

# HOLY COVENANT ANGLICAN CHURCH JAMISON

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



**19 June 2016**  
**Fifth 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 Connie Gerrity

**10.00 am** **HOLY COMMUNION— Family Service**  
Celebrant: Revd Connie Gerrity  
Deacon: Revd Katherine Rainger



*Please join us for morning tea after the Services*

## THIS WEEK IN THE PARISH

<b>Monday</b> <b>20.6.16</b>	10.00am	Worship Centre	Covenant Care
<b>Tuesday</b> <b>21.6.16</b>	10.15 am 12.30 pm 7.00 pm	Canberra Theatre Worship Centre Rainbow Centre	Music @ Midday—RMC band Meditation Parish Council meeting
<b>Wednesday</b> <b>22.6.16</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>23.6.16</b>	9.30 am	Rainbow Centre	Scrabble
<b>Friday</b> <b>24.6.16</b>	10.00 am 4.30 pm	Worship Centre Carpark	Playgroup Youth depart for HC Youth Camp

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

## WEEK BEGINNING 26 June 2016

<b>Monday</b> <b>27.6.16</b>	10.00am 10.00 am 1.30 pm	Worship Centre Kangara Waters Care Ctre Calvary Retirement Village	Covenant Care Communion Service Communion Service
<b>Tuesday</b> <b>28.6.16</b>	12.30 pm 7.00 pm	Worship Centre Rainbow Centre	Meditation Parish Council meeting
<b>Wednesday</b> <b>29.6.16</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 A Taste of Meditation
<b>Thursday</b> <b>30.6.16</b>	9.30 am 7.30 pm	Rainbow Centre Rainbow Centre	Scrabble EFM
<b>Friday</b> <b>1.7.16</b>	10.00 am	Worship Centre	Playgroup



### SAVE THE DATES

- # Fri 24-26 June—HC Youth Camp
- # Thurs 7 July—Community Lunch
- # 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 8: 26-39. Befriending our demons

In writing these reflections, I am again struck by how rich these gospel narratives are. These are no mere 'factual' reports, but crafted, richly-layered narratives. For example, it is surely no accident that the story of Jesus' calming the external storm on the Sea of Galilee (Luke 8: 22-25) is followed by the account of his calming the inner storm of the man afflicted by demons.

The poetic resonance conveyed by the juxtaposition of these two stories is also enhanced through details in the setting. Luke tells us that Jesus has suggested to his disciples that they should 'go across to the other side of the lake'. This would take them into gentile territory into the country of the Gerasenes. As if this had not been enough to take them out of their comfort zone, the disciples are then confronted by a naked man who is described as 'having demons', who lives in tombs instead of a house, and who needs to be restrained and kept under guard. This is a crash course in meeting people at the margins!

In the previous reflections I have been talking about seeing as Jesus sees. In today's story however, we are told that it is the man who sees Jesus approaching: 'What do you want with me, Jesus, Son of the Most High God? I beg you, don't torture me. It is interesting that the 'demons' also recognise Jesus. But what is this about being tortured?

This week I went to see a moving film called *the Man Who Knew Infinity* in which a Hindu mathematical genius challenges GW Hardy, the Cambridge mathematics professor and atheist: 'It's not that you don't believe in God. It's rather that you don't think God likes you very much.' Even believers can be haunted by an image of a God who doesn't like them very much. Although this is not consciously expressed, they can be like Gloucester in Shakespeare's *King Lear* for whom the gods become demonic. He says in his suffering: 'As flies to wanton boys are we to the gods. They use us for their sport.' Obviously this is not the God we see in Jesus.

The modern approach to psychological and spiritual healing and transformation is less about casting out demons than befriending them, getting acquainted with them, and thereby transforming them. (Here I am using 'demons' as a metaphor for those disowned parts that seem to turn against us.) CG Jung says of the Shadow (the realm where 'demons' lurk) that it is 90% pure gold – eminently redeemable with God's help! So let us refuse to demonise each other, ourselves, or God. Instead, as Kayla McClurg suggests, let us see people 'not as caricatures but as unique icons of God's image.' Admittedly, sometimes some restoration work is needed.

*Frances Mackay*



have the  
**courage**  
to face  
your  
demons.



GPO Box 219  
Canberra City ACT 2601  
Ph: 02 6248 7771  
director@stjohnscare.org.au  
ABN: 40 172 941 355

## Celebrating 25 Years

You may be aware that I write my weekly edition on the Wednesday before it is, amongst other things, published in the pew sheet at St John's Anglican Church, Reid for the following Sunday.

