

Lifeline

Weekly news & worship from St Anne's Church



To the Cross

This week begins with Palm Sunday, when we remember Jesus' triumphal entry into Jerusalem. As the week goes by, we trace the Messiah's steps towards the cross, death, and finally resurrection.

I would guess that many of us wonders what it will feel like to wake up on Easter morning this year.

Perhaps it feels for you, as it does for me, a little like we are existing in a parallel universe at present - all slightly unreal. Yet it's in disconcerting times that our faith tradition can offer anchor points. As we journey through Holy Week this year we will have regular opportunities to gather and to remember the story of Jesus, the foundation of the Good News and the reason for the hope we carry within us.

This year all of our Holy Week worship is taking place on Zoom. There will be a Palm Sunday service and Ecumenical Walk of Witness on Sunday afternoon; from Monday to Friday we'll say Compline together; and at 1pm on Friday there will be Stations of the Cross. Details of how to join each meeting are on page 3. Please remember that if you have a telephone you can easily call (the 0131- number provided) and take part by phone; there is no need to have a computer or internet connection.

Holy Saturday, as is traditional, is a day when the Church does not offer public worship. You might like to do a bit of a spring clean, reminiscent of the cleaning of the Church we would usually do that day.

The Good News of the Gospel is that difficult times are never the end. The Holy Week story is a difficult one, but it teaches us that whatever we suffer, Christ has gone before us. God knows, understands and empathises with us, and has overcome whatever trials life may throw our way.

This week, may Jesus hold you close and draw you deeper into his love, confirming in you the hope of Easter, just around the corner....

With love

Diana

Inside...



Palm Sunday

pg4



Worship in Holy Week

pg3



Simple Pleasures

pg6



Where's Jesus?

pg8

Joining in with Worship

While the Church is out of bounds, our corporate worship is taking place 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 help to set this up please get in touch. We can help!



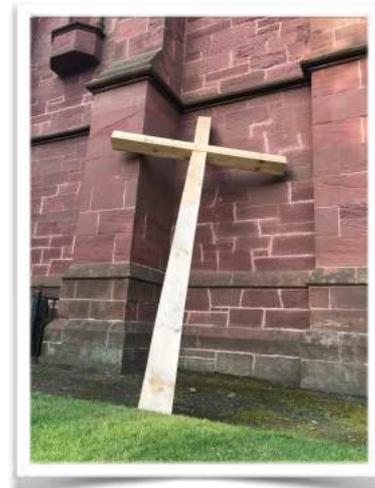
HOW TO JOIN WORSHIP ONLINE WITH ZOOM

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 later in this newsletter for the link), Zoom will guide you through the process.
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. The link for the service will work in advance, so you can have to have a trial run to check you can make it work!
3. In a Zoom meeting, we are able to see one another (if we have a device with a camera) and hear one another from the comfort of home. For most of the service your microphone will be turned off by the person leading the service so that only the voices of those leading worship are audible.

HOW TO JOIN ZOOM WORSHIP BY PHONE

It is possible to join Zoom using a normal telephone. 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 later in this newsletter for the specific service you would like to attend.
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. 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 10 AM - SUNDAY WORSHIP FOR PALM SUNDAY

To join the service using your computer use the following link <https://zoom.us/j/964412747>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **964 412 747**

SUNDAY 5 PM - ECUMENICAL (VIRTUAL!) WALK OF WITNESS

To join the service using your computer use the following link <https://zoom.us/j/548073009>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **548 073 009**

MONDAY 9 PM - COMPLINE

To join the service using your computer use the following link <https://zoom.us/j/750736377>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **750 736 377**

TUESDAY 9 PM - COMPLINE

To join the service using your computer use the following link <https://zoom.us/j/771778071>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **771 778 071**

WEDNESDAY 9 PM - COMPLINE

To join the service using your computer use the following link <https://zoom.us/j/312918744>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **312 918 744**

THURSDAY 10.30 AM - MIDWEEK PRAYER FOR MAUNDY THURSDAY

To join the service using your computer use the following link <https://zoom.us/j/555772409>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **555 772 409**

THURSDAY 9 PM - COMPLINE

To join the service using your computer use the following link <https://zoom.us/j/556902530>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **556 902 530**

FRIDAY 1 PM - STATIONS OF THE CROSS

To join the service using your computer use the following link <https://zoom.us/j/110733776>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **110 733 776**

FRIDAY 9 PM - COMPLINE

To join the service using your computer use the following link <https://zoom.us/j/519791676>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **519 791 676**

COLLECT FOR PALM SUNDAY

***True and humble king,
hailed by the crowd as Messiah:
grant us the faith to know you and love you,
that we may be found beside you
on the way of the cross,
which is the path of glory. Amen.***

