

CUPAR OLD PARISH CHURCH

"A church where everyone matters"



PARISH NEWS

Spring/Summer 2020

**Cupar Old and St Michael of Tarvit Parish Church
Kirkgate, Cupar, Fife KY15 5AN**

www.cuparold.org.uk

- Minister** **Rev Jeff Martin**
76 Hogarth Drive, Cupar, KY15 5YU
Tel: 01334 656181
email: jmartin@churchofscotland.org.uk
- Session Clerk** **Mrs Jean Martin**
1 Garliebank Crescent, Cupar, KY15 5JL
Tel: 01334 652100
email: jeansmartin1968@gmail.com
- Treasurer** **Mr David Stevenson**
10 Holly Park, Cupar, KY15 5DB
Tel: 01334 654262
email: daveandlorna@davlor.plus.com
- Secretary** **Mrs Liz Nelson**
Rosewood,
Quarry Road, Cuparmuir, Cupar, KY15 5QP
Tel: 01334 652077
email: liznelson48@aol.com
- Old Parish Centre** **Mrs Jill Brown**
Manager **26 Upper Dalgairn, Cupar, KY15 4JJ**
Tel: 07979 352314
email: manager.opc@hotmail.com
- Property Convener** **Mr Hamish Ferguson**
6 Landale, Gardens, Cupar, KY15 4UE
Tel: 01334 209325
email: hamishferguson33@gmail.com
- Church Officer** **Mr Ray Riley**
7 Beech Bank
Cupar KY15 5BZ
Tel: 07949395185

DEADLINE:

**Articles for the Autumn/Winter 2020 edition of Parish
News should be in the hands of the Editorial Team by
Friday, 7 August 2020**

Editorial

Welcome to this new edition of Parish News, whether you are reading it online for the first time, or whether you have chosen to keep receiving a paper copy. However you are reading it, I hope you find it interesting to find out about all that has been happening recently in our congregation, and all that is being planned over the months of Spring and Summer.

As always, I am extremely grateful to all those who have taken the time to contribute each of the articles which follow. You are truly the lifeblood of our congregation, and we are all enriched by the hard work you do to ensure that we remain a vibrant church community.

Colin Maclean
Editor, Parish News

Congregational Register for 2019

New Members

01 June Mr Simon Robertson
28 September Mrs Hilary Dow

Baptisms

28 July Will Gordon Borthwick
22 September Imogen Grace Kemp

Deaths

27 Jan Mrs Bette Hannigan
07 Feb Mr John Dewar
22 Feb Mrs Margaret Bruce
10 June Mrs Isabella Evelyn Shepherd
26 July Mr Philip Gunn
08 Aug Miss Norma Meager
25 Aug Mrs Janet Smith
18 Oct Dr G Stuart Cruickshank
17 Dec Mr James Benzies

So that our Church records are kept up to date, I would be very grateful if you could let me or any of the Elders know if your contact details change.

Liz Nelson
Roll Keeper

Tel: 01334 652 077

email: liznelson48@aol.com

A Letter from the Minister

Dear Friends,

One of the things that I appreciate about a Scottish Winter is how quickly I can feel the increasing daylight. At the solstice, our days are very short, but by mid-January, the change is noticeable. There are other hope-filled reminders as well: snowdrops are the early heralds of Spring's return, with daffodils and wild garlic soon to follow.

Winter in much of the United States is a more severe endurance test: the change in light happens more slowly, and the snow and ice can easily persist well into March. Sometimes it's hard to find signs of hope.

Our personal darkness can track a similar course: sometimes we are in a place of such profound darkness that we cannot sense any hopeful signs of life's return. Our grief, injury, and numbness surround, invade, and stretch before us, seemingly without end.

Some forms of darkness are chronic, and some require professional intervention. Society often passes judgement, or grows impatient with problems that aren't quickly resolved.

When a loved one is caught in an emotional winter, we can be the harbingers of spring: we can bring life, energy, and reminders of joy. We can show up in others' lives, not with a superficial "Cheer up!" or a callous "Get over it!" but with patience, humility, and love.

Sometimes, when the emotional darkness is more Midwestern than Scottish, our challenge is simply to be present with those who suffer. In gentleness and perseverance, we show up again and again, lightening the burden not with our words but with our presence, that those who struggle realise they are not alone, even when signs of life and promise are farthest away.

