

## COLLECT FOR FIRST SUNDAY IN LENT

O saving God,  
 who led your people through the wilderness  
 and brought them to the promised land:  
 so guide us that, following our Saviour,  
 we may walk through the wilderness of this world  
 and be brought to the glory of the world which is to  
 come;  
 through your Son, Jesus Christ our Lord,  
 who lives and reigns with you and the Holy Spirit,  
 one God, now and for ever. **Amen.**

## HYMNS 8 AM

252 (272)  
 635 (A&M Rev 557— St James  
 499 (337)  
 590

## READINGS

Deuteronomy 26:1-11  
 Psalm 91: 1-2, 9-16  
 Romans 10:4-13  
 Luke 4: 1-15

## PRAYER POINTS

### IN THE WORLD

- ◆ We pray today for those who long to hear your message of forgiveness, reconciliation and love.
- ◆ We pray for all those who seek this Lent, to understand the meaning of their baptism, and equip them to carry your gospel to our broken world.

### IN AUSTRALIA

- ◆ We pray for all who are caught up in crime or addiction, for all who are wasting their lives or giving their allegiance to wrong things.

### IN THE DIOCESAN CYCLE OF PRAYER

- ◆ Bishop to the Defence Force:
- ◆ St Philip's O'Connor
- ◆ Defence Force Chaplains
- ◆ Service Chaplains from this Diocese Serving Elsewhere
- ◆ Churchwardens, members of Parish Councils and Lay Leaders.

### IN OUR PARISH AND COMMUNITY

- ◆ We pray for all who are seeking to know their vocation, all who are trying to sort out their priorities.
- ◆ We pray for all who are called to minister to others, for spiritual counsellors and advisers.
- ◆ We pray for all members of our parish family including Peter and Carol Sherman; Robyn Staniforth; Celeste Sandstrom; Mandy Squair; and Ian and Eileen Sykes.
- ◆ We uphold those in special need of prayer including Dorothy Parsonage, Elizabeth Grant, Roger Hallows and anyone known to us personally.

### COMMEMORATIONS:

**Monday:** Nell Pain (d.2014)

## SPIRITUAL CARE ASSESSMENT

The Spiritual care course introduced this assessment last week. How are you doing? You can use it to complete a spiritual assessment on yourself.

### WHO AM I?

- \* What are your sources of hope, strength, comfort, peace and joy?
- \* How do you connect with others (family, friends, community and carers)?
- \* Are there things that you struggle with now?

### WHERE DO I COME FROM?

- \* What has been your faith journey?
- \* When you've experienced peace – how did that feel/ what did that look like?
- \* What do you hold onto during difficult times – what sustains you and what keeps you going?

### WHERE AM I GOING?

- \* Do you belong to a spiritual/ faith community? Does this community help you? How?
- \* Going forward, what spiritual goals do you want to explore or grow into?

### WHY?

- \* What makes life worth living now and in the future?
- \* Are you hopeful? What do you hope for and why?

## MINISTRY TEAM CONTACTS

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### Youth Leader

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### Resources

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### Belonging and Caring

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### DIRECTOR AND CHAPLAIN

### HOLISTIC CARE NURSING MINISTRY

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### HONORARY PRIESTS

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Reverend Connie Gerrity  
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# HOLY COVENANT ANGLICAN CHURCH

*a place for everyone*



## SUNDAY 10 MARCH 2019 FIRST SUNDAY IN LENT

### TODAY IN THE PARISH

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

### SUNDAY 17 MARCH 2019

8 am Holy Communion  
 10 am Holy Communion  
 Celebrant and Preacher:  
 Rev'd Connie Gerrity  
 4.30 pm Soul Food Conversation

### SUNDAY 24 MARCH 2019

8 am Holy Communion  
 10 am Holy Communion  
 Celebrant: The Venerable Dr Wayne Brighton  
 Preacher: The Venerable (EM) Anne Ranse OAM  
 4.30 pm Soul Food Conversation

