

HOLY COVENANT ANGLICAN CHURCH JAMISON

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

WEEKLY BULLETIN - 8 FEBRUARY 2015

Fifth Sunday After Epiphany



**He went throughout Galilee,
proclaiming the message.**

Mark 1:9



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.



TODAY IN THE PARISH

8.00am HOLY COMMUNION

Preacher: Revd Anne Dudzinski
Celebrant: Revd Vicky Cullen

10.00am HOLY COMMUNION

Preacher and Celebrant: Revd Anne Dudzinski

6.00pm TAIZE



Please join us for morning tea after the Services

THIS WEEK IN THE PARISH

Monday 09.02.15	9.00 am-3.00 pm 10.30 am 1.00 pm	Worship Centre Kangara Waters Calvary Ret Village	Covenant Care Worship Service Worship Service
Tuesday 10.02.15	12.30 pm 7.30 pm	Worship Centre Rainbow Centre	Meditation and BYO Lunch Belonging & Caring Meeting
Wednesday 11.02.15	12 noon 2.00 pm 6.00 pm	Worship Centre Worship Centre Rainbow Centre	Holy Communion and BYO lunch Ever Active Exercise Class Meditation
Thursday 12.02.15	9.30 am 2.00 pm	Rainbow Centre Rainbow Centre	Scrabble Holistic Care Nurse Meeting
Friday 13.02	10.00am	Worship Centre	Playgroup
Saturday 14.02.15	11.00 am 6.00 pm	Worship Centre Worship Centre	Baptism - Riley Jones Benedictus Contemplative Church
Sunday 15.02.15	9.20 am 11.45 am	Worship Centre Worship Centre	Choir Practice Deep Dive with Bp George Browning

WEEK BEGINNING 15 FEBRUARY 2015

Monday 16.02.15	9.00 am-3.00 pm 9.30 am	Worship Centre Rainbow Centre	Covenant Care Crafty Crew
Tuesday 17.02.15	12.30 pm 6.00 pm 7.30 pm	Worship Centre Worship Centre Worship Centre	Meditation and BYO Lunch Shrove Tuesday - shared pancakes Parish AGM
Wednesday 18.02.15	12 noon 2.00 pm 6.00 pm 6.00 pm 7.30 pm	Worship Centre Worship Centre Worship Centre Rainbow Centre Rainbow Centre	Ash Wednesday Holy Communion and BYO Lunch Ever Active Exercise Class Ash Wednesday Holy Communion Meditation Lenten Study - Chittister Book Series
Thursday 19.02.15	9.30 am 7.30 pm	Rainbow Centre Rainbow Centre	Scrabble Lenten Study - Johannine Epistles
Friday 20.02.15	10.00 am 10.30 am 6.00-9.00 pm	Worship Centre Rainbow Centre Worship Centre	Playgroup Lenten Study - Chittister Book Series Youth Group - Pizza and Theatre Sports
Sat 21.02.15	9.00 am 6.00 pm	Church Grounds Worship Centre	Working Bee Benedictus Contemplative Church
Sunday 22.02.15	9.20 am 3.30-5.00 pm	Worship Centre Worship Centre	Choir Practice Integrity for Living - Retreat in Daily Life

SOMETHING TO THINK ABOUT

Mark 1:29-39. What am I to do?

The song that I came to sing remains unsung to this day.

Rabindranath Tagore

Tagore's words certainly do not apply to Jesus. At the end of his short life he can say to God, 'I have finished the work you have given me to do'. For me dying a good death would be being able to say that I had completed what had been given to me to be and do. Admittedly, there may be times along life's way when we aren't sure of the song we are meant to sing. Sometimes we may even find we are trying to sing someone else's song.

Jesus always seemed to have a clear sense of his own calling and destiny. He seemed to know what was his to do and what wasn't. We see this illustrated in today's gospel. After the healing in the synagogue and at Simon's house in Capernaum, word travelled quickly. By evening, Mark tells us, 'the whole city was gathered around the door', including the sick and demon-possessed seeking healing.

Next morning he got up while it was still dark and 'went out to a deserted place to pray'. We don't know how or what he prayed, but when his disciples came looking for him, saying, 'Everyone is searching for you', he responds: 'Let us go to the neighbouring towns, so that I may proclaim the message there also; for that is what I came to do' (v. 38). We can imagine the disciples and crowds were expecting him to continue the healing and teaching begun on the previous day. After all he had healed many, but not all.

