



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

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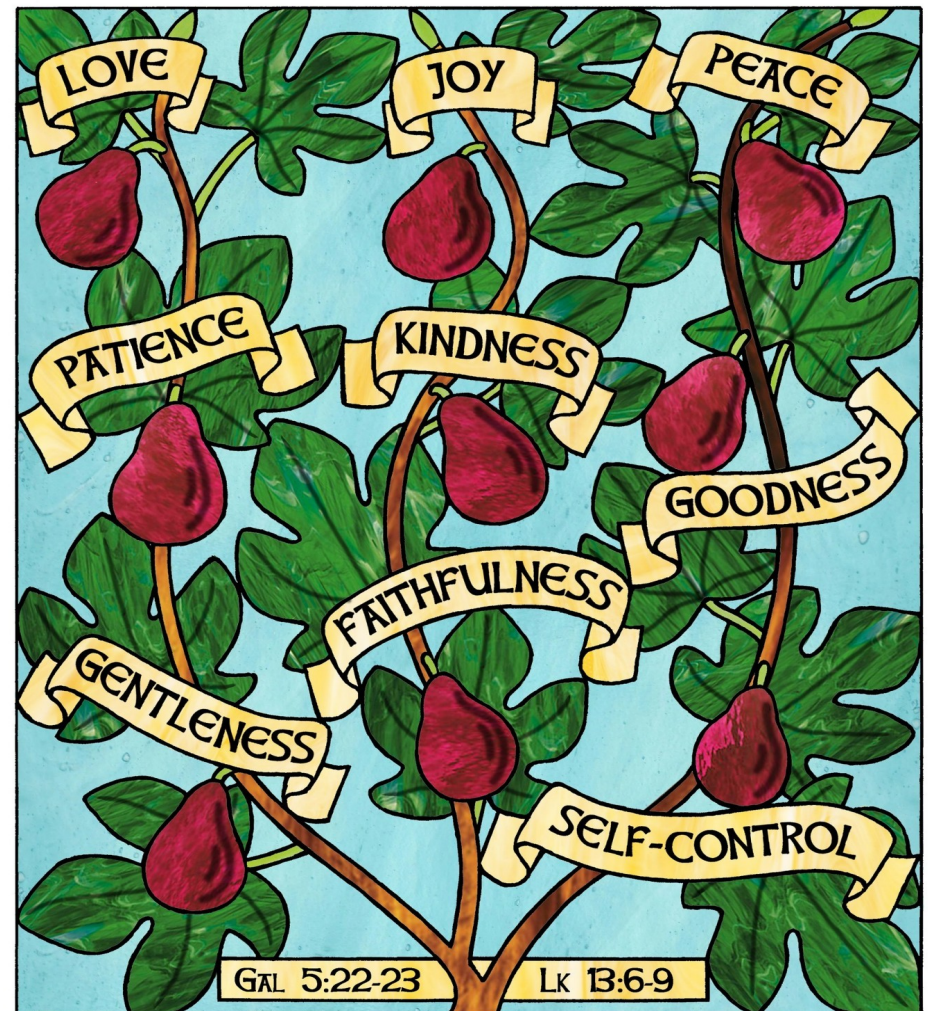
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The Contact Magazine of St. Peter's with Ss. Mary & Leonard

Rector: The Revd. Canon Christine Fraser



June
2025



Front Cover Picture is: “Fruit of the Spirit”

Is theft in the UK spiralling out of control?

Have you had your phone stolen yet? ‘Snatch thefts’ of mobile phones rose from 58,000 in 2023 to 99,000 in 2024 – that is a staggering 70 per cent increase *in one year*.

Meanwhile, overall thefts from people, such as having had bags, phones and other items stolen from under a table or desk or locker, soared by 50 per cent – to 483,000 in 2024.

As for shoplifting, it is now at epidemic levels, with offences passing half a million in 2024. That is the equivalent of more than two shoplifting offences *each minute*, based on an average store’s opening hours of 10 a day.

Psalm 55 describes it all very well: ‘I see violence and strife in the city...they prowl about on its walls; malice and abuse are within it... threats and lies never leave its streets...But you, God, will bring down the wicked.’

