

# HOLY COVENANT ANGLICAN CHURCH JAMISON

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

## Weekly Bulletin - 28 June 2015



“Your faith has cured you, go in peace”.

## Fifth Sunday after Pentecost



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

#### 8.00 am     **HOLY COMMUNION**

Celebrant: The Venerable Paul Wallis  
Preacher: Revd Connie Gerrity

#### 10.00 am    **HOLY COMMUNION Children's Church and Youth Group**

Celebrant: The Venerable Paul Wallis  
Preacher: Revd Connie Gerrity



Please join us for morning tea after the Services

## THIS WEEK IN THE PARISH

<b>Monday 29.06.15</b>	10.00 am	Covenant Day Care	Worship Centre
<b>Tuesday 30.06.15</b>	12.30 pm 6.30 pm	Worship Centre 30 Northmore Cres Higgins	Meditation and BYO lunch Refugee Group
<b>Wednesday 01.07.15</b>	12 noon 2.00 pm	Worship Centre Worship Centre	Holy Communion and BYO lunch Ever Active Exercise Class
<b>Thursday 02.07.15</b>	9.30 am 2.00 pm 7.30 pm	Rainbow Centre Kippax Rainbow Centre	Scrabble Book Club EFM
<b>Friday 03.07.15</b>	10.00 am 10.30 am	Worship Centre Rainbow Centre	Playgroup MOTH
<b>Saturday 04.07.15</b>	6.00 pm	Worship Centre	Benedictus Contemplative Church

The Holistic Care Nursing office is open from 10am – 2pm Monday and Thursday

**The Parish Office will not be open this week.**

## WEEK BEGINNING 5 JULY 2015

<b>Monday 06.07.15</b>	10.00 am	Covenant Day Care	Worship Centre
<b>Tuesday 07.07.15</b>	12.30 pm	Worship Centre	Meditation and BYO lunch
<b>Wednesday 08.07.15</b>	12 noon 2.00 pm	Worship Centre Worship Centre	Holy Communion and BYO Lunch Ever Active Exercise Class
<b>Thursday 09.07.15</b>	9.30 am 7.30 pm	Rainbow Centre Rainbow Centre	Scrabble EFM
<b>Saturday 11.07.15</b>	6.00 pm	Worship Centre	Benedictus Contemplative Church

**NB:** WEDNESDAY evening Mediation in recess till August.

## SOMETHING TO THINK ABOUT

### **Mark 5: 21-43 - *Become What You Receive***

I have recently returned from a short but packed – ‘packed’ being the operative word – pilgrimage to the Holy Land. I have discovered that unpacking the experience takes time.

People have asked me what were the highlights of the trip. Where to start? After all being a pilgrim is more than being a tourist – or should be. Someone did ask me a question I found easier to answer: Was there any place I felt especially close to Jesus or God? One of several experiences sprang to mind. Our group, numbering about 26, were all packed into a small chapel in the Church of the Transfiguration on Mt Tabor for a celebration of the Eucharist. When it came to the words of consecration, our priest-guide, Father Kamahl, broke effortlessly into Aramaic, Jesus’ mother tongue, and the language he would have used at the Last Supper. When it came to receiving communion, using a 4<sup>th</sup> Century Byzantine rite, Father Kamahl said to each of us, ‘Become what you receive’, and we each replied, ‘The body of Christ’. Such an invitation is at once timeless, *and* requires a lifetime to unpack its meaning.

You don’t have to visit Israel to be reminded of the dark side of religion – the way people use religion to confirm tribal identity, to compete for land and other resources, rather than recognising that mature religion requires us to transcend local loyalties and to cultivate compassion for all peoples. At the same time, however, I was reminded again how remarkable Jesus was in his inclusiveness and his challenging of deep divides of gender, faith and race that are still part of today’s world. Needless to say, his followers have not always followed his example.

In today’s gospel (Mark 5: 21-43), Jesus’ healing the woman who had been suffering from a haemorrhage for twelve years certainly challenged religious attitudes of the time. Earlier in the chapter Mark had described how Jesus has taken his disciples across the Sea of Galilee into Gentile territory and had healed a man possessed by unclean spirits. Later he will return there to continue his ministry of healing. It’s as though Jesus is challenging their comfort zone, inviting them to extend their borders. Where might we, as individuals, as members of a faith community or as a nation, be being challenged to extend our borders, to be more inclusive and compassionate?