Our challenge and our calling is to be for one another the promise of Spring, the hope of new life, and the assurance of resurrection; again and again and again, until the Spring of life returns.

Your partner in ministry,

Jeff

Treasurer's Report

At the time of writing, our financial year to 31st December 2019 has just ended, and I have received nearly all the information required before I send our records off to be scrutinised by our Independent Examiner.

My records for 2019 show that total income for 2019 was £160,000 and this was very much in line with that for the previous year 2018. However, included in the above figure are congregational offerings amounting to £123,000 and this source of income continues to drop year on year. This income is the essential element of our Church's being, and if we cannot arrest this decline soon, then our Mission work will be in jeopardy.

Our hall income continues to rise but this presents a false picture as, while income for 2019 amounts to £28,000 our expenditure related to the hall has in the last few years risen steeply so that the net surplus amounts to very little from this source.

Expenditure for 2019 has once again been well contained and shows a decrease of £5,000 (2019- £162,000, 2018-£167,000). Much of this decrease is due to staff salary payments which have been reduced by over £3,000. but this was only possible because we did not have a Youth Worker on our payroll during 2019. Our Ministries and Mission contributions are set by the Church of Scotland, over which we have no control, and they have increased by nearly £4,000 to £79,000 and this figure will remain nearly the same for 2020. This is nearly 50% of our total costs but a review of how these contributions are calculated is under way, although no change will take place until at least 2022.

We have also cut back on other costs, especially for supplies for cleaning the centre and advertising in the Fife Herald, but I am aware that we have cut back so much on costs in the last few years that we are now in a position that we cannot make further cuts without seriously affecting the work of our Church.

When our expenditure of £162,000 is offset against our income of £160,00, we show a small deficit for the year of £2,000 and whilst this is an improvement on that for 2018 which amounted to £6,500 it is nevertheless yet another deficit and we cannot go on year on year eating into our small reserves which have accumulated over the past years.

David Stevenson
Treasurer

Cupar Cluster of Churches Stratheden Outreach Project

History

Hope Park and Martyrs Church St Andrews have visited Lindores and Dunino wards at Stratheden Hospital for the past 30+ years. It's now a year since they said they were ready to end their service there, and asked us as a cluster to consider taking this on. Jeff, Jim Campbell and I visited with them on two occasions to get an idea of what was involved. We then had a meeting with the Charge Nurses to discuss as to how we would take the project forward. They were very positive about the programme, so we began to strategise how we could take over the leadership in a way that encourages participation from all the local churches.

Looking Forward

As an introduction to our venture we held a Christmas Party in December and a Burns Night on 14th January (probably the first of many Burns Suppers). The format of the evenings is quite simple. We aim to interact with the clients, hold quizzes play music and play games. The evening ends with a simple supper for all which is provided and prepared by us.

We held a meeting for interested people from all the churches in the cluster on 21st January, the result was very encouraging. Including the Ministers and Session Clerks we had a total of 18 people there. We have since added 3 more.

Jim Campbell did the introduction, giving a short history of how we have inherited this from Hope Park and Martyrs Church in St Andrews. He went on to outline our last visit, pointing out that there are between two and four staff on duty at all times.

We have all the equipment from Hope Park, which we have continued to use, but we hope to start updating this as we progress.

The dates are as follows 11th February, 10th March, 14th April and 12th May. We will have a break during the Summer months and start again in September to December.

Please keep us in your prayers.

Jean S Martin

Session Clerk

Property Convener's Report

Repairs to property have been comparatively few since the last issue of Parish News. The most significant repairs are: fixing a leak in the church roof, investigation of a possible leak to gutter of flat roof extension at Parish Centre, faulty fan replaced to one boiler in the Centre's basement, and replacing a fuse for the chandelier in church. However the church and centre have benefited externally with the painting work carried out to the church doors, and windows and soffit/fascia to flat roof extension (at centre). David Farmer fixed ceramic tiles to the ladies and gents WC to repair damage to wall with removal of soap dispensers, our thanks to David.

The major improvement is the upgrading to the carpark at the centre, carried out voluntarily by church member Ian Hutchison and his squad of helpers. (See attached photo).



