

ACTIVITIES CURRENTLY IN RECESS		RETURNING
Sunday	Children's Church and Youth Group Soul Food Conversation	10 February (10 am) 10 February (4.30 pm)
Monday	Covenant Care Crafty Crew	11 February (10 am) 18 February (9.30 am)
Wednesday	Tai Chi Communion service and BYO lunch	6 February (9.30 am) 6 February (12 noon)
Thursday	Book Club EFM	14 February (2 pm) February
Friday	Play Group	8 February (10 am)

PRAYER POINTS

IN THE WORLD

- ◆ We pray for all places experiencing war and conflict, including: the Congo, Syria, Palestine, South Sudan and Nigeria.
- ◆ We pray for those displaced by the effects of climate change.

IN AUSTRALIA

- ◆ We give thanks for all emergency services workers and pray for those experiencing bushfires, particularly Tasmania and Victoria and for those impacted by monsoonal rains in Queensland.
- ◆ We give thanks for the generosity of Western Australian farmers who sent fodder to New South Wales and pray for all farmers caring for stock and the land during the drought.

IN THE DIOCESAN CYCLE OF PRAYER

- ◆ Diocese of Armidale
- ◆ St Saviour's Cathedral, Friends of St Saviour's Cathedral, the Cathedral Chapter, and all aspects of the work and ministry of St Saviour's Cathedral, the mother church of the Diocese.
- ◆ Lucas Tooth Scholar
- ◆ Anglican Women of Australia
- ◆ Mothers' Union (Goulburn)
- ◆ Goulburn Mental Health Service Chaplaincy
- ◆ Anglicare Canberra and Goulburn

IN OUR PARISH AND COMMUNITY

- ◆ We pray for all students and teachers returning to school this week.
- ◆ We pray for our Parish Council meeting on Thursday and for the new community garden ministry that this may be a blessing to the people of Belconnen.
- ◆ We pray for all members of our parish family including Rod and Ann Menzies; Christine Mitchell; Noel Montgomery; Dylan, Sally, Dougal and Jemima Mordike; Philip and Belinda Moss.
- ◆ We uphold those in special need of prayer including Dorothy Parsonage, Elizabeth Grant, Quentin Grafton and anyone known to us personally.

COMMEMORATIONS:

- Monday:** Dorothy Beryl Daniels (2016)
Tuesday: Colin Buxton (1985)

MINISTRY TEAM CONTACTS

Children's Worker

Pauline Lovitt
0419 406 011; children@holycovenant.org.au

Youth Leader

Jerry Platt
0466 661 860; youth@holycovenant.org.au

People's Wardens

Paul Shelley 6251 1568
Joh Sheehan 6251 7151

Resources

Phil Trigge
6257 7220; pjtrigge@hotmail.net.au

Prayer Vine

Rosemary Kennemore
6251 2009; rkmore@grapevine.com.au

Belonging and Caring

Joh Sheehan
6251 7151; jeshsheehan@comcen.com.au

Holistic Care and Covenant Care

Rhonda Thorpe
6259 8753; nurse@holycovenant.org.au

HOLISTIC CARE NURSE

Venerable (EM) Anne Ranse OAM
0406 379 599; nurse@holycovenant.org.au

HONORARY PRIESTS

Reverend Anne Dudzinski
0413 994 739; annedudzinski@optusnet.com.au

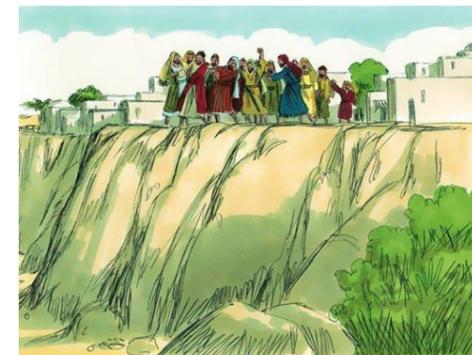
Reverend Connie Gerrity

0429 423 725; connie@gerrity.id.au

O Lord our God, you created us out of love, you redeemed us by your love, you sustain us with your love. Let the glory of your love be seen in us, that we may reflect your presence and show forth your love in the world; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 3 FEBRUARY 2019 FOURTH SUNDAY AFTER EPIPHANY

TODAY IN THE PARISH

8 am Holy Communion
10 am Holy Communion
Celebrant and Preacher:
Reverend Katherine Rainger
3.30 pm Rainbow Fellowship

SUNDAY 10 FEBRUARY 2019

8 am Holy Communion
10 am Holy Communion
Celebrant and Preacher:
The Venerable Dr Wayne Brighton
4.30 pm Soul Food Conversation

SUNDAY 17 FEBRUARY 2019

8 am Holy Communion
10 am Holy Communion
Celebrant and Preacher:
The Venerable Dr Wayne Brighton
4.30 pm Soul Food Conversation

TUESDAY 12 FEBRUARY 2019

7.30 pm Annual General Meeting

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

LUKE 4:21-30. WHO DOES HE THINK HE IS?

