



St Peter's Church
Townsend Place
Kirkcaldy

Rector: The Revd. Canon Christine Fraser

St. Peter's Rectory

1 Longbraes Gardens

Kirkcaldy. KY2 5YJ

Registered Charity Numbers:

St. Peter's SC010443

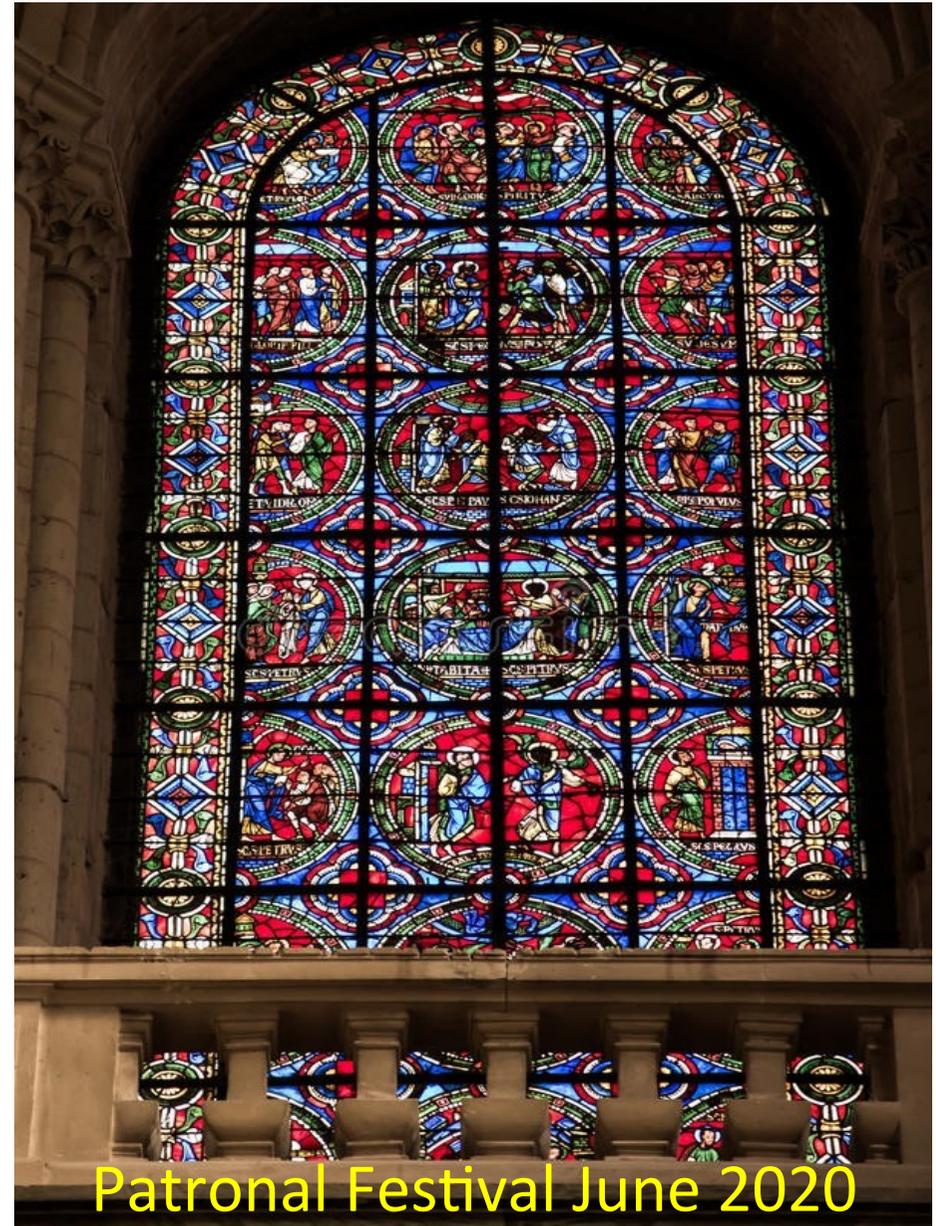
Ss. Mary & Leonard SC009524

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The Contact Magazine of St. Peter's with Ss. Mary & Leonard

Rector: The Revd. Canon Christine Fraser



Patronal Festival June 2020

Cover Photo

The photograph this month is of one of the windows in the Catholic cathedral church of St. Peter in Poitiers, a city some 300 km West of Paris. The building was completed toward the end of the twelfth century by Queen Eleanor of Aquitaine and is a masterpiece of Romanesque architecture.



Other St. Peter's in France



Montpellier

Saintes Cathedral

Medieval
clock in
Beauvais
Cathedral



My Sat-Nav

A Poem by Pam Ayres

I have a little Satnav, it sits there in my car.
A Satnav is a driver's friend it tells you where you are.
I have a little Satnav, I've had it all my life.
It's better than the normal ones, my Satnav is my wife.

