



Lifeline

Weekly news & worship from St Anne's

Dear friends,

In the news, it's been quite a week.

England's UEFA Cup dream was shattered on Sunday when they lost the final on penalties. Whatever the outcome, it should have been an opportunity to celebrate the progress made by the England team in recent years, but the aftermath of the match was marred by disgraceful racist abuse directed towards some of the team.

Meantime the UK Parliament at Westminster has voted to entrench significant cuts in funding for international relief work, on the basis that the UK economy is in trouble because of the pandemic.

All of this begs the question of how we respond when bad things happen. I was impressed with three different things around these news stories.

First, I was moved by England Manager Gareth Southgate. He lived up to his reputation for being an excellent leader as he stepped in to take responsibility for the loss. He was seen offering solace to his distraught team, and in interview said publicly that the buck stopped with him.

Second, BAME player Marcus Rashford responded to racist abuse with great character. On Monday, while I'm sure he was still hurting a great deal following his missed penalty and the racist attacks that followed it, his public response was to share wonderful letters of encouragement sent to him by young schoolchildren after the final:

"Last year you inspired me to help people less fortunate. Then last night you inspired me again, to always be brave. I'm proud of you."

"You should be proud you made it to the finals. You tried your hardest and that's very much good enough."

DIARY NOTE

The Thursday morning service returns to being a Eucharist in Church, followed by coffee & conversation, from Thursday 29th July at 10.30am.

Third, on hearing Parliament's decision on aid cuts, Christian Aid immediately spoke out, saying loud and clear that the cuts "will decimate aid for years to come ... turning our backs on the poorest and most vulnerable people in the world."

It is important for us to notice when hatred and injustice are present in society. It is even more important that we notice and get involved in loving, compassionate, and prophetic responses.

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Thankfully in the midst of disturbing news this week, there have also been examples of responses I think Jesus would be proud of. Gareth Southgate's leadership skills; Marcus Rashford's response to his predicament; and Christian Aid's calling out of political actions that disregard the poorest and most marginalised are among them.

I wonder where you notice hatred and injustice, and how we can all get involved in being part of responding in a way Jesus might approve of?

With love,

Diana



New Scots, new homes, new horizons

When we were working in Uganda, Stuart and I used to visit a little school called Glorious Preparatory School, close to the border with the Democratic Republic of Congo. The school had been built by local people from mud brick and grass thatch. This area had once been Allied Defence Force (a rebel militia) country. No one felt quite safe. We saw villagers being drilled with wooden 'guns', just in case. Over in Congo, when fighters arrived, mothers would gather their children and hurriedly cross the border to Uganda. Many of these child refugees joined Glorious Preparatory School and learnt alongside local pupils.

I now know what I didn't know then, that Uganda has welcomed more refugees than any other country in the world except for Turkey, Lebanon and Jordan - 1.7 million, to be exact, 3.8% of its 47 million population. And I mean 'welcome'. The Ugandan government gives each Congolese, South Sudanese or Rwandan family seeking asylum a patch of ground, materials to make a hut, and tools for carpentry and farming. Children attend local schools, adults are encouraged to work, and families become part of the community.

The approach of the British Government to resettling the 126,720 refugees (0.26% of its 65 million population) it has so far accepted has been somewhat different.

The British people themselves, however, have proved more hospitable. Here in Scotland, every council has welcomed families arriving through the government scheme. Indeed, across Britain, community groups are working together to enable additional families to enter our country and build new lives here.

One such group is East Lothian Horizons. This group of local people is currently raising money to support its application to welcome a family of refugees. We don't yet know where this family might come from - probably Syria, Sudan or Afghanistan. We don't know whether the adults have been teachers, medical staff, engineers or farmers. We don't know how young or how large such a family might be or what medical or other conditions might make them in need of our help. We do know that we must raise £9,000 to pay for the deposit for their home and the first month or two's rent, and to support their immediate needs before welfare payments kick in. We will arrange and pay for English language lessons. We will help the children register for schools and provide uniforms and materials. We will help the adults find work experience, perhaps volunteering, to develop skills additional to those they bring with them. Most importantly, we will introduce them to their new friends and neighbours - the people reading this article.

We all know the expression 'It takes a village to raise a child'. Well, it will take a community to befriend and support this family of new Scots. You may meet them in the shops, the library, or at the play park. East Lothian is well known for its hospitality, so we know they will be made welcome and will develop new friendships. Our own community will also gain much through these new relationships, at school, in our everyday lives and in our leisure activities: new languages, new cultures and new foods to learn about.

