



# Lifeline

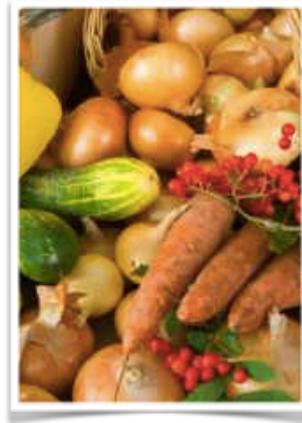
Weekly news & worship from St Anne's Church

## Dear friends

Autumn has always been one of my favourite seasons. One reason is that I love hunting for brambles. Inevitably the best ones are always just slightly out of reach in the middle of a nettle patch, but it's worth the risk of a scratch and a sting to bring home enough to put in a bramble & apple crumble!



With the wheat and barley harvests gathered in, vegetable patches being mined for treasure and trees shedding their loads of fruit, the abundance of God's provision is clear. It's right that in the face of all this beauty and plenty, we lift our voices in praise and gratitude for all this provision, and express our thanks to God.



This year our **Harvest Festival** will be on **27th September**. You are invited to contribute store-cupboard produce to a **Harvest**

**Offering** to be donated to Dunbar Basics Bank. You can drop off donations at Church on Monday, Wednesday or Friday from 10 am-12 noon when the building is open for private prayer.

Lockdown has given many people extra time to enjoy their gardens. I know lots of you have been busy and have grown all sorts of wonderful things. Please would you **send in photographs of your garden produce**, on or off that vine, before or after cooking, with you holding it if you like! I will include them - the more the merrier - in a special Harvest Festival extravaganza... watch this space!

By the next edition of Lifeline, we shall also hopefully have a new edition of the St Anne's Magazine to share. However I am in need of a small **delivery team** to help deliver the Magazine (bi-monthly) and Lifeline (fortnightly) to local folk. This saves a lot of money on postage. Could you help? Please email me if so!

Finally, as this edition of Lifeline goes to print, the First Minister is warning of potential re-tightening of COVID restrictions. This it will be unwelcome news for many of us. If you are feeling low or lost, need a chat or a bit of encouragement, please pick up the phone - to a friend, to me or to someone else on the Pastoral Care team. We have learned much in these last few months about pulling together, caring and praying for one and for the community as a whole. Now is the time to keep doing all of this. Take heart; God has not abandoned us. The beauty of creation reminds us daily of God's loving care. So, as Paul writes to the Romans: "rejoice in hope, be patient in suffering, persevere in prayer" (Romans 12:12).

With love,

*Diana*



## Inside...



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## 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.



# What to expect at in-person worship in Church 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.

## 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 wisdom for political leaders, scientists and public health professionals as they seek to devise and implement a strategy to help limit the rising spread of COVID in the UK. Continue to pray for places where there is little or no health service and the impact of the virus goes unreported.
- As we see the harvest gathered in, we also hear news of climate change events including fires and global warming. Give thanks for God's provision, and pray for the world that we will find new, just and sustainable ways of living that give the earth the rest it requires, that satisfy everyone with enough, that restore habitats and renew biological diversity.
- As we look towards the end of the furlough scheme, pray for those in fear of unemployment, those struggling to make ends meet, and those seeking to help them. Pray for the work of The Ridge, for Dunbar Basics Bank and for our Debt Advice Service.

## Bible Readings

These are Revised Common Lectionary readings for daily prayer and reflection. The Old Testament readings move on this week to the prophet Hosea about whose writing you can learn [here](#). You might read one stream of readings in the morning and another at night.

Monday 21st	Esther 4:4-17	Acts 18:1-11	Luke 8:16-18
Tuesday 22nd	Esther 5:1-14	Acts 18:12-28	Luke 8:19-21
Wednesday 23rd	Esther 6:1-14	Acts 19:1-10	Luke 9:1-6
Thursday 24th	Esther 7:1-10	Acts 19:11-20	Luke 9:7-9
Friday 25th	Esther 8:1-8,15-17	Acts 19:21-41	Luke 9:18-22
Saturday 26th	Hosea 1:1-2:1	Acts 20:1-16	Luke 9:43b-45
Monday 28th	Hosea 2:14-23	Acts 20:17-38	Luke 9:46-50
Tuesday 29th	Hosea 4:1-10	Acts 21:1-14	Luke 9:51-56
Wednesday 30th	Hosea 4:11-19	Acts 21:15-26	Luke 9:57-62
Thursday 1st	Hosea 5:8-6:6	Acts 21:27-36	Luke 10:1-12
Friday 2nd	Hosea 10:1-15	Acts 21:37-22:16	Luke 10:13-16
Saturday 3rd	Hosea 11:1-9	Acts 22:17-29	Luke 10:17-24

### 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.

## Carbon Conversations

'Carbon Conversations' are about getting together with a small group in a safe and well supported space to help us reflect on and face our complex reactions to climate breakdown and to start taking practical steps that can make a difference. A number of us from St Anne's are doing a 'taster session' on **Tue 29th Sep by Zoom 7.30-9.30pm**, and then have the option of completing the course, which is five further 2 hour zoom sessions, probably fortnightly on a Tuesday evening. Other evenings might be possible too with different groups.

**Would you like to give it a try too?** Please contact Diana Greene on [81greenes@gmail.com](mailto:81greenes@gmail.com) if you are interested or for more information.

## Resources for Zoom Worship, Sunday 20 September Feast of Matthew, Apostle & Evangelist

### COLLECT

Almighty God, whose blessed Son called Matthew, the tax collector, to be an apostle and evangelist: give us grace so to forsake the selfish pursuit of gain and love of riches, that we may follow the way of Jesus Christ, our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end.

