

# HOLY COVENANT ANGLICAN CHURCH JAMISON

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

WEEKLY BULLETIN 30 AUGUST 2015



## *Fourteenth 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 Revd Connie Gerrity  
Preacher: Archdeacon Anne Ranse

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

Celebrant: The Revd Connie Gerrity  
Preacher: Archdeacon Anne Ranse



*Please join us for morning tea after the Services*

## THIS WEEK IN THE PARISH

<b>Monday</b> <b>31.08.15</b>	10.00 am	Covenant Day Care	Worship Centre
<b>Tuesday</b> <b>01.09.15</b>	12.30 pm 7.30 pm	Worship Centre Rainbow Centre	Meditation and BYO lunch Belonging and Caring Meeting
<b>Wednesday</b> <b>02.09.15</b>	12 noon 2.00 pm 6.00 pm	Worship Centre Worship Centre Rainbow Centre	Holy Communion and BYO lunch Ever Active Exercise Class Meditation
<b>Thursday</b> <b>03.09.15</b>	9.30 am 2.00 pm 7.00 pm 7.30 pm	Rainbow Centre Rainbow Centre Rainbow Centre Rainbow Centre	Scrabble Book Club Taize Meeting EFM
<b>Friday</b> <b>04.09.15</b>	10.00 am 10.30 am	Worship Centre Rainbow Centre	Playgroup MOTH
<b>Saturday</b> <b>05.09.15</b>	6.00 pm	Worship Centre	Benedictus Contemplative Church

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

## WEEK BEGINNING 6 SEPTEMBER 2015

<b>Monday</b> <b>07.09.15</b>	10.00 am	Covenant Day Care	Worship Centre
<b>Tuesday</b> <b>08.09.15</b>	12.30 pm 7.30 pm	Worship Centre Rainbow Centre	Meditation and BYO lunch Communications Team Meeting
<b>Wednesday</b> <b>09.09.15</b>	12 noon 2.00 pm 6.00 pm	Worship Centre Worship Centre Rainbow Centre	Holy Communion and BYO Lunch Ever Active Exercise Class Meditation
<b>Thursday</b> <b>10.09.15</b>	9.30 am 7.30 pm	Rainbow Centre Rainbow Centre	Scrabble EFM
<b>Friday</b> <b>11.09.15</b>	10.00 am	Worship Centre	Playgroup
<b>Saturday</b> <b>12.09.15</b>	6.00 pm	Worship Centre	Benedictus Contemplative Church

## SOMETHING TO THINK ABOUT

### MARK 7: 1-8, 14-23. THE ART OF GENTLE REVOLUTION.

*God, help us to change. To change ourselves and to change our world. To know the need for it. To deal with the pain of it. To feel the joy of it. To undertake the journey without understanding the destination. The art of gentle revolution.*  
(Michael Leunig)

Spring is in the air. From my window I see the dark, bare branches of my prunus dramatically decked-out in profuse, if rather transient, blossom. Other blossoms from other trees will be transformed into summer and autumn fruit – much to the delight of marauding white cockatoos. Yes, change is in the air and new life upon the bough – despite lingering reminders of winter, and no guarantees of ‘bagging’ the summer harvest.

The seasons remind us of the inevitability of change. Michael Leunig, artist, poet and philosopher of the soul, reminds us of another form of change – one that is more intentional and requiring our participation. His prayer reminds us of the need to change, to learn the art of gentle revolution, and not to be surprised when this is a painful process!

But some of us do not like change – especially where change will rob us of status, power or perceived security. Today’s gospel reminds us that challenging tradition will bring us into conflict with those who have vested interests in keeping things as they are. The Pharisees criticise the disciples for eating without first washing their hands. Now there were sound hygienic principles underlying many of the Jewish purification rituals, but what Jesus is criticising here is an overemphasis on external rituals without a corresponding attention to purity of heart and mind.

As elsewhere, Jesus is attacking hypocrisy and reminding us that transformation begins within, and what we do in the external world is the fruit of what is in our heart. And who among us can claim to have pure motives or benevolent intentions in all we do? Yet, as Richard Rohr reminds us, ‘It is not moral unworthiness that keeps people from God [and others], but moral righteousness and self-sufficiency.’ Are we willing to count ourselves among the sick who are in need of a physician?

Not all revolution is gentle of course. That certainly was not Jesus’ experience. But for most of us, most of the time, the invitation is to gentle revolution. We might ask ourselves what changes are claiming us at the moment: both those unsought (resisted?) and the ones we might need to consider making.