This Sunday we will be formally celebrating the 25th anniversary of the launch of St John's Care at the 9.30am service and I will be giving the address.

I am looking forward to looking down into the congregation and seeing people who were there at the beginning and who have continued to serve through St John's Care for the entire 25 years. I look forward to seeing people who have volunteered in the Emergency Relief Centre and Breakfast Club or on the Committee, some for many years. I look forward to seeing a group of people who, after 25 years, are still as committed to the mission as when it began. I also look forward to seeing people from other congregations and other organisations who have joined us in the journey.

I intend saying firstly CONGRATULATIONS! 25 years of amazing dedication of those that have gone before and those who continue to share the love with each other and with so many in our community who are doing it tough.

Today (Tuesday), I have been sitting in day one of a two-day Mental Health First Aid workshop and have been reminded about the significant number of people in our community who suffer with depression or anxiety or experience psychosis, the effects of alcohol and other drug abuse, self-harm or have suicidal thoughts. I suspect that everyone reading this will know someone who is suffering with mental ill health.

We see and help these people every day. Not only do many come seeking emergency help, some come on a regular basis and have been coming for years, whilst others know they can come when they need to.

I also plan to say something about why I believe that St John's Care is at the cutting edge of what it is to be Church and that it is Church and indeed community, at its very best.

I was told recently that we have a wonderful reputation amongst the female inmates at Alexander Maconochie Centre not only for helping, but for "being really nice people" as well. I am just so grateful for the opportunity to have been a part of St John's Care for nearly a year now, as it continues to minister to those in need.

**Wish list:** red kidney beans, powdered milk and children's toothbrushes

**Stuart Davis-Meehan, Director**



Food Pantry  
Donations Needed

# PRAYER POINTS FOR THIS WEEK

## IN THE WORLD

- ♦ As National refugee week comes to a close tomorrow, we pray for all who show hospitality to refugees. We give thanks for those who have found safety and a new start for their families, especially in Australia.
- ♦ We also pray for sensibility in America about changing the gun laws so that massacres in night clubs, schools etc can be abated.

## IN AUSTRALIA

- ♦ We pray for those who work for the good of our nation with courage and dignity, for those who create jobs and maintain employment, and for those who strive to lift others from unemployment, social deprivation and poverty. We give thanks for all politicians with integrity and a desire to serve the community .

## WORLD WIDE ANGLICAN CHURCH

- ♦ We pray for the church in Enugu Nigeria and Ontario Canada.
- ♦ We pray for the bishops, clergy and people of the Dioceses of Tasmania and The Murray.

## IN OUR DIOCESE

- ♦ We pray for the clergy and people in the parishes of Tumut, Adelong and the South-West Slopes.
- ♦ We pray for Mannus and Cooma Correctional Centres - chaplains Tim Narraway and Jenni Roberts.

## MISSION

- ♦ We pray for a blessing on all who make Christ known, who reveal his love to those who do not know him, whether near or far, and especially for the work the Anglican Board of Mission in Papua New Guinea and South Sudan.

## IN OUR PARISH AND COMMUNITY

- ♦ 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: Claire Lawlor; Trevor Lawrence; Chris Lee and Linda Richardson; Ted and Penny Lilley; and Colin Lyons.
- ♦ We pray for those in special need of prayer: Phil Perman, Glenys Wimmer, Bev Barnes, Des Pain and those known to us personally.

## COMMEMORATIONS:

Tuesday: **Harry Reece Sharpe** (died 1994)

Friday: Birth of John the Baptist



HOLY COVENANT PRAYER VINE  
REQUESTS FOR PRAYER

Phone Merri Bacon on 62511110 or email  
prayervine@holycovenant.org.au

### Family Service 19th June 10am

TODAY

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.

### Work Health and Safety at Holy Covenant

The *Holy Covenant Anglican Church Jamison Work Health and Safety Policy* was signed off by the Rector and Wardens in December 2015. Endorsement of the Policy heralds the end of a significant body of work occurring over the past four years.

The Policy reflects Parish responsibilities to deliver a safe working and participation environment for members of the congregation, workers and those who attend other activities held on the grounds.

The policy framework is based on Australian Capital Territory (ACT) legislative framework as set out in the following legislation:

1. *Working with Vulnerable People (Background Checking Regulation 2012)*; and
2. *Work Health and Safety Act 2011*.

The document also reflects the work and guidelines as produced by the Anglican Diocese of Canberra and Goulburn.

