

HOLY COVENANT ANGLICAN CHURCH JAMISON

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

WEEKLY BULLETIN

5 March 2017

FIRST SUNDAY IN
LENT

One does not live on bread alone, but by the word of God. (Matthew 4.4)
"Each of us has a soul, but we forget to value it. We don't remember that we are creatures made in the image of God. We don't understand the great secrets hidden inside of us." - St. Teresa of Avila

Find space to be silent, so that you may hear God's life-giving words

IN THE PARISH TODAY

- | | |
|----------------|--|
| 8.00 am | HOLY COMMUNION
Celebrant and Preacher: Revd Canon Margaret Campbell |
| 10.00am | HOLY COMMUNION, Children's Church & Youth Group
Celebrant and Preacher: Revd Canon Margaret Campbell |
| 3.30 pm | Rainbow Fellowship |
| 6.00 pm | Youth Alpha |



Please join us for morning tea after the service

WELCOME TO HOLY COVENANT

It is my prayer that you will find God's grace and peace with us today. A detailed parish information brochure is available behind the sound desk alcove.

For your information today:

The **8 am service** uses a green prayer book and a red hymn book. The service assistant will tell us the **page** number for the green book and the **hymn** (not the page) number for the red book.

The **10 am service** has everything needed on PowerPoint. Some parts of the service like the Hymn of Praise and the Gloria are sung. The musical settings are available in a black plastic folder on the bookcase at the door of the church.

COMMUNION We are an Anglican community and share the common cup. If you would prefer not to (or you are not feeling well today) an intincting cup is available. Hold your wafer of bread and an assistant will bring the small cup to you.

Gluten free wafers are available. Please ask the priest distributing the breads.

God invites us **all** to share this holy meal. Regardless of your denomination (or none) you are welcome to participate. If you are uncomfortable with this, please come for a blessing.

You may like to light a candle in the **CHAPEL** at the side of the Worship Centre following communion.

MORNING TEA Following both services tea and coffee are served from the kitchen. Raisin toast (self-service) is also available. We love to have a chat. Please join us.

TOILETS are found through the door past the kitchen. A baby change area is located in the Disabled toilet. Please take all used nappies with you.

Parish Council are committed to a **safe work and meeting space**. If you have any issues with the physical

surroundings, please speak with a warden.

EMERGENCY PROCEDURES

Emergency evacuation diagrams are displayed at the back and front of the Worship Centre.

First aid boxes are found in the kitchen. Please ask for help if you need it.

A **HEARING LOOP** is available. Sit anywhere in the church and have your hearing aid on the T setting.

CHILDREN AND YOUNG PEOPLE have their own groups during the 10 am service. The young people start in the service and go out with their leaders after the first hymn, returning to share communion with the whole community. You are welcome to stay with your child.

Don't worry about missing the sermon 😊 it is recorded and available on the web page.

Our parish supports the work of **ST JOHN'S CARE**, a relief agency of St John's Church, Reid. Donations of non-perishable food can be placed in the basket found near the door of the church.

GIFT-GIVING Our church is self-supporting. Your donations will help us continue Jesus' work: a space to worship God, care for the vulnerable amongst us, teach and nurture our children and provide hospitality to the community.

During the third hymn a plate will be passed amongst the congregation. Please contribute as you are able.

Regular Holy Covenant worshippers may wish to give via direct debit to our bank account– Commonwealth Bank, Jamison, BSB: 062 907 Account: 802 588.

We are committed to ensuring our community is safe for all who worship or visit here. The Diocesan hotline number is 1800070511 if you have any concerns.

With God's blessings,

Canon Margaret, Rector



FROM OUR RECTOR ...

Dear friends,

Often in our Anglican tradition you hear people say they are giving up something for Lent. Chocolate and whisky seem to be favourites amongst my friends.

My daughter would give up chocolate every year. She is very determined, and never failed in her endeavour. However, I found it a real pain – a packet of Tim-Tams for afternoon tea if the children had been really good was no longer a possibility. Her teachers also mentioned it – in those days they often gave little chocolate eggs as rewards in class.