L to R -Ray Riley, Ian Morris, David Hammond (friend of IH), Ian Hutchison, Gavin Logan

The Property Committee are indebted to the work carried out by these volunteers and we thank them for their time and effort.

HEALTH AND SAFETY

The Old Parish Centre Fire Evacuation Plan is now up and running and hopefully the majority of you will have received instructions re evacuating the building in an emergency situation.

I cannot stress strongly enough the importance to keep to the slabbed footpath when leaving the centre and heading for the muster point. It would be nice to see pedestrians visiting and leaving the centre to use the pedestrian gate and keep to the footpath instead of taking the short cut over the carpark, only people exiting from cars should be walking in the carpark. The 1974 Health and Safety at Work Act adequately instructs the need to provide (and use) separate access/egress for vehicles and pedestrians.

PROPERTY COMMITTEE

I would like to take this opportunity to thank all members of the committee for their help and support throughout 2019 and look forward to new challenges in this new decade.

Hamish S Ferguson
Property Convener

Buddies

Our fellowship group for kids P5 through S1 now meets fortnightly for games, crafts, cooking, and other fun activities.

If you'd like more information, please contact the minister:
jmartin@churchofscotland.org.uk.

Our spring dates are:

Friday, 6th March, 6:30pm

Saturday, 21st March, 9:30am

Friday, 3rd April, 6:30pm

Sunday, 19th April [time to be confirmed]

Friday, 1st May, 6:30pm

Saturday, 16th May, 9:30am

Friday, 29th May, 6:30pm

Sunday, 14th June, 6:30pm

Friday, 26th June, 6:30pm

Old Parish Centre Manager's Report

The centre had a fairly busy run up to Christmas with various parties and events on Saturdays. The Quilters had their bi-annual exhibition in November, and this year we welcomed the Cupar at Christmas event which ran during the day the Christmas lights are switched on. They used our centre for all the stalls and teas/coffees and hot soup. This appeared to be fairly successful.

The craft group has slowly grown and now has regularly around 15 people coming along every second Wednesday. It's a nice cosy group where we bring along something to do and have a good blether and a cup of tea. At certain times of the year we make gifts to sell and the rest of the time just enjoy our own projects, whatever it may be. Anybody who would like to join us will be made very welcome.

The Kinship Care support group is now going into its 5th year of meeting. This year we have had 4 new carers come along to the group. This year I managed to access £700 which Fife Council generously gave us from their community grants scheme. The Kinship grannies enjoyed a lunch out together just before Christmas, and the Kinship families all enjoyed an outing on December 27th to the Alhambra Theatre in Dunfermline to see Aladdin. We still have money in our kitty which we will keep for outings with the children during Summer holidays.

Christmas and New Year over now we are back to the normal week to week groups etc. Monday Lunches are back and fairly busy. Come along and enjoy lunch. There are always a couple of homemade soup options along with a special each week.

You never quite know who God is going to direct through the doors of the Old Parish Centre, so far we've had a Dog First Aid Course which was attended to its capacity of 30 people! It will be interesting to see what else we may encounter during 2020.

Jill Brown

Old Parish Centre Manager

Cupar Old Prayer Teams

Cupar Old have a very committed prayer team who feel very privileged to be able to pray for our congregation and others in the community.

At the beginning of October all the prayer groups met in the centre for their annual coffee and chat; the purpose of this was to share information and ideas. Towards the end of October the Sunday morning prayer group hosted the evening service, which was a prayer and praise evening where we also heard testaments these highlighted the power of prayer in our lives.

The prayer groups organised a twelve hour prayer day on January 18th in order to pray into 2020. The congregation were invited to come along to the Parish Centre and spend whatever time they had in prayer and quiet reflection. Those who came were invited to pray for individuals, our church family, the town of Cupar, our nation, or wider world issues.

Coming soon we have the International Day of Prayer and in the Spring the start of the prayer walks - these will be intimated.

The intercessory prayer group and the Sunday evening group continue to pray daily for the congregation so if you feel would like prayer please pass on this information to these groups or for immediate prayer the prayer chain.

Sometimes God gives us some difficult tasks.
Philippians 2:3 reads *"In humility value others above yourselves"*.

Janice Geddes

Communications Group Announcement

The Communications Group has been asked to try and encourage as many members as possible to agree to receive the Parish News by email. As you will appreciate this will save on cost and reduce the use of paper.

