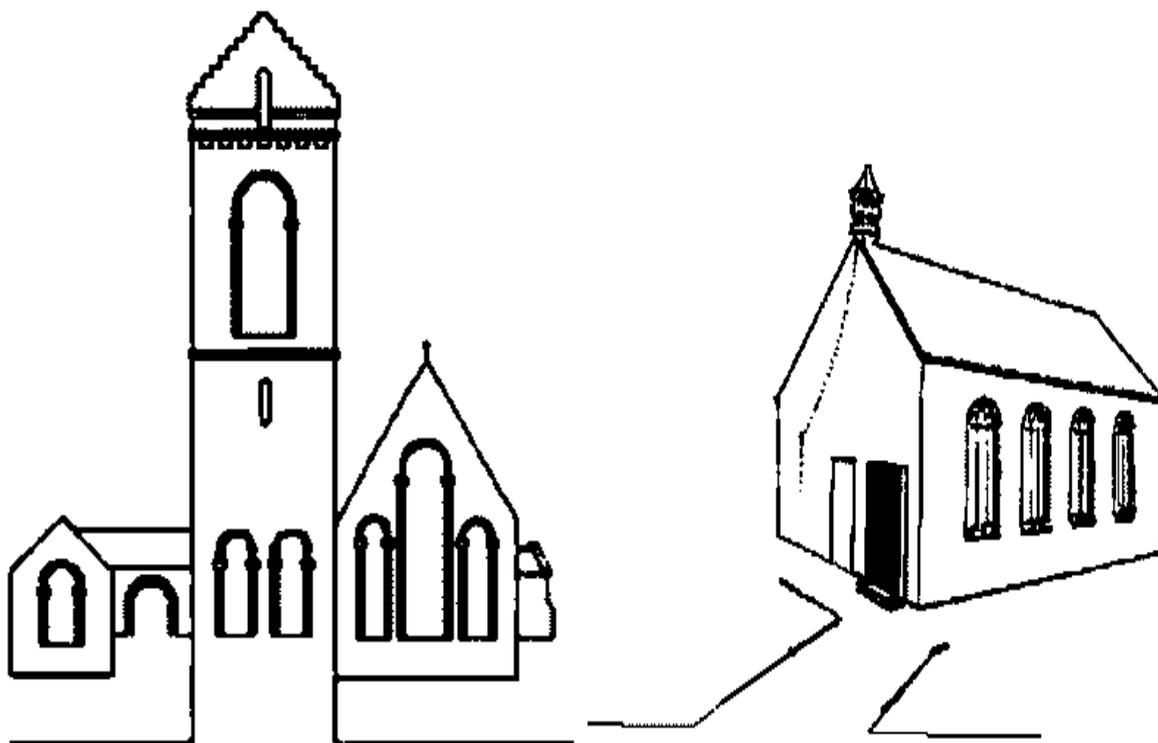


# St Leonard's and Cameron Magazine **AUTUMN 2022**



*View from the Manse,  
Desert Island Discs, The White Poppy,  
Eco Tips, My Fantasy Dinner,  
The People You Meet , Recipes*

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Deadline for the next issue covering December, January and February  
is 26<sup>th</sup> November.

## **View from the Manse**

Dear Friends

I think this summer's hot weather took nearly all of us by surprise, perhaps because we're so used to the weather forecast being wrong. Remember all those promises of the 'Perfect Barbecue Summer'? Well, this time they got it right, and 'though it wasn't as hot for our corner of North East Fife as it was for other parts of the country (or the world) it was hot enough.

Like most of us I'm sure, my memories of childhood are filled with the joy of warm summer days, and of course I'm old enough to remember the long, hot summer of 1976 and a few others besides. But mid-July 2022, that was something else! The scientists tell us that this is what we've to look forward to over the coming years as Global Warming changes our weather pattern, but for many of us, myself included 35C+ is just too hot. We're not used to extremes in temperature and yet if the science is to be believed that is the way things are heading unless real and radical change is made.

The Church of Scotland, via the General Assembly, has committed to the Church being carbon neutral by 2030. This is an ambitious target, and along with others I cannot help but wonder how it will be achieved. And yet we have to do something. No matter where you stand in the climate debate, I think we all accept that things have to change. There is so much more we, as individuals and as a Church community, can do to reduce our footprint: from recycling and not using single-use plastics to sourcing food that is locally produced to reduce 'food miles'; from turning the thermostat down a degree or two in our homes (and our Churches) in winter to getting better insulation; from using our cars less to investing in renewable energy supplies. However, this is just the tip of the iceberg.

*View from the Manse continued from page 3*

As I said a moment ago, I wonder how the Church of Scotland will achieve its aim to be carbon neutral by the end of this decade.

Well, I suppose I already know the answer to that question: that it will only be achieved if we are capable of changing our thinking and actions, often through small steps in the right direction. That's the only way to effect any lasting change, either in own lives or in the world.

But why go to all the bother?

The obvious answer is because of Global Warming and the desire to preserve the planet. But for whom are we preserving it? Future generations? Yes...and God!

