



# Lifeline

Weekly news & worship from St Anne's Church

## Dear friends

I hope you have been able to enjoy some sunshine in amongst the rain showers this week. Personally, I've been caught out a few times! If you're a dog owner or a walker you might empathise with my plight. I leave the house dressed for the weather I anticipate from the sample of sky I can see from my front door. Usually I do this only when it seems fine. However, as I venture further from home and the sweep of the horizon gets broader, from the Lammermuirs to Fife, I begin to see clouds, and impending rain, from further afield. Unfortunately this week that has often indicated an imminent downpour...



The the inevitable dash for cover ensues, as does the soaking. But at least there have been some rainbows to follow.

There's a sense in which church life feels a bit like this at present, I think. We are venturing into the big wide world more than we have for a while, and gently encouraging people to venture back into the church building. But we are also keeping an eye on the horizon, trying to anticipate possible challenges on the horizon.

Now that autumn is here, from this week Lifeline will be published fortnightly, containing 2 weeks worth of online service details. It will be supplemented from October by the re-start of the St Anne's Magazine (for which contributions are now welcome)! However, the pastoral team has also been mindful that the nights are beginning to draw in, and that opportunities to spend time together inside may be more limited than normal for many. Some of the usual round of courses and activities that would usually take place in autumn won't be happening this year, and many of us are anticipating the change of seasons with trepidation.

One of the things many found helpful in the darker nights of early lockdown was the opportunity to pray together in the evenings. So, we have decided to reintroduce this one evening a week.

Beginning this Thursday at 9pm there will be a weekly service of Compline on Zoom, which anyone is welcome to join by internet or phone. The service is short (usually around 15 minutes) and reflective. You can keep your camera off if you prefer and you need not say anything at all. This is a simple opportunity

to gather with anyone else who would like to and to share the beautiful words of the Compline liturgy, committing the day that has passed into God's care and praying for protection for ourselves and the world through the night to come. The Compline liturgy booklet is the same one we were using earlier in the year, and some of you may still have it. If not, it is available to download by following the link on page 3. If you would like a printed copy please let me know and I will get one to you.



With love

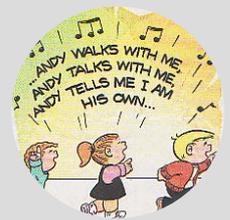
*Diana*

## Inside...



### Service details including Compline

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### Bad joke of the week

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### Zoom Worship materials

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# What to Expect in the Church Building on Sunday

## Coming to Church

- Please do not attend church if you or a member of your household have, or are recovering from, symptoms of Covid-19.
- Much as we'd love to see you, if you are in an "at risk" category please consider carefully whether it is advisable for you to return to church at this stage. Government guidelines are evolving so please check regularly for the latest advice.
- Please arrive early for worship to help prevent bottlenecks at the entrance. Observe social distancing.
- Due to the 2m social distancing requirement **the seating capacity is considerably reduced**. If we reach capacity, unfortunately you will not be admitted. If this becomes an issue we will introduce a booking system to ensure everyone who would like to, has an opportunity to attend.

## At the Service

- You must maintain social distancing of 2 metres, both inside the church and outside.
- On arrival, you will be met by a steward. Please follow their directions.
- Hand sanitiser will be available at the door. It must be used on entering and exiting.
- You must wear a face covering in the building; please bring one with you if you can.
- We will record your attendance and contact details for Contact Tracing in case anyone develops Covid-19.
- You will be shown to your seat by a steward. Seats will be filled in order, starting from those furthest from the entrance. You must sit only in designated available places. People from the same household may sit together.
- Single-use service sheets will be provided. Bibles and hymn books will not be available.
- Toys and books are not available. Children may not move freely round the church. If you don't think that your child(ren) will be able to remain by your side in a pew for the duration of the service, please don't bring them to church. (Sorry!)
- There will be no precession at the start or end of the service.
- The service will be shorter than a traditional Sunday service.
- There may be music, but unfortunately singing is not permitted.
- The Peace will be shared using sign language only.
- No collection will be taken during the service. There will be an opportunity to leave an offering as you depart. Alternatively, you might consider setting up a standing order. The treasurer, Alan Dickerson, is always pleased to discuss giving, in confidence.

