

Lifeline

Weekly news & worship from St Anne's Church

SUMMER BUMPER EDITION for Sundays 12, 19 & 26 July

Dear friends

It feels more and more as though summer has actually arrived! Most of the High Street is once again carefully opening for business, as are the local caravan parks. Visitors are returning to the town, and we are beginning slowly to find creative ways to socialise and offer hospitality to one another. Give thanks to God for this continued recovery and sense of new life after such a difficult spring!



^ The tree in the church garden had a trim this week (trees are exempt from the lockdown haircut rules). Styling: Gill Harley. Supervision: Fossil

With the increase in our freedom, it's a good moment for us to reassess our rhythm of life as a worshipping community. Therefore this edition of Lifeline will be the last one until the end of July, to give the editor an opportunity to draw breath, and for us to re-evaluate how things are for us now, and what we can best do to "be church" together in the next season.

This edition of Lifeline therefore includes worship materials for the rest of this month. The next edition will be published in time for Sunday 2 August. Complaine is also going to take a break, although popular demand means it may return later in the year.

Over these next few weeks, do remember that St Anne's is now open for private prayer on Mondays, Wednesdays and Fridays from 10-12. There will also still be worship on Sundays at 10am, and on Sundays 19th and 26th July we'll have a chance to share a Service of the Word (for which an Order of Service should reach you with this newsletter) rather than Holy Communion. Thursday morning prayer, coffee and chat, and Friday early morning prayer continue unchanged.

Beyond these next three weeks of summer, you will have seen that the Scottish Government has indicated that it is likely to allow churches to reopen for public worship as of 15th July. At St Anne's we won't be ready to make any formal decision as quickly as that. The Province has issued extensive guidance as to measures churches would need to take to ensure safety, and the Vestry recognises that people have differing circumstances and levels of anxiety about the ongoing risks. We want to ensure that as we make any changes, no-one is left unable to access worship. So, please bear with us, and please pray for the Vestry as we work our way through the guidance.

With love,

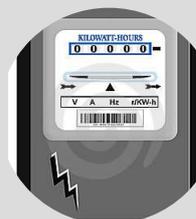
Diana

Inside...



Worship resources

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Do you need help with utility bills?

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Handy guide to lockdown changes

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Joining in with Worship

While the Church Building is out of bounds, the church community is meeting on Zoom. You can join a Zoom service by good old fashioned 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

Search for and download the Zoom app from the internet onto your computer, tablet or smartphone. This is a free video-conferencing tool. 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 Zoom using a normal telephone. You will be charged for the call based on your own phone package, so please check this is affordable for you. If you need help with costs, please get in touch; no-one should miss out for lack of funds. Requests for help will be treated in strict confidence.

Dial **0131 460 1196**. You will be prompted to enter a Meeting ID number. Enter the number provided later in this newsletter 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 meeting. You can mute and unmute your microphone to speak by pressing #6. The meeting host is also able to mute and unmute your microphone.

Details and Joining Codes for Online Services

SUNDAY 12TH 10 AM SUNDAY WORSHIP FOR PROPER 15

To join the service using your computer use the following link: <https://us02web.zoom.us/j/84516340621>
To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **845 1634 0621**

THURSDAY 16TH 10.30 AM MORNING PRAYER, COFFEE & CHAT

To join the service using your computer use the following link: <https://us02web.zoom.us/j/88460245316>
To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **884 6024 5316**

FRIDAY 17TH, 24TH, 31ST 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**.

To join by phone dial **0131 460 1196** and when prompted enter the meeting ID: **798 6368 2143**
The Order of Service is available by [clicking here](#). The same joining code should work each Friday.

SUNDAY 19TH 10 AM SUNDAY WORSHIP FOR PROPER 16

To join the service using your computer use the following link: <https://us02web.zoom.us/j/83216917382>
To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **832 1691 7382**

THURSDAY 23RD 10.30 AM MORNING PRAYER, COFFEE & CHAT

To join the service using your computer use the following link: <https://us02web.zoom.us/j/87934368135>
To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **879 3436 8135**

SUNDAY 26TH 10 AM SUNDAY WORSHIP FOR PROPER 17

To join the service using your computer use the following link: <https://us02web.zoom.us/j/82302538795>
To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **823 0253 8795**

THURSDAY 30TH 10.30 AM MORNING PRAYER, COFFEE & CHAT

To join the service using your computer use the following link: <https://us02web.zoom.us/j/83291943467>
To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **832 9194 3467**

Encouragement for the young-at-heart...