These days when people tell me what they are ‘giving up’ I reply “why?” Because I’m sure God isn’t into us denying ourselves of things we should only ever eat or drink in moderation anyway, and then thinking ourselves pious. The readings for Ash Wednesday [Isaiah 58.1-12 & Matthew 6.1-21] clearly tell us that!

The Ash Wednesday service tells us:

So, by self-examination and repentance, by prayer and fasting,
by self denial and acts of generosity
and by reading and meditating
on the word of God, let us keep a holy Lent.

I’m fasting from TV this Lent. Why? Because I have found a great daily Lenten study on the ABM website called *Into the Desert*. Look it up! You can download it on your phone or tablet for free, or purchase a paper copy for \$8.00. I have made a closed facebook page with some friends from far away and we are doing it together. The time I used to veg out in front of the TV I will be reading and meditating (I hope!)

And don’t forget – Lent is 40 days long. In case you haven’t realised though, on the calendar it is 46 days. Why? Because Sunday is **always** a feast day. I wonder what’s on telly on Sunday nights?

Let us keep a holy Lent.

Margaret

Wilderness

Unimproved by human engineers,
the wilderness is nature in the raw;
night sky, the stars, the cold, the bed of straw,
the hunt, the cry, the ever-watchful fears.
This dangerous, ill-fit place, is called “retreat”;
discovering God in nature’s origins
its otherness, a hint how it begins.
Wild it’s start; of a wilder God it speaks;
a God who must be kind and tamed and taught
to live beneath a roof, be civilized,
to speak when spoken to without surprise.
In short, to help us as a true god ought.
In wilderness we learn that God must change
And we? God’s work improve and rearrange.

Poetry by Fr Harold MacDonald

SOMETHING TO THINK ABOUT

Matthew 4:1-11.

Joining Jesus in the Wilderness

Wilderness plays a crucial role in the formation of leaders and prophets. Moses spent forty years in the wilderness before he was called to lead the Israelites out of captivity in Egypt; Elijah was sent by God into the wilderness on several occasions; David spent time in the desert evading Saul before becoming king; John the Baptist emerges from wilderness to baptise people in the Jordan; Paul spent three years in the Arabian desert after his Damascus Road experience and before taking up public ministry.

It is interesting that a time in the wilderness often follows a palpable demonstration of God's presence and calling. Today's reading tells us that Jesus was led by the Spirit into the wilderness right after his baptism, with the voice from heaven ringing in his ears: 'This is my Son, the Beloved, with whom I am well pleased.'

Wilderness is a tough place – a place of testing and purification. It is also a place of polarities where God and angels, but also devils are encountered. Indeed the angels only turn up after the excruciating onslaught of temptation. And sometimes we need help in discerning whether we are dealing with devils or angels. For Jesus, as for all who want to follow God, the temptation is to abandon trust in God's call and to seek security and significance elsewhere, perhaps trying to manipulate God to support our agenda.

Wilderness is an in-between space, a place of preparation – the Israelites wandered for forty years in the wilderness between leaving Egypt and entering the Promised Land. In Jesus' case it is the space between his initiation through baptism and beginning his public ministry.

Over the years I have found myself repeatedly drawn to the metaphor of wilderness – perhaps because it gives hope and meaning when life is tough. In the midst of our own wilderness experience it helps to know that this is the place of transformation – where identity is forged, vocation confirmed and relationship restored. Remember those wonderful images of transformation and new life in Isaiah – where rivers and blossoms spring up in the desert.

Of course Jesus' experience of wilderness is not restricted to one episode. When the gospels tell us that Jesus withdraws to a 'lonely place' to pray, the Greek word *eremos* (desert) is used. Sometimes like Jesus we seek out wilderness; at other times wilderness finds us. Either way, can you see yourself as led there by the Spirit?

Frances MacKay



WITHIN THE PARISH

Youth News

Each Sunday as part of the 10am service we will head out to the Mushroom for some swagalicious discussion.