It gives me full instructions, especially how to drive
"It's sixty miles an hour", it says, "You're doing sixty five".
It tells me when to stop and start, and when to use the brake
And tells me that it's never ever, safe to overtake.

It tells me when a light is red, and when it goes to green
It seems to know instinctively, just when to intervene.
It lists the vehicles just in front, and all those to the rear.
And taking this into account, it specifies my gear.

I'm sure no other driver, has so helpful a device.
For when we leave and lock the car, it still gives its advice.
It fills me up with counselling, each journey's pretty fraught.
So why don't I exchange it, and get a quieter sort?

Ah well, you see, it cleans the house, makes sure I'm properly fed.
It washes all my shirts and things, and keeps me warm in bed!
Despite all these advantages, and my tendency to scoff,
I only wish that now and then, I could turn the beggar off.

Complaints received by a resort chain (before lockdown!)

On my holiday to India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food

The beach was too sandy. We had to clean everything when we returned to our room.

No one told us there would be fish in the water.

A Covid19 Dictionary

from **Carol Morton**

Coronacoaster

The ups and downs of your mood during the pandemic. You're loving lockdown one minute but suddenly weepy with anxiety the next. It truly is "an emotional coronacoaster".

Quarantinis

Experimental cocktails mixed from whatever random ingredients you have left in the house. The boozy equivalent of a store cupboard supper.

Southern Comfort and Ribena quarantini with a glacé cherry garnish, anyone? These are sipped at "locktail hour", ie. wine o'clock during lockdown, which seems to be creeping earlier with each passing week.

Blue Skype thinking

A work brainstorming session which takes place over a videoconferencing app. Such meetings might also be termed a "Zoomposium". Naturally, they are to be avoided if at all possible.

The elephant in the Zoom

The glaring issue during a videoconferencing call that nobody feels able to mention. E.g. one participant has dramatically put on weight, suddenly sprouted terrible facial hair or has a worryingly messy house visible in the background.

Quentin Quarantino

An attention-seeker using their time in lockdown to make amateur films which they're convinced are funnier and cleverer than they actually are.

Antisocial distancing

Using health precautions as an excuse for snubbing neighbours and generally ignoring people you find irritating.

Coughin' dodger

Someone so alarmed by an innocuous splutter or throat-clear that they back away in terror.

Mask-ara

Extra make-up applied to "make one's eyes pop" before venturing out in public wearing a face mask.

Covid-10

The 10lbs in weight that we're all gaining from comfort-eating and comfort-drinking. Also known as "fattening the curve"

Contents

Page 2	<i>Other St. Peter's</i>	
4/5	<i>Letter from The Rector</i>	STOP PRESS
6	<i>Notice of Suspension and Normal Activities</i>	
7	<i>Alternative celebrations</i>	
8	<i>Advertisements—Wishart Plumbing</i>	<i>Haines Watts</i>
9	<i>Who's Who at St. Peter's</i>	
10	<i>Wordsearch</i>	
11	<i>Mend and Make-do</i>	<i>Quiz Time</i>
12	<i>Hearts for Hospices</i>	
13	<i>Thoughts on The Virus</i>	
14	<i>Advertisement—John Smart</i>	
15	<i>Brain Stuff</i>	
16/17	<i>Phenomenon</i>	
18	<i>St. Peter's Brewery</i>	<i>Sherlock Holmes</i>
19	<i>Covid19 Pandemic</i>	
20	<i>Stir Crazy</i>	
21	<i>Advertisement—Chapel Level</i>	
22	<i>Ode To The Snail</i>	
23	<i>Figure This Out</i>	
24	<i>Advertisement—Fife Shopmobility</i>	
25/6/7	<i>The Healing Ministry</i>	
28	<i>Car Parking at St. Peter's</i>	
29/30	<i>Letter from St. James The Least of All</i>	
30	<i>Wearing Purple</i>	
31	<i>Walking in Lockdown</i>	
32	<i>Smile Lines</i>	
33	<i>Advertisement—Paul Kelly Roofing</i>	<i>Answers</i>
34	<i>A Covid19 Dictionary</i>	
35	<i>My SatNav.</i>	<i>Complaints</i>

Letter from The Rector

Dear Friends

I write this for inclusion in what should be our Patronal Festival issue, but at the time of writing we are still in lockdown and are likely to be for at least the foreseeable future.

There is no clear indication when churches might be able to reopen their doors but The College of Bishops have said that each Diocesan Bishop will work with individual congregations to ensure that when they open, it will be safe to do so. I would be interested in receiving any suggestions as to what we might do to celebrate when we do reopen.

