

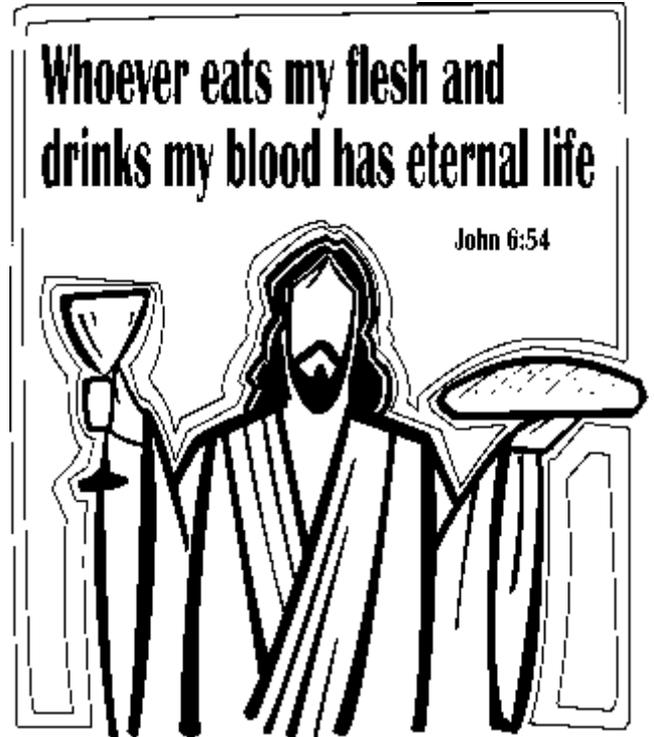
# HOLY COVENANT ANGLICAN CHURCH JAMISON

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

## WEEKLY BULLETIN

16 AUGUST 2015

*Twelfth 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 and Preacher: The Venerable Paul Wallis

**10.00 am HOLY COMMUNION—Family Service**  
Celebrant: The Venerable Paul Wallis



*Please join us for morning tea after the Services*

## THIS WEEK IN THE PARISH

<b>Monday</b> <b>17.08.15</b>	10.00 am	Covenant Day Care	Worship Centre
<b>Tuesday</b> <b>18.08.15</b>	12.30 pm 7.30 pm	Worship Centre Rainbow Centre	Meditation and BYO lunch Parish Council Meeting
<b>Wednesday</b> <b>19.08.15</b>	12 noon 2.00 pm 6.00 pm 7.30 pm	Worship Centre Worship Centre Rainbow Centre Rainbow Centre	Holy Communion and BYO lunch Ever Active Exercise Class Meditation Anthony de Mello Meditation
<b>Thursday</b> <b>20.08.15</b>	9.30 am 7.30 pm	Rainbow Centre Rainbow Centre	Scrabble EFM
<b>Friday</b> <b>21.08.15</b>	10.00 am	Worship Centre	Playgroup

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

## WEEK BEGINNING 23 AUGUST 2015

<b>Monday</b> <b>24.08.15</b>	10.00 am 10.00 am 1.30 pm	Covenant Day Care Kangara Waters Ret. Calvary Ret. Village V.	Worship Centre Communion Service Communion Service
<b>Tuesday</b> <b>25.08.15</b>	12.30 pm 7.30 pm	Worship Centre Rainbow Centre	Meditation and BYO lunch Communications Team Meeting
<b>Wednesday</b> <b>26.08.15</b>	12 noon 2.00 pm 6.00 pm 7.30 pm	Worship Centre Worship Centre Rainbow Centre Rainbow Centre	Holy Communion and BYO Lunch Ever Active Exercise Class Meditation Anthony de Mello Meditation
<b>Thursday</b> <b>27.08.15</b>	9.30 am 7.30 pm	Rainbow Centre Rainbow Centre	Scrabble EFM
<b>Friday</b> <b>28.08.15</b>	10.00 am	Worship Centre	Playgroup

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

## SOMETHING TO THINK ABOUT

### John 6: 51-58. Are you willing to eat this bread and drink this cup?

— for Christ plays in ten thousand places,  
lovely in limbs and lovely in eyes not his  
to the Father through the features of men's faces.