We would really love some contributions to the post-lockdown art project for the church notice boards... Artistic expression is good for the soul! Don't be shy! You know you want to!

Calling young* artists, writers and poets!

As St. Anne's re-opens, we need your help... our walls are bare!

Draw a picture, write a poem, decorate a word... share what you're looking forward to as lockdown eases and we'll display it in church.

Drop your contributions into the box in the church porch (open 10am-12noon on Mon, Weds, Fri)

* or young-at-heart

Bible Readings for w/c 13 July

Daily Lectionary readings for prayer and reflection. The Old Testament readings for the next 2 weeks from Joshua. You can learn more about Joshua [here](#). The New Testament readings continue in Romans, and the Gospel readings in Matthew. You might read one stream in the morning and another at night.

Monday:	Jos 2:1-14	Rom 11:1-12	Matt 10:34-11:1
Tuesday:	Jos 2:15-24	Rom 11:13-24	Matt 11:20-24
Wednesday:	Jos 3:1-13	Rom 11:25-36	Matt 11:25-27
Thursday:	Jos 3:14-4:7	Rom 12:1-8	Matt 11:28-30
Friday:	Jos 4:19-5:1,10-15	Rom 12:9-21	Matt 12:1-8
Saturday:	Jos 6:1-14	Rom 13:1-7	Matt 12:14-21

Bible Readings for w/c 20 July

Monday:	Jos 7:1-13	Rom 13:8-14	Matt 12:38-42
Tuesday:	Jos 8:1-22	Rom 14:1-12	Matt 12:46-50
Wednesday:	Jos 8:30-35	Rom 14:13-23	Matt 13:1-9
Thursday:	Jos 9:3-21	Rom 15:1-13	Matt 13:10-17
Friday:	Jos 9:22-10:15	Rom 15:14-24	Matt 13:18-23
Saturday:	Jos 23:1-16	Rom 15:25-33	Matt 13:24-30

Bible Readings for w/c 27 July

This week's Old Testament readings move into Judges, which is not an easy, but might be a timely, read in light of various countries' current political contexts. You might like to watch an introduction to the book [here](#).

Monday:	Jos 24:16-33	Rom 16:1-16	Matt 13:31-35
Tuesday:	Judges 2:1-5, 11-23	Rom 16:17-27	Matt 13:36-43
Wednesday:	Judges 3:12-30	Acts 1:1-14	Matt 13:44-46
Thursday:	Judges 4:4-23	Acts 1:15-26	Matt 13:47-53
Friday:	Judges 5:1-18	Acts 2:1-21	Matt 13:54-58
Saturday:	Judges 5:19-31	Acts 2:22-36	Matt 14:1-12

Resources for Worship, Sunday 12 July: Proper 15

COLLECT FOR PROPER 15

**Almighty God,
you have made us for yourself,
and our hearts are restless
until they find their rest in you.
May we find peace in your service,
and in the world to come,
see you face to face;
through Jesus Christ our Lord,
who lives and reigns with you
and the Holy Spirit,
one God,
now and forever.**

OPENING HYMN

Come, you thankful people, come,
raise the song of harvest home!
Fruit and crops are gathered in
safe before the storms begin:
God our maker will provide
for our needs to be supplied;
come, with all his people, come,
raise the song of harvest home!

All the world is God's own field,
harvest for his praise to yield;
wheat and weeds together sown
here for joy or sorrow grow;
first the blade and then the ear,
then the full corn shall appear -
Lord of Harvest, grant that we
wholesome grain and pure may be.

Even so, Lord, quickly come -
Bring your final harvest home!
Gather all your people in
free from sorrow, free from sin,
there together purified,
ever thankful at your side -
come, with all your angels, come,
bring that glorious harvest home!

Henry Alford (1810-1871)

GOSPEL READING: MATTHEW 13:1-9,18-23

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away.* As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

OFFERTORY HYMN

God whose love is all around us,
who in Jesus sought and found us,
who to freedom new unbound us
keep our hearts with joy aflame.

For the sacramental breaking
for the honour of partaking
for your life, our lives remaking
young and old we praise your name.

From the service of this table
lead us to a life more stable;
for our witness make us able;
blessing on our work we claim

Through our calling closely knitted,
daily to your praise committed,
for a life of service fitted,
let us now your love proclaim.