- **Frances MacKay**

### THOUGHT FOR THE WEEK

**Those who have fed strangers  
may have fed angels.**



Can you believe it is week 5 already? I want to take this opportunity to remind people about the range of services that we provide at St John's Care including:

- Emergency Relief Centre – we run a drop in centre where we are able to provide non-perishable food, fresh fruit and vegetables, Telstra vouchers, clothing and bedding, prescription vouchers, Action bus tickets and a limited capacity to contribute to the payment of bills such as water, electricity, gas and car registration.
- Community Lunches – all are welcome to attend our free lunch on the 1<sup>st</sup> Friday of each month and on Christmas Day. This is for all members of our community, not just those who might be homeless or experiencing financial hardship. I look forward to welcoming Gai Brodtmann, Federal Member for Canberra to our October lunch and don't forget our November lunch which will be catered for by our local Sri Lankan community.
- Breakfast Club – we provide free breakfast for students at Ainslie Primary School on Tuesday, Wednesday and Thursday each week.
- Youth Care Canberra – we manage the YCC program on behalf of Supporting Canberra Streetkids. We currently employ one Outreach Youth Worker and are currently considering employing a second.
- Patch-a-Puzzle – volunteers repair and restore wooden puzzles, especially for early childhood centres. Our team could do with some more work here if you have any broken puzzles that need mending.
- Grief and Loss Program – clients are offered six sessions of support provided by some of our trained volunteers, at no cost.
- Marriage Education Course – a full day pre-marriage workshop run 5 times per year. It gives me great pleasure to welcome our new presenters Ruth and Lee Walton to the role and thank the Rev Geoff and Trish Hoad for their ministry in this role in recent years. The course is open to all intending to marry, not just those intending to marry at St John's.
- Christmas Present Room – the fortnight before Christmas Day a Christmas Present Room is established.

As with any change, I understand that there are some who are worried about changes that a new Director might bring. Let me reassure you that I think we are doing an excellent job across our existing programs and I only seek to strengthen the support we provide through them. I am in the process of developing strong working relationships with other service providers so we can ensure that our clients have access to the range of services that they need and also identifying where the gaps in service provision are. If there is to be change, then it will be in how we respond to addressing these gaps not in changing what we already do so well.

I welcome your input on this issue. Where do you see unmet need in Canberra and who is missing out?

**Wish list: vegemite, jam, tinned fish, sweet biscuits**

**(NB: we currently have an oversupply of baked beans and canned soup)**

**Stuart Davis-Meehan , Director**



# PRAYER POINTS FOR THIS WEEK

## IN THE WORLD

- We continue to pray for the millions of refugees around the world, praying that wealthy countries will come to their aid. We give thanks for the many organisations working to try and make this happen.

## IN AUSTRALIA

- We pray for those areas of NSW that have been affected by recent rain, and for those parts of the country struggling with drought.

## WORLD WIDE ANGLICAN CHURCH

- We pray for the Church in Ghana, Seychelles and Sheffield.
- 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 Cobargo, Bodalla-Narooma and Batemans Bay.
- We pray for the Boomerang Meeting Place at Mogo.

## MISSION

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

## IN OUR PARISH AND COMMUNITY.

- We pray for all the meetings taking place this week in the parish.
- We pray for the Parish Council Planning Day next Saturday.
- We pray for the following members of our parish family: Roger and Gwen Hallows; Dawn Hardman; Hilary and Bob Harris; Karina Harris, Emily, Mary and Bronwyn Sargeson; and Paul Harris.
- We pray for those in special need of prayer: Phil Perman, Portia Lloyd, Beryl Daniels and any known to us personally.

## COMMEMORATIONS

Monday: John Bunyan, preacher and spiritual writer (died 1688)

Wednesday: Martyrs of New Guinea (1942)

Thursday: Gregory of Rome, bishop and teacher (died 604)



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.†



### 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 2-4.30PM

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

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

**Last chance today to sign up!**

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 [hhboulton@gmail.com](mailto:hhboulton@gmail.com))**



An invitation to those with an interest in Taize to a meeting on **Thursday 3 September 7pm** in the Rainbow Centre to talk about how we can extend and resource this lovely meditative service.



*PARISH RETREAT*  
*18-20 September 2015*

ONLY ONE PLACE LEFT!

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.*

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

On Monday a tidily dressed lady called into the HCN office in a real state of distress. She was desperate for some money, just \$15 she said, to fill a script for herself. She showed me the script which was all accurate and stated no one at other charity organisations she had approached would give her the money. I can understand this as it's not our policy to give cash to people in need. However, the approach I took with this lady was to accompany her to the chemist and pay for the script. In the middle of the car park she cried and cried on my shoulder as she hugged me with great thanks. Her thanks continued as I offered her a coffee. Sometimes in the HCN ministry we are able to see the person as an individual and not classify all with the same brush of wanting to acquire money to buy drugs or alcohol. This was quite a different situation to the one all of us faced at the 8am service a couple of weeks ago when we were gate crashed during the service by a very hysterical, demanding drug addict who proceeded to canvas everyone row by row asking loudly for money. It is so hard to turn away a person from the church premises as it seems to conflict with our attitude or 'what would Jesus do?' but safety was at risk for us all and the request this lady was making was fired with 'drug influence.' I must add a great note of thanks for those who helped me that Sunday to remove this lady from within the church, under a considerable risk to ourselves. Thank you.



**Blessings**

**Archdeacon Anne, Holistic Care Nursing Coordinator.**

## IN THE PARISH

### POSITIONS VACANT! OPPORTUNITIES FOR MINISTRY!

Thank you to those who have responded to these exciting Opportunities—but there is always room for more!