As Christians we know that this earth is a gift from God and that we are charged to exercise stewardship. This what the Church celebrates at this time of year, in the Season of Creation and our Harvest Thanksgiving. Sadly, our stewardship has been decidedly lacking in recent decades and our care for God's gift – God's Creation – has at times been negligent to say the least. Everything we have is a gift from God and yet we often take it for granted. Now is the time for us to get real about the situation we have created and our lack of gratitude to the God who loves the world so much he came to earth to be one of us in the form of Jesus Christ.

Even if the science was inconclusive on this issue, our theology of a Creator, Sustainer, and Redeemer God should motivate us to act – and act now. Together we can do this, but we must each take a step in the right direction.

Wishing you grace and peace

A handwritten signature in black ink, appearing to read "L. M. M.", written in a cursive style.

## **St Leonard's Session Clerk,**

Dr Robert McNeill, is shortly due to have planned surgery and as a result will be stepping back from his duties on a temporary basis. In the meantime, immediate past Session Clerks, Mary Popple and Muriel Gray will be filling in. We send Robert the very best of good wishes for a speedy recovery and will be keeping him and Anne in our thoughts and prayers.

Mary Popple 01334 478520 Mob: 07872 384044

Muriel Gray 01334 473884 Mob: 07985 007111:

Email: [stlsessionclerk@gmail.com](mailto:stlsessionclerk@gmail.com)

## **The Church Family**

Sadly, our Church Family has recently lost Mr James Gilmour, a member of St Leonard's, and our thoughts and prayers go out to his family and friends at this sad and difficult time.

**International Student Befrienders:** Would you be interested in joining the University Chaplaincy Befriending Scheme for international students? Befrienders are asked to meet with students a couple of times a term for coffee, an outing or a meal. If you would like further information, please contact Fiona Barnard Smith, the scheme coordinator via email: [fvb@st-andrews.ac.uk](mailto:fvb@st-andrews.ac.uk) by **Monday 5<sup>th</sup> September**.

**Simple Soup Lunches:** Would you be able to help St Leonard's to be part of a St Andrews' Church of Scotland initiative to set-up a free, weekly soup lunch as a means to lessening isolation and build fellowship? Not only would this be a way for congregations to work together, but it would be an opportunity for us to service the community in a way people tell us they want. We are looking for three people who are willing to attend an initial meeting at St Mark' Church to explore things further and look for a way forward. If this is something you would be interested in, please speak to Graeme.

## St Leonard's Calendar

SEPTEMBER	Sunday	11 <sup>th</sup>	Guild Sunday
	Saturday	17 <sup>th</sup>	Presbytery of Fife
	Sunday	18 <sup>th</sup>	Congregational Meeting after service TBC
	Tuesday	13 <sup>th</sup>	AG Coordinators' Meeting 3pm
	Sunday	25 <sup>th</sup>	Harvest / Communion
OCTOBER	Tuesday	11 <sup>th</sup>	Kirk Session Business Meeting 7pm
NOVEMBER	Saturday	5 <sup>th</sup>	Heart & Soul Swing Band 2pm
	Sunday	13 <sup>th</sup>	Remembrance Sunday
	Tuesday	15 <sup>th</sup>	AG Coordinators' meeting 3pm
	Tuesday	22 <sup>nd</sup>	Kirk Session Business Meeting 7pm
	Sunday	27 <sup>th</sup>	Advent Communion

## Cameron Calendar

SEPTEMBER	Wednesday	14 <sup>th</sup>	Kirk Session Meeting 7pm
OCTOBER	Sunday	2 <sup>nd</sup>	Harvest Thanksgiving
	Wednesday	12 <sup>th</sup>	Kirk Session Meeting 7pm
NOVEMBER	Sunday	6 <sup>th</sup>	Communion

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## Christmas idea

For the next issue we would like to you to tell us your favourite Childhood Christmas Memory or Moment and we will put as many of them into the magazine as possible.

It can be the best present you received, your favourite family tradition, your favourite Christmas treat or outing, even your favourite Christmas food. Tell us as briefly as possible why this is your favourite childhood Christmas memory.

# PRAYER

## Gather us in

Wild Goose Resource Group

50 Great Prayers from the Iona Community, 2009, pp. 22-23

Gather us in,  
the lost and the lonely,  
the broken and breaking,  
the tired and the aching,  
who long for the nourishment  
found at your feast.

Gather us in,  
the done and the doubting,  
the wishing and wondering,  
the puzzled and pondering,  
who long for the company  
found at your feast.

Gather us in,  
the proud and pretentious,  
the sure and superior,  
the never inferior,  
who long for the levelling  
found at your feast.

Gather us in,  
the bright and the bustling,  
the stirrers, the shakers,  
the kind laughter makers,  
who long for the deeper joys  
found at your feast.