Fred Kaan (1929-2009)

Resources for Worship, Sunday 19th July: Proper 16

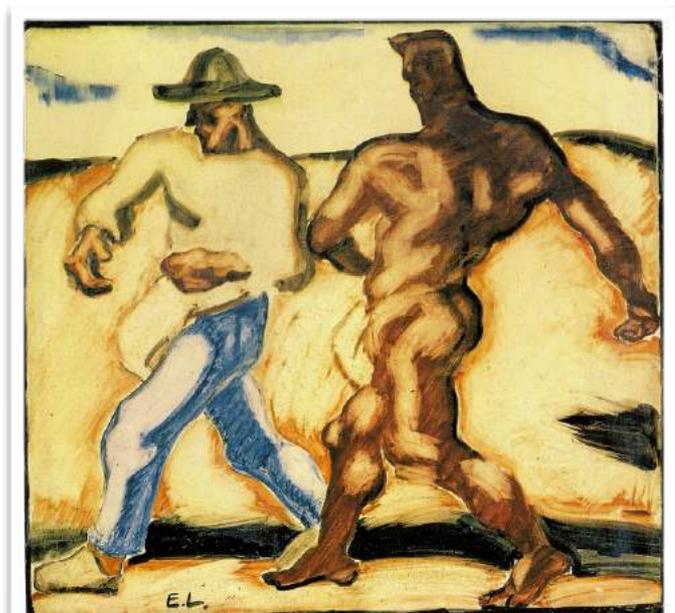
COLLECT FOR PROPER 16

**Almighty God,
your Son has opened for us
a new and living way
into your presence.
Give us pure hearts and constant wills
to worship you in Spirit and in truth;
through Jesus Christ our Lord,
who lives and reigns
with you and the Holy Spirit,
one God,
now and forever.**

GOSPEL READING: MATTHEW 13:24-30, 36-43

He put before them another parable: 'The kingdom of heaven may be compared to someone who sowed good seed in his field; but while everybody was asleep, an enemy came and sowed weeds among the wheat, and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, "Master, did you not sow good seed in your field? Where, then, did these weeds come from?" He answered, "An enemy has done this." The slaves said to him, "Then do you want us to go and gather them?" But he replied, "No; for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn." '

Then he left the crowds and went into the house. And his disciples approached him, saying, 'Explain to us the parable of the weeds of the field.' He answered, 'The one who sows the good seed is the Son of Man; the field is the world, and the good seed are the children of the kingdom; the weeds are the children of the evil one, and the enemy who sowed them is the devil; the harvest is the end of the age, and the reapers are angels. Just as the weeds are collected and burned up with fire, so will it be at the end of the age. The Son of Man will send his angels, and they will collect out of his kingdom all causes of sin and all evildoers, and they will throw them into the furnace of fire, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Let anyone with ears listen!



^This striking image is "Sower and the Devil", a ceramic by Austrian painter Albin Egger-Lienz Albin, dating from 1923. He produced a range of pieces on this theme over 20 years. The sparse colouring and background focuses our attention on two contrasting, strong figures. They are close but not making eye contact. Their arms and legs suggest a dynamic flow, each engaged in similar but opposite movement. Perhaps the darker figure is physically larger and seems to overshadow the lighter. What differentiates them? We cannot see what they sow, or the fruit. But what will they reap? Who is sowing what? With 2020 eyes, we might notice with disquiet a possible racist undertone. Is brown skin here being juxtaposed against a white form in representing good and evil? Who is the devil and who is the sower?

Resources for Worship, Sunday 26th July: Proper 17

COLLECT FOR PROPER 17

**O God,
the protector of all who trust in you,
without whom
nothing is strong, nothing is holy:
increase and multiply upon us your mercy,
that with you as our ruler and guide,
we may so pass through things temporal,
that we lose not the things eternal;
through Jesus Christ our Lord,
who lives and reigns
with you and the Holy Spirit,
one God,
for ever and ever.**

GOSPEL READING: MATTHEW 13:31-33, 44-52

The Parable of the Mustard Seed

He put before them another parable: 'The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.'

The Parable of the Yeast

He told them another parable: 'The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.'

READING, CONT'D

Three Parables

'The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field.

'Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.

'Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind; when it was full, they drew it ashore, sat down, and put the good into baskets but threw out the bad. So it will be at the end of the age. The angels will come out and separate the evil from the righteous and throw them into the furnace of fire, where there will be weeping and gnashing of teeth.