## At Communion

- Communion will be administered by the priest alone
- Only bread will be available, no common cup. The priest will receive wine on behalf of the whole community.
- A steward will invite you forward to receive bread at the nave altar. The priest will place the bread in your hands and you should return to your seat to consume it.
- If you prefer to receive a blessing, this will be administered without touch.

## After Worship has Ended

- We cannot share coffee and fellowship at church at present. If you would like to, you could arrange to meet with the permitted number of households for coffee elsewhere after church.
- Please remain in your seat until a steward directs you to an exit.
- Place your used service sheet in a bin provided at the exit doors.
- Sanitise your hands before leaving & ensure that you maintain 2 metre social distancing.
- Wash your hands when you get home.

## A Few Don'ts

- Please refrain from using the toilet.
- Please do not congregate around the doors, either before or after the service.

## Joining in with Worship

*We can now have some limited gatherings in Church again, but St Anne's is continuing to hold many of its gatherings on Zoom. You can join a Zoom service by telephone, or on a computer, tablet or smartphone with an internet connection. If you need assistance to set this up please get in touch - we can help.*

### HOW TO JOIN WORSHIP ONLINE WITH ZOOM

Zoom is a free video conferencing tool. Search for and download the Zoom app from the internet onto your computer, tablet or smartphone. You can click on a meeting link or enter a meeting ID number in the App to join a meeting. Zoom will guide you through the process. You can turn your camera (if you have one) and microphone on and off in the App. Often during a service the Host will mute everyone's microphone to ensure the service leader can be heard.

### HOW TO JOIN ZOOM WORSHIP BY PHONE

You can also join in with worship by telephone. You will be charged for the call based on your own phone package. To join, call **0131 460 1196**. You will be prompted to enter a Meeting ID number. Enter the number provided below for the specific service you would like to attend. You will be prompted for another number, which you don't need. Just press #. You will now be able to hear the service. You can mute and unmute your microphone to speak by pressing #6. The meeting host can also mute and unmute your microphone.

## What's On at St Anne's:

**SUNDAY**

**10 AM**

**SERVICE OF THE WORD**

To join the service using your computer use the following link:

<https://us02web.zoom.us/j/81070800107>. Meeting ID: **810 7080 0107**

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



**SUNDAY**

**12.30 PM**

**SPOKEN EUCHARIST**

A quiet, reflective service of Holy Communion in Church



**THURSDAY**

**10.30 AM**

**MORNING PRAYER, COFFEE & CHAT**

To join the service using your computer use the following link:

<https://us02web.zoom.us/j/85468058940>. Meeting ID: **854 6805 8940**

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



**THURSDAY**

**9PM**

**COMPLINE**

To join the service using your computer use the following link:

<https://us02web.zoom.us/j/84711823726>. Meeting ID: **847 1182 3726**

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



**FRIDAY**

**7.30 AM**

**EARLY MORNING PRAYER**

To join the service using your computer use the following link:

<https://us04web.zoom.us/j/79863682143?pwd=cDhucEhOdUViUHZmVEI3UFYyeWN2QT09>.

The meeting password is: **8nKWJ9**. Meeting ID: **798 6368 2143**

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



**MON, WEDS, FRI**

**10 AM-12 NOON**

**PRIVATE PRAYER**

The Church building is open for private prayer.



## 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, have problem you need to share, something you'd like practical help, a prayer request, or would like to receive Communion at home, we can help or find the people 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

## Prayer Points

- Pray for parts of the country where COVID is spreading and local restrictions have been reimposed; and for those tasked with managing public health.
- The 'eat out to help out' scheme ended this week, and furlough assistance has only 8 weeks to go. Please pray for local businesses as the summer season draws to a close and they take stock and try to plan for the winter. Pray too for those who have lost jobs; those who are struggling with debt, and for the Food Bank and Debt Advice Services as they seek to respond to needs in the community.
- The weather has not helped the harvest season this year. Pray for the safety and welfare of local farmers as they work at this busy time.
- Peaceful climate change demonstrations have been taking place in parts of the UK this week. Pray for the voices of those advocating for climate justice to be heard; and pray for how we might continue to respond, personally and as a community.