This clear sense of what he had come to do seems linked to his time of prayer. And we see this pattern repeated in the gospels: times of intense engagement in teaching and healing followed by times of solitary prayer. You could say he was 'inner-directed' (in the sense of Spirit-directed), rather than allowing other people's agenda to dictate his response. Not that he was untouched by suffering – far from it. But sometimes doing what he was called to do meant letting others down – or at least their expectations of him. And sometimes the choice is not between good and bad, but between good and better alternatives.

His words reflect a sense of urgency as well as clarity - a need to be on his way. Can we assume that it was his practice of tuning in through prayer that gave him such a clear sense of what was his to do, and the strength to do it, even when it meant not meeting other people's expectations? Perhaps there is an invitation for us in this.

Frances MacKay

FROM ST JOHN'S CARE



Most days at St John's Care are quite normal. Our fellow Canberrans, who are struggling to make ends meet, come to us for food, clothing and sometimes financial help. Then sometimes the days are not normal. Friday was one of those days. Things were reasonably quiet and then a young woman and her mum landed on the scene. The young woman was one of the most complicated and disturbed young women I have ever encountered.

Lana and I spent a lot of time with her as she was very confused, I think that she would only be in her very early thirties. I shall call her Mary. She has three daughters, one sixteen and the youngest a pre-schooler. The kids have not been with Mary for the past few weeks, but staying with their grandmother in Canberra.

Mary normally lives in country NSW but for the past few weeks she has been in a coastal town in NSW looking after her dying father. He has four to six months to live, and according to Mary his family is not coping. So Mary was caring for her father and step sisters. Then her stepmother, who Mary has problems with, arrived so Mary had to leave and can't return until the stepmother leaves.

Mary's mother brought her in this morning. She also needed help. The mum is on Newstart Allowance and is trying to look after her three grandchildren while Mary was with her father. Newstart Allowance is such a small amount of money that it was an impossible situation. We were able to help mum with lots of food and we wanted to help Mary, but we just didn't know how.

I have never met anyone so confused. We naturally offered to contact the Mental Health Crisis Team, but that was the last thing Mary wanted. I did not believe that she was going to harm herself or us so the Emergency Team probably would not have attended.

She just wanted our help. She was due to be evicted from her house in the country. What was she to do with her furniture and effects? Where did she want to live, did she want to go back to the coast to be with her dad. No, no, no - none of those options appealed to her. Would she stay with her mum in Canberra. Again, no, no, no, she just didn't know what she wanted. I contacted the real estate agent, could I pay for a couple of weeks rent and buy Mary a little breathing space? Unfortunately that was not acceptable. Mary was not a good tenant. We then contacted a storage company in this country town, but they had no space available. I could see no solutions.

I told Mary what I had tried to do but I had not been successful. We had helped her mum with food for the next few days, would she like some too? All of a sudden Mary seemed to relax. At least she had been listened to, we had tried to help and more importantly we had been non-judgemental.

My wish list for this week: Tinned fruit, tinned vegies and tinned meat.

Sue Jordan (Director)



PRAYER POINTS FOR THIS WEEK

IN THE WORLD

- We continue to pray for resolution of all conflicts in the Middle East.

IN AUSTRALIA

- We pray for our current political situation, and for clarity and honesty for our Government.

WORLD WIDE ANGLICAN CHURCH

- We pray for the Church in Maine USA and Makamba Burundi.
- In the Australian Church we pray for the bishops, clergy and people in the Dioceses of Brisbane and Bunbury.

IN OUR DIOCESE

- We pray for the clergy and people in the parishes of Braidwood, Bungendore, Gunning and Crookwell.
- We pray for the staff and students at St Mark's Theological College.

MISSION

- We pray for the work of the Australian Board of Missions working in Melanesia and Papua New Guinea.

IN OUR PARISH AND COMMUNITY

- We pray for the Clergy Appointment Board as they continue their work.
- We pray for the Belonging and Caring Team meeting this week.
- We pray for the following members of our Parish family Tam Hnatuk; Reg and Phyl Holmes; Jey Hoole, Evelyn, Hannah, Mary and Sarah David-Hoole.
- We pray for those in special need of prayer: Phil Perman, Sandra Button, Pat Bonnett, Glenys Wimmer and any known to us personally.