### MATTHEW 9:9-13

As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, 'Follow me.' And he got up and followed him.

And as he sat at dinner in the house, many tax-collectors and sinners came and were sitting with him and his disciples. When the Pharisees saw this, they said to his disciples, 'Why does your teacher eat with tax-collectors and sinners?' But when he heard this, he said, 'Those who are well have no need of a physician, but those who are sick. Go and learn what this means, "I desire mercy, not sacrifice." For I have come to call not the righteous but sinners.'



^**The Calling of St Matthew**, Caravaggio, c.1600. Matthew the tax collector is sitting at a table with four other men. Jesus and Peter have entered the room, and Jesus is pointing at Matthew. It's unclear in this painting which of the men is Matthew, but in two related pieces the man the bearded man is the Apostle. A beam of light illuminates the faces of the men. Perhaps the pointing finger of God casts physical as well as metaphorical light on the tax collectors, while Jesus' bare feet and simple clothing contrast with their ostentatious outfits. This is a meeting of two worlds, Jesus calling Matthew from one to another, where fullness of life is offered.

### PSALM 119:33-40



**antiphon:** *Elevate my understanding. Ever in my heart keep watch. Find my strength in your commandments, for your truth is all I've sought.*

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.

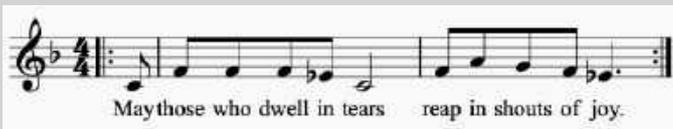
#### antiphon

# Resources for Zoom Worship, Sunday 27th September Harvest Festival

## COLLECT

Creator of the fruitful earth, you made us stewards of all things. Give us grateful hearts for all your goodness, and steadfast wills to use your bounty well, that the whole human family, today and in generations to come, may with us give thanks for the riches of your creation; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

## PSALM 126 – A SONG OF ASCENTS



When God restored the fortunes of Zion,  
then were we like those who dream,  
our mouths filled with laughter,  
and our tongues with shouts of joy.  
Then they said among the nations,  
"God has done great things for them."  
God has done great things for us,  
and we are glad indeed.

### antiphon

Restore our fortunes, O God,  
like the watercourses of the Negeb.  
Those who sowed with tears  
will reap with songs of joy.  
Those who go out weeping,  
carrying the seed,  
will come again with joy,  
shouldering their sheaves.

### antiphon

## OLD TESTAMENT READING: DEUT 8:7-18

For the Lord your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron and from whose hills you may mine copper. You shall eat your fill and bless the Lord your God for the good land that he has given you.

Take care that you do not forget the Lord your God, by failing to keep his commandments, his ordinances, and his statutes, which I am commanding you today. When you have eaten your fill and have built fine houses and live in them, and

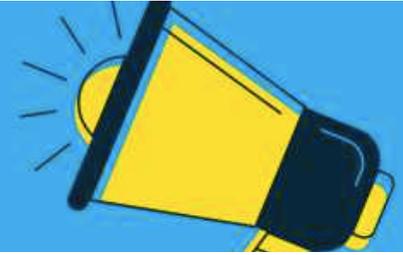
## DEUT 8:7-18 CONT'D

when your herds and flocks have multiplied, and your silver and gold is multiplied, and all that you have is multiplied, then do not exalt yourself, forgetting the Lord your God, who brought you out of the land of Egypt, out of the house of slavery, who led you through the great and terrible wilderness, an arid waste-land with poisonous snakes and scorpions. He made water flow for you from flint rock, and fed you in the wilderness with manna that your ancestors did not know, to humble you and to test you, and in the end to do you good. Do not say to yourself, 'My power and the might of my own hand have gained me this wealth.' But remember the Lord your God, for it is he who gives you power to get wealth, so that he may confirm his covenant that he swore to your ancestors, as he is doing today.

## GOSPEL READING: MATTHEW 6:25-33

'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

# useful information about COVID-19



## COVID rates are increasing

The First Minister signalled on Friday 18th September that “difficult decisions” will have to be made to seek to curb the spread. Please keep an eye on the news for updated information about restrictions. In the meantime she urged vigilance: consider avoiding unnecessary travel, and be vigilant about the FACTS guidance.

### 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

## Protect Scotland App

NHS Scotland has produced a free, mobile phone app designed to help us protect each other, reduce the spread of coronavirus and avoid further lockdowns. You can download the app onto your smartphone. It will alert you if you have been in close contact with another app user who tests positive for coronavirus. If you test positive, it can help in determining contacts that you may have otherwise missed while keeping your information private and anonymous. Download the app at <https://protect.scot>

## Test and Protect - Contact Tracing by Phone

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 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.



**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 website](#). If you do not have internet access, call **0800 028 2816**. Do this as soon as you have symptoms - don't wait.

## Scottish Rules as at 18th September

- The “Rule of Six”: gatherings (indoor and outdoor) are limited to a maximum of 6 people from TWO households. There are some limited exceptions to this, including to allow gatherings for worship and some sports activities to continue.
- There are currently increased COVID restrictions in **seven** local authority areas in Scotland including the City of Glasgow, and in the north of England including Northumberland. Travel to these areas is discouraged. Visiting indoors in them is forbidden. Please check before your travel.
- The First Minister has asked people to be vigilant about observing the FACTS advice, especially in situations where it might be easy to let your guard down.

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