

SPIRITUAL PATHWAYS

Wayne

Spirituality can be thought of as a pathway where we discover who we are, where we've been and where we are going. We all experience spirituality and find meaning in different ways. The Spiritual Care group has been learning about some of the ways people find joy and peace in life.

Relational – spirituality grows best when a person does things in small groups with others, simply being with a few friends or family makes all the difference.

Intellectual – for this person study and reflection about issues or wrestling with questions are important ways of making sense of the world and their place in it.

Serving – some experience meaning and satisfaction by helping someone else, often behind the scenes and making things happen.

Contemplative – this person enjoys spending time alone and encounters God through prayer, meditation and stillness.

Activist – these people are focussed and energetic, changing the world for God through running events and groups.

Creation – getting outdoors and into nature is the place where peace and contentment is found.

Worship – the greatest delight is being together through singing, hearing the Word and sharing in the sacraments.

Which pathways of drawing closer to God can you spot in our parish, or among your friends and family?

PRAYER POINTS

IN THE WORLD

⇒ We pray for Muslim community of Christchurch, for those who mourn the loss of loved ones. May this bring the Christchurch community together in their search for answers.

IN AUSTRALIA

⇒ We pray for all who supply our food and our daily needs, all who are involved in research with crops and cultivation.

IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of The Murray
- ⇒ Tumut; Adelong; Tarcutta
- ⇒ South-West Slopes Ministry District (the Parishes of Batlow and Tumbarumba)
- ⇒ Mannus Correctional Centre
- ⇒ Ministry to prisoners and prison officers; Kairos ministry

IN OUR PARISH AND COMMUNITY

- ⇒ We pray for the Parish Council meeting this Thursday.
- ⇒ We pray for all members of our parish family including Marilyn and Colin Tolano; Jenny Tomkins; Philip and Jane Trigge; Anthony, Susan, Elizabeth and Michael Troy.
- ⇒ We uphold those in special need of prayer including Dorothy Parsonage, Elizabeth Grant and anyone known to us personally.

COMMEMORATIONS:

Friday: Norman Kennett (d. 2005)

Saturday: Yvonne Greening (d. 2005)

 ★ **BIRTHDAYS THIS WEEK** ★
 ★ **Sunday:** Andrew Feitz ★
 ★ **Monday:** Libby Warren, Rhonda Thorpe, Des Pain ★
 ★ **Friday:** James Collier, Merri Bacon ★
 ★ *****

COLLECT FOR THIRD SUNDAY IN LENT

O God, the fountain of life,
to a humanity parched with thirst
you offer the living water that springs from the
Rock, our Saviour Jesus Christ:
stir up within your people the gift of your
Spirit,
that we may profess our faith with freshness
and announce with joy the wonder of your
love.

We ask this through our Lord Jesus Christ,
who lives and reigns with you in the unity of
the Holy Spirit, one God, for ever and
ever. **Amen.**

HYMNS 8 AM READINGS

25	Isaiah 55: 1-9
620 (603)	Psalms 63: 1-9
211 (i)	1 Corinthians 10: 1-13
232	Luke 13: 31-35

MINISTRY TEAM CONTACTS

Children's Worker

children@holycovenant.org.au

Youth Leader

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

Wardens

James Collier	6255 4255
Paul Shelley	6251 1568
Joh Sheehan	6251 7151

Resources

Phil Trigge
6257 7220; pjtrigge@hotmail.com

Prayer Vine

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

Belonging and Caring

Joh Sheehan
6251 7151; Johann@sheehan.id.au

Holistic Care and Covenant Care

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

DIRECTOR AND CHAPLAIN

HOLISTIC CARE NURSING MINISTRY

Venerable (EM) Anne Ranse OAM
0406 379 599; anne.ranse@gmail.com

HONORARY PRIESTS

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

Reverend Connie Gerrity
0429 423 725; connie@gerrity.id.au

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 24 MARCH 2019 THIRD SUNDAY IN LENT

LUKE 13: 31-35 JESUS WEPT

There was nothing Jesus could do to avoid entering Jerusalem knowing he was facing his death. It was a situation like knowing there was a massive storm approaching and you had nowhere to go except into the middle of it. I was watching some footage on TV of a twister ripping through houses and property in the US and there was no way you could have avoided it or its destruction.

Jesus looked at Jerusalem heartbroken. He cried 'Jerusalem Jerusalem' and wept. His heart was full of the destruction about to unfold and he wished he could gather up and shelter the people around him like a mother hen with her chickens.

Jesus was not terrified by the fact that Herod sought his life. By calling him a fox, Jesus spoke plainly that Herod was a man of insignificance and cunning.

The media this week has spoken

a lot about the destruction wrought in New Zealand by an evil person, a fox and like the Prime Minister of New Zealand I also do not give him any status by using his name. To date 50 people have lost their lives while they were worshipping their God. Many more were injured and the destruction of families and the trauma to first responders, chaplains and hospital staff will ripple out for decades.