Gather us in,  
from corner or limelight,  
from mansion or campsite,  
from fears and obsession,  
from tears and depression,  
from untold excesses,  
from treasured successes,  
to meet, to eat,  
be given a seat,  
be joined to the vine,  
be offered new wine,  
become like the least,  
be found at the feast.

Gather us in!

*Submitted by Marie Robinson*

## Ayr, St Andrews

Our minister, Graeme, comes from Ayr, his home church was Ayr St Andrews, where one of my former students, the Reverend Stanley Okeke, is now the minister.

Stanley is Nigerian, he was ordained into the Presbyterian Church in Nigeria, and I first met him in 2012 when he came to Edinburgh as a bursar of the Church of Scotland to take a Masters Degree at Edinburgh University.

Having returned home, we kept in touch and several years later I supported Stanley in his application to transfer into the Church of Scotland

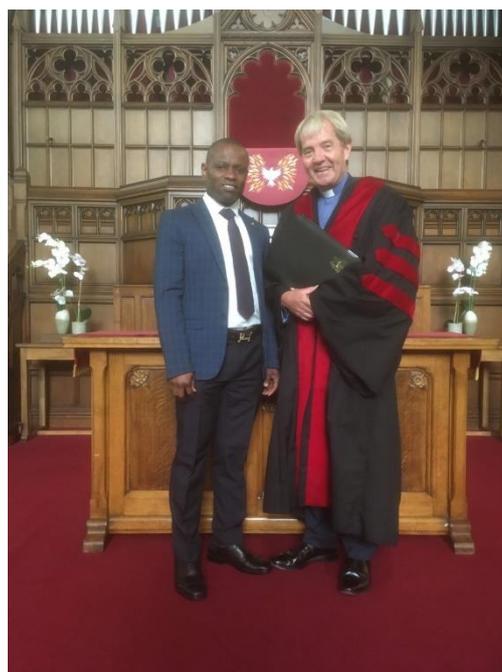


Stanley and his family

Stanley spent a year with me at Cramond Kirk in Edinburgh as our assistant minister learning more about the life of the Church of Scotland and was then called to Ayr St Andrews where he and his family are well settled.

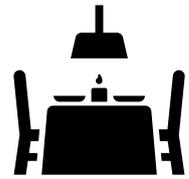
A few weeks ago, Stanley invited me to preach and as well as Graeme's greetings, I was glad to pass on the greetings and good wishes of Cameron and St Leonard's to the people of Ayr St Andrews.

*Russell Barr*



## My Fantasy Dinner Party – Brian Gray

In a chance remark to our Magazine Editor a wee while ago, I suggested that “Thoughts on Hosting a Fantasy Dinner Party” might form the basis for a series in the Magazine. She liked the idea so guess who has to start this off!



We can seat 8 comfortably round our table, so that meant 2 of us as hosts and 6 distinguished guests. Who to choose?

Well, I decided to have as my first guests, the global giants of the twentieth century and arguably two of the most famous men in the world, Winston Churchill and Nelson Mandela. Churchill’s stirring speeches during the nation’s darkest hours are still magic to the ears and who knows what tales he would regale us with. Need to have the brandy and cigars on hand though!

Mandela had a remarkable journey from being a human rights freedom fighter, political prisoner, negotiating the end of apartheid and becoming First President and Father of the Nation of South Africa.

The Queen would be an utterly fascinating guest but perhaps too obvious a choice. With ‘royalty’ in mind I would substitute Dame Helen Mirren following her portrayal of Her Majesty in the 2004 movie “The Queen”. Such a fine actress in numerous film and TV roles and an Oscar winner.

My other ‘movie’ guest is Tom Hanks - a brilliant actor, wide range of roles, never in a bad film, brilliant raconteur and mimic as demonstrated on The Graeme Norton Friday Night Chat Show. I could see Tom and Helen bouncing off each other with their Hollywood tales.

Now – close to my heart - the world of sport is missing from the list and so my number 5 would be the recently retired Sue Barker – her personality, tennis knowledge, humility and friendliness would shine through and make her a perfect guest. To keep the gender balance, my last choice is Billie Jean King – who better to stand up to Winston and put a women’s point of view. And, of course, Sue could keep her in order!

So, there we are - 6 guests, some alive, some long gone. I hope you enjoyed this Dinner Party Fantasy and that it has whetted your appetite to submit your own thoughts and keep our Ed happy!!

## Guild News



The time is nearing when the Guild committee will be meeting to prepare for our new session with our opening meeting on **Thursday October 6<sup>th</sup>** at 2pm.

During the summer, members met informally for a coffee at the Community Hub fortnightly. Those who were able to come enjoyed the chat and getting to know some of the staff and volunteers.

Guild week will be **11<sup>th</sup> – 18<sup>th</sup> September**. The rededication of the Guild will be celebrated during the morning service on the **11<sup>th</sup> September**. We hope that as many Guild members as possible will be able to attend.

**Thursday 15<sup>th</sup> September** at 2pm Committee Meeting

**Monday 26<sup>th</sup> September** at 10am we are invited by Holy Trinity Guild to have an informal viewing of their beautiful Church followed by refreshments and a chat. Please let me know in advance all those who are able to attend.