When Jesus returned to Galilee following his baptism and time of testing in the wilderness, he was warmly welcomed. He was even invited to teach in the synagogues. Perhaps the people were responding to the authority that comes of authenticity. We can imagine him confidently centred, following a call that had not only been given, but tested. And he had emerged 'filled with the Holy Spirit'. No wonder people later said that he spoke with authority.

The mood changed when he comes to his home-town Nazareth. In reading the passage from Isaiah, saying that these scriptures have been fulfilled in him, he affirmed his call to proclaim what had always been God's agenda: justice for the poor, release for the oppressed and recovery of sight for the blind.

At first the audience seemed impressed – if a tad patronising. The question, 'Is not this Joseph's son?' has a distinct ring of 'Who

does he think he is?' Local boy makes good is ok so long as he remembers his place! Or is there more to it than that? At any rate he doesn't win them over when he challenges their sense of entitlement by reminding them that prophets have seldom been accepted in their hometown, and were often sent to minister outside of Israel.

What is going on here that would account for an escalating rage that prompted his previous neighbours to try to kill him by hurling him over a cliff?

Whatever the reason, this event pushes Jesus out from his hometown and he returns to Capernaum (vv. 31ff.) to continue a ministry of teaching and healing. And the people are amazed at his authority and word about him is spread throughout the region.

In a time when institutions and leaders are losing credibility, whose 'authority' can we trust?

Frances MacKay



CHILDREN'S CHURCH

Begins on 10 February, and Pauline would like a few more helpers. Children's Church takes place during our 10 am Service and returns in time for Communion. If you are able to join the roster, please contact Pauline our Children's Program co-ordinator 0419 406 011. Our children are the best in the world!

ANNUAL GENERAL MEETING

Our AGM will be held on Tuesday 12 February 2019 at 7.30 pm in the Worship Centre. Some AGM reports are available at the back of the church.



This week I thought it might be good to share with our supporters some of the things we are able to do on a regular basis with the donations you give us. We support our clients with the following:

Emergency Relief

- Fresh food
- Non-perishable foods
- Clothing and bedding
- Nappies and baby formula

Financial Assistance

- Limited bill assistance, e.g. utilities
- Advice and referral to appropriate agencies
- Prescription vouchers
- Telstra vouchers
- Foodbank vouchers
- ACT bus tickets and MyWay cards

Community Lunches

A free home-cooked two or three course meal held on the first Friday of most months.

Community Worker

Our Community Worker helps clients with a variety of complex issues which require extra attention in order for them to be supported in a more holistic manner. This provides a link between the important work that our volunteers do on the ground and the circumstances that initially bring clients to St John's Care – circumstances that hinder them from being able to break free from disadvantage. The position is jointly funded by SJC and Anglicare, through its Survive and Thrive program and provides help and advice with problems, including referrals to ACT Services.

QUIET DAY

The first of four reflection days in 2019 will be held on **16 February 9.30 am to 3 pm** in the Chambers Pavilion, Australian Centre for Christianity and Culture.

Frances MacKay will lead this day on the theme 'dwelling in possibility': how we can remain open to God's presence and expectant in uncertain times. Contact Alice-Anne Macnaught **0414 790 201** aamacnaught@gmail.com for more information and to register. Cost \$25 pp (cash only on arrival). Morning tea provided. BYO lunch.

Registrations appreciated by 12 February.



SPIRITUAL CARE
SERIES

SPIRITUAL CARE SERIES 2019

We have had a great response to the Spiritual Care course starting on Tuesday 19 February. Thank you to all those who registered – we will be in touch shortly with details, distribution of manuals and on-line registration.

Christmas Present Room

Available for parents struggling to buy gifts for their children at Christmas. Children must be on the parent's Health Care/Pension Card.

Christmas Day Lunch

A traditional lunch is held in the Parish Centre on Christmas Day for anyone who would like to enjoy fellowship and good food, regardless of circumstances.

A CLIENT IN NEED

This week we assisted a client who was really struggling to cope with his current situation. He has four children and his partner has walked out and left the children with him. He receives limited Government assistance as his partner had full custody of their children until now. He was driving an unregistered car and was desperate for help with registration. He had many bills and had to give up work to look after his four children. Since he is not working and has just started on a single New Start payment, things are very tough.

