

# St Paul's Matters



**June – July 2018**

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## From the Editor

One night I dreamed a dream. I was walking along the beach with my Lord. Across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, one belonging to me and one to my Lord. When the last scene of my life shot before me I looked back at the footprints in the sand. There was only one set of footprints. I realized that this was at the lowest and saddest times of my life. This always bothered me, and I questioned the Lord about my dilemma. "Lord, You told me when I decided to follow You, You would walk and talk with me all the way. But I'm aware that during the most troublesome times of my life there is only one set of footprints. I just don't understand why, when I need You most, You leave me." He whispered, "My precious child, I love you and will never leave you, never, ever, during your trials and testings. When you saw only one set of footprints, it was then that I carried you."

I think that most people know the story above, but I do think that it is a good idea to read it again occasionally. This edition seems to have a lot about death and sadness (not intentionally, it's just how it happened). I can actually remember the first time I read this story and it had a profound effect on me so during times of stress, sadness and worry it is these words I think of. I hope that the words give you all comfort too.

God Bless

Christine

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The 2018 St Paul's Vestry members are:

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## Same Sex Marriage

The changes to the canon on same sex marriage were agreed in June 2017 at General Synod. At this point fifty-nine priests in the Scottish Episcopal Church have been put forward for licensing to perform such marriages; indeed, one took place locally in Lochgelly recently.

Father David has expressed a wish that he be allowed to put his name forward for licensing. In order for this to happen the vestry must give their approval. Given that a year will have passed we intend to put this to a vote of the vestry at the vestry meeting of the 25th June.

If there are any members who have not already given their opinion, or who wish to ask for further clarification, could they please contact Father David before the 18th June so that this decision is taken in the fullest knowledge possible.



## From our Rector

Claire, a 37 year old newlywed, died last year. Her life was cut short due to complications following a challenging heart transplant. Her brave story was told in a recent and remarkable BBC documentary called 'A Chance to Live'; the sad news of her death came right at the end of the program. For me, the most poignant moment in that story came during her joyful wedding in hospital to her sweetheart, soulmate and new wife, Celli. Listening to what they both said, it was abundantly clear that these two women shared a very deep and enduring commitment to one another, in the best and bleakest of times. Even though the operation posed a grave risk to Claire's life, they decided to formalise their relationship in front of the TV cameras, going on to share a precious 3 month-long marriage with Celli at Claire's bedside. If ever there was a true picture of matrimonial love, that was certainly it.

So it was wonderfully coincidental to find out that, as this story was playing out, the Scottish Episcopal Church was taking a monumental step to replace the wording of Canon 31, the church's law concerning the solemnisation of marriage. As a result of the vote, in which I was deeply privileged to take part, the church's formal understanding of marriage has been broadened from its previous assertion that this union is between a man and a woman. (In the magazine edition following last year's vote, I explained the very carefully crafted process of how same sex marriages can take place within the Episcopal Church). Although there have been instances in which some clergy have acted quickly to apply for nomination to conduct same sex marriages, any fears of the SEC making a wholesale move to 'tout for business' south of the Border have been unfounded.

There will be different reasons why members of Synod voted in the way they did, some holding dear to a conservative reading of Scripture, some responding to a profound sense of social justice whilst others rejoiced in the opportunity for the church to reaffirm God's inclusive love. My vote in favour was based on my belief that the family of the church had become mature enough to make this change whilst also keeping the church family together by honouring those who were profoundly against it.

So we find ourselves a year on from that Synod decision. Despite our Vestry's understandable caution to take this step, I remain very keen to seek nomination by the Bishop to the Registrar to conduct such weddings. It's not that I have couples ready and waiting to walk up the aisle. But it is to do with how St Paul's projects itself within the wider community, as a community in which God's abounding love is visible, dynamic and available to all. I have been moved by one or two conversations that have travelled from hostility to a profound place of understanding. I would be delighted to share a cup of tea with anyone who has misgivings about same sex marriage. No doubt we might learn something from our discussions and be blessed by God as a result of them. That's certainly been my experience throughout this remarkable chapter of our wonderful Church's history.

Fr David



# Upcoming Services

**1<sup>st</sup> Mondays** 10am Pastoral Care group (Side Chapel)

## **Tuesdays**

11am Informal Holy Communion (celebrated in the Church Office)

## **Wednesdays**

8am Morning Prayer (said quietly in the Side Chapel)

## **Thursdays**

10.30am Thursday morning Discussion Group

*(usually in the Meeting Room unless otherwise advertised.)*

3.30pm – 4.30pm Rector's Hour – an opportunity to drop in and speak to the Rector in the Church Office (**NB Only 4<sup>th</sup> and 26<sup>th</sup> July due to Annual Leave**)

## **June Services and Events:**

### **Sunday 3<sup>rd</sup>: Pentecost 3 (Proper 9)**

8.30am Holy Communion

11am Sung Eucharist

### **Sunday 10<sup>th</sup>: World Day of Prayer (devised by Christians from Suriname) (*deferred from March*)**

8.30am Holy Communion

11am Lay-led Liturgy of the Word and Sung Eucharist

### **Sunday 17<sup>th</sup>: Pentecost 5 (Proper 11)**

8.30am Holy Communion

11am Whole Church Sung Eucharist

### **Friday 22<sup>nd</sup>: FUNDRAISING QUIZ NIGHT!**

7.30pm in the Meeting Room

Six rounds of ten questions

Entry £3 per head.

