



# Lifeline

Weekly news & worship from St Anne's

## Dear friends,

This week, all of a sudden it really does feel as though autumn is drawing in. I wonder if you remember the craze a few years ago for the Scandinavian term “hygge”? It seems to describe the state that we achieve when we do what we Scots call “coorying in”! Whatever your term for it, the seasons are definitely turning and with them we begin to seek comfort in more indoor pursuits. For some of us this may be welcome, but for others it might mean we are concerned about increased isolation.



Church has always been a good way to have fellowship with others and to build friendships. The conversations and laughter after our Sunday services are a sign that this is still true! However, we do still need to be cautious about covid.

The bad news is that, because of the continuing

regulations about some of our activities, and the nature of our church building at St Anne's, Vestry has decided that it isn't sensible for us to return to offering refreshments after the Sunday service yet.

The good news is, that challenge also creates opportunities! Our circumstances mean we have an opportunity to practice hospitality in new ways.

Many people have commented on how much they enjoyed our Harvest Lunch gatherings in one another's homes. Can I encourage you to try inviting someone you don't know very well to come and have lunch with you after church one Sunday? Or you could try heading to a coffee shop after church? And if that doesn't suit, how about coming along to St Anne's on a Tuesday morning between 10 and 12 for a cuppa, some cake and a chat?

It's good, and important for our wellbeing, to foster friendships, and as the nights draw in, it's a good time to make this a deliberate part of our patterns of life. Jesus had rather a fine record for spending time with his friends, and it's a great model for us to follow.

With love,

*Diana*

## INSIDE:

### Worship details



pg2

### Join us for a cuppa



pg8

### COP pilgrimage



pg9

## Joining in with Worship

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

**We now have have 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 shall trial offering this service **on Zoom** too. However, this will be 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

**10.30 AM COMMUNION SERVICE**

**IN CHURCH AND ON ZOOM**

To join this service [click here](#) or enter Meeting ID **857 7044 2212**.

The Order of Service is available to download [here](#).

With fortnightly Children's Church in the garden - next date: **3rd October**

### THURSDAYS

**10.30 AM MIDWEEK COMMUNION, COFFEE & CHAT**

**IN CHURCH**

### FRIDAYS

**7.30 AM EARLY MORNING PRAYER**

**ON ZOOM**

To join this service [click here](#). Meeting password: **8nKWJ9**. Meeting ID: **798 6368 2143**.

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



## 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'd like practical help with, a prayer request, or would like to receive Communion at home, we can help or help you find someone who can.

### 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,

### Do you make a good cuppa?



Could you spare 2.5 hours on a Tuesday from 9.45-12.15? Then we need you!

St Anne's is looking for volunteers to be a friendly face and serve teas and coffees to people coming along to church to the Cuppa, Cake and Chat drop-in.

There are always other volunteers around so this is a nice sociable role.

If you think you might enjoy this and could offer as little as one morning a month, please contact Diana for more information.

### BAD JOKE ALERT!

What happens if a stick insect lays its eggs in a jar of Marmite?

You get a litter of Twiglets!

### 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.

### 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 - 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: [dunbardash@salvationarmy.org.uk](mailto:dunbardash@salvationarmy.org.uk)**

Working in association with Community Money Advice, authorised and regulated by the Financial Conduct Authority.

## Resources for Worship

### Sunday 3rd October: 18th Sunday after Trinity

#### COLLECT

Almighty God, you have built your Church on the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone. Join us together in unity of spirit by their teaching, that we may become a holy temple, acceptable to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

#### HEBREWS 1:1-4, 2:5-12

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs.

Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere,

'What are human beings that you are mindful of them, or mortals, that you care for them?

You have made them for a little while lower than the angels; you have crowned them with glory and honour, subjecting all things under their feet.'

Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower\* than the angels, now crowned with glory and honour because of the suffering of death, so that by the grace of God he might taste death for everyone.

It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to

call them brothers and sisters, saying, 'I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you.'

#### MARK 10:2-16

Some Pharisees came, and to test him they asked, "Is it lawful for a man to divorce his wife?" He answered them, "What did Moses command you?" They said, "Moses allowed a man to write a certificate of dismissal and to divorce her." But Jesus said to them, "Because of your hardness of heart he wrote this commandment for you. But from the beginning of creation, 'God made them male and female.' 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.' So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

Then in the house the disciples asked him again about this matter. He said to them, "Whoever divorces his wife and marries another commits adultery against her; and if she divorces her husband and marries another, she commits adultery."