Youth Alpha

Throughout this year, we will be doing the Youth Alpha course. Youth Alpha takes us all back to basics, to get us thinking afresh about our faith. We will be meeting for three Sunday evenings this term from 6pm. Each time we will also be sharing a meal together. If you miss one, don't feel like you can't come to another session. Feel free to invite friends!

Youth Alpha Dates:

5th March

12th March— incorporated into a youth service.

Events

Youth Service - Sunday 12th March 6pm

Just like a normal service, ooooooonly CRUNCHY!!!

Wide Games Night - Saturday 18th March 4-7pm at John Knight Park

This will include a BBQ dinner and the Lentil Bucket Game - Get super keen!

Sonny Money

Songezo is our sponsored South African child through World Vision . We bring a little Sonny Money every now and then to meet our monthly contribution .

Margaret's gatherings

I'm still keen to meet you all. I offer an open invitation to have afternoon tea with me on the second Friday of each month (next is 10 March) from 2.30pm till 4pm at the Southern Cross Club Jamison, or lunch on the third Friday of each month (next is 17 March) from 12 noon till 1.30pm at the tables outside Aldi on the ground floor of Belconnen Mall.

Parish Council News

The new Parish Council held its first meeting on Tues 28 February.

Points to share are:

- ♦ Minutes of AGM held 21 January 2017 was approved and will be published and displayed on noticeboard.
- ♦ Council agreed to purchase and installation of new projector and screen. Thanks to those who gave donations to keep cost within budget.
- ♦ Resources Coordination Team to be thanked for all their good work.

WITHIN THE PARISH

What are you doing for Lent?

- ♦ **Book discussion series** based on Paula Goodner's *Lentwise*:
 - ♦ **Wednesdays 7.30pm-9pm** (1-29 March) and
 - ♦ **Fridays 10.30am-12 noon** (3-31 March) in the Rainbow Centre.
- ♦ **DEEP DIVE: Wilderness Revisited.** - Sun 12 March - **CANCELLED**

Crafty Crew

Thank you for your support in providing used greeting cards. The Crew now have enough—so—please no more. Instead, come and join them every 3rd Monday morning in the Rainbow Centre.

15 months notice

9–30 April 2018 Margaret will be leading a trip to the UK exploring our Christian heritage, finishing at Iona. To secure your place, register and pay \$500/person deposit before 14 April 2017.

Roster unavailability

For those of you normally on roster, please indicate for **April, May & June** those dates you are not available.



Refugee group

Holy Covenant has an email group that shares stories and opportunities for action and prayer to support refugees. If you would like to join us send an email to deranie@hotmail.com

February Anglican News

Electronically available: www.anglicancg.org.au/news.php

Limited number of hardcopies are available at the rear of church.



BIRTHDAYS THIS WEEK

Today:	Gillian Painter
Tuesday:	Marg Christensen
Friday:	Justine McNamara, Barry Button
Saturday:	Theresa Jokisch



If you would like your name in the Birthday Book, tick the box on the permission form and place it in the purple box.

SAVE THE DATES

- #  Thurs 27 April - Community Lunch
Thurs 20 July - Community Lunch
13 to 15 October - Retreat at Galong

Please remember that our facilities are often used by outside groups. Accordingly, please contact Paul Shelley (E: epshms@grapevine.com.au) or the Parish Administrator before planning an event.

On behalf of the Parish, this is a big **SHOUT OUT** to our **RESOURCE COORDINATION TEAM**. They work quietly and diligently to fix all the little (and big) building and maintenance problems that come with an aging and well used church and grounds. Their list of jobs to be done is endless, their budget is tight and their group is very small in number, yet jobs get done. Parish Council say **THANK YOU** and please keep up the good work. Anyone wanting to join this group of heroes, please contact Harris Boulton, hbboulton@gmail.com

RESOURCES COORDINATION TEAM Extract of report to AGM 2017

There remain several capital projects which are becoming increasing priorities and which will need to be considered as funds can be found. They include:

- ♦ replace the existing overhead projector and possibly the screen (in train),
- ♦ erect a barrier along the northern side of the western car park as a safety measure,
- ♦ replace the non-existent fascia on the east and north side of the Worship Centre,
- ♦ at the same time, or even earlier, repaint the exterior of the Worship Centre,
- ♦ replace the carpet in the rooms used for Children's Church in the Rainbow Centre.