*Gerard Manley Hopkins, 19<sup>th</sup> C. poet and priest.*

I would like to begin today's reflection with a story told by Daniel O'Leary in his book *Already Within*. He describes a church in the Netherlands where people would stop and bow in the direction of a whitewashed wall, although no one knew why. Then one day the parish decided to renovate and began carefully stripping layers of paint off the walls. What gradually emerged was an ancient, and very beautiful, painting of Christ.

This story raises some interesting questions for me. What was it that drew people even though no one could remember having seen the painting? Why did people in that church paint over such a beautiful fresco? Did it no longer fit with their theology or their aesthetics? The story also prompts me to wonder what hidden beauty is waiting to be revealed in our lives as individuals and as a community.

The Jesus who emerges in chapter 6 of John's gospel is certainly no 'gentle Jesus meek and mild'. He doesn't make it easy for those who have followed him after the feeding of the 5000. His words about eating his flesh and drinking his blood would have been highly offensive to his hearers, and, as Paul pointed out in last week's sermon, led to rejection not only by his critics but also by many of those who had begun to follow him. Subsequent generations of course have sanitised these words by interpreting them in terms of the Eucharist.

Whatever else his metaphor means, I see it as a challenge to identify with him. It is as though he is asking his hearers (including us): 'Are you willing to drink the cup that I drink?' Are you willing to follow me all the way? To say 'yes' to the life that is yours to live? Are you willing to embody me, to allow my life to live in and through you? And life is not always pretty or comfortable. Sometimes it is messy and painful and uncertain, and it is hard to see where the divine presence is hidden in the messiness, or the just plain busyness of trying to juggle family and work commitments. But remember, I am with you.

Are we able to say 'yes' to the 4<sup>th</sup> Century Eucharistic invitation: 'Become what you receive', knowing that we are called to be nothing less than 'The Body of Christ'.

*Frances MacKay*

# FROM ST JOHN'S CARE



This week I want to make my contribution to National Science Week (next week) by stimulating your scientific imagination. Established in 1997, National Science Week provides an opportunity to acknowledge

the contributions of Australian scientists' to the world of knowledge. It also aims to encourage an interest in science pursuits among the general public, and to encourage younger people to be fascinated by the world we live in.

As a social researcher over many years, I have an interest in what has become known as the Human Sciences, that is, the study and interpretation of the experiences, activities, constructs, and artifacts associated with human beings.

I have this week (week 3) begun my own scientific journey of interpreting the information we gather about our emergency relief clients and seeking to translate that into knowledge, understanding, wisdom, planning and action. I invite you likewise to consider our emergency relief client statistics for July 2015.

St John's Care Emergency Relief Clients – July 2015	
Number of clients	279
Female: 130 (47%)	Male: 149 (53%)
Returning clients	230 (82% of total clients)
Clients with a Centrelink Reference Number	239 (86% of total clients)
Of the 222 clients identified as receiving a particular benefit, the main benefit received was:	Disability Support Pension: 104    Newstart: 71 Parenting Payment: 21    Carers Pension: 10 Aged Pension: 7
Clients that identified as Aboriginal and/or Torres Strait Islander	45 (16% of total clients)
Clients identifying as being homeless	15 (5% of total clients)
Clients born overseas	69 (25%) of total clients
Average age	44
Main Age groups (where age was recorded)	30yrs – 39yrs: 72 (27%)    40yrs – 49yrs: 77 (29%) 50yrs – 59yrs: 57 (21%)

Services Provided	
Food	366 adults and 214 children assisted
Clothes	55 adults and 11 children assisted
Blankets	25 people assisted
Concession Bus tickets	42 people assisted
Prescriptions paid for	4 people assisted
Telstra Vouchers	4 people assisted
Registration, water, electricity or gas paid	7 people assisted

Regardless of what knowledge, understanding or wisdom you glean from these statistics, I am sure you will agree that we continue to meet a significant need in our local community. Happy National Science Week.

**Wish list:** powdered milk, small packets of washing powder, tinned fruit.

*Stuart Davis-Meehan    Director*

# PRAYER POINTS FOR THIS WEEK

## IN THE WORLD

- We pray for all regions of the world where people are recovering from natural disasters, and for all governments and agencies providing support.

