



TOGETHER IN WORSHIP, WITNESS & SERVICE

ST ANNE'S

THE SCOTTISH EPISCOPAL & METHODIST CHURCH IN DUNBAR

A letter from the Rector

Dear friends,

Summer may be behind us, but as we enter autumn we do so with lots to look forward to. First of all, let me say thank you to everyone who has been involved in the many activities over the summer: from volunteering at a very successful Churches Together Holiday Club, through to outreach involving pop-up cafés, Listening Benches and concerts, organising a review of our Stewardship, and most recently running 'Unwasted Day,' a recycling information event held in collaboration with East Lothian Council and Surfers Against Sewage.



**Bring your pet
to church**

Pg. 11

**Vestry: not just
where the
rector gets
dressed!**

Pg. 12



**Remembrance
in Dunbar**

Pg. 18

In the midst of all of that, we set a day aside to get together as a church family and reflect on our Time & Talents. Judging from the impromptu singing, big smiles, and general buzz around the room (not to mention lashings of coffee and mountains of 63-mile flapjack..!) we are in good spirits!



What came out of the day was a sense that we have lots to give –

and that we *want* to give – to serve our local neighbours and our local community. Ideas were offered that go from simple things (like providing sippy cups to make it easier for little people to enjoy their juice) through to ways we can share admin tasks so I don't get lost under a paper mountain, through to creative ways we can work to reach, befriend and serve the folk in our community who don't yet know the love God gives us through Jesus.

Over the next few weeks I will collate and share the Time & Talents feedback. But that's just the start. The next step will be to invite you (including folk who couldn't make it on the day) to meet in groups with a common interest in a particular part of church life, for those groups to pray for God's continued guidance, to continue to dream – trusting God to be in our hopes! – and to work on how we can make these ideas become reality. Those proposals can then be considered by Vestry so that we can prioritise and plan resources, and we can get on with the fun bit: making them happen!

My sense is that the work we did together at the Time & Talents event was really significant – the joyful spirit of the day highlighted the Body of Christ we have grown to be in recent times, and the plethora of ideas and apparent meeting of minds on many of them also pointed, I think, towards

us discerning a certain shape for the faith community God is calling us to become: Christ centred, open, inclusive, loving, creative, and joyful.

As our financial giving increases and begins to pave the way to a more secure future for St Anne's, so too will the gifts of our time and talents. What we give will make it possible for us to follow God's leading - to advance the common good, serve the people of Dunbar and surrounding areas, and become increasingly visible as a beacon of love and hope rooted in the Gospel.

It's going to be an exciting winter!

With love, Diana

Let's Sing

'Let's Sing' is an informal afternoon singing group attracting folk from across the town. We meet on the 3rd Sunday of each month, from 2.30-3.30 to sing, enjoy one another's company, and enjoy refreshments. It's free, you don't have to be a churchgoer, and everyone is welcome.

Dates coming up:

October 21st

November 18th

Let's Sing!

What we took away from 'Unwasted Day'

September 22nd saw more than fifty people through the church doors to share their knowledge, ask questions, and get down and dirty with the issue of recycling.

Sparked by a burgeoning interest in the issue of plastic waste, our congregation had brought together an impressive array of rubbish, from cereal boxes to paint cans, carrier bags to lightbulbs. With the help of Sarah Oliver, East Lothian Council's Senior Waste Services Officer, and Brian Allen from campaign group, Surfers Against Sewage (which, incidentally, is not just for surfers and *not* just about sewage), we attempted to sort the junk into four categories:



During the process we learned a bin-full of fascinating facts (see next pages).

Crucially, we were reminded that recycling should never be our first resort: think ***reduce, reuse***, and only then, ***recycle***.

If you couldn't be there, and would like to know more about recycling in East Lothian, you can watch the movie! (it's only 3 minutes long):

https://www.youtube.com/watch?time_continue=36&v=AxXEgKgh82s

Do the 'scrunch test': if you scrunch it up and it stays scrunched, it's recyclable at kerbside (silver foil, milk bottle tops, paper wrapping paper). If it unscrunches itself (plastic wrap, shiny wrapping paper) it isn't (although could be recyclable elsewhere).

