



The Cairn



News from St. Anne's Scottish Episcopal & Methodist Church in Dunbar

Letter from the Rector

Dear friends,

As the evenings draw in, much of the harvest is gathered and the days are growing cooler, I wonder how it is with your soul? For some, this is a wonderful time of year, when nature is full of russets and yellows, the days begin to invite a woolly jumper and the evenings tempt us to coorie in by the fire. But for others this is a tricky season, where the darkening days mean less vitamin D and as a result perhaps less energy and an element of seasonal sadness.



Image by rihajj from Pixabay

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This is a good time of year to remember self-care, which in the end is part of how we care for our souls. Alongside our regular pattern of worship, we have two different types of soul-tending gatherings coming up.

The first is the beginning of what we hope will be a regular fortnightly gathering at church for silent contemplation, beginning on Saturday 5th October at 10.30am. If you have never tried this before, this is a wonderful opportunity to spend time in the presence of God, reminding ourselves that we are God's children. How does it work? It's easy: "I look at God; God looks at me; and together we are happy". Why not come along and give it a try?

Second, on 2nd November Ursula Bauer and Rev Dr Anne Harvey are going to host a workshop - again, in church - looking at anxiety. If you're a worrier, this might be for you! It won't be a therapy session, but it will offer information, hints and tips, time for reflection and optional sharing, and of course a cuppa! All of this, it is hoped, will help us towards worrying less.

All of these activities are free and open to all - they're not first and foremost about being religious, but about being fully human, and so if you or anyone you know might benefit from them, please do feel welcome to come along.

At the core of Christianity is a trust that we are beloved children of God, designed to give and receive love. I pray that we might all know and experience that this autumn.

With love,

A handwritten signature in black ink that reads "Diana". The signature is written in a cursive style with a horizontal line underneath the name.

Vestry report

The Vestry met on 10th Sept 2024. Being the first meeting of a new church year there was very much a sense of bringing the past year towards its conclusion whilst welcoming the opportunities and challenges that lay before us in the coming year and years.

From the report of the Buildings Group we learned of progress being made in trialling some additional efficient heating at the rear of the church which could reduce costs, as well as making the building more comfortable for meetings taking place in that part of the church. Vestry heard how grants are already in place for part of the cost. Once more information and further grants are obtained to cover the cost, the scheme can go ahead if desired.

The Discipleship and Community Group reported on their thoughts for the life of the church. A varied range of activities are being looked at: some quiet and reflective, others, such as Carols in the Community and Pilgrimage, offer a different way of spiritual engagement. Keep a watch on the notices for details.

A good deal of time was spent looking at the church finances. Balancing the books is never an easy task at home or in the church. Ways of cutting costs were looked at, including the heating system mentioned above. Likewise ways of increasing income were explored.

Vestry was also reminded of the need to appoint new Vestry members at the Annual Church Meeting on 7th November. Again watch out for further details, you might be the ideal person!

Geoff Shutt

St Anne's visit to Dunbar Parish Church - Sunday 27th October

On **Sunday 27th October**, all St Anne's congregation are invited to join Dunbar Parish Church for their Morning Service.

There will not be a service at St Anne's that morning.



Walter Baxter

This is an initiative of Dunbar Churches Eco-group, to help Dunbar churches share resources and fellowship. St Anne's eco-group (in the spirit of Jesus inviting himself to Zaccheus' house for tea!) asked the Parish Church if we might spend a Sunday morning with them. Parish will join us at St Anne's in due course.

This will be a **Morning Worship service** (no Communion) from **11am to 12.15pm**, followed by **refreshments**.

Children start with adults in the service, then are invited to go out for Young Church activities, rejoining their families for the end of the service.

All are also very welcome to join the regular **prayer meeting, upstairs at 10am**, finishing in plenty of time for the service.

We hope St Anne's congregation will embrace and enjoy this invitation to share fellowship with Christians from another denomination in Dunbar.

