



Lifeline

Weekly news & worship from St Anne's

Dear friends,

As we journey through the season of Epiphany, the Scriptures set for Sundays often focus on accounts of the ways God is revealed in Christ. Jesus' ability to perform miracles; his unswerving proclamation of truth and his pattern of compassionate lovingkindness towards those who are least, all point towards his divine nature, and to a character rooted firmly in love.

How we respond to the world around us is an important sign of our character. As Christians, part of our faith involves seeking to grow to be more like Christ. None of us is perfect, but by leading lives of worship, prayer and service, and by God's grace, we can hope to grow to manifest more and more of the fruit of the Spirit. Importantly, we also live as part of the worldwide community of faith, with brothers and sisters in Christ throughout the world.

This is the Week of Prayer for Christian Unity. This year's materials hail from the Middle East, and reflect on the Magi who followed the star to Bethlehem, encountered Christ and then went to the four corners of the Earth to proclaim the Good News.

The materials remind us of the need, and encourage us to pray, for Christians to work together to share the Good News around the world. As Covid restrictions are relaxed again this week (from Monday 24th January) we may be heaving a sigh of relief, but the situation is far harder in many other places. It remains the case that the pandemic has led to an economic crisis, and that political, economic and social structures have failed to protect the weakest and most vulnerable.



Original photo of Nablus (CC BY-NC-SA 2.0): Dr. Michael Loadenthal

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While many are attending again to political scandal at Westminster, the Gospel redirects our gaze to the common good. Christians are called to work together to provide relief to the afflicted, to welcome the displaced, to relieve the burdened, and to build a just and honest society. This is a call for churches to work together so that we can all build a good future according to God's heart, a future in which all human beings can experience life, peace, justice, and love.

Churches Together in Britain and Ireland has produced a booklet of daily readings and reflections on this theme. They are available for free download here: <https://ctbi.org.uk/resources-for-week-of-prayer-for-christian-unity-2022/>. If you don't have access to the internet or a printer and would like a copy of the materials, please let me know.

With love



Meet your new Vestry members

At the AGM in November we were sorry to say farewell to Juliette Fleming, who stepped down from her position as Vestry Secretary before she and her family move to West Lothian later this month. We wish them well!

It was also time for Mike Shaw, a very longstanding member of the Methodist community to have a rest.

In their place, we welcomed three new Vestry members: Pam Shields joins us as the new Vestry Secretary; and Mike Harvey and Noreen Thompson have joined as Vestry members. Here they are in glorious technicolour! If you don't know any of them, do stop them for a chat!



Pam



Mike



Noreen

Joining in with Worship

The high vaccination rates now achieved in Scotland mean we can offer more in-person worship.

There is a single main Sunday service, in Church, at 10.30am.

Social distancing is no longer required in church, but it will be possible, for those who prefer, to sit at a distance from others. You will have to wear a mask during worship (including singing).

For those who cannot come to church, we try to offer this service **on Zoom** too. However, this is much more of a 'back-up' provision, with a static camera and mic giving a view of what is happening in church. Only leaders and not the congregation will be visible on camera.

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.

Worship at St Anne's

SUNDAYS

10.30AM COMMUNION SERVICE

IN CHURCH

With fortnightly Young Church (30th January)

Unfortunately there is no Zoom provision on Sunday 6th February.

Also available **on Zoom**: to join [click here](#) or enter Meeting ID **857 7044 2212**.

The Order of Service can be downloaded [here](#).

THURSDAYS

10.30AM MIDWEEK COMMUNION, COFFEE & CHAT

IN CHURCH

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 need practical help with, a prayer request, or would like to receive Communion at home, we can help or help find someone 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 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.

DEBT ADVICE SERVICE:

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.

PLEASE NOTE: Unfortunately there is no Zoom Worship provision on Sunday 6th Feb

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.

PASTORAL CARE TEAM

| | |
|------------------|---------------|
| Liz Gordon | 07802 809 725 |
| Rev'd Diana Hall | 07970 105 725 |
| Sharon Morgan | 01368 864 582 |



Missed a Sermon?

