

News from the Pews

The Newsletter of Markinch Parish Church

Vol 99 August 2013



MARKINCH PARISH CHURCH



Minister:

Rev. Alex R Forsyth TD BA MTh



A warm welcome is extended to all visitors and newcomers to the community to share in the worship, work and witness of the congregation.

Church Service

Sunday 11am

www.markinchchurch.org.uk

Communion Sunday

The Minister and Kirk Session invite you to share in the celebration of

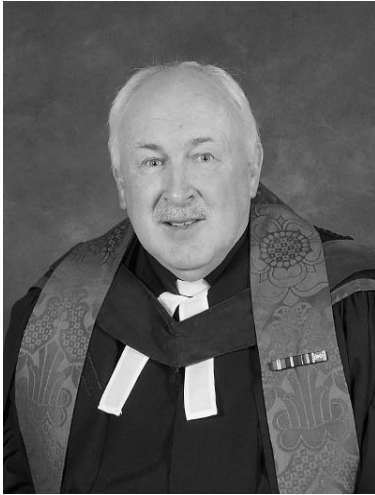
Holy Communion

on Sunday 18th August 2013 at 11.00 am.

Your Elder is _____

Contact Details _____

From The Minister - The First Word



Bill works a foreman with his local (south of the border) council. Recently he noticed a lorry belonging to his council pulling over onto the hard shoulder of the dual carriageway. The driver got out and dug a hole in the grassy bank and then he got back into the lorry. Then the other occupant got out, filled in the hole and then he got back in the lorry. Every fifty yards along the dual carriageway this curious process was repeated.

Finally Bill went up to the driver and asked, "What are you doing?" The driver replied, "We're part of the dual carriageway improvement project team, and the guy who plants the trees is at home on the sick!"

There is another side to teamwork!

At the time of writing the press is full of Andy Murray's incredible achievement. Beating world number one Novak Djokovic in straight sets Andy Murray is the first British man to win the singles' title since Fred Perry in 1936.

In what Andy Murray described as a brutal match, he converted his fourth championship point to beat top seed Novak Djokovic 6-4, 7-5, 6-4.

"Winning Wimbledon, I can't get my head around that. I still can't believe it's happened," said the British number one. "I think that last game will be the toughest I'll play in my career."

Later in an interview Andy Murray admitted that Ivan Lendl, his coach, and Judy Murray, his mother, were major players in Team Murray's victory.

Then he went on to mention the physios, the fitness trainers, the hitting partners and the tactical analysts who helped him on his way to the historic Wimbledon championship.

The point is Andy Murray's success would not have been possible if each member of his team had not shown up, been focused and fully

present, and playing his part in the overall success of the tennis ace and 'Team Murray.'

The ministry and mission of the church also require team-work. As a church we simply could not do what we do if YOU did not show up and took part.

St. Paul wrote to the church at Corinth (1 Corinthians 12.27) "Now you are the body of Christ and individually members of it." He said that each part of the body of Christ needed every other part in order for the body to function effectively.

The point is well made. The effectiveness of any church is a function of how well we show up and live and work together as a team. During these last eleven years of ministry thank you for "showing up," and for being a part of the body of Christ here in Markinch.

See you in church.

Alex

The General Assembly

The Church of Scotland General Assembly took place from May 18th - 24th 2013

Rev Alex Forsyth reported diligence to Kirkcaldy Presbytery on behalf of the Commissioners to the General Assembly. You can read his report on the Kirkcaldy Presbytery website at :-

<http://www.presbyteryofkirkcaldy.org.uk/general-assembly/>

Visiting The Elderly In Local Care Homes

As many of you know there are visits made to Markinch Church Members who reside in Care Homes around Fife. Please could you let me know of all members known to be in Care Homes as I feel sure that not all are on our list. Contact Meg Sankey: Home: 01592 749633 or Mobile: 07834729420

Church Hall Bookings

Anyone enquiring about booking the church hall should contact Karen Wood on 01592 750327 or collect a booking form from the notice board in the church hall.

Session Clerk's Report

Minister's Retiral

As you are aware, Alex is retiring at the end of the year after more than 11 years at Markinch, and more than 40 years in the ministry.

We would like to give all members the opportunity to contribute towards a gift for Alex, by sending donations to the church treasurer, Nancy Munro. This will allow us time to arrange a suitable gift in plenty time.

A presentation on behalf of the congregation will be made to Alex during his last service.

Confirmation of the details of Alex's last service will follow in the next issue of the magazine, although it's likely to be just before Christmas.

