



HOLY COVENANT ANGLICAN CHURCH JAMISON

To grow in Christ together, to equip for service, to care for all

WEEKLY BULLETIN – 1 JUNE 2014



SUNDAY AFTER ASCENSION



We offer a special welcome to visitors and pray that you will feel at home in our community.

You are warmly invited to share Communion with us, either by drinking from or dipping the wafer in the chalice, or to come forward for a blessing.

Reflection after Communion – please feel free to light a prayer candle in the Chapel at the back of the Church following Communion.



Please join us for morning tea after the services.



TODAY IN THE PARISH

8.00 am HOLY COMMUNION

Celebrant: Revd Susanna Pain
Preacher: Revd Nikolai Blaskow

10.00 am HOLY COMMUNION

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11.00 am Service at BUPA Nursing Home

4.00 pm Rainbow Fellowship

THIS WEEK IN THE PARISH

Monday 2.06.14	10.00 am 7.30 pm	Worship Centre Rainbow Centre	Covenant Care Cursillo Reunion
Tuesday 3.06.14	12.30 pm 7.30 pm	Worship Centre Rainbow Centre	Meditation and BYO Lunch Belonging and Caring Team
Wednesday 4.06.14	12 noon 2.00 pm 7.30 pm	Worship Centre Worship Centre Rainbow Centre	Holy Communion and BYO Lunch Ever Active Exercise Class A Spirituality for the Two Halves of Life
Thursday 5.06.14	9.30 am 2.00 pm 1.15-3.45 pm 7.30 pm	Rainbow Centre Rainbow Centre World Environment Day Worship Centre	Scrabble Book Club Bus trip to recycling centre at Hume Communications team meeting
Friday 6.06.14	10.00 am 10.30 am	Worship Centre Rainbow Centre	Playgroup Reminiscence course
Saturday 7.06.14	4.45 pm 6.00 pm	Rainbow Centre Worship Centre	Choir Practice Benedictus Contemplative Church

WEEK BEGINNING 9 JUNE

Monday 9.06.14	10.00 am	Worship Centre	Covenant Care
Tuesday 10.06.14	12.30 pm	Worship Centre	Meditation and BYO Lunch
Wednesday 11.06.14	12 noon 2.00 pm 7.30 pm	Worship Centre Worship Centre Rainbow Centre	Holy Communion and BYO Lunch Ever Active Exercise Class A Spirituality for the Two Halves of Life
Thursday 12.06.14	9.30 am	Rainbow Centre	Scrabble
Friday 13.06.14	10.00 am 10.30 am	Worship Centre Rainbow Centre	Playgroup Reminiscence course
Saturday 14.06.14	4.45pm 6.00 pm	Rainbow Centre Worship Centre	Choir Practice Benedictus Contemplative Church

SOMETHING TO THINK ABOUT

The Feast of the Ascension marks the departure of the risen Jesus from the earthly sight of the disciples. In the ritual time of the church's year, Jesus' resurrection appearances are now ended – the disciples are waiting in Jerusalem for what is to happen next – their baptism by the Holy Spirit, which we will celebrate next week at Pentecost. And yet, paradoxically, this departure is in some sense the culmination of Jesus' earthly ministry – the time when (as our gospel reading puts it) he is glorified, made fully known. And this changes our sense of what 'knowing' Jesus might mean. Knowing Jesus is not about grasping him as an object of our perception or understanding, but becoming sharers in his life, participating in his relationship with the Father. It is his 'going' that makes this possible, that invites us to learn to 'know' him in this way.

But how do we learn this way of knowing? First, we must let go of the temptation to be in control of the process. Teachers of Zen use a koan, an unanswerable, conceptually nonsensical question to break down the student's egoic desire to master the mystery of the deepest experience of reality. Jesus' life, death, resurrection and exaltation could be seen as an enacted koan – completely impossible to 'work out' at any human level, an invitation to contemplate and so to be transformed by the mystery of reality we can never control or dominate. Like the Zen teaching, the life of Jesus says: stop trying to know it in the way you think you need to know it, to hold onto it the way you want to – let go of your grasping mind and the self-consciousness that is inseparable from it. Let the reality be given to you; let it change you.

