



Lifeline

Weekly news & worship from St Anne's Church

Dear friends

All of a sudden this week it feels as though we are reaching late summer. Crops have turned deep gold and the evenings have been laden with heat and stillness. There are even one or two ripe brambles on the bushes. Give thanks that God's provision continues whatever is going on in the world, and for this beautiful place we have been given to care for and enjoy.

This is also "back to school" week, an even bigger event than normal this year given schools have been completely closed during lockdown. In Dunbar, different classes are going in on different days to start with to give both children and teachers the best opportunity to re-find their feet and ensure that school is as safe and welcoming as possible. It has been a really difficult few months for many young people, and the transition will be hard for some. Teachers and support staff have also been under all sorts of pressure and some will be

nervous. Please do pray for our schools this week.

At the church building, we continue to be open for you to visit for Private Prayer on Monday, Wednesday and Friday 10 am-12 noon. Whether you would like a chance to sit in the peace of the building and pray, or perhaps have a chat with the steward, you're very welcome to pop in. Out in the garden there's a temporary labyrinth that you might like to walk as an aide to prayer and reflection. It was originally laid last Sunday but had an unfortunate

encounter with a lawnmower. Huge thanks to our friend from Discovery Church, Vicky Allen, for coming to re-lay it afterwards; it was a labour of love!

Vestry is due to meet on Wednesday, and an important item on our agenda will be planning the reopening of St Anne's for public worship. More news on that next week.

With love,

Diana



Inside...



Online Service details

pg2



Prayer Points

pg3



Reflecting on Ruth

pg6

Joining in with Worship

While COVID means restrictions on how we gather in person, the church community is meeting on Zoom. You can join a Zoom service by telephone, or on a computer, tablet or smartphone with an internet connection. If you need assistance to set this up please get in touch - we can help.

HOW TO JOIN WORSHIP ONLINE WITH ZOOM

Zoom is a free video conferencing tool. Search for and download the Zoom app from the internet onto your computer, tablet or smartphone. You can click on a meeting link or enter a meeting ID number in the App to join a meeting. Zoom will guide you through the process. You can turn your camera (if you have one) and microphone on and off in the App. Often during a service the Host will mute everyone's microphone to ensure the service leader can be heard.

HOW TO JOIN ZOOM WORSHIP BY PHONE

You can also join in with worship by telephone. You will be charged for the call based on your own phone package. To join, call **0131 460 1196**. You will be prompted to enter a Meeting ID number. Enter the number provided below for the specific service you would like to attend. You will be prompted for another number, which you don't need. Just press #. You will now be able to hear the service. You can mute and unmute your microphone to speak by pressing #6. The meeting host can also mute and unmute your microphone.

Online Services this week:

SUNDAY 10 AM SUNDAY WORSHIP

To join the service using your computer use the following link:

<https://us02web.zoom.us/j/81070800107>

Meeting ID: **810 7080 0107**

THURSDAY 10.30 AM MORNING PRAYER, COFFEE & CHAT

To join the service using your computer use the following link:

<https://us02web.zoom.us/j/85468058940>

Meeting ID: **854 6805 8940**

FRIDAY 7.30 AM EARLY MORNING PRAYER

To join the service using your computer use the following link:

<https://us04web.zoom.us/j/79863682143?pwd=cDhucEhOdUViUHZmVEI3UFYyeWN2QT09>.

The meeting password is: **8nKWJ9**.

Meeting ID: **798 6368 2143**

The Order of Service is available by [clicking here](#).



Bible Readings for w/c 9 August

Daily Lectionary readings for prayer and reflection. The Old Testament readings this week continue through Judges, with New testament readings from Acts and Gospel readings from Matthew. You might read one stream in the morning and another at night.