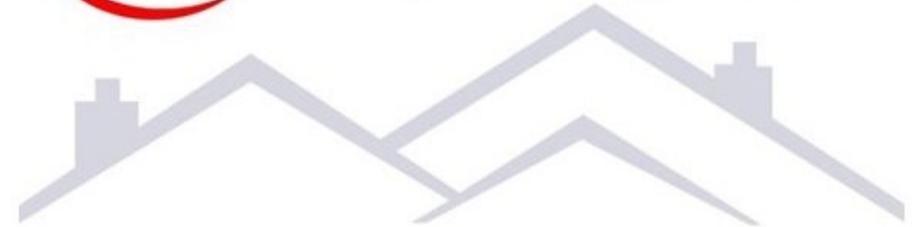
The past few weeks have flown by in some ways, but have really dragged in others. I have been producing weekly service sheets as you know and these have been a challenge, particularly writing homilies for reading rather than speaking. The written word can give much different nuances than the spoken word, even if they both say the same thing. It has also been an opportunity to share some of my photos with you; I have enjoyed looking through them myself and deciding which ones to pick. I always like Mondays and Tuesdays as that is when I phone round to catch up with you; although my voice begins to give way eventually. I have sent cards to those of our congregation who are in residential care, and I know many of you have been phoning each other as well.

Celebrating the Eucharist in an empty church has also been strange. There is no buzz of conversation before or after the service, no music, no noise of coffee and tea being made. The first few weeks were difficult, but I have learned to love the peace and tranquillity of the silence. The first time I set foot in the church was during my interview and there was a real sense of prayer enveloping me. I still feel that 7 years later when I potter about, setting up and checking the



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Quiz Answers:

- 1 – Canada 2 – West Indies 3 – Iceland 4 – Russia
 5 – Mozambique 6 - Bahamas 7 – Taiwan 8 – New Zealand
 9 – Holland 10 – Columbia 11 – Brazil 12 – Cuba
 13 – Wales 14 – Portugal 15 – Rumania 16 – Japan
 17 – Liechtenstein 18 – Bali 19 – Iraq 20 – China
 21 – Belgium 22 – Singapore 23 – Bahrain 24 – India
 25 – Hungary 26 – North Korea
 27 – Kampuchea 28 – Sweden
 29 – Italy 30 – Hong Kong
 31 – Botswana 32 - Grenada



Smile Lines

Coronavirus: For the first time in history, we can help save the human race by lying in front of the TV and doing nothing. Let's not mess this one up!

The queue: While waiting in a socially distanced queue early one morning for the supermarket to open for us 'seniors', I was surprised to see a young man saunter along and try to cut in at the front of the queue. A furious old lady waved her cane at him, and he quickly backed away.

A moment later, the young man tried again. He managed to dodge the old lady, but then two old men started shouting at him. Again, the young man backed away.

But he wasn't giving up, and soon the young man approached the queue for the third time. By now, all of us pensioners were ready for him, an angry wall of opposition.

The young man stood there for a moment, and then shrugged his shoulders. "If you people won't let me unlock the door, none of you will ever get in to shop."

Distancing: I need to practice social-distancing – from my refrigerator.

New style of prayer: Our minister is still getting used to live streaming our church services. Last Sunday he invited us to join him digitally in prayer by saying firmly: "Let's bow our eyes and close our heads."

Beware: As you prepare for the school holidays, remember this: children are natural mimics. They act like us in spite of all our attempts to teach them good manners.

Pancakes: A mother was preparing pancakes for her sons, Kevin, five, and Ryan, three. The boys began to argue over who would get the first pancake. Their mother saw the chance for a moral lesson. "If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait.'" Quick as a wink, Kevin turned to his younger brother and said, "Ryan, you be Jesus!"

premises. You can actually hear birds singing, and there's no traffic passing. Occasionally I sit for a bit in the Peace Garden after the service; that has been a treasure.

Some Thursdays I feel like a delivery service with the car filled up with things I have collected and for distribution. Craft materials and goods for the foodbank have been the usual cargo. I now know the shortest route to get round the town with my mail.

I have been particularly grateful for the companionship of Bubbles; it would have been much more difficult to stay on my own with no company and I can sympathise with those who have felt really isolated. Bubbles has given me the incentive to exercise and I have found parts of Kirkcaldy I didn't know existed. Evenings have been spent knitting and catching up with boxed sets.

This time reminds me of how caterpillars cocoon themselves then flourish into beautiful butterflies. I am hoping that once we get back to seeing each other we feel that our cocoons have kept us safe during the pandemic and that we will somehow be changed by our experiences. I can't see us going back to what we were before. Let's use this time to think how we can be like butterflies, beautiful and full of joy.

As always, I pray for your wellbeing and that you are keeping safe.

Blessings

Christine

Stop Press: As at 16th June, we have received some instructions from The College of Bishops with regard to how we may proceed to re-open the Church with the advent of the Government's Phase 2 recovery path. The requirements are complex and we have to formulate a plan which will prove acceptable to both Bishop Ian and our own membership. Further news in due course.

