

HOLY COVENANT ANGLICAN CHURCH JAMISON

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

WEEKLY BULLETIN

SUNDAY 26 JULY 2015

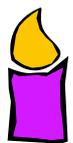
**Ninth Sunday
after Pentecost**



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'S SERVICES

- 8.00 am** **HOLY COMMUNION**
Celebrant and Preacher: The Venerable Paul Wallis
- 10.00 am** **HOLY COMMUNION Children's Church and Youth Group**
Celebrant and Preacher: The Venerable Paul Wallis



Please join us for morning tea after the Services

THIS WEEK IN THE PARISH

Monday 27.07.15	10.00 am 10.00 am 1.30 pm	Covenant Day Care Communion Service Communion Service	Worship Centre Kangara Waters Ret. Village Calvary Retirement Village
Tuesday 28.07.15	12.30 pm 6.30-730pm	Worship Centre 30 Northmore Cres Higgins	Meditation and BYO lunch Refugee Action Group
Wednesday 29.07.15	12 noon 2.00 pm	Worship Centre Worship Centre	Holy Communion and BYO lunch Ever Active Exercise Class
Thursday 30.07.15	9.30 am 7.30 pm	Rainbow Centre Rainbow Centre	Scrabble EFM
Friday 31.07.15	10.00 am	Worship Centre	Playgroup
Saturday 01.08.15	6.00 pm	Radford College Chapel	Benedictus Contemplative Church

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

WEEK BEGINNING 2 AUGUST 2015

Monday 03.08.15	10.00 am	Covenant Day Care	Worship Centre
Tuesday 04.08.15	12.30 pm 6.30 pm	Worship Centre Rainbow Centre	Meditation and BYO lunch Belonging and Caring Meeting
Wednesday 05.08.15	12 noon 2.00 pm	Worship Centre Worship Centre	Holy Communion and BYO Lunch Ever Active Exercise Class
Thursday 06.08.15	9.30 am 2.00 pm 7.30 pm	Rainbow Centre Rainbow Centre Rainbow Centre	Scrabble Book Club EFM
Friday 07.08.15	10.00 am 10.30 am	Worship Centre Rainbow Centre	Playgroup MOTH
Saturday 08.08.15	6.00 pm	Worship Centre	Benedictus Contemplative Church

CRAFTY CREW returns on 21 September. Christmas cards will be the order of the day.

SOMETHING TO THINK ABOUT

John 6:1-21 Jesus the Bread of Life

Last week I wrote about the significance of Eucharist as a sign of God's radical grace. We are a community gathered into one because we pray Jesus' prayer and are fed by his life and power. The capacity for Jesus to feed us continues this week through our reading from John's gospel. The passage covers two miracles: the feeding of the five thousand; and Jesus walking on water.

The feeding of the five thousand is significant, as it is the only miracle story that occurs in all four gospels. In John's version, Jesus places a test before his disciple Philip, by asking him where they can buy bread to feed the large crowd of people. Philip, using reasonable logic, notes that they do not have the resources to achieve this. Another disciple Andrew notes that a boy has five loaves of bread and two fish, but this was hardly going to help. In an act of God's good provision, Jesus takes the bread and fish and distributes the food so that all are satisfied.

This is immediately followed by the second miracle where the disciples witness Jesus walking on water towards them. Rather than applauding this supernatural feat, we are told they are terrified. Jesus immediately allays their fears by affirming that he is not an aberration but the one whom they know. In both miracle stories, Jesus demonstrates his divine capacity to meet human need through loving grace.

This passage reminded me of an experience I had during my travels for the Beatrice Robinson Scholarship. On a sunny Sunday afternoon I was privileged to take part in a monthly ecumenical service held at Marcus Garvey Park in Harlem, New York. Through this service, the local community (particularly the homeless) are invited to take part in an open Eucharist service and are then fed after the service. This was a classic demonstration of the inclusive ethic of Jesus through an open table. The service followed with a time of creative worship where a bunch of us learnt to play West African Drums as a way of beating to the rhythm of God's spirit. A homeless man who had been very agitated decided to join in. As he played the drums, he was literally transformed before our eyes. His anxiety left him and he became filled with such joy and enthusiasm. Jesus 'the bread of life' was there feeding this man with his life and power.

I didn't know what I would find in Harlem that day, but as we know Jesus has a knack of doing the unexpected doesn't he!