The date of the next session meeting is 4th November

The dates of the communion services for the rest of this year are 18th August and 17th November

John G Wood
Session Clerk

Church Website - www.markinchchurch.org.uk

The Sunday Bulletin, which includes the weekly intimation sheet, is available for download from the website every week so even if you are unable to attend church you can still be kept informed of what is happening in your church.

Social Networking with Markinch Parish Church

We now have a Facebook page and many of us share church events and stories via our Facebook account. You can join us to find out what we have planned, view photos of events and make comments on a variety of topics.

Go to **www.facebook.com** and search for **Markinch Parish Church**

**I always wanted to be somebody -
but now I realise I should have been more specific !**

From the Parish Register

Baptisms

16.06.13 Nicky Grant Skinner

Weddings

19.05.13 Antony Paterson & Jade McLauchlan

15.06.13 Craig Drysdale & Tammie Murray

Funerals

04.05.13 Mrs M Harvey

04.05.13 Mr W McCluskie

13.05.13 Mr W Hellewell

13.05.13 Mr J Rodger

16.05.13 Mr H Hepburn

20.05.13 Mrs J Massie, Star

28.05.13 Mr J Forret

05.06.13 Mrs C Bogacka

05.06.13 Mr A Ednie

06.06.13 Mrs C Brogan

11.06.13 Mr J Wilson

13.06.13 Mr A Braid

13.06.13 Mrs A Gilmour

20.06.13 Mrs E Honeyman

27.06.13 Mrs C Martin

11.07.13 Mr B Forty

13.07.13 Mr R Keith

14.07.13 Mr N Williamson

14.07.13 Mrs A McCombie



Treasurer's Report

Firstly I would like to thank everyone who has increased their giving, either through WFO envelopes or Standing Order but as you can see from the following figures we are still in a dire position.

The income to 31st July, 2013 was £36436.00 which was £4810.00 less than the same period last year.

Expenditure was £38117.00 which was £710.00 more than last year. The shortfall to date is £1681.00.

As only £18000.00 has been paid towards our Ministry Allocation instead of £35940.00 our actual shortfall is £19621.00.

We appeal to everyone to review their commitment to the Church as we experience a very difficult time ahead.

A cheque for £1207.00 has been sent to Christian Aid. Thanks to everyone who supported this worthwhile cause.

Nancy Munro.
Treasurer.

Sunday School

The Sunday School needs **your** help. We have staff and a wide range of quizzes, word puzzles and craft activities covering Bible characters and stories - all we need are **children!**

Only a few young families attend Church so if you know of any who might like to bring their children or allow you to bring them please let them know they'd be very welcome.

The new session starts on 1st September when we hope to welcome some new faces as well as our "regulars".

Surafel - Our Sponsored Child

There must have been some delays with the project worker attending Surafel's village as the latest letter describes his Christmas activities! The usual time for letters between us is 4 months. Once again his epilepsy is mentioned and some of our money provides medication for him. This letter and all the others are on the notice board.

Thanks to all who have donated so far but there are still plenty spaces on the calendar for anyone who cares to contribute. Please add your name and leave the money in the folder or see Helen Paterson.

The following article was published in the June edition of the Church of Scotland's 'Life and Work' magazine following a visit made to Markinch by the author in connection with the archaeological and conservation work proposed for our church.

We are deeply indebted to Professor Hume and to Life and Work magazine for granting us permission to reproduce this article.

'A FASCINATING PLACE'

John R Hume reflects on the history of a church with strong links to early Christianity in Fife.

MARKINCH is one of the most pleasant small towns one could find.

It is now on the eastern edge of Glenrothes, well away from the tourist trail, but has preserved the character of an inland burgh, not least on account of its parish church, which sits above the place like a mother hen.

The church has a complex building history, but it is not the earliest church on the mound which dominates the town. That was a church founded by St Drostan, probably in the 6th century. This building was supplanted by an 11th or 12th century Romanesque building, whose tower still survives; some of the masonry was also assimilated into the fabric of the worship space which took the place of the Romanesque nave and chancel. The building of which the tower was a part was dedicated to St Drostan, and was originally attached to the Cathedral of St Andrews. It is the tower that is the great feature of the building. It is one of a group of such features, at St Rule's, St Andrews; St Serfs, Dunning, Muthill; and Dunblane Cathedral. All are associated with Culdee communities, monastic settlements of the period before Roman Catholicism came to dominate the practice of the Church in Scotland.

They are massively built of squared masonry, with paired round-headed openings in their upper parts. The position and height of the Markinch tower supports the notion that it was intended to be a landmark.