Soft refreshments available, donations welcome.

Bring Your Own Bottle

### **Sunday 24<sup>th</sup>: The Birth of John the Baptist**

8.30am Holy Communion

11am Sung Eucharist

5.30pm Said Evensong with hymns

## **Services and Events in July:**

### **Sunday 1<sup>st</sup>: Pentecost 7 (Proper 13)**

8.30am Holy Communion

11am Sung Eucharist

**Sunday 8<sup>th</sup>: Pentecost 8 (Proper 14)**

8.30am Holy Communion

11am Sung Eucharist

**Sunday 15<sup>th</sup>: Pentecost 9 (Proper 15)**

8.30am Holy Communion

11am Whole Church Sung Eucharist

**Sunday 22<sup>nd</sup>: Mary Magdalene**

8.30am Holy Communion

11am Sung Eucharist

**Sunday 29<sup>th</sup>: Pentecost 11 (Proper 17)**

8.30am Holy Communion

11am Sung Eucharist

5.30pm Said Evensong with hymns



## Planning your Funeral Service

**Oh well, it's your Funeral** a message from Felicity

We use that saying when we think someone is about to embark on a course of action that we think is ill advised.

The day will come, however, when it will indeed be our funeral. Before that day, though, there will be a time of planning the funeral service and our grieving family will be trying to decide on what type of service to have. How much easier for them, and for the minister, if we have already put together a draft version.

Therefore, be well advised and decide.

Do you want a cremation or burial?

A service in church (service of the word or a Requiem Eucharist) or at the Crematorium?

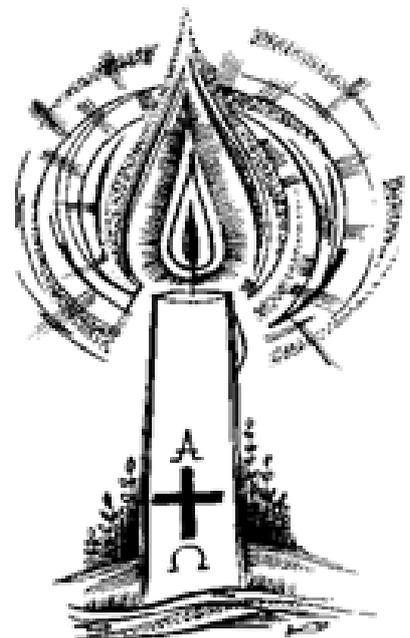
Then which are your favourite hymns? Do they speak of the hope of resurrection life, of God's comfort and love for us? And what about readings, some scripture, a poem, a piece of prose; something that is really meaningful for you?

Colour of flowers, favourite charity for friends and family to donate to in your memory?

Our relatives and friends will really say thank you if we have put a bit of work into this now before the sad day- for them- comes when we die.

I am sure that our Rector will be glad to help in the planning even though he may not be the one who leads the service.

So get to work and keep a copy of your service with your Will and if you haven't made a Will: well you know what you need to do!!



## From the Vestry

St Paul's Vestry met on 23rd April and discussed a wide range of matters, including Fundraising. We agreed to hold a QUIZ NIGHT on 22nd June. Details are elsewhere in the magazine – please put your thinking caps on and come along! We also expressed thanks to the Sunday School for their guess the number of Easter eggs in the jar fundraiser, and their on-going £2 coin collection. On a personal note I was over the moon to win the mini eggs (due to making the nearest guess) and they were enjoyed at coffee time after the Easter service with the rest being consumed by me and my lucky husband over the next few days!

Fabric remains an ongoing issue, and we are pleased that the exterior painting of the hall is underway now we are finally into Spring. Vestry are also exploring the next stage of the church refurbishment work, around the levelling of the church floor, installation of new heating and the removal of the pews. This will help make the church a more accessible, versatile and attractive space for everyone. We are also getting quotes for work which would allow our bell to be rung with the aid of an electric hammer, and finding a suitable contractor for repair work in the Rectory.

We continued our discussions on same sex marriage following Fr David's wish to be licensed to carry out such services at St Paul's, which requires support from Vestry. Vestry have now agreed that we will make a decision at our June meeting, which will be a year since General Synod passed the motion enabling this. We would welcome your views to guide us in our decision making – please contact Fr David to discuss.

Another important topic was the new General Data Protection Regulations which come into force in late May. We are awaiting further guidance from the diocese on this and are committed to taking the necessary steps to ensure St Paul's is data compliant.