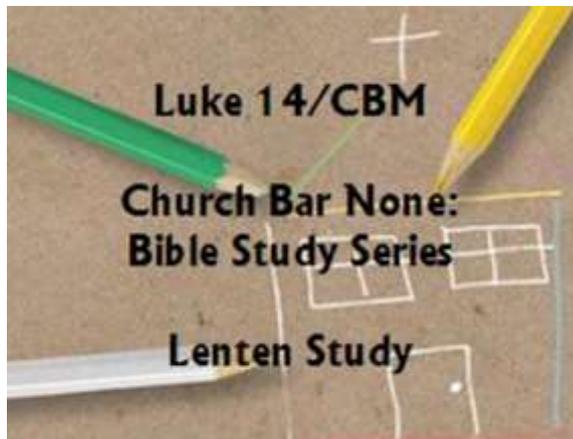
An additional project not mentioned in report:

- ♦ Arrange installation of glass sliding door to rear of Mushroom allowing access to back garden.



Church Bar None: Bible Study Series

Sundays: 5 March to 9 April
12.30pm to 2pm



Led by Archdeacon Anne Ranse for the six Sundays of Lent

Where: St Marks Theological College,
15 Blackall St Barton

Through the perspectives of ten people with first-hand disability experience, this six week DVD and Bible study series explores key aspects of developing a Christian understanding of disability inclusion.

For more information contact Andrea
0404256714 or horciu@btinternet.com

ON THE NOTICE BOARD

- ◆ **Introduction to Christian Meditation**, St Peter Chanel's, Yarralumla **Mon 6th March**, one hour, for **5 successive Mondays**; 7.15pm for 7.30pm start; Parish meeting room, Weston Street, Yarralumla.
- ◆ **Open Doors—Frontline Faith**, the inside story of the persecuted church. **8 March**. Hear what it is like to be a persecuted Christian.
- ◆ **Quiet Morning** at ACCC based on the 'Stations of the Cross' art exhibition. 9.30am - 1pm, **18 March**. **Women Inspiring Women**, 'Too much too young—the sexualisation of our young people and what we can do about it' **Thurs 23 March**, 7.30-9pm, Mosaic Baptist Church
- ◆ Anglican Mothers Union Australia/ Canberra and Goulburn is holding their **Lady Day Service 2017** at 11am Thursday **23rd March** at All Saints Church Ainslie followed by Morning Tea in the Hall. All Welcome
- ◆ **Suicide Prevention Training** conducted by Wesley LifeForce. **Tues 28 March** from 9am to 1pm.

**There is literally
nothing in nature that
blooms all year long, so
don't expect yourself
to do so either.**

Anthony de Mello

Family Violence

I attended the second National Family Violence Summit this morning to support Zack Bryers, our Youth Outreach Worker, who was invited to give a special address to the Conference.

Wow! I think it was his best address yet, and I have heard a few. I noticed quite a few people, including myself tear up, in response to Zack's story and his passion.

The event was sponsored by Baptist Care and facilitated by the Tara Costigan Foundation. The theme for the conference was "Together we are Strong" and featured many well-known speakers including Laticia Gibson, David Morrison, Anj Barker and Michael Costigan.

The conference was timely, in that it has been 2 years since Tara was killed by her ex-partner who was just last week, sentenced to 32 years and 2 months in gaol.

Zack spoke about his upbringing and his lived experience of poverty, homelessness and domestic violence. He also spoke about his experience in Afghanistan and what, at the time, he thought was a less than heroic return from war suffering headaches and ultimately being diagnosed with Post Traumatic Stress Disorder.