PALM SUNDAY READING: MATTHEW 27:11-54

Now Jesus stood before the governor; and the governor asked him, "Are you the King of the Jews?" Jesus said, "You say so." But when he was accused by the chief priests and elders, he did not answer. Then Pilate said to him, "Do you not hear how many accusations they make against you?" But he gave him no answer, not even to a single charge, so that the governor was greatly amazed. Now at the festival the governor was accustomed to release a prisoner for the crowd, anyone whom they wanted. At that time they had a notorious prisoner, called Jesus Barabbas. So after they had gathered, Pilate said to them, "Whom do you want me to release for you, Jesus Barabbas or Jesus who is called the Messiah?" For he realized that it was out of jealousy that they had handed him over. While he was sitting on the judgment seat, his wife sent word to him, "Have nothing to do with that innocent man, for today I have suffered a great deal because of a dream about him." Now the chief priests and the elders persuaded the crowds to ask for Barabbas and to have Jesus killed. The governor again said to them, "Which of the two do you want me to release for you?" And they said, "Barabbas." Pilate said to them, "Then what should I do with Jesus who is called the Messiah?" All of them said, "Let him be crucified!" Then he asked, "Why, what evil has he done?" But they shouted all the more, "Let him be crucified!" So when Pilate saw that he could do nothing, but rather that a riot was beginning, he took some water and washed his hands before the crowd, saying, "I am innocent of this man's blood; see to it yourselves." Then the people as a whole answered, "His blood be on us and on our children!"

So he released Barabbas for them; and after flogging Jesus, he handed him over to be crucified. Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole cohort around him. They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed

in his right hand and knelt before him and mocked him, saying, "Hail, King of the Jews!" They spat on him, and took the reed and struck him on the head. After mocking him, they stripped him of the robe and put his own clothes on him. Then they led him away to crucify him. As they went out, they came upon a man from Cyrene named Simon; they compelled this man to carry his cross.

And when they came to a place called Golgotha (which means Place of a Skull), they offered him wine to drink, mixed with gall; but when he tasted it, he would not drink it. And when they had crucified him, they divided his clothes among themselves by casting lots; then they sat down there and kept watch over him. Over his head they put the charge against him, which read, "This is Jesus, the King of the Jews." Then two bandits were crucified with him, one on his right and one on his left. Those who passed by derided him, shaking their heads and saying, "You who would destroy the temple and build it in three days, save yourself! If you are the Son of God, come down from the cross." In the same way the chief priests also, along with the scribes and elders, were mocking him, saying, "He saved others; he cannot save himself. He is the King of Israel; let him come down from the cross now, and we will believe in him. He trusts in God; let God deliver him now, if he wants to; for he said, 'I am God's Son.'" The bandits who were crucified with him also taunted him in the same way. From noon on, darkness came over the whole land until three in the afternoon. And about three o'clock Jesus cried with a loud voice, "Eli, Eli, lema sabachthani?" that is, "My God, my God, why have you forsaken me?" When some of the bystanders heard it, they said, "This man is calling for Elijah." At once one of them ran and got a sponge, filled it with sour wine, put it on a stick, and gave it to him to drink. But the others said, "Wait, let us see whether Elijah will come to save him."

Then Jesus cried again with a loud voice and breathed his last. At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook, and the rocks were split. The tombs also were opened, and many bodies of the saints who had fallen asleep were raised. After his resurrection they came out of the tombs and entered the holy city and appeared to many. Now when the centurion and those with him, who were keeping watch over Jesus, saw the earthquake and what took place, they were terrified and said, "Truly this man was God's Son!"

For reflection & meditation in Holy Week

Abba Poeman said to Abba Joseph: "Tell me how I can become a monk." And he replied: "If you want to find rest here and hereafter, say in every occasion, who am I? And do not judge anyone."

- *Abba Poeman, Christian monk and early Desert Father born in Egypt circa 340AD.*

Slowly turning, ever turning
From our lovelessness like ice,
From our unforgiving spirit,
From the grip of envy's vice.

Slowly turning, ever turning,
Toward the lavish life of spring,
Toward the word of warmth and pardon,
Toward the mercy welcoming!

Slowly turning, ever turning,
From our ego-centred gaze,
From our self-enclosing circle,
From our narrow, petty ways.

Slowly turning, slowly turning,
Toward the foreigner as friend,
Toward the city without ghetto,
Toward the greatness without end!

Slowly turning, ever turning,
From our fear of death and loss,
From our terror of the darkness,
From our scorning of the cross.

Slowly turning, ever turning,
Toward the true and faithful one,
Toward the light of daybreak dawning,
Toward the phoenix-risen sun!

- *Dolores Dufner, American sacred music composer, b. 1939.*

Jesus, come, my feet are dirty. You have become a servant for my sake, so fill your basin with water; come, wash my feet. I know that I am bold in saying this, but your own words have made me fearful: "If I do not wash your feet, you will have no companionship with me." Wash my feet, then, so that I may be your companion. But what am I saying: "Wash my feet?" Peter could say these words, for all that needed washing were his feet. For the rest, he was completely clean with that washing of which you said, "I have a baptism with which I must be baptised."