## IN AUSTRALIA

- We pray for the large number of individuals and families who are homeless. We pray for agencies providing relief, and for wise and compassionate government policies to alleviate this social problem.

## WORLD WIDE ANGLICAN CHURCH

- We pray for the Church in Ruvuma Tanzania, Saldanha Bay Southern Africa and Canterbury England.
- In the Australian Church we pray for the bishops, clergy and people in the Dioceses of Melbourne, Newcastle and North Queensland..

## IN OUR DIOCESE

- We pray for the clergy and people in the parishes of St. George's Pearce, St. Alban's Woden and Queanbeyan.
- We pray for the Chaplains at The Canberra Hospital and the Alexander Maconochie Centre.

## MISSION

- We pray for the work of Amnesty International working to protect and defend Human Rights.

## IN OUR PARISH AND COMMUNITY.

- We pray for the Parish Council Meeting this week.
- We pray for our young people taking part in the Forty Hour Famine this weekend.
- We pray for the following members of our parish family: Cameron Fraser, Laurie Hall, Jamie and Eamon; George and Connie Gerrity; Ruth, Matt Zac and Lucas Gill; Denis and Angela Gobuleff; Ross Graham; and Elizabeth Grant
- We pray for those in special need of prayer: Phil Perman, Lexie Winders, Portia Lloyd, Beryl Daniels and any known to us personally.
- We give thanks for the life of Audrey Kennett and pray for her family as they mourn their loss.

## COMMEMORATIONS

**Wednesday:** Ian Main (d. 2004)

**Thursday:** Bernard of Clairvaux—abbot and teacher (d.1153)



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.†



### 40TH ANNIVERSARY OF THE 40 HOUR FAMINE

**"What do you stand for?" is the theme of this year's 40 Hour Famine and of today's family service.**

What a great question to ask ourselves. In our world of abundance still so many go without. Over the past few weeks in youth group we've been challenged by hearing stories such as those of Sofia from Bangladesh. Her parents left their village to go and work in the capital Dhaka. They couldn't grow enough food or make enough money in their village and so they had to leave nine year old Sofia and her three younger brothers in the care of their grandmother. Sofia says they have more food than before and yet it is still not enough. The days before their parents send money are the hardest. At these times sometimes her grandmother doesn't eat at all. Sofia is worried that they won't have the 30 taka (49 cents) that she needs to sit her school exams which means she will have to repeat the whole school year. Choosing between food and school is a choice no child should have to make.

**Youth Group and Children's Church** also heard Tamin's story. Tamin is proud of her mum. After her dad lost his eyesight and his job, Tamin's mum worked very long hours in the fields. Her children were still hungry. World Vision partnered with Tamin's family and gave them some chickens. There were enough eggs to eat and to sell. Tamin's mother was able to plant some seeds and harvest a crop as well as buy a cow. All this has enabled the family to have a steady source of income and access to health and education. Moved by these stories HC Youth have decided to stand up for children such as Sofia and Tamin. They have participated in the 40 Hour famine in a range of way and the money raised will support World Vision projects in countries around the world. You'll be helping to reduce hunger and malnutrition in countries such as Bangladesh, Cambodia, East Timor, Laos, Malawi, Nepal, Swaziland and Uganda.

World Vision's work makes a life-changing difference and we couldn't do it without you! In Bangladesh, for example, your 40 Hour Famine funds will be helping to:

- Improve the health of children under five through nutrition training for parents and caregivers.
- Increase access to child health and nutrition services such as immunisation, vitamin supplements and growth monitoring.
- Empower communities to tackle malnutrition by teaching each other about practices such as healthy cooking and breastfeeding.
- Reduce malnutrition among mothers, in order to reduce low birth weights, through support groups for pregnant women.
- Improve households' ongoing access to food through better agricultural practices.
- Improve incomes by training women in business skills and establishing savings groups.

If you would like to sponsor them and show what you stand for to:

<https://40hf2015.everydayhero.com/au/hc-youth>

**There will also be a retiring offering at both services**

**GODLY PLAY PRAYER**

May the Good Shepherd  
who knows all of  
the sheep by name,  
lead you to the green  
and growing pastures,  
and stay with you even  
in places of danger.

May you find  
your great pearl  
and know that you journey  
with the People of God,  
who are as many as  
the stars in the sky  
and as many as the grains  
of sand in the desert.