We realise that this is not an option for everyone. However, if you have not already signed up for this and would like to, please contact me on the number below

Frances McBride
655445

Wednesday Cafe

The Wednesday Cafe, for people with dementia and their carers, meets on the 3rd Wednesday of every month from 2pm-3.30pm in the lounge of the Old Parish Centre.

At our Christmas musical afternoon we said our farewells to Fay Brown, one of our helpers. We are sorry to see her go but wish her much happiness in the States. We gave her a Fife calendar and a coaster with Cupar on it so she wouldn't forget us! Gwen Paterson has now joined our team of helpers.

Numbers have fallen dramatically over the past year for a variety of reasons and we would be very grateful if people could look out for those in the community who might benefit from this very sociable cafe. Despite posters, leaflets, press releases and contact with professionals, many people still don't seem to realise that we are here.

Those who do come really enjoy what we have to offer as well as the friendships which they make with others. How about offering to bring someone along for their first visit?

Any queries? - contact Shena Porteous (01334 653561)

Thursday Coffee & Chat

The Lounge in the Parish Centre continues to be a great meeting place on Thursday mornings from 10-11.30am. Lots of chat, laughter, listening and occasional use of brain power over a friendly game of scrabble, will be found. When you open the front door of the Centre just follow the noise!

We are looking forward to welcoming back the gardening group as we have missed their company during the winter months.

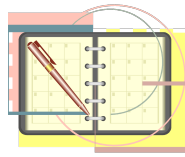
Our outings are still very popular with scones and coffee or tea at various nearby restaurants. Christmas lunch was a great success at Caulders Garden Centre and it won't be long until we will be focusing on our June lunch at Loch Leven's Larder!

Upcoming outings are intimated on the website and also in the Intimations.

More information from Jill L 655528

Cupar Old Parish Church

Church and Community Weekly Activities



MONDAY

- ❖ 10.00 – 1.30pm **W Morning Coffee** contact Jill Brown 07979352314
- 10-11am **F U3A Guitar Group** contact J Richmond h15jdr@gmail.com
- 10.15-11.30am **W Elderly Forum Exercise** contact Keith McIntosh 650301
- ❖ 11.45am – 1.15pm **W Monday Lunches** contact Jill Brown 07979352314
- 1.45-2.45pm **W U3A Exercise Group** contact Janet Knight 07478329864
- 2.00-4.00pm **M Hard of Hearing Group** contact cuparhardofhearinggroup@gmail.com
- 4.00-8.30pm **W Judo** contact John Buchanan 07718997442

TUESDAY

- 9.15-11.00am **TT Kinship Care Group** contact Jill Brown 07979352314
- ❖ 9.30am-11.30am **TT Tots on Tuesday** contact Jade Dalrymple 07432 555679
- ❖ 3.30-6pm **TT Yvonne Gray School of Dance** contact 01334 653253
- ❖ 6.30-8.15pm **W Badminton** contact Liz Clark 01333 351785
- 7.15-9.30pm **TT Cupar Youth Theatre** contact Carrie Sharp sharpepantos@btinternet.com

WEDNESDAY

- 9.30-10.30am. **W Fitlates** contact Janis Smith 07557870201
- 1.30-3.30. **F Seescape** contact Marie Lindsay 01592 644979
- 3.45-6pm **TT Yvonne Gray School of Dance** contact 01334 653253
- 9.15am-1.00pm **W Baby Yoga** Sarah Brassey, sarah@warmheartsyoga.co.uk tel:07841104830
- ❖ 2-4pm **M Wednesday Cafe (for carers and people with dementia) 3rd Wed of month** contact Shena Porteous 653561
- ❖ 2-4pm **F Old Parish Centre Craft Group** 2-4pm contact Jill Brown
- 6.15-7.15pm **W Badminton (Sep-March)** contact Frances McBride 655445
- 6.30-9.30pm **M Cupar Quilters (Sep-Jun)** contact Margaret Sinclair 657442
- 1.30-3.30. **W Weightwatchers** contact Elaine 07751698705
- ❖ 7.30-9.30pm **F Guild (Sep-Mar)** contact Eileen Spurr 655010
- ❖ 7-8.30pm **W Inspire Youth Group** term time, contact Brian Ferguson
- ❖ **7.30-9.30pm W C.A.M.S (Sept – Jan)** contact Allison Lumsden allisonlumsden@yahoo.com