Monday:	Judges 12:1-7	Acts 5: 12-26	Matt 17:22-27
Tuesday:	Judges 13:1-15	Acts 5:27-42	Matt 18:1-5, 10, 12-14
Wednesday:	Judges 13:15-24	Acts 6:1-15	Matt 18:15-20
Thursday	Judges 14:1-9	Acts 6:15-7:16	Matt 18:21-19:1
Friday:	Judges 14:20-15:20	Acts 7:17-29	Matt 19:3-12
Saturday:	Judges 16:1-14	Acts 7:30-43	Matt 19:13-15

Pastoral Care

If you are in need of any kind, please call one of the pastoral care team. Whether you just fancy a friendly chat, have problem you need to share, something you'd like practical help with or a prayer request, we can help or find the people who can.

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

ARE YOU IN HARDSHIP? DON'T SUFFER ALONE - PLEASE GET IN TOUCH.

If you or someone else you know is in trouble with money, doesn't have enough food to put on the table, or simply can't make ends meet...

St Anne's can help with Foodbank referrals, giving small emergency grants, and signposting local assistance to get you help with benefits applications, debt advice and other issues. These services are free, confidential and open to *everyone* regardless of church connection, gender, age or anything else.

All contacts are treated with the utmost discretion, maintaining dignity and privacy.

Please get in touch with any of the pastoral care team.



7.30pm - Via Zoom

- Teams of up to 6 (£15 per team)

- Run by GoosesQuizzes (Biggest Pub Quiz Company in Scotland)

- People play from home, linking with friends, family, colleagues, via WhatsApp etc

- Each team leader books in with Eventbrite

Search Eventbrite - 'Dunbar Area Christian Youth Project Quiz'

For tickets (£15 per team) please visit <https://www.eventbrite.co.uk/e/dunbar-christian-youth-project-fundraising-quiz-via-zoom-tickets-114747007388>

Prayer Points

- As children and teachers return to school this week, pray for them to have a sense of peace rather an anxiety, for everyone to settle easily and well into a new routine that is both safe and productive.
- Pray for the people of Aberdeen as they have to endure another lockdown, and that the COVID outbreak there would be quickly and successfully controlled
- In the Lebanon, pray for peace and justice in Beirut in the aftermath of the explosion there this week. Ask God to comfort all who are bereaved and injured and have lost their homes.
- Pray for South Africa, where COVID deaths are set to reach a new peak in August
- Please pray for the St Anne's Debt Advice Service, that it would reach those in need of help with money troubles, and help provide relief. Remember also the Dunbar Basics Bank, working with those in food poverty.

Resources for Worship, Sunday 9 August: Proper 19

COLLECT FOR PROPER 19

Almighty God, you sent your Holy Spirit to be the life and light of your Church. Open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love, joy, and peace; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

READING: RUTH 1

In the days when the judges ruled, there was a famine in the land, and a certain man of Bethlehem in Judah went to live in the country of Moab, he and his wife and two sons. The name of the man was Elimelech and the name of his wife Naomi, and the names of his two sons were Mahlon and Chilion; they were Ephrathites from Bethlehem in Judah. They went into the country of Moab and remained there. But Elimelech, the husband of Naomi, died, and she was left with her two sons. These took Moabite wives; the name of one was Orpah and the name of the other Ruth. When they had lived there for about ten years, both Mahlon and Chilion also died, so that the woman was left without her two sons or her husband.

Naomi and Her Moabite Daughters-in-Law

Then she started to return with her daughters-in-law from the country of Moab, for she had heard in the country of Moab that the Lord had had consideration for his people and given them food. So she set out from the place where she had been living, she and her two daughters-in-law, and they went on their way to go back to the land of Judah. But Naomi said to her two daughters-in-law, 'Go back each of you to your mother's house. May the Lord deal kindly with you, as you have dealt with the dead and with me. The Lord grant that you may find security, each of you in the house of your husband.' Then she kissed them, and they wept

READING CONT'D . . .

aloud. They said to her, 'No, we will return with you to your people.' But Naomi said, 'Turn back, my daughters, why will you go with me? Do I still have sons in my womb that they may become your husbands? Turn back, my daughters, go your way, for I am too old to have a husband. Even if I thought there was hope for me, even if I should have a husband tonight and bear sons, would you then wait until they were grown? Would you then refrain from marrying? No, my daughters, it has been far more bitter for me than for you, because the hand of the Lord has turned against me.' Then they wept aloud again. Orpah kissed her mother-in-law, but Ruth clung to her.