October 6<sup>th</sup> Opening meeting: Speaker Rev. Graeme Beebee.

October 20<sup>th</sup> Postcards of St Andrews published by GL Fleming.  
Speaker Ken Reid

November 3<sup>rd</sup> Joint meeting: 2pm.  
Hosted by St Marks. Project speaker from  
Blether with Beat: A network of young ambassadors  
to raise awareness of the impact of eating disorders.

November 17<sup>th</sup> "Killing People for a Living"  
Marion Todd is a crime fiction writer, whose novels  
are set in and around St Andrews.

December 3<sup>rd</sup> (Sat) 10-11.30 am: Christmas coffee morning & sale of  
goods

December 8<sup>th</sup> Guild Christmas Lunch

Members and friends of the Congregation are warmly welcome to join us  
for any of our meetings.

*Mima Clark.*

## The People You Meet



Last month I travelled by train to London to meet with Sonia and Carlos Pavia, who are the producers of Eswatini Kitchen range of curry sauces, lime pickles and preserves which JTS imports direct from their factory in the Kingdom of Eswatini in Southern Africa. Sonia has set up the Woman Farmer Foundation to support and educate woman

and young people in farming in Eswatini to help stop the flight from the land to the slums in South African cities and beyond. Her vision is that when we think of a rural African woman we don't think of a young woman with dirty hair and flies on her face but of a confident businesswoman with a job in farming. Many of the women Sonia has supported now own farming businesses and sell profitably to the likes of us and increasingly into the South African retail food world. With support and trade justice it can be done.

But this is really the story of the interesting characters I also met on the train. There was the young attendant who threw food onto the table for us to catch (I really am not joking). Then there was the lady who was returning home from a business trip. She confessed that when the family guinea pig died suddenly in full view of her German colleagues during a Zoom meeting in lock-down, she just had to replace it with a chaise longue whether during the meeting or later, I don't know.

Of course, there was the veteran traveller who insisted on telling us the details of all the trains that we passed – where they were going, were they on time, what the catering was like, how many times he had travelled on them, what rail travel was like when he was young (although he was probably younger than me) and so on. And finally, there was the young man who spent the entire journey re-furbishing the rim of an ancient silk top hat. It sat on the table throughout the journey with its wonderful well-used leather box beside it. He loves top hats and found this one in need of care – an interesting hobby for a young American.

*The People You Meet continued from page 11*

It was a life affirming journey after an inspiring meeting.



Please visit the Trade Justice stall and buy some of Sonia and Carlos's products. We are well stocked with chocolates, biscuits, rice, preserves and jams, sauces and pickles, herbs and spices. We will have Christmas cards soon and exciting food gifts are just coming in. Every time you shop with us makes a difference to someone's life.

*Mary Popple*

## **St Leonard's Treasurer's Trivia**

Did you know .....that the first machine-run paper shredder was created in 1935 by Adolf Ehinger? He was inspired by a hand cranked pasta maker. His company later developed the cross shredder which turns paper into confetti.

You might wonder where this is leading. I have spent several hours this summer making confetti. The financial records of the church have to be kept for seven years. They can then be securely disposed of.

Unfortunately, I was not switched on enough to do this at the end of 2019, 2020 and 2021 so have been ploughing my way through three years of bank statements etc. This gave me time to think about who invented this machine in front of me, why digital records could not suffice in this day and age and what a waste of ink and paper! Wouldn't it be great if I could invent something that magically wiped the paper clean to reuse? On looking this up I see that someone has beaten me to it! Monks in medieval times removed writing from parchment to allow it to be reused. More recently, scientists at Cambridge University have investigated print removal techniques that require solvents which is of course an environmental issue.

Ah well, back to the shredder ..... what will I ponder this week?

*Joan Peter*

## Graeme's Desert Island Discs

Like all the best ideas it's a simple one: a desert island, eight recordings (usually, but not always, music), a book and a luxury; and that simple idea, devised by the late Roy Plomley has been the basis for a radio programme since 1942, over three thousand episodes ago.

Having begun in 2018 with the Autumn edition of this Magazine, our version hasn't been going quite as long and hasn't featured as many guests. However, as Cameron and St. Leonard's Desert Island Discs comes to an end, we would like to thank all the 'castaways' who over the last four years have shared with us their recordings, as well as the odd book and luxury.

For this last selection we've asked Graeme to share his playlist:

My favourite music moves around with how I'm feeling, a bit like my favourite Psalm, or my favourite book or film. So, ask me one week and you'll get one list; ask me a week later (probably even a day later) and chances are the list will be different, at least in part.

With that understanding, here are my Desert Island Discs:

1. **'Amazing Grace!'** recorded by the Pipes and Drums of the Royal Scots Dragoon Guards. I was 7 years old when this recording topped the charts at No.1, where it was to remain for five weeks. Much to my two older brothers' embarrassment it was the first '45' I ever bought for myself and listening to it still makes the hair on the back of my neck stand up.

