

# Lifeline

Weekly news & worship from St Anne's Church



## Hello!

First things first - greetings! Grace and peace to you from our Lord Jesus Christ. And second - gosh. What strange times we live in. Who'd have thought, even last Sunday, that by now churches all over the UK would be trying to have less rather than more social contact? But, here we are...

For the time being, gathering in person for public worship has sadly had to be suspended to help combat the spread of COVID-19. Until we can

recommence gathering in the church building, we'll be doing church differently. But this is the important part - we are still The Church! Even if we can't meet in person, we can and should continue to love God; love our neighbours; and serve our community. We can also use the church building for quiet prayer during the usual daily opening hours, 10am - 4pm.

This weekly newsletter will replace our usual magazine for the time being. In it you will find:

- \*Ways to worship and to seek encounter with our loving God whilst church meetings are suspended
- \*Ways to love our neighbours and serve the community, and hopeful, inspiring stories about how people are doing this
- \*Details of how to get help if you are in need
- \*Something (I hope) to make you smile!

This week is rather "information" heavy, but bear with us! It would be great to include news and stories about things going on among us, especially for those who will no doubt be finding isolation from friends and loved ones difficult. PLEASE try to send me anything you think might be nice for others to know about... a story, photo, joke or piece of news can really help to brighten up someone's day.

Most of all, remember that God is faithful, full of love, and present with us.

God bless,

*Diana*

## This week...



### Sunday Worship

Join our Sunday service from home



### Midweek Prayer

Pray with others during the week



### Practical Help

Giving & receiving practical help



### Light Relief

Something to make you smile!

# Worship this Week

SUNDAY 22 MARCH @ 10:00AM - MOTHERING SUNDAY

Even though we can't gather in church, I will offer worship at 10am each Sunday morning. Unfortunately you cannot join me in person. However, if you have internet access you can see and hear worship live (or later as a recording) by using a simple video conferencing tool called Zoom, and a liturgy booklet that should reach you at the same time as this newsletter.

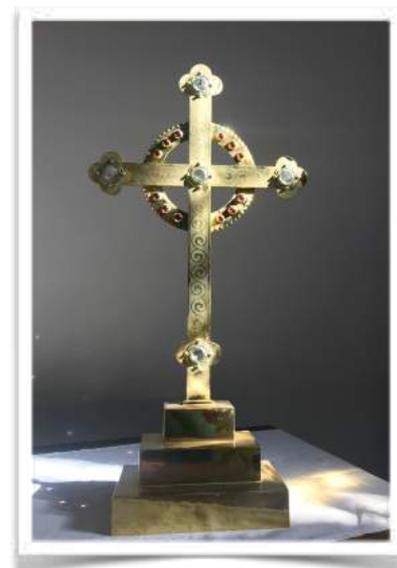
Instructions to help you to use Zoom are on the next page.

This arrangement is new and different for all of us, but please do try to join in as we go on an adventure to find a way of gathering that enables us to praise and meet with God together, and to pray for one another and the world.

If you do not have internet access you can still join us at 10am by using the liturgy booklet, and the Collect and reading below, to worship. We are always surrounded by a great cloud of witnesses, so we never, truly, worship alone.

Please feel free to send prayer requests to me or another member of the pastoral care team.

*However you choose to worship, you may find it helpful to: choose a quiet, comfortable place to sit; light a candle; and have a bible and perhaps a cross or other image that reminds you of God's love with you as you pray.*



## COLLECT

God of love,  
passionate and strong,  
tender and careful:  
watch over us and hold us  
all the days of our life;  
through Jesus Christ our Lord.  
Amen.

## READING: JOHN 19:25B-27

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

## JOINING LIVE WORSHIP ONLINE WITH ZOOM

1. You will need to download an App called Zoom. This is a free video-conferencing tool, being used extensively by churches. When you click on the meeting link below, Zoom will guide you through this process. If you need help, please contact Diana in advance of Sunday and she can talk you through it.
2. Once you have downloaded the Zoom App, you can join this Sunday's worship live at 10am by clicking on the following link: <https://zoom.us/j/818717582> Just as you would usually arrive a bit early at Church, please try to join the meeting a few minutes before 10am.
3. The link above will work in advance, if you would like to have a trial run and check you can get up and running.
4. In the "Zoom" worship meeting, we will be able to see one another from the comfort of our homes. When worship starts you will only be able to hear the person who is leading worship.
5. I will send you a Liturgy booklet so that you can follow along and join in with the service. The service will be shorter than the usual Sunday gathering and will include the Collect and Gospel Reading printed on the previous page.
6. The link is only for this Sunday's service. A new link will be shared for each subsequent service or meeting.