Worship and all other 'in church' activities are currently suspended due to the Covid-19 pandemic.

We hope that 'Normal activities, as below, will be resumed in the near future

Worship at St Peter's

Sunday 9.15 am Said Eucharist (Scottish Prayer Book)

10.30 am Sung Eucharist (1982 Liturgy)

Wednesday 10.00 am Said Eucharist (1982 Liturgy)

Weekly Group Activities (In Church or Hall)

Monday

7.00-9.00 pm Sing in the City

Tuesday

2.00-4.00 pm The Craft Group meets in the Hall

7.30 pm Vestry meeting every first Tuesday in the month

Wednesday

2.30 - 4.30 pm Equal Voice

7.30 - 9.00 pm Prayer Group

Thursday

10.30-12.00 pm Carers' Choir

2.00-3.30 pm Thursday Ladies Group (On dates to be agreed)

7.00-8.30 pm The Langtoun Singers

Friday

10.30-12.00 pm Zumba

Sunday

6.00-8.30 pm Youth Fellowship on designated Sunday evenings

Note: People First Scotland meet once a week on different days—please contact Lisa Waylandt — on 07974 650197

Walking In Lockdown

from **Jill Harris**

I would normally go, twice a week, to Falkland or Craighrothie or the Coast for a walk. But with only essential journeys allowed, I was stuck!

Captain, now Sir Tom Moore did laps of his garden—I did laps of Middle Den, the woodland at the end of my road. In March, the trees were in bud, the undergrowth short and I regularly saw rabbits, squirrels and to my delight, deer which studied me as much as I watched them. One was a stag, with growing antlers, which at a distance I mistook for a donkey with long ears.

Soon, the trees were shading green and then, in mid May, an explosion of leaf. The woods are now a glorious mixture of every shade of green imaginable. The change means I no longer catch sight of the animals but I do hear a lot of bird song (I miss the sound of skylarks and cuckoos on the hills around Falkland). I spotted a pinkish/red bullfinch with his wife— a much less flashy bird! I also heard a woodpecker but couldn't spot him.

Leaving the woods and my new friends, a walk along Hendry Road reveals the cherry trees which had been in full bloom. To my amazement, some trees had both white and pink blossom—is this common?

This Spring we have had some marvellous weather although, for much of the time, viewed from indoors. However, I've cleaned both of my sheds and seen the garden come into flower; the birds are as hungry as ever !

I have also knitted a rainbow wool jumper in a few weeks—its predecessor took 2 1/2 years!

I've enjoyed the services which Christine has delivered each week and while reading them, think of all my friends at St. Peter's who I hope to see again soon, once life returns to its more usual pattern.

the refreshments afterwards. Church entertainments committees have centuries of collective experience in judging the numbers of ham sandwiches and bottles of milk required. I am forever proud that our own ladies – through years of experience – can now get five cups of tea from every tea bag and can butter bread so thinly that one pack can last several months.

What you now do with 29 surplus loaves of bread is a problem you have brought upon yourself. You could possibly use them for supporting the stage next year.

Your loving uncle,

Eustace

“Wearing Purple”

from **Carol Morton**

The poem was written for someone with a terminal illness. It echoes some of the loss folk are feeling during this prolonged time of isolation and the need for new life.

You're not waiting till you grow old to wear purple:
you've been wearing it creatively for so many years;
you're still wearing it right now.

And it's the colour of blood and wine,
Lent and letting go, royalty and rejoicing,
love and loss.

Right now, in the season of Easter, when winter has lasted so long,
it's the colour of fragile birch twigs on trees still bare:
purple, a promise of new life.



Historians in Ireland have discovered what they believe to be the headstone of the world's oldest ever living man.

He was 193 and his name was Miles from Dublin.



What makes you think they're celebrating a different St. P.....s Day ?



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The Rectory

St. James the Least of All

**On why holding an Arts Festival I
n church is not a good idea**



My dear Nephew Darren

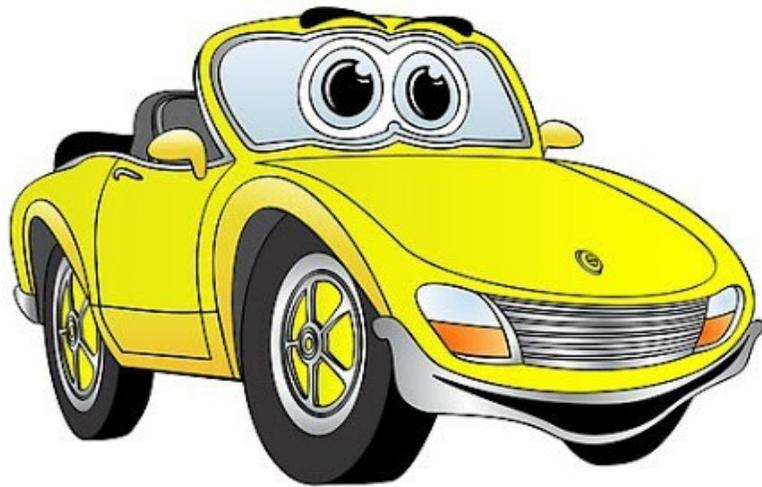
Your decision to hold a Summer weekend Arts Festival in church, bringing culture to your inner-city streets, was most commendable. Pity, how it all turned out.