His main message, however, was that his practice is based on the belief that we all have the power to change someone's life by the way we live ours. He won't use his difficult life experiences as an excuse. In fact, he is empowered and inspired to use his lived experience as a blessing for someone else. He aspires to greatness not mediocrity and he wants to infect others with his positive outlook on life. He strives to give 100% every day.

He spoke about a young male client who grew up in an abusive home and who is now in gaol. Zack and Richie went to visit him in Wagga Wagga gaol recently. He told them that his mum had told him that she was leaving the country without him and that she didn't want him to call or talk to her again. He turned to them and said "you're the only family I have in this country now".

May I again remind you of the White Ribbon Oath "**I will stand up, speak out and act to prevent men's violence against women. This is my Oath.**" Please share it far and wide.

Wish list: pasta sauce, cereal, tinned fruit, vegemite.

Stuart Davis-Meehan
Director



All Donations to St John's Care are Tax Deductible

PRAYER POINTS FOR WEEK

IN THE WORLD

- ◆ Greater move for change in protecting our planet against global warming as new highest temperatures are recorded on Antarctic peninsula.
- ◆ Nearly 3.3 million people in Yemen - including 2.1 million children - are acutely malnourished, the UN says, as years of civil war destroy the country.
- ◆ Give thanks that Australia is giving an extra \$20 million aid to famine-hit parts of South Sudan and Somalia.

IN AUSTRALIA

- ◆ We continue to pray for the victims of domestic violence and that wisdom and money is used to protect the victims and make it tougher on perpetrators to re-offend.

IN THE CHURCH

- ◆ Dioceses of Ballarat, North Goulburn and Marulan.
- ◆ Wollondilly Gardens Self Care Units.
- ◆ New South Wales Police Chaplaincy.
- ◆ F5 and F10 services at West Goulburn.
- ◆ Goulburn Base Hospital Chaplaincy.
- ◆ Goulburn Correctional Centre.
- ◆ **Pray for:** Spouses and families of clergy and lay ministers and stipendary lay ministers
- ◆ **Pray for:** the work of the Christian Blind Mission in Tanzania and the Kilimanjaro Christian Medical Centre
- ◆ **Pray for:** Tikondane community in Zambia

IN OUR PARISH AND COMMUNITY

- ◆ All members of our parish family including the Allen family, Amos family, and Arthur family.
- ◆ We pray for those in special need of prayer including Bev Barnes and anyone known to us personally.

COMMEMORATIONS:

Monday : **Christopher Charles Heyde** (died 2008)

Thursday: **Barbara Ruth Mugford** (died 1997)

Saturday: **Nell Pain** (died 2014)



IN THE PARISH NEXT SUNDAY 12 March

8.00 am **HOLY COMMUNION**
Celebrant and Preacher: Revd Canon Margaret Campbell

10.00 am **HOLY COMMUNION, Children's Church & Youth Group**
Celebrant and Preacher: Revd Canon Margaret Campbell

6.00 pm **Youth Service** (incorporating Youth Alpha)

ROSTER TODAY

	8am	10am
Sidespersons	Kerin and Brian Cox	Prue and Ken Wedgwood
Readers	Hilary Harris Kerin Cox Anne Ranse	Anne Dudzinski Andrew Hill Anne Ranse
Intercessor	Merrie Hepworth	Joh Sheehan
Organist	Kath Arthur	Rhys Thorpe
Word & Prayer	Steve Daniels	Tobias Nevile
Deacon	Anne Ranse	Anne Ranse
Cup	Steve Daniels, Anne Ranse	Anne Ranse, Tobias Nevile, Doreen Matters, Neville Hurst Extra Bread: Anne Dudzinski
Morning Tea	Beth Heyde, David Meggs	Youth Group
Children's Church		Mary, Prue, Karen Morning Tea:
Counters	Bob Arthur, David Kennemore	Quentin Grafton, Graham Bonnett