## Bible Readings

Daily Lectionary readings for prayer and reflection.

The Old Testament readings conclude their journey through Job and begin the book of Esther, on which you can watch an introduction [here](#). You might read one stream in the morning and another at night.

Monday 7th	Job 32:1-10,19-33.1,19-28	Acts 13:44-52	Luke 6:6-11
Tuesday 8th	Job 29:1-20	Acts 14:1-18	Luke 6:12-19
Wednesday 9th	Job 29:1; 30:1-2, 16-31	Acts 14:19-28	Luke 6:20-26
Thursday 10th	Job 29:1; 31:1-23	Acts 15:1-11	Luke 6:27-38
Friday 11th	Job 29:1; 31:24-40	Acts 15:12-21	Luke 6:39-42
Saturday 12th	Job 38:1-17	Acts 15:22-35	Luke 6:43-49
Monday 14th	Job 40:1-24	Acts 15:36-16:5	Luke 7:1-10
Tuesday 15th	Job 40:1; 41:1-11	Acts 16:6-15	Luke 7:11-17
Wednesday 16th	Job 42:1-17	Acts 16:16-24	Luke 7:31-35
Thursday 17th	Job 28:1-28	Acts 16:25-40	Luke 7:36-50
Friday 18th	Esther 1:1-4, 10-19	Acts 17:1-15	Luke 8:1-3
Saturday 19th	Esther 2:5-8, 15-23	Acts 17:16-34	Luke 8:4-15

## ARE YOU IN HARDSHIP? DON'T SUFFER ALONE - PLEASE GET IN TOUCH.

If you or someone else you know is in trouble with money, doesn't have enough food to put on the table, or simply can't make ends meet...

St Anne's can help with Foodbank referrals, giving small emergency grants, and signposting local assistance to get you help with benefits applications, debt advice and other issues. These services are free, confidential and open to *everyone* regardless of church connection, gender, age or anything else.

All contacts are treated with the utmost discretion, maintaining dignity and privacy.

Please get in touch with any of the pastoral care team.

## Light relief :-)

### Hymns for a lukewarm Church...

1. Joyful, joyful, we kind of like thee
2. Amazing grace, how interesting the sound
3. Be thou my hobby
4. Spirit of the Living God fall somewhere near me
5. I'm fairly sure that my redeemer lives
6. Sit up, sit up for Jesus
7. Take my life and let me be

## Resources for Zoom Worship, Sunday 6 September

### COLLECT

**Stir up, O Lord, the wills of your faithful people, that richly bearing the fruit of good works, we may by you be richly rewarded; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and forever.**

### ROMANS 13:8-14

Owe no one anything, except to love one another; for the one who loves another has fulfilled the law. The commandments, "You shall not commit adultery; You shall not murder; You shall not steal; You shall not covet"; and any other commandment, are summed up in this word, "Love your neighbour as yourself." Love does no wrong to a neighbour; therefore, love is the fulfilling of the law.

Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

### HYMN - PUT PEACE INTO EACH OTHER'S HANDS

Put peace into each other's hands, and like a treasure hold it; protect it like a candle flame, with tenderness enfold it.

Put peace into each other's hands with loving expectation; be gentle in your words and ways, in touch with God's creation.

Put peace into each other's hands, like bread we break for sharing; look people warmly in the eye: our life is meant for caring.

As at communion, shape your hands into a waiting cradle; the gift of Christ receive, revere, united round the table.

Put Christ into each other's hands, he is love's deepest measure; in love make peace, give peace a chance, and share it like a treasure.

### PSALM 119:33-48

#### antiphon

Teach me, O God, the way of your statutes,  
and I shall keep it to the end.  
Give me understanding, and I shall keep your law;  
I shall keep it with all my heart.  
Make me go in the path of your commandments,  
for that is my desire.  
Incline my heart to your decrees  
and not to unjust gain.

#### antiphon

Turn my eyes from watching what is worthless;  
give me life in your ways.  
Fulfil your promise to your servant,  
which you make to those who fear you.  
Turn away the reproach which I dread,  
because your judgments are good.  
Behold, I long for your commandments;  
in your righteousness preserve my life.