Don’t look back

The Sunday School teacher was telling the story of how when Lot’s wife looked back at Sodom and Gomorrah, she turned into a pillar of salt. One youngster nodded in a knowing fashion. “My mummy looked back once while she was driving,” he confided, “and she turned into a lamp post.”

Don’t Step on a Bee Day – 10th July

Have you ever wanted to step on a bee? Hopefully most of us haven’t – but the eye-catching name of this annual event aims to remind people of how important bees are in our ecosystem, and of the need to promote their protection.

Don’t Step on a Bee Day highlights the crucial role bees play in pollination, and also that their populations are declining, because of habitat loss, pesticides, and climate change.

If you want to help the bees, here is what you can do:

Plant Bee-Friendly Flowers: Grow a variety of flowers in your garden that attract and support bees, such as lavender, sunflowers, and marigolds.

Avoid Using Pesticides: Reduce or eliminate these in your garden, to create a safer environment for bees.

Support Local Beekeepers: Purchase honey from local beekeepers, to help support sustainable beekeeping practices.

Create a Bee Bath: Place a shallow dish of water with stones in your garden to provide bees with a safe place to drink.

Educate Others: Share information about the importance of bees and how you protect them with friends, family, and on social media.

Why you should drink coffee

When you drink your morning cup of coffee, you are not the only one who is enjoying it. Recent studies have found that the billions of friendly microbes living in your gut are also given a cheering boost. And that means better overall health for you – and even a longer life. It seems that coffee not only contains compounds that nourish our probiotic beneficial bacteria, but the caffeine even helps them to increase in number. Coffee also contains polyphenols, plant compounds which acts as anti-inflammatory antioxidants. But is there a best way to prepare and serve your coffee? Scientists believe that black coffee is the best for you, while coffee with cream and sugar is the worst.



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Friendships multiply joys and divide grief

Dear Friends

As I write this we are preparing for St Peter's Patronal Festival after which our church is named. The Episcopal Church has had a presence in Kirkcaldy for over 200 years; in fact, there were three at one time. Next September marks the 50th Anniversary of our present building and the Vestry are busy considering events to celebrate the occasion. However, I would like to offer you a reflection on the person St Peter was.

Peter as a Model for Leadership

Peter's breakfast with Jesus by the Sea of Tiberius reflects a turning point for Peter as a leader – a shepherd of God's flock. Once cowering from the threat of discovery, Peter emerges with renewed conviction as the leader of thousands of new followers in the Book of Acts. His effectiveness as a leader is evident in his charismatic style, his conviction for his beliefs, and the resulting conversion of thousands during his early ministry. He challenges the religious and social norms of the time as a witness to Christ's life, suffering, death, and resurrection. He also exhibits a humble spirit in addressing the elders and followers of the churches of Asia Minor in 1 Peter 5.1 His instructions to the elders of the church to "Be shepherds of God's flock" is reflective of Jesus' charge of him at the turning point in his own leadership growth. Leadership lessons can be learned through careful reflection on Peter's growth as a leader throughout his ministry and by comparing his leadership style to modern definitions of charismatic, transformational and servant leadership.

"Feed my Sheep" – A Transformed Leader

Throughout the Gospels, Peter's interactions with Jesus and the disciples reflect a leader who is impulsive, ambitious, self-assertive, and quick to commit without fully understanding the meaning of Jesus' words or actions. Peter exhibits the character of an outspoken leader of the disciples, willing to challenge Jesus actions and teachings. Although quick to commit to Jesus' challenges he is unsteady in

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I have at last found the several hiding places where Mr Prentice secretes his bottle of whisky every week when he comes to wind the tower clock.

Colonel Wainwright, who served for some time in the security services, is now worried that photographs of him cleaning the brass will be circulated in Russia. He fails to appreciate that his disguise as a French onion seller, with striped jersey, beret and waxed moustache does tend to make his presence rather more interesting than he imagines – to us, if not to the KGB.

The flower arrangers seem to imagine that we are recording sound as well as pictures and so whenever they are in church together, all gossip is written down and passed round by hand as they work in total silence. So far, they have remembered to take their pieces of paper home with them. One slip and I shall probably learn more about my parishioners in five minutes than I have done in the last five years.