THURSDAY

- 9-10am. **W** **Best of Health exercise group** contact Carol McIver
carolmciver@yahoo.co.uk
- 10.00 – 12noon **W** **Coffee and Chat** contact Jill Brown 07979352314
- 1.00-3.00pm **TT** **Babies and Toddlers** contact Morag Scott 657290
- 2-4pm (2nd/4th) **F** **U3A Singing** contact Carol Melville carolatwolery@aol.com
- 3.45-8pm **TT** **Yvonne Gray School of Dance** contact 01334 653253
- 7.00-9.00pm **M** **Cupar Quilters** (Sep- May) contact Margaret Sinclair
657442
- 7.30-9.00pm **W** **Eden Handbell Group** contact Elspeth Smith 07947613529

FRIDAY

- 10.00-11.15am **TT** **Signs and Rhymes** contact Jenni Horn 07967010727
- 10.00-12noon **W** **Patchwork Class** (Sept- March) Contact Anne Hoggan
01334 656992
- 10.00-12noon **TT** **Circle Dancing** contact Rose Cross 01334 657896
- 2.00-4.00pm **M** **Elderly Forum** contact Keith McIntosh 650301
- 4.15-6pm **TT** **Yvonne Gray School of Dance** contact 01334 653253
- 6-7pm **W** **M&M Fitness** contact Megan Murrie hello@megan-m.com

SATURDAY

- ❖ Starts 9.00/9.30 **M** **Rambles** (April-Sept) contact Peter Manson 655931
(see intimations)

SUNDAY

- ❖ 10.45-12noon **W** **Crèche** contact Morag Scott 01334 657290
- ❖ 11.00-12.15pm **W** **Sunday Club/Activities** contacts Jacqui Caldwell 653756
Susan Beaumont 01337 827401
- 2.00-5.00pm **W** **Cando Dance Group** contact Owen Harrison 01383 415142
- ❖ 6.30-7.30pm **F** **Evening Worship** contact Rev Jeff Martin 656181
- ❖ 7.30pm **F** **Time of Prayer** contact Margaret Gourley 653617

KEY

- ❖ **Church activities** **W** weekly
- **Community groups** **F** fortnightly
- **Businesses** **M** monthly
- TT** term time

VOLUNTEERS

There are many opportunities for individuals to volunteer at the various activities throughout the week. If you would like further information on volunteering opportunities please contact Jean Martin 01334 652100

Nativity Play: The Angry Hotel Man

Once again we were reminded how blessed we are to have such talented and committed children in our church family. The Nativity was a fun musical drama from Fischy Music, telling the story of two busy innkeepers who got grumpier and grumpier as their peaceful night's sleep was disturbed by many strange and wonderful visitors.



The story told us that the busyness of Christmas can often distract us from the birth of Christ, and that the true meaning of Christmas is the purpose and plan of Jesus coming down to earth.

Our Nativity preparation begins in October and our heartfelt thanks go to all those who make the Nativity possible – the Sunday Club team, Sue, Pat, Gavin, the parents and of course, our wonderful group of children and young people.

Here are some quotes from the children about what the Nativity means to them.

“I liked being a donkey at the nativity” – Jonny

“I liked being an angel and dressing up in the angel costume” – Hannah

“I liked singing the solo” – Amy

“The nativity was fun to do” – Bogdan

“The nativity helps people to have a more in-depth view of how God shows his love”

“The nativity was good because it was collaborative. It is one of the only times where all the groups from Sunday Club are working together. It was good fun!!”

*‘He could have been born in a royal palace and called "Your majesty"
worn a crown of diamonds and lived in luxury
but he was born in a dirty stable and laid on a bed of hay
not too many welcomed him on the very first Christmas Day*

*He is down to earth
He is down to earth*

The one who changed the world for ever is down to earth’

© *Fischy Music*

Jacqui Caldwell

Cupar Old Guild Scottish Night

Cupar Old Guild held a very successful Scottish Night on Friday 31st January in the Parish Centre. The Hall was buzzing with people of all ages.

There were several types of Stovies on offer served with oat cakes followed after with shortbread, tea or coffee. The entertainment then began with all participants being members of our congregation. There was music, poems and songs along with some audience participation.