#### antiphon

Let your lovingkindness come to me, O God,  
and your salvation, according to your promise.  
Then shall I have a word for those who taunt me,  
because I trust in your words.  
Do not take the word of truth out of my mouth,  
For my hope is in your judgments.  
I shall continue to keep your law;  
I shall keep it forever and ever.

#### antiphon

I will walk at liberty,  
because I study your commandments,  
I will tell of your decrees before kings  
and will not be ashamed.  
I will delight in your commandments,  
which I have always loved.  
I will lift up my hands to your commandments,  
and I will meditate on your statutes.

#### antiphon

### Psalm antiphon

*From "The Emergent Psalter, by Isaac Everett, 2009, Church Publishing*



El e vate my un der stand ing. Ev er in my heart keep watch. Find my strength in your com- mand ments for your truth is all I've sought.

## Resources for Zoom Worship, Sunday 13th September

Although the Methodist Churches in our Circuit are not yet open for in-person worship, we're fortunate to have our own resident Methodist minister in the Rev'd Geoff Shutt, who will be preaching on Zoom today. From October we'll return to the pre-lockdown pattern of having a more Methodist style of worship on the 4th Sunday of each month.

### COLLECT

**Almighty God, you call your church to witness that in Christ we are reconciled to you. Help us so to proclaim the good news of your love, that all who hear it may turn to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, now and for ever.**



### READING: ROMANS 14:1-12

Welcome those who are weak in faith, but not for the purpose of quarreling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand. Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. Those who observe the day, observe it in honour of the Lord. Also those who eat, eat in honour of the Lord, since they give thanks to God; while those who abstain, abstain in honour of the Lord and give thanks to God. We do not live to ourselves, and we do not die to ourselves. If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, so that he might be Lord of both the dead and the living. Why do you pass judgment on your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgment seat of God. For it is written, "As I live, says the Lord, every knee shall bow to me, and every tongue shall give praise to God." So then, each of us will be accountable to God.

### READING: MATTHEW 18:21-35

Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times.'

'For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to him; and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. So the slave fell on his knees before him, saying, "Have patience with me, and I will pay you everything." And out of pity for him, the lord of that slave released him and forgave him the debt. But that same slave, as he went out, came upon one of his fellow-slaves who owed him a hundred denarii; and seizing him by the throat, he said, "Pay what you owe." Then his fellow-slave fell down and pleaded with him, "Have patience with me, and I will pay you." But he refused; then he went and threw him into prison until he should pay the debt. When his fellow-slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. Then his lord summoned him and said to him, "You wicked slave! I forgave you all that debt because you pleaded with me. Should you not have had mercy on your fellow-slave, as I had mercy on you?" And in anger his lord handed him over to be tortured until he should pay his entire debt. So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.'

*The image above is "Christ cares for all", a window in the Church of the Natividad, Pangasinan, Philippines. Reproduced under CC License. [https://commons.wikimedia.org/wiki/File:NatividadChurchjf8794\\_07.JPG](https://commons.wikimedia.org/wiki/File:NatividadChurchjf8794_07.JPG)*

# useful information about COVID-19 Recovery



Coronavirus is still in circulation in the UK. The First Minister continues to emphasise that vigilance is needed. Social distancing of 2 metres remains a requirement (other than for children under 11 and in some shops, pubs, restaurants and public transport). You must wear a face covering in shops and on public transport. For more info see: <https://www.gov.scot/coronavirus-covid-19/>

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



If you develop:

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

## Remember the COVID FACTS

- 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

## Current Scottish Rules

- There are new increased COVID restrictions in place in Glasgow, West Dunbartonshire and East Renfrewshire. Anyone visiting these areas may not visit someone in their home, and should be extra vigilant about hygiene measures.
- There is continuing Scottish Government concern that levels of infection are rising. Please be vigilant about observing the FACTS advice, especially in situations where it might be easy to let your guard down.

## Test & Protect

Test and 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 phone by a Government Contact Tracer who will enquire whether you have had significant contact with others and may instruct you to self-isolate at home for 14 days.

Please be vigilant about possible fraudsters: a government contact tracer will never ask for payment or for bank details.