People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, "Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." And he took them up in his arms, laid his hands on them, and blessed them.

## Hymns for Sunday 3rd October

### SING TO HIM IN WHOM CREATION (STF 14)

*Verses 1, 2 and 6*

Sing to him in whom creation  
found its shape and origin;  
Spirit, moving on the waters  
troubled by the God within;  
source of breath to all things breathing,  
life in whom all lives begin.

Sing to God, the close companion  
of our inmost thoughts and ways;  
who, in showing us his wonders,  
is himself the power to gaze,  
and his will to those who listen,  
by a still small voice conveys.

Praise, O praise the Holy Spirit,  
praise the Father, praise the Word,  
source, and truth, and inspiration,  
Trinity in deep accord;  
through your voice which speaks within us  
we your creatures own you Lord.

*Michael Hewlett (1916-2000)*

### LORD OF ALL HOPEFULNESS (STF 526)

Lord of all hopefulness, Lord of all joy,  
whose trust, ever childlike, no cares could  
destroy,  
be there at our waking, and give us, we pray,  
your bliss in our hearts, Lord, at the break of  
the day.

Lord of all eagerness, Lord of all faith,  
whose strong hands were skilled at the plane  
and the lathe,  
be there at our labours, and give us we pray,  
your strength in our hearts, Lord, at the eve of  
the day.

Lord of all kindness, Lord of all grace,  
your hands swift to welcome, your arms to  
embrace,  
be there at our homing, and give us, we pray,  
your love in our hearts, Lord, at the eve of the  
day.

Lord of all gentleness, Lord of all calm,  
whose voice is contentment, whose presence  
is balm.  
be there at our sleeping, and give us, we  
pray,  
your peace in our hearts, Lord, at the end of  
the day.

*Jan Struther (Joyce Placzek) (1901-1953)*



## Resources for Worship

### Sunday 10th October: 19th Sunday after Trinity

#### COLLECT

Almighty God, in our baptism you adopted us for your own. Quicken, we pray, your Spirit within us, that we, being renewed both in body and mind, may worship you in sincerity and truth; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

#### HEBREWS 4:12-16

Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

#### MARK 10: 17-34

As he was setting out on a journey, a man ran up and knelt before him, and asked him, "Good Teacher, what must I do to inherit eternal life?" Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honour your father and mother.'"

He said to him, "Teacher, I have kept all these since my youth." Jesus, looking at him, loved him and said, "You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me." When he heard this, he was shocked and went away grieving, for he had many possessions.

Then Jesus looked around and said to his disciples, "How hard it will be for those who have wealth to enter the kingdom of God!" And the disciples were perplexed at these words. But Jesus said to them again, "Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God." They were greatly astounded and said to one another, "Then who can be saved?" Jesus looked at them and said, "For mortals it is impossible, but not for God; for God all things are possible."

Peter began to say to him, "Look, we have left everything and followed you." Jesus said, "Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields with persecutions—and in the age to come eternal life. But many who are first will be last, and the last will be first."

## Hymns for Sunday 10th October

### WILL YOU COME AND FOLLOW ME? (STF 673)

Will you come and follow me  
if I but call your name?  
Will you go where you don't know  
and never be the same?  
Will you let my love be shown,  
will you let my name be known,  
will you let my life be grown  
in you and you in me?

Will you leave yourself behind  
if I but call your name?  
Will you care for cruel and kind  
and never be the same?  
Will you risk the hostile stare  
should your life attract or scare?  
Will you let me answer prayer  
in you and you in me?

Will you let the blinded see  
if I but call your name?  
Will you set the prisoners free  
and never be the same?  
Will you kiss the leper clean,  
and do such as this unseen,  
and admit to what I mean  
in you and you in me?

Will you love the "you" you hide  
if I but call your name?  
Will you quell the fear inside  
and never be the same?  
Will you use the faith you've found  
to reshape the world around,  
through my sight and touch and sound  
in you and you in me?

Lord your summons echoes true  
when you but call my name.  
Let me turn and follow you  
and never be the same.  
In your company I'll go  
where your love and footsteps show.  
Thus I'll move and live and grow  
in you and you in me.