Our treasurer, Peter Croft, updated us on our finances. Non gift-aided income and open plate income have decreased, gift-aided income remains steady, while investment income and 200 Club income have increased. Our expenditure is generally in line with the budget, and we received welcome income from the recent Art Exhibition held in our hall.

Other topics discussed included the replacement of our food donation box for Broke Not Broken, the importance of having a second adult at Sunday School and the forthcoming Area Council meeting at St. Paul's on 24th May.

Further Vestry meetings are planned for 21 May, 25 June, 20 Aug, 1 Oct, 12 Nov and after the Annual General Meeting on Sunday 2nd December. Remember we are always keen to hear your ideas and thoughts, and that once approved, minutes of Vestry Meetings are available on the noticeboard at the back of church. for you to read.

Hilary Bennison  
Vestry Chair



“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.” - Desmond Tutu

## From our Treasurer / Quiz Night

Hard to believe but here we are in the eighth month of our financial year already. We have achieved a lot as far as our church building is concerned. We have a sound roof and a wonderful new lighting system together with a complete re-wiring of the church. The latest project is trying to fix the bell. I have never heard it rung properly but it sounds awful now. Perhaps someone could tell me more about what it sounded like and who the bell ringers were?

On the financial side we are doing reasonably well. We are fortunate to be getting an Employers Insurance rebate which should keep the wolf from the door although I am not sure when the rebate will be received. We do need to do more to raise money to balance the books so I do hope as many as possible will support our Quiz Night.

St. Paul's needs YOU. Come along and sign up for a QUIZ NIGHT at St. Paul's on Friday, June 22nd at 7pm. So plenty of time to put the date in your diary and find some partners for the quiz. We are asking for £3 per head to enter which will help us raise some much needed funds. The suggestion is teams of 3 or 4 but anyone can come along and join in.

There will be a refreshment interval where you can buy tea/coffee and cakes for a suitable donation please. If you need alcohol at any time to soothe your nerves or stimulate the brain cells you will have to bring your own bottle. There will also be a raffle and a prize for the winning team.

I am assured by the Question Master that the questions are all easy, that's me by the way. So please join in and let us have an enjoyable evening. Christine and myself will be only too willing to take your entry fee so let us know if you would like to come.

Peter

## Thank You from June Lindsay

I would like to thank everyone for your thoughts and prayers for my daughter, Linda Anderson, who had major abdominal surgery last November and endured 6 treatments of chemotherapy over 18 weeks. She received her last treatment in April and at the moment is awaiting a CT scan prior to an appointment with the Consultant on May 14th. At times she was very poorly but has remained positive throughout.

Your thoughts and prayers have been a great comfort at this very worrying time.

Thank you again and God Bless

June Lindsay





On the 22<sup>nd</sup> of April, the whole world celebrated earth day. Sunday school decided to look at what earth day is, and what we can do to help our precious earth. We researched different ways that we can all do our little bit to help look after our earth. Simple, little things, like recycling, taking rubbish home with us instead of littering. Little things like using re-usable products, instead of disposable ones. Things like refusing to use plastic straws. Walking or cycling, instead of driving. All these things will help us to create a better future for us, and for future generations.

We had a bit of fun during our reading – something we like to call “Bible Bingo”! We read out both readings from the book of Genesis, but the twist is, whenever you heard a word that was on your bingo board, you score it off! It was great fun.

We also helped to write and deliver the intercessions, which hopefully sums up how we should live.

By Tobias

Loving God, we thank you for the gift of creation. The book of Genesis describes a formless void which you turned into an interconnected world of wondrous beauty. We thank you for the green grass, the tall trees, the blue oceans and the wonderful variety of animals. We pray for your guidance as we accept the role of caring for all that you have given us.

Loving God, we pray that you will help us to understand fully the impact our decisions have on our environment, no matter how big or small they may be. Guide us to find a way to reduce waste, especially plastics, to make this world a cleaner and safer environment for us and future generations. May we always be mindful of the incredible gift we have before us.

We thank you Father for the trees of the earth and all that they provide – wood for the houses we build, food that we eat, and air that we breathe. Please help us to educate other countries who

have the privilege of having rainforests in their lands to nurture them rather than destroying them. We pray that you will help us care for trees and use their resources wisely.

We pray for the soil of the earth and the organisms that live in it. May we continue to find ways to keep it healthy and productive. We ask for your blessings on farmers all over the world. Guide them to farm responsibly to protect your gift. We ask with your blessing that soil will continue to nourish all that grows in it, including the crops of our fields.

We pray to you for the water that we drink and the water that nurtures all living things, especially marine life. We remember all the children who have to walk miles each day just to collect water for their families. Please help the charities that provide clean water for all. We ask you to guide us in our mission to keep water sources clean for people all around the world.

We pray for all species that struggle to survive in a developing world, especially those that may be on the verge of becoming extinct. Please help us to protect them from harm, from poachers and from cruel owners. We thank you, Father, for all the animals of the earth. We ask that you will guide us as we watch over them, protect them, and help them to thrive.

All these things we ask of you loving God, giver of all things.