A copy of the Policy can be found on the Parish website at:  
<http://www.holycovenant.org.au/health-and-safety.php>

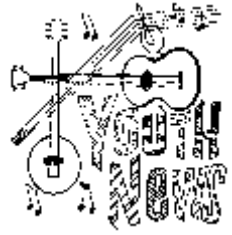
Any questions about the policy can be referred to one of the Wardens or a member of the Parish Work Health and Safety Committee:

**Joh Sheehan, George Gerrity and Mel Browning.**

**SAFETY  
MATTERS**

### Holy Covenant Youth Camp 2016

Fri 24 - Sun 26 June



Theme: *"The Pie of Life"*

Our youth will be exploring their identities as individuals, and as part of community.

**HC Youth need your help!**

They would greatly appreciate your **prayers**, some **baked goods** for morning and afternoon tea, **pies** for Saturday night and if you would like to **sponsor a camper** please contact either Elle or Jerry ([youth@holycovenant.org.au](mailto:youth@holycovenant.org.au))

Please leave food in the kitchen for collection by 4pm Friday 24 June.

### COMMUNITY LUNCH Thursday 7 July 11.30 for 12 noon



You are invited to our second community lunch for this year. Please invite any others in our community, especially those who may feel isolated and may appreciate a nice lunch, some fellowship and a great keynote speaker.

We have sign up sheets for:

- Attending
- Offers of making slices (including gluten free)
- Able to assist at the lunch.

We will be treated to a presentation by John McCaffrey about the War Memorial so tell your friends and relatives to share in the fellowship. For catering purposes please register on the sign-up sheet. If you have any questions please call Penny Lilley ph 6251 2592.

### 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.**



## IN THE PARISH AND...



### St John's Ambulance

Sat 11 June 2016

Thank you John, Ruth and crew for a very informative and practical couple of hours of first aid

### WORKING BEE

For the volunteers who helped at the working bee yesterday



### Thought for the Day

*Problems only exist in the human mind.*

*- Anthony de Mello*



### More about Susanna

Reverend Susanna Pain will move from Canberra to become the new Dean of St Paul's Cathedral, Sale. Her great-grandfather, Bishop Arthur Pain, was the first Bishop of Gippsland, from 1902-17.

Susanna will be commissioned on 3 September.

A close source says she is very excited!!

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!?

## SERMONS

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](http://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.





OUR HISTORY,  
OUR STORY,  
OUR FUTURE

Hello everyone!

Our annual Pantry Appeal is now up and running and I've been blown away by the generosity of our churches and our communities. So far we've collected over 13,000 items to give to people in need with plenty more on the way.

Last week was also National Reconciliation Week. Rev'd Dr Ian Coutts shares his thoughts in the 'News' section below. Here's an excerpt:

*Reconciliation is a rich and important Christian theme about the significance of restoring broken relationships and promoting genuine peace and harmony between people. If you are interested in finding out more, try these passages in the New Testament: Matthew 5.23-26, Romans 5.10, 2 Corinthians 5.18-21, Colossians 1.20, Hebrews 12.14.*

Please remember that this newsletter is an opportunity for you to share what God is doing in the life of your church, any prayer points, upcoming events and more. Please feel free to contact me via [Hannah.McQuiggin@anglicare.com.au](mailto:Hannah.McQuiggin@anglicare.com.au) or (02) 6245 7119. I'd love to hear from you!

Blessings, Hannah (McQuiggin)

For the complete newsletter, please contact Libby to have link forwarded by email.

**BIRTHDAYS THIS WEEK**



Wednesday: Peter Sherman  
Thursday: Angela Golubeff  
Friday: Jo James

*If you want your name in the Birthday Book,  
email : [weeklybulletin@holycovenant.org.au](mailto:weeklybulletin@holycovenant.org.au)*



Australian Centre for Christianity and Culture

WISDOM WORKING FOR THE COMMON GOOD

## Refugee Week 2016

### A Service of Prayer and Reflection

organised by The Australian Centre for Christianity and Culture with Faith-Based Working Group of the Canberra Refugee Action Committee  
5pm Sunday 26 June



at Australian Centre for Christianity and Culture  
15 Blackall St Barton followed by a shared meal  
Guest Speaker: Clara Khayat-Nordblom

musicians include: African Gospel Choir, Don Nordblom on Oud, and Daniel Cotton on Piano.