COMMEMORATIONS:

Friday: Phyllis Oldfield (d 1994)

Saturday: Julie Shelley (d 1978)

**DEAR GOD,
I WANNA TAKE A
MINUTE, NOT TO ASK
FOR ANYTHING FROM
YOU, BUT SIMPLY TO
SAY THANK YOU,
FOR ALL I HAVE.**



HOLY COVENANT PRAYER VINE

REQUESTS FOR PRAYER

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

IN THE PARISH

PARISH ANNUAL GENERAL MEETING - Tuesday 17 February (Shrove Tuesday)

Beginning at 6pm with a shared pancake meal (sign-up sheet on the noticeboard to indicate your contribution to the meal)



AGM meeting begins at 7.30 pm!

Copies of the AGM reports are available for collection at the back of the Worship Centre (please don't forget to bring them back with you on the 17th!).

FROM PARISH COUNCIL:

- ◆ The Council welcomed Anne Dudzinski as locum Rector, Vicky Cullen as locum Assistant Rector and Carol Kubanek and Russell Rollason as Councillors.
- ◆ The Council noted that Audrey Wells is retiring from her work as the Parish honorary bookkeeper and expressed its appreciation for Audrey's valuable contribution to the Parish.
- ◆ The Treasurer reported that the transition to the new Xero accounting system was progressing well thanks to Doreen Matters and Paul Shelley. When Xero is fully operational it is expected to ease the burden of managing the Parish finances.
- ◆ The Worship Centre has been repainted and cleaned and new LED lights installed. Woohoo.
- ◆ Copies of the Parish Profile – prepared by the Clergy Appointment Board for the information of prospective rectors. *Copies are available at the back of the Worship Centre for those who are interested in reading it.*



PARISH FUNDRAISING



Orders are being taken for Entertainment Book 2015/16. Books will be available early April from Hilary Harris. The price is \$60 and from which \$12 goes to the Parish.

The book holds amazing vouchers for food, massages, cinema, theatre, balloon flights, dry cleaning, book shops, autocare, travel, hotels, insurance, flowers, hampers etc.

Please chat with Hilary or call 6251 8166 for more details.

IN THE PARISH



Choir Practice: Discussion by some of our key musicians is recommending that Choir Practice occur on Sunday mornings at 9.20 am for now rather than on Saturday evenings, starting this weekend.

There will also probably be extra practices in preparation for Holy Week and Easter Services. You will be told of these after decisions are made about the music .

Could I please have a musician for Ash Wednesday Feb 18 at noon and/or 6 pm - there is only one hymn TIS 684 'Love will be our Lenten calling'.

Thank you for your gifts. Music is such an important part of worship.

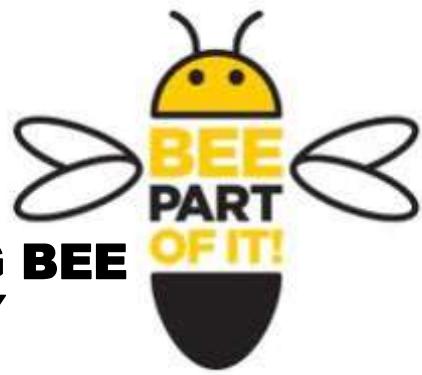
Blessings Anne D.



We have a few people currently needing transport to Church on Sunday mornings ... and don't live too far away. Some are for 8am and others for 10am. If we can get a few people it means you may only be needed once a month. Offers to Libby in the Office.



Does anyone have a small working CD player at home that they are not using? We are having problems with the one in The Chapel. If you can help out, please see or contact Merri Bacon. Thank you in advance.



CHURCH GROUNDS WORKING BEE SATURDAY 21 FEBRUARY



YOUTH AND CHILDREN'S MATTERS

Camp Pel Reunion:

Sat 28 Feb, 5-8pm, St James' Anglican Church, Beaurepaire Cres, Holt. \$5 for BBQ dinner and drink.

Tobias's Graduation:

Bishop's Gap Year Graduation for Tobias Nevile will take place - details as above for Camp Pel Reunion. Holy Covenant Parishioners are invited to attend to celebrate this occasion with Tobias!

A Big Thank You:

To all the Directors and Leaders from Holy Covenant who gave of themselves during Camp Pelican.

Thanks also to those who prayed, cooked and donated money so that camp could be a wonderful time for so many campers. From all reports Camp Pelican was a spiritually rich, fun and full time for all involved. Thank you God!

LENTEN PROGRAMME 2015

ASH WEDNESDAY - Holy Communion services at 12 noon and 6pm



INTEGRITY FOR LIVING: A Retreat In Daily Life

The Retreat in Daily Life allows busy people the opportunity to focus on God in the middle of the everyday, inviting them to integrate prayer, faith and work. It offers a contemplative, creative space for reflecting on where our life is leading. Participants will meet as a group on three Sunday afternoons, and with a spiritual director about four times. Participation in the Chittister series is optional. For further information see separate flyer called 'Integrity for Living' in the leaflet stand on the back wall.

