

Lifeline

Weekly news & worship from St Anne's Church

Dear Friends,

Rejoice! After more than three months of closure and then a lot of hard work by Mike Ling and a small group convened by him on Vestry's behalf, I'm delighted to say that from Monday 6th July we are able to begin re-opening St Anne's.



For now, we are only able to open for limited times, and to enable private prayer. We have also had to make some changes inside the building, and so a volunteer will be there to welcome you when you visit, to explain things. Please be kind to them, they have been trained in line with requirements issued by Bishop John, and anything they ask you to do is to ensure that we do as the Church has instructed us, for the safety of all.

The guidelines for using the building are rules rather than guidance; keeping to them is a requirement rather than just a recommendation. For now the pews are out of use, as are kitchen and toilet facilities, and the chapel. Seating for prayer is available in the chancel. You will need

to wear a face covering and you will be asked to sanitise your hands on arrival and departure.

I know that this may all seem a little strange and strict to begin with, but we are acting out of love and to ensure the safety of all. These are just the first tentative steps on a journey back towards being able to gather again, and we hope that you will enjoy being able to come into church to experience peace and beauty, and to pause for reflection and prayer.

Over the next few weeks I expect further guidance will be issued by the Scottish Government and the Scottish Episcopal Church about considerations for relaxing restrictions further. It is unlikely we will be able to return to anything like our normal pattern of worship in the near future, but we may be able to begin considering whether small in-person gatherings for worship can be made safe, whilst ensuring that those who aren't ready or able to recommence such meetings remain fully included in our worshipping life. It is important that no-one is left out!

As we make these changes, now also seems like the right time to press pause on our lockdown rhythm of saying Compline together each Monday to Friday, so that will stop, for now, on Friday 10th July. I know that many people have appreciated this offering, and thanks are due to the group who have taken turns to lead it. It has been a wonderful experience, and it may return later in the year in some form. If you would appreciate that, do let me know.

If you have questions or concerns about what is happening around all of this then please do get in touch.

With love,

Inside...



Creative Help needed!

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Handy Guide to Lockdown Changes

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DCT Holiday Club 2020

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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.

This Week's services

SUNDAY 5TH 10 AM SUNDAY WORSHIP FOR PROPER 14

To join the service using your computer use the following link: <https://us02web.zoom.us/j/81858638803>
To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **818 5863 8803**

MONDAY TO FRIDAY 9 PM COMPLINE

To join the service using your computer use the following link: <https://us02web.zoom.us/j/89194177142>
To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **891 9417 7142**

The same code works for each night.

THURSDAY 9TH 10.30 AM MORNING PRAYER, COFFEE & CHAT

To join the service using your computer use the following link: <https://us02web.zoom.us/j/85124328842>
To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **851 2432 8842**

FRIDAY 10TH 7.30 AM EARLY MORNING PRAYER

To join the service using your computer use the following link: <https://us04web.zoom.us/j/79271799090?pwd=cnQ5WG16eVV0TVVxdyt1dnpiU1Zz09>. The meeting password is: **9f4JXA**.

To join by phone dial **0131 460 1196** and when prompted enter the meeting ID: **792 7179 9090**
The Order of Service is available by [clicking here](#).

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**

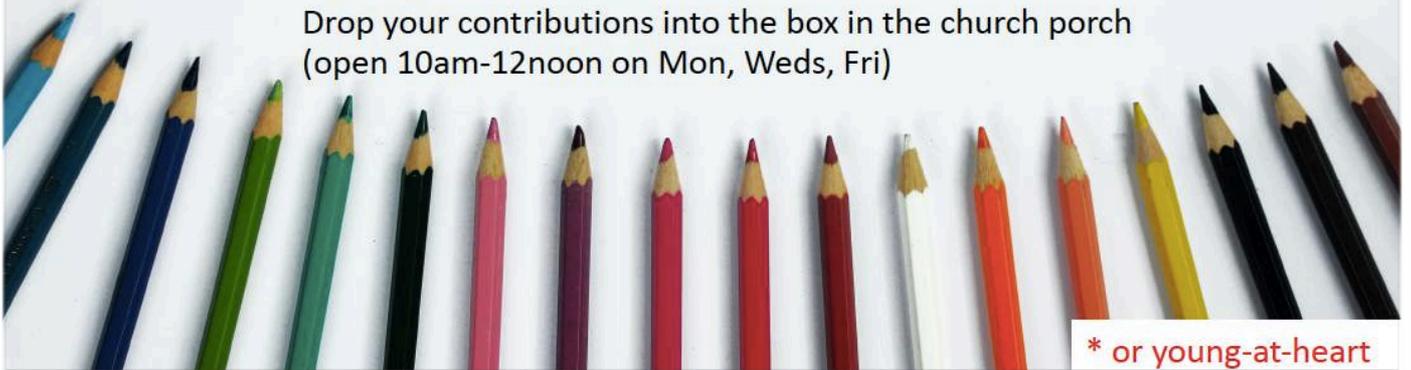
Calling young* artists, writers and poets!

