



St Peter's Church
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Rector: The Revd. Canon Christine Fraser

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

Rector: The Revd. Canon Christine Fraser



The Cover picture is of The Font in St. Peters Church which was decorated by Jane Legge and friends in preparation of a past Easter. Jane has been doing the floral arrangements at the Church for some years and she is always happy to welcome any assistance, or donations of money towards the flowers. Jane usually creates the displays on a Saturday morning.



We recently acquired an attractive wooden flower stand/ side table which will be used to display flower arrangements in the church foyer.

In order to prevent water damage to the wood from the flower pots we obtained two glass shelves, one

of which was very kindly donated by Cruickshank Glaziers, the other from a donation from the Church Craft Group.

Church magazine editors are special people. They produce so much with so little - for so many – for so long! Church ministers often have years of training, stacks of books, and lots of other resources to help them preach to the people in their church on Sunday. Church magazine editors rarely have the same advantages – and yet their Christian witness reaches dozens, if not hundreds more people each month. Church magazine editors help the people in their church to stay in touch with each other, but they can do even more. They can help their church to stay in touch with its community. A church magazine can bravely go through letterboxes into homes, In fact, your church magazine may be the only Christian contact that many people in your community will ever have. What an opportunity!

Prayer meetings are the throbbing machinery of the church. – C H Spurgeon

Cont. from page 34

I could point out that your chairs make kneeling almost impossible – although I suspect that posture is not encouraged in your church, as people would then be unable to read the words on your overhead projector or wave their arms about quite as easily during the hymns. While the majority of our congregation find the Anglican crouch perfectly adequate, you can see those who flop to their knees on hearing “let us pray” from the clouds of dust sent up from suddenly compressed hassocks, which were purchased to commemorate Queen Victoria’s Accession.

I may also point out that our box pews are very useful for modern times. Once a family is seated, with the door firmly shut, then any toddler is penned in and unable to use the aisles as a racing circuit. Medieval carpenters were clearly forward-thinking people. Admittedly, box pew doors do tend to stick, and few manage to look dignified while they wait for step ladders to be brought before they can climb out.

If only you would remove your chairs and substitute benches without backs, turn off all heating and replace carpets with slate slabs, I am sure your congregation’s religious zeal would soar.

Your loving uncle,

Eustace

Worry!

have so many problems that if a new one comes along today, it will be at least two weeks before I can worry about it.

St James the Least of All

On why pews SHOULD be uncomfortable

The Rectory
St James the Least

My dear Nephew Darren

Visits from your parishioners to our church are always welcome. But I did not expect them to return to you complaining because our pews are uncomfortable.

Pews are *meant* to be uncomfortable. The unshakeable belief of our congregation is that the more uncomfortable the pew, the holier the worship must be. By the same token, an 8am Service is more fervent than one at 11am, since it is much more socially inconvenient. If you add on enduring sub-zero temperatures and damp, then sainthood clearly beckons. Your people may be used to lolling in upholstered chairs in tropical temperatures, but I am sure such comfort places their souls in grave peril.

Our pews were built 500 years ago, when people were several inches shorter and many pounds lighter, and so could accommodate themselves on them perfectly adequately. The fact that a twenty-first century body is in constant danger of sliding off the seat and requires knees to be folded somewhere near ears at least helps to keep minds focussed – apart from Colonel Wainwright, who still manages to sleep peacefully throughout Mattins every Sunday



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Worship at St Peter's

Sundays **9.15 am** **Said Eucharist (SPB)**
 10.30am **Sung Eucharist (1982 Liturgy)**
Wednesdays **10.00 am** **Said Eucharist (1982 Liturgy)**

St Peter's Episcopal Church, Kirkcaldy **Easter Services 2024**

Sunday 24th March Palm Sunday	9.15am Eucharist and Blessing of Palms 10.30am Sung Eucharist and Blessing of Palms
Wednesday 27th March	10.00am Eucharist
Thursday 28th March	11.00am Chrism Mass (Cathedral)
Maundy Thursday	7.00pm Celtic Eucharist, Washing of Hands, Stripping of Altar and Vigil
Friday 29th March Good Friday	12.00noon Stations of the Cross
Saturday 30th March Holy Saturday	10.00am Church Decoration for Easter
Sunday 31st March	9.15am Eucharist and Renewal of Easter Sunday Baptismal Vows 10.30am Sung Eucharist and Renewal of Baptismal Vows.