2. **'You make me feel so young'** Music by Josepf Myro; Lyrics by Mack Gordon. I probably picked up my love of jazz and swing from my dear old dad. Frank Sinatra was his 'go-to', 'though he was also a fan of the Beach Boys. I'm certainly a fan of 'Old Blue Eyes'. To be honest I could easily take all eight of my Desert Island Discs from his recordings alone. That said, if I had to pick one it would be this one, from the album *Songs for Swingin' Lovers*, recorded in 1956, music arranged by Nelson Riddle.

*Continued on page 14*

*Desert Island Discs continued from page 13*

3. **'Mr. Blue Sky'** by ELO (The Electric Light Orchestra) from their 1977 album 'Out of the Blue'. Like most of us, my taste in music isn't restricted to one genre. It was my eldest brother, Richard, who introduced me to the musical stylings of ELO, and this song, released as a single in 1978 would probably always be one of my Discs, if only because it reminds me of Richard and because it was released on Blue vinyl...a wonderful electric blue.

4. **'The Heavens are Telling'** from 'Die Schopfung'/'The Creation' by Franz Joseph Haydn. 'The Creation' is probably my favourite Choral work (Haydn is a favourite composer), and this my favourite piece in it, all because of the 1<sup>st</sup> Tenor line. It's been performed as a separate Octavo for at least a hundred years. I've sung the whole Oratorio a few times, the last with the Guernsey Chamber Choir. However, its singing, 'The Heavens are Telling' in the St. Salvator's Chapel Choir on the last Sunday of the Whitsun Term of 1988 that I'll never forget.

5. **'Gabriel's Oboe'** from the Original Soundtrack to 'The Mission' by Ennio Morricone. If I like a film, then it's usually got something to do with the soundtrack. Like I was saying earlier about Sinatra, I could fill the whole of this list with pieces of music from film and TV soundtracks, old and new – from Eric Korngold's score for 'The Sea Hawk' to Henry Mancini's theme for 'The Pink Panther' to Geoffrey Burgon's music for the television adaptation of 'Brideshead Revisited'. For me, a film without music is like worship without music.

6. **'We Have All the Time in the World'** performed by Louis Armstrong in both 'On her Majesty's Secret Service' and 'No Time to Die'. Both Ailsa and I enjoy a trip to cinema. I've no idea how many films we'll have seen in our 27 years together, but it's a lot, and it includes all nine films featuring James Bond. I always enjoy a Bond. Of course, some of the films are better than others (just as some of the actors playing Bond are better than others) but for me 'On Her Majesty's Secret Service' is hard to beat, if only for this song.

*Continued on page 15*

*Desert Island Discs continued from page 14*

7. **'The Elements'** by Tom Lehrer. This is another of those songs (and performers) which remind me of my dad. He died in 1980 and I doubt that there's a week goes by that I don't miss him. Along with Sinatra, Tom Lehrer would inevitably make an appearance at some point on a Sunday, usually before lunch or dinner. This song simply names the chemical elements (or at least all those that were known at the time) and sets them to a Gilbert & Sullivan tune.

8. **'The National Anthem'** (After 'God Save the Queen') arrangement by Benjamin Britten. No matter what day you asked me, 'God Save the Queen' would always be one of my Discs, and very possibly this 1962 choral and orchestral arrangement. Written for the Leeds Festival it was movingly and powerfully performed at the end of the socially distanced Last Night of The Proms in 2020.

So, there you are: my Desert Island Discs...though I'm already wondering if I shouldn't change some. I mean I haven't included anything by Ralph Vaughan Williams, or Count Basie & His Orchestra, or Charlie Parker, or Handel, or George Shearing, or John Rutter, or Oscar Peterson, or Lionel Hampton, or Bach (JS), or Johann Strauss, or Respighi, or Glazunov, or Noel Coward, or Ella Fitzgerald, or Tchaikovsky, or Stravinsky, or Flanders & Swan, or Bobby Darren, or Charles Trenet, or The Troggs with 'Wild Thing', which used to be my party piece...enough said I think.

The book is tricky as you might expect but I have opted for **The World of Don Camillo**. It is a collection of fictional stories by Giovanni Guareschi about a Parish Priest, Don Camillo, and his struggles with Peppone (and with God), all set in what Guareschi describes as the 'small world' of rural Italy after the Second World War. My mother introduced me to the stories when I was a lad and I must have read them a hundred times or more.

And my luxury, which is easier to decide – a supply of Betty's Peppermint Tisane, produced by the famous tearooms in Yorkshire. This has to be the ultimate luxury with a drop of honey to sweeten the deal.

## The White Poppy

Wearing a white poppy feels a fairly new thing to do, though in fact white poppies have been around since 1933. They were first made by members of the Co-operative Women's Guild, who wanted to pay tribute to those who had lost their lives in the Great War, while also pledging themselves to peace; they are now distributed by the Peace Pledge Union. Its website says: 'White poppies stand for remembrance of all victims of all wars. This includes wars still being fought. It includes people of all nationalities. It includes both civilians and members of armed forces. In wearing white poppies, we remember all those killed in war, all those wounded in body or mind, the millions who have been made sick or homeless by war and the families and communities torn apart. We also remember those killed or imprisoned for refusing to fight and for resisting war.'