Treasures New and Old

'Have you understood all this?' They answered, 'Yes.' And he said to them, 'Therefore every scribe who has been trained for the kingdom of heaven is like the master of a household who brings out of his treasure what is new and what is old.'



< This image is "Parable of the Mustard Seed", A painted window at the YMCA training centre for German leadership in Kassel., from c2000. The eye is drawn to the bright seed at the bottom right hand corner. What abundance has grown from it! Thick brown roots become more delicate and intertwine into something like celtic knotwork surrounding the centre. Leaves on the outer edge suggest more growth still to come, perhaps in new directions? Long thorns, resemble a crown, perhaps, or protect the abundant green foliage at the centre, bursting with life. The whole is surrounded with aquamarine and blue: Living Water? This is an image of bounty, and growth - complex, not without pain, but becoming something wonderful.

Thoughts on Matthew 11:16-19, 25-30

BY REV DAVID MUMFORD

The parable of the sower.

This is one of the best known of Jesus's parables. The sower going out to sow. The seed falls in various places – on the path, on rocky ground, among thorns and thistles and on good ground. The seed falling on good ground gives an incredible yield. At that time according to Cicero a six or eight fold yield would be considered good and a tenfold yield almost miraculous. 30, 60 or 100 fold yields would be truly amazing.

Stories go deep into people's memories and the stories that Jesus told would have been handed down from generation to generation. The joy of a parable is that it is dynamic. Each generation can read it anew in the light of the Spirit and of the signs of the times. The word of God speaks to us through the Spirit. We can revisit it and always see new depths. So the specific interpretation of the parable given in Matthew is not the only possible interpretation. Any interpretation has limits as well as insights.

The interpretation in Matthew is that the different places the seed falls are to be identified with different individuals. For people inside Matthew's church who have embraced Jesus and are coming under increasing pressure both from the Jewish and Roman authorities this sense of ourselves as good and those who have either never joined us (the path) or have quickly fallen away (rocky ground) or who have drifted away seduced by worldly attractions (thistles) as bad makes sense. We are good, they are bad - us and them; us and the other.

This interpretation of the parable does not have to look at different shades of gray or the continuing possibility of responding to God's love. It is a static interpretation, leaving no room for the continuing work of the Spirit in people's lives – but nonetheless a comforting interpretation for any community feeling threatened.

Suppose we look at the field as an individual human being. Jesus sows the seed – graciously and abundantly. Each day more is sown upon us. Often we do not respond – that seed has fallen on the path. That which is not of God within us has temporarily triumphed. Sometimes we do respond initially – but then it all becomes a little too demanding. Perhaps we stop coming to church or making our communion. Or secular pressures have slowly eaten away at the place that faith has in our lives and while the outward rituals may continue, the living relationship with God atrophies.

If we look back over our lives we can see times when the seed has taken root and flourished and times when it has withered away.

We may rejoice in the open handed grace with which our Lord continues to pour out his saving love, even though the ground be often unreceptive.

And we may marvel at the yield to which our response in love and faith can lead. It is the magnitude of what can be achieved in the power of God that is truly miraculous.

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

A Helping Hand

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

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.

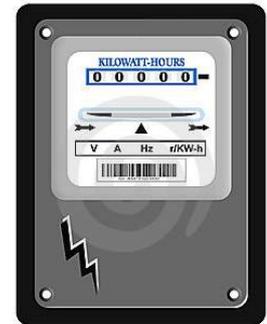
Please get in touch with any of the pastoral care team.

PASTORAL CARE TEAM

Liz Gordon	07802 809 725
Rev'd Diana Hall (on leave 13th-27th July)	07970 105 725
Sharon Morgan	01368 864 582
Rev'd David Mumford	01368 840 361

Are you struggling with utility bills?

Home Energy Scotland is an energy advice service funded by the Scottish Government. Home Energy Scotland provides support for households with prepayment meters, including access to crisis funding.



We can refer you to Home Energy Scotland, especially if you're finding it hard to stay warm and keep up with your bills, or you can call free yourself on **0808 808 2282**.

What to do if you develop Coronavirus Symptoms

Anyone over the age of 5 who develops symptoms of a persistent cough, temperature or loss/change of their sense of taste or smell should self isolate 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 as you have symptoms - don't wait.