Diana Greene

Knitting the Bible ... and crafting a fishing boat

You will have read Val's excellent article on the Knitted Bible in September's *Cairn*. Val also produced an amazing Knitted Jesus, which she brought along to the Thursday morning communion and discussion group. She asked if I would be prepared to make a boat to hold the knitted Jesus and his 12 disciples, illustrating Jesus calming the storm. I readily agreed to make one out of card.

I had childhood memories of illustrated Bible stories where Jesus and some of his disciples were seated in a little wooden boat not dissimilar to those I could see around me off the mid-twentieth century coast of North Essex. I thought I'd better research what the actual 2,000-year-old Galilean fishing boats actually looked like!

The first thing which I stumbled on was "The Jesus Boat". When the waters of Lake Galilee had receded due to a drought in 1986, two fishermen brothers, whose families had fished the waters for generations, found a wreck off the northwest shore of the lake.

The wreck was brought to the surface by archaeologists using similar methods to those used in raising the *Mary Rose* from the Channel. The remains of the boat provided archaeologists with invaluable information. Wood from the submerged hull was carbon-dated to 40BC, plus or minus 80 years. It was discovered that the boat would have been effectively two-storey, with a floor covering the hold in the bowels of the hull to store the catch of fish. The hull, 27 feet long, 7.5 feet wide and the preserved remains of the sides 4.3 feet high, is of the clinker type - a design



still used today all over the world, where planks of wood are fixed with mortice and tenon joints and nails. Often these boats, when they were no longer able to be repaired, were scuttled, having first removed any items which could be reused on a newer vessel.

There is no evidence that this particular boat was

actually used by Jesus and his disciples, but it would have been used at the time of

Christ and its design would have been common to the types of fishing boats used by him and his disciples. It is on display in a climate-controlled room in the Yigal Allen Museum in Kibbutz Ginosar in Israel.



The discovery of this wreck has fuelled all sorts of models and paintings, and I too used it in the construction of an eco-version, using corrugated cardboard from packaging, plywood remains from making my studio shutters, glue, gum strip, salvaged screw eyes from old frames, waxed string from my mother-in-law's re-upholstering project, pieces of garden bamboo cane, old acrylic paint, and the remains of white wool used in the Christmas angel project six or seven years ago!

Keep an eye out for the boat with our knitted Jesus and his 12 disciples.

Alison Crowhurst

PS: Mark 4:38 tells us, "Jesus was inside the boat, sleeping with his head on a pillow." If you've ever wondered about the "pillow", the fishing boats of the time didn't have keels and rudders but depended on ballast made of sandbags, called pillows. They would have also been used for comfort, like seating.

NOTE FROM THE TREASURER

Whilst completing this year's accounts, it has come to my attention that not everyone is claiming expenses when incurring costs for purchases that involve the church.

I would encourage everyone who does incur costs, even when it is a small amount, to make a claim via myself. Receipts are helpful, even if it is part of a larger "shop", but I can sort out reimbursements without receipts if required.

Thank you! Rab Shields

"Did I really run across Iceland?!!!"

As you know, in August I completed the Great Norse Run, after six months of training to run 209 miles across the country of Iceland. Thank you so much for your very generous support - practical, prayerful and financial. For those who may have been blessed enough to avoid my social media onslaught during the trip, what follows is a piece I wrote on my return for our denomination's online magazine, *Inspires*.

I clicked "enter". I had never run more than a half marathon before, but after losing my mum to cancer in 2023, running became important for me both as a means of looking after my



mental health, and more importantly finding a different way to pray when words were difficult. I wasn't at all sure I would be able to complete the event. However, with the help of people more experienced than me, I devised a training plan and for six months I stuck to it.

The trip itself was more gruelling than even my training had prepared me for. The first day of running seemed okay - 23 miles of gentle ascent through countryside that reminded me of home, with a rough but dry horse barn to spend the night in at the end. But day two was 30 miles, with the equivalent of a munro to climb. I soon had wet feet after the first of many river crossings. And then, as we reached the plateau and entered the black volcanic desert, the wind whipped up, it began to snow, and soon we were running through a blizzard.