Merciful Father, accept these prayers for the sake of your Son our Saviour Jesus Christ. Amen.



## Getting to Know You

### Three questions

*How long have you been Christian?*

*Has God ever helped you in a personal way?*

*Why did you choose to worship at St. Paul's Church?*

DENIS STEPHENSON

Having been asked the above three apparently simple questions, it would be easy to answer:

*All my life.*

Yes.

*Because it was the nearest Scottish Episcopal Church!*

However, after carefully and thoughtfully considering these questions, they became much more difficult to answer honestly.

If I may expand the answers to the two "easy" questions, I must say I have been brought up as an Anglican Christian believer from an early age in Australia, England and Scotland. But in all honesty and humility, I must say I am a poor follower of our faith, having not truly lived up to the word of Jesus Christ throughout my life. I often had doubts and lacked true understanding on how to contribute and enrich my life by helping others.

There are times when I still question some rituals of the Church and will probably do so until my last days, but I will never doubt my faith and admission of being a Christian.

During my wonderful life, I have overcome two very painful experiences, the sudden tragic loss of a wife and later of an only daughter. At these times I was able, with God's help, to accept these events, not as a happening, but instead as one of the ways that He has ordained for me to endure suffering before accepting and understanding his own plan for me.

This is such a painful recognition by me of God's love that I am not able to elaborate but I know that you will understand without further feeble wording.

As to the third question, I have moved to many countries and attended many churches, but as soon as I entered St. Paul's in Kinross I felt at home. I felt it was right for me to make it my spiritual home. Yes, it is small but beautiful, only suffering from the passage of time and the elements!

We may be a small congregation, but this is my true and comfortable place of worship. Thanks to you all for welcoming me to be part of the fellowship of St. Paul's Church.

#### IRENE STEPHENSON

Denis and I moved to Auchtermuchty in 2012 from Horsham in West Sussex after our son Murray moved to live and work in New York. And so began our renewed life in Scotland after being "down south" for more than 30 years. From our very first visit, we found St. Paul's very welcoming and felt this could be our new spiritual home. We both felt included and valued in contributing to the worship team here.

God has certainly helped me in so many ways, but in, during a traumatic family bereavement in 2005. We could never have expected that our child would die before either of us, especially a sudden, unexplained death. It seemed to be the wrong order of events but, with God's help, we acknowledged the fact that some of us have the 'long book of life' and for others it was to be the short. Our daughter had a short but eventful, happy and successful 27 years. Our faith sustained us throughout this time and helped us to accept God's love and plan with strength and comfort in our grief.

I was baptised in the Christian faith of the Church of Scotland and became a full member of the church in my teens. Later I taught Sunday School, became a Guide Leader and taught in Primary, Intermediate and Adult Education in both Scotland and England. Denis and I were married in my local parish Church of Scotland moving to Bearsden in Glasgow where Denis was an active member of All Saints Episcopal Church. I had to be confirmed into the Scottish Episcopal Church and, two children later, we moved to Buckinghamshire and finally West Sussex. We found our new English place of worship at St. Mary's Parish Church, a historic, beautiful 13th century in Horsham.

Now, one of our greatest pleasures is to travel in this wonderful world whenever we can. We always try to celebrate Holy Communion wherever we may be, often on-board ship or on land... Christmas Day service in the heat of Colombo Sri Lanka, the cathedral in Kirkwall Orkney, in the cocktail bar of MV Minerva, in the theatre as we crossed the Atlantic on Easter Day... so many wonderful experiences of Christian fellowship around the world and certainly here in St. Paul's Kinross.

## Clubs, meeting groups and societies

We are fortunate in the fact that the number of meeting groups, clubs and other societies is growing and new members, of course are always welcome, but whom would you contact for details of a particular group, or, if you wanted to set up a new group how would you advertise it. Well now those problems are solved, look here. I would like to publish, each month, contact details of each of our meeting groups, and for new groups, details of what they plan to do.

Group	What	When, where	Contact
200 club	Fundraising	Monthly prize draw	Christine Croft
Thursday Morning Group	Discussion group,	Thursdays 10:00am, Meeting room	Jan Campbell
Traidcraft/ Fairtrade	Sales stall	After 11.00am service, 3 <sup>rd</sup> Sunday each month, Meeting room	TBA
Healing/ Pastoral Care	Prayer group	10.00am 1 <sup>st</sup> Monday each month, Meeting room	Fr David or Sue Jones
Healing/ Pastoral Care	To visit people who are unwell	Homes, hospital, etc.	Sue Jones
Flowers	Church decoration	Weekly	Christina Rodger
Book club	Discussion group	monthly	Nan Kennedy, Jan Campbell
Kinross and District Men's Shed	Men's activity and social group	Weekly	Robert Walker
Craft Group		2 <sup>nd</sup> and 4 <sup>th</sup> Tues each month	Katherine Little 01577 862 745
Kinross Churches Together	Ecumenical Group	As described in article	Sue Jones
Music Group		11:00am service, 3 <sup>rd</sup> Sunday each month	Fr David or Anita
Kelty and District Loving Hands	We Knit, Sew and Crochet for Charity	Kelty Community Centre Mondays 12:30 – 2:45pm	Nesta Hogg or Christine Croft

I am happy to expand this to include groups out with St Paul's so if you want an "external" society to be included please send me the details.

