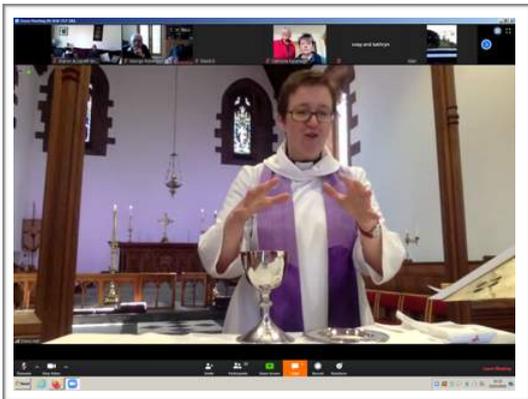


# Lifeline

Weekly news & worship from St Anne's Church



## Greetings!

Friends, what an odd week it has been, hasn't it? Last week the advice about how best to live our lives changed daily. Then on Monday strict "Stay at Home" requirements came in. And now... well, I know that for my part am beginning (though only just) to feel as if a new "normal" is slowly starting to emerge.

I imagine that you, like me, are still coming across situations that require thought and improvisation, and having to choose to lay some hopes and aspirations aside for the short term. But hopefully you are also beginning to identify things that you can include in your daily routine that are life-giving... maybe even some new habits you might want to keep up in the longer term!

In our worshipping life we have a new pattern of prayer, which you can access by Zoom or quietly at home: Sunday Worship at 10am; Tuesday Compline at 8.30pm and Thursday Midweek Prayer at 10.30am. If you have not received a Liturgy booklet for any of these 3 services please let me know and I will get one to you.

Zoom worship has been proving popular! Last week our Sunday Zoom had around 40 participants; there were 16 of us at Compline; and 13 at Midweek Prayer. Remember that it is possible to tune into Zoom and still turn off your camera or microphone if you prefer only to listen. Also PLEASE NOTE we are going to trial enabling those without an internet connection joining Zoom by PHONE, which will enable you to listen in to the service. Check instructions on page 2 for more information.

I know that many of you are talking on the phone and looking out for one another. Perhaps you are finding this tiring - I think I am learning that it takes a different sort and amount of energy to sustain relationships without the gift of face-to-face sight and touch. Please do remember to be gentle with yourself as you continue to get used to this strange season. Remember that we can only do what we can do.

May God bless you and remind you of his loving presence this week.  
With love and prayer,

*Diana*

## Inside...



### This Week's Rhythm of Worship

Sunday, Tuesday,  
Thursday



### Joining Worship by Phone

pg2



### Light Relief

Something to make  
you smile! pg6



### All Age Activity

pg8

# Worship this Week

*While the Church is out of bounds, we will continue to offer worship 3 times per week: A Sunday Eucharist at 10am; Thursday Compline at 8.30pm and Thursday Midweek Prayer at 10.30am. Hopefully you now have a Liturgy booklet for each of these 3 services. If not, please let Diana know and we will get one to you.*

*We do realise that technology can be a challenge, but it is really useful and helpful for us as a way of having continuing fellowship in the coming weeks, so please do give it a try. If you need help to get set up contact me in advance of Sunday and I will be happy to talk you through it.*

## HOW TO JOIN WORSHIP ONLINE WITH ZOOM

1. Download an App called Zoom onto your computer, tablet or smartphone. This is a free video-conferencing tool. When you click on the meeting link for each service (see individual service details for the link), Zoom will guide you through the process. If you need help, please contact Diana in advance and she can talk you through it.
2. Just as you would usually arrive a bit early at Church(!), please try to join the meeting a few minutes before it is due to begin.
3. The link for each service will work in advance, if you would like to have a trial run to check you can get up and running.
4. In the "Zoom" worship meeting, you will be able to see one another from the comfort of our homes. For most of the service your microphone will be turned off so that only the voices of those leading worship are audible.