Jesus entered the cloud out of the sight of the disciples. The anonymous 14th century author of the treatise on contemplative prayer, *The Cloud of Unknowing*, enjoins us to relate to that cloud not with analysis but with darts of love. As we remain faithful to our longing, our yearning for God, we will come to know even as we have been fully known.

Sarah Bachelard



I think I am a bit stressed at the moment, so am not as happy and receptive to the needs of others as I should be. I had a call this morning from a young man who told me he was homeless and wanted to go back to Brisbane. He had been in contact with a number of other agencies but no one was willing to help him. He was aggressive on the phone and actually demanded that I send him home.

Because I was a bit cranky I just wanted to tell him to go away, find another agency, we are only a small agency with very little money. But there was something in his voice that worried me, so I asked him to come and see us and we would help him to get back to Brisbane.

Rosemary was looking after our friend whilst I was booking his trip home. He is just twenty four years old and arrived in Canberra three months ago. He thought that a move to Canberra would change his life – plenty of housing and of course plenty of jobs in the Public Service. For the last couple of months he was living at the Tent Embassy. Last week he was robbed and now only has the clothes that he was wearing. For the past week he has been living on the streets and is scared for his own safety. He assures me that Canberra is not a safe place at night. He now knows that Canberra has a Housing Problem and the Public Service is not recruiting, it is actually retrenching lots of staff, unfortunately too late for him.

It came up in the conversation that he is bipolar and has not been taking his medication. At the moment he can't afford his medication. Then I thought about how the Budget will affect this very sad young man. At the moment he is on Newstart Allowance, but as he is under twenty five he could be changed to Youth Allowance, a loss of \$100 per fortnight. He needs his medication to keep him stable, so a trip to the Doctor will cost him \$6.00 and then to get his script filled will cost him another \$6.00. If he doesn't take his medication he is likely to end up in hospital which will be more of a drain on our Health Budget.

If there is no Emergency Relief funding, and we still haven't heard if our contract will be renewed, who will help this young man get back to Brisbane, where at least he will have a roof over his head? It is going to be a hard year for the battlers.

My wish list for this week: Shampoo and Conditioner, Pasta Sauce and Pasta.

Many Thanks
Sue



PRAYER POINTS FOR THIS WEEK

IN THE WORLD

- ◆ We pray for the people of Thailand and that elections may be held soon.
- ◆ We pray for Ukraine and that the election of Petro Poroshenko may bring some stability to the country.

IN AUSTRALIA

- ◆ In National Reconciliation Week we celebrate our diversity and pray that work to build stronger ties between Indigenous Australia and other communities will come to fruition.

WORLD WIDE ANGLICAN CHURCH

- ◆ We pray for the churches in Mexico, Brazil and North India.
- ◆ We pray for the bishops, clergy and people of the Dioceses of Adelaide and Armidale, for the General Synod and for Archbishop Phillip Aspinall.

IN OUR DIOCESE

- ◆ We pray for the staff in the Bishops' office, the Diocesan Registry and the Anglican Investment Fund.
- ◆ We pray for the strengthening of relationships between the twenty three dioceses of the Australian Anglican Church.

IN MISSION

- ◆ We pray for the work of the Christian Blind Mission in Thailand and India.

IN OUR PARISH AND COMMUNITY

- ◆ We pray for the team taking the Services at BUPA Nursing Home this morning.
- ◆ We pray for our commitment to stewardship of our resources – time, talents and the environment.
- ◆ We give thanks for the life of Bonnie Christensen, and pray for John and Marg as they mourn their loss.
- ◆ We pray for the following members of our parish family: Therese and Herbert Jokisch; Russell Judd, Jayne Murray, Aidan and Emma; David and Rosemary Kennemore; Audrey Kennett; Kate King; Adam, Nicole, Lachlan and Bryson Kulesza.
- ◆ We pray for those in special need of prayer: Anne Ranse, Phil Perman, Elizabeth Sillano, Jill Crawford and anyone known to us personally.