Recent examination has revealed that in the lower part of the Markinch tower there are two arches which would have communicated with the nave of the Romanesque church. The lower one is a tall narrow feature, partly concealed by later work, bears a close resemblance to one at St Rule's. There is also the original stone spiral staircase giving access to the upper parts of the tower, a feature which has disappeared from St Rule's. In about 1160 the church became attached to the Priory of St Serf's, on an island in Loch Leven. It retained its dedication to St Drostan until 1243, when it was re-dedicated to St John the Baptist, but the traditional Celtic and Culdee association with St Drostan has survived.

The present classical spire dates from 1807, and was designed by James Barclay. It replaced a pyramidal spire which had become unsafe.

The rest of the church has been much altered. In the 1520s it was rebuilt by Prior James Hepburn. The south wall of the nave was moved outwards in the 1680s, and the north wall was also moved out in the 1780s, probably by Thomas Barclay. During the reconstruction of the 1780s the body of the church largely assumed its present form. Internally it has its pulpit on the long south wall, with a gallery round the other three sides supported on classical columns dating from 1807. An organ was installed behind the pulpit in 1913. In the 1780s rebuilding two entrances for the congregation were provided in the south wall, with a separate doorway in the centre, leading to the pulpit. The present entrance is on the north side of the building, through a burial aisle constructed in about 1620 for the Leslie-Melville family. This has a superb vaulted roof.

Proposals are currently being developed to conserve the fabric of the church and to open up the lower arch between the base of the tower and the body of the church. The more detailed examination of the arch may help to resolve the current uncertainty about the date of the construction of the Romanesque church.

I am indebted to Bruce Manson, who is leading this project for information about the history of this remarkable building.

Regardless of the outcome of this project, however, Markinch Parish Church is a fascinating and moving place, with strong links with the earliest days of Christianity in Fife, and with the survival of the traditions of the Celtic church. It should be much better known and visited.



JUDGE NOT!!

I was shocked, confused, bewildered
As I entered Heaven's door,
Not by the beauty of it all,
Nor the lights or its decor.

But it was the folk in Heaven
Who made me gasp and sputter --
The thieves, the liars, the sinners,
The alcoholics - the people from the gutter.

There stood the bully from my old school
Who stole my dinner money twice.
Next to him was my old neighbour
Who never said anything nice.

Big Bad Bill, who I always thought
Was rotting away in hell,
Was sitting pretty on cloud nine,
Looking incredibly well.

I nudged Jesus, 'What's the deal?
I would love to hear Your take.
How'd all these sinners get up here?
God must've made a mistake.

'And why is everyone so quiet,
So sombre - give me a clue.'
'Hush, my child,' He said, 'they're all in shock.
No one thought they'd be seeing you.'

Anon.

The Pilgrim Trail through Fife

Dear Rev. Forsyth,
just a note to thank you for allowing us access to the church. The pilgrims were most impressed with the church and the history of both St. Drostan's and Markinch. The pilgrimage was a great success and was enjoyed by all. The torrential rain just added to the experience!
Thank you for giving us this opportunity.

Very best wishes, *Patricia McAuley*



Coffee Morning / Auction

*Come along and bid for a variety of items,
all money raised will be used for the good
work of*

The Rotary Club of Glenrothes



SATURDAY 24TH AUGUST 2013

**10AM FOR COFFEE
AUCTION BEGINS @ 10.30AM
£2 PER TICKET**



Tickets from Tracy Thomson or at the door

**VENUE - MARKINCH
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Rev. Alex Forsyth, 40th Anniversary of his Ordination

At a special service held at Markinch Parish Church on Sunday 21st July, the Rev. Alex Forsyth celebrated 40 years as an ordained minister.

A number of invited guests were there to mark the occasion, including Mrs Margaret Dean, Lord Lieutenant of Fife and Cllr. Kay Morrison, Depute Provost of Fife. The sermon was read by the Rev. Ken Froude, minister of St. Bryce Kirk, Kirkcaldy. The service was followed by a buffet lunch in the church hall and the presentation of gifts to Rev. Forsyth and also flowers to his wife Jean.

Originally from Kirkcaldy, Alex has degrees and diplomas in Social Science, Theology, Pastoral Theology, and Biblical Studies from Cambridge University, Overdale Theological College, The Open University, and Geneva Theological College. He was ordained on 24th July 1973.

Prior to being inducted as parish minister at Markinch in 2002 he served the church in Birmingham, Ashington, Newcastle-upon-Tyne, Leven, and in Angus in the linked parishes of Edzell/Lethnot, Fern, Careston, Menmuir and Glenesk.