**DEEP  
DIVE**



**NEXT SUNDAY 23 AUGUST**

11.45 am

Journeying with the Celts:  
An Introduction to Celtic Spirituality.  
With the Venerable Paul Wallis.

**Community Lunch - 3 September**  
**11.30 for 12 noon      Cost: \$5**

Our next Community Lunch is planned for **3 September**.  
We are happy to welcome Spring with a great lunch,  
some friendship and our speaker, Rex Goode, who will  
take us on



**"A Rose Ramble with Rex"**



We invite you to join us and please ask any you know in  
the community who maybe feel isolated and would like to  
come.

**For catering purposes, please add names to the sign  
up sheet**

**or contact Helen Boulton (6251 02178 or [hnboulton@gmail.com](mailto:hnboulton@gmail.com))**

## IN THE PARISH

### REFUGEE ACTION GROUP

This group continues to meet monthly, focusing on both advocacy and practical help for refugees and asylum seekers. We meet on the fourth Tuesday of every month, praying and sharing together to support each other. Our next meeting will be on **Tuesday 25**

**August, 6.30pm - 7.30pm at**

**30 Northmore Crescent, Higgins.** You would be most welcome to join us. For further information, please feel free to contact Deranie at [deranie@hotmail.com](mailto:deranie@hotmail.com). We would love to hear from you.



### PARISH RETREAT

18-20 September 2015

CHRIST IN CROWDED SOULS:  
JOURNEY INTO SIMPLICITY

*In the midst of lives that are busy, crowded and distracted, Jesus offers his counter-intuitive wisdom. The way to abundance is by poverty; the way to fullness is by self-emptying; the way to God is by the purification of our own hearts. But what does this really mean? And how can we live from this wisdom in the circumstances and demands of our daily lives, in ways that are life-giving for ourselves and others?*

*St. Clement's Retreat Centre, Galong*

*Led by the Revd Dr. Sarah Bachelard*

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

**THOUGHT FOR THE WEEK**

**LIFE IS A GIFT  
DON'T TRASH IT.**

## IN THE PARISH



This year I am part of the Kairos team inside Goulburn Gaol, between Tuesday 8<sup>th</sup> and Friday 11<sup>th</sup> September. Kairos is an ecumenical prison ministry that brings the love of Christ to inmates around the world.

Several parishioners have volunteered to be part of the Prayer Vigil over the period we are working with the inmates. **THANKYOU** to those who have volunteered their time. *If anyone would like to add their name to the list, please contact me.*

Two other gifts of love we give the inmates are letters and homemade (preferably) biscuits. *If any of you feel you could assist by baking some biscuits or writing some letters please contact me.* Because of who we are working with there are rules around these gifts, which I will happily forward to you.

There will be a clearly marked table at the back of the church where you can leave these in the week preceding Kairos, and I will collect them AM Monday 7<sup>th</sup> Sept on my way to Goulburn. Alternately I am happy to drop by and pick them up.

If you have any questions about this Kairos, or the Kairos ministry in general, please do not hesitate to contact me. Please keep us in your prayers.

**Mark Webb**

**0478 683 860**

**[markwebb1958@yahoo.com.au](mailto:markwebb1958@yahoo.com.au)**

## POSITIONS VACANT! OPPORTUNITIES FOR MINISTRY!

There are several tasks for which more support is required. Also many of our rosters would benefit from more participation.

Compiling the Weekly Bulletin  
Sacristan (setting up for communion)  
Morning tea after the services  
Cleaning the Worship Centre  
Sidespersons (both services)  
Readers (both services)  
Intercessors (both services)  
Covenant Care (set-up, pack-up and driving)

Training and support will be provided.

If any of these looks like your ministry, please talk to the Parish Administrator (Libby).

**PLATES AND CONTAINERS IN KITCHEN**

There are several plates and containers in the kitchen that have been left behind after the Parish Dinner and other recent events. Please claim yours asap, before they are disposed of thoughtfully!

**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

**ON THE NOTICE BOARD**

- **Movie Night** in aid of HOME in Queanbeyan. August 21.
- **CMS Fellowship Dinner** Friday 28 August.
- **THRIVE**—Anglicare’s quarterly magazine on the table underneath the notice board.
- **Bishop’s Pastoral Letter** concerning Marriage Equality

# SERMONS

Did you know that you can listen to any recent sermons that you may have missed... or perhaps enjoyed so much that you want to listen to them again!?