We do realise that technology can be a challenge, but we hope this might actually be really useful and helpful for us as a way of having continuing fellowship in the coming weeks, so please do give it a try. If you need assistance please don't hesitate to contact me in advance of Sunday and I will be happy to talk you through it.

## HOW TO JOIN WORSHIP BY PHONE USING ZOOM

If you can't have the internet, it is possible to join Zoom by phone. You will be charged for the call depending on your own phone package, so please check this is affordable for you:

1. Dial **0131 460 1196** and follow the instructions.
2. You will be prompted to enter a Meeting ID number. Enter the number provided in the newsletter for the specific service.
3. You will be prompted for another number, which you don't need. Just press #.
4. You will now be able to hear the meeting. Your mic will be muted. You can unmute yourself to speak by pressing #6.

## This Week's services

### Sunday 29 March @ 10:00am - Lent 5

To join the service using your computer use the following link <https://zoom.us/j/140467073>.

To join by phone dial 0131 460 1196 and when prompted enter meeting ID: 140 467 073

#### COLLECT

Merciful Lord,  
 You know our struggle to serve you;  
 when sin spoils our lives  
 and overshadows our hearts,  
 come to our aid  
 and turn us back to you again;  
 through Christ our Lord. Amen.

#### READING: JOHN 11:1-45

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. <sup>2</sup>Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. <sup>3</sup>So the sisters sent a message to Jesus, "Lord, he whom you love is ill." <sup>4</sup>But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." <sup>5</sup>Accordingly, though Jesus loved Martha and her sister and Lazarus, <sup>6</sup>after having heard that Lazarus was ill, he stayed two days longer in the place where he was. <sup>7</sup>Then after this he said to the disciples, "Let us go to Judea again." <sup>8</sup>The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?" <sup>9</sup>Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. <sup>10</sup>But those who walk at night stumble, because the light is not in them." <sup>11</sup>After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." <sup>12</sup>The disciples said to him, "Lord, if

he has fallen asleep, he will be all right." <sup>13</sup>Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. <sup>14</sup>Then Jesus told them plainly, "Lazarus is dead. <sup>15</sup>For your sake I am glad I was not there, so that you may believe. But let us go to him." <sup>16</sup>Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him." <sup>17</sup>When Jesus arrived, he found that Lazarus had already been in the tomb four days. <sup>18</sup>Now Bethany was near Jerusalem, some two miles away, <sup>19</sup>and many of the Jews had come to Martha and Mary to console them about their brother. <sup>20</sup>When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. <sup>21</sup>Martha said to Jesus, "Lord, if you had been here, my brother would not have died. <sup>22</sup>But even now I know that God will give you whatever you ask of him." <sup>23</sup>Jesus said to her, "Your brother will rise again." <sup>24</sup>Martha said to him, "I know that he will rise again in the resurrection on the last day." <sup>25</sup>Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live,

/cont'd...

## READING CONT'D

<sup>26</sup>and everyone who lives and believes in me will never die. Do you believe this?" <sup>27</sup>She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world."

<sup>28</sup>When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." <sup>29</sup>And when she heard it, she got up quickly and went to him.

<sup>30</sup>Now Jesus had not yet come to the village, but was still at the place where Martha had met him.

<sup>31</sup>The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. <sup>32</sup>When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died."

<sup>33</sup>When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. <sup>34</sup>He said, "Where have you laid him?" They said to him, "Lord, come and see." <sup>35</sup>Jesus began to weep. <sup>36</sup>So

the Jews said, "See how he loved him!" <sup>37</sup>But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

<sup>38</sup>Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. <sup>39</sup>Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already

there is a stench because he has been dead four days." <sup>40</sup>Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?"

<sup>41</sup>So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. <sup>42</sup>I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me."

<sup>43</sup>When he had said this, he cried with a loud voice, "Lazarus, come out!" <sup>44</sup>The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."