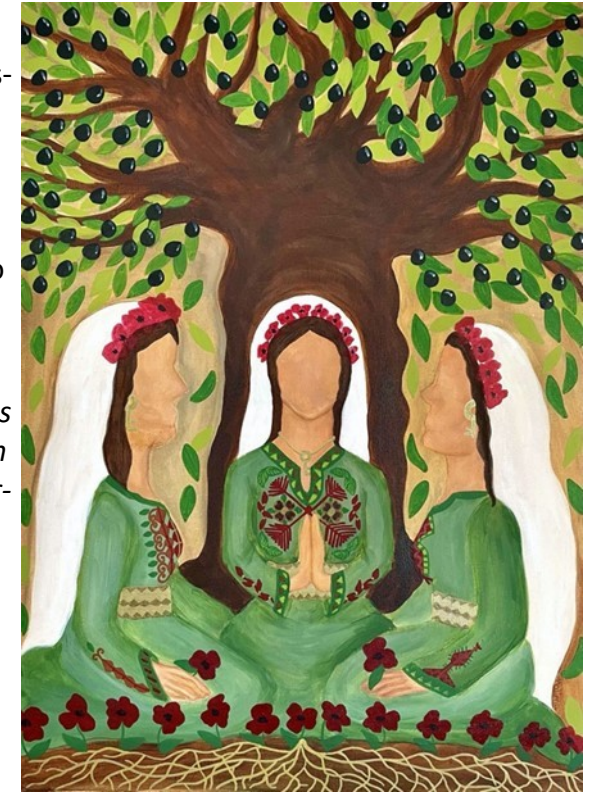
The Church, Hall and meeting room are now connected to the Internet with full WiFi access. Please check with Christine or Andrea for further information.

Cont. from page 32

Shortly after the devastating events of 7th October and subsequent war on Gaza, the Palestinian WDP Committee sent the following message to the world:

In these trying times, let us remember that the human experience transcends borders and political differences, we must stand together as one global community, advocating for the welfare and dignity of every individual, irrespective of their nationality, religion, or origin. Together we can work towards a brighter and more harmonious future for all in this troubled region.

As we observe the World Day of Prayer, our thoughts and prayers continue to go out to those suffering in Israel and Palestine, and we hold steadfast to the hope that one day, the people of this land will enjoy peace and prosperity.



World Day of Prayer

March 1st 2024

“I Beg You . . . Bear With One Another in Love.”

In the December issue of the Contact magazine there was a poem, “Among the Rubble”, praying for peace in Palestine and Israel. In 2023 the Palestinian Christian community in Bethlehem did not celebrate Christmas, they were in mourning. Their manger scenes depicted the baby Jesus in a cradle amongst stone and rock rubble.

This painting shows what they felt: if born today, Christ would be born in the rubble in Gaza.



The 2024 WDP service was prepared by Christian Women in Palestine. In Kirkcaldy an ecumenical service was held in Hope Church (*formerly Torbain*). The Guild of Hope Church organised the service, in which men and women from Abbotshall, Hope, the Old Kirk and St. Peter’s took part. During the final Commissioning Prayer, Hope Church was thanked and a candle was passed from them to the Rev. Christine Fraser, representing St. Peter’s church, which will host next year’s service. After the service all were invited to tea in the hall, where there were stalls with Hadeel Palestinian Fair Trade goods and Christian Aid materials.

Dear Friends

Our Lenten journey and pilgrimage are over. Our fasting is complete; now we can feast and celebrate. We have travelled with Jesus from the harshness of the desert to the new life coming from the empty tomb. Having walked with Jesus as we carried our cross, we now share in and experience the joy and power of his resurrection.

When we look at the news on our televisions or read it in our newspapers we are all very well aware of all the hardship and pain that exists in our world today. There isn’t a day that goes by where we don’t read the story of a random act of terrorism or a shooting of one kind or another. There are painful scenes of war, gender abuse and terrorism on our televisions, most if not every evening. Even in our own country and communities there are senseless acts of violence that leave families grieving for the death of a loved one. How are we meant to celebrate Easter in such difficult circumstances?

Even at the time of Jesus there was inequality, injustice, and poverty. He would have seen it, experienced it and been very familiar with it. But it is into that world that he came with the good news of the Kingdom of God. It is into our world today that Jesus comes with the same good news. It is in and through our world today that we experience and share in his resurrection.

The trial and crucifixion of Jesus must have been such a painful and even disappointing experience for his friends, followers and family. They had placed such hope in Jesus; in his preaching, his teaching and in his miracles. Then they had to stand and watch as he was betrayed, condemned, beaten and then crucified. They stood and watched him die.

God only asks you to do your best. – Robert H Benson

Cont. from page 5

In it is in and through our ordinary daily lives and our world today that Jesus comes risen from the tomb. The resurrected Jesus comes to us as we are. But he also comes as he is; through the power of God he is resurrected and comes to us with the gift of new and everlasting life. Death has not had the final say. Where there was despair, God brings us hope. Where there was darkness, God has bright light. Where there was death, God bring us not just life, but new and everlasting life. These are the gifts that God offers each of through the resurrection of Jesus.