I believe Jesus would have wept for the people of Christchurch as he wept for the people of Jerusalem. Yet evil was not triumphant then or now. The only winner in these situations is love. The love of our Lord Jesus Christ who has the power to heal and the power to love. To our Muslim brothers and sisters our hearts, our love and our prayers go out to you all.

Archdeacon Anne

TODAY IN THE PARISH

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

SUNDAY 31 MARCH 2019

8am	Holy Communion
10am	Holy Communion
Celebrant: The Venerable Dr Wayne Brighton	
Preacher: The Reverend Anne Dudzinski	
4.30pm	Twilight Conversations
4-7pm	Youth Group Wide Games Arvo

COMING EVENTS

Saturday 6 April 2019, 11am
 Consecration of the Reverend Dr Mark Short to be followed by a BYO picnic lunch on the Cathedral lawns

Tuesday 23 April 2019, 11.30am
 Community Lunch

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

RECTOR: The Venerable Dr Wayne Brighton, 0407 408 333, rector@holycovenant.org.au

OFFICE: 6251 6100, office@holycovenant.org.au

Pay day to Pay day

A man came in to St John's Care this week, the Centre had been suggested to him by a Centrelink worker. He had not attended the Centre before and did not know the assistance we could provide. A volunteer explained how SJC works and that we offer emergency relief and support.

Scott (not his real name), had just applied for Centrelink payments and explained that he had lost his job suddenly after he fell off the building site he was working on. He didn't get hurt other than spraining his foot. This in its self was amazing. Scott didn't want to apply for Centrelink as he was embarrassed that he had been unable to find work in the building industry. He felt that since Canberra is a small place that people might have judged him. When he had fallen, he was experiencing a mental health issue. Scott knew that he had to get help and explained the challenges he and his family had faced over the past two years.

Scott lives with his wife and four children. They were living off a very low income and was very proud that he had always financially supported his family. His wife can't work at present, as she is the carer of their youngest son as he has a significant disability. After talking, for some time, to our volunteers and myself, we helped with a plan for him to move forward. He collected some groceries and help with a Telstra bill, he said that he felt lighter, less stressed and was so happy for all the assistance, especially the opportunity to talk to someone and not feel judged.

We hand out food to help families and individuals cope with their day to day living on a very low income. Most of the clients live on the leanest of budgets with no savings to fall back on. It only takes a sick child who needs to go to the doctor and a script filled to blow the budget for a fortnight, so many of our client's live pay day to pay day.

Sarah has asked for donations of cloth bags to help replace our declining supply of plastic bags. Every client leaves SJC with bags and/or reused cardboard boxes, full of food. For the last year a small group has been donating homemade "Boomerang Bags" for clients to use. These bags have been very popular with our clients, who appreciate something made for them to use when shopping and to help reduce the use of plastic.

If you are handy with a sewing machine, then you might like to assist us by making some Boomerang Bags. Another way to assist is by donating material to reuse and also cotton (remembering the bags are made from reused materials or left over thread). Donations of material and thread can be left at SJC in a designated box. For people who would like to sew up bags, please contact Penny Lilley through the Centre, on 6248 7771, to get started.

Items required: Tinned Tomatoes, Tinned fruit, Large Tuna and Whole green, red or yellow dried lentils

Jason Haines, Programs Manager

ANGLICAN NEWS
 The March edition of Anglican News is now available on the Diocesan website, and a few copies are on the book case at the back of the church.

APRIL ROSTERS will be emailed this week – have you marked the unavailability sheet if you will be away?

At our next **Christians for an Ethical Society Forum** Gabrielle Chan will speak on "Rusted Off: Why is Country Australia Fed Up?" at 7.30pm on Tuesday 26 March 2019 at the Chapel, Australian Centre for Christianity and Culture, Blackall Street (corner of Kings Ave), Barton ACT. Gabrielle, a journalist for more than 30 years will examine why politics is changing in rural areas and how it may impact on the outcome of the next election. The forum will seek to encourage discussion from the floor. A \$5 donation would be appreciated.

More information can be found on our website ces.org.au

ON THE NOTICE BOARD

- ◇ Anglican Board of Missions is looking for a full time Supporter Engagement Coordinator on a two year contract.
- ◇ Lunchtime Conversation with Kharla Acosta, Wednesday 27 March, 12.30 pm at the ACCC.
- ◇ CIT Charity Film Night at CIT Bruce, *The Merger* on Thursday 28 March 2019

JUBILEE GROUPS

Following on from the success of the Jubilee Groups that formed in early 2018 to encourage new friendships to develop between our two morning congregations, we will be forming Friendship Groups during April of 8-12 people from across our three Sunday congregations (8am, 10am and 4.30pm). Our hope is that Friendship Groups will meet on a regular basis to participate in a shared social activity – which could be as simple as a shared meal each fortnight or could be as varied as a bushwalking group; a sporting team playing pennant bowls every week; or a heavy metal rock band ("Deafening Angels" perhaps?). If you would like to convene or co-ordinate a friendship group (which doesn't necessarily need to meet in your home) please contact James Collier jamesrcollier@optusnet.com.au or by phone 02 6255 4255 to register. If you'd like to be in a friendship group, we anticipate sign-up sheets being available during April.