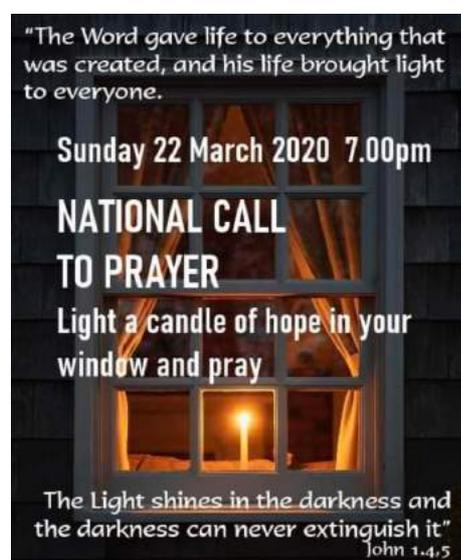


We do realise that technology can be a challenge, but we hope this might actually be really useful and helpful for us as a way of having continuing fellowship in the coming weeks, so please do give it a try. If you need assistance please don't hesitate to contact me in advance of Sunday and I will be happy to talk you through it.

## Sunday 22nd March 7pm: National Call to Prayer

In 1 Thessalonians 5:16-18 we are reminded to "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you".

Sunday has been designated by Churches together across the UK as a national Day of Prayer. Christians of all denominations across the UK are invited to light a candle, place it in a window to light up the community with signs of hope as we pray.

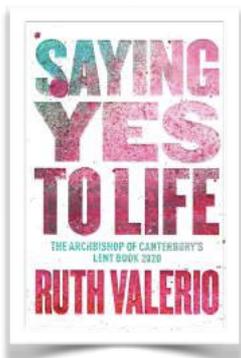


## Tuesday - Compline

Compline or Night Prayer is a short, beautiful Daily Office traditionally prayed at the end of the day.

I will be offering Compline on Tuesday evenings at 8.30pm. If you would like to join me you are welcome to do so. The link for the meeting on Tuesday 24th March is: <https://zoom.us/j/924048630>

For a copy of the liturgy please contact me. As with other services, you can of course also choose to pray alone, encouraged by the knowledge that others are praying too.



## Wednesday - Lent Book Group

Our Lent Book Group did not meet this week, but will recommence on Wednesday 25th March from 7.30pm - 9pm by Zoom meeting.

The link for the meeting is <https://zoom.us/j/595871472>.

We will be discussing chapters 3 and 4 of Saying Yes to Life by Ruth Valerio.

## Thursday - Midweek Prayer

The Midweek Eucharist service will be replaced by midweek prayer next Thursday 26th March at 10.30am. I will host a Zoom meeting for this. The Zoom link for anyone who would like to join in is: <https://zoom.us/j/640848370>.

If you prefer not to be visible, you could join this meeting by audio only. You could also choose to pray at home quietly on your own instead. Again, I will send round a liturgy booklet you could use for this.

Please send prayer requests to anyone on the Pastoral Care Team (Diana, Liz Gordon, Sharon Morgan, David Mumford).



## Practical Help

It is really encouraging to see how the local community has begun to mobilise to ensure there is still support and help available for anyone in need. The Community Council is working in partnership with the Resilience services at East Lothian Council to set up and task a volunteer assistance group. Soon, anyone in need in Dunbar will be able to contact a group coordinator for help with things like getting prescriptions filled and essential shopping. George Robertson from our congregation is involved in this.



If you are stuck at home, either because you are in one of the groups the Government has described as “vulnerable” or you are living with someone who is; or if you become unwell or have any other sort of need for practical help, please do get in touch with a member of the pastoral care team. We will be able to help, or to find someone else who can.

### 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

## Caring for Yourself and Others

### COMPASSIONATE DISTANCING

Social distancing is not a pretty phrase or concept, but the reason behind it is important. A friend of mine renamed it “compassionate distancing” which I much prefer, because it helps me to remember that its purpose is caring not only for ourselves but also for others. Distancing ourselves at present is a compassionate response to the stress being placed on systems and people as COVID-19 spreads. In this way, for me, being mindful of my potential impact on others is part of how I can choose to love my neighbour as myself.



## SOCIALISING MATTERS

Even if you need to stay at home, or at a distance from people, it's important to stay in touch. As an old advert used to say, "it's good to talk"!

Why not set yourself a regular coffee and chat time... Make your favourite brew, find a comfy seat, phone a friend and have a good old natter. Maybe even decide that chat about the current situation is off limits?!