Before our family arrives, however, we must make sure we are able to support them for the first year or so. The government will provide Universal Credit, but there are other expenses. If you feel you can provide financial as well as moral support, please contribute through our JustGiving page. You may contact us through our email address. We will update you on our progress through our Facebook page. Thank you very much.

Elizabeth Ritchie, East Lothian Horizons



East Lothian Horizons Facebook page: <https://www.facebook.com/eastlothianhorizons/>

East Lothian Horizons JustGiving page: <https://www.justgiving.com/fundraising/east-lothian-horizons-community-refugee-sponsorship>

Niki Fallowfield, Chair of East Lothian Horizons: eastlothianhorizon@googlegroups.com

Joining in with Worship

WORSHIP IN PERSON

The church is open for in-person worship on **Sundays at 12.30pm, and from 29th July on Thursdays at 10.30am**. There is no need to book in advance, but numbers are limited (around 20-25 max depending on the size of family groups). These are quieter, reflective services since we have not yet returned to singing in church. It is possible to receive the Host at Communion. You will need to wear a mask while in the building. We can't yet serve post-service refreshments on Sundays.

WORSHIP ONLINE

We also continue to offer a service online on **Sundays at 10am on Zoom**. This is a Service of the Word, and includes opportunities to sing, and to hear a longer sermon. There is also early morning prayer online on **Fridays at 7.30am**.

The readings and collect prayer for each week are provided in this newsletter. The Order of Service can be accessed in the Chat in Zoom, or email rector.stannesdunbar@gmail.com for a copy.

How to join worship online

Our online worship takes place on Zoom, a free video conferencing app. You can download the Zoom app from the internet to your computer, tablet or smartphone. In the app, you can enter a meeting ID number to join a meeting. The meeting ID number for our Sunday and Thursday services is **857 7044 2212**. You can turn your own camera and microphone on and off. During a service the meeting host will mute everyone except the leader.

How to join worship by phone

You can join in with online worship by telephone. You will be charged for the call (to an Edinburgh number) based on your phone package. To join, dial **0131 460 1196**. You will be prompted to enter the Meeting ID number (**857 7044 2212**). 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 by pressing #6.

What's On at St Anne's?

There is now a single Zoom ID for all online services except Friday early morning prayer. To join [click here](#) or enter Meeting ID 857 7044 2212.

SUNDAYS	10AM	SERVICE OF THE WORD	ON ZOOM
		The Order of Service is available to download here .	
	12.30PM	QUIET EUCHARIST	IN CHURCH
THURSDAY 22ND	10.30AM	MORNING PRAYER, COFFEE & CHAT	ON ZOOM
		The Order of Service is available to download here .	
THURSDAY 29TH	10.30AM	QUIET EUCHARIST, PRAYER & COFFEE	IN CHURCH
FRIDAYS	7.30 AM	EARLY MORNING PRAYER	ON ZOOM
		To join this service click here . Meeting password: 8nKWJ9 .	
		Meeting ID: 798 6368 2143 . The Order of Service is available by clicking here .	

THIS WEEK'S TERRIBLE JOKE

Why does the Norwegian Navy put barcodes on the sides of their ships? *So that when they return to port they can Scandinavian.*

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, want to share a problem, have something you'd like practical help with, a prayer request, or would like to receive Communion at home, we can help or help you find someone 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 Food Bank 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 Visiting

If you, or someone you know from St Anne's, needs a pastoral visit from one of the team to meet at home or in the garden, please get in touch.



Missed a Sermon?

No problem! You can listen again on the church website, [here](#).

DEBT ADVICE - FREE, CONFIDENTIAL, IMPARTIAL

If money's a worry and you're looking for support, Dunbar Debt Advice Service is here to help, with free confidential and impartial advice.

Phone: 01368 238028

Text: 07741905799

Facebook @StAnnesDunbar

Email: dunbardas@salvationarmy.org.uk

Working in association with Community Money Advice, authorised and regulated by the Financial Conduct Authority.

EVERY LITTLE HELPS...

Dunbar Area Christian Youth Project (DACYP) has been chosen to do the token scheme at Haddington Tesco, to help fund next year's Holiday Club. When you shop at Tesco you receive a token and you can 'vote' for DACYP by putting your token in a slot after you've done your shopping. Voting has just started and will continue until 30th September 2021. The more votes we get, the better the financial help we'll receive! So do vote for us if you shop at Tesco in Haddington, and help spread the word!