While he was in Northumberland he served for nine years as a chaplain to the staff and patients at Northgate Special Needs Hospital. He continued to serve as a hospital chaplain when he was minister at Leven, caring for the staff and patients in the surgical, psychiatric, geriatric and psycho-geriatric wards at Kirkcaldy's Victoria Hospital.

For 25 years he served as a cadet chaplain and completed 26 years as a Territorial Army Chaplain. The regiments he served with include: The Royal Army Medical Corps, The Royal Scots, The Cameronians, The King's Own Scottish Borderers, The Black Watch and The Royal Engineers.

In addition to serving on several major boards and committees of the national church he has twice served as moderator of the Presbytery.

In 2006 he was appointed to serve on the General Assembly's, "Chaplains to Her Majesty's Forces Committee."

Married to Jean for 42 years, they have two children, Julie and Richard and two grandchildren, Abbey and Alex, but as we go to print we await news of a

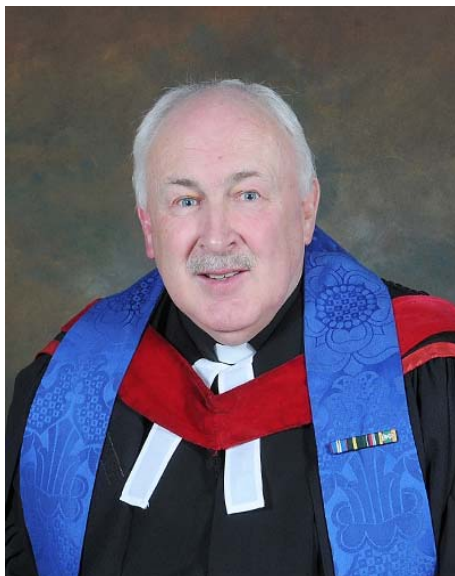


Photo by Terras Photography

second baby for daughter Julie and her husband. Julie is a social worker with Barnardo's and their son Richard is an army officer. Outside of work Alex's interests include books, films, 60's and classical music, the great outdoors and his dogs, Layla & Beamish.

On retiring from the Territorial Army, Alex agreed to care for army veterans. Currently he is chaplain to The Black Watch Association and to The Royal British Legion (Scotland).



Left to Right:- Mrs Margaret Dean, Lord Lieutenant of Fife – Cllr. Kay Morrison, Depute Provost of Fife – Rev Alex Forsyth – Lt. Col. Helen E Homewood MBE, Army HQ Scotland - Mr Lindsay Roy MP

Sunday the 21st July, the fortieth anniversary of my ordination, was a memorable day for me. And I would like to place on record my thanks to my wife Jean, John Wood our Session Clerk and to Tracy Thomson and her team for organising the event.

I am indebted to Revd. Ken Froude, minister at St Bryce for his prophetic words. I also would like to thank all the members and friends of the church for their cards, good wishes and generous gifts.

Thank you again

Sincerely, Alex

Thanks

Thank You

I would like to thank the congregation for the beautiful bouquet of flowers I received at Alex' 40th Anniversary service. A special thanks to all those who set up the hall on Saturday and then served and cleared up on Sunday. It all helped to make it a special day. - Jean Forsyth

Bobs Walk 2013

Dr Bob Grant and his team started the walk on 3rd August 2013 from the Maggie's Centre at Edinburgh's Western General Hospital and crossed the Forth Road Bridge to join the Fife Coastal Path. The 108 mile route will take in Kirkcaldy where they will visit Maggie's Fife before continuing on to arrive at Maggie's Centre at Ninewells Hospital in Dundee on August 11th. They will be joined by two ultra runners (our local pharmacist Sheena Logan and her husband Johnny) who are aiming to complete the path in 24 hours!! There will also be support from the Edinburgh based Dunedin Harley Davidson motorcyclists.



To donate to Bob's Walk you can give money to Dr Bob directly or you can give online at <http://fundraise.maggiescentres.org/bobswalk>
There is also a sponsor sheet in the Markinch Pharmacy

Full details including a walk itinerary can be found at www.bobswalk.co.uk
Follow the walk on www.facebook.com/bobswalk or on Twitter using #bobswalk

The Rotary Shoebox Scheme

The gift of a shoebox that contains toys, toiletries, educational items or household goods is a drop of happiness to the people of Eastern Europe who live in a world of poverty. For many, it will be the first present that they have ever received and it lets them know that somebody, somewhere cares.