### Health Forums at St James Holt

Third of 3 talks by psychologists and counsellors about staying in a healthy head space  
**Sunday 5pm—6.30pm**

**June 19**

The past is present—Analysing family history brings new insight

\*Free of Charge \*Light Refreshments\*

RSVP: [office@stjames-holt.org.au](mailto:office@stjames-holt.org.au)

### ON THE NOTICE BOARD

- **Women inspiring Women**—Mosaic Baptist Church Page, Thurs 23 June
- **Refugee Week 2016—A Service of Prayer and Reflection**, 5pm Sun 26 June ACCC followed by shared meal
- **Welcoming New Arrivals**, a forum on supporting new arrivals - St Saviour's Cathedral Goulburn, from 6pm Thurs 30 June
- **NAIDOC Week seminar** by Revd Karen Kime Thurs 7 July 3pm at ACCC Chapel
- **Another Chance Op Shop**—50% mark down on all stock during 4-16 July, Scullin Shops, supported by Mosaic Baptist Church
- **Bargain Hunters** now open in Phillip. See hours of opening.




### 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		
<b>LOCUMS</b>	<b>Revd Rob Miners</b> 6292 9963 <b>Revd Connie Gerrity</b> 0429 423 725	Em: robminers@holycovenant.org.au  Em: connie@gerrity.id.au
<b>HONORARY ASSOCIATE PRIEST</b>	<b>Revd Anne Dudzinski</b> 6278 6087	Em: annedudzinski@optusnet.com.au
<b>HOLISTIC CARE NURSE</b>	<b>Archdeacon Anne Ranse</b> 0439 139 209	Email: nurse@holycovenant.org.au Days: Mon & Thurs (10am - 2pm)
<b>HONORARY DEACON</b>	<b>Revd Susan Joy Nevile</b> 0431 133 852	Email: susanjoyn@gmail.com
<b>CHILDREN'S WORKER</b>	<b>Revd Katherine Rainger</b> 0401 142 851	Email: children@holycovenant.org.au
<b>PASTORAL CARE CO-ORDINATOR</b>	<b>Revd Anne Dudzinski</b> 0413 994 739	Email: pastoralcare@holycovenant.org.au
<b>YOUTH LEADERS</b>	<b>Jeremy Platt</b> 0466 661 860 <b>Elle Platt</b> 0434 960 967	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: http://holycovenant.org.au
<b>WARDENS</b>	<b>Kathryn Body</b> 0403 500 882 <b>Merri Bacon</b> 6251 1110 <b>Nick Platt</b> 6251 6170	
<b>BULLETIN EDITORS</b>	<b>Wendy Elkhuizen</b>	Email: weeklybulletin@holycovenant.org.au

DETAILS FOR NEXT SUNDAY 26 June 2016		
<b>8.00 am</b>	<b>HOLY COMMUNION</b> Celebrant: Revd Connie Gerrity Preacher: Revd Katherine Rainger	
<b>10.00 am</b>	<b>HOLY COMMUNION and Children's Church</b> Celebrant: Revd Connie Gerrity Deacon: Revd Katherine Rainger	

**SENTENCE:** God appointed Jesus of Nazareth with the Holy Spirit and with power; and he went about doing good and healing all who were oppressed by the devil, for God was with him. Acts 10:38

**READINGS:**

1 Kings 19: 1-4, 8-15a  
 Psalms 42 and 43  
 Galatians 3:10-14, 23-29  
 Luke 8: 26-39



**8 am HYMNS**

693  
 512  
 526  
 282

**PRAYER**

Most wonderful God, although the immense universe cannot contain your glory, you come to us not as a stranger but as a friend. Please speak each of our names today, that we may be called away from the prattle of the world which threatens to swamp our true identity. Name each of us, so that we may truly know ourselves and take responsibility for our own lives and live boldly and lovingly. Through Christ our Lord.

**Amen**



if we live by the  
**SPIRIT**, let us  
 also walk  
 by the **SPIRIT**

	<b>8.00am</b>	<b>10.00 am</b>
<b>Sidespersons</b>	Libby Warren and Tony Willis	Helen and Harris Boulton
<b>Readers</b>	Rosemary Kennemore Anne McDowell Katherine Rainger	
<b>Intercessor</b>	Jennifer Collier	
<b>Organist</b>	Mandy Squair	Youth Group
<b>Word &amp; Prayer</b>	Steve Daniels	
<b>Deacon</b>	Katherine Rainger	Anne Ranse
<b>Cup</b>	Steve Daniels Katherine Rainger	Anne Ranse, Rob Maron, Phyl Holmes, Leo Wimmer Extra bread: Katherine Rainger
<b>Morning Tea</b>	Mandy Squair and Jennifer Collier	Helen Boulton and Dorothy Hurst
<b>Children's Church</b>		Family Service M/T: Phyl Holmes