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



Church magazine typos ...

This being Easter Sunday, we will ask Mrs Brown, our church warden, to come forward and lay an egg on the altar.

Ladies are requested not to have children in the church kitchen.

For those who have children and don't know it, we have a crèche in the crypt.

Bring and share church supper: prayer and medication will follow.

The organist invites anyone who enjoys sinning to volunteer for the choir.

At the church meeting last week the rector spoke briefly and delighted the audience.

Noticeboard



Let's Sing!

**Informal singing, companionship
& refreshments**

~~Sunday 23rd Jan, 2.30pm~~

Postponed

**Watch out for a February date!
St Anne's Church, Dunbar**

All Welcome... Free!

THURSDAY
10.30AM - 12 NOON

*Restarting
in person
27th Jan*

QUIET
HOLY
COMMUNION

followed by

COFFEE &
CONVERSATION

about life, the bible and faith

SPACE TO MEET WITH GOD
AND ONE ANOTHER.
EVERYONE IS WELCOME.

CUPPA, CAKE & CHAT



*** RE-OPENS ***
TUESDAY 1ST FEB
St Anne's Church

COME ON IN, THE KETTLE'S ON.

TAKE WHAT YOU NEED,
GIVE WHAT YOU CAN.
EVERYONE IS WELCOME!

www.stannedunbar.org.uk

CHURCH LUNCH SUNDAY 6 MARCH

Due to the Covid surge over New Year we have postponed the Church Lunch, to be shared in people's homes, set for 6 Feb.



It will now take place on
Sunday 6th March
More details soon!

NB - if you are new to St Anne's please let us know your contact details so we can invite you!

Resources for Worship

Sunday 23rd January: Epiphany 3

COLLECT

Almighty God, by grace alone you call us and accept us in your service. Strengthen us by your Spirit, and make us worthy of your call; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

1 CORINTHIANS 12: 12-31A

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptised into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

Indeed, the body does not consist of one member but of many. If the foot were to say, 'Because I am not a hand, I do not belong to the body', that would not make it any less a part of the body. And if the ear were to say, 'Because I am not an eye, I do not belong to the body', that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, 'I have no need of you', nor again the head to the feet, 'I have no need of you.' On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it.

Now you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak in tongues? Do all interpret? But strive for the greater gifts.

LUKE 4: 14-21

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

'The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the
captives
and recovery of sight to the blind,
to let the oppressed go free,
to proclaim the year of the Lord's favour.'

And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, 'Today this scripture has been fulfilled in your hearing.'

Hymns for Sunday 23rd January

O THOU WHO CAMEST (STF 564)

O thou who camest from above
the pure celestial fire to impart,
kindle a flame of sacred love
on the mean altar of my heart!

There let it for thy glory burn
with inextinguishable blaze,
and trembling to its source return,
in humble prayer and fervent praise.

Jesus, confirm my heart's desire
to work, and speak, and think for thee;
still let me guard the holy fire,
and still stir up thy gift in me --

Ready for all thy perfect will,
my acts of faith and love repeat,
till death thy endless mercies seal,
and make the sacrifice complete.

Charles Wesley (1707-1788)

BEAUTY FOR BROKENNESS (STF 693)

1. Beauty for brokenness,
hope for despair,
Lord in your suffering world
this is our prayer.
Bread for the children,
justice, joy, peace,
sunrise to sunset,
your kingdom increase!

2. Shelter for fragile lives,
cures for their ills,
work for all people,
trade for their skills;
land for the dispossessed,
rights for the weak,
voices to plead the cause
of those who can't speak.

cont...

*God of the poor,
friend of the weak,
give us compassion we pray:
melt our cold hearts,
let tears fall like rain;
come, change our love
from a spark to a flame.*

3. Refuge from cruel wars,
havens from fear,
cities for sanctuary,
freedoms to share.
Peace for the killing-fields,
scorched earth to green,
Christ for the bitterness,
his cross for the pain.