At the moment, this client had no capacity to pay off his outstanding bills. This is typical of many SJC clients who live from one Centrelink payment to the next. Emergencies throw them out of kilter completely.

We sat down with him and assisted with a financial plan to help him feel in control. We referred him back to Centrelink, to see if his payments for the children could come through faster. We referred him to other agencies and our volunteers gave him enough food to feed his family for a few days. The change in his demeanor at the end of his visit was obvious.

Wish list: *vegemite, peanut butter, cup-a-soup, lunch snacks*

Jason Haines
Programs Manager

HOLISTIC CARE NURSING MINISTRY

I came to Holy Covenant about 12 years ago and was originally 'on loan' from St James in Holt where I had been for 30 years and am I still here! I came as a response to the Holy Covenant outreach committee of the day, to look at setting up a Faith Community Nursing Ministry which became the Holistic Care Nursing Ministry (HCNM). Fortunately I had retained my Nursing Registration and think these days I must be one of the oldest registered nurses!

The HCNM started off as a small ministry in the parish with me and a few supporters from the parish. Originally I ran a 'wellness clinic' a bit like a walk in centre and occasionally did various health packs of information for the congregation on things like diabetes, epilepsy, falls, safety at home etc. and from there the HCNM has grown to having over 30 people in the community we help to stay in their own homes and around 16 at Covenant Care but I will talk about Covenant Care at another time. Currently I am the Director of the HCNM in a voluntary capacity which has grown now to 4 paid, casual staff and around 30 very valued volunteers. A big part of my work is to support and encourage them in their roles. In the HCNM we reach out to isolated, mainly, older people in the community who have fallen through the net of other services and agencies and this can mean helping them sort through papers and documents that have overwhelmed them, to taking them for a coffee or even the cinema.

They are also invited on to our outings program where they are taken out about every two months to a nice venue

for a break from being at home and this also gives them opportunity to meet other people, make friends and share the experience. With all our clients who are often socially isolated we like to help 'nurse them back into life'. One of the toughest jobs we have in the HCNM is working with ACT Housing Tenancy Support assisting people who have become overwhelmed with hoarding items. Our work with these people is to build trust and friendship and then gradually move to helping them declutter their homes. We connect all our clients to the Community lunches and the outings program, scrabble group, card making, yoga, exercise and meditation groups here at church if they wish. Wherever I see a need in the community I try to embrace that into our programs. Quite often someone in the shopping centres will hand me a note with a person's name and contact details, saying 'they desperately need help, can you do it?' Many of our clients are referred to us through their neighbours, friends, doctors, councillors and social workers at Calvary Hospital

Overall I am the Chaplain for the HCNM which involves pastoral support, grief and loss and funerals.

I also am a member of the HCNM Management Committee and on three occasions have been a speaker and key note speaker at the Faith Community Nurses Conferences in Adelaide where around 100 of the Faith Community Nurses gather.

Archdeacon Anne

The Holistic Care Nursing Ministries is running its second series of

DECLUTTERING MADE EASY WORKSHOPS

Are you wanting to free up some space in your home?
Are you downsizing or assisting others to relocate?
Would you like to develop your understanding of how to approach the sometimes daunting task of decluttering?

The course will be run over three Saturday mornings:

- Saturday 9 February** 9.30 am – 12.30 pm
- Saturday 16 February** 9.30 am – 12.30 pm
- Saturday 23 February** 10 am – 12 noon

There is more information on the board at the back of the church together with a sign up sheet. Further details from nurse@holycovenant.org.au

MEN'S DINNER

Friday 8 February, 7 pm, in the Rainbow Centre

Come and enjoy a pizza dinner with drinks and dessert. All men welcome – sign up sheet on the board at the back. Contact Nic Platt 6251 6170

ADMINISTRATOR

The parish of Holy Covenant is looking for a new Administrator for a mid February start. This is a paid position – 12 hours per week. The Administrator is a primary contact point between people and our congregations. The position would suit someone with an interest in seeing the parish grow and providing a listening ear to those who come through during the week.

The successful candidate should have strong interpersonal skills, significant problem solving ability, well developed capacity for administration and a sense of humour.

Duties include working closely with the minister and parish guests, producing service booklets as well as managing rosters, calendars and logistics for special services like weddings, baptisms and funerals. It may also include editing the weekly bulletin and taking minutes at Parish Council. Please talk with Wayne on his return if this interests you.

HAWKER MEN'S LUNCHEON FORUM. Monday 11 February 2019, guest speaker John Kennedy. More information on the notice board.