



Lifeline

Weekly news & worship from St Anne's Church

Dear Friends,

Even in our wee corner of Scotland, people's experiences during the pandemic have varied widely. For some, these weeks have been golden - a foretaste of retirement, or an oasis of quality time with family perhaps. For others the experience has been very full of pressures and anxiety. For others still there has been profound isolation or the pain of bereavement.

As restrictions continue to ease more and more of us are looking forward with hope and desire about what the future might hold for us. But while it's understandable that we are concerned for ourselves, it's more important than ever that we pause to consider the needs of others too.

The pandemic has highlighted many areas of socio-economic injustice in our society. Those who are poorest are typically also those worst affected, both now and in projections for the future. If we recognise that a key task for government will be to address this, then it seems obvious that the church - including St Anne's - must do likewise.

William Temple famously said that the church is the only society that exists for the benefit of those who are not its members. Now more than ever the church, and those who make up its number, need to have an active concern for those beyond it. If we are to be people of love and compassion, our community must also stand for justice and equality. We need to be ready to look beyond the people who are already in our midst, and to seek to build community with folk who are different from us. We may find we are as much recipients as donors of wisdom and help.

In the Church Times this week an [article by Eve Poole](#) discusses the effect on the pandemic of different parts of the workforce. She suggests that many traditional 'white collar' (managerial) workers have fared comparatively well during the pandemic, whereas blue collar (manual) workers who already suffered poor pay, low wages and poor job security are likely to have been adversely affected. There are other "collar colours" to consider too. Pink collars (working women), red collars (those in government), green collars (eco-workers), and grey collars (those working past retirement age) have all faced different stresses and strains, and have different degrees of concern for the future. For pink collar workers, for example, it seems likely that the pandemic will increase the gender pay gap because more women have given up work to look after children while schools have been closed. And there are the "un-collared" to consider too; 18-24 year olds among whom unemployment was 10% before the pandemic even began.

Perhaps this week you might have time to consider people who live in your street, or those you meet when you're out and about. How has the pandemic affected them and their livelihoods? What are their hopes and fears for the future? You might like to begin a conversation, to listen to what they can teach you and to share your own hopes and fears. Who knows, you might find some common ground and even make a new friend or two.

With love,

Inside...



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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

1. 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.
2. You can control your camera (if you have one) and microphone in the app, turning them on and off. 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.

Lighthearted interruption...

What did the biscuit say when it crossed the road?

- *Crumbs!*



Bible Readings for this week

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

Monday:	Numbers 22:1-21	Rom 6:12-23	Matt 8:18-22
Tuesday:	Numbers 22:21-38	Rom 7:1-12	Matt 8:23-27
Wednesday:	Numbers 22:41-23:12	Rom 7:13-25	Matt 8:28-34
Thursday:	Numbers 23:11-26	Rom 8:1-11	Matt 9:1-8
Friday:	Numbers 24:1-13	Rom 8:12-17	Matt 9:9-13
Saturday:	Numbers 24:12-25	Rom 8:18-25	Matt 9:14-17

This Week's services

SUNDAY 28TH 10 AM SUNDAY WORSHIP FOR PROPER 13

To join the service using your computer use the following link: <https://us02web.zoom.us/j/84658415421>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **846 5841 5421**

MONDAY TO FRIDAY 9 PM COMPLINE

To join the service using your computer use the following link: <https://us02web.zoom.us/j/85443763497>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **854 4376 3497**

The same code should work for each night.

THURSDAY 2ND JULY 10.30 AM MORNING PRAYER, COFFEE & CHAT

To join the service using your computer use the following link: <https://us02web.zoom.us/j/82752198684>

To join by phone dial **0131 460 1196** and when prompted enter meeting ID: **827 5219 8684**

FRIDAY 3RD 7.30 AM EARLY MORNING PRAYER

To join the service using your computer use the following link: <https://us04web.zoom.us/j/73915439964?pwd=VHhqbm15bEILS1lObmlWVW9uS0sxUT09>. The meeting password is: **3jxf1e**

To join by phone dial **0131 460 1196** and when prompted enter the meeting ID: **739 1543 9964**

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

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**

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.

Resources for Worship, Sunday 28 June: Proper 13

GOSPEL READING: MATTHEW 10:40-42

Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward."