Your loving uncle,

Eustace

The Rectory

St James the Least of All

On what security cameras in church will tell you

My dear Nephew Darren



Much against my better judgement, after a recent series of small thefts, we have installed security cameras here at St James the Least of All. Thank goodness the suggestion for trip wires that opened the gate to Mrs Poppleroy's garden next door, thereby setting loose her deranged Pekingese, was narrowly defeated – though I had to use my casting vote.

So now we have a complete record of everything that goes on when no one is about. It makes such interesting viewing that I have cancelled my television licence and spend every evening watching the antics of my parishioners. I wonder if there is some niche television channel which would be interested; it could help the tower restoration fund no end.

Miss Margison seems to imagine she is now part of some theatrical performance every time she cleans the church; her body language as she wields a feather duster is of operatic proportions, as is her final bow to the cameras as she leaves.

demonstrating his commitment during Jesus' time of suffering. However, Peter is transformed in John 21 from the ambitious, self-motivated, impulsive, and inconsistent follower of Jesus, to the fully committed, charismatic leader of Christ's Church.

Peter jumps from his boat upon recognizing Jesus by the Sea of Tiberius in Galilee he shares a breakfast of fish and bread with his teacher and is challenged by Jesus, having once denied Him in His critical time of suffering. Reflective of Peter's denial of Christ, Jesus asks Peter to respond three times to the question, "Do you love me?". With each response, Jesus challenges Peter to care for His followers and to follow his Master stating, "Feed my lambs.", "Take care of my sheep.", "Feed my sheep.", and finally, "Follow me!".

To follow Jesus meant more than forming a deep relationship for "most aligns Jesus' leadership challenge with our modern definition of servant leadership.⁶ The posture of "following" keeps Peter and all leaders in close relationship with Christ. Peter's commitment to serving others and following Jesus is evident in the changes we see in him after his transformation by the Sea of Tiberius. In the Book of Acts he begins to "take up the works" of Christ with charismatic flair, committed to teaching, healing, and converting new followers.

The Leader of the Early Church

Through empowerment that comes from the Holy Spirit, Peter's characteristics of fearfulness and inconsistency are replaced by confidence, conviction and compassion. Peter inspires crowds of thousands, bringing new believers into the faith, healing the blind, and standing up to the leaders that he once feared. He understood the risks he was taking as he took up the "works of Christ" preaching in public, healing the sick, converting followers. Clearly, Peter is focused on bringing Christ's message to transform the world, without consideration for his own safety.

Peter is challenged by God to reconsider one of the fundamental paradigms of the early Jewish Christian leaders; conformance to the Laws of Moses and the requirement for circumcision.

Cont. From Page 5

Although Jesus' Great Commission was a challenge to the apostles to preach the Gospel to all nations, Peter carried the message of Christ only to Jews, Samaritans, and Jewish proselytes. Peter, the apostles, and the leaders of the church, were affected by their own religious traditions and beliefs. They accepted new Gentile believers as members of God's new church of Christians with the condition of conformance to Jewish law as proselytes by being circumcised and by keeping the Law of Moses. However, God had other plans in mind for the future of His church and introduced Peter to a new paradigm in a dream. This dream was direction for Peter to look first to believers' hearts and not to their compliance with Jewish practices.

Cornelius, "a centurion" and "a devout man and one who feared God" had been directed to seek out Peter through a vision from God. In response to God's direction, Peter was ready and willing to accept Cornelius as a member of Christ's church, without consideration of his adherence first to Jewish law. "But God has shown me that I should not call any man common or unclean." said Peter, meeting with Cornelius, his family, and his close friends. God's challenge of both Peter and Cornelius, resulted in the first "official" Gentile member of the new Christian community through baptism, and through the acceptance by the apostles. With this act of leadership, Peter exhibits a fundamental characteristic of servant leadership; the priority of the follower over the organization. Peter answers the call to shepherd all believers, even those professing their faith without the condition of first conforming to Jewish laws or practices.

