

Lifeline

Weekly news & worship from St Anne's Church

Dear friends

Last Sunday, walking the rectory spaniels down at Belhaven, I saw my first crocus of the year. Nestled among some grass under a tree, its buds were a bright contrast to what surrounded it. It was a definite sign of the approach of spring, and a reminder of the colour that new life brings, springing up amid what seems tired and lifeless.

Perhaps we're also a bit like plants trying to push up through the earth, reaching for sunlight and air, preparing to come into bloom. We may not be there quite yet, and after the First Minister's announcement this week it may be some time before we know exactly when we'll be able to "bloom" this spring. Nevertheless as the days get longer and warmer, we grow in confidence that better times are coming.



Many people have said to me over the last year that they have found nature to be a source of hope. The changing seasons are comforting - a reminder that some things remain undisturbed even when our daily lives are disrupted. Now, as spring begins to take hold, albeit tentatively and with some Scottish weather "interruptions" likely still to come(!), this is a time to remember God's faithfulness. It is also an opportunity to reflect on how we might recommit to being faithful in return.

As the weeks of Lent progress, we continue to consider on the theme of Covenant in our Sunday services. Throughout history, God has made and kept promises to humankind even when humans are unfaithful in return. Ancient accounts of God's relationship with people and communities, and God's refusal to abandon them, remind us that we part of a story that is far bigger than the struggles of this short time, and in which God's purpose of reconciling the world to God's self are still being worked out, whatever mess we may be making of things.

Scripture and nature both speak to us of a God who loves us, surprises us with beauty and hope, and who invites us to turn away from darkness and reach for the light. May we each encounter God's love and faithfulness in this season, and may we find ourselves eager to respond.

With love,

Inside...



Service details

pg 2



DACYP Quiz Night!

pg 3



World Day of Prayer Service

pg 6

Joining in with Worship

In-church worship is currently suspended, but we are still gathering regularly on Zoom. You can join a service by telephone, or on a computer, tablet or smartphone with an internet connection. If you need help 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. In the App, you can click on a meeting link or enter the meeting ID number to join a meeting. You can turn your own camera (if you have one) and microphone on and off. During a service the Host will mute the microphones of everyone except the leader.

HOW TO JOIN ZOOM WORSHIP BY PHONE

You can also join in with worship by telephone. You will be charged for the call (to an Edinburgh number) based on your phone package. To join, call **0131 460 1196**. You will be prompted to enter the Meeting ID number (provided below). 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.

What's On at St Anne's?

There is now a single zoom link for all Sunday and Thursday services.

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

SUNDAYS 10AM EUCHARIST

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



THURSDAYS 10.30AM MORNING PRAYER, COFFEE & CHAT

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



THURSDAYS 9 PM COMPLINE

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

FRIDAYS 7.30 AM EARLY MORNING PRAYER

To join this service [click here](#). The meeting password is:
8nKwj9. Meeting ID: **798 6368 2143**.

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



Signs of Spring at Tyninghame this week <<

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

Pastoral Visiting

Under the current increased restrictions, Diana is still permitted to undertake limited pastoral visiting to those who are vulnerable or nearing the end of life. If you would value a visit please get in touch.



Hooked on Hymns
FAVOURITE HYMNS AND SONGS OF FAITH

Hymn: God is our Strength and Refuge
Tune: Dam Busters March by Eric Coates arr John Barnard

Diana writes: Someone wrote in with a few of their favourite hymns and commented there were a lot to choose from! When I pressed them to let me have their absolute favourite they replied: "I would choose the Dam Busters one. We sang it at my Dad's funeral as he was in the RAF during WWII before being discharged due to ill health. It cheers me up, though, especially during lockdown."

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.

EVENT NO2 YOUTH PROJECT FUNDRAISER

QUIZ NIGHT

FRI 12th MARCH

Dunbar Area Christian Youth Project

7.30pm - Via Zoom
 - Teams of up to 6 (£15 per team)
 - Run by GoosesQuizzes (Biggest Pub Quiz Company in Scotland)
 - People play from home, linking with friends, family, colleagues, via WhatsApp etc
 - Each team leader books in with Eventbrite

?

Search Eventbrite - 'Dunbar Area Christian Youth Project Quiz'

Resources for Zoom Worship, Sunday 28th February Second Sunday of Lent

GENESIS 17:1-7, 15-16

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, 'I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.' Then Abram fell on his face; and God said to him, 'As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.'

God said to Abraham, 'As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.'

