

THE SCOTS KIRK PARIS

#RestezChezVous

Keeping in touch



BUT STAY IN TOUCH TOO!



The SKP has been working hard to increase its online presence. Our website (address below) has been revamped and contains many photos which remind us of more convivial times. You can find us on Twitter, Facebook and Youtube simply by searching for Scots Kirk Paris. If you use Zoom, join us after our Sunday morning services for a virtual coffee between 12 and 12.30 (the link will be sent to you in good time).

If you need to talk, Jan can be contacted on the number at the bottom of the page or on 06 77 68 83 37.



Hello everyone!

As talk of lifting the lockdown intensifies, the only thing we can be certain of is that we are more uncertain than ever as to what the future holds. In his sermon on Sunday, Jan asked us to consider the road ahead. He made fleeting reference to a poem by Robert Frost which you can read in full on page 4. As we heard from Isaiah 12:2 "Surely God is my salvation. I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation". God holds each and every one of us in His hands.



Birthday wishes if you're blowing out your candles on your own during **week 7!**

The number 7 in the Bible

In the Bible, the number 7 symbolizes completeness and perfection.

The number 7 is used 735 times in Scripture (54 times in the Book of Revelation alone).

In Hebrews, Paul uses 7 titles to refer to Christ. These are "Heir of all things" (1:2), "Captain of our salvation" (2:10), "Apostle" (3:1), "Author of salvation" (5:9), "Forerunner" (6:20), "High Priest" (10:21) and "Author and finisher of our faith" (12:2).

7 Psalms are ascribed to David in the New Testament (Psalms 2, 16, 32, 41, 69, 95 and 109).

The Bible was originally divided into 7 main sections: the Law, the Prophets, the Psalms, the Gospels and Acts, the General Epistles, the Epistles of Paul and Revelation.

In the Book of Revelation there are 7 churches, 7 angels to the 7 churches, 7 seals, 7 trumpet plagues, 7 thunders and 7 last plagues.



What's the attraction?

According to psychologists, 7 is the most common favourite number and when people are asked to pick a number between 1 and 10, the number they usually pick is 7. Here's why.

7 is associated with luck - slot machines often have 777 as the winning line.



7 occurs frequently in nature. There are 7 seas, 7 continents, 7 colours in the rainbow and 7 days in the week, not forgetting the 7 wonders of the ancient world.

Experts say that 7 is the size of a "memory chunk" and that we can best remember lists of words, tasks or facts if we divide them into chunks of 7 plus or minus two (but preferably 7).

And of course 7 has religious and spiritual connotations, from the 7 deadly sins to 7th heaven. 7 is also 4+3, the 4 cardinal points + the Holy Trinity.



Roy G. Biv....who's he?

No prizes for guessing that this is an acronym for remembering



the 7 colours of the rainbow - red, orange, yellow, green, blue, indigo and violet. As we well know, rainbows are a recurring symbol of hope during this pandemic. But less well known is the fact that Aristotle was the first

person to claim that there was a scale of 7 basic colours. Newton's 1704 colour wheel originally comprised five colours until he added orange and indigo to match the number of notes in a major scale. Google will give you all the details!

An appropriate mnemonic for us might be "Read Out Your Good Book In Verse"!

7 fruits and vegetables that are especially good for us at the moment



Grapefruit is rich in vitamin C and is good for the heart. Radishes are good for the digestion. Mushrooms contain vitamin D, important when we're not out in the sun as much as we would like. Cabbage is also rich in vitamin C and boosts the immune system. Spinach contains a host of vital nutrients and vitamins. And broccoli is a source of fibre, calcium and iron. We can use all of these raw in healthy salads to start shedding our lockdown kilos!



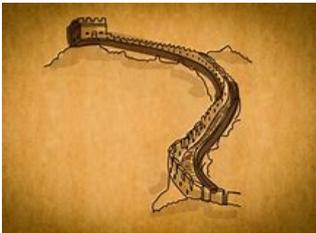
The new 7 wonders of the world

The new 7 wonders of the world were selected by popular vote from a list of 21 finalists drawn up by the New7Wonders Foundation from a list of 200 monuments around the world. The winners were announced in Lisbon in 2007.

The Taj Mahal (India). The Taj Mahal was completed in 1632. It houses the tomb of Mumtaz Mahal, the wife of Emperor Shah Jahan. In 1983 the Taj Mahal was registered as a World Heritage Site.



The Great Wall (China). The Great Wall is actually a series of walls built by Chinese emperors over a long period of time starting in the 7th century BC. It became a World Heritage Site in 1987.



Petra (Jordan). This is also a World Heritage Site. It is known as the Rose City because of the colour of the stone from which it is carved.



Christ the Redeemer (Brazil). Christ the Redeemer looks out over Rio de Janeiro from the top of the 2300 feet high Corcovado mountain. The statue was built by Paul Landowski, a French sculptor and the face is the work of Romanian sculptor Gheorghe Leonida. Construction began in 1922 and finished in 1931. The statue stands 98 feet tall and the arms stretch 92 feet wide.

The Colosseum (Italy). The Colosseum was completed in AD80 and is the largest amphitheater in the world. Built from concrete and sand, it could seat 80,000 spectators. Nowadays it is an iconic symbol of Rome.



Machu Picchu (Peru). Most archaeologists agree that the site was built around 1450 by the Inca emperor Pachacuti. It was abandoned just a century later during the Spanish Conquest.



Chichen Itza (Mexico). This pre-Columbian city is believed to have been one of the major cities of the Mayan world.



7

lesser-known Scottish inventors (to some of us at least!)

We are probably all familiar with names like Alexander Graham Bell, John Logie Baird and James Watt but Scotland has produced a wealth of inventors and scientists. Here are 7 Scots you might not have heard of.



The automated teller machine and PIN system was invented by James Goodfellow, born in Paisley in 1937.



Universal Standard Time and use of the 24-hour clock were promoted by Sir Sandford Fleming, born in Kirkcaldy in 1827, as key elements to communicating the accurate time.



The intelligence techniques of shadowing and undercover work were developed by Allan Pinkerton, born in Glasgow in 1819.



Robert Stirling Newall, born in Dundee in 1812, designed a machine for making wire rope. He also worked on submarine telegraph cables and was behind the first successful cable laid between Dover and Calais in 1851.



Robert William Thomson, born in Stonehaven in 1822, invented the fountain pen. He was also the first to patent the pneumatic tyre (1847), 40 years ahead of another Scot, John Boyd Dunlop, born in Dreghorn in 1840.



Henry Bell, born in Torphichen in 1767, introduced the first successful passenger steamboat service in Europe.



James Braid, born in Kinross in 1795, is considered as the first genuine hypnotherapist and the "Father of Modern Hypnotism".

The Road not Taken, by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveller, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves, no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I -
I took the one less travelled by,
And that has made all the difference.