Challenges of the Early Church

With the introduction of these new believers into the church, new religious and social pressures are imposed on believers and leaders alike. Near the end of Peter's life and ministry, Peter's "voice" is heard again in his Epistles to the churches of Asia Minor. Peter's servant leadership character and his concern for these suffering believers are evident throughout the Letter of 1 Peter.



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

Cont. from Page 6

The early believers are well aware of the threat of persecution of other believers in and around the Roman Empire. Nero blames the early Christians for the burning of Rome, encouraging the belief that these early Christians were enemies of his empire. In addition to concerns over the threat of Nero, the Gentile believers are fearful of the persecution and ridicule from their neighbours, friends, and family. It is common for the early Christians to be viewed with suspicion or concern by their former friends and their neighbours as they pulled away from social events, civic activities and any function or tradition involving idolatry. Gentiles of the time believe that the wrath of their “gods” would be aimed at those who deny their deity and pledge their faith to God. As a result, these early Christians are viewed as a potential threat to the wellbeing of all those who know them. The intended audience of 1 Peter are these believers who find themselves marginalized; outcasts from normal society without political rights, harassed by their neighbours and former community associates, and often encouraged or tempted to abandon their newly found faith.

Blessings

Christine

Special needs

After booking my 80-year-old grandmother on a flight from Glasgow to Gatwick, I called the airline to go over her special needs. The representative listened patiently as I requested a wheelchair and an attendant for my grandmother because of her arthritis and impaired vision to the point of near blindness.

My apprehension lightened a bit as the woman assured me over and over that everything would be taken care of. I thanked her profusely. “Oh, you’re welcome,” she replied. I was about to hang up when she cheerfully added, “And will your grandmother want a rental car?”

Are bananas really good for you?

On the one hand, bananas offer good things. They count as one of your five a day, carry only about 90 calories, and are packed with the essential mineral potassium (good in lowering blood pressure.) But they are not perfect...

So, here are some pros and cons of bananas:

Pro: High in potassium, good for heart health, lowers blood pressure, has Vitamin C, helps digestion, provides energy, full of fibre, cholesterol-free.

Cons: Can raise potassium levels too much (avoid them if you have kidney disease), can lead to wind and bloating, cause blood sugar spikes, weight gain, and disrupt sleep.

Overall, experts recommend eating no more than two bananas a day.

Word Search Clues & Answers - Pentecost

The story of Pentecost is found in Acts 2. After the Ascension of Jesus, the disciples had obeyed His command to stay in Jerusalem and to ‘wait for the promise from the Father’. Jesus said this would be the ‘baptism of the Holy Spirit’, but the disciples had no idea what that meant. They soon found out! Acts tells us that at about 9 o’clock one morning, a sound like a rushing wind from heaven suddenly filled the house, and divided tongues as if of fire rested on each one of them. The Holy Spirit had come down and filled them with His divine power! Praise, preaching and witnessing followed that morning – and the Church was born.

Pentecost	Nine
Trinity	Morning
Jerusalem	Glory
Praying	Waiting
Disciples	Place
Tongues	Wind
Power	Father
High	Son
Wine	Holy
Flames	Fires
Languages	Spirit
Praise	Eternal
Drunk	

(Word Search on next Page)

Cont. From Page 27

Spirit of Discovery

The decision to build a new ship was one of the biggest in Saga's history, and the team have been working behind the scenes since 2014. And now those plans become reality. Spirit of Discovery completes our vision to create a ship that the British market has never seen before. Bespoke and individual, she offers indulgent luxury and personal space. One of the finest boutique hotels anywhere in the world, but on the ocean.

We hope you thoroughly enjoy your time on board *Spirit of Discovery*. If you ever have any questions, a member of the crew will be happy to assist you. Have fun, and enjoy the ship. We are here to exceed your expectations.

End of Part 1, Part 2 will appear in the Harvest Festival edition. Norman & Marjorie Ward

Measuring success

After the local Churches Together meetings had concluded, the four ministers were discussing the results with one another.

The Methodist minister said, "What a success! We gained two new families."

The Baptist pastor said, "We did better – we gained three new families."

The URC minister said: "That's nothing – we gained five new families!"

And the Anglican vicar smiled gently. "And we just said goodbye to our 10 biggest troublemakers."