Once you have filled your box, please add £1 coin to the lid and write what age group and gender each box is for. Shoeboxes can be collected from the Church Hall from the beginning of September. Contact Tracy Thomson on 01592 775752 or John Wood on 01592 750327 for details. Additional information online at www.rotaryshoebox.org



Markinch Heritage Group

You have probably heard the term 'Geophysics' used on the television on 'Time Team' but Markinch Heritage Group have recently carried out a full Geophysics survey of the churchyard. The preliminary results are apparently very interesting but much work has still to be done to analyse all the data.

The technique used will eventually show an 'underground map' of the area, highlighting any interesting or unusual features.

The photo shows Bruce Manson of MHG carrying out tests under the supervision of Dr. Oliver O'Grady who has given his time to this project.

Church Flowers

The flower team would like a few more people to join them, either to organise the flowers for a Sunday or to help distribute the flowers as not every flower lady has transport. Contact Teresa Henderson on 01592 754892.

We also ask for names from anyone in the congregation of the elderly, sick, bereaved or anyone who they think might like a visit so that we can brighten up their Sundays with a lovely bouquet of flowers.

As there are only 52 Sundays in the calendar year, flower donators who wish to choose certain dates may find themselves sharing. It is inevitable, on occasions, that more than one person will want the same date. The more flowers in our church on a Sunday the better, as more people will enjoy the gift of church flowers.

There are also three Sundays in September (the 8th, 15th and 22nd) where no flowers are being donated for the Church so if any one would like to donate flowers on any of these Sundays please phone Teresa on 01592 754892



The Golden Telephone

An American on vacation was taking photographs inside Westminster Abbey when he noticed a golden telephone mounted on the wall with a sign that read '£10,000 per call' The American, being intrigued, asked a priest who was strolling by what the telephone was used for. The priest replied that it was a direct line to heaven and that for £10,000 you could talk to God.



The American thanked the priest and went along his way to Lincoln. There, at the cathedral, he saw the same golden telephone with the same sign under it.

He wondered if this was the same kind of telephone he saw in London and he asked a nearby nun what its purpose was. She told him that it was a direct line to heaven and that for £10,000 he could talk to God.

'O.K., thank you,' said the American. He then travelled to York, Durham and Liverpool. In every Cathedral he saw the same golden telephone with the same '£10,000 per call' sign under it.

The American then arrived in Markinch, and went into the church up on the hill. There was the same golden telephone, but this time the sign under it read '50 pence per call.' The American was surprised so he asked the minister about the sign. 'I've travelled all over England and I've seen this same golden telephone in many churches. I'm told that it is a direct line to heaven, but in England the price was £10,000 per call. Why is it only 50 pence here?' Rev Forsyth smiled and said, 'You're in Markinch now, son it's a local call.'

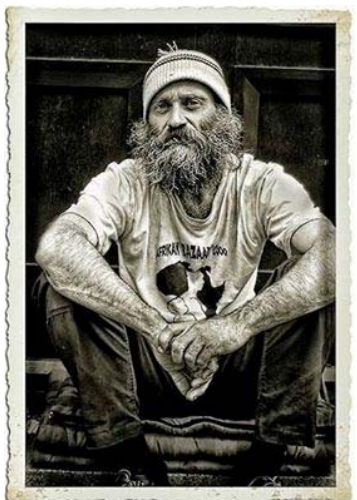
Pastor Jeremiah Steeppek

Pastor Jeremiah Steeppek (pictured below) transformed himself into a homeless person and went to the 10,000 member church that he was to be introduced as the head pastor at that morning. He walked around his soon to be church for 30 minutes while it was filling with people for service....only 3 people out of the 7-10,000 people said hello to him. He asked people for change to buy food....NO ONE in the church gave him change. He went into the sanctuary to sit down in the front of the church and was asked by the ushers if he would please sit in the back. He greeted people to be greeted back with stares and dirty looks, with people looking down on him and judging him.

As he sat in the back of the church, he listened to the church announcements and such. When all that was done, the elders went up and were excited to introduce the new pastor of the church to the congregation....."We would like to introduce to you Pastor Jeremiah Steeppek"....The congregation looked around clapping with joy and anticipation.....The homeless man sitting in the back stood up.....and started walking down the aisle.....the clapping stopped with ALL eyes on him....he walked up the altar and took the microphone from the elders (who were in on this) and paused for a moment....then he recited

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

After he recited this, he looked towards the congregation and told them all what he had experienced that morning...many began to cry and many heads were bowed in shame.... he then said....Today I see a gathering of people.....not a church of Jesus Christ. The world has enough people, but not enough disciples...when will YOU decide to become disciples? He then dismissed service until next week.....Being a Christian is more than something you claim. Its something you live by and share with others.



