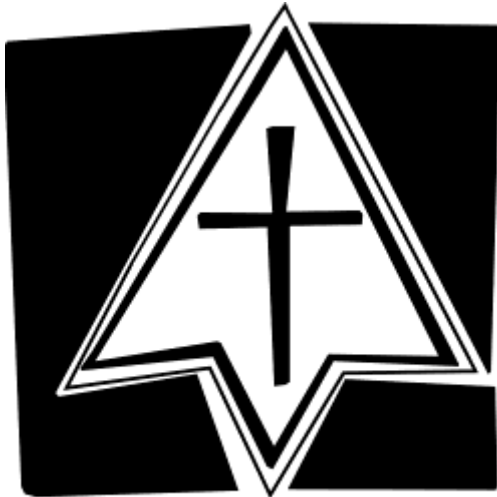


HOLY COVENANT ANGLICAN CHURCH JAMISON

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



A great prophet has risen among us

Luke 7:16

5 June 2016

Third Sunday after Pentecost



We welcome you to our worship and fellowship today, and 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.



SERVICES TODAY

- | | |
|----------|--|
| 8.00 am | HOLY COMMUNION
Celebrant and Preacher: Revd Rob Miners |
| 10.00 am | HOLY COMMUNION, Children's Church and Youth Groups
Celebrant and Preacher: Revd Rob Miners |
| 11.45 am | Deep Dive: Revd Richard Browning |
| 3.30 pm | Rainbow Fellowship |



Please join us for morning tea after the Services

THIS WEEK IN THE PARISH

Monday 6.6.16	10.00 am 10.00 am 1.30 pm	Worship Centre Kangara Waters Care Ctre Calvary Retirement Village	Covenant Care Communion Service Communion Service
Tuesday 7.6.16	12.30 pm 7.30 pm	Worship Centre Rainbow Centre	Meditation Belonging and Caring meeting
Wednesday 8.6.16	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 A Taste of Meditation
Thursday 9.6.16	9.30 am	Rainbow Centre	Scrabble
Friday 10.6.16	10.00 am	Worship Centre	Playgroup
Saturday 11.6.16	10.00 am 6.00 pm ?	Worship Centre Rainbow Centre	First Aid Course Youth Wii Night In (time TBA)

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

WEEK BEGINNING 12 June 2016

Tuesday 14.6.16	12.30 pm	Worship Centre	Meditation
Wednesday 15.6.16	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 A Taste of Meditation
Thursday 16.6.16	9.30 am 2.00 pm 7.30pm	Rainbow Centre Rainbow Centre Rainbow Centre	Scrabble Book Club EFM
Friday 17.6.16	10.00 am	Worship Centre	Playgroup
Saturday 18.6.16	9.00 am 3.00 pm	Worship Centre Worship Centre	Working Bee Limericks – Review and Reading



SAVE THE DATES

- # Sun 19 June—Family Service
- # Fri 24-26 June—HC Youth Camp
- # Sat 30 July—Parish dinner
- # Fri 16-18 Sept—Parish Retreat at Galong
- # Sat 5 Nov—HC Plant sale and mini fete

SOMETHING TO THINK ABOUT

Luke 7:11-17 Compassion without borders?

*Give me your tired, your poor
Your huddled masses yearning to be free,
The wretched refuse of your teeming shore.
Send these the homeless, tempest-tossed to me;
I lift my torch beside the golden door.*

Inscription on the Statue of Liberty, New York harbour.

Donald Trump's rhetoric on the campaign trail does not endorse such sanctuary for the vulnerable. Perhaps, like me you have been bemused by his popularity. Seemingly, the more blatant his racism, jingoism or sexism, the more supporters he gains. Whatever else this means, it says a thin veneer of political correctness does not touch the deeper layers of fear or sense of entitlement that are waiting to be triggered in times of uncertainty and discontent. And we are not exempt.

When we turn to today's readings we enter a world that is both different from and similar to our own. Although they may not be adequate, there are benefits for those who are out of work. Not so in Jesus' day. He would have realised that the woman was not only twice bereaved, having lost husband and son, but she had also lost her means of survival in a world without social security or suitable jobs for women. Taking care of widows and orphans and not exploiting them is a repeated injunction in the scriptures, perhaps because they represented the most vulnerable in that society. We can ask ourselves: Who are the most vulnerable in our society?

Luke tells us that *when Jesus saw the woman he had compassion on her*. There is so much in those few words. He really saw her. How often do we get ourselves out of the way sufficiently to *really* see another person as they are in that moment? And what might it mean to have compassion? The Latin derivation of the word suggests that it means to suffer with. There is no condescension in compassion – unlike pity – but the recognition of our shared humanity. Our own suffering can increase our compassion but that is not inevitable. Richard Rohr says that if we don't deal with our pain we will pass it on. Instead of sharing the love we will be sharing the misery.