Resources for Zoom Worship

Sunday 18th July: 7th Sunday after Trinity

COLLECT

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 for ever.

MARK 6:30-34, 53-56

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognised them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognised him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.



EPHESIANS 2:11-22

So then, remember that at one time you Gentiles by birth, called "the uncircumcision" by those who are called "the circumcision" –a physical circumcision made in the flesh by human hands–remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.

<<Image

by Free-Photos from Pixabay

Resources for Zoom Worship

Sunday 25th July: 8th Sunday after Trinity

Methodist Worship with Rev'd Eddie Sykes

JOHN 6:1-21

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world."

When Jesus realised that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

Image>>

Loaves and fishes, John August Swanson, 2003.
From Vanderbilt University: Art in the Christian Tradition

PSALM 145:10-18

All your works shall give thanks to you, O Lord,
and all your faithful shall bless you.

**They shall speak of the glory of your kingdom,
and tell of your power,**

to make known to all people your mighty deeds,
and the glorious splendour of your kingdom.

**Your kingdom is an everlasting kingdom, and
your dominion endures throughout all
generations. The Lord is faithful in all his
words, and gracious in all his deeds.**

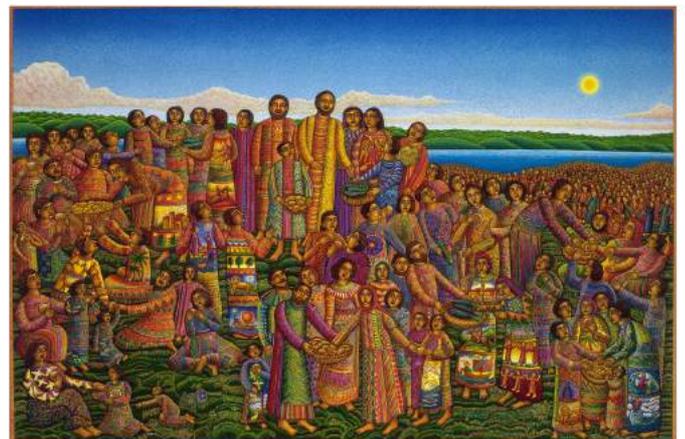
The Lord upholds all who are falling, and raises
up all who are bowed down.

**The eyes of all look to you, and you give them
their food in due season.**

You open your hand, satisfying the desire of
every living thing.

**The Lord is just in all his ways, and kind in all
his doings.**

The Lord is near to all who call on him, to all who
call on him in truth.



useful information about COVID-19



COVID rates and hospitalisations are falling

Rates of COVID are falling in Scotland, and the vaccination roll-out is making good progress. The stay at home requirement has now been lifted and travel is permitted between different parts of Scotland and the UK.

Scottish Rules from 19th July

- On 19th July, Scotland will move to **Level Zero**
- **8** people from **4** households may stay in a private home overnight, without social distancing.
- **10** people may meet in an indoor public place
- **15** people may meet outdoors
- **Under 12s** do not count towards the total number of people or households outside, but do count towards household numbers indoors
- Mandatory mask wearing (with exemptions) on public transport and in shops, will remain
- **Travel** is permitted anywhere in the UK in Levels 0-2, but not to or from Level 3 or 4 unless for a reason such as work or caring
- **Free lateral flow tests** are available for those without symptoms from <https://test-for-coronavirus.service.gov.uk/order-lateral-flow-kits/condition> or by calling 119.



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 as you have symptoms - don't wait.

NHS Lothian Vaccinations

- All over 18 year olds in Scotland are now eligible to receive two doses of a covid-19 vaccine.
- You can get a **drop-in vaccination**, if you have not yet had your first dose, or a second dose if you received your first at least eight weeks ago, at **East Lothian Community Hospital**. The drop-in clinic is open **8.30am - 4pm** every day. You do not need to be registered with a GP to get vaccinated.
- A **mobile drop-in vaccination unit** is also available and comes regularly to Dunbar. Updates can be found by checking @ELCouncil on Twitter.
- If you have any enquiries about the COVID-19 vaccine, you can contact the **Coronavirus Vaccination Helpline** on 0800 030 8013 (8am - 8pm all week).

FACTS Guidance

- 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

Test and Protect - Contact Tracing by Phone

Test & 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 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 10 days. Please be vigilant about possible fraudsters: a government contact tracer will never ask for payment or bank details.

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