Tracey Matthews

THOUGHT FOR THE WEEK

**If God sends us on stony paths, God
will provide us with strong shoes.**

Alexander Maclaren

FROM ST JOHN'S CARE



By the time you read this I will be retired, watching Days of Our Lives and enjoying the soft centre chocolates, well maybe not quite.

My farewell last Friday was a wonderful occasion, which I thoroughly enjoyed. I would like to thank Glenda, Robyn and Judy for all their hard work. It was a strange feeling knowing that things were happening around me but I didn't know what was happening. A first for me at SJC. I would also like to thank everyone for their kind words and well wishes.

SJC is the most fantastic organisation. We do things on the smell of an oily rag but with your help and the help of our friends at Anglicare, we actually help more than three thousand of our fellow Canberrans each year. These days we provide enough non perishable food for three to four days which is a significant amount of food. We also provide our families with some meat and our friends at Oz Harvest provide us with lots and lots of fresh fruit and veg each week. All that is really fantastic but the really important part of this ministry is that the Volunteers are non-judgemental and treat everyone with dignity and respect.

Most times I am glad that we don't receive Government funding. I think it makes us more resourceful and makes us very careful of every cent we receive, providing a good outcome for our clients without worrying about the numbers we have helped, although most of the large organisations are pretty impressed with what we achieve.

My farewell also reminded me about the two Canberras. I had the opportunity of having Christian parents, a good education, and I was always encouraged to be a Volunteer and give back to the community. This week I met a young couple who had had none of those advantages. They are trying to make a go of things, but the very young woman is pregnant. I think the young man is illiterate and the young woman's reading skills are not very advanced. They have trouble budgeting so life is going to be tough for them, but it is also going to be hard for their new offspring. Who is going to read to him, with his homework? I am not saying that he won't be loved, but he will be behind the eight ball when he goes to School.

Thank you for your support. There has not been a day in the last nearly eight years when I haven't wanted to be the Director of St John's Care. It has been a privilege. Please continue to support this fantastic organisation. Stuart will be starting on Monday. I wish him well and I am sure that his stewardship of SJC will continue to provide a wonderful service to our Canberra community.



My wish list for this week: Children's Toothpaste and brushes, small tins of fruit.

Many Thanks Sue

PRAYER POINTS FOR THIS WEEK

IN THE WORLD

- We pray for the people of Japan and the Philippines dealing with typhoons and heavy monsoons and for all the countries suffering from the effects of climate change.

IN AUSTRALIA

- Pray for those in the Australian community, who are alienated and angry, those who are depressed and without hope, and for all who minister to their need. Pray for the homeless, the isolated, the unemployed, and those in prison or recently released. Pray for the gift of knowing how to help them and the willingness to do so.

WORLD WIDE ANGLICAN CHURCH

- We pray for the Church in Quebec Canada, Tanzania and North India.
- In the Australian Church we pray for the bishops, clergy and people in the Dioceses of the Northern Territory, Wangaratta and Willochra.

IN OUR DIOCESE

- We pray for the clergy and people in the parishes of Tumut, Adelong and Tarcutta.
- We pray for the Premier of New South Wales, the Chief Minister of the ACT and their respective Governments and the Opposition parties.

MISSION

- We pray for the work of the Australian Board of Missions in Jerusalem and the Middle East..

IN OUR PARISH AND COMMUNITY.

- We pray for Anne Dudzinski taking Services at Kangara Waters and Calvary Retirement Villages tomorrow.
- We pray for the success of our parish birthday party next week.
- We pray for the following members of our parish family: John and Gail Dau; Catherine, Isobel and Barnaby D' Cruz; Simon, Vera and Georgina de Vere; Heather Dornoch and Anne Dudzinski.
- We pray for those in special need of prayer: Phil Perman, Audrey Kennett, Lexie Winders, Portia Lloyd, Beryl Daniels and any known to us personally.

COMMEMORATIONS

Friday: Graeme Neil Johnson (died 2013)



HOLY COVENANT PRAYER VINE
REQUESTS FOR PRAYER

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

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



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.

TODAY FROM 2—4.30pm

Please RSVP to Karina (karinajh43@gmail.com or 0402 336970)

A Taste of Meditation with Anthony de Mello.

Have you always wanted to learn to meditate but perhaps didn't know where to start? Or perhaps you do have a practice but would like to learn more. The facilitator, **Rob Maron**, describes himself as both a long-time meditator and always a beginner. Based on Anthony de Mello's accessible and creative book, *Sadhana: A Way to God*, this series will provide an introduction to meditation and contemplation as well as some new material for the more experienced meditator.