The Friday evening started well with the concert of Scott Joplin piano music. Obviously knowing that the pieces were originally played in seedy bars on pianos wildly out of tune with several notes missing, your committee must have gone to endless trouble to find precisely the right instrument. Your stage-hands, were, however, less careful and hadn't noticed that the platform had a noticeable list to port. After each piece, the pianist had to relocate the piano stool closer to his nomadic piano, with the last piece being performed with both entirely out of sight behind the pulpit.

It created much innocent entertainment for the audience, but the fault really should have been remedied before the Saturday evening choir concert. Discarded kneelers and rotting hymn books do not form a stable base for a stage supporting an 80-strong choir. So when it came to the enthusiastic rendering of hits from 'Oklahoma', with copious hand movements,

it came as something of a relief that the stage took this as the moment to signal defeat, tipping the tenors behind the altar. The audience's thunderous applause, assuming this was a carefully choreographed part of the performance, was quite touching. I am sure all the compensation claims will soon be sorted out.

Your one great mistake was to take on responsibility for organising



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Who's Who at St. Peter's

Rector: Rev'd. Canon Christine Fraser

Car Park Rentals: Maria Page

Child/vulnerable adult Protection:

Kerry Briers

Christian Aid: Judy Webster

Rosemary Potter

Church Treasurer, Gift

Aid & 100 Club:

Judy Webster

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Duty and Tea Rotas:

Judy Webster

Shirley Mann

Fabric Convenor:

George Legge

Flower Convenor:

Jane Legge

Hall Hire:

Ivy Elder

Lay Representative:

Shirley Mann

Lay Worship Leaders:

Richard Fawcett

Maria Page

Shirley Mann

Rudi Limebury

Rev. Christine Fraser

Prayer Group:

Social & Fund Raising

Committee Chair:

Shirley Mann

Vestry Chairman:

Bill Page

Vestry Secretary:

Maria Page

Website:

Norman Ward

Halls For Hire And Rooms For Rent At St. Peter's

Don't forget we welcome people/groups to hire our church, halls and rooms. Ask Ivy for a leaflet, details of charges and equipment available.

Wordsearch for June 2020

Coronavirus has turned our world upside down. But God is still there, and we can call on Him, as Psalm 91 (vs 1-6) reminds us...

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.

² I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."

³ Surely he will save you from the fowler's snare
and from the deadly pestilence.

⁴ He will cover you with his feathers, and under his wings
you will find refuge;
his faithfulness will be your shield and rampart.

⁵ You will not fear the terror of night,
nor the arrow that flies by day,

⁶ nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.

dwells
shelter
most
high
shadow
almighty
refuge
fortress
trust
save
snare
deadly
pestilence
cover
feathers
wings
faithfulness
shield
rampart
fear
terror
night
arrow
plague
destroys

E	D	W	E	L	L	S	G	S	T	R	I	E
C	E	E	I	F	E	S	R	E	A	D	H	D
N	S	H	E	L	T	E	R	E	F	U	G	E
E	T	A	I	I	V	R	P	S	Y	R	T	A
L	R	W	R	O	O	T	R	R	T	A	D	D
I	O	T	C	R	C	R	A	E	H	M	M	L
T	Y	S	H	A	D	O	W	H	G	P	P	Y
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S	O	T	H	G	I	N	H	G	I	H	E	U
W	E	E	V	A	S	I	T	S	F	N	R	E

fingers slide through the golden thread I used to crochet a blanket for our Mary's first child.

One afternoon, as I was resting, Sister Irene knocked on my door to tell me that Mum wasn't herself. I decided to take my bottle of oil and asked Sister Irene to just pray quietly whilst I anointed my Mum. She quietened down immediately. This experience is quite wonderful, you are just a tool, Christ is the healer, peacemaker. Afterwards Irene, who had health problems, asked me if I would anoint her. I talked it over with Rudi who thought, under the circumstances, I should do it for this lovely Sister Irene.

On Corpus Christi feast day, my minister brother celebrated Holy Communion at my Mum's bedside, when she still prayed for peace at home and in the world. She died very peacefully the following Sunday and, before telling anybody else of her death, I played Amazing grace at her bedside on my violin.