COLLECT

O God, you see that we lack the strength to help ourselves: protect us inwardly and outwardly; that our bodies may be guarded from adversity, and our minds defended from thoughts that assault and harm the soul; through Jesus Christ, our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end.

MARK 8:31-38

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'



< Image: Reading the Bible, aka Anne and Tobias, by Gerrit Dou, c. 1645.

Resources for Zoom Worship, Sunday 7th March

Third Sunday of Lent

EXODUS 20:1-17

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

COLLECT

Merciful Father,
we have no power in ourselves
to help ourselves:
when we are discouraged by our
weakness,
give us strength to follow Christ,
our pattern and our hope;
who lives and reigns with you,
in the unity of the Holy Spirit,
one God, world without end.

JOHN 2:13-22

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

The Lantern Group invites you to ...

A Morning for Quiet Reflection

Barefoot Discipleship*



Wandering and Wondering

Saturday 20 March, 2021

10.00 am to 1.00pm

**Due to current Covid-19 restrictions,
this event will be held online, using Zoom.**

(Zoom meeting will be open from 10.00am for a start at 10.15am)

It's helpful if you let us know you plan to come.

Please phone 01620 824896 or email: jstein@handselpress.org.uk and you will be sent a Link for joining the meeting a few days beforehand.

The programme will be led by members of the Lantern Group, who share a common interest in the Ignatian way of prayer and spiritual development.

*'Barefoot Disciple', is a book by Stephen Cherry, which inspired our thinking.

Why are
leopards lousy at
hide and seek?



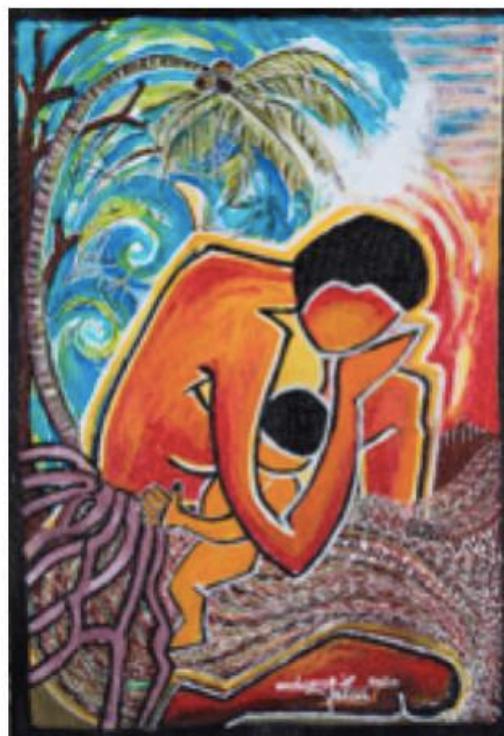
They're always
spotted.

TERRIBLE JOKE WARNING!

MY NEW CHIROPODIST
DOESN'T KNOW HIS
RIGHT FROM HIS LEFT.
NEEDLESS TO SAY,
WE STARTED
OFF ON THE
WRONG FOOT.



SEE THE BOW IN THE CLOUDS,
**AND REMEMBER
THE COVENANT
BETWEEN GOD
AND EVERY LIVING CREATURE**



Scottish Service for the World Day of Prayer

Friday 5th March 2pm

**"Build on a Strong
Foundation"**

Hosted by Augustine United Church, Edinburgh, this year's service is written by the women of Vanuatu. There will be participation by women, men and young people from all over Scotland and it will be led by musicians of Augustine United Church.

Zoom Joining details:
Meeting ID: 895 9398 3883
Passcode: 901656
Join by Phone on 0131 4601196.

A Service led by the International Committee and the ladies of Vanuatu has been set up and this will be posted on the World Day of Prayer Scotland Facebook page and also at wdpscotland.org.uk, from Friday 5th March.

For Prayer and Reflection

A PRAYER FOR THE PAST

ALL sights and sounds of day and year,
All groups and forms, each leaf and gem,
Are thine, O God, nor will I fear
To talk to Thee of them.

Too great Thy heart is to despise,
Whose day girds centuries about;
From things which we name small, Thine eyes
See great things looking out.

Therefore the prayerful song I sing
May come to Thee in ordered words:
Though lowly born, it needs not cling
In terror to its chords.

I think that nothing made is lost;
That not a moon has ever shone,
That not a cloud my eyes hath crossed
But to my soul is gone.