When: Sunday, 3.30-5pm 22 Feb, 8 & 29 March in Worship Centre.

Cost: \$200 payable by 15 February.

BOOK SERIES: Scarred by Struggle, Transformed by Hope (Joan Chittister)

When: Wednesday evenings 7.30-9pm, 18 February - 25 March. Friday mornings 10.30am, 20 February - 27 March.

Facilitators: Frances MacKay and Glenys Wimmer. *Sign-up sheet on the board.*

THE JOHANNINE EPISTLES

When: Thursday evenings 7.30-9pm, 19 February - 21 March.

Facilitator: Revd Dr John Painter. *Sign-up sheet on the board.*



OTHER BREATHING SPACE ACTIVITIES IN FEBRUARY

Sunday 15 February: At 11.45am with Bishop George Browning - 'Sabbath and the Common Good: An Anglican Response to the Environmental Crisis'.

Saturday 21 February: Quiet Day '**Come to the Well**' led by Susanna Pain, 9am-4pm at St Mark's Theological Centre. Details on notice board.

The full Breathing Space Programme for this semester is on the back table.

Can you spare two hours once a month?

Can you spare two hours once a month to give some mental stimulation to a lady in Kangara Waters? She loves playing Scrabble. There is a team going in each Tuesday at 2pm but we need two more volunteers urgently. Heather is cheerful but cannot move below the neck. Contact Gillian on 6253 1058.



IN THE PARISH

Katherine's Cycle for Kids Cambodia 2015

I have been overwhelmed with the support that I have received as I have undertaken this adventure. I've raised \$6000 for UNICEF's Working with Families project in Cambodia. I am also very grateful for the personal support that I've received from Holy Covenant and friends and family. My January holidays took me to lots of different places where I was able to do some training. I hired a bike in Vientiane, Laos and did a City Cycle Tour in Bangkok, Thailand (getting used to the laneways, street food and traffic!). I also had a week in Wollongong where I enjoyed riding from South Beach to Austinmer and back each day. I head off on **February 24th** so there is still time for more training! The UNICEF workers that I've spoken to have discussed the way generational change is occurring in the areas of child protection and foster care in Cambodia as NGOs and governments work together. If you'd like to support UNICEF's work and sponsor my ride, please go to:

<https://cycleforkids2015.everydayhero.com/au/katherine>

Claim the date: Global Stories Night - Friday 27th March, where Katherine will report back on her trip and the work UNICEF Australia is doing in Cambodia. More details on page 10.



FROM THE HOLISTIC CARE NURSE

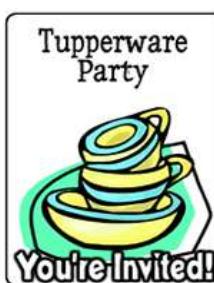
Holistic Care Ministry Meeting this coming Thursday at 2pm ... all welcome!!

The Holistic Care Ministry is very short of volunteers which is limiting our activities and the progress of our clients. If you would like to know more about the program or be involved in this life giving, unique ministry then please join us this Thursday in the Rainbow Centre. We would love to see you there!! Many of our clients require a lot of ongoing support, assistance and encouragement but we can only do so much. What we really need to help is **VOLUNTEERS!!!**

*Anne Ranse,
Holistic Care Nurse
Coordinator*



Holistic Care Nurse Program Fundraising Event ... today at 3pm!!



At Nicole's home (Holistic Nurse)
at 7 Pepper Street Bonner.

Ph: 62420015 or
0432431485

Everyone is invited! If you are not able to attend but would like to support the HCN Program, Tupperware catalogues and order forms are available at the back of the Worship Centre. Please leave your orders in the purple box provided. Queries to Nicole on the above numbers.



AND . . .

Card for Simon Wooldridge - there is a card to sign at the back of the church for Simon. He is retiring at the end of March and will be taking up a locum position in the UK for a few months.