The Laying-on-of hands and Anointing is not a miracle cure. It is foremost the inner peace you are given, being shown a way forward. You are made aware of the inner strength to cope with a difficult situation, helping the dying to die in peace. We can ask for healing for a loved one, for healing of the nation, the world, esp. now with the Coronavirus. Healing comes in many forms as Bp. Morris writes: through books, music, gardening, in the quietness of our sitting room, as we knit, sew, in personal encounters—kind words spoken, writing poetry, painting. We just need to be silent to be aware of it. One day a friend told me she had come across my poem in Bp. Morris' book 'A Healing House of Prayer. I had forgotten about it:

The Afterglow (After Laying-on-of-hands and Anointing) Blessed are you now, Who receives His gift from His own anointing hands; Out-poured in the Trinity's immeasurable, precious gift - to His faithful servants: Fulfilment in the inmost souls, perfect Love, Sufficient Sacrifice; His Kingdom within us. His Kingdom within us by His design – Home wholly of prayer and peace – spreading its vision to all around – Until all mankind is reborn into His wholesome Love. Hallelujah! Amen.

When the Service was finished, she went to the piano and improvised some beautiful music. Everybody was in tears. She expressed what people felt! Christine was quite special to me: if I was stressed, she would walk close up to me and say: Hedi, I love you. She played Austrian folk tunes, I had not heard for years. An Austrian carer had taught her.

Since 1967, Rudy had struggled with a growth on his tongue and having bits cut off. After one of these operations, in 1987, the surgeon came to see him and asked: What did you do this time that you had not done before? The cancerous growth had drastically receded, and what had been removed had no cancer cells. He had been anointed five days before.

* I, Rudy, need to add something here: After several years I again developed cancer on my tongue. In 2012, in Preston, the growth was removed along with almost half the side of the tongue. *

I, Hedi, still feel very privileged that living so far from my family in Austria, I was able to be at my parents bedside for some 3 weeks before they died. My father died in 1993.

As the protestant Church did not offer the Sacrament of Anointing, I asked Bishop Morris if I could administer it. His response was: 'How special for the daughter to do it'. So, when I was alone with my Dad, I did it one evening. It was so peaceful. The next morning, I did not hear the usual more audible breathing noises and went to his bedside, my mother said, 'He is fast asleep'. When I said to her, 'Mum, he is finally asleep', she quickly got up and we said the Our Father together.

We dressed him in his 'Austrian special suit' which he used to wear when he was the local Mayor. It was special.

Then in 2002, I spent 3 weeks at my Mum's bedside, now in a lovely home for retired Protestant Sisters. It was the year you could see the five planets close together in the evening sky. Mum had had her hip repaired after a fall and was on strong pain killers. One of the Sisters, Irene, and I took it in turns to sit by Mum's bedside. Mum let her

Mend and Make-do

According to handicraft expert Kirstie Allsopp, a missing button was the number one reason why 350,000 tonnes of wearable clothing may end up in UK landfill this year.

But that was before lockdown. Now you have time to make do – and mend! Rescue and reuse your clothes. After all, it saves money and the planet.

Quiz Time

Solve these picture clues to discover countries and areas of our world. (Answers on page 33)



Hearts for Hospices

from **Christine Fraser**

During the lockdown hospitals and hospices are closed to loved ones visiting and so they are unable to be with those who need their support. The NHS have been collecting pairs of knitted hearts and distributing them to ICU and to hospices so that the person in hospital receives one and their family receives another one. Nursing staff have also been given them, particularly those who are comforting people at the end of their lives.

My friend Lorna volunteers at McMillan Cornhill Hospice in Perth and she contacted me to say that they were desperately short of hearts as the scheme relies on people knitting them and Cornhill only receive one or two pairs at a time from a central distribution point. She knew that St Peter's had a craft group and contacted me to ask if there was anything we could do. I am pleased to report that some of the ladies rose to the challenge and I collected 56 hearts in late May. They were delivered to Lorna with a note on behalf of St Peter's. She passed them on to the Volunteer Co-ordinator and I know they were gratefully received. Many thanks to those who responded - Moira, Jeeta, Judy and Anne

Easy Fundraising

St Peter's is now registered on the easyfundraising web-site, if you wish to contribute, the instructions are as follows:

1. Open easyfundraising website: www.easyfundraising.org.uk
2. Click on 'Create an account' box
3. Click on 'I want to support a good cause' box
4. Enter cause name in box - St Peter's, Kirkcaldy
5. Click on 'Support this cause'
6. Complete form with own personal details.

This should bring in a few pounds over the year as there are over 4000 retailers in the scheme

The Healing Ministry,

from **Hedi Limebury**

We all have these experiences, when we feel this Special Presence and we become a living soul.