Suicide Prevention Workshops Wesley LifeForce :

Tuesday 14 May: 12 noon – 4.30 pm
 Diplomat Boutique Hotel, 2 Hely Street, Griffith; and

Wednesday 15 May: 9am– 4pm
 Queanbeyan Kangaroo Rugby League Football Club – Richard Ave & Stuart Street, Crestwood NSW 2620

There is no charge to attend the workshop.

To register using this link:
<https://www.eventbrite.com.au/e/wesley-life-force-suicide-prevention-full-day-workshop-queanbeyan-nsw-tickets-58677251238>

The training is open to community members aged over 18 years.

WHY DO WE WORSHIP THE WAY WE DO?

Worship is like a doorway that opens us up to the reality of God's presence in our life and the world around us. It enables us to see our lives from a different angle. It encourages us to listen to our own emotions that we can often struggle to express. Through worship we get to see how grace changes everything.

Communities approach worship in different ways and often the pattern is shaped by the prevailing forms of media available. Much contemporary worship is shaped by television and provides a visual experience with up tempo music, slick graphics and short segments with always more to follow. More traditional worship tends to be calmer where words, melodies and ritual create an aural experience.

As Holy Covenant aims to be a place for everyone, we celebrate with different kinds of worship. We have a traditional by-the-book Anglican service at 8am and at noon on Wednesdays. Music is often sourced from the ecumenical hymn book, *Together in Song* (1999). If you listen carefully, the monastic cadences of Thomas Cranmer can still be heard!

At 10am we celebrate a contemporary Anglican service. This uses the Anglican framework while drawing in prayers written by a variety of worshipping communities from around the world. The emphasis here is less on God's authority and majesty and more on God's love, gracious presence and warm embrace. Musically, we draw on a range of more contemporary material from Australian, British and American sources. One setting used regularly was composed by David Quinlan when a doctoral student.

The 4.30pm Twilight Conversations steps out of this liturgical framework. At this service thinking aloud is allowed. It reflects the view that learning often happens through honest and open conversation. Doubt, worry and darkness are spaces where we need to see and hear God the most. Generally, the music is less than 10 years old, and everyone gets an instrument, even if it is only a shaker, while the kids get to dance. It's all about fun and hospitality.

I wonder what style of worship speaks to you most deeply and why?

EASTER SERVICES

Sunday 14 April	Palm Sunday
Monday 15 April	Holy Week 6pm Reflection with communion
Tuesday 16 April	Holy Week 6pm Reflection with communion
Wednesday 17 April	Holy Week 12 noon Communion and lunch 6pm Reflection with communion
Thursday 18 April	Maundy Thursday 6pm Footwashing and communion
Friday 19 April	Good Friday 8am Service of prayer and reflection 10am Service of prayer and reflection
Saturday 20 April	Easter Saturday 4pm Children's Easter service with Easter egg hunt
Sunday 21 April	Easter Day 6am Lighting the new fire and renewal of Baptismal vows 8am Traditional Easter service 10am Family Easter service

EASTER SERVICE PLANNING – Tuesday 26 March at 7.30pm in the Rainbow Centre to consider what liturgy we might use and any decorations for the sanctuary during this time. All welcome.

COMMUNITY LUNCH – TUESDAY 23 APRIL 2019,
 11.30am start
 Come and hear Beth Heyde talk about her recent sea voyage between England and Australia, through the Panama Canal.

CHILDREN'S WORKER

(12 hrs fortnight – \$29 per hour)

Our ministry team has a vacancy. We are looking for a leader to coordinate and develop the children's program at the 10am service during school term time for 2019. The successful applicant will play an active role in supporting the faith development of young people and engaging with their families.

Contact the Rector, The Ven Dr Wayne Brighton 0407 408 333. Applications will close 19 April 2019.



Heather and Paul Shelley are now managing our Entertainment Book fund-raising activity after many years of sterling service by Hilary Harris.

Digital memberships are now available; books can be ordered and will be available soon. Pre-order now for bonus offers!

Enquiries to Heather and Paul
epshms@grapevine.com.au or 0419 255 002.

WELL DONE Ellie Wedgwood and Darcy Brighton for supporting the Leukaemia Foundation by participating in the World's Greatest Shave. Thank you Holy Covenant for donating \$150 last Sunday to support them.