In world where there is often the reality of suffering, violence and injustice, we are called to be people of hope. This is not ordinary human hope. This is the hope that comes to us through the resurrection of Jesus. In the face of sadness, difficulty and pain, we are called to look to and rely on the resurrected Jesus and not just on our strength and resources.

The call, invitation and even challenge of Easter is that we experience it personally deep within ourselves. We are called to be an Easter people, a people of the resurrection. We are called and asked to be person who is filled with the new life and hope of the resurrected Jesus.

We may be tempted to give in and give up the world as it is today. However, because we now share in the powerful resurrection of Jesus, we are to live our daily lives full of Easter hope. As Christians, this Easter Sunday and for the rest of the Easter Season, may we be people who are filled with the Light Joy, Life, and Hope of the Resurrection of Jesus. The Lord is risen, alleluia, alleluia, alleluia!
Blessings

Christine

Do not wait for the hearse to take you to church. – Anon

God Gave Moses His Laws

Word Search

Find the words in the list that are hidden in the puzzle. The word can be left to right, up and down or diagonally.

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

COMMANDMENTS HONOUR SINAI COVENANT
MOTHER STEAL EGYPT MOUNTAIN
TABLETS FATHER SABBATH TEN

By Norman Ward

Cont. from page 29

This is the only glacier waterfalls in Europe inside a mountain which is still accessible to the public. 20,000 litres of water falls per second. We travelled up the first part in a funicular rail car then hiked up the rest, this turned out to be quite a challenge for me as I don't like heights! As well as the sheer drop in places it was wet, dark and noisy I am pleased to say I made it to the top but even more pleased when my feet were back down on firm ground.

Our next trip took us even higher up a mountain this time taking four cable cars to the top of the Schilthorn in the Bernese Alps, 2,900 metres above sea level. We enjoyed breath taking views of the Alps whilst having lunch in the revolving restaurant. We also enjoyed the company of James Bond 007 in clips of his movie On Her Majesty's Secret Service playing in the background, this being one of the main location for the film.

On our last evening we enjoyed a Swiss fondue meal with entertainment. Next morning we bid farewell to the beautiful area around Adleboden.

A never to be forgotten trip making memories and friends and for me achieving a lifelong ambition. Girl Guiding is truly a wonderful movement to be part of.

Palm Sunday visit

It was Palm Sunday, but because of a sore throat, five-year-old Bobby was kept home from church with his grannie. When the family returned home, they were carrying several palm fronds and Bobby asked them what they were for. "People held them over Jesus' head as He walked by," his father explained.

Bobby was aghast. "I don't believe it! The one Sunday I don't go, and

Barter Books, Alnwick

Those of you who have holidayed in Northumberland may have discovered Barter Books based in the old station in Alnwick. You might be interested in how the company came about. Back in April 1991, and in the face of a rather large overdraft, Mary Manley decided to open a second-hand bookshop - one that would be based on the swap system and called Barter Books. Her husband, Stuart, immediately took to the idea and suggested that Mary open the shop in the front room of what was then his small manufacturing plant, located in Alnwick's magnificent old Victorian railway station. From that time a joint partnership was formed that would eventually result in what would be known as 'The British Library of second-hand bookshops'.

Stuart Manley was born in County Durham during the Second World War. His professional background always revolved around business. Within the bookshop, Stuart is basically responsible for the general business management, including the Barter Books website. Outside interests include cricket, railways, (English) football, and cash flows.

Mary Manley was born in Missouri even earlier (alas!) than Stuart. (But, please note, only slightly earlier.) Mary's professional background was almost exclusively academic. Within the bookshop, Mary is basically responsible for the general organisation, ambience, and marketing. Outside interests include almost everything but cricket, railways, (English) football, and cash flows.

Finally, Stuart and Mary Manley's partnership has been based on a very happy counterbalance of strengths and weaknesses. This, tied in with a very real enthusiasm for the business as a whole, has allowed them (at last) to pay off that overdraft.

The one who kneels to the Lord can stand up to anything. - Anon

.Cont. From Page 7

About the staff: Their staff are mainstay - hard-working, loyal, remarkable, wonderful. And remarkably eclectic - perhaps like the shop, itself. There is a manager. But no 'boss' They have hired temporary help as young as 16 and as old as 76. Professional backgrounds, too, are equally wide-ranging - from those one might expect (artists, teachers) to those one might not (the RAF, coal mining). As for accents, well, currently, there's North of England, Irish, London, Cornwall, and, yes, American.

The Bookshop

The shop has many extra features: open fires in the Winter, beloved by all. The Station Buffet with good plain food, coffee, tea and cookies. Plus Paradise, the new ice cream parlour. A model railway acting as a link between the book columns of the central room, along with poetry lines. Three stunning 40-foot murals. Numerous restored station features. Generous seating. A children's room with enough toys to allow parents and grandparents to browse elsewhere in peace - provided one guardian is left to look after the children! And a whole huge room lined with over forty glass cases containing many of the more interesting antiquarian books.