### 200 Club

April 2018

<b>1<sup>st</sup> Prize</b>	James Webster
<b>2<sup>nd</sup> Prize</b>	Elizabeth Webster
<b>3<sup>rd</sup> Prize</b>	Hilary Bennison

May 2018

<b>1<sup>st</sup> Prize</b>	Sandy Smith
<b>2<sup>nd</sup> Prize</b>	June Lindsay
<b>3<sup>rd</sup> Prize</b>	Gael Graham

The membership of the 200 club is steadily increasing, each new member means an increase to the prize fund so if want to become a member or want to increase you existing membership so that you have a better chance of winning even more money, contact Christine on [christine.croft@gmx.com](mailto:christine.croft@gmx.com).

### Book Club

For information on the book group contact Nan Kennedy or Jan Campbell

## Craft Group

Contact: Katherine Little, 21 Beverage Place, 01577 862745

Meetings: 2<sup>nd</sup> and 4<sup>th</sup> Tuesday evenings, starting Feb 11<sup>th</sup>

## Thursday Morning Group

Contact Jan Campbell for info about Thursday Morning Group activities.

## Healing/ Pastoral Care Group

If you would like to become part of the Pastoral Care Group, please do contact us as we would like to extend the scope of this ministry of St. Paul's Kinross.

## Music Group

Our music group needs more players. We provide the music for the 11.00am service on the 3<sup>rd</sup> Sunday of each month, if you think you can help, have a reasonable level of competency (which we will encourage and develop) then why not give it a try, contact Fr David or Anita for more details.

## Traidcraft/ Fairtrade

Our Fairtrade contact was of course Pat Payne who regrettably has just passed away and will be sadly missed by everyone at St Paul's. She was so passionate about Fairtrade, if anyone would like to continue Pat's brilliant work please speak to someone on Vestry, Thank you.



## Flowers

Thank you to all who have donated money over the last year for flowers.

The new diary for 2018 is now in the back of Church, if you would like to choose a date for 2018 please put your name in or contact me on 01577 863785 or email [christina@westerloan.plus.com](mailto:christina@westerloan.plus.com). There are no flowers during Lent and Advent. Christina.

## Kinross and District Men's Shed

Contact Robert Walker for more information on the Kinross and District Men's Shed.

## Fossoway and Cleish Men's Breakfast Group

Contact David Hill for information on the Fossoway and District Men's Breakfast Group.

## Kelty District Loving Hands

We are a very friendly and welcoming group who meet every week to knit, sew and crochet for charity. At present we support 12 different charities, and this number is growing all the time. We have also donated £7,000 plus to various good causes. Please pop along one week to see what we are up to and join in the fun.



Someone once asked Billy Graham "If Christianity is valid, why is there so much evil in the world?". To this the famous preacher replied "With so much soap, why are there so many dirty people in the world? Christianity is like soap, must be personally applied if it to make a difference in our lives".

# Ethiopia Medical Project by Jo Middlemiss

As I write this, just before flying home, after our 8<sup>th</sup> annual month in Ethiopia, we are sitting in a little Retreat Centre about 40 miles outside Addis Abba – the capital. It feels like a million miles from the clinic, 7 bumpy/ dusty hours South in Buccama, but we decided that this would be a good place to be for 72 hours rest and reflection on this year's experiences.

The water pump at the clinic broke down last September. Fixing water pumps was never in our remit. We were all about the Mothers, their prolapses and keeping the clinic going. But, having no water whatever in a very dry place makes it almost impossible to do the basic things of life - cooking, washing, hygiene and irrigation. Sister Haimanot - our real-life heroine - asked us for help. We had to do something. We told the story and my partner in the charity- my cousin Maureen's brother Billy- came up with his 'Pre Christmas Water Pump Appeal' to his wide circle of friends and relations. In an amazing display of Christmas generosity Billy's appeal touched a chord and the funds rolled in very well. So, we found the money for the pump plus quite a considerable bit more. The extra money, plus what had already been donated for the salaries etc, enabled us, this year, to finally buy the vehicle/ambulance, which had been needed for years. They had been soldiering on with a very old vehicle, which was costing a fortune on repairs, and had finally given up.



As fate would have it, Willie Clark, newly widowed from Margaret, one of Maureen's best friends, asked us if he and his daughter Susan (an NHS nurse of huge experience, and medical ability) could accompany us this year. Willie is a resourceful handyman/ Mr Fix Anything, of great experience, but buying and selling cars in Ayrshire was what he did best all his working life. We needed him big time, and he stepped up to the mark. He trailed around the used car lots in Addis, bargained a decent price and with local assistance and help managed by some kind of miracle to get the car licensed and legal in the space of a couple of days. Never in his lifetime of selling cars has a car been greeted with so much excitement or appreciation. As I have said before, the road to Buccama is dire, and getting worse. Only a robust 4 x 4 can make the journey reliably and we needed a good back space for a stretcher and extra people. It is a life changer.