### THIS WEEK

THURSDAY: Start of Lenten Study  
 SATURDAY: Working bee

### 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 4.1-15 LENT 1

When I read the first verse in Luke's gospel: *Jesus full of the Holy Spirit returned from the Jordan and was led by the spirit in the wilderness.* my mind goes straight to the Judean wilderness when I was on pilgrimage in 2011. I stood in the wilderness in a searing 40 degree heat and walked a few metres to a lean-to with a wooden bench and there I read this passage of scripture from my pocket bible. As far as I could see there was just wilderness and I reflected on how was it Jesus could exist in this place for 40 days. For Jesus, this was a Kairos moment in his life. Kairos moments mean the 'right moment', it is a decisive moment, a moment when a person must act or else see the moment with all its potential just disappear. It's a moment of grace, a moment filled with possibility. It's a fleeting moment when a decision in life must be made that will have long-lasting ramifications. Kairos moments happen to each of us every day of our life. They are moments of salvation when we make choices that affect our lives. At no time are we confronted more with Kairos moments than during the season of Lent. And so this First Sunday in Lent is a good time to reflect on the Kairos moment in Jesus life – the temptation of Jesus in the desert – and see what we can learn that will help us with our own Kairos moments. Many of us have a tradition of 'giving something up for Lent' and then for 40 days we have to avoid the temptation to renege on it. Then again Lent may not mean giving something up. It could mean taking more or longer quiet times with God that allows you to listen to that still small voice which could well be a Kairos moment for you.

*Archdeacon Anne*  
 (and I acknowledge some words from Timeless Homilies from Deacons)

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 \* **BIRTHDAYS THIS WEEK** \*  
 \* **Sunday:** Barry Button \*  
 \* **Tuesday:** Phil Trigge, Trish Barnes, Pat Ewing \*  
 \* **Wednesday:** Mandy Squair \*  
 \* **Friday:** Margaret Martin, Rob Maron \*  
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## NEW KEYBOARDIST

The parish is looking for a new keyboard player to join our 10am roster in April as we say farewell to Leanne Parker.

Might this be you? Could be someone you know? Patience is essential. Flair and flamboyance optional.

Speak to Wayne or Jodie Petrov for more information.

**THANK YOU** to Katherine Rainger for organising the donations to TEAR Australia through the Useful Gift Shop she set up before Christmas. A total of \$1,530 was raised – a great effort.



## FOOD TO WARM YOUR HEART

St Johns Care (SJC) is a special place in Canberra providing refuge and support for people who have day to day challenges in their lives. All the people who attend the Centre are treated with compassion and respect.

We provide support and understanding, including food that has been kindly donated by the community or from *Oz Harvest*. *Oz Harvest* is Australia's leading food rescue organisation, collecting quality excess food from commercial outlets and delivering it directly to more than 1300 charities that support people in need.

One visitor to SJC, who we shall call Susan, comes into the Centre when she requires some assistance with groceries. Susan hit hard times a few years ago because of domestic issues and went from being a confident working mother with 4 children to someone who suffers from high anxiety and is currently unable to work.

Over the past few months I have been working with Susan to help build her self-esteem and self-worth. She is gradually improving her outlook on life and belief in herself.

Last week Susan came into the Centre and told me that she had started taking photos of the meals she prepared with the food from SJC.

She sent me the photos and explained that she used every bit of food she received. Susan's meals were shepherd's pie and salad, roast chicken with spice mix and chicken with stuffing, roast pumpkin and potatoes.

The very fact that Susan is cooking meals for her family is indicative of the progress she has made in her journey to regain her confidence. She told me on her last visit that she was considering applying for a job which is something we had been working towards.

**Wish list:** biscuits, tinned tomatoes, children's toothbrushes.

*Steph Stephens – Community Worker*

## PARISH COUNCIL VACANCY

Parish Council is a place where we work out practical strategies and find the means that will help our parish grow together.

It might just be the place for you if you find yourself talking regularly about things like what could make things better for us as church or how might we grow stronger?

So if you're someone that has skills at helping organisations to work better or love getting projects going why not nominate?

Forms available at the back of the church.

### Forbidden Obedience:

#### Smuggling Faith to the Millions

**Wednesday night 27 March at Albert Hall, Yarralumla**

Come and experience stories from our local founder, Dean Keaney as he shares his journey of serving the persecuted church for over 40 years in places like Communist China. You can register for your free tickets or go to Facebook for more details.

## PARISH COUCELLOR BIO: ROB MARON

*What brought you to this Parish?* I started a Men's Group in the early 1990s following my studies in Community Counselling at the University of Canberra. A book *Fire in the Belly* by Sam Keen encouraged me to do so. And in that group I often shared my need for belonging to a faith community. I was encouraged over a period of many years to join Holy Covenant and when I did in 2012, I never looked back. I was accepted and made very welcome by Susanna Pain and the community.

*What are you passionate about?* I am passionate about family and relationships. I'm passionate about helping people in whatever way I can. I am passionate about meditation and my daily practice.