COMMEMORATIONS:

Monday: **John Lane (died 2.6.2012)**
Martyrs of Uganda

HOLY COVENANT PRAYER VINE

REQUESTS FOR PRAYER

Phone Merri Bacon on 6251 1110 or
email merri.bacon@bigpond.com

From the HOLISTIC CARE NURSE

I continue to shake my head in amazement at the way God works in people's lives. I had a young man come to me, tears rolling down his cheeks which he endeavoured to wipe away with the hem of his jacket. It was heartbreaking to see his distress and when he managed to talk, he told me he was on a bridging visa and while he had a job as a cleaner, he couldn't make ends meet in caring for his wife and baby on such a low salary and he desperately needed a job with a better salary. He said his wife and baby have visa status but because he was still on a bridging visa he can only work the 40 hours a week and that on a low salary was not manageable. Further conversation with him revealed he had qualifications in aged care and that salary, he said, would be so much better. He had applied for a job in aged care but because of the bridging visa, while successful in the interview, he was not employed. 'Please,' was his plea, 'can you find me a job?' I said I would do my best and after he had left and in the next breath I found myself saying loud and clear to God, 'How am I going to do that?' I realised I could only do it with God's help so in prayer I went to the Aged Care facility in Page and pleaded his case, advocating his situation as best I could. I walked out of the facility 20 minutes later and the young man had his job. When I next saw him he could not get the big smile off his face and said he would like to bring his wife and baby to meet me. 'God bless you, God bless you' was all he could say as we exchanged good byes, for the moment. I say God bless Holy Covenant for the vision some years ago of the Nursing Ministry. In a broad holistic way we can and are changing many lives.

In several Diocese of Australia there are Faith Community Nurses, mostly in the Baptist and Lutheran Church and our Holistic Care Nursing Ministry (just a different name) is the only one in Canberra. This is a wonderful ministry at Holy Covenant and in the four years that it's been operating many, many lives have been changed because of it. At times there is some confusion for people between the HCN program and Covenant Care. They are in fact two separate programs. The HCN program seeks out and cares for predominantly older people in the community (and at church) who require assistance and have often fallen through the cracks of other services or are referred to us by other service providers. It is equivalent to community nursing except it has a more holistic approach. There are four staff on the nursing program; three of us are registered nurses and Judith Ann keeps the administration in check. I coordinate this ministry, Nicole is an EN and is paid 8 hours a week and carries out the client visits and care, and Kathryn Body assists with some clients and where ever she is required. The past two Fridays Kathryn and I have, for example, cleaned out the shed (years of dust, rubbish and cobwebs) and a room on an older client's property and made a couple of runs to the tip and recycling. Then on the other scale we may transport clients for appointments or visit in their homes or hospital, building friendships and breaking down isolation. We do referrals for clients to other care services; link them to social activities at Holy Covenant and the community lunches. Some I refer to Covenant Care. We also carry out nursing practice when required. Covenant Care day hospice is an 'off shoot' of the nursing program and my role there is as chaplain. At the moment we are trying to raise funds to build the car port for the HCN vehicle and like many ministries, we can always do with more volunteers. Perhaps you might like to prayerfully consider how you can best assist this valuable, life changing ministry.

Anne Ranse, Holistic Care Nurse Coordinator

IN THE PARISH



A big thank you to everyone who volunteered their time yesterday at Jamison in so many different ways to make the food collection and cake stall such a success. WELL DONE! As in the past the generosity of our local community has been overwhelming.

Thank you to all who supported Caitlin Lance's fundraiser. \$2379 was raised at the coffee and dessert night. If you would like to support Caitlin on an ongoing basis her bank account details are: Account name: Caitlin Lance; Account number: 31017600; BSB: 923100



Rainbow fellowship at 4.00 pm today will be held in the Worship Centre and led by Anne Ranse.