Life in Buccama goes on as ever, and the Prolapse Mothers kept turning up in significant numbers. Our association with Dr Mark Karnes, of the Christian Hospital, grows stronger every year, and he now operates on two of our worst cases every week. The rest of the women are delighted with the success of the pessary rings, which allows them to return to a normal life. We were fortunate to be visited for 3 days by Gill Brook, a UK physio trainer and regular Ethiopia volunteer worker. She is a real gynae expert and taught the local nurses and us how better to treat severe women's conditions.

The biggest change this year is that the Clinic has taken on the care of people suffering from a form of endemic non-filarial elephantiasis, or podoconiosis (locally known as "Mossy Foot"). It is a horrible, disfiguring and painful condition and has all the shame and stigma attached to that which leprosy used to have. Unlike Prolapse, it cannot be kept secret and is there for all to see in all its stages.

But this form of Elephantiasis is curable and reversible and there is a simple protocol, which honestly isn't very expensive. Foot soaking and washing, keeping the feet soft, wearing socks and shoes. All easy, but what if you don't have access to water or soap? What if you don't have shoes and socks? What is Vaseline? What if you don't know any better and you are a young mother, stuck in your earthen house, too ashamed and afraid to come out, because you have elephantine feet, attached to your skinny legs. This is who walked into the Clinic one Saturday morning. We had already assisted at a pretty chaotic Mossy Foot Clinic but couldn't really understand the system and although there are guidelines they were not really being followed. So, it was time



for some research - with a contact from Dr Mark, we discovered that there was a Mossy Foot Foundation, based in Soddo, 16 miles away, with lots of good information and a workshop making the enormous shoes that the worst cases need. This is where Susan, our retired nurse really came into her own. We bought four pairs and begged, borrowed and stole socks from whoever would give them up. We had been given little girls' tights to bring, so we chopped off the tops and bottoms, and made makeshift socks. You would have thought that we had given them a little piece of heaven.

With reading, research, some education and the willingness of guards and cleaners, our Mossy Foot Clinic went from shame and sadness to joy and celebration. By the way, without the Water Pump Appeal, there would certainly be no water - so vital for the treatment of podocooniosis.



We are adding socks to our appeals now. Pants and socks - Sounds like every man's Christmas stocking list doesn't it? Unlike pants though, we will accept any socks without holes. The bigger the better, rugby or football socks would be great, loose tops, also great. Socks and shoes - a life changer, who would have thought it? We are honestly trying not to expand, but the need does not lessen. Communication is still dire, electricity comes and goes, plumbing is always interesting, the rains are scarce, and the so called in country improvements don't seem to reach that far into the country.



Before we left. we were able to visit most of our pensioners who are supported by "Michael's House" one of our partner charities. Once again we were reminded that Ethiopia is not a place to be old and destitute. These few know that they can come to Sister regularly for food and or a small stipend which does go a long way.

So, with your help, we shall keep going. We are applying to the Department of International Development (DfID), and of course we are always on the lookout for any philanthropic millionaire, who wants a project to get his or her teeth into.

As ever, it was heartbreak to leave the Sisters, who look after us so beautifully, and our much-loved teacher and guide, Sister Haimanot Ammanuel, who in her humble way, could knock spots off any leader you could think of.



Let me finish by thanking very sincerely all our supporters, our benefactors, our Direct Debit donors, the Rotary Clubs locally, our Trustees, our terrific and encouraging Chairman - and our families who wave goodbye to us every February for a month.

Jo and Maureen  
Ethiopia Medical Project (EMP)  
SCO Number 44172  
[www.ethiopiamedicalproject.com](http://www.ethiopiamedicalproject.com)

## Remembering Pat

Amongst every special person that makes up the Kinross-shire community, there is a sprinkling of truly remarkable people. Patricia (Pat) Payne was such a one.

Pat was a well known figure across the county whose quiet persistence touched very many lives, most notably in her work to support Fair Trade and the remarkable fundraising efforts of Milnathort's Common Grounds initiative.

St Paul's worshiping community has indeed been fortunate that she, David and the whole family have invested so much of their time and energy (and continue to do so) into helping the church to grow and flourish. There is still a significant Pat-shaped hole in the fabric of our faithful Thursday Morning study group.

So it was a fitting testament of the immense love and affection in which Pat was held that our modest church building was packed to capacity for her funeral on 23<sup>rd</sup> March. There were also a good number of her friends who had to be accommodated in the Meeting Room, joining in with the proceedings via a live audio link. Pat's children, Shoena and Russell, spoke powerfully about their mum with both wit and good humour. It was a blessing that they willingly shared so many personal family memories with us all. How fitting it was that, as Pat left the church for the last time, the assembled throng were singing, clapping and jingling along to the hymn, 'You shall go out with joy and be led forth in peace'.