Who or what needs our compassion right now? A practice of compassionate mindfulness (a form of prayer) can help us notice where we are shutting ourselves off from our own or another's pain. It can also help us discern what is – and what is not – ours to do about it.

Frances MacKay

**Hear our Prayer.
O God.†**



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ABN: 40 172 941 355

Community Helping Community

One of the things that first attracted me to St John's Care was the amazing contribution that volunteers and supporters make towards providing the services that we do. By the way, it continues to amaze me!

While St John's Care is a parish based ministry of St John's Anglican Church, it is very much part of and relies upon, the local community. Our Emergency Relief Centre relies totally on volunteers who last year assisted some 3,500 people who came through the doors seeking help. Our roster of volunteers consists of people who have worked at the Centre, in most cases, for many years and they come every week.

Likewise, without our volunteers, our Breakfast Club at Ainslie Public School, feeding about 35 hungry students each day for 3 days every week, just wouldn't happen. Our Friday lunches are also run totally by volunteers. Preparing, cooking, serving, cleaning up and socializing with our guests. Thanks also to the students from Campbell High who come and serve.

We are busy with the Anglicare Winter Appeal at the moment and we have a dedicated team working hard to sort what we expect will be some 45,000 items from shopping bags into storage over the coming weeks.

Thanks also must go to our regular supporters such as Oz Harvest who deliver rescued food every week and, of course, The Snow Foundation and Victoria Shakespeare Trust. Thanks also to all the parishes who contribute food on a regular basis and, in particular, St Peter's at Weston who collect food from Coleman Court once a month, every month.

It was my great pleasure to host a group of students from Burgmann Anglican School, Gungahlin Campus during the week. They collect cans for the Winter Appeal and were keen to understand what happened to the fruits of their efforts. They came prepared with some insightful questions. I am also excited about hosting the Lake Ginninderra Sea Scouts tonight. They are coming as part of their commitment to helping the community and will be involved in a range of tasks that will be of great assistance to us. During the week we have also had offers of assistance and support for the Youth Care Canberra program from the Australian Defence Force Academy Jazz Band, Mount Majura Vineyard and the Attorney-General's Department.

It is wonderful that the local community can come together and harness their efforts, through an organisation such as St John's Care, to look after the most vulnerable and disadvantaged in our local community. If you would like to be a volunteer, please give me a call as we always need more help across our various services.

Wish list: tinned fruit, vegemite/peanut butter, pasta sauce, laundry powder.

Stuart Davis-Meehan, Director



Food Pantry
Donations Needed

PRAYER POINTS FOR THIS WEEK

IN THE WORLD

- ◆ We pray for Japan who has put its military on alert for a possible North Korean ballistic missile firing.
- ◆ We give thanks for World Environment Day today and that more people take up the invitation to 'join the race to make the world a better place.'

IN AUSTRALIA

- ◆ We pray for honest, just and equitable policies from all political parties prior to the upcoming election.

WORLD WIDE ANGLICAN CHURCH

- ◆ We pray for the church Nova Scotia Canada and Enugu Nigeria.
- ◆ We pray for the bishops, clergy and people of the Dioceses of Brisbane and Bunbury.

IN OUR DIOCESE

- ◆ We pray for the clergy and people in the parishes of All Saints' Ainslie, Holy Cross Hackett and St. Philip's O'Connor.
- ◆ We pray for partnerships, God's favour, consistency in role modelling and open doors for ministry in educational settings. We pray for Radford College: Principal Fiona Godfrey, Chaplains Richard Browning and Nikolai Blaskow, the staff and students.

MISSION

- ◆ We pray for the work of the Christian Blind Mission in Kenya and Ecuador.

IN OUR PARISH AND COMMUNITY

- ◆ We pray for our Calvary worship team and for the community taking part in the service this morning.
- ◆ We also pray for Anne Dudzinski who is taking services at Kangara Waters Care Centre and Calvary Retirement Village tomorrow.
- ◆ We pray for our Clergy Appointment Board as they work to find us a new Rector.
- ◆ We pray for the following members of our parish family: Isobel and Taisz Jokisch, Theresa and Herbert Jokisch, Russell Judd, Jayne Murray and Aidan and Emma, David and Rosemary Kennemore, Kate King and Jocelyn Kirkland.
- ◆ We pray for those in special need of prayer: Phil Perman, Glenys Wimmer, Dawn Hardman, Marjorie Pratt, Bev Barnes, Des Pain and those known to us personally.