Recordings of the weekly sermons are now being made available on the Parish website (as an MP3 file), which should play on any computer, tablet or smartphone.

- 1) Just go to the parish website: [www.holycovenant.org.au](http://www.holycovenant.org.au)
- 2) Go to resources and click sermons 2015
- 3) Then just click on the little headphone icon next to the sermon you'd like to **listen to... that's it!**

The sermon will be going up each week, provided we have the permission of the preacher.

**Many thanks to Martin Lange and Ian Matters for making this service available.**



**BIRTHDAYS THIS WEEK**

**Lachlan Kulesza; Jamie Gumbrell, Mel Moss; Maurice Nevile; Louise Trigge; Lesley Chumak; Clare Bleijs, Phil Perman.**

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

## 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 Nevile</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

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<b>BULLETIN EDITOR</b>	<b>Phyl Holmes</b>	Email: weeklybulletin@holycovenant.org.au Hm E: phylandreg@optusnet.com.au

## DETAILS FOR NEXT SUNDAY – 23 AUGUST 2015

**8.00 am**            **HOLY COMMUNION**  
Celebrant: and Preacher: The Venerable Paul Wallis

**10.00 am**        **HOLY COMMUNION**  
Celebrant: and Preacher: The Venerable Paul Wallis



# TODAY

## SENTENCE:

Jesus said, 'Those who eat my flesh and drink my blood abide in me, and I in them.  
John 6.56

## READINGS:

1 Kings 2: 10-12, 3:3-14  
Psalm 111  
Ephesians 8: 11-21  
John 6: 51-58

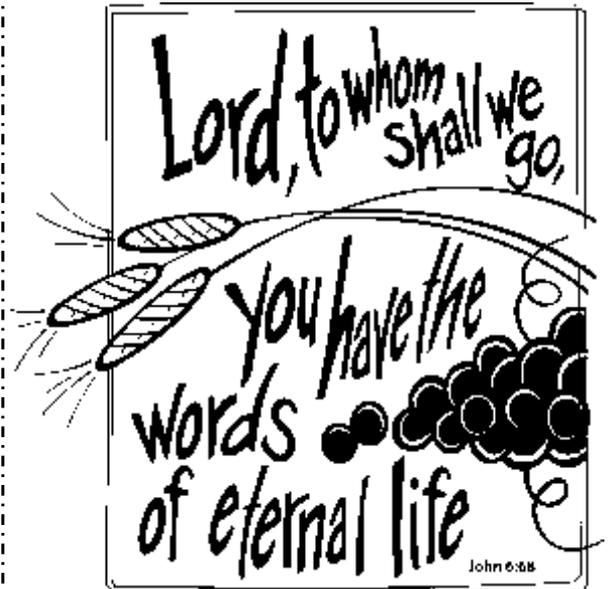
## 8 am HYMNS

547  
495  
535  
469

## PRAYER

God of Wisdom,  
open our hearts and minds  
in this time of worship together,  
that we may be reminded of ways  
to live in your wisdom.  
Open us to live our lives in your light;  
bright and aware of the world around us.  
Help us to imitate you, that all we say  
and think and do might bring glory to you,  
and joyous peace to our world.

**AMEN**



	8.00 am	10.00 am
<b>Sidespersons</b>	Ann and Peter Bazeos	Jo and Gareth James Anne Dudzinski
<b>Readers</b>	Sandra Ross Peter Bazeos Anne Ranse	The Young People
<b>Intercessor</b>	Bob Arthur	The Young People
<b>Organist</b>	Mandy Squair	Youth Group
<b>Word and Prayer</b>	Steve Daniels	The Young People
<b>Deacon</b>	Anne Ranse	-
<b>Cup</b>	Steve Daniels, Anne Ranse	Tobias Nevile, James Ellis, Connie Gerrity, Leo Wimmer. Extra bread: Richard B.
<b>Morning Tea</b>	Ann Menzies, Carol Sherman, Jen Collier	Danii Ellis, Carol Kubanek
<b>Children's Church</b>		Family Service