The homily referred to Pat as a spark of God's love that set so many fires for compassion ablaze. I pray that these will burn on brightly in her honour for many years to come.

### Fairtrade Sunday at St. Paul's.

The homily took the form of an interview with Marg Meade, a member of the Kinross-Shire Fairtrade Committee. She shared information about the current work of the committee and the community, including St. Paul's, in supporting the work of Fairtrade. As it was also the Sunday after the death of Pat Payne, a founding member of the Fairtrade Committee, Marg shared her memories of the great contribution Pat made to establishing Kinross/shire as Scotland's first Fairtrade County. She was also the Fairtrade representative for St. Paul's, organizing the monthly sale of Fairtrade goods and hosting coffee mornings and other events during Fairtrade fortnight. Her shoes will be hard to fill but we hope and trust that a willing member of this church will consider following in her footsteps. Pat was also a very active volunteer and previous project co-ordinator for Common Grounds. She would be so pleased that the generous donations made after her funeral.



# **“All Churches Great and Small” by Margaret Smith**

Thank you for St Paul's our beautiful little church here in Kinross and I often think of the nations churches as jewel boxes and treasure chests all revealing wonder.

I was born in the great Christian Heritage of Monkwearmouth in Sunderland with the parish church of St Peter's founded by the Venerable Bede in 637 and my great Cathedral was Durham – in the words of Sir Walter Scott, “Half church of God, half castle against the Scots” - but that's another story! But to touch the stones of the Saxon tower of St Peter's and know that people have worshipped there for over a thousand years – what a tingle and sense of wonder.

My first church was a little Mission Hall in Carlisle during the war – an ugly red brick building but its treasure was Mrs Mars. I was about five and Mrs Mars about two hundred. She wore a heavy tweed skirt and jacket, a man's tie, laced shoes and topped it all with a trilby hat, now make of that what you will; but she started me off along the Christian road and I will never forget her or forget unconventional people or to remember the goodness in us all, and that jewels have many facets.

On my return to Sunderland after the war I loved visiting Aunty Meggie and Uncle Harold's church in the coalfields of Durham. The church had no architectural merit but inside it contained a jewel, the biggest white marble angel with the most wonderful wings you would ever see, standing from floor to rafters. What a contrast to the miners with their blackened faces in the days before pithead showers, but the white of their eyes matched the angel and I'm sure they thought of their church angel in the bowels of the earth, a being who could carry them out of darkness into the light.

Now the jewel in the crown, the great Cathedral of Durham, defender of the faith and the historic passions of two great nations, both sides of the Border did their share of pillage and claymore rattling, but I don't care what anyone says, out of it came great friendships whatever the media might say.

Friendship was also sought in The Mission Youth Club the jewel down by the shipyards. That was the place on Wednesday and Saturday nights I showed off voluminous net and lace petticoats under a gathered skirt and waited for the magic words - “are you dancing?” oh! how we leapt to Lonnie Donegan and smooched to Pat Boone, but not in those days under the shadow of drugs and alcohol.

Lastly the tiny church in St Kilda with now no congregation left but a haunting spiritual feeling of all the people who had worshipped there in the remoteness and the hardships they had to suffer. Now only the sound of the wind and the cries of the sea birds and yet, yes again, a congregation of passengers listening to the soulful sounds of a cello played by a member of the ships company. Never ever to be forgotten.

I return to our St Paul's and uncover our jewels. The rector and his family, vestry members, Sunday school teachers, the readers and prayers, the singers and welcomers, the chalice bearers, the chiefs and the indians, the mods and the trads, the huffers and puffers, the gardeners and cleaners, the saints and the sinners and all those I forgot.

God bless us everyone

Margaret

## Waiting For The Last Bus

Richard Holloway, former Bishop of Edinburgh and Primus of the Scottish Episcopal Church, has added this book on approaching death to the long list of titles he has written.

He brings to the subject awareness of his own ageing and preparations for death, long experience of ministering to the dying, and a resolute determination to look at the facts squarely and honestly. The result is a kind and encouraging companion for everyone of any age who is not only aware that someday they will die but is willing and able to face up the fact.

He observes that many people go to great lengths to keep death at bay, some by seeking ever more complex medical treatment and others even by signing up to deep-freeze procedures that enable the body to be preserved until techniques are found to bring it back to life and cure whatever killed it. To those his advice is not to make the mistake of Tithonus in the old myth, who asked the gods for immortality but forgot to ask for perpetual youth. He suggests that we should not be greedy but be grateful for the life we have had, which has given us the opportunity to experience the glories of creation. Indeed, the wise response to the loss of powers we once had is not to be angry that we cannot do things any more but to be grateful that we once could and to enjoy the memory.

Probably more people are afraid of dying than being dead. We fear the pain, the loss of family and friends and the ebbing away of our faculties. We may be lucky and pass from life to death in a few moments but for most of us dying is a steady downward path and for some the process can be long and wretched. To face this, we need courage buoyed up by gratitude for the life we have had.