*John L Bell (b. 1949) & Graham Maule  
(1958-2020)*

### BE THOUGH MY VISION (STF 545)

Be thou my vision, O Lord of my heart,  
be all else but naught to me, save that thou  
art;  
be thou my best thought in the day and the  
night,  
both waking and sleeping, thy presence my  
light.

Be thou my wisdom, be thou my true word,  
be thou ever with me and I with thee, Lord;  
be thou my great Father, thy child let me be,  
be thou in me dwelling, and I one with thee.

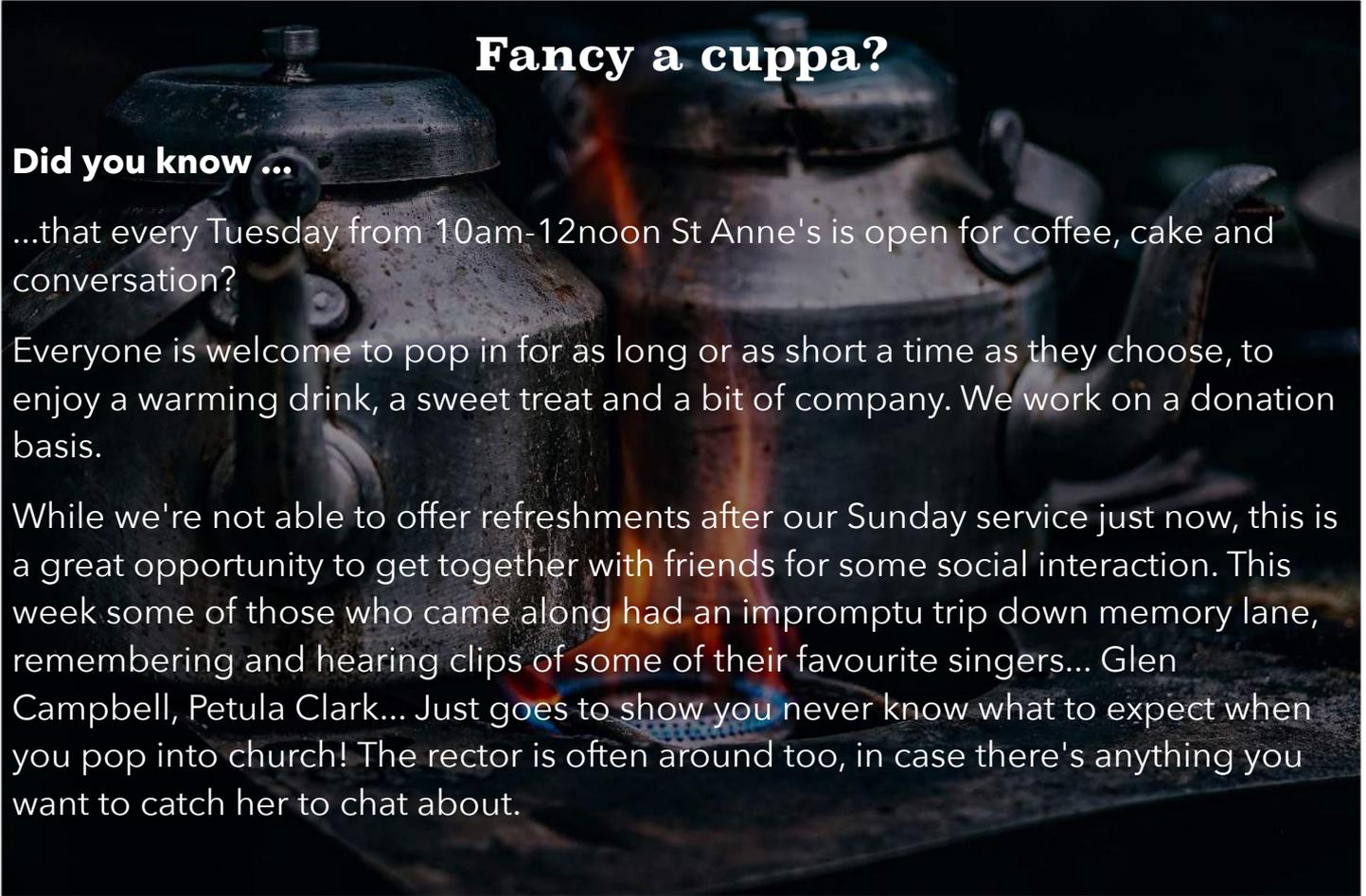
Be thou my breastplate, my sword for the  
fight;  
be thou my whole armour, be thou my true  
might;  
be thou my soul's shelter, be thou my strong  
tower:  
O raise thou me heavenward, great Power of  
my power.