4. Rest for the ravaged earth,
oceans and streams
plundered and poisoned --
our future, our dreams.
Lord, end our madness,
carelessness, greed;
make us content with
the things that we need.

Refrain

5. Lighten our darkness,
breathe on this flame
until your justice burns
brightly again;
until the nations
learn of your ways,
seek your salvation
and bring you their praise.

Refrain

Graham Kendrick (b. 1950)

MAKE WAY (STF 264)

Make way, make way, for Christ the King
in splendour arrives;
fling wide the gates and welcome him
into your lives.

*Make way (Make way), make way (make way),
for the King of kings (for the King of kings);
make way (make way), make way (make way),
and let his Kingdom in.*

He comes the broken hearts to heal,
the prisoners to free;
the deaf shall hear, the lame shall dance,
the blind shall see.

And those who mourn with heavy hearts,
who weep and sigh,
with laughter, joy and royal crown
he'll beautify.

We call you now to worship him
as Lord of all,
to have no gods before him,
their thrones must fall!

Graham Kendrick (b. 1950)

Image

Jesus preaching in the present.
20th century, Söraby kyrka,
Rottne, Sweden



Resources for Worship

Sunday 30th January: Methodist Service

1 CORINTHIANS 13: 1-13

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

LUKE 4: 21-30

Then he began to say to them, "Today this scripture has been fulfilled in your hearing." All spoke well of him and were amazed at the gracious words that came from his mouth. They said, "Is not this Joseph's son?" He said to them, "Doubtless you will quote to me this proverb, 'Doctor, cure yourself!' And you will say, 'Do here also in your hometown the things that we have heard you did at Capernaum.'" And he said, "Truly I tell you, no prophet is accepted in the prophet's hometown. But the truth is, there were many widows in Israel in the time of Elijah, when the heaven was shut up three years and six months, and there was a severe famine over all the land; yet Elijah was sent to none of them except to a widow at Zarephath in Sidon. There were also many lepers in Israel in the time of the prophet Elisha, and none of them was cleansed except Naaman the Syrian." When they heard this, all in the synagogue were filled with rage. They got up, drove him out of the town, and led him to the brow of the hill on which their town was built, so that they might hurl him off the cliff. But he passed through the midst of them and went on his way.



Image >>

Mikhail Reva, 21st Century. *Heart of the World*.
Odessa Children's Hospital

Hymns for Sunday 30th January

ALL MY HOPE (STF 455)

All my hope on God is founded;
 he doth still my trust renew.
 Me through change and chance he guideth,
 only good and only true.
 God unknown,
 he alone
 calls my heart to be his own.

Human pride and earthly glory,
 sword and crown betray our trust;
 what with care and toil we fashion,
 tower and temple, fall to dust.
 But God's power,
 hour by hour,
 is my temple and my tower.

God's great goodness aye endureth,
 deep his wisdom passing thought;
 splendour, light, and life attend him,
 beauty springeth out of nought.
 Evermore
 from his store
 new-born worlds rise and adore.

Daily doth the almighty giver
 bounteous gifts on us bestow;
 his desire our soul delighteth,
 pleasure leads us where we go.
 love doth stand
 at his hand;
 joy doth wait on his command.

Still from earth to God eternal
 sacrifice of praise be done,
 high above all praises praising
 for the gift of Christ his son.
 Christ doth call
 one and all
 ye who follow shall not fall.

*Robert Bridges (1844-1930) (alt.)
 based on Joachim Neander (1650-1680)*

SHE SITS LIKE A BIRD (STF 393)

She sits like a bird, brooding on the waters,
 hovering on the chaos of the world's first
 day;
 she sighs and she sings, mothering creation,
 waiting to give birth to all the Word will say.