- Frances Mackay

#### **THOUGHT FOR THE WEEK**

**If you see someone without a smile give them one of yours.**

# FROM ST JOHN'S CARE



## From Zack Bryers, the Youth Worker:

A few months ago I received a referral for a 14 year old girl who we will call Mary. Mary was heavily addicted to ice and had a reputation of heavy drug use and prostitution. Her father had raised Mary and her three siblings by himself because the mother is a drug addict. Mary was an extremely hard person to find, she was missing for weeks at a time. After a couple of months I found her. Mary had been caught shoplifting and had been locked up. I decided to organise a visit and introduce myself. When I walked into the visitation room Mary was pacing around the room with anger. We started talking and what came across to me was a very smart, intelligent young girl who had been corrupted by the streets. I was able to bond with Mary and eventually I asked her what her dream job was. She wanted to be a hairdresser. Mary made a deal with me, if I could find an opportunity for her to work towards becoming a hairdresser she would go back to school, go back home and fly straight.

Eventually I was able to find somewhere that would take a chance on her. Walking her to the interview she was shaking with nerves. We went through some breathing exercises and talked about confidence. While waiting for the interview Mary said to me "What if they don't like me? What if they say no?" I said to her "Well if they say no, then we will go next door and then the place next to that until someone says yes!" with that her confidence grew. She managed to get the job and was due to start the next week.

Mary then told me she had had a fight with her Dad and broken bail conditions. Mary was going to be sent back to Bimberi. Mary talked with me about how she wanted to run because she didn't want to go back. I told her that if she really wanted to turn her life around she needed to start her job, she agreed, but in order to start the job she needed to serve her punishment as soon as possible, she reluctantly agreed. That night I dropped her off and Mary promised me that she would hand herself in the next morning. Sadly, the police turned up early the next morning depriving her of that chance. She will be locked up for the next month. Fortunately her new work place is still willing to have her. Talking with Mary she is very positive, she is aware that no one forced her to break her bail condition that was a choice that she made. Mary is looking forward to getting out and starting her job, going back to school and making new, healthier friends.

Often in this work there are very few happy endings, often they will stop being contactable lost in a world of drugs and crime. Sometimes they will abuse you. But every now and then, you will work with a young person who makes it all worthwhile.

**Sue's wish list for this week: more Zacks, shampoo, washing up liquid and laundry powder.**

**Many Thanks  
Sue Jordan**



# PRAYER POINTS FOR THIS WEEK

## IN THE WORLD

- We pray for scientists and researchers tackling the big issues we face such as renewable energy, disease and sustainable food production.

## IN AUSTRALIA

- Pray that the gifts within our congregation can be identified and released for ministry.

## WORLD WIDE ANGLICAN CHURCH

- We pray for the Church in Osaka Japan and Ibadan Nigeria.
- In the Australian Church we pray for the bishops, clergy and people in the Dioceses of Wangaratta, Willochra and Papua New Guinea.

## IN OUR DIOCESE

- We pray for the clergy and people in the parishes of Cobargo, Bodalla-Narooma and Bateman's Bay.
- We pray for the Aboriginal and Torres Strait Islander Ministry and Bimbadeen Training College, Cootamundra.

## MISSION

- We pray for the work of the Anglican Board of Mission in Korea and Kenya.

## IN OUR PARISH AND COMMUNITY

- We pray for the members of our Youth Group at Camp this weekend.
- We pray for Ellie Wedgwood, Barnaby D'Cruz and Aidan Judd preparing for their Confirmation next Sunday.
- We pray for the following members of our parish family: John and Kathryn Body; Graham Bonnett; Harris, Helen and Tanya Boulton; Alan and Heather Boyd; and Richard, Melinda, Samuel, Zachary and Matthew Browning.
- We pray for those in special need of prayer: Phil Perman, Glenys Wimmer, Audrey Kennett, Lexie Winders, Gerard Bacon, Beryl Daniels and any known to us personally.

## COMMEMORATIONS

Monday: Peter and Paul, Apostles and Martyrs

Wednesday: **Margaret Jean Winders, died 1989**

Friday: Thomas, Apostle and Martyr.