DEEP DIVE SEMINAR – RECOVERING THE PAULINE PARADOX SUNDAY 15 JUNE, 11.45 AM

Please join us for our next Deep Dive seminar, led by Canadian biblical scholar, Revd Dr Kieren Bryce Williams, on the life and theology of St Paul. Paul, it is often assumed by biblical scholars, was a highly educated theologian and public speaker who trumped his 'pagan' opponents, and voluntarily gave up his aristocratic life to be a slave of Christ. But what if Paul was mostly illiterate and unskilled in speaking, and had a socially and physically degraded life as he and his ancient contemporaries claimed? What have we lost theologically by making him into an image of success? What might we gain if we embrace his vulnerability?

Revd Dr Kieren Williams is a community minister in the United Church of Canada, having ministered in an economically challenged neighbourhood in west Toronto. She has a PhD in New Testament and has taught intro NT courses, courses on Paul, and NT Greek at Emmanuel College of University of Toronto. She is passionate about co-creating social transformation through community development approaches to ministry and biblical scholarship.



**WINTER SOLSTICE DINNER
FRIDAY 20 JUNE
7.00 PM ARRIVAL FOR A 7.30 PM START**

Cost \$30 for a great dinner of Entrée, Main Course and Desserts. Activities will include a Silent Auction; and babysitting can be arranged in the Rainbow Centre if required.

Come and join a table of friends, or organise your own table of eight.

Contact Kathryn Body to secure a reservation on 0403 500 882 or kathryn.body@thinkplace.com.au

IN THE PARISH

POSITION VACANT

PARISH ADMINISTRATOR 12 HOURS PER WEEK (PAID)

Our wonderful administrator, Kathy Lake, will be leaving her position at the end of July. We thank her for her dedication to this task and the way she has brought beauty and order to the office, and a gift of generosity.

We are seeking someone to replace her in this key administrative and pastoral role in the Parish. The hours are flexible, but the office needs to be staffed at least three mornings per week. The job comprises administrative support to the ministry team, some coordination of parish activities, managing online google calendar, and routine office functions (handling emails, mail, phone calls, photocopying, etc). Please see Susanna for a detailed list of tasks and functions.

Expressions of interest to the Rector, Susanna Pain 0418 637 469.

rector@holycovenant.org.au

COME AND JOIN US

Community Lunch @ Holy Covenant

Thursday 19 June (11.30 am for 12 noon) Cost \$5.00

We invite you and any you know in our community who would like to attend our luncheon. We look forward to sharing a hearty lunch and good fellowship. Our speaker is Linda Kwong, speaking about Recycling in the ACT.

Sign up sheet on the 'sign up' board; or Helen Boulton hnboulton@gmail.com

FROM THE PARISH COUNCIL MEETING ON TUESDAY 20 MAY 2014

- Covenant Care @ Holy Covenant Volunteers won the "Community Care and Health Category" at the 2014 ACT Volunteer of the Year Awards.
- Total offertories has increased each month in 2014. March was a five Sunday month in 2013 and 2014, so April this year was an encouraging level.
- The HC photocopier / printer is soon to be updated.
- Another desktop computer, including current software, is soon to be purchased for the office.
- Work continues on getting approval to build a carport outside the garage facing Dexter Street. Thank you Harris for your persistence and endurance.
- Following Stewardship Sunday in June we will have a 12 months trial of themed giving with a different theme each month.
- Anyone who is interested in mentoring a member of the HC youth cohort please contact Katherine Grainger.
- Anyone who is interested in contributing to the August 'Trash 'n' Treasure' sale please contact Peter Sherman.

How to Pick Up Litter (!)

(by Ted Lilley, who gave the Ecofootprint Group permission to reproduce his article from the Aranda-Cook Newsletter at the time of Clean Up Australia Day, now that World Environment Day is here)

While you are still wondering if I am joking I will let you into a secret. The best gear you can buy are kitchen mini-tongs. These fit into a clothing pocket, or into a carry bag. Then you need to collect plastic bags, fold them, and store them with the tongs in a place of easy access (say near the front door). I find plastic bags which bread comes in work well, as do the plastic envelopes of various newsletters.