Preservation and Restoration: because of its architecture and history, the owners have done what they can (and felt privileged to do so) to restore and enhance their holding - as and when they could afford to. To that end, the lovely old canopy outside has been re-exposed, the fireplaces put back into working order, a missing skylight glassed in, rooms plastered and repainted. All of which, after its closure in 1968, public life back to a building that was made for it.

Self-emptiness prepares for spiritual fullness. - Richard Sibbes

TRIP TO SWITZERLAND

From Jane Legg

In September of last year I flew to Geneva with other Trefoil members of all ages, from all over Scotland, to fulfil a life long ambition to visit Our Chalet. After taking two and a half hours to get through passport control (thanks to Brexit) we travelled to Adleboden, the base for our stay.

Next morning we had an early start. We made our way up to our Chalet, which was the first of five World Centre's for the Girl Guides and Scouts movement around the world. It was opened in 1932 by Lady Olave Bady Powell and Helen Storrow an American Girl Scout who financed the building, having first travelled all over Switzerland to find the perfect location. It is styled on a traditional Swiss chalet and still retains the many original furniture and fittings. During the second world war it opened its doors to the many refugees fleeing from neighbouring German occupied countries,. Today, Guides from all over the world come to visit.

We took part in the flag raising ceremony first thing in the morning marching into our traditional horseshoe formation, the colour party consisting of a girls from Zimbabwe, South Africa, and Canada. As the flag was being raised we sang the Chalet song which most of us had sung throughout our Guiding days. We were then presented with a badge, only given to those attending this ceremony. This was very special and emotional to many of us. And of course we added our small Scottish flag to the many other flags of the nations of people staying at the Chalet.

A trip to Innterlaken, the beautiful old town and chocolate shops was enjoyed by all, followed by a visit to the famous Trummelbach Falls

Cont. from page 27

Supermarkets are phasing out staffed checkout points, so that elderly people and others who live alone are deprived of those conversations that can make a difference to their day.

Jesus asked questions as a vital component of His earthly ministry. His deep conversation with the Samaritan woman at the well in John 4 begins with Him asking for a drink.

Maybe we, as Christians and churches, need to be looking out for more chances to start conversations, to give people the opportunity to open up about their lives. In our busy, rushing-around world, there are many people out there who are just longing for a chat...

Animals in hiding (Answers)

1. Bear 2. Camel 3. Cat 4. Cow
5. Deer 6. Dog 7. Fish 8. Frog
9. Goat 10. Horse 11. Lion 12. Monkey
13. Ox 14. Snake 15. Tiger 16. Wasp/Armadillo
17. Eel 18. Bison 19. Dingo 20. Egret
21. Falcon/Rat 22. Hen/Walrus 23. Koala 24. Yak

Happiness is not something ready-made. It comes from your own actions."

Cont. from page 7

Preservation and Restoration: because of its architecture and history, the owners have done what they can (and felt privileged to do so) to restore and enhance their holding - as and when they could afford to. To that end, the lovely old canopy outside has been re-exposed, the fireplaces put back into working order, a missing skylight glassed in, rooms plastered and repainted. All of which, after its closure in 1968, public life back to a building that was made for it.

About the Station

A Bit of History -

The building: Barter Books is lucky to be located in part of a superb old Victorian railway station designed by William Bell in 1887. At

32,000 sq. ft, the building is one of remarkable size and grandeur for a small market town. This is because, as seat of the Dukes of Northumberland, an impressive train station was deemed necessary in the 19th century to impress visiting royalty. The branch line, itself, however, was closed in 1968 with the notorious Beeching cuts. And it is one of the ambitions of the owners that it one day be restored (see the Aln Valley Railway

Present Day - Take a tour

The interior: the bookshop is made up, principally, of seven rooms. which still has the open window with bars through which passengers would buy railway tickets. Just beyond that window was the original Station entrance, was the old Station Parcels' Room, which is now



Cont. From Page 7

Children's Room. The middle room marks the beginning of the out-bound platform, with the buffers at one end.

Off one side of this room and directly opposite the Children's Room is a range of rooms which formed the central island of the station. These now contain the Old Waiting Room which remains a place for the public to sit, have a meal, read newspapers, enjoy the open fire, drink coffee - and just get away from it all. Beyond that are the toilets and buffet rooms. Flanking this range of rooms is the biggest room of the shop, part of the old outgoing platform where the trains stopped. (The demarcations of the well for the tracks, now filled in with concrete, are still clearly visible.

If you are ever down that way, its well worth a visit, and is also dog friendly! A fabulous way to spend a wet day, and you can never overstay your welcome.