150th Anniversary Celebrations of Markinch Bowling Club

This is a very significant year in the history of Markinch Bowling Club, which is celebrating its 150th Anniversary, and I have the honour and privilege of being Club President this year.

The Club was constituted in 1863, and confirmed as a member of Fife Bowling Association. Balgonie Estate was approached and a suitable site was purchased from them to form the Bowling Green, which still remains on its original site.

There have obviously been many changes over the years, but fortunately, the office bearers have had the foresight to insure the Club has progressed as times have changed.

Our Club facilities are a testament to many years of hard work and effort from the Members. A new clubhouse was built and officially opened on 27th March, 1976. The popularity of the club continued to grow and a further extension was added and officially opened on 3rd September, 1982.

In keeping with the current difficult financial times, our membership has declined slightly in recent years, but with prudent management, the high standards of the Club have been maintained.

A Ladies Section was formed in 1975, and one of the landmarks of the Club was to incorporate the Ladies as full members in the year 2000.

In 1988, the Junior Section was formed and since then, they have been encouraged to play an active part in the Club. The Club maintains a close association with Markinch Primary School, where coaching sessions are run as part of the school curriculum.

The highlight of the 150th anniversary year, to date, was the Club Triples winning the National Championship at Ayr on 28th July.

We consider the Club to be an integral part of the local community, and actively encourage our members, local organisations and families to make use of our facilities.

Jack Harley
Club President

Markinch : Its Church and Parish

By Ian Gourlay and Ken Wilkie

Copies can be obtained from Ken Wilkie on 01592 760042 or by email at book@markinchchurch.org.uk

**The paperback is priced at £12.50 (£10 for church members)
Hardbacks also in stock priced at £18 (£15 for members)**



On-going Fundraising Events

Jigsaw Lending Library

Available in the church hall following Sunday Service at a cost of £1 per jigsaw. If you require any information about this activity please contact Meg Sankey on 07834 729420.

Communion Coin Collection

At each Communion Sunday Service there will be a coin collection in the vestibule. This is to work towards the total amount required for the installation of a lift at the church steps.

We have individual collection boxes for you to take home or to work, and fill between Communion Services. These can be handed in at the start of the service and collected again on your way out.

Collection boxes can be emptied any Sunday or Thursday morning by seeing Marianne Sankey, Karen Wood or Meg Sankey. Additional boxes will be made available for anyone who wishes to take one to work, or give to their extended family or non-members who would like to help.

If you cannot collect a box but would like one, we can deliver and collect them by telephoning Marianne Sankey on 07801 279899.

Craft Items

Craft items are on sale for church funds. If you have any unwanted craft items, fabric, threads, wool, half-finished projects that you would like to donate to the fundraising effort, contact Marianne Sankey, Meg Sankey or Karen Wood.

Top 10 Hymn Service

Nomination sheets available from Marianne Sankey, Karen Wood and Meg Sankey at a cost of £1. There are 10 spaces on the sheet for you to nominate your 10 favourite hymns. Returned the form no later than 11th August 2013 and they will be collated. The 10 most popular hymns will be sung at an evening praise service on Friday 6th September.

Fundraising and Social Diary Dates

6th September 2013

29th September 2013

4th October 2013

22nd October 2013

26th October 2013

26th October 2013

10th November 2013

15th November 2013

17th November 2013

17th November 2013

17th November 2013

24th November 2013

29th November 2013

6th December 2013

6th December 2013

15th December 2013

22nd December 2013

15th March 2014

Top 10 Hymn Service

Harvest Lunch

Quiz Night

Fundraising Meeting

Indoor Car Boot Sale

Calendars / Cook Books / Christmas Cards on Sale

Hamper Raffle Tickets on Sale

Wine Tasting

Communion Coin Collection

Christmas Gift Wrapping Service Starts

Final Date for Donations for Hampers

Dolls Birthday Tickets on Sale

Haggis Drive

Christmas Meal at Balbirnie Golf Club

Christmas Hamper Draw

Guess the Dolls Birthday Draw

Final Day of Christmas Gift Wrapping Service

Rosyth Concert Band

HELP RAISE MONEY FOR OUR CHURCH BY RECYCLING

How it works –

- Collect your unwanted clothing at home and put them into our indoor recycling bank in the Church hall. We get money for every kilo of rags, shoes, handbags, bed linen etc
- You can donate any clothes, towels, bed linens, shoes, curtains, bags or textiles. If you need transport for your donation, please contact Marianne on 07801 279899 to arrange an uplift.