If you test positive, you may be contacted by phone by a Government Contact Tracer who will enquire whether you have had significant contact with others. Even if you do not have symptoms, if you have had contact with someone else who has tested positive for COVID-19 you may be contacted by phone and asked to self-isolate. Please be vigilant about possible fraudsters: a government contact tracer will never ask for payment or for bank details.



If you develop:

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

...request a Coronavirus Test

Scottish Government Updates on COVID-19 Recovery



What you can now do in Scotland...

The relaxation of lockdown measures continues this week. Non-essential shops are mostly now allowed to open and, as long as rates of infection continue to be well controlled, the return to more "normal" life will continue over the next couple of weeks. The First Minister has been careful to stress that the virus is still in circulation and caution is required. Social distancing of 2 metres remains a requirement (other than for children under 11 and in some shops, pubs, restaurants and public transport) but could be reduced to one metre if other steps are taken, such as installing perspex screens and enhanced ventilation. For full information see the [Scottish Government Website](#).

FROM 10 JULY

- **Face Coverings** are mandatory in shops as well as on public transport (with exceptions for under 5s, some medical conditions and some workers).
- **Extended groups** of a max of 15 people from up to 5 households may meet **outdoors**, staying 2m apart.
- A maximum of **8 people from three households** may meet **indoors**, including for overnight stays. Physical distancing must be maintained.
- **Couples** who do not live together may meet without social distancing.
- **Children** under age 11 need not physically distance inside or outside.

FROM 13 JULY

- Indoor **Shopping Centres** can reopen.
- Children and young people can play **organised outdoor contact sports**
- **Dentists** can see patients for routine treatment
- **Optometrists** can scale up their work

FROM 15 JULY

- **Hairdressers** and barbers can reopen
- **Pubs and restaurants** may open indoors subject to conditions
- **Holiday accommodation, museums, galleries, cinemas, monuments & libraries** may open
- Places of worship may reopen with strictly limited numbers, physical distancing and without chanting or singing. However, St Anne's will not be open yet except for private prayer Mon, Weds and Fri 10-12.

FROM 22 JULY

- **Beauticians** and **nail salons** may open

FACTS

to help you stay safe:

- 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 symptoms of coronavirus

HOLIDAY CLUB UPDATE

SIGN UP NOW... THE OFFICIAL DEADLINE WAS 10 JULY BUT YOU CAN STILL GET IN IF YOU'RE QUICK!

We've been really encouraged to have twenty families (32 children in all) sign up to this year's Holiday Club, Holy Histories. These are a mix of children who attend Harbour Lights youth club, children who've been to holiday club before and children who haven't had involvement in any church activities in Dunbar before. Volunteers will drop activity packs off once a week for three weeks which will give them a chance to form connections

and get to know the families. There will be online content published each Monday for three weeks, from 20th July. Please do pray for all the families who will be taking part, and for Richard and the core team and his team of 'local actors' involved in making the videos. One of the actors is our very own Geoff Shutt, who has agreed to take on the role of Wesley for a short film about the Methodist Heritage in the town.

Giving to St Anne's

Huge thanks to everyone who has contributed to keeping St Anne's ministry funded during these exceptional times. However, with the church building closed, income is down substantially and we are running down our reserves.



Could you help? Some people may be under additional financial pressure and need to reduce their giving accordingly, but others might be able to afford to give more as savings are being made by not going out to theatres and leisure trips etc.

Some questions which may be buzzing in your mind:

Q1. I've got a pile of envelopes with my collection money ready for the church - could someone come and collect them as I'm shielding at home?

A1. Yes, certainly. Get in touch with one of the Pastoral Team (tel nos. on pg 6) and we'll arrange a socially distanced pick-up. And for those who aren't shielding, envelopes can be posted through the Rector's door (St Anne's House, opposite the church).

Q2. I normally give by envelopes or I put donations directly in the collection plate - would it help if I switched to giving by standing order?

A2. Yes, absolutely. If you have online banking you can set up a monthly standing order: the details are - St Anne's Church, Bank of Scotland, Sort Code: 80-22-60 Account number: 17128369. If you don't have online banking, contact the Treasurer as below.

Q3. I pay tax but I've not signed a Gift Aid form - how do I get one with the church being shut?

A3. For this and other questions related to financial matters, please contact the Treasurer, Alan Dickerson, by e-mail at treasurer@stannesdunbar.org.uk or call Revd Diana Hall on 07970 105725.

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