Christine Fraser



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Why saying hello is important

What lessons can Christians learn from a London rail worker who was recently honoured by King Charles, for talking 29 people out of taking their own lives?

Maybe something about the power of conversation and being willing to 'stop for a chat.'

Rizwan Javed helped to save each life over a period of eight years, by being alert and approaching vulnerable individuals in difficult situations. He was awarded an MBE in the New Year Honours earlier this year.

Rizwan was alert, and willing to engage people in conversation.

Anglican priest Jemima Prasadam's style of talking with people has been described as 'bus stop theology.' She put it into action on the half-mile walk from her home to the church in Lozells, an inner-city area of West Birmingham, with high unemployment and poverty.

Her engaging approach is featured in *Stick with Love*, a recent book by Arun Arora, Bishop of Kirkstall in northern England.

She explained: "I don't go out looking to talk to people, but I am ready to do it. I don't pass anybody without saying 'Hello' and when I leave, I always say 'God bless you.' Meetings happen on a daily basis, but often only last as long as it takes for the bus to arrive.

"People often say they are not religious, but I say we are all spiritual beings, and they agree. So, I simply tell them that weak and simple people like me call that God."

Sadly, we are living in a society where conversations are being closed down. People who might have chatted on the bus or train, are now deeply involved with their mobile phones.

Life isn't about finding yourself. Life is about creating yourself.
George Bernard Shaw

Cont. from page 25

Their mission is to care for the shipping industry's most important asset: its people.

St Peter's Kirkcaldy has supported Mission to Seafarers for many years by knitting hats and having a Sea Sunday most years. This year in 2024 we are pleased to welcome Jeremy Hawking, Mission to Seafarers Scotland Chairman to our 10.30am service on 9th June. Jeremy will fill the sermon slot and there will be an opportunity to hand over hats, which some members of the congregation have been knitting as well as contributing to a retiring collection for their work. If you would like to help by knitting hats, which are always needed, there are patterns and wool available.

Thank you



God of all people,
Let us never forget that people home
and abroad go hungry,
While others have more than enough.
Trade, climate, tax, gender - complex
structures that keep people poor.
Help us to keep working for justice,
So that all may thrive from the bounty
of creation.

Amen

Christian Aid week 2024 is from 12th – 17th May. There will be a Hunger Lunch after the 10,30am service with the opportunity to contribute to the work of Christian Aid by a donation in return for Soup and a roll, or to leave a donation as part of a retiring collection

Who's Who at St. Peter's

Rector: Rev'd. Canon Christine Fraser

Assistant Priest Bob Barrett

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

Contact Magazine Editor: Richard Ouston

Email

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jeera18@hotmail.co.uk

CTN Administrator: Shirley Mann

Duty and Tea Rotas: Judy Webster

Shirley Mann

Fabric Convenor: George Legge

Flower Convenor: Jane Legge

Hall & Room Hire: Andrea Ladyka

Lay Representative: Shirley Mann

Lay Worship Leaders: Maria Page

Shirley Mann

Rudi Limebury

Prayer Group: Rev. Christine Fraser

Social & Fund Raising

Committee Chair: Shirley Mann

Vestry Chairman: Bill Page

Vestry Secretary: Maria Page

Website: Norman Ward

Norman Ward

Halls For Hire And Rooms For Rent

We welcome people/groups to hire our church, halls and rooms. Ask **Andrea** for a leaflet, details of charges and equipment available.

By Maria

HEAVEN'S GROCERY STORE

I was walking down life's highway a long time ago.

One day, I saw a sign that said "Heaven's Grocery Store".

As I got a little closer, the door came open wide,

And when I came to myself, I was standing inside.

I saw a host of ANGELS. They were standing everywhere.

One handed me a basket and said, "My child shop with care."

Everything a Christian needed was in the Grocery Store.

And all you couldn't carry, you could come back the next day for more.

First I got some PATIENCE; LOVE was in the same row.

Further down was UNDERSTANDING, you need that wherever you go.

I got a box or two of WISDOM, a bag or two of FAITH.

I couldn't miss the HOLY GHOST for it was all over the place.

I stopped to get some STRENGTH and COURAGE to help me run this race. By then, my basket was getting full, but I remembered some GRACE

I didn't forget SALVATION - for SALVATION was free.

So I tried to get enough of that to save both you and me.

Then I started up to the counter to pay my grocery bill,

For I thought I had everything to do my MASTER'S will.

As I went up the aisle I saw PRAYER and just had to put it in,

For I know when it's tough outside, I would run right into sin.

PEACE and JOY were plentiful, they were on the last shelf.



A seafarer is defined as anyone who works on board a sea going ship.