When you are thus equipped, you just need to find some litter to collect. Actually this is not difficult. Then, with tongs in one hand and plastic bag in the other, picking up an item to place in the plastic bag will be found to be a skill which improves with practice. It is also good exercise, and if you are left/right handed, try using the tongs in your right/left hand on odd days of the month.

When you find yourself amongst litter perhaps at a sporting field, try picking up what is near you. You may be surprised at how quickly you restore the beauty of the scene. You have every reason to feel a warm inner glow for doing something for the community, and for the Earth. However, the best drive for picking up litter is self-interest. The pleasure of life is so much greater when litter does not spoil the view.

Now for a practical exercise. The next time you use a picnic table, get out your tongs and plastic bag and see the difference you can make by spending the first few minutes picking up the bottle tops, bread-bag clips, cigarette butts, plastic straws, etc which may be on the ground nearby. With the site cleared of litter, your picnic will go up a notch in quality and enjoyment.

Thank you Ted!!

OVERVIEW OF THE BIBLE – BY TOBIAS NEVILE

Tobias gave an oral presentation to members of the Holy Covenant community over two nights on 18 and 19 May. His topics over the two nights were:

The Bible as a Whole and The Old Testament

The New Testament and How to Read the Bible

His content was good and he presented his talk with overhead projection which added to the clarity and helped his audience to have visual as well as oral input. Tobias made eye contact, spoke clearly with feelings and an obvious love for Jesus.

We were impressed with this 18 year old's manner and friendly God centred interaction. Well done Tobias!

Gillian Painter, Leo Wimmer

BELOVED OF GOD RETREAT 19-21 SEPTEMBER 2014

Led by Sue Dunbar at St Clement's Retreat and Conference Centre, Galong. Knowing we are deeply loved by God equips us for the journey into the desert. The underlying invitation of all that is offered during the Retreat, is that you may encounter God.

AND . . .

Susanna has asked if we could please "wear red" NEXT SUNDAY for Pentecost.

Room available for rent

Available now in Spence. \$150-175 per week rent. Contact Tam on 0410 173 561

HELP PLEASE!

We *URGENTLY* need helpers for the morning tea rosters, especially following the 8 am service. If you would like to become a part of the morning tea roster team after the 8 am or 10 am services, please contact Kathy Lake in the office.

Encouraging Financial News

We have received donations of \$5,400 from parishioners towards the new photocopier and telephone/computing system. With this assistance we have been encouraged to acquire a second computer and associated software to assist volunteers working in the office. By investing in modern communications equipment in this way we are supporting all our staff and volunteers as they work with us in furthering our mission as a parish. These contributions will make it less likely that we need to borrow any of the \$8,000 cost of the new system.

Bob Arthur (Treasurer)

- ◆ **Pilgrims of Hope – an Ecumenical Journey** book launch 3 June, ACC&C 5.30 - 7.00 pm.
- ◆ **Worldwide Marriage Encounter Weekend**, 13-15 June at Mt Carmel Retreat Centre, 02 4283 3435.
- ◆ **Suicide Prevention Workshop**, 5 June, The Diplomat Hotel, Griffith 10.00 am-2.30 pm 1800 100 024.
- ◆ **Disaster Recovery Training**, 14 June, 9.30 am-3.30 pm Junee 02 6278 8414.

World Environment Day

Come on a visit to the ACT Government Recycling Centre at Hume

On World Environment Day (Thursday 5 June 2014) the Ecofootprint Group is organising a visit to the ACT Government Recycling Centre at Hume.

We will be arranging for a bus to leave Holy Covenant at 1.15 pm, arriving at Hume around 2.00 pm for an hour's information session and tour of the site (including going up to the very top of the hill of recyclable materials). We will return to Holy Covenant by 3.45 pm. There will be no cost for this trip.

This is quite an impressive and spectacular outing, we understand, and provides lots of interesting information about what happens after we put out our yellow bins! Recycling is really important for reducing our ecological footprint and this is an opportunity to understand better what can be done, and is being done, here in the ACT.