When I add a white poppy to the red poppy, I wear each year, I do it to remember civilians who died, especially the grandfather I never knew, because he died when a bomb landed on the trolley bus he was driving during the London blitz. And to think of the victims of wars still being fought, especially the young Syrian woman who suddenly clung to me in terror on Lesbos; I knew it was the tourist plane coming into land that terrified her, because my mother's experience as a teenager during the London blitz led her to have the same reaction to planes throughout my childhood. It's the same reaction to an aeroplane as had by a Ukrainian woman who has recently come with her family to live near Leuchars. Do you remember the year the Remembrance Sunday lessons in St Leonard's were read by two students who worshipped with us regularly, a Japanese woman who sang in the choir, and a German man?

I wonder about the impact of war on their families.

As we sang on Remembrance Sunday in 2020:

'O hear my song, thou God of all the nations,  
a song of peace for their land and for mine.'

*Maureen Jack*

## **Georgiana Mazilu's talk to St Leonard's – 28/8/22**

Some of you know me already, however outreach goes to people who don't know me yet and that is why I am here.

Let me tell you what happened a few days into my job. I received a phone call from a lady I never met who asked me what an Outreach officer does? Of course, I had my job description, but nothing prepares you fully for a job until you are working.

She was really upset and to her surprise I decided to meet her that evening. We had a long chat and we both parted happy, me that I could help, and she that she could speak face to face with somebody after the long lockdowns and self-isolation.

To cut the story short that was the beginning of the Hub project "Let's Chat" that we now have every Monday, where people come and find a welcoming place to share.

From Monday to Saturday the hub is buzzing with people and activities and you will see me buzzing around too between a few of the hub projects (Knitting and Crafts, Clothesline) and the Community Cafe. You can see the full list on the Hub website

(<https://www.nefcommunityhub.org/>) and Facebook (<https://www.facebook.com/CommunityHubNEF>).

There are few activities I think are relevant to mention.

The "Health and Social Care Well" on Tuesdays is guiding people to the appropriate resources similar to Citizens' Advice and they can help you with nearly everything.

On Mondays and Thursdays, we have the Post Office. When Christmas comes, this will save you from waiting in the long queues at W.H. Smith. If the queue is too long at the Hub, we have chairs and tea to help you cope.

*Georgiana Mazilu's talk to St Leonard's continued from page 17*

On Thursday we have a short Church service called "Hope at the Hub" delivered by different churches from St Andrews and is a constant reminder of Jesus' teaching and that he loves us.

If you would like to see any other activities, please get in touch with me or David our project coordinator. We will be more than happy to listen and make it happen.

The Hub is a safe place for everybody. My role is to reach out and help at the Hub and outside the Hub and I am happy to meet and help anyone in the community.

We are living through difficult times, and we can do something meaningful.

If you have any spare time, you can help because -  
we need bakers and baking  
we need volunteers watering the plants around the hub.  
we need volunteers to pick up food from the stores.

If you grow vegetables and fruits and happen to have a surplus, we are very happy to take that and transform it into yummy food.

There are many other projects you can help with please just let me know.

A special thank you to Graeme and the Guild for their continuing support to the hub and a big thank to all of you for giving me the opportunity to help the community.

[georgiana@nefcommunityhub.org](mailto:georgiana@nefcommunityhub.org)

## Storehouse



This is just a quick note to say thank you for all the continued support for Storehouse through donations of food and through volunteering - we really appreciate it all!

We are seeing a continued need for our services, and as a result there are several items that we have run out of, or our stocks are very low. If you're able, therefore, we'd really appreciate any donations of these items, so we can continue to meet the need we're seeing.

The items we would love to receive are:

- corned beef, tinned ham
- tinned fruit and tins of custard
- beef stew, tinned curries, bolognese tins
- cup-a-soup
- tinned sweetcorn, carrots and potatoes
- UHT milk
- large boxes of cereal
- instant coffee
- biscuits and sweets
- diluting juice
- household cleaning products

Thank you, in advance - we really couldn't do this without your support!

*PS Storehouse have lots of tins of beans!*

## **St Leonard's Harvest Thanksgiving: Sunday 25th September**

Volunteers would be very welcome to help decorate St Leonard's Church on Saturday 24th September at 10am. Donations of flowers, fruit and vegetables to put on the windowsills would be much appreciated.

Christmas! Saturday 17th December at 10am is the date and time for decorating St Leonard's Church for Christmas. Again, any volunteers who would like to join in with the decorating would be very welcome. Donations of holly or other suitable greenery would also be very welcome. Thank you. St Leonard's Flower Rota: Thank you in advance for the support you've given me in my first year of organising the rota. Thinking about 2023, if anyone would like to join the rota, or no longer wishes to be included in it, please get in touch.