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 Patronal Festival 30th June 2024

St Peter's Patronal festival will be celebrated at both services on Sunday 29th June 2025. Our guest preacher is The Very Revd. Stephen Holmes, Provost of St. Ninian's Cathedral, Perth.

The service will be followed by a bring and share lunch in the hall.

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

+++++

Walking is amazing – here's how to get started

Walking is simply good for you. Even a casual stroll can give your overall physical and mental health a boost.

So says Britain's leading walking charity, Ramblers. It also says that the current mantra of 'ten thousand steps a day' need not daunt you, as "you don't need to adhere to this to feel the benefits of getting outside and stretching your legs." Even walking for just 30 minutes five times a week can help ward off back pain, according to a recent study. So – here's five ways to get going....*Walk in the morning – you are more likely to fit it in before the day takes off.*

Start gently, set an easy pace.

Keep it short, to start with. Build up your distances gradually.

Aim to build it up to last for at least half an hour.

Work out some simple local routes that suit you.

Doctors tell us that 'movement is medicine', and this medicine is certainly cost-free.



We are open for bookings!

NOW with recently installed WiFi Internet access



THE PREMISES ARE LET OUT IN SESSIONS OF 4 HOURS:

SESSION 1:	0900 – 1300
SESSION 2:	1300 – 1700
SESSION 3:	1800 – 2200



COST: (Including one free car parking place)

CHURCH:	£30 - £40 PER SESSION	CAPACITY: 80
LARGE HALL:	£30 PER SESSION	CAPACITY: 50
SMALL MEETING ROOM:	£20 PER SESSION	CAPACITY: 12

A booking form with full details is available for download from the website: www.stpeterskirkcaldy.co.uk

For further information please contact Andrea Ladyka:

Email: bookings@stpeterskirkcaldy.co.uk Mobile: 07740910221

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Each Sunday we attended an Interdenominational Service with Holy Communion led by The Rev Dean Henley. This took place in the theatre where there was roughly 100 attendees. The service was very similar to the one we know at St Peter's. A retiring collection was chosen by the Captain, this being Macmillan Cancer Support.

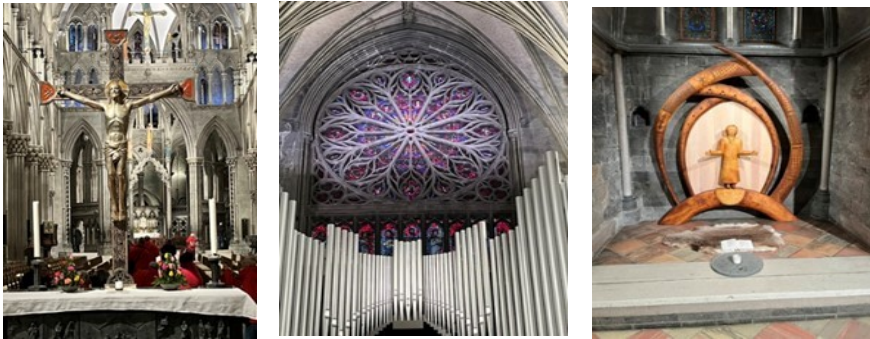


Say "Hello" to Captain Steve James

Born in Cheltenham; a good safe distance away from the sea and ships it is a bit of a wonder that Captain Steve has followed the career path he has: perhaps it was being so far from the sea that drew him to it. Set on a life at sea though he elected for the Royal Navy and having passed the Admiralty Interview Board he joined Britannia Royal Naval College Dartmouth as a young midshipman before gaining his Commission and being assigned to the submarine service, serving on the UK's nuclear deterrent deep under water.

In need of some fresh air and sunshine, Steve volunteered for a short RN/MN liaison trip and after drawing names from a hat, was appointed to a ship called the Saga Rose. A successful trip followed culminating in Saga offering him employment should he ever get tired of tinned veg and hot bunking.