HOLY COVENANT PRAYER VINE  
REQUESTS FOR PRAYER

Phone Merri Bacon on 6251 1110 or  
email [merri.bacon@bigpond.com](mailto:merri.bacon@bigpond.com)

**Hear our Prayer,  
O God. +**



**PRAYER VINE MEETING  
2.30—4 pm  
IN THE RAINBOW CENTRE.**

## **FROM OUR REFUGEE ACTION GROUP**



In our parish, we have a Refugee Action Group that meets monthly. You would be most welcome to join us - we pray together, think about ways to raise awareness around asylum seekers and refugees, and take on some practical tasks. We are currently seeing if we can start writing letters to an asylum seeker in detention, and also looking at how refugee issues are being progressed in the wider Anglican Church.

We meet on the last Tuesday of every month, 6.30pm – 7.30pm at 30 Northmore Crescent, Higgins. Our next meeting will be on **next Tuesday 30 June**. For further information, please feel free to contact Deranie: [deranie@hotmail.com](mailto:deranie@hotmail.com). We would love to hear from you.

## **FROM THIS MONTH'S PARISH COUNCIL**

1. Tune up your taste buds for the ever popular Parish Dinner scheduled for 25<sup>th</sup> July 2015. Contributions are \$38/head or \$100/family.
2. Our tireless Resources Team has arranged the installation of an air conditioner in the Mushroom. Woohoo! It has been gratefully received.





### HOLY COVENANT MONASTERY OF THE HEART GROUP

*Has been established for four years in the Parish and meets monthly for discussions on spiritual writings, books etc. We meet on Friday mornings from 10.30 to 12 noon, and those desiring to stay on bring a light lunch, and have some extra sharing time together over a cuppa.*

We will begin studying Joyce Rupp's book: **THE CUP OF OUR LIFE, A GUIDE TO SPIRITUAL GROWTH** on Friday 3 July. Parishioners who haven't been to MOTH meetings before are welcome to join us as we work our way through the six chapters over the next six months.

Joyce Rupp's bestselling contemporary classic has sold over 200,000 copies. This new edition continues a fifteen-year tradition of helping individuals and groups pray about everyday life using the rich symbol of a cup in all its many forms.

Please sign up on the sign-up board and indicate if you wish us to purchase the book for you.

#### POSITIONS VACANT:

1. Helpers for the Communion Services at the two Retirement Villages, twice a month. Details on page 8 of this Bulletin.
2. **Operation Christmas Child:** Collecting the 'shoeboxes' from the depot, and returning them when they are filled. Details from Libby in the Parish Office.
3. Casserole Bank Convener: Twenty four people provide casseroles for people in times of need. Details from Penny Lilley. 6251 2592.
4. Flower Roster: We need at least one more person on this roster—but any number will do! Contact Phyl Holmes. 6251 2007.
5. Weekly Bulletin Production: Expressions of interest to Phyl Holmes, 6251 2007. [phylandreg@optusnet.com.au](mailto:phylandreg@optusnet.com.au)

Please consider carefully if you could apply for any of these positions -  
Remuneration: riches in heaven!

# I CAN'T WAIT TO TELL YOU...

Praise God for the provision of two more volunteers to visit and befriend our clients. What a blessing. Today is Cathy Winter's last day of helping to sort us out in our office and coordinate the volunteers. I say last day but that's just for a while as she is off on holiday until August and by then I suspect we will be very much looking forward to her return. Have a great time Cathy!

Last week our activities ranged from taking clients to appointments, collecting scripts from the chemist for clients, lending a much needed ear to a lonely distressed client, having cups of tea and raking leaves for a client (and how pleased was she too have her yard looking nice and clean again) I suspect the thing we still need most in this ministry is more man power.....O, talking of that. A client needs a hose bracket put onto a brick wall. Is there a man out there who could do that for us? Just tap me on the shoulder if you can help with this one off request .



Blessings  
Archdeacon Anne  
Holistic Care Nursing Coordinator.

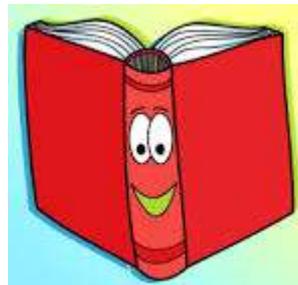
### COULD YOU ASSIST ME PLEASE? .