Many 'composite' items can be at least part-recycled: separate & recycle the lids from toothpaste tubes & the bottoms of 'Pringles' packets; separate cardboard & plastic components of packaging to recycle both; window-envelopes don't even need to be torn apart - so your junk mail can be recycled unopened!

If in doubt, take the lid off! Plastic bottles and lids can be recycled at kerbside, but please separate the two. However, the small plastic security seal can remain on the bottle, as can the pouring tops on things like oil & sauce bottles (don't risk injury trying to remove them!)



East Lothian folk are brilliant - highly engaged with recycling. But even those who want to recycle may need help: next time you're headed to the recycling centre, could you ask your neighbours if they have any old batteries or spent lightbulbs that need taking along too?



Aerosols (such as deodorant & furniture polish cans) can be recycled at kerbside – but don't bother with tiny ones such as asthma inhalers

Of course, a keep cup is best, but if you do find yourself with a disposable, non-compostable coffee-cup, these can now be recycled with the Tetrapaks at Dunbar recycling centre



Don't tie your recycling up neatly in carrier-bags! The recycling plant can't handle these and the whole bag may have to be discarded ☹️



We are really lucky in East Lothian – unlike most areas – because black plastic food trays can go in our kerbside boxes. However, expanded polystyrene ones (like all polystyrene) cannot



The best way to avoid disposing of plastic yogurt pots is to make your own yogurt!

Every local authority is different! Always check local guidelines or look at the full guide on <http://www.recycleforscotland.com/what-to-do-with>

Dunbar could soon become the first town in Scotland to be awarded 'Plastic Free Community' status by Surfers Against Sewage

Our children are so creative! Give them an old cardboard box and some bits & bobs (and Alison's unwavering enthusiasm to help) and they can produce the most imaginative and beautiful creatures.

You can bake a delicious flapjack using only ingredients found within a 63 miles radius (see next page)

The hardest thing about using cloth nappies – nappy pins – is a thing of the past. Stretchy 'nappy nippers' do the job even better!

Hard plastics, such as broken toys, can be recycled at MacMerry recycling centre (old, unbroken toys should always be rehomed – try Zero Waste Dunbar)

Consumer pressure – through our purchasing habits – is the biggest way to make businesses and producers take notice and change their packaging

You can't beat a Crunchy Carrot samosa for keeping a hungry eco-group going when they've been on their feet all day

Dogs are excellent at hoovering up cake crumbs (although Cuthbert was keeping his eyes open for any that were missed)

The next *Surfers Against Sewage* Beach Clean will be held at Belhaven Bay (meet Shore Road carpark) on Sat 27th Oct, 11-1. Pop along for any part of that time, with appropriate clothes & shoes – SAS provide bags & gloves.



63-mile Flapjacks

Recently I've been thinking about how to live more lightly on the planet and have become interested in making the most of our lovely East Lothian-grown food. Inspired by the 'East Lothian cob' made by Dunbar Community Bakery, I wanted to see how 'local' baking can actually get. I didn't manage to make an 'East Lothian' flapjack, but all the ingredients in this recipe are produced within 63 miles of my home near East Linton (67 miles of St Anne's) and can be bought in East Lothian. As well as being delicious, and reducing the distance the food has had to travel, they are a great way to support small traders and producers in our community.



If anyone knows of a butter-maker closer than Bridge of Allan (the 63-mile ingredient) or has a great baking recipe that doesn't require sugar (the limiting factor on most recipes) I would love to hear it!

Valerie Hale

The Recipe

4 oz (100 g) strong wholemeal flour – Mungoswells (8 miles)

8 oz (200 g) porridge oats – Kelso (40 miles)

½ pint (300 ml) honey – Ormiston (15 miles)

6 oz (150 g) butter – Bridge of Allan (63 miles)

Around 12 oz (300 g) brambles – near Binning Wood (down my road!)

Mix the flour and porridge oats in a bowl. Melt the honey and butter together, then add to the oats and flour and stir well. Spread half the mixture onto a lined and greased baking sheet (mine was 18cm by 30cm, but would be better a little smaller). Cover this with a layer of mashed brambles or other seasonal soft fruit. Top with the remaining flapjack mixture. Bake for 20-25 minutes at 180°C.