The grand sum of £561.20 was raised for the Guild projects. A fantastic effort from all concerned and a great evening.'

Eileen Spurr
Cupar Old Guild

Gardening Group

I am writing this at the end of January with the first, and hopefully the last, snow of the winter on the Lomonds. Whatever the weather, the gardening group is looking forward to the spring and summer when we will meet once per week to keep the garden and tubs at the Parish Centre tidy. Currently, the group meets on Thursday mornings from about 9.15am, subject to change, depending on what is convenient for most of the group.

We would really welcome some additional help, so if you have a spare hour or so and fancy some gentle gardening, with tea and coffee to finish, please get in touch with Arthur Martin:

Tel 01334 652100 or email: alm2100@btinternet.com

Sunday Club Ceilidh

Sunday Club has now started for the New Year, having completed 2019 with a very successful Christmas Ceilidh in the Parish Centre. It was attended by around 75 intrepid individuals who were determined to enjoy themselves in spite of the cold weather. Music was provided by Clamjam-fry, who were up to their usual high standard, and everyone was up on the dance floor to let their hair down.

Rather than describe the evening, we decided to ask the children what they thought of the Ceilidh.

Ben says: *"I enjoyed all the dancing, music and games."*

Caitlin added: *"Dancing with my Daddy was the best bit."*

Jonny said: *"I liked the jelly because it was so wibbly-wobbly!"*

Hanna said: *"I liked seeing Santa."*

Ethan exclaimed: *"I liked the games, and I suggest next year there are more games."*

Janelle said: *"I liked the dancing."*

As you can see, the children really enjoyed themselves, and are already looking forward to the 2020 Ceilidh. The Sunday Club team are all determined to make the 2020 Ceilidh at least as good as the one just past.

Eleanor Barbour

Kildene Housegroup

Kildene Housegroup meets fortnightly on a Monday from 7.30pm - 9pm at the home of Brian and Shena Porteous - Kildene, Westfield Road. Our age group at the moment ranges from 30+ to 60+ but there is plenty of scope for extending at either end!

We have just finished studying John Ortberg's "God is closer than you think" - a DVD presentation which provided lots of opportunity for discussion.

If you would like to come along to see if this group is for you, you will be given a very warm welcome. Contact - Shena and Brian (01334 653561)

Cupar Justice and Peace Group

As usual we have had a busy Autumn and Winter, beginning with a successful One World Week event on Saturday 26 October where approximately forty people heard the Chair of Bell Baxter Global Goals Group speak about the work of the group, particularly in relation to Climate Change. We were very impressed with the enthusiasm and commitment of the pupils at the school. Those attending signed the Christian Aid petition to Boris Johnson about climate policy and also a letter/petition on reducing carbon emissions to Stephen Gethins M.P, Willie Rennie, M.S.P. and Councillors Kennedy, Marjoram and Miklinski.

Over the last few months, members have also engaged with e-campaigns led by charities and pressure groups on this topic, which is obviously an issue of very major concern just now, with fires in Australia and typhoons in the Philippines. Of course it will be a particular focus for us in Scotland in the run up to the COP 26: the 26th session of the Conference of the Parties to the UN Framework Convention on Climate Change to be held in Glasgow from 9-19 November 2020.

In November and December our focus was on the annual Amnesty International Write for Rights Campaign: thank you to all who joined with us.

On a lighter note, we began the new year with our annual Epiphany party, where we enjoyed fun in the form of a very entertaining musical quiz organised by Fiona Findlay, food and fellowship, and we took a collection for Mary's Meals. By the time you read this we will have held our annual general meeting, when we reflect on our activities over the last year, including reviewing the change of format for some of our meetings, and plan for the year ahead.

We always welcome new members, so please contact me if you would like more information about the group activities focusing on our care for God's world and our brothers and sisters everywhere.

Celia A Armitage

01334 656611

gandc.armitage@gmail.com

Fairtrade

Traidcraft Update: This time last year, Cupar Fairtrade group was wondering if we would still be able to run a Fairtrade stall because of the problems that our main Fairtrade supplier, Traidcraft was having. I am pleased to report that their position is much stronger now as a result of restructuring, changing some of the ways that they do business and the support they have had from people like you who have increased their purchase of Fairtrade products. Traidcraft are even beginning to take on new staff to cope with demand. Last year there was a much reduced range of crafts, but indications are that they will be able to increase the range of seasonal crafts for Easter and Christmas 2020. This is good news for the producers who need the income to be able to improve their lives.