Thankfully the day ended at a mountain hut, where the warden bade us sleep inside. As ice formed on the decking outside we boiled water and added it to our foil bags of camping food, resolutely taking on as many calories as we could.

Over the next few days we were warned to expect a "descent into discomfort". The group quickly became a close-knit team, completely absorbed in the task of staying alive, helping one another, and defying the malevolent weather to complete each day's running. I have a photo of us huddled together in a tent, in down jackets and foil blankets, helping warm someone up when they got too cold. Some people asked me to pray for them when the chips were down.

Thankfully the weather did ease up from time to time, and when it did, Iceland revealed herself in splendour and majesty. For days there was nothing but stark grey desert as far as the eye could see. But we also ran for a full day flanked by enormous glaciers to either side; passed by Tolkien-esque mountains and lava fields; and bathed in steaming geothermal pools far from any town.

Thanks to excellent mobile coverage I was able to share daily updates on the trip. I was so grateful for the huge amount of encouragement from friends. I could also see people's incredible generosity as my fundraising page went up and up. I'm absolutely delighted to have raised nearly £8,000 for Rock to Recovery. There were people on the trip who say they would not still be here but for the help Rock has given them.

I can't remember ever being so delighted and exhausted as I was when I crossed the finish line. Looking back now, the whole

expedition almost seems like a dream. Did I really run across Iceland?!

Taking on a Big Scary Goal has taught me more than I ever anticipated: resilience, problem-solving, adaptability, and the importance of human community. Exploring what my body is truly capable of has given me fresh insight into the Psalmist's words that we are fearfully and wonderfully made.

Diana Hall



Introduction to the New Testament Epistles - Philemon

A regular series by Stuart Ritchie

Along with his Epistles to the Philippians, Colossians and Ephesians, Paul wrote this Letter to Philemon sometime around 62AD during his imprisonment in Rome. Philemon was a prominent Christian in Colossae. Interestingly, this is the only recognised, authentic Pauline letter written primarily to a person rather than to a church (the letters to Timothy and Titus were unlikely to have been written by Paul).

The specific context of this letter is that Philemon's slave Onesimus had run away from him. Onesimus had met Paul in Rome, and while there, he had become a Christian. Paul is now asking Philemon to receive him back, not as a slave, but as a brother in Christ.

But what about slavery? While the letter to Philemon has been used to argue for and against, it is not really about the institution of slavery. Paul takes it for granted. No one in the early church called for its abolition. The church was in no position to advocate for such a sweeping change. Had it done so, its very existence would have been in jeopardy.

Taking the side of the vulnerable Onesimus, Paul is asking Philemon to treat him fairly, as if he was a family member. This reconciliation demands that relationships be transformed. We note that the early church did not conclude that this transformation of relationships demanded the eradication of slavery! Nevertheless, it is of interest that what Paul says in this

letter was part of what led later Christians like William Wilberforce to recognise that slavery was completely incompatible with Christian values.

Stuart Ritchie



^^ Turner, J.M.W., 1775-1851. *Slave Ship*, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=59107> [retrieved October 3, 2024]. Original source: <https://commons.wikimedia.org/wiki/File:Slave-ship.jpg>

Noticeboard

PET Blessings

FRIDAY 4TH OCTOBER
3.30PM - 4.30PM
AT ST ANNE'S CHURCH

Everyone welcome!
Free!

CLIMATEcafé

An open, inclusive café space to get together and talk, share a simple lunch, and take climate action

Second Wednesday of the month, 1230-1400 - next meeting 9th October, St Anne's Church

Everyone welcome - join the conversation and get involved!

Free - donations welcome

More info - Mark: 07914 602123 or mark@sustainingdunbar.org

DRINK CHAT ACT!

Silent Prayer Meetings

St Anne's Church

First & third Saturdays of the month: October 5th & 19th, November 2nd & 16th, December 7th & 21st.