So she said, 'See, your sister-in-law has gone back to her people and to her gods; return after your sister-in-law.' But Ruth said,

'Do not press me to leave you
or to turn back from following you!
Where you go, I will go;
where you lodge, I will lodge;
your people shall be my people,
and your God my God.
Where you die, I will die—
there will I be buried.
May the Lord do thus and so to me,
and more as well,
if even death parts me from you!'

When Naomi saw that she was determined to go with her, she said no more to her.

So the two of them went on until they came to Bethlehem. When they came to Bethlehem, the whole town was stirred because of them; and the women said, 'Is this Naomi?' She said to them,

'Call me no longer Naomi,
call me Mara,
for the Almighty has dealt bitterly with me.
I went away full,
but the Lord has brought me back empty;
why call me Naomi
when the Lord has dealt harshly with me,
and the Almighty has brought calamity upon me?'

So Naomi returned together with Ruth the Moabite, her daughter-in-law, who came back with her from the country of Moab. They came to Bethlehem at the beginning of the barley harvest.

Resources for Worship cont'd

GLORIA

Glory to God, glory to God, glory to the Father.
Glory to God, glory to God, glory to the Father.

To God be glory forever.

To God be glory forever.

Alleluia, amen.

Alleluia, amen.

Alleluia amen,

Alleluia amen.

Glory to God, glory to God, Son of the Father
Glory to God, glory to God, Son of the Father.

To God be glory forever.

To God be glory forever.

Refrain

Glory to God, glory to God, glory to the Spirit.
Glory to God, glory to God, glory to the Spirit.

To God be glory forever.

To God be glory forever.

Refrain

GRADUAL HYMN

Be thou my vision, O Lord of my heart;
 Naught be all else to me, save that thou art -
 Thou my best thought, by day or by night;
 Waking or sleeping, thy presence my light.

Be thou my wisdom, and thou my true word;
 I ever with thee and thou with me, Lord.
 Thou my great Father; thine own may I be,
 Thou in me dwelling and I one with thee.

Riches I heed not, nor vain, empty praise;
 Thou mine inheritance, now and always;
 Thou and thou only first in my heart,

High King of heaven, my treasure thou art.
 High King of heaven, my victory won,
 May I reach heaven's joys, O bright heaven's sun!
 Heart of my own heart, whatever befall,
 Still be my vision, O Ruler of all.

OFFERTORY HYMN

Brother, sister, let me serve you;
 let me be as Christ to you;
 pray that I may have the grace to
 let you be my servant too.

We are pilgrims on a journey,
 and companions on the road;
 we are here to help each other
 walk the mile and bear the load.

I will hold the Christ light for you
 in the nighttime of your fear;
 I will hold my hand out to you,
 speak the peace you long to hear.

I will weep when you are weeping;
 when you laugh I'll laugh with you;
 I will share your joy and sorrow,
 till we've seen this journey through.

When we sing to God in heaven,
 we shall find such harmony,
 born of all we've known together
 of Christ's love and agony.

Brother, sister, let me serve you;
 let me be as Christ to you;
 pray that I may have the grace to
 let you be my servant too.

METHODIST CHURCH DIAL-A-PRAYER

The Methodist Church has introduced two
 new phone lines sharing prayers and news
 for **FREE**.



Listen to a prayer:
 0808 281 2514

Listen to news:
 0808 281 2478

Content is updated weekly
 on Thursday afternoon

Reading the Book of Ruth

This week we are beginning a 4-week journey through the Old Testament book of Ruth. Each week, Lifeline will offer a suggestion of a way you might like to spend some time reflecting on the week's passage.