Several years later Steve transitioned from a life under the waves to cruising on them sailing on all of the original Saga ships whilst rising to the rank of Staff Captain. An attempt at a 'normal job' saw him leave Saga but the commute, food shopping and doing his own laundry finished it off and he returned to sea; initially with P&O Ferries and followed by Marella Cruises where he was promoted to Captain. He is delighted to be welcomed back into the Saga family and to be sailing the world with familiar faces once again.



of very comfortable armchairs to sit in and surprise, surprise a large table where three jigsaws were in progress. Marjorie and Dawn took advantage of the craft classes while Garry and myself drank a very passable coffee or two. We could have joined a choir, learned to dance or learn how to play bridge. After lunch we transferred to the Britannia lounge situated on Deck 12 at the front of the ship. A huge area with panoramic views and plenty of comfy seating. There were various quizzes, we won three during our time on board. After this there were recitals played by a group of Ukrainian musicians called 'The Felicity Piano Quartet'. Each afternoon they played a variety of themed sessions from classical, film and theatre to through to jazz.

The Felicity Piano Quartet
presents
Scandinavian Classics

Jean Sibelius
"Valso Triste" from "2 Pieces from Kuolema"
Kurt Atterberg - Suite op. 19 No. 1
Prelude, Pianissimo, Vision
Edvard Grieg - Peer Gynt Suite
Morning Mood, The Death of Ase, Anitra's Dance
Solvog's Song, In the Hall of the Mountain King



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Could you be our next Magazine Editor?

After many years of producing an excellent magazine, Jeeta and Richard are retiring as editors and will be passing the baton on. The Vestry are seeking a successor, or successors, as editors to produce the quarterly magazine commencing with the Harvest Festival editions at the end of September.

The duties comprise collecting articles and collating them into a booklet form which is then sent to the printers. In addition, there are a number of advertisers who are contacted for their yearly advertising charges. The printers then deliver them to the distributors who collate them into those for collection and those to be posted. Richard emails and electronic copy to those who receive it by email.

If you think you can fit the bill, please have a chat to the Rector in the first instance. Huge thanks to you Richard and Jeeta for your superb work over the years.

Who's Who at St. Peter's

Rector: Rev'd. Canon Christine Fraser
Assistant Prist 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 richard.16@hotmail.co.uk

CTN Administrator: Shirley Mann

Duty and Tea Rotas: Judy Webster

Shirley Mann

Fabric Convenor: Vestry

Flower Convenor: Jane Legge

Hall & Room Hire: Andrea Ladyka

Lay Representative: Shirley Mann

Maria Page

Rudi Limebury

Prayer Group: Rev. Christine Fraser

Social & Fund Raising

Committee Chair: Shirley Mann

Vestry Chairman: Rev Christine Fraser

Vestry Secretary: Maria Page

Website: 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.

Cont. From page 24

The big attraction was the Cathedral where there is a shrine to St Olav and where all Norwegian Kings were crowned. There were lots of small chapels and a new addition was one dedicated to the Sami (Norway's indigenous population).



As with all churches these days, the Cathedral is used for many events such as concerts and exhibitions. When we arrived the building was warmer than usual because there had been an organ recital the evening before.

Our visit to Trondheim coincided with our 32nd Wedding Anniversary and Dawn (our daughter) had organised something special for us. When we came back to our cabin after breakfast, the room was decorated with balloons, a bear and two swans created from towels, a large Happy Anniversary sign and a bottle of champagne.



For our evening meal we dined in the East to West restaurant where all the dishes are Asian.

After the meal we had dessert which was a chocolate mousse cake with a Happy Anniversary message piped on the top. Official

photographs were taken as a memento of the day.

Another sea day before we arrived in Tromsø where we discovered the library had a large supply of books which could be borrowed, tea and coffee machines with home-made biscuits (taken advantage of) and lots



Norman & Marjorie's Norwegian Cruise

We thought that you would like to see some of the amazing sites which we saw on our cruise with 'The Spirit of Discovery'. We sailed from Portsmouth on Monday 24th February and sailed to Ålesund, Trondheim, Tromsø, Honningsvåg, Alta & Flåm, arriving back in Portsmouth on Wednesday 12th March.

The first couple of days were at sea where we became acclimatised to on-board living. The ship had a capacity for about 900 passengers and the 500 crew members made up mainly of Filipinos and Indians. Every evening, we were given a newsletter detailing all the activities that were on offer for the next day along with the dress-code for the evening meal. Activities on offer included a gym, a spa, quizzes, cinema, theatre as well as painting classes and craft classes. There was a choice of four restaurants as well as a buffet. On sea days there were three formal nights where we had the chance to dress up in our best 'bib and tucker'.