At 10.30 for half an hour quiet sitting, with option to stay longer to talk or ask questions.

All welcome



If you enjoy a really
good sing,
please come along to our

AUTUMN SONGS OF PRAISE

Sunday 13th October
230pm
Spott Church


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Favourite hymns, old and
new

*

Refreshments

*



***'Peace I leave with you, my peace I give you.
I do not give to you as the world gives.
Do not let your hearts be troubled
And do not be afraid.'***
(John 14:27)

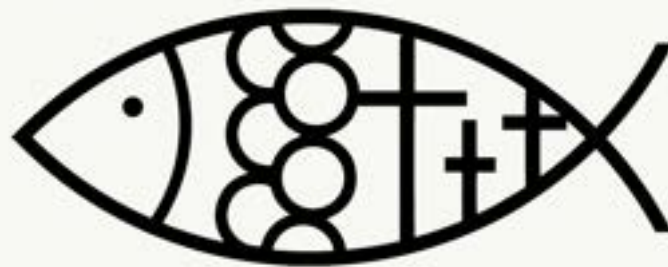
**Saturday 2nd
November 2024,
1.30 – 3.30 pm**

***A conversation about fear and worry at St.
Anne's church.***

If worry is a frequent occurrence in your life or you are close to someone who is a worrier, do come along for some information, some helpful tips, some sharing and, of course, a cuppa. The purpose of this gathering is not therapy but information and some pointers of where to start on your journey towards lessening anxiety. Although our meeting is happening in church everyone is welcome, whether religious or not. Anxiety is a human problem a lot of us share. Anne Harvey and Ursula Bauer will be very pleased to welcome you.

SAVE
the
DATE

ST ANNE'S AGM
Thursday 7th November
(early evening)



With Chippy Tea!

Further information to follow



Thought for the day



Don't just invite people to Church.

Invite them to lunch, invite them to your home, invite them into your heart.

Tell them you love them. Tell them you'll always be there for them.

You are the Church, not a building.



Mindful Christianity, submitted by Noreen Thompson

Readings and Rotas

Sunday October 6th - Methodist Sunday

Hebrews 1:1-4, 2:5-12; Mark
10:2-16

Readings: Chris

Intercessions: Sharon

Chalice: Sharon

Organ: Brian

Sunday October 13th - Methodist Sunday

Hebrews 4:12-end; Mark
10:17-31

Readings: Alison

Intercessions: Gill W

Chalice: Guest

Organ: Diana

Sunday October 20th - All Age Service with Baptism

Titus 3:4-8; Matthew 22:35-40

Readings: David

Intercessions: Stuart

Chalice: Stuart

Organ: George

Sunday October 27th - NO SERVICE AT ST ANNE'S - 11AM SHARED SERVICE AT DUNBAR PARISH CHURCH

Sunday November 3rd - All Saints & All Souls

Isaiah 25:6-9; John 11:32-44

Readings: Caitriona

Intercessions: Robert

Chalice: Robert

Organ: Diana

Sunday November 10th - Remembrance Sunday

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

Readings: Alasdair

Intercessions: Margaret

Chalice: Sharon

Organ: TBC

Services at St. Anne's

Sunday

10.30am - Holy Communion

Young Church 13th October

****NO SERVICE AT ST ANNE'S ON 27TH OCTOBER - SHARED SERVICE AT DUNBAR PARISH CHURCH 11AM****

Thursday

10.30am - Holy Communion followed by coffee and chat

12.00pm - Prayers at the Peace Pole



Rector: Rev'd Diana Hall

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The Rector's rest day is Monday

Useful Contacts

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Event Bookings David Robins: events@stannedunbar.org.uk

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Please send contributions by the last Sunday of the month.

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Find us on 

www.stannedunbar.org.uk

St. Anne's Scottish Episcopal & Methodist Church, Dunbar is a Scottish Charity, SC010950,
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