*Elaine Douglas*

## Batch Cooking

With the days getting cooler and mindful of food prices and energy costs, I'm planning on batch cooking soup and wholemeal bread for lunch! A 1kg bag of M&S ( other stores available!) Five carrots cost 45p this week, enough to make 3 batches of this very simple soup! For those who like something spicier the Harissa Red Pepper Soup is also easy to make and freezes really well. Either served with some wholemeal bread is perfect on an Autumn day.

*Pamela Robinson*

### 3 -2 -1 Soup

3 Carrots

2 Potatoes

1 Onion

350 mls. Chicken Stock ( from a cube or stock pot) 350 mls. Milk

2 tblsp. Olive Oil

1 tblsp. Butter

Salt and Pepper to taste

- Peel vegetables and chop into even sized chunks.
- Heat butter and oil in a heavy pan, add the veg, toss and sauté for a few minutes until glossy.
- Cover with a sheet of parchment paper and continue to cook slowly for 10 minutes, stirring occasionally so veg doesn't stick.
- Season with a pinch of salt and some pepper.
- Pour over the stock and simmer with the lid on for 15-20 mins.
- Take off the heat, blitz, then blitz more! Add the milk and blitz again!
- Serve immediately or pour into containers, chill and reheat or freeze.

*Continued on page 21*

*Batch Cooking continued from page 20*

## **Harissa Red Pepper Soup**

1.5 tbsp Olive Oil      1 Onion finely chopped      2 tbsp. Harissa Paste

50g Roasted Red Peppers ( either roast in the oven or from a jar)

2 Tins 400g Chopped Tomatoes      900ml. Veg Stock

- Sauté onions in the oil- approx. 8 minutes.
- Stir in the harissa paste and cook for 1 minute.
- Add the peppers, tomatoes and stock, bring to the boil and then simmer, bubbling for 10 minutes.
- Season and blitz.

Serve with wholemeal bread or toasted pitta breads. Crumbled feta or halloumi can be sprinkled over, along with some seeds to make the meal more substantial.

## **Wholemeal Bread**

340g Coarse Wholemeal Flour

220g Plain Flour

110g Margarine

2 heaped tsp. Baking Soda

2 level tsp. Salt ( optional)

50g Caster Sugar

2 Eggs

560ml. Buttermilk ( or add a tsp. lemon juice to whole milk and leave half an hour before using)

- Rub margarine into flour with fingertips.
- Add other dry ingredients.
- Add the beaten eggs and lastly the buttermilk.
- Stir all together with a metal spoon and put into 2 prepared 1lb. loaf tins (either grease the tins or use a loaf tin liner).
- Cook at 150 degrees for 50-60 minutes depending on oven .
- Cool on a wire rack.

## **Energy Saving Recipe**

I love cooking, but don't claim to be the best cook! I'm sure lots of you have better, 'go to' recipes and look forward to seeing them in the next edition of the magazine! Mindful of the current cost of even putting on the oven, I'm trying to do a couple of quick, 'hob cooked' meals every week, trying to include meat free days for health purposes and economically cooking for 4 for £5. My grandchildren have grown mint along with lots of other herbs in the garden as well as salad leaves.....free food! Here's a simple recipe to try!

### **Orzo with Cherry Tomatoes, Mint and Feta Cheese**

450g cherry tomatoes

400g orzo pasta

150g feta cheese

Small bunch of fresh mint leaves (10g)

- Cook the orzo in a large pan of boiling, salted water according to packet instructions.
- Rinse the cherry tomatoes, cut in half and heat 2 tablespoons of olive oil in a large frying pan over a medium heat. Add tomatoes, season and then sauté for 4-5 minutes until softened.
- Drain the orzo and toss into a pan with the tomatoes. Take off the heat and crumble the feta cheese over the top, shred the mint leaves and add.
- Toss briefly to combine all the ingredients and serve immediately.

*Pamela Robinson*

Carbon Saver – Go electric with off-peak radiators. Sustainable power stations (nuclear, hydro, biomass etc) minimise carbon output.

*George Black*

Sometimes Christian Aid is asked "Where does the money go? What is achieved?" Lauren Petherbridge, Community and Events Fundraising Officer writes (2.8.22):

"Thank you, St Andrews Christian Aid Group for raising £8,300 to help families around the world transform their own lives. Your generous gift will help women like Jessica Mwedzi in Zimbabwe grow drought-resistant seeds and learn how to grow food in the changing climate. She now hopes to provide her children with fresh food, and a full life, free from hunger.

You only need to look to Janet Zirugo, who lives in a nearby community, to see the lasting impact gifts like yours can have. Like Jessica, Janet experienced desperate hunger. But with help from our local partners, she turned her life around. Using drought-resistance seeds. Janet now maintains a flourishing vegetable garden. She has also built a storeroom to help her bounce back in future droughts.

'This project is lifting us up. We are thankful. It makes me happy to see my family are strong and well fed'. Janet sings with joy and we rejoice with her. It's thanks to people like you that this amazing change is possible.