Collectively, there are over 1.89 million seafarers across the world made up of various nationalities. These are men and women often spend up to 9 months at a time far away from their family, friends and loved ones. This can often lead to loneliness and mental health issues, with limited access to internet on board ships.

Seafarers are responsible for transporting over 90% of the world's goods and fuels, making them essential key workers who often go unrecognised by the general population.

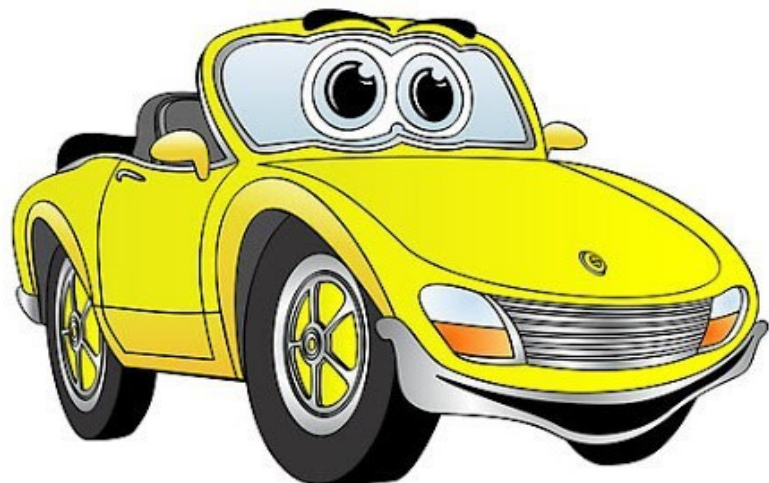
The Mission to Seafarers

The Mission to Seafarers is here to support the men and women working at sea when they need them most.

To compensate for the lack of facilities available, all of their Seafarers Centres, spread across 50 countries, aim to provide Seafarers with:

- Access to WiFi Internet and SIM cards
- A comfortable place to rest and relax
- The chance to get food and toiletries
- Transport to shops and local amenities
- And it's not just practical support the Mission offers. Mission to Seafarers know that seafarers need emotional and frequently spiritual support too.

That's why they have a large network of ordained Port Chaplains who come on board ships, giving seafarers a listening ear and offering prayer, if needed. They can also connect seafarers to other organisations, or speak to them on their behalf.



Looking for a Parking Space ?

Plenty of spaces St Peter's Church

With easy access at Townsend Place

Kirkcaldy

KY1 1HB

Low cost parking—£60 per quarter (less than £5 per week!)

Just a 5 minute walk from the High Street

Spaces available from 07.00 to 18.00 hrs. Monday to Friday

No parking on Sundays due to Church Services

e-mail Maria Page - billmariap@virginmedia.com

50 Years of ABBA

Fifty years ago, on 6th April 1974, the Swedish pop group ABBA won the Eurovision Song Contest with their song *Waterloo*. It was the first time that Sweden won the contest. ABBA went on to be one of the most successful groups in music history.

The victory, in Brighton, was just the first step on the road to conquering the world, as far as pop music was concerned. The songs, written mainly by Björn Ulvaeus and Benny Andersson, were matched by the passion, exuberance and good looks of singers Agnetha Fältskog and Anni-Frid 'Frida' Lyngstad, who later married them – and even later, divorced them.

The name of the group came from the initials of the four Christian names. Some have suggested a link to the biblical Abba and looked for Jewish themes in their songs, but this is wishful thinking. While Anni-Frid (who was born Norwegian) may be Christian, Björn is definitely an outspoken atheist. In fact, ABBA is the name of a Swedish canned fish company that had to give permission for the singers to use it – a decision they are unlikely to have regretted.

Both *Waterloo* and ABBA achieved worldwide superstar status quickly – no small feat for a group performing in a language that is not their own. The film *ABBA – the Movie* and the musical *Mamma Mia* and its sequel, featuring their compelling songs, were huge successes. It is estimated that the musical has been seen by more than 60 million people worldwide.

ABBA hit the jackpot again when their revolutionary new project, *ABBA Voyage*, launched in 2022. In it, Agnetha, Björn, Benny and Anni-Frid perform their love-songs digitally with a live 10-piece band, in a purpose-built ABBA arena at Queen Elizabeth Olympic Park in London. Not bad for four divorcees in their 70s.

"If you think the world is all wrong, remember that it contains people like you."
— Mahatma Gandhi

Cont. from page 12

SONG and PRAISES were hanging near so I helped myself.

Then I said to the Angel, "Now, how much do I owe?"

He just smiled and said, "Just take them wherever you go."

Again I said, "How much do I really owe?"

He smiled again and said,

Interesting Bible Facts

Found this little gem on the internet, hope you like it.

Did you know?

Psalm 118 is the middle chapter of the entire Bible?

Psalm 117, before Psalm 118 is the shortest chapter in the Bible?