. . .when I take a service at Kangara Waters at 10am on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month. Two people once a month would be great too.  
[Public Holidays excluded] Tracey has been marvelous but her time is limited too.

OR as a backup to our fine helper Kerin Cox when she is away, at Calvary Retirement Village on the same Mondays at 1:30 pm.

**Doing What?** Speaking up for the usual responses, holding the chalice for me, handing out the booklets, sitting with a resident who needs help finding the page... and sometimes having a cup of tea there afterwards.

Volunteers and disciples welcome  
**ANNE DUDZINSKI      6278 6087**



**NEXT BOOK CLUB IS CHRISTMAS IN JULY CELEBRATION ON 2 JULY.**

Meet at Church at 12 noon or at Quans Kitchen in Kippax for 12.30pm lunch.

**Discussion topic :** A book I remember from childhood which impressed me. As well as what ever else you have/are reading.

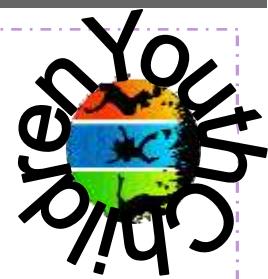
Book for August will be there.

**Would you like to join the Book Club?**

No need to buy books as we use the Library Service. Book for August 6th "Diary of a Foreign Minister" by Bob Carr. Available from the Book Club. We also encourage wider reading. Contact Gillian 6253 1058

# YOUTH AND CHILDREN MATTERS

- This weekend is the annual Youth Group Camp at Silver-wattle Quaker Centre on Lake George. Thanks to all who have supported us in prayer and in donations of baked goods.
- Thanks to the volunteers who have enabled Youth and Children's ministry to run this term. There will be no Youth Group or Children's Church on 5th July (Confirmation service) or 12th July (Elizabeth Hoole's Baptism). YG, GP and CC will recommence on the 19th July.
- Mary Sargeson and Katherine Rainger attended Godly Play Core training in Sydney on 15th-17th July. Both were struck by how significant Godly Play can be in the spiritual engagement and development of adults and children. They are enthusiastic about sharing stories in Godly Play and then wondering and responding with work and play.



Kaleidoscope is a group to nurture the contemplative heart of children, hosted by Benedictus Contemplative Church.



Kaleidoscope offers children the opportunity to step out of the busy worlds in which they too live, to spend time reflectively, restfully and creatively. Parents are given the opportunity to have some time for themselves whilst children gather together.

Children's lives are enriched by experiences that nurture their souls, open their hearts and minds to the presence of love and hope, and offer opportunities for creative expression, sharing stories and even some silence. These experiences foster calmness, connectedness and joy. They equip children to live well in a busy, noisy world.

In the Gathering Circle children practise meditation, learn to understand that their lives are gently held and experience calmness and silence. From here, we share in stories and drama, music and movement, reading and drawing, afternoon tea, creative arts and nature experiences.

The next Kaleidoscope is TODAY June 28 and then Sunday July 26.

Please RSVP to Karina ([karinajh43@gmail.com](mailto:karinajh43@gmail.com)) or 0402 336970)

**AND . . .**



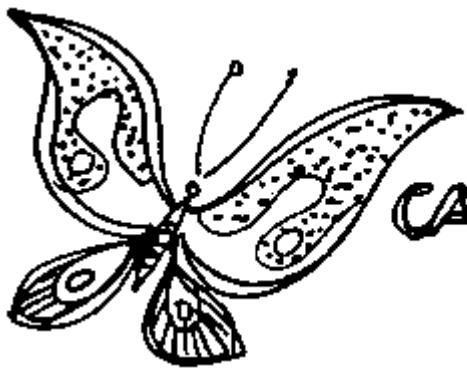
**THANK YOU** to Hilary Harris and all who bought Entertainment Books. \$444 was raised for the parish from this endeavour.

**FAREWELL TO SUE JORDAN .**

The St. John's Care Board has invited us to Sue's farewell on Friday July 15. If you would like to attend there is a sign-up sheet on the board.