Mon	6 Mar	10.00 am	Worship Centre	Covenant Care
Tues	7 Mar	12.30 pm	Worship Centre	Meditation
		4.00 pm	Rainbow Centre	Belonging and Caring meeting
Wed	8 Mar	9.30 am	Worship Centre	Tai Chi
		12 noon	Worship Centre	Holy Communion and BYO Lunch
		2.00 pm	Worship Centre	Ever Active Exercise Class
		6.00 pm	Rainbow Centre	Meditation
		7.30 pm	Rainbow Centre	Lenten Book Discussion
Thurs	9 Mar	9.30 am	Rainbow Centre	Scrabble
		1.00 pm	HCN Office	Wellness Clinic (by appt.)
		7.30 pm	Rainbow Centre	EfM
Fri	10 Mar	10.00 am	Worship Centre	Playgroup
		10.30 am	Rainbow Centre	Lenten Book Discussion
		2.30 pm	Southern Cross Club	Afternoon Tea with Margaret

Mon	13 Mar		Public Holiday	No Covenant Care
Tues	14 Mar	12.30 pm	Worship Centre	Meditation
Wed	15 Mar	9.30 am	Worship Centre	Tai Chi
		12 noon	Worship Centre	Holy Communion and BYO Lunch
		2.00 pm	Worship Centre	Ever Active Exercise Class
		6.00 pm	Rainbow Centre	Meditation
		7.30 pm	Rainbow Centre	Lenten Book Discussion
Thurs	16 Mar	9.30 am	Rainbow Centre	Scrabble
		1.00 pm	HCN Office	Wellness Clinic (by appt.)
		7.30 pm	Rainbow Centre	EfM
Fri	17 Mar	10.00 am	Worship Centre	Playgroup
		10.30 am	Rainbow Centre	Lenten Book Discussion
		12 noon	Outside Aldi in the B. Mall	Lunch with Margaret
Sat	18 Mar	4.00 pm	John Knight Park	Youth activity-Wide Games Night

IN THE SERVICE

DATE:	READINGS:	HYMNS
5 Mar	Genesis 2:15-17, 3:1-7 Psalm 32 sung -TIS 20 Romans 5: 12-21 Matthew 4: 1-11	252(272) 131 194 473 (A&M Rev 631)



COLLECT

Almighty God,
whose Son fasted forty days in the wilderness,
and was tempted as we are, yet did not sin:
give us grace to direct our lives in obedience to your will,
that, as you know our weakness,
so we may know your power to save;
through Jesus Christ our Redeemer,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever.

Amen.

MINISTRY TEAM

RECTOR	Revd Canon Margaret Campbell 0417 423 472	E: rector@holycovenant.org.au Day off: Monday HC Office: 9.30am-4.30pm (T,W,Th)
HONORARY PRIEST	Revd Anne Dudzinski 0413 994 739; 6278 6087	E: annedudzinski@optusnet.com.au
HONORARY PRIEST	Revd Connie Gerrity 0429 423 725	E: connie@gerrity.id.au
HOLISTIC CARE NURSE	Archdeacon Anne Ranse 0406 379 599	E: nurse@holycovenant.org.au Day off: Tuesday
HONORARY DEACON	Revd Susan Joy Nevile 0431 133 852	E: susanjoyn@gmail.com
CHILDREN'S WORKER	Elle Platt 0434 960 967	E: children@holycovenant.org.au
YOUTH LEADERS	Elle Platt 0434 960 967 Jerry Platt 0466 661 860	E: youth@holycovenant.org.au

PARISH DIRECTORY

PARISH OFFICE Open 10 am - 2 pm Tuesday to Thursday	Libby Warren (Administrator) 89 Dexter Street, Cook, ACT 2614 PO Box 98, Jamison, ACT 2614 Tel: 6251 6100	E: office@holycovenant.org.au Web Page: http://holycovenant.org.au
WARDENS	Kathryn Body 0403 500 882 Carol Kubanek 0405 319 556 Nic Platt 6251 6170	
PRAYER VINE	Merri Bacon 6251 1110	E: prayervine@holycovenant.org.au