Thank you again for standing alongside your global neighbours this Christian Aid Week. Together we restore justice to our world.  
With heartfelt thanks, Lauren Petherbridge."

Just this week (9.8) Fiseha Kebede, Ethiopia Programme Manager for Christian Aid writes " Millions of people across East Africa are facing the threat of famine and their lives are at risk. After the worst drought in 40 years, they are taking desperate measures to survive in the face of failed harvest, livestock deaths and water shortages. With the war in Ukraine causing global food prices to rocket, we are facing crisis on crisis".

If in Christ's Name, you wish to help phone 08080005005 or visit  
"caid.org.uk/eastafrica"

*George Black*

## Your Green Bin

We're being exhorted to recycle but before doing so, should perhaps consider the following options in order of priority:

- 1 Refuse *If possible, do without*
- 2 Reduce Buy less
- 3 Reuse or let someone else do so - contact eg Freecycle or Castle Furniture
- 4 Recycle *and failing which,*
- 5 Rust or rot Send to landfill

And to help us reduce the amount going to landfill, Fife Council recently expanded the list of items that can be put in our green bins to include - all plastic bags, wrappers, film and packaging including:

- Plastic pouches
- Plastic sauce sachets
- The film from ready meal trays and fruit tubs – ripped off and separated
- Bread bags
- Biscuit, chocolate and sweets bags, wrappers, tubs
- Cling film
- Pet food wrappers
- Fruit and veg nets
- Carrier bags
- Snack bags – crisps and peanuts etc
- Flower bouquet wrappers
- Plastic coat hangers

*Peter Robinson*

## Jigsaws and Life

There is a lot that making up a jigsaw can tell us about life.

Most people sort out the edges first, because everyone and everything needs boundaries.

Pieces come in all shapes and size -like people – and when fitted together they makes a whole – a lovely picture.

Not every piece fits immediately. Sometimes it takes patience and perseverance to either find the piece that seems so obvious, but you cannot see it or find the right place for that particularly awkward piece.

Once completed, take time to appreciate it, but remember it is only transitory. You will break up the jigsaw to start another one shortly.

# Heart and Soul Swing Band Concert

**Saturday 5<sup>th</sup> November 2022 at 2pm,  
St Leonard's Church**



Founded in 2013, the Heart and Soul Swing Band is a band based across Scotland's central belt, made up of Kirk ministers, elders and church members, who play a mix of spirituals, Gospel, blues, boogie-woogie and

traditional church music in an entertaining and enjoyable way.

Admission to the concert is free, but donations will be invited for the Church of Scotland HIV/AIDS Appeal, the charity which the band supports.

Everyone is welcome! Come along and enjoy some musical fireworks!

## Church Transport

Our "Transport to Church" scheme operates with a small team of volunteers. Ideally, and with enough drivers, the commitment involves choosing one Sunday every six weeks when you would drive someone to and from church.

If this is something you think you could help with, please contact me,  
by text – 07527719790 by email – jackimac00@hotmail.com  
by telephone – 01334 478531 Thank you. Jackie Mackenzie

## Carpet Bowling

The 2022-23 season of Carpet Bowling will start on **Tuesday 4<sup>th</sup> October** at 7pm in the Hall. Held on most Tuesday evenings throughout the next 6 months, everyone, whether a newcomer or seasoned campaigner, is welcome to come along to this friendly social event. Don't be shy - give it a try!

For further information, contact the Beadle, Ken Morris, 07975 855654

## Eco Tips

**Reduce Paper Copies** - One change I've made to reduce the amount of waste I produce is to read newspapers and magazines online rather than buying paper copies. It saves money too: my daily digital newspaper costs less for the whole week than a paper copy only on Saturdays. Even better, lots of magazines are available free through Fife Libraries' Libby app: you can download magazines as varied as Radio Times, The Week, Good Housekeeping, Gardeners' World . . . and the Oldie! *Maureen Jack*

Using my iPad for services and sermons rather than printing them off thereby reducing use of paper and ink. *Graeme Beebee*

### **Fundraising through specialist recycling**

There are two plastic boxes in the welcome area in St Leonard's: one is to collect empty pill blister packs and the other is for the red, blue and green tops from plastic milk bottles. They are each recycled in the UK, raising money for charities supporting people living with cancer. Please save yours and drop them off in the boxes. Thank you.

There is also a cardboard box for old spectacles (no cases please). These will be sent to the Rotary Club of York Ainsty which under its SpecSort scheme has been sorting and grading pre-owned spectacles to send to Ghana, Kenya, Sri Lanka and other countries where they can be used.

And don't forget to save your stamps.

**Bars** – as well as using shampoo bars, soap bars are more environmentally friendly than liquid soap in plastic bottles.

**Lights** – get into the habit of switching off the light when you leave a room

**Contact lenses** - wearers can collect and donate the containers to Boots Opticians or Specsavers, for recycling, thus reducing the amount of plastic going into the bin.