Exercise is important too. You could go for a walk...



## MENTAL HEALTH

Lots of people may find the current circumstances stressful and worrying. It is important that we look after ourselves and others. The World Health Organisation (WHO) offers this information and advice.

- \*It is normal to feel sad, distressed, worried, confused, scared or angry during a crisis.
- \*Share your feelings with someone you trust.
- \*If you must stay at home, maintain a healthy lifestyle (including a proper diet, sleep, exercise and social contact with loved ones at home).
- \*Keep in touch with family and friends through email, phone calls and making use of social media.
- \*Don't use tobacco, alcohol or other drugs to cope with your emotions.
- \*If you feel overwhelmed, talk to a health worker, social worker, or similar professional, or another trusted person in your community (e.g., religious leader or community elder).
- \*Have a plan of where to go and seek help for physical and mental health and psycho-social needs, if required.
- \*Get the facts about your risk and how to take precautions. Use credible sources to get information, such as the WHO website or, a local or state public health agency.
- \*Decrease the time you and your family spending watching or listening to upsetting media coverage.
- \*Draw on skills that you have used in the past during difficult times to manage your emotions during this outbreak.

If you need help, please do get in touch. The rector is available day or night in times of crisis.

## Light Relief

We are all going to be needing a chance for a smile in the days to come. From stories about how the community is pulling together and being creative in the midst of difficulty, to photos, jokes and news, please do email me things you'd like to share, so that we can encourage one another.

### TAE A VIRUS

Twa months ago, we didna ken,  
yer name or ocht about ye  
But lots of things have changed since then,  
I really must salute ye

Yer spreading rate is quite intense,  
yer feeding like a gannet  
Disruption caused, is so immense,  
ye've shaken oor wee planet.

Corona used tae be a beer,  
they garnished it wae limes  
But noo it's filled us awe wae fear  
These days, are scary times.

Nae shakin hawns, or peckin lips,  
it's whit they awe advise  
But scrub them weel, richt tae the tips,  
that's how we'll awe survive

Just stay inside, the hoose, ye bide  
Nae sneakin oot for strolls  
Just check the lavvy every hoor  
And stock-take, your, loo rolls

Our holidays have been pit aff  
Noo that's the Jet2 patter  
Pit oan yer thermals, have a laugh  
And paddle ' doon the waater '

Canary isles, no for a while  
Nae need for suntan cream  
And awe because o this wee bug  
We ken tae be..19

The boredom surely will set in,  
But have a read, or doodle  
Or plan yer menu for the month  
Wi 95 pot noodles.

When these run oot, just look about  
A change, it would be nice  
We've beans and pasta by the ton  
and twenty stane o rice.

So dinny think ye'll wipe us oot  
Aye true, a few have died  
Bubonic, bird flu, and TB  
They came, they left, they tried

Ye might be gallus noo ma freen  
As ye jump fae cup tae cup  
But when we get oor vaccine made  
Yer number will be up.

- Anon. (With thanks to Brian Dale)



## STAYING HOME WITH THE CHILDREN!

Coronavirus Question Number 1: How to make small children run as far as possible in a rather small garden?  
Answer: Make them run around in circles!

So I decided that we would make a maze out of sticks and string.

It was a hit, so we've decided to make it a permanent fixture...by digging channels in the grass and filling them with the gravel from the flower beds.

The conversation went something like this...

Finnán: That's great fun mummy

Me: It is love ([silently] I might regret this...but it's a great way to get the gravel off the flower beds that we inherited when we moved house).

Cian: I can run around it really really fast...

Me: Not everyone tries to go as fast as possible, some people use it to pray or to be calm.

Finnán: Mummy, that means you can go there when you get angry!

Me: That sounds like a good idea love...[silently]...I'm going to need it...

- Val Hale



## And finally... Mindful Moments in Prayer

### A WEEKLY SUGGESTION OF A WAY TO PRAY BEYOND WORDS

Find a spot around Dunbar where you can look out into the Lammermuir Hills. Keeping the prescribed social distance, if anyone else is around, look to the hills like the psalmist of old (Ps.121) and feel the assurance of God - "I lift my eyes to the hills ... My help comes from the Lord".

Spend a while looking outwards and upwards.

In your heart tell God your concerns.

Look beyond the current times - and return home with a positive step and feel enfolded in hope.

- Sharon Morgan

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St. Anne's Scottish Episcopal & Methodist Church, Dunbar  
is a Scottish Charity, SC010950,  
regulated by the Scottish Charity Regulator (OSCR)

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