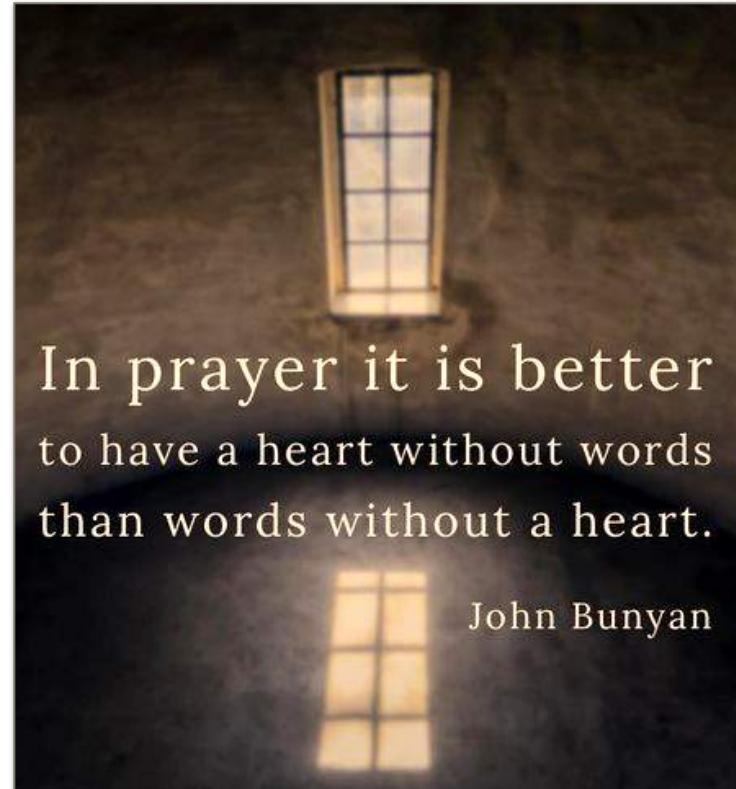
That all the lost years garnered lie
In this Thy casket, my dim soul;
And Thou wilt, once, the key apply,
And show the shining whole.

But were they dead in me, they live
In Thee, Whose Parable is—Time,
And Worlds, and Forms—all things that give
Me thoughts, and this my rime.

Father, in joy our knees we bow:
This earth is not a place of tombs:
We are but in the nursery now;
They in the upper rooms.

For are we not at home in Thee,
And all this world a visioned show;
That, knowing what Abroad is, we
What Home is too may know?

- George MacDonald (1824-1905)



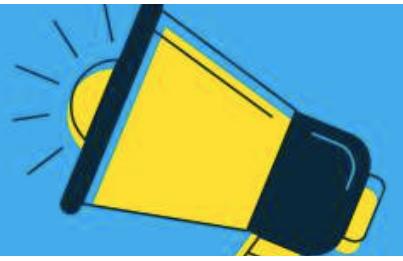
In prayer it is better
to have a heart without words
than words without a heart.

John Bunyan

LET YOUR GOD LOVE YOU

Be silent.
Be still.
Alone.
Empty
Before your God.
Say nothing.
Ask nothing.
Be silent.
Be still.
Let your God look upon you.
That is all.
God knows.
God understands.
God loves you
With an enormous love,
And only wants
To look upon you
With that love.
Quiet.
Still.
Be.
Let your God—
Love you.
- Edwina Gateley

useful information about COVID-19



COVID rates are high across the country

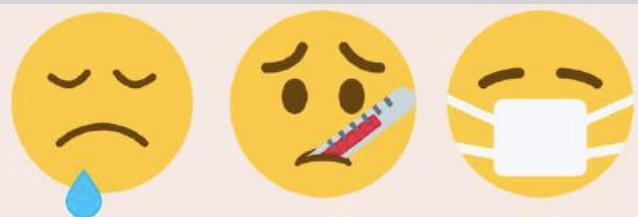
Rates of COVID are falling in Scotland. The Scottish Government has set out a plan for relaxing the Lockdown restrictions. Some children returned to school on 22nd February, and decisions about what restrictions to relax next, will be made in the weeks to come. The lockdown remains in place meantime.

Scottish Rules as at 25 February

- Scotland is in a national lockdown. You may only leave home for defined reasons including: doing essential shopping; taking exercise; and seeking medical assistance.
- Places of worship are closed until further notice.
- From 22nd February some schoolchildren have returned to the classroom.

Vaccination Programme

A national vaccination programme is being rolled out, with those who are most vulnerable being vaccinated first.. You will be contacted by your GP and invited to attend for vaccination in due course. Your CANNOT just contact your GP or pharmacy and ask for a vaccine at this stage.



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.

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 and can help determine your contacts if you test positive. It keeps 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.

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 www.stannesdunbar.org.uk