COLLECT FOR PROPER 13

**Almighty God,
you have taught us through your Son
that love fulfils the law.
May we love you with all our heart,
all our soul, all our mind and
all our strength,
and may we love our neighbour as ourselves,
through Jesus Christ our Lord,
who lives and reigns
with you and the Holy Spirit,
one God,
now and forever.**

MUSIC : GOD HAS SPOKEN

God has spoken by the prophets,
spoken the unchanging Word,
each from age to age proclaiming
God, the one, the righteous Lord!
'Mid the world's despair and turmoil
one firm anchor holding fast:
God eternal reigns forever,
God the first and God the last.

God has spoken by Christ Jesus,
Christ, the everlasting Son,
brightness of the Father's glory,
with the Father ever one;
spoken by the Word incarnate,
God of God, ere time was born;
Light of light, to earth descending,
Christ, as God in human form.

God is speaking by the Spirit,
speaking to our hearts again;
in the age-long Word declaring
God's own message, now as then.
Through the rise and fall of nations
one sure faith yet standing fast:
God abides, the Word unchanging,
God the first and God the last
- George W. Briggs

MUSIC : BLESS THE LORD MY SOUL

Bless the Lord my soul
and bless God's holy name.
Bless the Lord my soul
who leads me into life.

- Taizé Community

Quality time in church available!

Volunteer help needed...

Vestry is working towards opening the Church for private prayer. To do this we have to meet stringent conditions set by the SEC and obtain approval from Bishop John. We are confident we can meet the requirements to be able to open for **2 hours a day on Mondays, Wednesdays and Fridays**. But, to do so we need a volunteer steward present in Church during the opening hours, to welcome people and ensure visitors follow the rules to keep one another safe.

Could you be one of 6 people to cover one 2-hour session per fortnight? You would be offered training so that everybody understands what has to be done. Experience suggests the church is unlikely to be very busy, so you may also have time to enjoy the peace & beauty of the building, and to pray yourself. **Can you offer to help? Please let Diana know.**



Thoughts on Matthew 10:40-42

BY STUART RITCHIE

The New Testament books do not appear in the same order in all the ancient manuscripts. The order varies, but one thing remains constant. In every manuscript, Matthew comes first. That is not because Matthew was the first book to be written. Some of Paul's letters appear 40 years before Matthew was written. Matthew was not even the first of the Gospels to be written. Mark is the earliest Gospel, written perhaps 25 years before Matthew. Yet Matthew, written around 85AD, comes first, because Matthew is the bridge between the Old and New Testaments. Matthew was a Jew writing for Jews. Matthew sees Jesus as the fulfilment of the hopes and the dreams of the Jewish nation, and of the promises of God to his people.

But there is more to Matthew than that. Matthew's Jesus goes far beyond Judaism. In the old Judaism, the people were going to be saved because they were Jews. Now, people will be saved because they have faith in Jesus Christ. Salvation has become the product, not of nationality, but of faith. The Church is the new Israel.

In argument with the Pharisees, Jesus declares: "I tell you, something greater than the Temple is here." To the Jew, there was nothing in the world more sacred than the Temple. There was no place in the world where a Jew could be nearer to God than in the Temple. But Christ transcends the Temple.

In the Sermon on the Mount the new teaching of Jesus transcends the old teaching of the Law. "You have heard that it has been said..... but I tell you....." To the Jew, the Law was supremely the voice of God. But Jesus spoke with an authority that surpassed even that of the Law.

Methodically, and yet with a certain drama, Matthew unfolds his story of Jesus. In the story of the Baptism Matthew shows Jesus accepting his task. In the story of the Temptations we see Jesus deciding on the methods he will use as he embarks upon his task. In the Sermon on the Mount we hear Jesus' words of wisdom. In Matthew Chapters 8 and 9 we see the works and words of Jesus and the gathering opposition to him. Then in Chapter 10 we see Jesus giving his men their instructions.

In today's Gospel reading there is something really quite encouraging in its stress on simple things that count a lot. Basically Jesus is saying to the disciples that as they go out into the world, when people accept them, they are accepting Him and accepting God. Further down the line, for us, the Church will always have its leading personalities, its "prophets" - all good and well, and long may that continue. But the Church also needs those whose unobtrusive service, whose support for a food bank, whose timely phone call, whose "cup of water", has made a difference. And, such people, in the New English Bible version, "will assuredly not go unrewarded".