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.

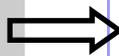
If any of these looks like your ministry, please talk to the Parish Administrator (Libby).

**The parish Mini fete will be on the 7th of November.** Please save the date and start thinking about how you will like to contribute:

- Plant stall - plants, seedlings, etc
- Cake stall - cakes, preserving fruits/jams/chutneys, etc
- Café - coffee, cakes, slices, etc
- any other stall ideas?

If you would be interested in volunteering or have any further ideas please contact Evelyn on 0411062160 or

[evie\\_24@hotmail.com](mailto:evie_24@hotmail.com)



### **Plant Sale 7 November Advance Notice**

Have you got a green thumb? Are you tidying up your garden after winter (it WILL soon be over!)? Now is an ideal time to pot up plants such as those extra strawberry runners, hydrangeas, geraniums, rosemary and correa prunings etc and get them off to a great start for the plant sale in November. Alternatively, you might be contemplating dividing that clump of iris, lamb's tails, or hellebore etc. These and many others would also be well established by November and make tempting purchases.



## IN THE COMMUNITY



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.

Thank you to those who have responded to my requests for support for Kairos.

### **SOME DO'S AND DON'TS**

#### **Letter Don't Points**

- **Do not** sign with your last name. First name only.
- **Do not** include your address.
- **Do not** use stickers or paste anything onto the paper, card or envelope.
- **Do not** seal the envelopes.

#### **Letter Do Points**

- Hand written.

#### **Biscuit Don't Points**

- **Do not** sprinkle with icing sugar.
- **Do not** fruit, raisins, sultanas, etc.

#### **Biscuit Do Points**

- Hand made is preferable

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)**

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

- Thank you to Katherine Rainger for her inspiring sermon. If you missed it, it's on the website.
- We are seeking a Volunteer to prepare and manage transport roster. Please prayerfully consider whether you can help.
- The recent Anglican Historical Society newsletter is on the Noticeboard..
- **A reminder that the parish subscribes to the St. Mark's Library Association.** This gives all parishioners the right to use and borrow books from the Library.
- Another reminder that the parish contributes to Companion House and has a membership there.



I should like to express my thanks to the Rector and all who have visited, sent encouraging messages, prayers, cards (both *Get Well* and *Birthday*), flowers and "non-presents" over the past months. I feel truly blessed. **Beryl Daniels**

**Parish History Books—'A Noble Experiment'**. The two from the Office and the Holmes' personal copy have gone missing. If you have any of these can you please let the relevant people know—thank you.

CONGRATULATIONS to Bruce and Bev Barnes who celebrated their 60th Wedding Anniversary on Thursday. Well done—a great achievement!



**ON THE NOTICE BOARD**

- A page from **Anglican World** with a photo of our own Katherine (and Jazz and Samuel) at a CMS function in February.
- The latest Newsletter from **Caitlin Lance**.



At Sunday school they were teaching how God created everything, including human beings.

Little Johnny seemed especially intent when they told him how Eve was created out of one of Adam's ribs.

Later in the week his mother noticed him lying down as though he were ill, and she asked, "Johnny, what is the matter?" Little Johnny responded, "I have pain in my side. I think I'm going to have a wife."



**BIRTHDAYS THIS WEEK**

**Frankie Moss**

*If you want your name in the Birthday Book, tell Phyl*

*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> 6278 6087	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 6 SEPTEMBER 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**
- 11.00 am**    **Service at BUPA Nursing Home**
- 4.00 pm**      **Rainbow Fellowship**



# TODAY

**SENTENCE:** Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. James 1:17

## READINGS:

Song of Solomon 2: 8-13  
 Psalm 45: 1-2, 6-9  
 James 1: 17-27  
 Mark 7: 1-8, 14-23

## 8 am HYMNS

137  
 420  
 568(35)  
 531

## PRAYER

Cleanse our consciences, O, Lord, and enlighten our hearts through the daily presence of your Son Jesus Christ, that when he comes in glory to be our judge we may be found undefiled and acceptable in his sight; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

**AMEN**



	8.00 am	10.00 am
<b>Sidespersons</b>	Kerin and Brian Cox	Merri Bacon, Reg Holmes
<b>Readers</b>	Kerin Cox Tony Willis Anne Ranse	Leslie Chumak Chris Olsson Anne Ranse
<b>Intercessor</b>	Peter Hall	James Ellis
<b>Organist</b>	Kath Arthur	Heather Shelley
<b>Word and Prayer</b>	Tracey Matthews	James Ellis
<b>Deacon</b>	Anne Ranse	Anne Ranse
<b>Cup</b>	Tracey Matthews, Anne Ranse	James Ellis, Phyl Holmes, Anne Ranse, Leo Williams. Extra Bread Connie Gerrity
<b>Morning Tea</b>	Jenny and Peter Hall, Megan Mackay	Rika Amos, Ken Wedgwood
<b>Children's Church</b>		Katherine Rainger, Russell Judd, Mary Sargeson. M. Tea: Jodie Petrov