**ON THE NOTICE BOARD**

- **Contemplative Quiet Day with Art..** 25 July. 9.30—4pm
- **A Winter Quiet Day,** 15 August 9.30—4pm St. Mark's.
- **Their Sacrifice—Bible Exhibition**  
Presented by the Bible Society.  
Westfield Belconnen till 5 July.



**CATERPILLAR- COCOON-  
BUTTERFLY-  
CAN ONE NOT BELIEVE  
IN MIRACLES ?**



**BIRTHDAYS THIS WEEK**

Darcy Allen, Nick Platt,  
Jonathon Elkhuzien  
Xanthe Aallen

If you want your name in the  
Birthday Book, tell Phyl:  
[phylandreg@optusnet.com.au](mailto:phylandreg@optusnet.com.au)

**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

## MINISTRY TEAM

<b>RECTOR</b>	<b>The Venerable Paul Wallis</b> 0428 537 672	Email: revdpaulwallis@gmail.com Day off: Friday.
<b>HONORARY ASSOCIATE PRIEST</b>	<b>Revd Anne Dudzinski</b> <b>6278 6087</b>	Em: annedudzinski@optusnet.com.au
<b>HOLISTIC CARE NURSE</b>	<b>Ven Anne Ranse</b> 0439 139 209	Email: nurse@holycovenant.org.au Days: TBA
<b>HONORARY DEACON</b>	<b>Revd Susan Joy Neville</b> 0431 133 852	Email: susanjoyn@gmail.com
<b>YOUTH AND CHILDREN WORKER</b>	<b>Katherine Rainger</b> 0401 142 851	Email: youth@holycovenant.org.au
<b>PARISH ADMINISTRATOR</b>	<b>Libby Warren</b> Office: 6251 6100	Email: office@holycovenant.org.au

## PARISH DIRECTORY

<b>PARISH OFFICE</b> 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: <a href="http://holycovenant.org.au">http://holycovenant.org.au</a>
<b>WARDENS</b>	<b>Kathryn Body</b> 0403 500 882 <b>Deranie Jackson</b> 6254 4769 TBA	
<b>BULLETIN EDITOR</b>	<b>Phyl Holmes</b>	Email: <a href="mailto:weeklybulletin@holycovenant.org.au">weeklybulletin@holycovenant.org.au</a> Hm E: <a href="mailto:phylandreg@optusnet.com.au">phylandreg@optusnet.com.au</a>

**The Parish Office will not be open this week.**

## DETAILS FOR NEXT SUNDAY – 5 JULY 2015

- |                 |   |
|-----------------|---|
| <b>8.00 am</b>  | <b>HOLY COMMUNION</b><br>Celebrant and Preacher: The Venerable Paul Wallis  |
| <b>10.00 am</b> | <b>HOLY COMMUNION and CONFIRMATION</b><br>Celebrant : The Venerable Paul Wallis<br>Preacher: Bishop Stuart Robinson |



# TODAY

**SENTENCE:** The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.

Lamentations 3:22-23

## READINGS:

2 Samuel 1:1, 17-27

Psalm 130

2 Corinthians 8: 1-15

Mark 5: 21-43

## 8 am HYMNS

112

123

638 (654)

154

## PRAYER

O Christ for whom we search,  
our help when help has failed:  
give us courage to expose our need  
and ask to be made whole,  
that being touched by you,  
we may be raised to new life  
in the power of your name.

**AMEN**



	8.00 am	10.00 am
<b>Sidespersons</b>	Mandy Squair, Hilary Harris	Jo and Gareth James, Reg Holmes
<b>Readers</b>	Jen Collier Hilary Harris Anne Ranse	Bruce Barnes Jayne Murray Anne Ranse
<b>Intercessor</b>	Anne McDowell	Joh Sheehan
<b>Organist</b>	Shirley Campbell	Pam Lane
<b>Word and Prayer</b>	Chris Lewis	James Ellis
<b>Deacon</b>	Anne Ranse	Anne Ranse
<b>Cup</b>	Chris Lewis, Anne Ranse	Anne Ranse, James Ellis, Doreen Matterrs, Phyl Holmes Extra Bread: Connie Gerrity
<b>Morning Tea</b>	Ann Menzies, Carol Sherman	Jean Groves, Russell Rollason (Merri Bacon)
<b>Children's Church</b>		Rika Amos, Karen Bisley, Maurice Nevile, Mel Browning M. Tea: Bownings