Psalm 119, after Psalm 118 is the longest chapter in the Bible?

The Bible has 594 chapters before Psalm 118 and 594 chapters after Psalm 118?

If you add up all the chapters except Psalm 118, you get a total of 1188 chapters.

1188 or Psalm 118 verse 8 is the middle verse of the entire Bible?

Should the central verse not have an important message?

"It is better to take refuge in the Lord than to trust in man." Psalm 18.8.

Norman Ward

"MY CHILD, JESUS PAID YOUR BILL A LONG, LONG TIME AGO.

The story of aspirin

You will probably have taken aspirin, in one form or other, many times. But how much do you know of its history?

It was 125 years ago this month, on 6th March 1899 that the German pharmaceutical company Bayer first patented aspirin (acetylsalicylic acid).

But this is based on salicylic acid, which was used in herbal medicines as far back as Sumerian times, in 2500 BC. It was then that the Assyrians used willow leaves for rheumatic disease. The Egyptians also used willow leaves, as well as myrtle, to ease joint pain or inflammation.

In Greece, Hippocrates (460-377 BC) recommended an extract of willow bark for fever, pain and childbirth. And even the peoples of ancient China, Rome, and Native America all discovered and used plants containing salicylic acid.

Fast forward to Chaucer's 14th century, and the Knight's Tale recommends the use of meadow sweet for pain, another source of acetylsalicylic acid.

In 1763, some science was introduced, when an English clergyman, the Revd Edward Stone, used willow bark to successfully treat fever 'ague' in 50 of his parishioners. He carefully documented it all for the President of the Royal Society.

In 1828, Johann Andreas Buchner, a Professor of Pharmacology at the University of Munich, purified salicin from willow bark.

In 1859, Professor Hermann Kolbe, at Marburg University worked out the chemical structure of salicylic acid and made it synthetically.

In 1897, Dr Felix Hoffman, a German chemist at Friedrich Bayer and Co, managed to produce pure stable acetylsalicylic acid (ASA). His discovery was the *first time* that a drug had been made synthetically, and so it was the birth of both aspirin and the pharmaceutical industry.

Finally, in early 1899 the new compound was named and registered Aspirin. The 'A' comes from acetyl and 'spir' from the first part of *Spirea ulmaria* (Meadowsweet) a botanical source of salicylic acid.

So next time you take an aspirin, think of the Assyrians chewing willow

Cont. from page 21

In the evening: Save some time to reflect on the day that has passed. Claim and name your gratitude; acknowledge where you missed the mark; ask God to take whatever residue may be weighing on you, and then rest in peace.

I recently attended the Diocesan Clergy Conference where our speaker Fr John-Francis Friendship led a series of reflections on Daily Prayer and Divine Office. The delegates were given a copy of his book of the same name. This 80 page booklet is intended for all who want to understand the riches of this daily prayer. Written by someone with half a century's experience of the Office in many forms, the booklet uses that structure of hymn, psalms, canticles, readings, and prayers common to most contemporary traditions to enable it to speak to a wide readership, both clerical and lay.

It seeks to explain the benefits of this form of daily prayer whose main roots reach back into the world of the Old Testament. Beginning with a chapter concerning the rich treasury of the Psalms and how these informed Jesus' own prayer it then considers how best to pray the Office as it connects us with the movement of times and seasons and how this natural cycle relates to prayer. Addressing the place of the Canticles, Hymn, Readings, and Intercessions it also looks at the way some might 'choose' which format to adopt as well as addressing the relationship between the Office and the Eucharist. I found it a useful little book to have, and helps to deepen my understanding of Prayer. Its not expensive and can be found on Amazon if anyone wishes to purchase it. Remember even to set aside just some time once a day to pray is an excellent start.

I also have some resources for anyone who would like to start the discipline of daily prayer and am happy to provide those if requested. Please do ask, they are not complicated.

Revd Canon Christine Fraser, Rector



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Animals in hiding Quiz

Find the animals hiding in the following sentences. EXAMPLE
Close the door at once! (rat)

- | | |
|---------------------------------|------------------------------------|
| 1. That will be a real help. | 12. I'll sing; you hum on key. |
| 2. She came late every day. | 13. I made a Xerox copy of it. |
| 3. He came to America today. | 14. She clothes naked babies. |
| 4. Eric owes me ten cents. | 15. At last, I, Gerald, had won. |
| 5. We made errors in each one. | 16. Was Pilar mad, ill, or glad? |
| 6. Do good workers succeed? | 17. That man ate eleven cookies. |
| 7. If I shout, he'll hear me. | 18. Your comb is on the table. |
| 8. If Roger comes, we'll begin. | 19. We're sending only one book. |
| 9. We will go at two o'clock. | 20. He regrets having said that. |
| 10. Is it the sixth or seventh? | 21. If Al concentrates, he'll win. |
| 11. In April I only came once. | 22. When I withdrew, Al rushed in. |
| | 23. He called Mikko a lazy boy. |
| | 24. It's only a kilometre away. |