But some of us are even more afraid of being dead. Holloway discounts ideas of heaven, hell, or the purgatory that the Catholic Church invented to take the sting out of hell. He discounts equally the revelations of near death experiences, ghosts and spirits. He quotes at the beginning of the book the words of the Venerable Bede, "Man's life is like the passage of a sparrow through a hall, and of what may follow it or what preceded it, we are absolutely ignorant." Given we know nothing, the best bet is that there is nothing, so what should we fear?

Rather, he says, we should concentrate on the life we have had and still have and in looking back we should be kind to ourselves. Our genes and our experiences left us much less free to act as we wanted than we thought, or have been taught by doctrines of freewill, that we actually were.

Holloway points out that most funerals today no longer focus on the future after death but on the life that has been lived. One of the things that people can do to ease the loss of those left behind is to prepare the funeral, choosing music and readings, writing prayers or listing the attributes or achievements for which thanks can be given. As time passes it is likely that these choices will change, so we should make sure that our instructions are kept up to date.

Indeed, a death that is prepared for by letting go of animosities, confirming happy relationships and sharing treasured memories can provide a good end for a life that has not in some respects fulfilled its potential.

If this brief account of the book makes it seem rather gloomy, I assure you that it is a kind and comforting book with a wonderful store of quotations from all manner of poets. Recalling the past seems to me a positive thing to do and I am myself enjoying writing my memoirs for the benefit of family members.

Some may be put off by his agnosticism towards the existence of an afterlife, whether heaven or hell, but my reading of the Gospels suggests that Jesus taught a way of life that was for this world and that it was the early church and its successors who shifted their focus onto the next world.

Does the idea of nothing after death terrify us? Yes, we may at times feel that plunging sensation of falling off a cliff, but two passages from the Bible ring true to my conception of God as the entity within which we and all creation live and move and have our being. Indeed I have chosen them for my funeral and commend them to you. Psalm 139 vv 1-10 and Romans 8 vv 38-9. If you find these too fanciful, then look up my third chosen reading, Philippians 4 v8. Now there's a text for approaching death!

By David Hill

## SSAFA from Andy Middlemiss

### **WHO ARE WE?**

We are the national charity, which for over 130 years has been helping serving and ex –service men and women, Regular and Reservist, and their families, in need. Eligibility is based on only one day's paid service.



### **WHERE ARE WE?**

There are 91 Branches all over UK, including 22 covering Scotland. They all operate with a network of trained volunteers in the local area, to look into cases with understanding and sensitivity. Many of the volunteers are ex Services themselves. Locally, the Perth and Kinross Branch can be found at Queen's Barracks, Perth – courtesy of 7<sup>th</sup> Battalion, the Royal Regiment of Scotland. In 2017 the Branch took on 110 cases, and made 40 visits to needy clients. Our Branch Patron is the Provost of Perth, and our President is the Lord Lieutenant- Brigadier Mel Jameson CBE, both of whom are wonderful supporters.

### **WHAT DO WE DO?**

We spring into action whenever there is hardship and need. Our help and advice is totally confidential, and we help all ages. We work closely with other agencies, and service charities, and help can vary hugely...:

We may help a war widow with her bills, or an ex Serviceman with a mobility challenge, or assist a Service family with a special needs child, or a returned veteran from Iraq or Afghanistan.

Last year we helped 50.000+ cases in UK.

*HELP, ADVICE, FRIENDSHIP*

SSAFA, Perth & Kinross Branch  
Queen's Barracks,  
131 Dunkeld Road, PERTH PH1 5BT

**01738 625346** (with ansaphone) [perth@ssafa.org.uk](mailto:perth@ssafa.org.uk)  
**PATRON – HM THE QUEEN** Reg Charity –SCO 38056

## ...and finally...

As a butcher is shooing a dog from his shop, he sees £10 and a note in his mouth, reading, "8 lamb chops, please."

Amazed, he takes the money, puts a bag of chops in the dog's mouth and quickly closes the shop.

He follows the dog and watches him wait for a green light, look both ways and trot across the road to a bus-stop.

The dog checks the timetable and sits on the bench.

When a bus arrives, he walks around to the front, looks at the number, then boards the bus.



The butcher follows dumbstruck. As the bus travels out into the suburbs, the dog takes in the scenery.

After a while he stands on his back paws, pushes the "stop" bell and gets off. The butcher follows.

The dog runs up to a house, drops his bag on the steps and barks repeatedly. No answer.

He goes back down the path, takes a big run and throws himself, 'whap', against the door. He does this over and over. No answer.

So he jumps on a wall, walks around the garden, barks repeatedly at a window, jumps off, and waits at the front door.

Eventually, a small guy opens it and starts cursing and shouting at the dog.

The butcher runs up screaming at the guy: "What are you doing? Stop screaming at the dog...he's an absolute genius!"

The owner responds, "Genius, he is Not. This is the second time this week he's forgotten his key!"