Star of the **SEA**

A choral concert in aid of the Harbour Lights Project, supporting youngsters and their families in the Dunbar Harbour area.

The renowned Scottish Vocal Ensemble performs works by Bruckner, Grieg and Howells, plus the Scottish composers Sir James MacMillan and Paul Mealor.

Sunday 21 October 2018

at 5pm

**St Anne's Episcopal Church
Westgate, Dunbar EH42 1JL**

Tickets: £10

**From: The Crunchy Carrot
43 High Street Dunbar**

www.scottishvocalensemble.com



**Scottish
Vocal
Ensemble**

Harbour Lights



Harbour Lights Youth Club is a legacy Methodist Ministry still meeting at the Methodist Church building but now looked after by Dunbar and Area Christian Youth Project (DACYP). It provides a range of activities for youths, offering them a space to meet after school on Friday afternoons where they can play pool and board games, and do crafts, drama, story-telling, and quizzes. More than that, it provides a safe

space for young people to talk and be listened to. There is also an after school homework club offering children and their parents support in getting homework done for school.

The name Harbour Lights came from the idea that the lights of the harbour guide boats to a place of safety and calm. Harbour Lights hopes to offer a similar experience for children who might find life somewhat turbulent and stormy. As a Christian project it also draws on the imagery of Jesus, Light of the World, and endeavours to show young people this spiritual light.

The group relies on volunteers to supervise and get alongside the young people: chatting, playing games, and spending time with them. **More volunteers are needed to enable the group to continue to run.**

Could you help? To learn more or offer help please speak to Diana or email Richard Taylor, DACYP Youth Worker, at dunbaryouthworker@btinternet.com.

Thank you

PET BLESSINGS

All Pets Blessed!

...accompanying humans also welcome 😊

Thursday 4th October, 4-6pm

@ St Anne's Church, Westgate

in the garden

(in the porch if wet)



Vestry? What's That?!

If I were to sidle up to you and ask you what the Vestry of St Anne's is, what it does, and who is on it, I wonder how you would respond?

The Vestry works hard, often unseen, behind the scenes of our life as a congregation. They are the Trustees of the St Anne's Church charity, meaning that they have legal responsibility for ensuring the proper administration of St Anne's as a charitable organisation including financial and regulatory obligations. They also have responsibilities imposed by the Canons (Church Law) of the Scottish Episcopal Church which make the Vestry (with the rector) responsible for the care and administration of the church's property and fabric. Importantly, the Canons also require the Vestry to 'assist and co-operate' with the rector in matters relating to the spiritual welfare of the congregation and the mission of the Church.

A well-functioning vestry is rooted in prayer for the congregation, seeking God's will for the community. It has a 'big picture'



view and is able to offer creative leadership and vision while enabling the whole community to pursue mission. A vestry that can work in this way is key to a flourishing congregation. A vestry whose members have a broad range of skills (financial, managerial, entrepreneurial, pastoral, and more) as well as a range of ages (anyone over the age of 16 can be on Vestry) and preferences, and differing degrees of familiarity with the church and the community could all be helpful.

The recent Time & Talents fair made it clear that we are in an exciting period in the life of St

Anne's. If you care deeply about the future flourishing of the church, have energy and ideas, and would like to play an active role in seeing our growth continue, serving on Vestry is one way to do so!