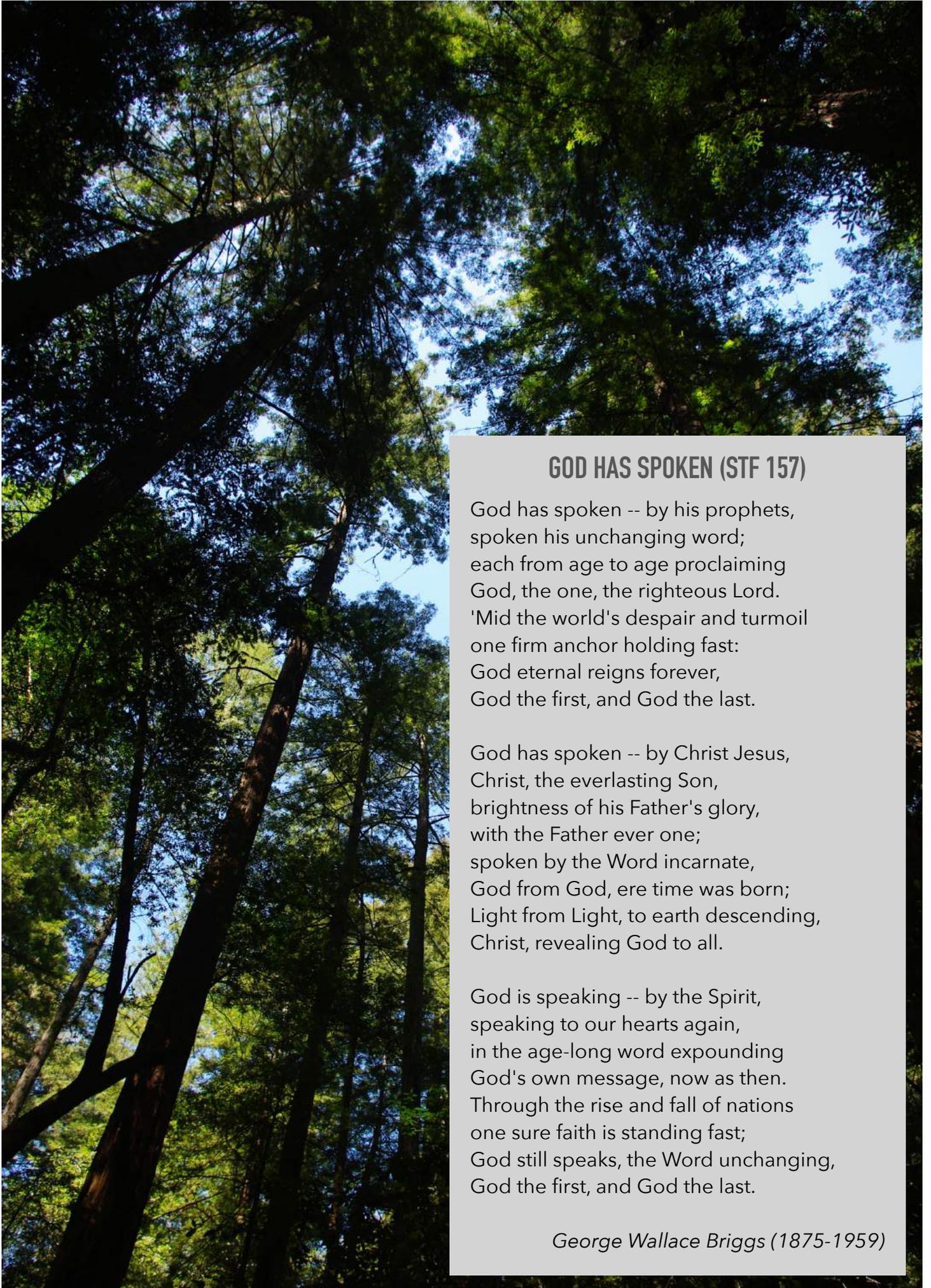
She wings over earth, resting where she
 wishes,
 lighting close at hand or soaring through
 the skies;
 she nests in the womb, welcoming each
 wonder,
 nourishing potential hidden to our eyes.

She dances in fire, startling her spectators,
 waking tongues of ecstasy where dumbness
 reigned;
 she weans and inspires all whose hearts are
 open,
 nor can she be captured, silenced, or
 restrained.