- *Origen, Christian theologian, born 184AD.*



In the beginning there is a struggle and a lot of work for those who come near to God. But after that, there is indescribable joy. It is just like building a fire: at first it is smoky and your eyes water, but later you get the desired result. Thus we ought to light the divine fire in ourselves with tears and effort.

- *Amma Syncletica of Alexandria, 4th Century desert Mother.*

Practical Help

If you are staying at home to follow Government advice and you find yourself in need, please call one of the pastoral care team. Whether you just fancy a chat or would value someone to pray for you or you need help with something practical, we can help or assist you to find the people who can. Help is available from within the church family, or through the East Lothian Council Community Resilience Team, whose volunteers can help with all sorts of things, from collecting prescriptions, to going shopping, or helping with dog walking if you are self-isolating or shielding.

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?

The Government response to the COVID-19 pandemic is having a huge impact on many people's finance and consequently their wellbeing. Over 950,000 new applications for Universal Credit have been made in the UK in the last fortnight.

If you or someone else you know is in trouble with money or struggling to making ends meet, don't hesitate to get in touch. Diana can offer practical and emotional support, including referring people to the local Foodbank, Dunbar Basics Bank, and signposting local services to assist with benefits applications, debt advice and other practical help. These services are free and open to *everyone* regardless of faith, gender etc.

Applications are treated in strict confidence. For Foodbank applications, provisions are delivered direct to your house. Maintaining dignity and privacy is paramount.

Simple pleasures!



This lovely decorated stone was left on Liz Mitchell's doorstep. A whole street of Dunbar residents received these beautiful anonymous gifts, bringing a smile to many faces...

Diana took a long walk down to Barns Ness for her exercise outing one day this week. The gorse was in full bloom. Did you know that you can put a teaspoon-full of gorse flowers into a cup of boiling water to make gorse tea?



WHAT SIMPLE PLEASURES ARE HELPING YOU JUST NOW?

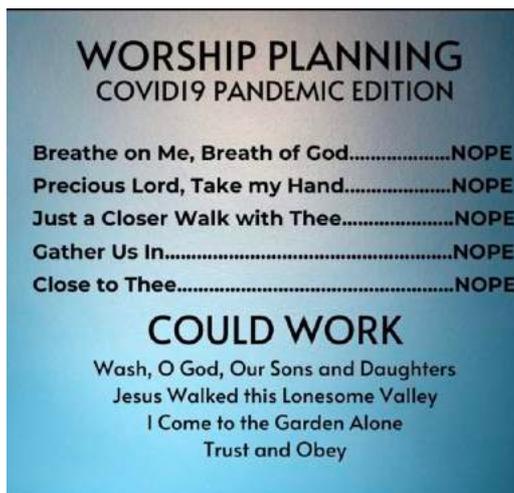
What simple pleasures have you been enjoying? Drop Diana a line with your experiences, and a photo if you have one, so we can share one another's good news & brighten our days!

To make you chuckle (groan!)

Tommy Cooper gag: "I said to the gym teacher: 'Can you teach me to do the splits?' He said: 'How flexible are you?' I said: 'I can't make Tuesdays.'"

I rang up BT and said: "I want to report a nuisance caller." The operator said: "Not you again."

Two aerials get married. The ceremony was rubbish - but the reception was brilliant.



"Doc, I can't stop singing The Green, Green Grass of Home. He said: 'That sounds like Tom Jones syndrome.' 'Is it common?' I asked. 'It's not unusual' he replied.

I went to buy some camouflage trousers the other day - but I couldn't find any.

Prayer points

SUGGESTIONS TO HELP YOU INTERCEDE

Please pray for:

- Majority world countries such as India and states in Africa where the impact of COVID-19 is rising;
- Dunbar Basics Bank & The Ridge, both supporting many who are struggling;
- Health and social care workers;
- Children and young people finding changes of routine difficult, and those whose homes are not safe;
- All whose employment has been lost or furloughed; and Small businesses anxious about their future.

Mindful Moments in Prayer

A WEEKLY SUGGESTION OF A WAY TO PRAY BEYOND WORDS

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely ... think about such things." - *Philippians 4:8, NIV*.

Our minds can't hold two opposing thoughts at the same time. So, choosing to focus on what is pure and beautiful, rather than scary and worrying can re-set our thought patterns.

In your days of being forced to "Stay At Home", ponder whatever it is that, for you, is lovely. Look around you. Maybe it's a family photo that can lift your spirits. Maybe it's a bowl of rosy apples. Maybe you can see flowers in bloom. As you ponder what brings you joy, thank God for all the blessings in your life in the midst of what is hard and challenging. Let go of your concerns, and let God bless you afresh.

- Sharon Morgan

For the young (and the young at heart...)

Can you find Jesus in the turmoil of this picture? What else do you notice?

Jesus went to Jerusalem at a time when the city was very busy because of a festival. Dunbar is different to normal at the moment too... it is very quiet. How do we look after each other when things are different to normal?

Another activity – there are some mice in the picture, too. How many can you find?!



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