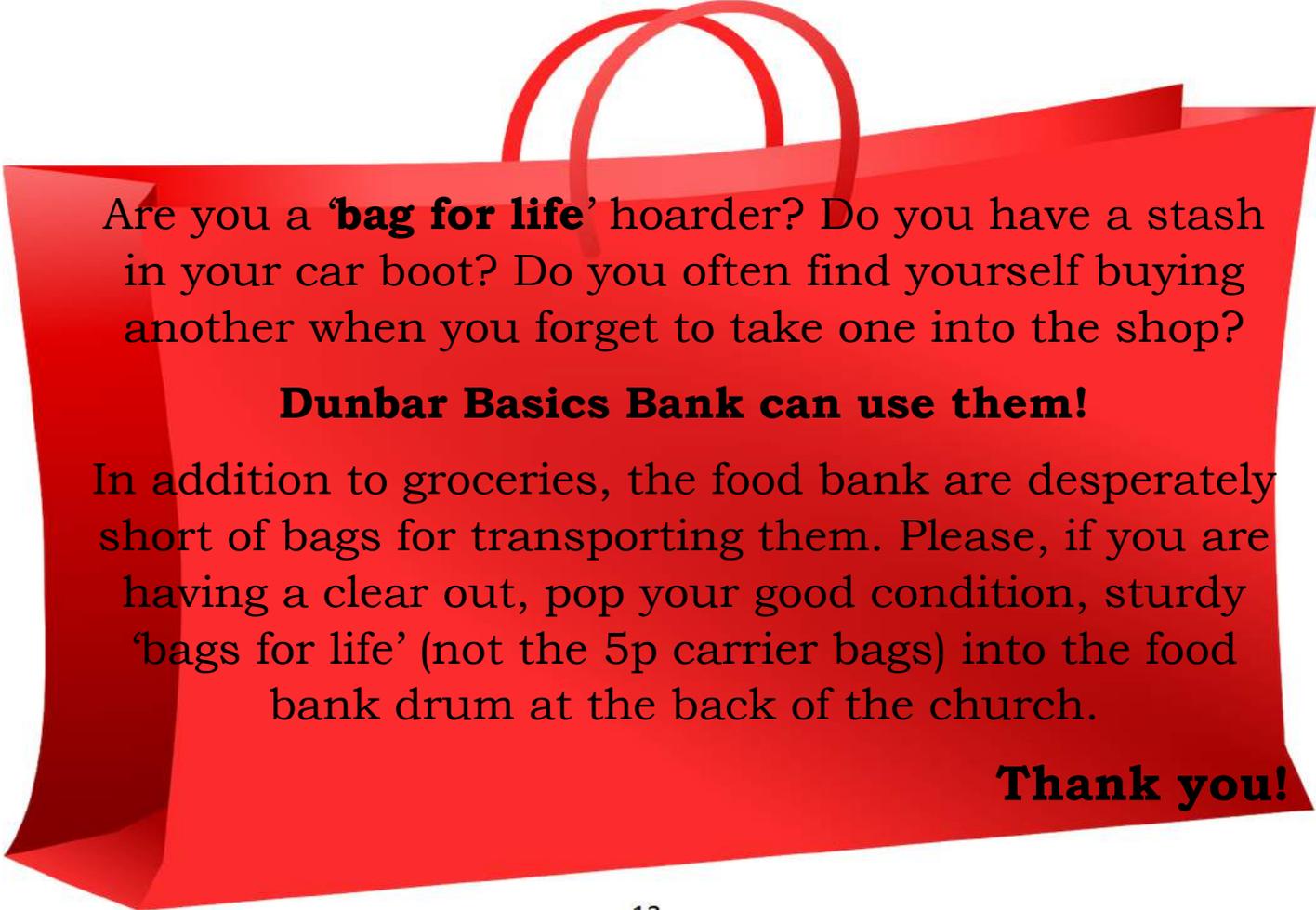
Serving on Vestry means:

- Praying regularly for the rector and congregation,
- Preparing for and attending monthly meetings,
- Being prepared to take a full and supportive role in our common life, and
- Being constructive and positive about opportunities for future change and growth.

You don't need to have served on a Vestry or to have been a charity trustee before.

Vestry membership is decided at the AGM – which will be in November. It would be healthy if we needed to have an election, since the Vestry represents the views of the congregation in our executive decision-making!

If you would like to know more about offering to serve on Vestry, please chat with Diana or Juliette Fleming (Vestry Secretary).



Are you a **'bag for life'** hoarder? Do you have a stash in your car boot? Do you often find yourself buying another when you forget to take one into the shop?

Dunbar Basics Bank can use them!