For she is the Spirit, one with God in
 essence,
 gifted by the Saviour in eternal love;
 and she is the key opening the scriptures,
 enemy of apathy and heavenly dove.

*John L. Bell (b.
 1949)*





GOD HAS SPOKEN (STF 157)

God has spoken -- by his prophets,
spoken his 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 his Father's glory,
with the Father ever one;
spoken by the Word incarnate,
God from God, ere time was born;
Light from Light, to earth descending,
Christ, revealing God to all.

God is speaking -- by the Spirit,
speaking to our hearts again,
in the age-long word expounding
God's own message, now as then.
Through the rise and fall of nations
one sure faith is standing fast;
God still speaks, the Word unchanging,
God the first, and God the last.

George Wallace Briggs (1875-1959)

Resources for Worship

Sunday 6th February: Epiphany 5

Unfortunately there is no Zoom provision today

COLLECT

Almighty and everliving God, whose Son Jesus Christ healed the sick and restored them to wholeness of life, look with compassion on the anguish of the world, and by your power make whole all peoples and nations; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

1 CORINTHIANS 15: 1-11

Now I would remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you—unless you have come to believe in vain. For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them—though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

LUKE 5: 1-11

Once while Jesus was standing beside the lake of Gennesaret, and the crowd was pressing in on him to hear the word of God, he saw two boats there at the shore of the lake; the fishermen had gone out of them and were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. When he had finished speaking, he said to Simon, 'Put out into the deep water and let down your nets for a catch.' Simon answered, 'Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets.' When they had done this, they caught so many fish that their nets were beginning to break. So they signalled to their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, 'Go away from me, Lord, for I am a sinful man!' For he and all who were with him were amazed at the catch of fish that they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, 'Do not be afraid; from now on you will be catching people.' When they had brought their boats to shore, they left everything and followed him.

Hymns for Sunday 6th February

PRAISE TO THE LORD (STF 88)

Praise to the Lord, the Almighty, the King of creation!
 O my soul, praise him, for he is thy health and salvation!
 All ye who hear, brothers and sisters, draw near,
 praise him in glad adoration.

Praise to the Lord, who doth prosper thy work and defend thee;
 surely his goodness and mercy here daily attend thee:
 ponder anew what the Almighty can do,
 who with his love doth befriend thee.

Praise to the Lord, who doth nourish thy life and restore thee,
 fitting thee well for the tasks that are ever before thee,
 then to thy need he like a mother doth speed,
 spreading the wings of grace o'er thee.

Praise to the Lord, who, when darkness of sin is abounding,
 who, when godless do triumph, all virtue confounding,
 sheddeth his light, chaseth the horrors of night,
 saints with his mercy surrounding.

Praise to the Lord! O let all that is in me adore him!
 All that hath life and breath, come now with praises before him!
 Let the amen sound from his people again:
 gladly for aye we adore him.

Joachim Neander (1650-1680)
 translated by *Catherine Winkworth (1827-1878)*
 and *Rupert E. Davies (1909-1994)*

ALL HEAVEN DECLARES (STF 293)

All heaven declares
 the glory of the risen Lord;
 who can compare
 with the beauty of the Lord?
 For ever he will be
 the Lamb upon the throne;
 I gladly bow the knee,
 and worship him alone.

I will proclaim
 the glory of the risen Lord,
 who once was slain
 to reconcile us to God.
 For ever you will be
 the Lamb upon the throne;
 I gladly bow the knee,
 and worship you alone.

*Noël Richards (b. 1955) and Tricia Richards
 (b. 1960)*

SENT BY THE LORD AM I (STF 239)

Sent by the Lord am I;
my hands are ready now
to make the earth the place
in which the kingdom comes.
Sent by the Lord am I;
my hands are ready now
to make the earth the place
in which the kingdom comes.

The angels cannot change
a world of hurt and pain
into a world of love,
of justice and of peace.
The task is mine to do,
to set it really free.
Oh, help me to obey;
help me to do your will.