Participants will need to buy the book (under \$20). **Please indicate on sign-up sheet if you need a book.**

When: Four Wednesday evenings, 7.30-9pm, Rainbow Centre.
August, 5, 12, 19, 26



DIRRUM DIRRUM
CONFERENCE 2015
LIVING INTO OUR NAME
a story of humanity, reality and power

31 JULY - 3 AUGUST

<http://www.dirrumdirrum.org/>
<http://www.facebook.com/dirrumdirrum>



A student led conference engaging and inspiring people in the art of being and staying human. Some excellent and inspiring speakers.

At Radford College, TB Miller Hall

Leaflets available from the back table.



LET'S CELEBRATE OUR 47TH BIRTHDAY!!
SATURDAY 1 AUGUST 7pm



Cost: \$38 per adult \$100 family of adults and children.

For that you will get a 3 course meal with nibbles, gluten free mains and a spectacular dessert trolley.

SIGN-UP IF YOU WANT TO JOIN THE PARTY!

THE SILENT AUCTION:

For those unfamiliar with this term, donors specify a gift or an item or a service during the course of the evening, those attending are invited to write their bids on a sheet—escalating in value as more bidders express interest in them.

Some suggestions: gardening; special cleaning tasks ie, windows or gutters; cook a meal for someone either in their home or yours; Knitted scarf or beanie; ironing; do you have a trailer that could be used to transport garden waste etc;? and anything else you think would be appropriate..

Questions and suggestions can be directed to:

- ⇒ Jen Collier 04522 976 430 jennifercollier@optusnet.com.au
- ⇒ Kathryn Body 0403 500 882 kathrybody@thinkplace.com.au
- ⇒ Gareth James 0420 296 769



♦ To the four hardy souls who turned up for the working bee last Saturday! Still trying to lower the average age below 70!

♦ To Bob Arthur, David Kennemore, Paul Shelley and Anne and Martin Lange who operate the system to keep us 'tuned in' every Sunday.

VOLUNTEERS REQUIRED



What was the first thing you thought when you read 'Volunteers Required'? Did you immediately think .. "run, duck for cover"? If I've got your attention, it means that you are prepared to read on, if only to imagine what it would be like for a duck in cognito. We are in need of extra help for the tea and cleaning rosters.

Morning Tea Roster - do you enjoy your cuppa at the end of the service on Sunday mornings? If you answered yes, would you consider standing on the other side of the servery, on a regular basis or perhaps once every 3 or 6 months? We can take something from what Mahatma Gandhi shared on serving others ... ""The best way to find yourself is to lose yourself in the service of others." Maybe you're not sure if this is "your cup of tea"? Give it a go one Sunday and join those in the kitchen - you might enjoy yourself!

Cleaning Roster - do you know the quote "Cleanliness is next to Godliness"? We all like to enjoy clean, tidy spaces and more importantly, I think our High Priest gets a nice warm fuzzy feeling when we take the time to clean our worship space, to honour Him and to give thanks. So this is where I say, and I am sure you are familiar with this quote too ... "many hands make light work"! I have experienced first hand what it is like to walk into Holy Covenant and know how many have used their gifts and talents in tending to its upkeep ... our spiritual home, our gathering place. We currently have 10 teams, which means they are rostered on five times per year. Given the number of parishioners at Holy Covenant, my hope is that we will increase our number five fold. Can you spare two hours every 4, 6 or 12 months? Please consider adding your name alongside one of the spare dates on the roster, on the noticeboard.

Job Descriptions and Training provided. Payment is made in 9 figures - G.R.A.T.I.T.U.D.E. Volunteers are not paid because they are worthless, but because they are priceless!!

Can you give a few extra hours, every few months, to the life of our Parish? If so, please phone or email your name and contact details to the Parish Office. Many thanks for taking the time to read to the end!

- Kathy Lake



IN THE PARISH



World Vision 40 Hour Famine - 40 year anniversary

This year over the weekend of 14th-16th August Youth Group will once again be participating in the 40 Hour Famine in various ways. A sleepover is envisioned as we have a "fast" of furniture, technology or food! Holy Covenant has raised \$5000 for World Vision over the years we have been involved. A certificate acknowledging this is on the noticeboard. We look forward to adding to this total this year! We'll have our sponsor books after the services over the next few weeks. This year the focus is supporting local development work in Bangladesh and East Timor

FROM THIS WEEK'S PARISH COUNCIL MEETING:

- The Parish Council Planning Day is taking place on Saturday 5th September 2015 at ThinkPlace in Kingston.
- Paul's letter (that you see today) is a focus for the Planning Day.
- The Council is very happy the recent youth camp was such a success. Thank you to all those who put so much in to making the camp a success.