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 this week

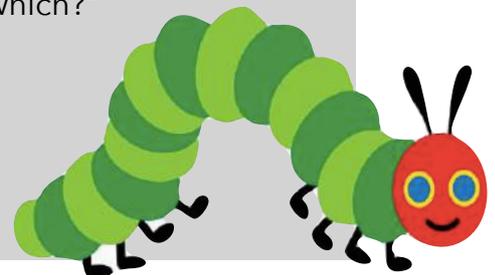
Daily Lectionary readings for prayer and reflection. This week's Old and New Testament readings continue in Numbers (followed by a chunk of Deuteronomy) and Romans. The Gospel readings continue in Matthew. You might read one stream in the morning and another at night.

Monday:	Numbers 27:12-23	Rom 8:26-30	Matt 9:18-26
Tuesday:	Numbers 32:1-6,16-27	Rom 8:31-39	Matt 9:32-38
Wednesday:	Numbers 35:1-3,9-15, 30-34	Rom 9:1-18	Matt 10:1-7
Thursday:	Deut 1:1-18	Rom 9:19-33	Matt 10:7-15
Friday:	Deut 3:18-28	Rom 10:1-13	Matt 10:16-23
Saturday:	Deut 31:7-13; 34:1-12	Rom 10:14-21	Matt 10:24-33



Lighthearted interruption...

The centipede was happy quite until the frog, for fun, said "Pray, which leg comes after which?" which set his mind to such a pitch he lay distracted in a ditch, considering how to run!



Resources for Worship, Sunday 5 July: Proper 14

COLLECT FOR PROPER 14

**Almighty God,
your Son Jesus Christ has taught us that
what we do for the least of your children
we do also for him.**

**Give us the will to serve others
as he was the servant of all,
who gave up his life
and died for us,
but lives and reigns
with you and the Holy Spirit,
one God,
now and forever.**

GOSPEL READING: MATTHEW 11:16-19, 25-30

'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

"We played the flute for you, and you did not dance; we wailed, and you did not mourn."

For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.'

At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

MUSIC

I cannot tell how he whom angels worship should stoop to love the peoples of the earth, or why as shepherd he should seek the wanderers with his mysterious promise of new birth. But this I know, that he was born of Mary, when Bethlehem's manger was his only home, and that he lived at Nazareth and laboured, and so the saviour, saviour of the world, is come.

I cannot tell how silently he suffered, as with his peace he graced this place of tears, nor how his heart upon the cross was broken, the crown of pain to three and thirty years. But this I know, he heals the broken-hearted, and stays our sin, and calms our lurking fear, and lifts the burden from the heavy laden, for still the saviour, saviour of the world, is here.

I cannot tell how he will win the nations, how he will claim his earthly heritage, how satisfy the needs and aspirations of east and west, of sinner and of sage. But this I know, all flesh shall see his glory, and he shall reap the harvest he has sown, and some glad day his sun shall shine in splendour when he the saviour, saviour of the world, is known.

I cannot tell how all the lands shall worship, when, at his bidding, every storm is stilled, or who can say how great the jubilation when all our hearts with love for him are filled. But this I know, the skies will sound his praises, ten thousand thousand human voices sing, and earth to heaven, and heaven to earth, will answer:
'At last the saviour, saviour of the world, is king!'