Riches I heed not nor man's empty praise;  
be thou my inheritance now and always;  
be thou and thou only the first in my heart;  
O Sovereign of heaven, my treasure thou art.

High King of heaven, thou heaven's bright  
Sun,  
O grant me its joys after victory is won;  
Great Heart of my own heart, whatever befall,  
still be thou my vision, O Ruler of all.

*Irish, 8th Century, trans. Mary Elizabeth Byrne  
(1880-1931)*





## Fancy a cuppa?

### Did you know ...

...that every Tuesday from 10am-12noon St Anne's is open for coffee, cake and conversation?

Everyone is welcome to pop in for as long or as short a time as they choose, to enjoy a warming drink, a sweet treat and a bit of company. We work on a donation basis.

While we're not able to offer refreshments after our Sunday service just now, this is a great opportunity to get together with friends for some social interaction. This week some of those who came along had an impromptu trip down memory lane, remembering and hearing clips of some of their favourite singers... Glen Campbell, Petula Clark... Just goes to show you never know what to expect when you pop into church! The rector is often around too, in case there's anything you want to catch her to chat about.



## Calling all scouts...

Young church is looking for volunteers to put up  
the Young Church Tent

It takes just half an hour before & after each  
meeting

If you could help - regularly or  
occasionally - please email Val Hale at  
[valerieannehale@hotmail.com](mailto:valerieannehale@hotmail.com)

Thank you!

## COP 26 is coming!

### CREATIVE CONTEMPLATION & PRAYER FOR COP 26



@ ST ANNE'S  
CHURCH  
SUNDAY 17TH  
OCTOBER

Drop in from 2-5pm  
reflect & pray  
with creative resources<sup>o</sup>

and/or attend a timed event:  
10.30am Eucharist  
12.30pm Quaker Meeting\*  
2,3,4pm Guided Meditation<sup>^</sup>

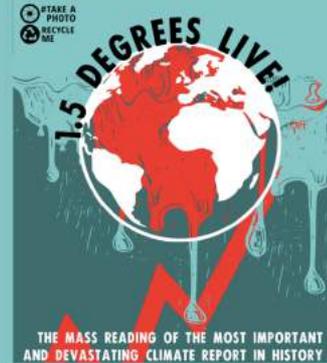
*Everyone is welcome*

<sup>o</sup>Hosted by St Anne's Church and Discovery Church.

\*Hosted by the Society of Friends. Lasts c30 mins.

<sup>^</sup>Facilitated by the World Community for Christian  
Meditation ([wccm.org](http://wccm.org)). Sessions last c. 30 mins.

### Request for Public readers to share climate change facts!



Could you join a team publically reading extracts  
from the latest IPCC (Intergovernmental Panel on  
Climate Change) Report?

<b>When?</b>	Sunday 17th October
<b>Where?</b>	St Anne's Church Peace Garden
<b>For how long?</b>	20-30mins
<b>What time?</b>	a slot between 2-4.30pm
<b>Why?</b>	Part of the launch of the Arts & Ecology Pilgrimage to COP26

To take part or for more info please contact  
Diana Greene at [info@sustainingdunbar.org](mailto:info@sustainingdunbar.org).  
Thank you.

### Christianity and climate change: a film series

tearfund

A series of 3 film-based bible studies.  
Join Christians from across local churches to  
consider the climate crisis and how we can  
respond. Each session includes a Tearfund film  
featuring Christian climate scientist Katharine  
Hayhoe, addressing a question about climate  
change from a Scottish church leader or  
member. There will be time for discussion and  
questions in small groups.

25th Oct, 8th and 22nd Nov,  
arrive from 7.30pm for a 7.45pm start.  
in Belhaven church hall.

To sign up or for more info contact:  
[Christianityandclimatechange@gmail.com](mailto:Christianityandclimatechange@gmail.com)

### Could you give a pilgrim a bed for the night?

The Arts and Ecology Pilgrimage leaves  
Dunbar 9.30am on Monday 18th October to  
walk to COP26 in Glasgow. Some walkers  
are gathering in Dunbar on Sunday 17th  
October for the opening events, and need  
somewhere to stay overnight. **Could you  
help? Do you have a spare room you could  
offer Pilgrims on Sunday 17th night?**

Guests will all be asked to have a negative  
covid lateral flow test before accepting  
hospitality, and a meal is provided for them  
on Sunday evening. **Please contact Diana  
Greene if you think you might be able to  
help:** Tel 07707 470 790 or email  
[81greenes@gmail.com](mailto:81greenes@gmail.com).