**A reflection on today's reading is offered by  
The Rev'd Geoff Shutt on pg 7**

## Tuesday Compline, 8.30pm

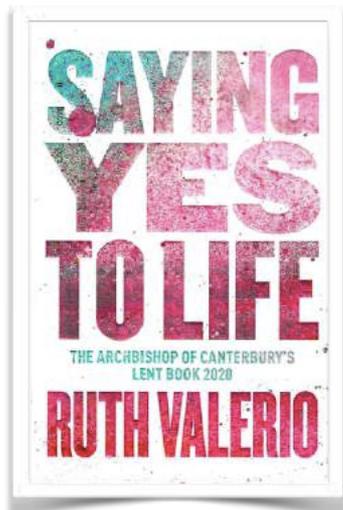
Compline or Night Prayer is a short, beautiful Daily Office traditionally prayed at the end of the day.

To join the service using your computer use the following link <https://zoom.us/j/730463351>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **730 463 351**

If you need a copy of the liturgy, please contact Diana copy of the liturgy please contact me. As with other services, you can of course also choose to pray alone, encouraged by the knowledge that others are praying too.





## Wednesday 7.30pm - Lent Book Group

Our Lent Book Group meets on Wednesday evening from 7.30pm - 9pm by Zoom meeting.

To join the service using your computer use the following link  
<https://zoom.us/j/797329378>.

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **797 329 378**

We will be discussing chapter 5 of Saying Yes to Life by Ruth Valerio.

## Thursday - Midweek Prayer

This is an opportunity to hear a Bible reading and pray for ourselves, the community around us and the world. If you would like to stay on after the service to chat about the Bible reading you are welcome to do so.

To join the service using your computer use the following link:  
<https://zoom.us/j/688557781>.

To join by phone dial **0131 460 1196** and when prompted enter meeting ID:  
**688 557 781**

Please let Diana know if you need a liturgy booklet.

You can make a prayer request to be included in this service (or you can just ask one of us to pray, any time!). Please send requests to anyone on the Pastoral Care Team (Diana, Liz Gordon, Sharon Morgan, David Mumford).



## Practical Help

Local area Community Resilience teams, set up through East Lothian Council and the Community Council are now up and running. Even though the St Anne's building is shut, we continue to be able to serve the community. This week the Church porch was used as a rendezvous point from where volunteers could collect resources this week.

If you or someone you are worried about lives in Dunbar they should have received a flier giving them a number to call if they need assistance with things and are unable to get out of the house.

These are intended as a last resort. If you have a friend or family member nearby who can help, please ask them (or one of the St Anne's pastoral care team) for help first. Diana is a Keyworker which enables her to leave the house to help people.

If you need help, or just a chat with a friendly voice, there's always someone available. The pastoral care team will be able to help, or to find someone else who can. Give us a ring!



### PASTORAL CARE TEAM

Liz Gordon	07802 809 725
Rev'd Diana Hall	07970 105 725
Sharon Morgan	01368 864 582
Rev'd David Mumford	01368 840 361

## Some lighthearted thoughts on self-care...

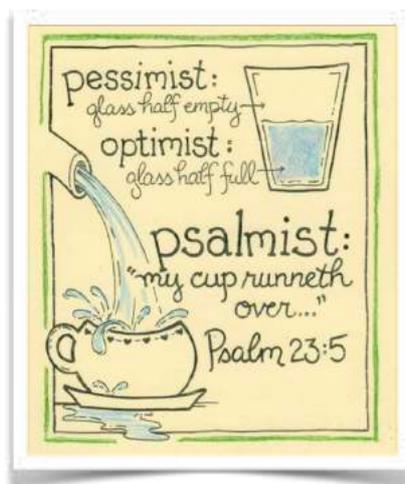


Image: Charlie Mackesy on Instagram

## A REFLECTION ON JOHN 11:1-45

Sunday the 29<sup>th</sup> March sees our clocks move forward an hour heralding lighter evenings, bringing a confirmation of the hope that spring brings. Although our garden is a new one (we moved into a new build house last June) we have managed to plant trees, shrubs and various plants which bring the hope of new growth as we move forward into summer.