RUTH 1 - IMAGINATIVE CONTEMPLATION

There are several different characters in the book of Ruth. We hear about them to different extents, but each of them offer us something to reflect on. Imaginative contemplation is a way of praying that can help us to get a sense of how a character in a passage of scripture might show or teach us something. This tradition of prayer was developed in the 16th century by St Ignatius of Loyola. In it, we are invited to enter into the story, imagining ourselves within it, perhaps as a character in the story or as a bystander looking on as it takes place. In the book of Ruth for example, you might choose to try to imagine yourself into the role of Orpah, imagining what she might experience, how she might feel, and how God might feel about her.



Here are some suggestions to help you try out Imaginative Contemplation this week:

1. **Pray.** Find a quiet, comfortable place where you can be for a while. Take a moment of two to quieten your mind, concentrating perhaps on your breathing and on being aware of your body. Then, ask God to be with you and guide you as you reflect on the passage.
2. **Read** through Ruth Chapter 1, twice. You might like to read 2 different translations. The one given in Lifeline is the New Revised Standard Version. Why not also try the New International Version, The Message or the New Living Translation. You can find lots of different bible translations free at www.biblegateway.com.
3. **Imagine.** Sit quietly for a while. Close your eyes and picture the scene depicted in the Bible passage. Choose one of the characters: Ruth, Naomi or Orpah. Try to put yourself in their shoes, noticing everything that is going on around you. You might like to use each of your 5 senses in turn to imagine what you can see, hear, touch, taste, and smell.
4. **Notice and Reflect.** What happens - who is your role in the scene? Perhaps you say something or someone else says or does something? How do you feel? Is there anything unique that you learn from your perspective in the scene? How might Jesus respond to what is happening in this scene?
5. **Share.** You might like to agree with a friend that you will both try this exercise, and agree to meet to talk about your experiences. Whether you do this or simply reflect alone, take a moment to gather your thoughts and reflections. What have you experienced and how are you feeling? What have you learned? Have you encountered a challenge or an encouragement in this time?
6. **Pray.** Share with God whatever is on your heart as this prayer time draws to a close, and ask that God would help you become more aware of Divine presence and love as your constant companion in life.

useful information about COVID-19 Recovery



Coronavirus is still in circulation in the UK. The First Minister continues to emphasise that vigilance is needed. Social distancing of 2 metres remains a requirement (other than for children under 11 and in some shops, pubs, restaurants and public transport). You must wear a face covering in shops and on public transport. For more info see: <https://www.gov.scot/coronavirus-covid-19/>

Scottish Government Advice Updates:

- There is a **local lockdown** in **Aberdeen** and people should not travel to or from the area.
- **Schools** may reopen from 11 August.
- Anyone suffering coronavirus symptoms must now **self-isolate for TEN days** (rather than the previous advice of seven days).
- **Gyms, swimming pools** and **soft play areas** remain closed.

Remember the COVID FACTS

- F** Face coverings should be worn in enclosed spaces
- A** Avoid crowded places
- C** Clean your hands and surfaces regularly
- T** Two-metre social distancing
- S** Self-isolate and book a test if you develop coronavirus symptoms



If you develop:

- a new persistent cough
- a fever
- a change in your sense of taste or smell

...you should self-isolate immediately and **request a COVID-19 test** via the [NHS Inform website](#). If you do not have internet access, call **0800 028 2816**. Do this as soon

Test & Protect

Test and protect is Scotland's approach to implementing the Government's "test, trace, isolate, support" strategy and breaking the chain of transmission of COVID-19 in the community. If you test positive or have been in close contact with someone else who has tested positive for COVID-19, you may be contacted by phone by a Government Contact Tracer who will enquire whether you have had significant contact with others and may instruct you to self-isolate at home for 14 days.

Please be vigilant about possible fraudsters: a government contact tracer will never ask for payment or for bank details.