COMMEMORATIONS:

Saturday: Barnabas, Apostle and Martyr



HOLY COVENANT PRAYER VINE
REQUESTS FOR PRAYER

Phone Merri Bacon on 62511110 or email
merri.bacon@bigpond.com

BREATHING SPACE EVENTS:

**Sunday 5 June - Deep Dive -
Revd Richard Browning
*Story Beings and the reimagining of humanity***

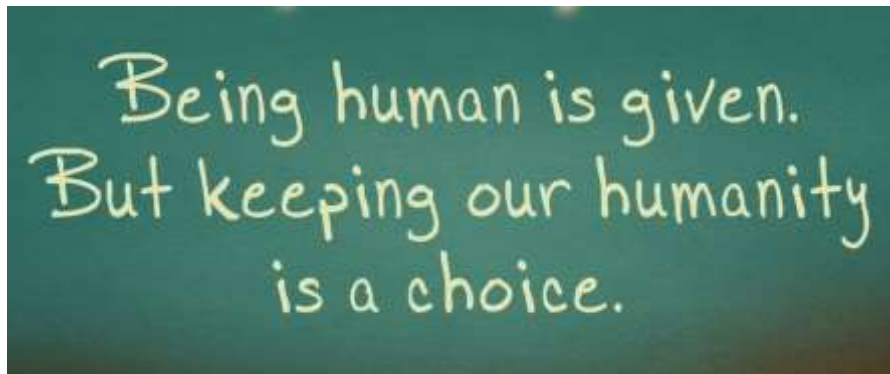


Come and hear about the power of narrative to transform lives.

Revd Richard Browning is Senior Chaplain at Radford College. An activist of the imagination, storyteller and priest, Richard is passionate about the potential of narrative in human formation and transformation.

When: 12 June at 11.45 in the Worship Centre.

Breathing Space programmes are available from the leaflet rack on the back wall.



Prayer for choosing an incumbent

Bountiful God,
give to this parish a faithful pastor
who will faithfully speak your word
and minister your sacraments;
an encourager who will equip your people for ministry
and enable us to fulfil our calling.
Give to those who will choose, wisdom, discernment and patience,
and to us give warm and generous hearts,
for Jesus Christ's sake. **Amen.**



I CAN'T WAIT TO TELL YOU...

that the recent **National Faith Community Nurses** conference that Nicole and I attended was a wonderful occasion. We met in the Adelaide Hills just below Mt Lofty in a conference centre with around 80 other Faith Community Nurses from across Australia and New Zealand. The conference speakers were excellent. The theme of the conference was 'Hope and a Future' and I was one of the speakers talking about how we offer hope to people in our HCN program and Covenant Care, how we offer hope to the dying.



Of the many great speakers the one that gave me the best information to bring home and use to help change lives and give hope to others was by a speaker called Lindy Gower, a senior Home Economics teacher and mother of 3, wife of David. Lindy had an incredible journey deep into depression where she was hospitalised and took many months to recover. During her recovery she concentrated on positive biblical scripture filling her mind with God's truth for her. In recovery she shifted from an awful and desperate experience into a life giving one and from that experience has come the HOPE PACK which she has created and launched at this conference in relation with Partners in Recovery. The Hope pack is designed to encourage people living with mental health conditions to develop life enhancing habits by helping them to structure into their day positive behaviours such as good nutrition, adequate hydration, increased movement, regular fresh air and sunshine and positive thought patterns. It uses biblical promises from God's word and encouraging affirmations. It's a 21 day journey with a buddy to a better life. To me it sounds like something we could all benefit from. I have bought a pack home and it's an exciting tool that I aim to use in the Wellness Clinic that HCN will be opening at the end of June in the HCN office. If you would like to know more about the HOPE PACK don't hesitate to ask.

Archdeacon Anne HCNM Co-ordinator.

Family Service 19th June 10am

Our family service theme this term is 'listening for God'

There will also be a **social event** for parents and kids following the family service, 11:45am-1:15pm. Kids stay at church for a pizza lunch and games while parents have lunch together at the Pide House, Jamison. Sign up sheet on the noticeboard.



FIRST AID TRAINING At Holy Covenant

Can you recognise the signs of a heart attack or stroke?
If not, and you live or work with elderly people, Holy Covenant will be hosting a free, 2 hour information session run by volunteers from St Johns First Aid.

Topics include noticing the signs of stroke, heart attack and performing CPR.

Date: Saturday 11 June
Time: 10:00-12:00
Venue: Worship Centre

Numbers are limited, only 10 places left, so sign up today.



SATURDAY 18 JUNE

From 9am till 12 noon

Come and help keep our buildings and grounds clean and tidy. Delicious morning tea provided.

Working bees are held throughout the year on the third Saturday of every month.

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

LOST PROPERTY

Please check plastic basket behind sound operator desk— red coat, bags, straw hat etc.

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 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
- 2) Go to resources and click sermons.
- 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.