Answers on page 28

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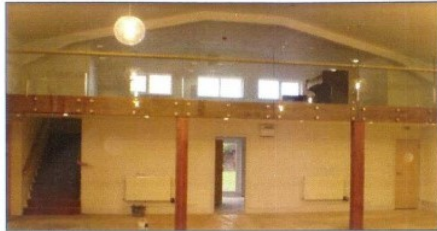
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Cont. from page 20

17th century spiritual director observed: “Half an hour’s listening is essential except when you are very busy. Then a full hour is needed.” The more the tyranny of the urgent demands your time, the more time it will take to stay centered in the ground of your being, to remain rooted in your relationship with God.

Here are some suggestions to start with.: On a daily basis, set aside some time when you will be simply and fully present to God. There is an ancient monastic phrase, *vacare Deo*, which is about being empty for God, being at leisure or available to God.

In the morning: Many people find it most meaningful to *vacare Deo* first thing in the morning, perhaps even before getting out of bed. (Resist the urge to turn on your phone or check your email first!) Decide how much time you will spend each day, and stick with that time every day. You might light a candle, or start the day with a prayer of praise, gratitude, self-offering, or intercession. If you read from the Psalms, or make your way through a passage of Scripture, jot down a word or phrase that stands out to you, and keep it in your pocket throughout the day. You might find journaling a useful way to connect with God. Write a few sentences to capture your thoughts, fears, hopes, desires, thanksgivings.

At the midday: Claim some moments in the middle of the day to once again give God your full attention. This need not be elaborate. You might sit for a few minutes, consciously being still in the presence of God. Pray with your breathing. Breathe in what you need – hope, strength, joy, love – and breathe out anything that is clogging your soul – fear, despair, anger, temptation. Or if you wrote down a word or phrase in your morning meditation, return to it again. This midday connection will reawaken what you received from God in the morning. Enter again into that experience of grace in the middle of the day, whether you’re full of light and joy, or when you’re stressed or distracted.

Prayer

As part of a Priest's Ordination Vows, they promise, a covenant really, to pray daily the Divine Office. There are numerous books and aids to prayer, including the Scottish Episcopal Church Daily Prayer Book. For those with internet access, Daily Prayer for morning and evening is posted on the provincial website.

Prayer is about our relationship to God. Like any relationship, it requires time. Some of us are used to praying on the run, but our relationship with God cannot flourish unless we find time to be fully present to God: speaking and listening to one another, sharing silence or beauty, delight or sorrow. Intimacy grows when we invest in this kind of quality time – both in human relationships and in our relationship with God. There is truth in the familiar phrase, “If we're too busy to pray, we're too busy.”

We must pray for no less a reason than our life depends on it. Jesus promised to give us life, abundant life, yet we will only realize this promise when we live in sync with God on God's terms, on God's time. Talking about God and time is a paradox: Time is created by God, yet God is not subject to time. God is timeless, however we can only experience God in time. And, miraculously, we do! There are moments in our life when we actually get in touch with the timelessness of God. Gerard Manley Hopkins wrote, “The world is charged with the grandeur of God.” God comes to us in time and space, in the now. This is why moments of prayer and worship are so important: In the midst of time, we actually perceive the Timeless that intersects the now. Prayer opens the space needed for that encounter.

We don't need to live in a monastery to set aside time for prayer. In fact, the busier we are, the more we must not let our schedule get in the way of demarcating sacred time. Francis de Sales,

Thanking two kinds of Mother on 10th March

Mothering Sunday, the fourth Sunday in Lent, is the day for honouring our Mother Church, and has been celebrated since the Middle Ages.

Mother's Day is an annual day to honour our mothers, and it began in America in May 1907.

In the US, Canada, Australia and Mexico, Mother's Day is still held in May. In Britain, Mothers' Day is held on Mothering Sunday, so the two days are often merged in people's minds.

If you ask Google for ideas of how to be nice to your church on that day, you won't find much. But if you want to be kind to your mother that day, you will be spoilt for choice. High on all the lists are suggestions for taking her to lunch, giving flowers, a card, or paying for her to have a day doing something she loves.

Whatever you choose to do, probably the best thing to give your mother must surely be yourself: some time and some love. Remind her of the funny and touching stories of your childhood and thank her for all the things that she did for you. Give her some good company and show her some gratitude. Let her know that you love her and appreciate her.

Remember that the Commandment ‘Honour thy father and mother’ was the first commandment that came with a promise of blessing on you, if you obey.

The most important thing is to enjoy your life - to be happy - it's all that matters.

Audrey Hepburn

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