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**. You should 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 Phase 2 of Recovery COVID-19 Update

What you can now do in Scotland...



This week the Scottish Government has outlined more dates for proposed relaxation of lockdown measures. This means some further easing of restrictions, assuming rates of infection remain under control. 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, but the following further easing of lockdown is anticipated. For full information see the [Scottish Government Website](#).

FROM 29 JUNE

- **Shops** can re-open, but not shopping centres.
- **Outdoor markets** can re-open
- **House moves** recommence
- Outdoor **sports courts & playgrounds** can re-open
- **Marriages and civil partnerships** allowed with minimal attendees, outside only
- **Zoos and garden attractions** can open but should only be visited if within around 5 miles from home.

FROM 3 JULY

- The **5 mile travel** limit for leisure and recreation is removed.
- **Self-contained holiday accommodation** can reopen.

FROM 6 JULY

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

FROM 13 JULY

- **Non-essential shops** inside 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

Advice on Shopping Safely

- Don't go shopping more often than necessary
- Don't go shopping if you have symptoms of illness or if you are shielding
- If possible, use click & collect, or online delivery
- Avoid taking children to shops
- Shop alone if possible
- Avoid shopping at peak times
- Maximise use of your freezer to store food
- Use a shopping list to ensure you get everything you need in one visit
- Visit shops that are using infection control measures
- Be considerate to shop staff and abide by their guidance and instructions. Please be courteous and understand that they are working in challenging circumstances
- Wear a face covering in enclosed spaces, especially where physical distancing is difficult
- If you visit somewhere that is busy, consider coming back at a quieter time

Hopeful Happenings... Green shoots in the desert

Many people are keeping in mind the potential for change that the pandemic presents. Over the last week, BBC Radio has broadcast a series of essays by people reflecting on how they think the world should change in light of Coronavirus. This is a powerful contribution by Pope Francis. This and other items in the series are available at [BBC Sounds](#).

This coronavirus crisis is affecting us all, rich and poor alike, and putting a spotlight on hypocrisy. I am worried by the hypocrisy of certain political personalities who speak of facing up to the crisis, of the problem of hunger in the world, but who in the meantime manufacture weapons.

This is a time to be converted from this kind of functional hypocrisy. It's a time for integrity. Either we are coherent with our beliefs or we lose everything.

Every crisis contains both danger and opportunity. Today I believe we have to slow down our rate of production and consumption and to learn to understand and contemplate the natural world. We need to reconnect with our real surroundings. This is the opportunity for conversion.

I see early signs of an economy that is more human. But let us not lose our memory once all this is past, let us not file it away and go back to where we were. This is the time to take the decisive step, to move from using and misusing nature to contemplating it. We have lost the contemplative dimension; we have to get it back.

And speaking of contemplation, I'd like to dwell on one point.

This is the moment to see the poor. Jesus says we will have the poor with us always, and it's true. They are a reality we cannot deny. But the poor are hidden, because poverty is bashful.

In Rome recently, in the midst of the quarantine, a policeman said to a man: "You can't be on the street, go home." The response was: "I have no home. I live in the street."

There is such a large number of people who are on the margins. And we don't see them, because poverty is bashful. They have become part of the landscape; they are things.

Mother Teresa saw them and had the courage to embark on a journey of conversion. To "see" the poor means to restore their humanity. They are not things, not garbage; they are people.

We can't settle for a welfare policy such as we have for rescued animals. which is how the poor are often treated.

I'm going to dare to offer some advice. This is the time to go to the underground. I'm thinking of Dostoyevsky's short novel, Notes from Underground.

The employees of that prison hospital had become so inured they treated their poor prisoners like things. And seeing the way they treated one who had just died, the one on the bed alongside tells them: "Enough! He too had a mother!"

We need to tell ourselves this often: that poor person had a mother who raised him lovingly. Later in life we don't know what happened. But it helps to think of that love he once received through his mother's hope.

We disempower the poor. We don't give them the right to dream of their mothers. They don't know what affection is; many live on drugs. And to see them can help us to discover the piety, which points towards God and towards our neighbour.

Go down into the underground, and pass from the hyper-virtual, fleshless world to the suffering flesh of the poor. This is the conversion we have to undergo. And if we don't start there, then there will be no conversion.

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