Review and Reading of Limericks

At the Church 3pm Saturday 18 June

All are welcome to attend this session at our Church where the limerick competition entries will be read and reviewed.



It is very much hoped that those that entered will be able to attend to read their own work.

The Limericks will be circulated beforehand to those planning to attend. If you intend coming please register your interest with me so that you can receive the material for discussion.

So if you want to put a smile on your face on a winter afternoon please come along.

Richard Scutter: richardscutter@bigpond.com Tel 6251 2851

Too much serious?
Subscribe to fun.



BIRTHDAYS THIS WEEK



Sunday: **Merrie Hepworth**
Thursday: **Mary Sargeson**

*If you want your name in the Birthday Book,
email : weeklybulletin@holycovenant.org.au*

AND . . .



Entertainment Books are available and you can call Hilary on 6251 8166 or wait until next Sunday to purchase/collect your book. **Please place your orders promptly.**

If you wish to order and pay online visit: www.entbook.com.au/247m23. The \$12 is paid into Holy Covenant account.

ON THE NOTICE BOARD

- **A National Act of Recognition - Recognition News** by Revd Lindsay McDowell
- **Women inspiring Women—** Mosaic Baptist Church Page, Thurs 23 June

Got any church keys you haven't used for a while?

If you borrowed a church key and no longer need it, please return it to the office via Libby or in a labelled envelope so the key register may be updated.

Thank you



WEEKLY BULLETIN

All emails with information for inclusion in the Weekly Bulletin go to (cut off is 10am Thursdays):

weeklybulletin@holycovenant.org.au

If you would like to be on the email list send your email details to the above address. It will arrive in your Inbox on Friday—a good opportunity to see if you are rostered for any duties!

Health Forums at St James Holt

Two talks by psychologists and counsellors about staying in a healthy head space

Sundays 5pm—6.30pm

June 5

Fight or Flight—Understanding anger and conflict

June 19

The past is present—Analysing family history brings new insight

*Free of Charge *Light Refreshments*

RSVP: office@stjames-holt.org.au



CEO Sleepout for Homeless People 23 June 2016

You are invited to sponsor Neville Tomkins in the CEO Sleepout to raise money for St Vincent de Paul's programs for homeless people. Please donate at: <https://www.ceosleepout.org.au/ceos/act-ceos/neville-tomkins-scouts-australia/>

MINISTRY TEAM

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HONORARY ASSOCIATE PRIEST	Revd Anne Dudzinski 6278 6087	Em: annedudzinski@optusnet.com.au
HOLISTIC CARE NURSE	Archdeacon Anne Ranse 0439 139 209	Email: nurse@holycovenant.org.au Days: Mon & Thurs (10am - 2pm)
HONORARY DEACON	Revd Susan Joy Nevile 0431 133 852	Email: susanjoyn@gmail.com
CHILDREN'S WORKER	Revd Katherine Rainger 0401 142 851	Email: children@holycovenant.org.au
PASTORAL CARE CO-ORDINATOR		Email: pastoralcare@holycovenant.org.au
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DETAILS FOR NEXT SUNDAY 12 June 2016

8.00 am **HOLY COMMUNION**
Celebrant: Revd Connie Gerrity
Preacher: Revd Rob Miners



10.00 am **HOLY COMMUNION, Children's Church and Youth Group**
Celebrant: Revd Connie Gerrity
Preacher: Revd Rob Miners

SENTENCE: A great prophet has arisen among us! God has visited his people!
 Luke 7.16

READINGS:

1 Kings 17: 8-16
 Psalm 146
 Galatians 1: 11-24
 Luke 7: 11-17



8 am HYMNS

153
 129
 219(i)
 158

PRAYER

Faithful God, may you break bread with us, who are hungry in many ways.

When we are broken, may we find wholeness.

When we feel lost, may we find a home.

May our experience of your compassion transform us so we can help make you known through acts of justice and kindness in the world.

AMEN



	8.00am	10.00 am
Sidespersons	Kerin and Brian Cox	Jo and Gareth James
Readers	Hilary Harris Tony Willis Katherine Rainger	Doreen Matters Simon de Vere Anne Ranse
Intercessor	Merrie Hepworth	George Gerrity
Organist	Heather Shelley	Rhys Thorpe
Word & Prayer	Paul Shelley	Anne Dudzinski
Deacon	Katherine Rainger	Anne Ranse
Cup	Paul Shelley Katherine Rainger	Anne Ranse, Katherine Grainger, George Gerrity, Doreen Matters Extra bread: Anne Dudzinski
Morning Tea	Heather and Paul Shelley	Theresa Jokisch and Judith Ann Daniells
Children's Church		Jenny, Katherine, Prue M/T: Deranie Jackson