As for the future, a framework is emerging, but the details of how it will all happen are still being worked out. One of Traidcraft's core values is transparency. They are looking at this in terms of where our food comes from, the effect of farming practices on our earth, the true cost of our food and how much goes back to the small scale farmers who Traidcraft support. They are starting to make this information available with their Transparent Arabica Coffee. For the first time information about how much farmers are paid, how much goes into shipping, roasting and packing and how much profit is made is being publically published on the front of the packaging. It will also involve challenging big companies to reveal these things too.

Did you know that the average price paid on the New York Coffee Exchange that goes to the growers for non-Organic coffee adds up to about **53p**; for non-Organic Fairtrade coffee, the agreed minimum price is **71p**, and for Organic and Fairtrade coffee, the agreed minimum price is **84p** of the RRP of £4.95 for the Transparent Arabica Coffee, Traidcraft are publicly declaring that their profit is only £0.15, once they have paid **£1.32** directly to the growers who harvested the beans in this coffee and all other costs have been covered. This is for a 227g pack.

The ridiculously low commodity coffee price is currently driving hundreds of thousands of coffee farmers and their families into financial ruin and migration. Coffee plants are being cleared on a massive scale and replaced by cocoa cultivation or other crops. The consequence: **the loss of**

the livelihood of these families. Although the RRP of £4.95 for the Transparent Arabica Coffee may seem steep to us, is it worth paying less?

Fairtrade Fortnight: By the time you read this, Fairtrade Fortnight from 24th February to 8th March may have started, or even be over, but just in case, look out for Fairtrade events. The P6 classes from Castlehill and St Columba's are organising a Community Fairtrade Coffee Morning with board games and a Fairtrade stall on Wednesday 4th March from 10:30 - 12:00. Please come and support this joint venture.

Cupar Fairtrade Group is planning to get involved with the Storybombing initiative where stories about people whose lives have been improved by Fairtrade will be shared. Look out for the story booklets during Fairtrade Fortnight and beyond and share them with others.

What else can I do? If you want to find out more about Fairtrade and the benefits of buying products with the Fairtrade mark go to www.fairtrade.org.uk where you can also sign up to the Fairtrade churches e-newsletter. Go to www.traidcraftexchange.org to find out more about campaigns highlighting injustice in trade and how we can help to fight for a fairer future. Support Lesley and Ian Anderson in their initiative to help Palestinian Olive Farmers, by buying Zaytoun Oil from them or at our Fairtrade stalls.

I hope that you tried out the recipe in the last Parish News. Here is a savoury one for you to try:-

Thai Green Chicken Curry Serves 4

Ingredients

4 chicken breasts cut into 1.5cm chunks
2 large onions, chopped; 2 garlic cloves, crushed
400ml can Fairtrade coconut milk
5 tbsp. (approx. half a 285g jar) Thai green curry paste
1 tbsp. fish sauce (optional although traditional)
1tbsp green peppercorns in brine, rinsed and dried (optional)
Zest and juice of 1 lime, + extra for garnish
1 tbsp. cooking oil (or Zaytoun Olive Oil) + 1 tsp sesame oil
1 tbsp. dried coriander leaves
2 tbsp. finely chopped green chillies, seeds removed
4 tbsp. finely chopped fresh coriander leaves
Kilombero rice (white or brown) to serve

Method

1. Heat oil in pan and gently fry onions and garlic, add chicken pieces and dried coriander and continue cooking for 5-10 mins.
2. Add the thick coconut milk from the can plus green curry paste. Cook for 15 mins stirring frequently.
3. Add remainder of coconut milk, lime zest and juice, (fish sauce and green peppercorns if used). Stir until boiling, then simmer on a low heat uncovered for 35-45mins until the chicken is tender and the gravy rich and thick.
4. Stir in the chopped fresh chillies and coriander and simmer for 5 mins more.
5. Serve with rice. Garnish with lime or lemon wedges and coriander leaves.

For a Vegan option, omit fish paste and chicken and substitute tofu or sweet potato chunks.