José Aguiar



Memories of a Rainbow Warrior

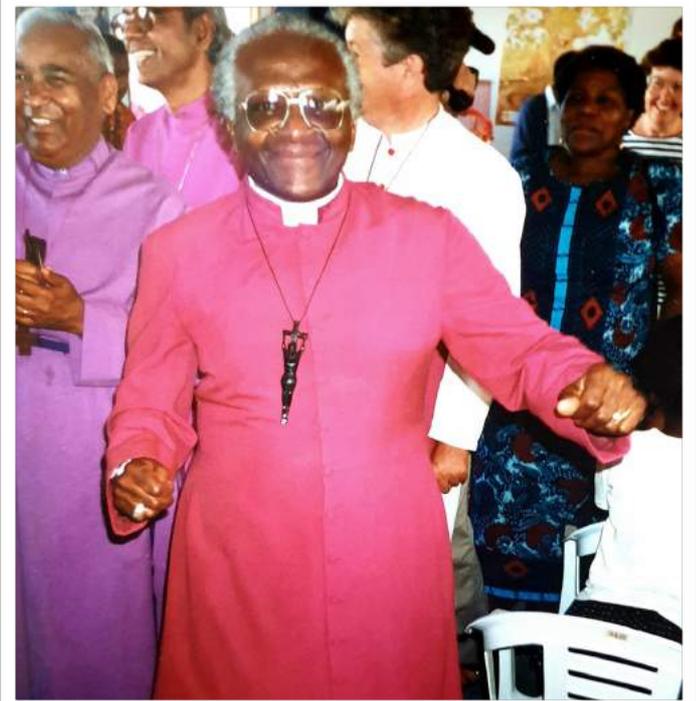
Amidst a lively family Christmas came the Boxing Day news of the death of Archbishop Desmond Tutu, at 90. For me, it was the passing of one of life's few real champions and heroes, with his powerful vision of post-Apartheid South Africa as a 'Rainbow Nation' where all would live together in harmony. Tributes worldwide reflected love, admiration and deep respect for all that had been achieved by this unusually gifted, courageous man with the impish humour. Vivid personal memories of meeting and working with this joyful man of God came flooding back ...

In 1988, I was a consultant at the Lambeth Conference, the ten-yearly gathering of the world's Anglican bishops. Seated in the choir at the opening service in Canterbury Cathedral, I had an excellent view of the long procession of bishops as they entered, with the archbishops at the rear. One of the latter, a diminutive man with a huge grin on his face, literally danced up the aisle with many in the congregation either side reaching out to shake hands or touch him.

No mistake, this was Desmond Tutu, Archbishop of Cape Town! More seriously, with Nelson Mandela still imprisoned on Robben Island, this kind of obvious affection, admiration and support throughout the Anglican Communion provided a vital safeguard as he spearheaded the high-risk campaign against the evils of apartheid.



John and his boss at the Lambeth Conference



Visiting Khayelitschia

'The Arch' as he was affectionately known back home, was to be my boss for the next fortnight as we helped six, geographically-mixed, working groups of bishops consider their prophetic and pastoral embrace of 'social order' challenges such as marriage breakdown, domestic violence and the emerging HIV/AIDS pandemic. Together with his wife, Leah, we met daily over breakfast to review