Any year, the first snowdrops, the first daffodils, the first blossom on the trees bring a welcome sense of joy after the deadness of winter. This year, with its strangeness, as we hide in our homes with our churches closed, anything that brings joy and hope is welcomed.

Our bible is full of words written to bring hope in hopeless situations, words to speak through the crisis, the struggle, the anguish and bring a spark of light to the lives of those who are up against it.

So what hope can we draw from the Gospel reading set for the 29<sup>th</sup> March, John 11:1-45?

If we didn't already know the story and its conclusion we might be tempted after reading the first few lines to turn to something more cheerful, who wants to hear of illness and death at a time like this?

It's worth persevering and reading on and sensing the hope that comes.

There's a miracle! When Jesus calls, the dead Lazarus stands and walks out of the tomb. Now I'm sure this brought joy and hope to all

involved but reading this passage today that's not where I find the greatest hope, the longest lasting hope. After all, the raising of Lazarus is only cheating the clock, only delaying what will eventually happen to us all - death.



For me the real hope comes in the words "Jesus began to weep" and in the wise words the Jews said, "See how he loved him"

In Jesus we see God on earth. God wept for Lazarus, God wept for the anguish of Martha and Mary, God wept for all who are grief stricken. God weeps - for he loves, loves enough to go to a cross.

That is powerful hope, whatever befalls us, whatever we go through God weeps with us in his love for each one of us. That love is eternal.

An image that brings me hope and peace is one of being eternally held in the hands, in the mind of God and enveloped in his love.

The Gospel reading forms part of Lent journey towards Good Friday, a journey were we follow Jesus on his journey of love. Jesus's love for his disciples, his friends, for the beggar, the Samaritan woman and the tax collector drove him and empowered him to make his journey to Jerusalem that first Easter. A journey that brought tears to the eyes of the Father as the Father enfolded the Son in his love and cherished him in his mind.

In two weeks' time we will be celebrating, celebrating that the story didn't end on Good Friday.

- The Rev'd Geoff Shutt

## An all-age activity based on John 11:1-45

Cut out a teardrop shape from thin paper or tissue paper. Think of people and places that weep with sadness and need fresh hope and God's resurrection power. Be still and quiet for a few moments, holding your teardrop before God.

Then pray:

Thank you Lord, that you weep with the world as you wept with Mary and Martha.

Comfort your people as we comfort others.

Bring restored hope to those I hold up before you today.

May they know your resurrection power.

Amen.



*The teardrops & cross in the pictures on this page were made by Sheila Yarrow, part of St Paul's and St George's Church in Edinburgh. She says of them: "I was thinking about tears, the joyful tears and tears of grief, and using resin I've created these tears. They speak of hope through the pain of love and loss, the hope is expressed in the colours and in the cross I made. I've used the branches from a cherry tree that I planted to remember my little boy Tom, who died when he was 12. Our hope is the hope of heaven and my tears contain that hope."*

*"Henri Nouwen said: 'Hope frees us to live in the present, with the deep trust that God will never leave us.'"*

## And finally... Mindful Moments in Prayer

### A WEEKLY SUGGESTION OF A WAY TO PRAY BEYOND WORDS

Take a gentle walk along the beach. Stop and listen & watch the ebb and flow of the waves. Life is still flowing. As you pause and ponder - imagine Jesus close by saying to you "Fear Not" like he did to the disciples who were anxious and uncertain. Take comfort from Christ's presence and go forward with a more confident footstep.

- Sharon Morgan

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St. Anne's Scottish Episcopal & Methodist Church, Dunbar  
is a Scottish Charity, SC010950,  
regulated by the Scottish Charity Regulator (OSCR)  
Rector: The Rev'd Diana Hall  
Tel: 07970 105 725  
[www.stannedunbar.org.uk](http://www.stannedunbar.org.uk)