**By recycling your old clothing you can help other people
and add to our Church funds.**

On Communion Sunday please return your Church Collecting Box to the table in the vestibule and pick up a replacement.

As your granny used to say...
“Mony a mickle (a little) mak’s a muckle (a lot)”

Church Garden Party

Sunday 18th August

2.30 - 4.30 pm

£4 per adult £3 per child

Hosted by the Sankey family

at

25 Beechwood Park, Glenrothes

Please join us for good company, refreshment and fun.

The Markinch Parish Church Cookbook

Volume 3 of the Church Cookbook, ‘Baking and Biscuits’ will be available soon, priced at £5. Many thanks to all who sent in recipes, and helped to produce this book.

If you would like to pre-order a copy, please complete the enclosed form and pass it to Jean Forsyth or your district Elder



Book Reviews - Fact and Fiction

Sane New World: Taming the Mind by Ruby Wax

I bought this book because Ruby Wax studied at Oxford with Professor Mark Williams. Mark's father and mother were good friends of mine and I well remember the professor when he was a young student.

It's clear from her book that Ruby Wax believes that human beings are simply not equipped to deal with the crushing demands of living in the 21st-century.

Statistics make the point. Mental illness costs this country £70 billion per annum. (This is equal to the entire National Health Service's budget.) Depression affects more people than all other physical illnesses put together. Fifty per cent of what Churchill called his 'black occur by the age of fourteen.

According to Ruby Wax, 'Mindfulness' provides a way to help manage this condition. (Mindfulness is a way learning how to self-regulate thoughts and emotions "so you are the master and not the slave of your mind.")

Ruby Wax scorns the 'self-help' books that boil down to Disney Psychology, 'Think happy thoughts and your dreams will come true.'

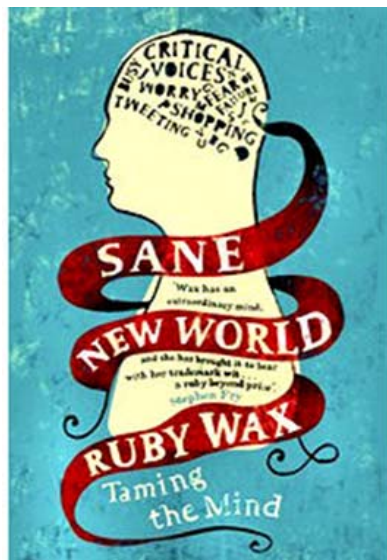
Seeking help for her own painful depression, Ruby Wax immersed herself in the hard science of the brain. Studying with Professor Mark Williams she took a Master's degree in mindfulness-based cognitive therapy.

She discovered, that you can re-programme the brain by breaking old mental habits and creating new, flexible ways of thinking”.

She maintains that you need to learn to -

Not overthink and be forgiving especially of yourself. / Accept your inner critic – the ‘internal nag.’ Remember negative thoughts aren’t facts. Keep them in perspective. / Exercise your anxieties. Walk, try Pilates or t’ai chi. / Get out of your head. Listen to music. Meditate, redirect your anxious energy. / Live in the Now. Be truly present for a few seconds every day. / Increase your mental fitness. Mental workouts keep your brain sharp and help stave off depression.

I read this book because as they say in Fife, 'I kent his father.' If you have had anything to do with depression this book is worth a read.



Alex Forsyth

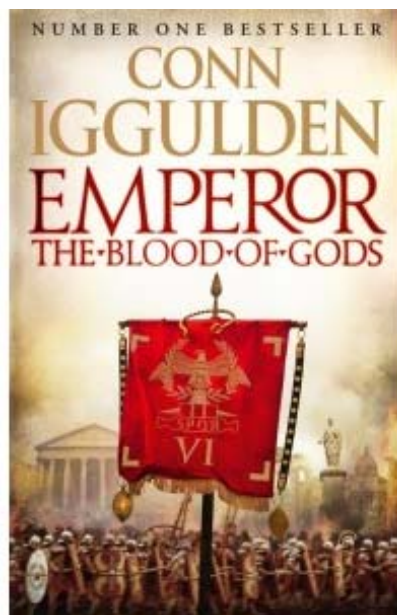
Emperor: The Blood Of Gods by Conn Iggulden

The epic new novel in Conn Iggulden's best selling EMPEROR series.