*What do you enjoy doing in your free time?* In my free time I like to be in my garden and tend to all the plants I have planted there in the last forty plus years. With the recent hot weather and lack of rain this has become a challenge but it is still satisfying, especially when I watch all the birds that come and have a bath in the multiple birdbaths.

*What is a surprising or unusual fact about you (that you are willing to share)?* I was born in Batavia (now Jakarta) in 1941 at the beginning of the war. My parents were French, I went to Dutch primary and secondary school until I was 17 and came to Australia in June 1958. That was one lucky move. I spoke French, Dutch and Indonesian. Now I speak a bit of English! Most people can understand me, which is really good! Can you detect an accent?

## CHURCH IN FOUR DIMENSIONS

I'm always curious by what people see in church and what they miss. Many are used to looking at the church organisationally. From this angle we see denominations like Anglicans, Catholics and Pentecostals. If we look at it functionally, activities like worship, funerals, youth groups and bible studies often stand out.

I think it can be more helpful to see the church relationally. From this perspective, church is a community that help us grow stronger and healthier relationships in four dimensions.

First, is UP or our relationship with God. We cultivate this relationship when we pray, read the Bible, worship with others and are changed by God's Spirit.

Next is IN or relationships with others in our congregation or parish. We grow here by participating in groups together like working bees, jubilee groups or just hanging out over coffee.

We develop OUT relationships when we begin to participate intentionally with God's mission in the community around us. This might be with the Holistic Care Nursing Ministry or the community garden.

Finally, we develop WITH relationships as we develop partnerships with other groups who share the vision of seeing God's justice, peace and wholeness flourish in our neighbourhood.

A vibrant and energised church grows in all four relational dimensions. Opportunities for growth emerge when members honestly evaluate how they are doing in each dimension and talk about what they see or may not see. These gaps that are easily overlooked or missed often become seedbeds for future development.

I wonder as you look around Holy Covenant how you might score our relational depth? You can do this by drawing two intersecting lines (+) and scoring each relationship on an axis marked 1 to 10. The result will be a quadrilateral shape.

The value of making such shapes is twofold. It gives you the opportunity to share with someone about why you scored the church in this way. It also gives you the chance to listen as to why someone else scored it differently. Doing so, we get to see new things and to discover fresh opportunities for change together.

Parish Council is presently working through our shapes to find new ways we might grow together. We will be meeting to discuss our shapes on 7 March. If you'd like to know more or join in, why not share your shape with someone?

**Wayne Brighton**

## EASTER SERVICES

Sunday 14 April	<b>Palm Sunday</b>
Monday 15 April	<b>Holy Week</b> 6 pm Reflection with communion
Tuesday 16 April	<b>Holy Week</b> 6 pm Reflection with communion
Wednesday 17 April	<b>Holy Week</b> 12 noon Communion and lunch 6 pm Reflection with communion
Thursday 18 April	<b>Maundy Thursday</b> 6 pm Footwashing and communion
Friday 19 April	<b>Good Friday</b> 8 am Service of prayer and reflection 10 am Service of prayer and reflection
Sunday 21 April	<b>Easter Day</b> 6 am Lighting the new fire and renewal of Baptismal vows 8 am Traditional Easter service 10 am Family Easter service 11.15 am Easter Egg hunt

**Into the cave:  
sacrament, silence and story.**

**5.30pm Monday 8 July –3.30pm Friday 12 July 2019**

A warm nourishing winter retreat at the Abbey at Raymond Island. Residential: motel accommodation – all meals provided

Led by Susanna Pain. Details on the notice board.

## DIPLOMA IN LEADERSHIP AND MANAGEMENT

St Marks is offer a new online course for those interested in church leadership. The two-year part-time program is fully online and utilises video conferencing for face to face discussion. Its self-paced format is designed to fit alongside full time work or existing ministry commitments. In this way, it provides a formation program of theological study and reflection on local church experience, which was once only available to clergy candidates.

The course is open to anyone and there is a high emphasis on safe ministry, child protection and pastoral skills. The course also includes personal communication, team building, finance and marketing skills. The parish will support students by offering supported opportunities to lead.

The course commences on 18 March. St Mark's is offering a number of scholarships covering the majority of the fee (full fee \$3,900). For more details: <https://stmarks.edu.au/course/diploma-of-leadership-and-management/>

## A LENTEN JOURNEY THROUGH THE PSALMS – LED BY MEL CLARK

Commences Thursday this week. Start time 7.30 pm in the Rainbow Centre. All welcome!