In addition to groceries, the food bank are desperately short of bags for transporting them. Please, if you are having a clear out, pop your good condition, sturdy 'bags for life' (not the 5p carrier bags) into the food bank drum at the back of the church.

Thank you!

Opinion: The mass climate lobby

With Elisabeth Wilson, on 19th September I was among those lobbying MSPs to strengthen the Climate Change Bill currently before Holyrood. The lobby was organised by Stop Climate Chaos Scotland, supported by the Episcopal Church.



Despite the tail end of a hurricane causing the meeting to be moved indoors, some 70 people from across Scotland met with 24 MSPs to press them to include four main points in the bill:

- Stronger greenhouse gas emissions targets which have potential to limit global warming to 1.5°C and minimise irreversible climate change,
- A programme for better home insulation,
- Reduction of nitrogen fertiliser use by farmers, and

- Scottish government spending and infrastructure projects to be consistent with climate targets.

Together, these amendments would give Scotland a real part to play in the global campaign to stop climate chaos.

Emissions targets. At present, the draft bill calls for a reduction of net greenhouse gas emissions (from a 1990 baseline) of 66% by 2030 and 90% by 2050 - only slightly more ambitious than current targets. Scotland needs to aim for 77% by 2030 and net zero emissions by 2050.

Home insulation. Half of carbon emissions come from heating, and at the same time fuel poverty affects over 650,000 homes in Scotland. The Scottish government want to have all homes meet at least energy standard C by 2040; parliament has voted to try for 2030; we want a commitment to achieve this by 2025. Using known technology, the programme would create some 9,000 extra jobs a year. The challenge is persuading the

Scottish government to commit to the expenditure...



Nitrogen fertilisers. Farming is the second biggest contributor to greenhouse gases after transport, particularly through the release of nitrous oxide (300 times more damaging than CO₂), and methane (25 times). Fertiliser production entails significant emissions, and poor fertiliser use also releases nitrous oxide. We asked that the Scottish government work with farmers to monitor the use of nitrogen fertilisers, use only as much as they need, and switch to alternatives such as recycled waste.

Infrastructure projects. To achieve net zero emissions by 2050, Scotland's infrastructure needs updating: more energy efficient buildings, new district heating systems, more foot- and cycle-paths, a better public transport

infrastructure, and more. Our fourth request was to establish a new independent commission to advise the government on new infrastructure projects and on making other expenditure consistent with emissions targets.

What can you do? At the political level, please write to your MSPs about this issue and ask them to support these four main points; let the vestry know if you consider that St. Anne's as an Eco-Congregation should make a formal submission.

At the same time, we can take individual and local actions to protect the environment, reduce waste, and lower our greenhouse gas emissions, in keeping with the knowledge that we are stewards of God's creation.



David Mumford

Welcoming Ollie!

Hi, my name is Ollie Clegg and over the next few months I will be appearing at St Anne's, mainly on a Sunday. I am in the process of transferring my ordination from the Church of Scotland to the Episcopal Church, and Bishop John thought it would be helpful for me to spend some time in St Anne's so that I could learn more about the Episcopal Church. At present I am working at an Episcopal Church called St Mungo's Balerno where I am the associate Minister and the Director of Evangelism. I am really looking forward to meeting you and worshipping with you once a month and learning more about St Anne's from Diana and yourselves. Please do come and say hello to me when I am here!



Inspire women's group



The 'Inspire' women's group invites you to join us for an evening of discussion on **Wednesday 3rd October from 7.45pm**. Bring an item of special significance to you. For further information please contact Chrissie (862599) or Heather (Heather.Kilfara@gmail.com).

The acclaimed

LAMMERMUIR VOICES

in concert

SUNDAY 28TH OCTOBER, 7.00 PM

ST ANNE'S CHURCH, WESTGATE, DUNBAR

ENTRY BY DONATION

(SUGGESTED PAYMENT £8)



Remembering WWI

This year, to mark the Centenary of Armistice Day, there are several moments of remembrance planned across the local community.