HOPE AND HOSPITALITY Thursday 30 July 7.30pm

St. Simon's Anglican Church,
Georgina Cres. Kaleen

Christian communities have been actively helping refugee and asylum seekers start a new life in Australia. Come and hear the joys and challenges of helping new arrivals.

Sponsored by the Public Issues
Commission of the Diocese.

CHRIST IN CROWDED SOULS: JOURNEY INTO SIMPLICITY

*Parish Retreat 18 - 20 September.
St. Clement's Retreat Centre, Galong
Led by the Revd Dr. Sarah Bachelard*

*Leaflets with registration available from the
Sign-up board.*

There is an earlybird discount—register by 14 August.

FLOWERS in church today are in memory of Gerard Bacon, Merri Bacon's brother. Merri and her family thank everyone for their prayers and support.

I want to thank all my friends at Holy Covenant for their prayers, messages of encouragement and visits during my recent stay in hospital. You are indeed a caring community. - Margaret Martin

ON THE NOTICE BOARD

- **A Winter Quiet Day**, 15 August 9.30—4pm St. Mark's.
- **Movie Night** in aid of HOME in Queanbeyan. August 21.

Film and Theology Opportunity - 23 Blast Rated PG

What: *23 Blast* is based on the amazing true story of high school football star Travis Freeman. In the autumn of 1997, Travis was unexpectedly stricken with an infection that destroyed his optic nerve and left him with total, irreversible blindness. Under the influence of parents who loved him, a physical therapist who challenged him, and a coach who inspired him, Travis showed true bravery, determination, and unshakeable faith by returning to the sport he loved, and helped his team to advance to the State playoffs. An inspiring story of courage overcoming fear and adversity,

23 Blast will lift your spirit and bring you hope.

When: Wednesday 29th July 7pm

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

Sue Witchalls, Sophie Amos, Barnaby D'Cruz

If you want your name in the Birthday Book, tell Phyl:
phylandreg@optusnet.com.au

MINISTRY TEAM

RECTOR	The Venerable Paul Wallis 0428 537 672	Email: revdpaulwallis@gmail.com Day off: Friday.
HONORARY ASSOCIATE PRIEST	Revd Anne Dudzinski 6278 6087	Em: 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
PARISH 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 Deranie Jackson 6254 4769 TBA	
BULLETIN EDITOR	Phyl Holmes	Email: weeklybulletin@holycovenant.org.au Hm E: phylandreg@optusnet.com.au

DETAILS FOR NEXT SUNDAY – 2 AUGUST 2015

PARISH FESTIVAL

- 8.00 am** **HOLY COMMUNION**
Celebrant: The Venerable Paul Wallis
Preacher: Katherine Ranger
- 10.00 am** **HOLY COMMUNION**
Celebrant: The Venerable Paul Wallis
Preacher: Katherine Ranger
- 4.00 pm** **RAINBOW FELLOWSHIP**



TODAY

SENTENCE: " I am the living bread that came down from heaven," says the Lord. "Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh".
John 6: 51

READINGS:

2 Samuel 11: 1-15
Psalm 14
Ephesians 3: 14-21
John 6:1-21

8 am HYMNS

432
440
456
106(i)

PRAYER

Gracious God,
you have placed within the hearts of all your children
a longing for your word and a hunger for your truth:
grant that, believing in the one whom you have sent, we may know him to be the true bread of heaven and the food of eternal life, Jesus Christ our Lord,
to whom with you and the Holy Spirit be glory and honour for ever and ever.

AMEN



	8.00 am	10.00 am
Sidespersons	Libby Warren, Sandra Ross	Helen and Harris Boulton
Readers	Peter Bazeos Jennifer Collier Paul Shelley	Frances MacKay Harris Boulton Tobias Neville
Intercessor	Paul Shelley	Anne Dudzinski
Organist	Kath Arthur	Heather Shelley
Word and Prayer	Chris Lewis	Tobias Neville
Deacon	-	-
Cup	Chris Lewis, Paul Shelley	Tobias Neville, George Gerrity, Phyl Holmes, Leo Wimmer Extra bread: TBA
Morning Tea	Mary Lynn Mather Jocelyn Kirkland	Youth Group
Children's Church		Catherine D'Cruz, Anne Lange, Richard and Mel Browning. M. Tea: Deranie Jackson