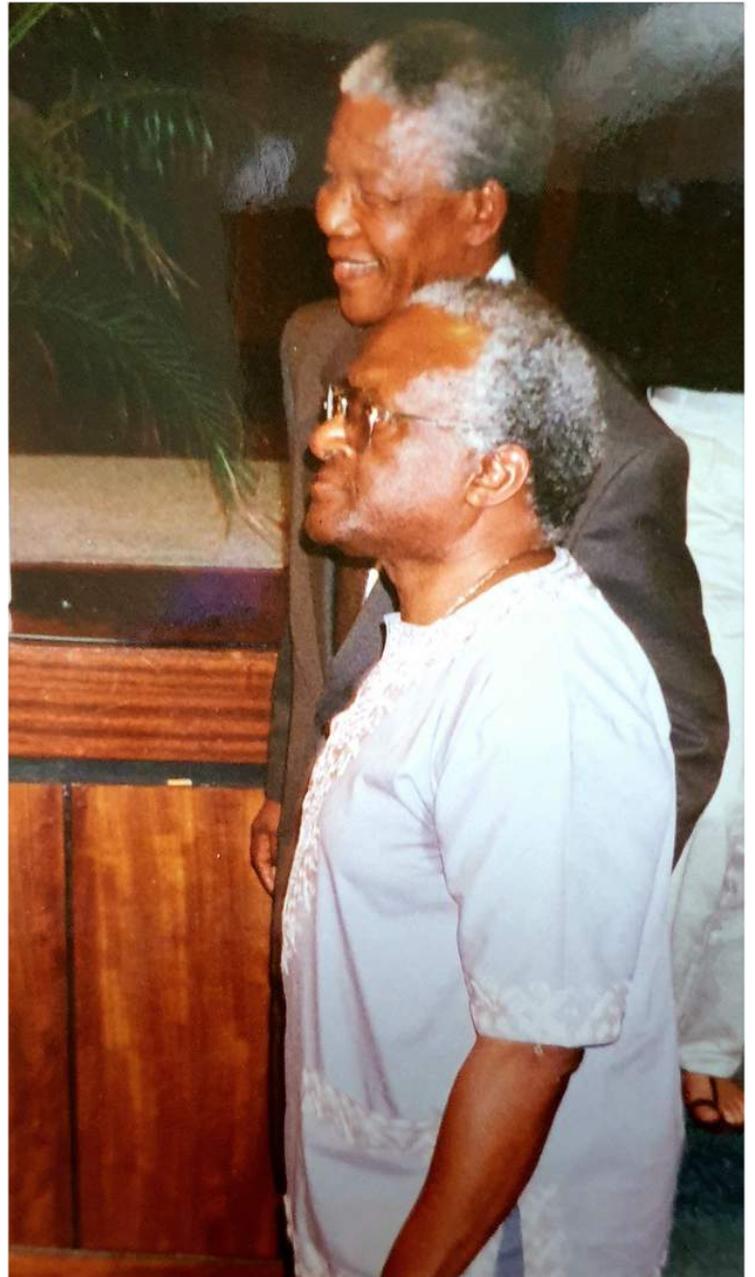
progress and plan ahead. We also touched on many other matters, including a request to brief Leah about the Iona Community, prior to her opening the new MacLeod Centre.

In 1993, Desmond hosted a meeting of the Primates and Anglican Consultative Council in Cape Town. Business apart, he and his Church provided us with a wonderful window into the state of South Africa on the eve of momentous change. I have four vivid, contrasting memories from that time: His Nobel Peace Prize citation and an Honorary Citizen of Disneyland certificate side-by-side on the wall in front of me during a pee in the downstairs toilet at the Archbishop's residence during a garden party there! The huge outpouring of joy and affection for him during our visits to townships like Khayelitschia. Attending a Eucharist for 11,000 Anglicans in the Good Hope Centre, a national indoor sports arena, where the congregation, jam-packed throughout the floor and balconies, sang, swayed and danced as one in a joyful outpouring of praise.

Later, we heard that Nelson Mandela would visit one of our working sessions. Such excitement! Surely this couldn't possibly live up to expectations? We were staying at the all-black University of the Western Cape and working in their biggest sports hall. Unknown to us, on hearing Mandela was coming, a dozen of the women cleaners had crept in and hidden in the spectators' gallery ... When Mandela and the Archbishop appeared on-stage, they stood and gave an unforgettable, spine-tingling rendering of 'Nkosi Sikelel' Afrika (then the ANC official anthem), with the two men side-by-side with clenched-fist salutes.

Mandela spoke simply and movingly about life in prison and the importance of the Churches visiting the prisoners - 'but we liked the Muslims best because they brought us newspapers to help keep us in touch with outside developments.' These, and many more, are treasured memories of an extraordinary man.

John Rea



Mandela and Tutu arriving

Seasonal meditation: the parsnip

The humble parsnip is not as sought-after as it once was. No longer a staple in the modern kitchen, but a root vegetable with great staying power and wondrous sweetness.