**Many thanks!**

# YOUNG CHURCH

We meet in the  
Tent in the Church Garden,  
fortnightly on Sundays at 10.30am.



We have games, a story, and a prayer  
before joining the adults for Holy  
Communion

**All young people are invited!**  
Dress for the weather & bring a snack.  
Accompanying adults are welcome too,  
or they can join the service inside.

Next meetings:

3 October, 17 October, 31 October



## Stewardship update

A big thank you to everyone who has responded to our 2021 Stewardship campaign with prayer, visionary suggestions on the blackboard in church, and financial support. Our prayers are being answered and several households have pledged new or increasing contributions which are helping to close the funding gap.

If you haven't had a chance to review your contribution yet, there is still time! If you have lost - or never received - the Stewardship update, standing order mandate and gift aid form, please do let us know.

# useful information about COVID-19



## Scotland has now moved below COVID Level Zero

This change is significant and hard-earned. Everyone has made great sacrifices over the past eighteen months. While this move will restore a substantial degree of normality, it is important to be clear that it does not signal the end of the pandemic or a return to life exactly as we knew it before COVID.

### Scottish Rules from 9th August

- Scotland is now **below COVID Level Zero**
- **Social distancing** is no longer required in most settings
- There are **no limits** on the numbers of people meeting up (capacity limits apply in some venues)
- Fully-vaccinated adults, and children, who are identified as a **close contact of a positive case** no longer need to isolate once they return a negative PCR test (under 5s exempt from the test)
- Mandatory **mask-wearing** (with exemptions) on public transport and in shops, will remain
- **Travel** is permitted anywhere in the UK
- **Free lateral flow tests** are available for those without symptoms from <https://test-for-coronavirus.service.gov.uk/order-lateral-flow-kits/condition> or by calling 119.



**If you develop:**

- a new persistent cough
- a fever
- a change in your sense of taste or smell

...you should self-isolate immediately and **request a COVID-19 test** via the [NHS Inform](https://www.nhs.uk) website. If you do not have internet access, call **0800 028 2816**. Do this as soon as you have symptoms - don't wait.

## NHS Lothian Vaccinations

- All those aged over 18 on 31 October 2021 are now eligible to receive the COVID-19 vaccine.
- You can get a **drop-in vaccination**, if you have not yet had your first dose, or a second dose if you received your first at least eight weeks ago, at **East Lothian Community Hospital**. The drop-in clinic is open **8.30am - 4pm** every day. You do not need to be registered with a GP to get vaccinated.
- A **mobile drop-in vaccination unit** is also available and comes regularly to Dunbar. Updates can be found by checking @ELCouncil on Twitter.
- If you have any enquiries about the COVID-19 vaccine, you can contact the **Coronavirus Vaccination Helpline** on 0800 030 8013 (8am - 8pm all week).

## Test and Protect - Contact Tracing

Test & Protect is Scotland's approach to implementing the Government's "test, trace, isolate, support" strategy and breaking the chain of transmission of COVID-19 in the community. If you test positive or have been in close contact with someone else who has tested positive for COVID-19, you may be contacted by a Government Contact Tracer who will enquire whether you have had significant contact with others and may instruct you to self-isolate UNTIL YOU. Please be vigilant about possible fraudsters: a government contact tracer will never ask for payment or bank details.

## FACTS Guidance

- F** Face coverings should be worn in enclosed spaces
- A** Avoid crowded places
- C** Clean your hands and surfaces regularly
- T** Two-metre social distancing
- S** Self-isolate and book a test if you develop coronavirus symptoms

*Music in this bulletin and in our online services is reproduced under CCLI Licenses 431104 & 111618*

St. Anne's Scottish Episcopal & Methodist Church, Dunbar is a Scottish Charity, SC010950, regulated by the Scottish Charity Regulator (OSCR)  
Rector: The Rev'd Diana Hall Tel: 07970 105 725 Email: [rector.stannesdunbar@gmail.com](mailto:rector.stannesdunbar@gmail.com) [www.stannesdunbar.org.uk](http://www.stannesdunbar.org.uk)