Julius Caesar has been assassinated. Rome's great hero has been brutally murdered by his most trusted allies. While these self-appointed Liberators seek refuge in the senate, they have underestimated one man: Caesar's adopted son Octavian, a man whose name will echo through history as Augustus Caesar.

We are first introduced to Octavian and his brave and loyal friends Maecenas and Agrippa on leave in Greece. Their behaviour, which speaks large of bravery, honour and drunkenness, immediately has to readjust itself as Octavian learns of events in Rome. He is transformed into a young man with a mission.. Uniting with his great rival Mark Antony, a consul, is a man who holds great authority and wants to do the right thing, but knows that he must use all his charisma and intelligence just to stay alive. As the forces of Rome realign and adjust, these are dangerous days. Even facing each other across the battlefield is no guarantee that you know what side you're on. You could almost feel pity for Brutus and Cassius but there is no time for sympathy for Brutus.

Octavian will stop at nothing to seek retribution from the traitors and avenge his father's death. His greatest hatred is reserved for Brutus, Caesar's childhood friend and greatest ally, now leader of the conspirators. As the people take to the streets of Rome, the Liberatores must face their fate. Some flee the city; others will not escape mob justice. Not a single one will die a natural death. And the reckoning will come for Brutus on the sweeping battlefield at Philippi.



Remember - This is **YOUR** newsletter !

If you have any interesting news, stories, poems etc, please hand them to Ken Wilkie or email ken.wilkie@lineone.net or call 01592 760042

The deadline for the next issue is 27th October 2013

A Place to Visit

The other week I attended a meeting at Balhousie Castle, home of The Black Watch Museum. The castle sits in its own peaceful grounds close to the centre of Perth. Recently the castle reopened following a major refurbishment and extension. It now has an excellent cafe.

The Museum houses unique and special collections illustrating two and a half centuries of treasures of Scotland's oldest Highland Regiment.

Uniforms, fine paintings, medals, photographs, weapons and military equipment linked to film, and reminiscences bring to life the proud military heritage of this family regiment.

Parking is free. The museum is not far from the bus station. There is an admission charge. Opening times are Monday to Saturday 9.30 am – 5.00 pm

Balhousie Castle, Hay Street, Perth PH1 5HR

Tel. 01738 638152 or online at www.theblackwatch.co.uk

Alex Forsyth

Markinch Heritage Group - Braes Loan Project

Markinch Heritage Group have organised a Summer Visit to Northhall Cemetery on Sunday 18th August, meeting at the Cemetery at 2pm

The cemetery is the likely site of ancient Dalginch, an assembly point where justice was administered for Fife & Fotheriff whose boundaries were close by. There may even have been a wooden structure/hall on the top of this moot hill.

Glenrothes YMCA is spearheading Foodbank in Glenrothes

Requests for food parcels are increasing. In response to this appeal, a box can be found in the vestibule and if you would like to make a donation of non-perishable foods, please place it in the box on a Sunday and we will ensure that it is delivered to the Foodbank on a Monday.

If anyone would like to donate to this appeal, please hand it in and we will add it to the delivery each week from the church. The idea is to be able to provide a person with a complete meal, but they can only take tinned and dried products rather than fresh meat dairy and bakery as it cannot be stored appropriately.

The supermarket budget brands are ideal for making a contribution without breaking the bank.





Christian Hope International - Baby Aid Project

You can help a child overseas by knitting hats, bonnets, booties, cardigans, blanket squares etc.

Knitted and crochet gifts are distributed to hospitals, clinics, Mothers' Union Groups, schools and villages by church staff and other Christian Groups.

You can use the suggested patterns from the book or you can use your own patterns.

Contact Tracy Thomson for more details or to make a donation of knitted items. Tel 01592 775752

HAT

Use DK wool in bright colours either plain or striped and size 10 (3 1/4 mm) needles and 8 (4 mm) needles.

Cast on 80, 96, 104 sts on size 10 (3 1/4 mm) needles.

Work 17, 23, 27 rows k1, p1 rib.

Change to size 8 (4 mm) needles.

Work 20, 24, 26 rows in stocking stitch.

Decrease row. K6, k2 tog to end of row.

Purl next row.

Next row. K5, k2 tog to end of row.

Purl next row.

Continue decreasing in this way until 20, 24, 26 sts remain.

Next row. P2 tog to end.

Thread wool through last 10, 12, 13, sts and sew up.



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Download the complete book of knitting patterns from
<http://www.christianhope.org.uk/stitches/patterns.html>

Christian Hope International

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