At St Anne's, in the week running up to Remembrance Sunday, look out for:

- A special remembrance craft work made by our friends at Dunbar Craft Studio and contributed to by crafters across the community,
- An installation inside St Anne's to which anyone at all can contribute, so that together we create a collage of remembrance,
- Our WWI Memorial Chapel where you can spend time in quiet contemplation and prayer, or light a candle, and
- A short WWI history film, in the Chapel, telling the story of our community's involvement in the war and Christians' desire for peace.

Please note that, on Remembrance Sunday, our Eucharist will be at the earlier time of 9.30am to enable worshippers to also attend the town's Act of Remembrance.



Watch out for further information on two more Remembrance Day events: an afternoon concert of commemoration; and an evening event at the Battery focused on the lighting of a beacon together with commemorative readings and ringing of bells across the town.



Presenting

The Alternative Medicine Band

*Dance music from the 1920s on
Sunday 4th November, 7.00pm.*

**St Anne's Church,
Westgate, Dunbar**

**Entry by
donation
(suggested
payment £8)**



Sunday Readings for October & November

If you swap with another reader, please let Diana know. Thank you.

October 7th

Psalm 8; Mark 10:2-16

October 14th – Harvest Festival with Belhaven Hill School visiting

Psalm 90; Mark 10:17-31

October 21st – All Age Worship with Baptism

Psalm 91; Mark 10:35-45:

October 28th – Bible Sunday – Methodist Communion

Psalm 126; Mark 10:46-52

November 4th

Deuteronomy 6:1-9; Mark 12:28-34

November 11th – All Souls & Armistice Day

Psalm 62:5-end; Mark 1:14-20

November 18th

Psalm 16; Mark 13:1-8

November 25th – Christ the King

Psalm 93; John 18:33-37

Rotas for October & November

If you swap with another person on the rota, please let Diana know. Thank you.

October 7th

Sidesman	J Fleming
Reading	J Fleming
Coffee	J Ramage
Chalice	Liz M
Intercession and Gospel	Liz M

October 28th

Sidesman	J Ramage
Reading	S Morgan
Coffee	J Fleming
Chalice	G Wilson
Intercession and Gospel	J Fleming

October 14th

Sidesman	H Kennedy
Reading	S Williams
Coffee	A&S Dickerson
Chalice	G Wilson
Intercession and Gospel	G Wilson

November 4th

Sidesman	J Rea
Reading	J Rea
Coffee	A&S Dickerson
Chalice	Liz M
Intercession and Gospel	Liz M

October 21st

Sidesman	J Rea
Reading	J Rea
Coffee	R&M Ling
Chalice	Liz M
Intercession and Gospel	Liz M

November 11th

Sidesman	H Kennedy
Reading	S Morgan
Coffee	R&M Ling
Chalice	Liz G
Intercession and Gospel	J Fleming

November 18th

Sidesman R&M Ling
Reading S Williams
Coffee H Kennedy
Chalice Liz M
Intercession and Gospel Liz M

December 2nd

Sidesman J Rea
Reading J Rea
Coffee A&S Dickerson
Chalice Liz M
Intercession and Gospel Liz M

November 25th

Sidesman G Harley
Reading C Kavanagh
Coffee J Ramage
Chalice G Wilson
Intercession and Gospel J Fleming

Festival Communion in October & November



all at 10.30am

Tuesday October 23rd – James of Jerusalem

Monday October 29th – Simon & Jude

Friday November 16th – Margaret of Scotland

Friday November 30th – Andrew

Regular Services

Sunday

10:00 am - Holy Communion

2:30 pm, third Sunday of the month - *Let's Sing*

Wednesday

12:00 noon – Midday Prayer

Thursday

10:30 am - Holy Communion, followed by coffee and discussion

Friday

A Prayer Group meets regularly at Liz Mitchell's house

Church festivals

10:30 am - Holy Communion, followed by coffee and discussion

please see pg22 for details

Contact Details for the Rector

The Rev'd Diana Hall

St Anne's House, 1 Westgate, Dunbar, EH42 1JL.

Tel: 07970 105 725

Email: rector.stannedunbar@gmail.com

The rector's rest day is Tuesday.



Find us on

Facebook

@stannedunbaruk

www.stannedunbar.org.uk

St Anne's Church is Scottish Charity Number SC010950