I remember sitting on my grandfather's lap; he must have been 84 years old and I was ten. As the youngest grandchild, he must have given me a special blessing. Grandad was a Lutheran minister who did much missionary work in Austria, especially after the 1st world war: helping to feed and clothe the hungry, the homeless, visiting prisoners....He was also one of the first ones to have hearing aids installed in the two front pews, so those in need of them could 'hear the word of God' in Church.

He was instrumental in buying, with the help of Swiss Bankers, 'Salzerbad', where I grew up and my parents were in charge. It was a missionary establishment with 14 houses, to care for some 300 hungry kids in summer; a permanent home for 30 kids from deprived backgrounds; for weary mothers and about 100 paying guests, mostly from war torn Vienna.

Rudi and I experienced this Special Presence during the Maundy Thursday Service after we joined St. Peter's, Kirkcaldy. We had not come across the Laying-on of hands and Anointing at Maundy Services in previous Churches; so very special with the newly blessed oil from the Cathedral.

We had met this Presence in 1981 when we got to know Bishop Morris Maddocks, then Advisor for health and healing to the Archbishops of Canterbury and York. Later, when Rudi was Warden of the Derby and Southall Diocesan House from 1984-1989, Bishop Morris conducted a post ordination retreat.

The final Eucharist included the laying-on-of hands and Anointing. I had encouraged Christine, a young woman with learning difficulties, from Dr. Barnardo's, who helped us in the kitchen and dining room, to join us. She was the last one to be anointed.

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A Few Thoughts On The Virus

from Jeeta

When this virus is over I still want some of you to stay away from me.

LIFE IS HARD
IF YOU DON'T LAUGH IT'S EVEN HARDER

WHEN DOES SEASON 2 OF 2020 START? I DO NOT LIKE SEASON 1.

Wearing a mask inside your home is now highly recommended. Not so much to prevent Covid-19 but to stop eating.

2020 is a unique Leap Year.

It has 29 days in February, 300 days in March, and 5 years in April.

2019
Stay away from negative people.

2020
Stay away from positive people.

I never thought the comment "I wouldn't touch him/her with a six foot pole" would become a national policy, but here we are

The longer I stay home, the more homeless I look.

Not to brag, but I haven't been late for anything in over two weeks.

Muffins spelled backwards is exactly what you do when you take them out of the oven.

Until further notice the days of the week are now called, thisday, thatday, otherday, someday, yesterday, today and nextday!

ANYONE ELSE'S CAR GETTING THREE WEEKS TO THE GALLON NOW?

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Can You Figure This Out ??

Calculate your next travel destination

Instructions

1. Choose a number between 1 and 9
2. Multiply it by 3
3. Add 3
4. Multiply by 3 again
5. Add the two digit number you get together
6. Number you get is where you will be travelling to

Destination

1. Singapore
2. Spain
3. India
4. Thailand
5. Malaysia
6. Indonesia
7. Brazil
8. England
9. Stay at home
10. Australia
11. Cambodia
12. Vietnam
13. Japan
14. South Korea
15. India
16. Canada
17. Mexico
18. New Zealand

 Skyscanner



Ode to the Hillwell Garden Snail from Norman Ward

You slithered into my garden,
When I was in lockdown,
You left your trail of silver,
And destruction all around.

You hid behind the plant pots,
Thinking you were out of sight,
And waited until the sunny day,
Had changed to darkened night.

You devoured all my seedlings,
And nibbled my begonias too.
You munched away my tomato plants,
Are they really good for you?

God knew I would not like you,
And homeless you would be,
A spiral shell He gave you,
Just to hide away from me.

Even though I do not want you,
Within my garden space,
I am aware God made you,
By His creative hand, and grace.

The blackbird swooped to grab you,
Then carried you away,
If you are now in lockdown,
Perhaps, you'll live another day.

G.J.Urquhart

Brain Stuff

From Cambridge University.

Olny srmatt poelpe can raed tihs. cdnuolt blveiee taht I cluod aulacly
uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan
mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't
mttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng
is taht the frist and lsat ltteer be in the rghit pclae.

The rset can be a taotl mses and you can sitll raed it wouthit a porbelm.
Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but
the wrod as a wlohe.

Amzanig huh? yaeh and I awlyas tghuhot slpeling was ipmorantt! if you
can raed tihs psas it on !!

Psas Ti ON !

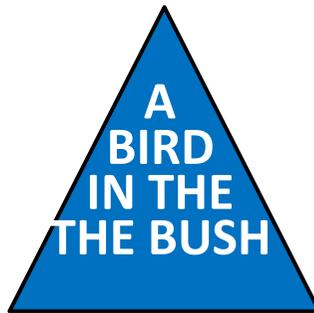


Phenomenon

from **Bill Page**

Read out loud the text inside the triangle below.

More than likely you
bush" and..... if this
you failed to see that
ed twice!



said, "A bird in the
IS what YOU said, then
the word THE is repeat-

NOW:-

What Do You See 1).