The first port we arrived at was Ålesund, rebuilt in the Art Nouveau style in 1905 after nearly all the town was destroyed by fire. We explored the town and its architecture (as an aside every evening before arriving at a new port there was a presentation on the history of the town and what was on offer).

Trondheim was our next port. It just so happened that the Nordic Ski Championships were taking place when we were there causing a shortage in the number of tour buses available. At the site of the championships there was a lack of snow so the organisers had to transport snow in from other areas and make artificial snow to make up the shortfall.

A Prayer of Welcome

Somehow this prayer found in the ruins of St Peter's Church, Walbrook, London seems most appropriate today.

O God make the door of this church wide enough to receive all who need human love and fellowship and narrow enough to shut out all envy. pride and strife.

Make its threshold smooth enough to be no stumbling block to children nor adults nor to straying feet, but rugged and strong enough to turn back the tempter's power.

God make the door of this church the gateway to thy eternal kingdom.

Graham Kingsley-Rowe

BENEFITS OF A GOOD VOCABULARY!

My husband recently called an old engineering buddy of his and asked what he was working on these days.

He replied that he was working on "aqua-thermal treatment of ceramics, aluminium, and steel under a constrained environment."

He was impressed — until he learned that his buddy was actually just washing dishes with hot water under his wife's supervision.



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Plenty of spaces St Peter's Church
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 KY1 1HB

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

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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

Cruise Presentation

On Monday 28th April, the congregation was invited to a slide/film presentation of our Arctic Norway adventure. There was a very good attendance comprising the craft group, members and friends of the congregation. The presentation took approximately 50 minutes then afterwards there was a selection of Norwegian foods to sample. The most popular was lefsa, which in older days was a mixture of potato flour and ground up reindeer antler. Now it's made from ordinary flour, it comes in a semi-dry form and then reconstituted with water. The lefsa is then spread with butter and cinnamon sugar or as we served it with caramelised apple butter.

For those who missed the presentation, there is a short resume in the magazine.

Norman & Marjorie

Christmas Sales Table

Monies from the sales table raised £450. This year £200 was donated to Aberlour Children's Home here in Kirkcaldy, £200 was given towards the new stained glass window for the church and £50 was handed over to Jane Legge for the flower fund.

BACK HOME!

If I had the power to turn back the clock,
Go back to that house at the end of the block-
The house that was HOME when I was a kid,
I know that I'd love it more now than I did.

If I could be back there at my mother's knee,
And hear once again all the things she told me,
I'd listen as I never listened before,
For she knew so well just what life had in store.

And all the advice my dad used to give,
His voice I'll remember as long as I live;
But it didn't seem really important then;
What I'd give just to live it all over again.

And what I'd give for the chance I once had,
To do so much more for my mother and dad;
To give them more joy and a little less pain;
A little more sunshine-a little less rain.

But the years roll on and we cannot go back,
Whether we were born in a mansion or in a shack;
But we can start right now-In the hour that's here
To do something more for the ones we hold dear.

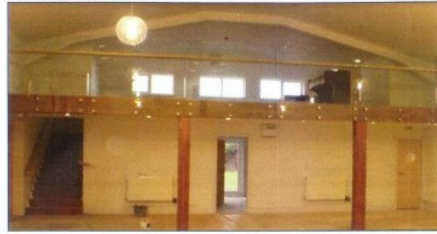
And since time in its flight is traveling so fast;
Let's not spend it regretting that which is past;
But let's make tomorrow a happier day
By doing our "good to others"-TODAY.

By Norman Ward

John Smart & Son (Kirkcaldy) Ltd

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Fife Shopmobility Moves to a New Home in Kirkcaldy's Mercat Centre

Fife Shopmobility, a local charity dedicated to empowering people with mobility challenges, is delighted to announce an exciting new chapter in its journey. This July, the service will be relocating to a new shop within the Mercat Centre in Kirkcaldy.