- **Can you help?** Nicole Kulesza, our HCN nurse is needing a new PC. If you've recently updated, she would be happy to relieve you of your old one. Her contact is 0432 431 485.
- **Can you help?** We are looking for some extra people to go on the morning tea roster for both the 8am and 10am services even if you can only do once a term. Please leave a message with Libby in the office or phone Kathy Lake 0417 005 667.
- The **Lost Property** basket is full again with a variety of miscellaneous items. Please check if any belong to you before they get thrown out THIS WEEK!
- **Claim the date:** Global Stories Night, Friday 27th March. 7pm: talk + supper. 7:45pm: Film 'Charlie's Country' Rated M. Katherine Rainger is cycling 400km around Cambodia in February. Katherine will report back on her trip and the work UNICEF Australia is doing there. The Australian film, 'Charlie's Country' starring David Gulpilil will also be shown. *This is a film of lament and resilience and is good preparation for Holy Week.*
- **On the back bookshelf for sale:** Jams, cards and Recipe Books.

ON THE NOTICE BOARD

- ♦ 9 February. Hawker Men's Lunch Forum. Speaker: Alistair Coe MLA
- 12 February—Christians for an “Ethical Society. Free and Equal! Towards a more Humane Society”.
- 21 February Quiet Day.
- ♦ St Mark's Commencement Lecture - Life Together in a Digital Age, 7pm 26 Feb.
- ♦ CMS *Church Missionary Society* Canberra Mission Focus Weekend - 20-21 Feb at Radford College.
- ♦ Meditation on Mondays at St Alban's Lyons.
- ♦ BCA Caravan, Camping and Motorhome Weekend, 6-8 March.
- 2015 Bishop's Cathedral Convention at St Saviour's Goulburn, 15-16 May. Brochures on back table.
A Passion for Peace - A Chorus of Women are looking for women of all ages in the Canberra singing community who would like to sing in three performances 28 April - 2 May.
- ♦ Holy Land Pilgrimage, 9-25 May

Bank Details for Direct Debit are:

Bank: Commonwealth Bank
Branch: Jamison Centre, ACT
BSB: 062 907
A/C No: 802 588
Name: Holy Covenant Anglican Church



BIRTHDAYS THIS WEEK

Thursday: Richard Browning; Friday: Bea Duncan;

If you'd like your name in the birthday book, please tell Phyl.
phylandreg@optusnet.com.au

MINISTRY TEAM

LOCUMS	Revd Anne Dudzinski 6278 6087; 0413 994 739 Revd Vicky Cullen 6255 3191	Email: annedudzinski@optusnet.com.au Days off: Monday, Friday. TBA
HONORARY ASSOCIATE PRIEST	Revd Sarah Gibson	Email: tshsb.gibson@gmail.com
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	Libby Warren Office: 6251 6100	Email: office@holycovenant.org.au

PARISH DIRECTORY

PARISH OFFICE Open 10 am - 2 pm 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 EDITOR	Phyl Holmes	Email: weeklybulletin@holycovenant.org.au Hm E: phylandreg@optusnet.com.au

DETAILS FOR NEXT SUNDAY – 15 February 2015

8.00 am **HOLY COMMUNION**
 Preacher: Revd Anne Dudzinski
 Celebrant: Revd Vicky Cullen

10.00 am **HOLY COMMUNION**
 Preacher: Revd Anne Dudzinski
 Celebrant: Revd Vicky Cullen



TODAY

SENTENCE:

Those who wait for the Lord shall renew their strength, they shall
Mount up with wings like eagles.

Isaiah 40:31

READINGS:

Isaiah 40: 21-31
Psalm 147: 1-11
1 Corinthians 9: 16-23
Mark 1: 29-39



HYMNS

631(153)
609
607
245

PRAYER

Saving God,
whose Son Jesus Christ, healed the sick
and brought them wholeness of body and mind:
Inspire us, your disciples,
so that we may constantly proclaim his gospel
by our words and by the dedication and integrity
of our lives;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy
Spirit, one God, now and for ever. **AMEN**



	8.00 am	10.00 am
Sidespersons	Ann and Peter Bazeos	Dorothy and Neville Hurst
Readers	Rosemary Kennemore Des Pain Anne Ranse	Dorothy Hurst Neville Hurst Anne Ranse
Intercessor	Peter Hall	Bruce Barnes
Organist	Shirley Campbell	Rhys Thorpe
Word and Prayer	Steve Daniels	John Sheehan
Deacon	Anne Ranse	Anne Ranse
Cup	Steve Daniels, Anne Ranse	Anne Ranse, Neville Hurst, Rob Maron, Leo Wimmer. Extra bread: Sarah Gibson
Morning Tea	Ann Menzies Carol Sherman	Theresa Jokisch Judith Ann Daniells
Children's Church		Christine, Maurice, Katherine, Mary M. Tea: Jo James