In black, the word GOOD; in white, the word EVIL
The absence of GOOD is EVIL

What Do You See 2).



You may not see it at first, but the white spaces read the word optical, the blue landscape reads the word illusion.

Chapel Level

Set in the outskirts of Kirkcaldy, Chapel Level is a welcoming, purpose-built care home offering nursing and nursing dementia for older people.

At HC-One, kindness is at the heart of everything we do. Our Residents are guaranteed a warm and comfortable stay in a home-from-home environment.

Life is not made up of minutes, hours, days, weeks, months or years, but of moments. We believe an ethos of kindness and genuine caring ensures these moments are happier, and makes all of our journeys easier.

To find out more information on the care that Chapel Level can offer you, or your loved one, please visit our website or contact our Home Manager, Sarah Fowler.



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Stir Crazy

Some advice from our daughter in Canada We just need to keep calm during these unprecedented times. There are people literally going stir crazy while under Lock-down. I was just telling the Microwave and the Toaster the same thing over coffee this morning and the three of us were in full agreement.



I can't tell the Washing machine any more because she just turns everything round and even the Refrigerator has been cold and distant lately.....

In the end the Iron calmed me down as she said everything will be fine, no situation is too pressing. The Hoover was very unsympathetic... told me to just suck it , but the Fan was more optimistic and hoped it would all soon blow over!



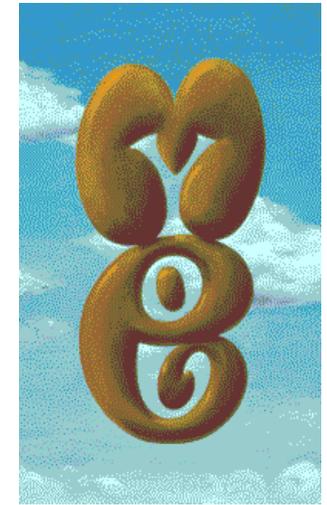
The Toilet looked a bit flushed when I asked its opinion and didn't say anything but the Door Knob told me to get a grip. The Front Door said I was unhinged and so the Curtains told me toyes, you guessed itpull myself together !!!!



Can you see why these paintings are also called an optical illusion?



The word TEACH reflects as LEARN.



You probably read the word ME in brown, but.....when you look through ME you will see YOU!



St. Peter's Brewery

The St. Peter's Brewery Co. Ltd is situated next door to the St. Peter's Hall in Bungay, Suffolk

They make a range of traditional fruit beers as well as standard ales and beers.

The Brewery also offers a home delivery serviceGive it a try??



The Man Who Created Sherlock Holmes

Sir Arthur Conan Doyle, the multi-talented writer who created Sherlock Holmes, the world's most famous detective, died 90 years ago, on 7th July 1930 at his home in Sussex, probably of a heart attack. He was 71.

He had been born in Edinburgh to a prosperous Irish-Catholic family with a dysfunctional father and a loving mother who had a talent for inventing stories. He spent seven years in a Jesuit boarding school in England, which he loathed, and qualified as a medical doctor at the University of Edinburgh. He added 'Conan' to his name at that stage.

He wrote the first Sherlock Holmes story, *A Study in Scarlet*, in 1887. In all, he wrote nearly 60 novels or short stories involving Holmes and his sidekick, Dr Watson. He did not regard them as his best work – he wrote prolifically on many subjects – but their characterisation and ingenious plotting made them by far the most popular.

He was married twice – first to “gentle and amiable” Louisa Hawkins, the sister of one of his patients, and then, after she died of tuberculosis in 1906, to the “strikingly beautiful” and talented Jean Leckie. Towards the end of his life he developed a strong interest in the occult and spiritualism. He was knighted in 1902.

Covid 19 Pandemic

from **Norman Ward**

Viral pandemic, stealthily came, Coronavirus, Thesaurus, doesn't know your name,
Covid 19, your pseudonym, Spread on every news bulletin.
Spoken with lips trembling with fear, Stay home, stay safe, instructions clear.
Viral plague, indiscriminate attack, Compassion, care, you surreptitiously lack.

Anthology,
Such a daunting, task I fear, Of treasured memories, Of loved ones dear,
Who succumbed, to a virus rare, With anguished thoughts, deep despair,
Which sapped their energy, will and might? Closing their eyes in darkest night.

Mask, visor, cap and gown, Concealing the wearer's worried frown.
Their smiles distorted through visor lens, Please trust... the carers were your friends.
Their blue gloved hands, your needs did tend.
Dedication, devotion, compassion, care. Each one whispered a silent prayer.

You are not a statistic; you have a name. We shared your anguish, worry, pain.
So many of you gave your all, in the act of caring, Your loved ones now, deep sadness bearing.
It is not God's wish that one should perish, Each one of you, a life to cherish.
With His love and saving grace, Now in heaven, may you take your place.

G J Urquhart