Please also continue to support our Fairtrade stalls which will be advertised over the coming months. There will be the regular ones on the first Thursday of the month from 11-3 in the Lighthouse and also pop-up stalls at the Old Parish Centre.

If any groups would like a talk about Fairtrade or a stall, or you would like to get involved with Cupar Fairtrade Group, please contact Sally Mottram on 01334657445 or at randsmottram@btinternet.com

Our Website

We welcome Derek Scott, who has taken over from Jim Hanson as Cupar Old Webmaster. Here is a screenshot of the Home Page.



CUPAR OLD RAMBLERS: 2020

(open to any age!)

Date	Departure time	Details	Miles (Kilometres)	Approximate duration (hours) (excludes driving time)	Difficulty
Saturday 4th April	9.30am	RHIND HILL – GLENROTHES – Easy circular route following good paths to woodlands to viewpoint, nature reserve & sculptures!	3 (5)	2	**
Saturday 9th May	9.30am	FORTEVIOT – Easy low-level circular route following tracks & minor roads through farmland & woodland.	5.5 (9)	3	***
Saturday 13th June	9.30am	THREE KETTLES – Kingskettle, Kettlebridge & Kettlehill - Moderate circular walk on tracks, paths & minor roads with well graded ascents.	5 (8)	3	***
Saturday 11th July	9.00am	ARBROATH – Easy low-level circular walk on good paths, tracks & minor roads through woodland and farmland.	6 (10)	3.5	**
Saturday 8th August	9.30am	WORMIT HILL – Easy circular walk following tracks, paths & minor roads.	4 (6)	3	**
Saturday 12th September	9.00am	CARNOUSTIE – Easy, low-level circular walk following good tracks & paths around famous golf course.	4.5 (6.5)	2.5	**
Saturday 10th October (weather permitting)	9.00am	CRAIGLUSCAR HILL – DUNFERMLINE – Easy circular walk with some short ascents, through woodland and heath.	2.5 (4)	2	***

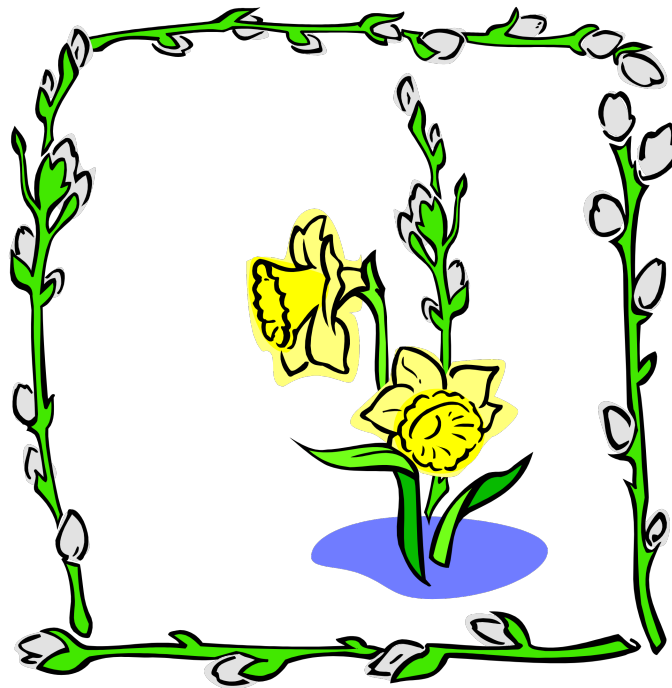
NOTES:-

1. Strong footwear should be worn
2. Waterproof clothing should be taken
3. Packed lunch or snack and water should be taken
4. In case of fine weather, remember your sun block and midge repellent
5. Cars will leave the Old Parish Centre car park promptly at the times noted above
6. Confirmation to Peter Manson – 01334 655931 – on the Friday evening prior to each ramble - of your attendance would be helpful
7. The star ratings for difficulty are - 1 star = easy to 3 stars = hard

Daffodil Tea

The children and young people from the Sunday Club invite you to a fundraising Daffodil Tea on

Friday 10th April in the Old Parish Centre
from 2.00pm to 4.00pm



Afternoon tea £3 for adult and £1 for children.
Tea, coffee, home baking
and various stalls