MUSIC : UBI CARITAS

Ubi caritas
et amor
Ubi caritas
Deus ibi est

(Where charity and love are, God is there)

- Taizé Community

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 at 07970 105 725 or rector.stannesdunbar@gmail.com

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

Hot meals service

Could you or someone you know benefit from a FREE* meal delivered at home?



A hot meals service is available thanks to Homestart East Lothian, Dunbar Community Council and Dunbar and East Linton Area Partnership's Covid19 Community Response Group.

Meals are delivered to the recipient's home. They are ready to re-heat and can be frozen if need be. To be referred to receive this service, contact Diana on rector.stannesdunbar@gmail.com or phone 07970 105 725.

**Meals are free of charge, but if you can afford to pay, a donation of £10/week would cover costs*

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

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

BY REV DIANA HALL

I wonder how things are with you? I mean, really?

There has been a lot in these last few months, if not for us then for those around us, that has been heavy. It may have felt at times as though we are carrying the accumulated weight of sorrows far beyond our own, or perhaps of sorrows we could not even name.

If that is you this week, then listen to this invitation from Jesus: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30).

New headlines continue to speak of troubles heaping up: governments struggling to steer a careful course to avoid another spike in COVID-19; businesses battling against the economic impact of these last months; and widespread uncertainty about the future. In this light it's unsurprising that many are finding their mental health is less good than usual, and that worries and concerns are more difficult to lay aside. And this is not true only for us. These are problems across the globe at present.

One of Jesus' regular practices was to take himself off into a quiet place to pray. This was his opportunity to lay his own burdens down, giving them over to his Father. He invites us to do the same; to stop for a time, stepping aside to lay down the weight we are carrying and to recognise that God offers to bear our sorrows.

Jesus invites us to take on *his* yoke instead. This doesn't mean we will be left carefree. The purpose of a yoke is that it attaches an animal to a load, but makes it possible to carry the load well. Think of the padded waistband on a rucksack - it enables the rucksack to be positioned so that it can be carried in a sustained and comfortable way. If you've ever lifted a heavy pack you'll know that actually getting it into position can be hard. It feels like it will be impossible to carry. But once it's in the right place, positioned and supported, it feels lighter than it is.

Perhaps sometime this week you might set aside some time to review what burdens and cares you are carrying at present, stopping to notice what load you are under. Might you be carrying some excess baggage, trying to carry something that is not really your responsibility, but God's? Or perhaps there is something about the way you are carrying the load that is not quite right? You might like to place your concerns back into God's care and ask Jesus to allow you once again to take up his yoke - one that is easy and light, and which promises rest for weary souls.



^ Bookmark by Alison Crowhurst

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 6 JULY

- **Pubs and restaurants** can open outdoor spaces such as beer gardens.

FROM 10 JULY

- **Face Coverings** are mandatory in shops
- **Extended groups** may meet **outdoors**
- A maximum of **three households** may meet indoors.

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 on that date subject to conditions
- **Holiday accommodation, museums, galleries, cinemas, monuments & libraries** 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

For your prayers

- * Give thanks for the progress that has been made in the COVID recovery strategy in Scotland so far; for the NHS and all who have worked hard to keep public services running
- * Pray for local businesses as they continue to fight to respond to the challenges they face
- * Pray for places where the virus is on the rise, including South Africa and the USA
- * Pray for relationships: in government and between countries; locally between agencies in our communities; and between friends and neighbours to be nurtured and grown through the experience of the pandemic.

DUNBAR CHURCHES TOGETHER

ONLINE + REAL LIFE!

**Holy Histories
Holiday Club**

**WEEKS 20, 27 JULY
& 3 AUGUST**

 **DUNBAR CHURCHES HOLIDAY CLUB**

TO FIND OUT MORE & REGISTER FOR YOUR
FREE ACTIVITY PACK - EMAIL
dunbarholidayclub@gmail.com

**- CRAFTS
- PLACES
TO VISIT
- LABYRINTHS**

**'Explore Dunbar's
Christian heritage
through a fun packed
family programme'**



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

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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