The limit on numbers is about 25. If you are interested, please sign up for this event on the sheet at the back of the Worship Centre (in the usual place).



BIRTHDAYS THIS WEEK

Today:	Michael Sharrad
Tuesday:	Georgina Thorpe
Thursday:	Merrie Hepworth



If you'd like your name in the Birthday Book, please tell the office.

MINISTRY TEAM

RECTOR	Revd Susanna Pain 6251 6100 or 0418 637 469	Email: rector@holycovenant.org.au Days off: Monday & Friday
SENIOR ASSOCIATE PRIEST	Revd Dr Sarah Bachelard 0401 009 156	Email: sarah.bachelard@gmail.com Days: Sunday, Wednesday
HONORARY ASSOCIATE PRIESTS	Revd Nikolai Blaskow 0428 167 724	Email: nikolai@nikolaiblaskow.com
	Revd Sarah Gibson Revd Anne Dudzinski	Email: tshsb.gibson@gmail.com Email: annedudzinski@optusnet.com.au
HOLISTIC CARE NURSE	Ven Anne Ranse 0439 139 209	Email: nurse@holycovenant.org.au Days: TBA
HONORARY DEACON	Revd Susan Joy Nevile 0431 133 852	Email: susanjoyn@gmail.com
YOUTH AND CHILDREN WORKER	Katherine Rainger 0401 142 851	Email: youth@holycovenant.org.au
ADMINISTRATOR	Kathy Lake Office: 6251 6100	Email: office@holycovenant.org.au

PARISH DIRECTORY

PARISH OFFICE Open 10 am - 12 noon Tuesday to Thursday	89 Dexter Street, Cook, ACT 2614 PO Box 98, Jamison, ACT 2614 Tel: 6251 6100	Email: office@holycovenant.org.au Web Page: http://holycovenant.org.au
WARDENS	Kathryn Body 0403 500 882 Peter Sherman 6251 3057 Evelyn David-Hoole 6259 2476	
BULLETIN TEAM	Phyl Holmes, Merri Bacon	Email: weeklybulletin@holycovenant.org.au Hm E: phylandreg@optusnet.com.au

DETAILS FOR NEXT SUNDAY – 8 JUNE 2014

8.00 am	HOLY COMMUNION Celebrant: Revd Dr Sarah Bachelard Preacher: Revd Susanna Pain
10.00 am	HOLY COMMUNION Celebrant: Revd Dr Sarah Bachelard Preacher: Revd Susanna Pain

SENTENCE: This is eternal life, that we may know you, the only true God, and Jesus Christ whom you have sent. John 17.3

READINGS:

Acts 1: 6-14
 Psalm 68: 1-10, 32-35
 1 Peter 5
 John 17: 1-11



**8 am HYMNS
 (Matthias)**

369
 405
 137
 613

PRAYER

O God,
 whose Son, Jesus, prayed for his
 disciples,
 and sent them into the world to
 proclaim the coming of your kingdom:
 by your Holy Spirit,
 hold the Church in unity, and keep it
 faithful to your word,
 so that, breaking bread together,
 we may be one with Christ in faith and
 love and service, now and for ever.

AMEN



	8.00 am	10.00 am
Sidespersons	Libby Warren, Tony Willis	Dorothy and Neville Hurst
Readers	Kath Arthur Tony Willis Anne Ranse	Phyl Holmes Dorothy Hurst Neville Hurst
Intercessor	Chris Lewis	Tobias Nevile
Organist	Kath Arthur	Rhys Thorpe
Word and Prayer	Tracey Matthews	Joh Sheehan
Deacon	Anne Ranse	
Cup	Tracey Matthews Anne Ranse	Phyl Holmes, Susan Joy Nevile, Chris Lewis, Neville Hurst. Extra bread: Nikolai Blaskow
Morning Tea	Jenny Hall, Carol Sherman	Helen Boulton, Dorothy Hurst
Children's Church		Karen Bisley, Prue Wedgwood, Richard Browning, Mel Browning. Brownings