Since 2009, Fife Shopmobility has operated from a purpose-built base adjacent to the Esplanade car park. This location served the charity and its users well, offering convenient access and tailored facilities. However, with the long-anticipated demolition of both the Esplanade and Thistle Street car parks now scheduled to begin later this year, the time has come for a new beginning.

The move to the Mercat Centre places Fife Shopmobility once again at the very heart of Kirkcaldy's town centre—bringing the service closer to shops, services, and the wider community. This central location will not only improve accessibility for users but also strengthen the charity's visibility and connection within the town.

As preparations continue for the opening of the new shop, expected in early July, the team at Fife Shopmobility are looking forward to welcoming both familiar and new faces. The move represents more than just a change in address—it's a reaffirmation of their mission to support independence and inclusion for all for years to come.

We invite you to stop by once we're settled in and see how Fife Shopmobility continues to make a meaningful difference in the lives of many.

Thank you for your continued support!

FREE HIRE

SCOOTERS, POWER CHAIRS & MANUAL WHEELCHAIRS

LONG TERM HIRE WHEELCHAIRS ALSO AVAILABLE

Companion shopping can be arranged

For more information visit our website



Dunfermline — Kingsgate Shopping Centre

Tel: 01383 661455

Glenrothes—Kingdom Centre

Tel: 01592 807102

Kirkcaldy — Thistle Street Car Park

(Free Parking in Esplanade Car Park)

The Difference

I got up early one morning and rushed right into day.

I had so much to accomplish that I didn't have time to pray.

Problems just tumbled about me and heavier came each task.

Why doesn't God help me? I wondered.

He answered, 'You didn't ask.'

I wanted to see joy and beauty, but the day toiled on grey and bleak.

I wondered why God didn't show me.

He said, 'but you didn't seek'.

I tried to come into God's presence.

I used all my keys at the lock.

God gently and lovingly chided,

'My child, you didn't knock.

I woke up early this morning and paused before entering the day.

I had so much to accomplish that I had to take time to pray.

Graham Kingsley-Rowe

Who will take Grandma?

Who will take Grandma?

Who will it be?

All of us want her,

I'm sure you'll agree.

Let's call a meeting,

Let's gather the clan.

Let's get it settled as soon

As we can.

In such a big family,

There's certainly one willing

To give her a place in the sun!

Strange how we thought,

That she'd never wear out;

But see how she walks.

It's arthritis, no doubt,

Her eyesight is faded,

Her memory's dim;

She's apt to insist on

The silliest whim.

When people get older,

They become such a care!

But, the question is-where?

Remember the days when,

She used to be sly?

Baked her own cookies,

And made her own Pie?

Helped us with lessons,

And tended our seams,

Kissed away troubles and

Mended our dreams?

Wonderful Grandma!

We all loved her so!

Isn't it dreadful she's

No place to go?

One little corner is all

She would need.

A shoulder to cry on,

Her Bible to read,

A chair by the window;

With sun coming through,

Some pretty spring flowers,

still covered with dew,

Who'll warm her with love,

So she won't mind the cold?

Oh, who will take grandmother

Now that she's old?

What? Nobody wants her?

Oh, yes there is one

Willing to give her a

Place in the sun,

Where she won't have to

Worry or wonder or doubt,

And she won't be our

Problem to bother about,

Pretty soon now, God

Will give her a bed,

But who'll dry our tears

When dear Grandma is dead?

This'll freak you out

WORD	Rearrange the letters
DORMITORY	DIRTY ROOM
PRESBYTERIAN	BEST IN PRAYER
ASTRONOMER	MOON STARER
DESPERATION	A ROPE ENDS IT
THE EYES	THEY SEE
GEORGE BUSH	HE BUGS GORE
THE MORSE CODE	HERE COME DOTS
SLOT MACHINES	CASH LOST IN ME
ANIMOSITY	IS NO AMITY
ELECTION RESULTS	LIES LET'S RECOUNT
MOTHER-IN-LAW	WOMAN HITLER
SNOOZE ALARMS	ALAS NO MORE Z'S
A DECIMAL POINT	IM A DOT IN PLACE
THE EARTHQUAKES	THAT QUEER SHAKE
ELEVEN PLUS TWO	TWELVE PLUS ONE