The parsnip is an ancient crop thought to have originated in the Mediterranean region and was a favourite food of the Ancient Greeks and Romans. It was used as a sugar source to ferment wine and almost certainly as filling for an Elizabethan favourite - parsnip pie! By the Middle Ages, the parsnip had lost its elite status, but gained popularity as one of the main starch staples of the peasant class. Its sweet properties were later overtaken by the discovery of sugar cane.

Parsnip growers know that the sweetness of the parsnip intensifies with the hardship of frost. Out of adversity the parsnip remains resilient and just becomes sweeter. No need for fancy refrigerators or spacious larders, because long after the parsnip's foliage withers away, the roots can be left underground for the entire winter, covered with about two inches of mulch, naturally stored and harvested as needed.

A few months ago I found myself using the rather outdated proverb "Fine words butter no parsnips." This saying was first recorded in the early 17th century, when the English had a habit of buttering bland foods to make them more palatable. The English minor poet John Taylor wrote:

*"Words are but wind that do from men proceed.
None but Chameleons on bare air can feed;
Great men large hopeful promises may utter;
But words did never Fish or Parsnips butter."*

So, impressive words count for nothing; action means more than flattery or promises. You can talk all you want but that won't improve anything.

The common parsnip has many hidden qualities, but with sweetness, resilience and a call to action, perhaps we can view this rather neglected vegetable with a new respect and try to incorporate these qualities into our own lives.

Alison Crowhurst



Parsnip soup with pine nuts

Serves 4

- 750 g parsnips
- 225 g onions
- 225 g potatoes
- 3 tbsp sunflower oil
- 900 ml vegetable stock
- 2 celery sticks (including leaves)
- 50 g pine nuts
- Salt and pepper to taste

Method

1. Peel and cut the parsnips, onions and potatoes into small chunks.
2. Heat the oil in a large pan, then gently sauté the parsnips, potatoes and onions for about 5 minutes.
3. Add the stock and season generously.
4. Bring to the boil and simmer for about 5 minutes.
5. Trim and finely chop the celery, reserving a couple of leaves. Add to the soup and continue to simmer for another 10-12 minutes until all the vegetable are soft.
6. Puree the soup.
7. Toast the pine nuts until golden.
8. Pour the soup into bowls, decorate with the reserved and chopped celery leaves and the hot pine nuts.

COVID-19

UPDATED ADVICE



Scotland is now thought to have passed the peak of Covid infections caused by the Omicron strain. The First Minister has issued updated guidance, which takes effect from **24th January**.

There will no longer be a limit on household gatherings, and social distancing is no longer required in hospitality venues. Working from home where possible remains in force for now.

We should continue to Lateral Flow Test (LFT) routinely twice a week, and before meeting anyone from another household. Free packs of LFTs can be obtained from pharmacies in Dunbar and East Linton, or by ordering online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>.

If your LFT is positive, you no longer need to get a PCR test, but must self-isolate according to the latest guidance.

If you experience any of the three main Covid symptoms you must self-isolate and book a PCR test. Tests can be booked at <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-testing/> or, if you can't book online, by calling 119.

If you have not yet been vaccinated against COVID, or are due to receive a booster, you should book an appointment as soon as possible.

- Where possible, all vaccination appointments should be booked in advance to help avoid queues and keep everyone safe. Appointments can be booked at <http://www.nhsinform.scot/vaccinebooking> or by calling 0800 030 8013.
- Haddington Corn Exchange, 13 Court St, Haddington EH41 3DS, is open daily 8.15am - 4.45pm for boosters via appointment and drop-in.
- The vaccination clinic at East Lothian Community Hospital is now **closed**.

At Church, please continue to be vigilant about:

- Leaving your details for contact tracing purposes
- Wearing a mask in the building
- Sanitising your hands regularly

Information current at 21st January. You are advised to check regularly for updates.

If you do have to self-isolate please get in touch with a member of the Pastoral Care Team. We are always glad to offer support and prayer.