



SPIRITUAL LISTENING

In the spiritual care course this week, we explored how to listen more attentively to the spiritual dimension of our stories. The capacity to express experience through language in the form of a story helps us and others to understand what we're going through in life.

Our stories are spiritual because they reveal something of who we are, where we've been, where we are going in life and why.

Listening to this spiritual dimension requires careful attention because it often lies under the surface – as the story behind the story. There are four aspects to any story.

First, is the data. These are the words which inform us of the facts such as who, what and when.

Second, are our thoughts about the story. These are our assumptions, interpretations or conclusions we draw about the people and events in the story.

Third, are our emotions which underlie the story. These are our feelings and sensations which can often go unacknowledged or lie beneath the surface.

Finally, there are our wants, needs or desires. These are the hardest to hear because the storyteller may find these things the hardest to express.

Whenever I saw my grandmother in a nursing home she would always tell me about how she wanted to be buried with my grandfather. I always heard this story as one about the facts concerning the burial plot's location.

I now realise that she was trying to tell me so much more than that. I wonder if she was trying to tell me her worries that the family would abide by her wishes? Was she telling me how tired she had become of life now she was in her mid 90s? Was she also telling me of how she wanted to be held by her long-lost love?

Our stories always have a spiritual dimension. I wonder when you hear a story next time, what things might you hear?

PRAYER POINTS

IN THE WORLD

⇒ We pray for the UK and its people in this time of uncertainty.

IN AUSTRALIA

⇒ We pray for refugees on Manus and Nauru. May the Palm Sunday rallies give them hope.

IN THE DIOCESAN CYCLE OF PRAYER

⇒ Diocese of Brisbane.

⇒ Braidwood; Bungendore; Mulwaree Ministry District: Cartwright Mission District; Crookwell; Binda; and Taralga.

⇒ Small country churches and their ministry; co-operating parishes; Diocesan Centre for Lay Ministry & Mission.

IN OUR PARISH AND COMMUNITY

⇒ We pray for all preparing services for Easter.

⇒ We pray for Peyton Elliott and her family, as she is Baptised today.

⇒ We pray for the Lenten Study on Thursday night.

⇒ We pray for all members of our parish family including Audrey and Stuart Wells; Janet Williams; Tony Willis, and Lexie Winders.

⇒ We uphold those in special need of prayer including Dorothy Parsonage, Elizabeth Grant, John Sullivan, Joh Sheehan, Huey and Eddie and anyone known to us personally.

COMMEMORATIONS:

Saturday: Ross McGregor Mitchell (d. 2018)

COLLECT FOR FIFTH SUNDAY IN LENT

Christ,
whose feet were caressed
with perfume and a woman's hair,
you humbly took a basin and towel
and washed the feet of your friends:
wash us also in your tenderness,
that, embracing your service freely,
we may accept no other bondage
in your name. **Amen.**

READINGS

Isaiah 43: 16-21

Psalm 126

Philippians 3: 3-14

John 12: 1-8

Luke 15: 11-32

MINISTRY TEAM CONTACTS

Children's Worker

children@holycovenant.org.au

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HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 7 APRIL 2019 FIFTH SUNDAY IN LENT

DEEPER AND DEEPER INTO MYSTERY

We are moving deeper and deeper into the heart and mystery of Lent. Lent, that ritual time to listen and attend to the dislocating and disorienting pressures on our lives: the sorrows, griefs, guilt, anxieties, confusion, fears, weight of unconfessed sins and changing circumstances. These pressures can affect us spiritually, mentally, emotionally and physically. They push us out of safe havens, our comfort zones, from where we have looked back and been glad of how we understand God and what God has done in Scripture, in history, in our lives. These pressures stop us from settling down, comfortable, smug and complacent. They push us forward, for our journey of faith is not yet completed. If we allow our disorientation to open us up again to real, indeed truthfully honest dialogue with God through prayer, we find, in ways that we can't really explain, that we are being transformed again by God; we are being made anew, given a new orientation. And for this we give God thanks

and praise whilst filled with awe, delight and wonder.

This movement from comfort zones through disorientation to renewal is repeated periodically throughout our Christian journey. Though never comfortable, it leads us deeper and deeper into the love of Jesus and allows us to love God and our neighbours in more creative, richer ways. Isaiah reminds us not to be always looking back at what God has done, but to be awake to new things being done for us by God. Psalm 126 begs God to restore us "so that those who sow in tears may reap with shouts of joy." And in John 12 we see the miraculously renewed Lazarus celebrate with Jesus, his family and friends, a meal, at table.

To know this transforming renewal we must experience disorientation and search for our true confession and engage in honest conversation with our Lord and Saviour. If you haven't yet embarked on your Lenten journey, it's not too late to start.

Meryl Clark

TODAY IN THE PARISH

8am Holy Communion

10am Holy Communion

Celebrant: The Venerable Dr Wayne Brighton

Preacher: The Venerable Dr Wayne Brighton

3.30pm Rainbow Fellowship

5pm Twilight Conversations

SUNDAY 14 APRIL

Palm Sunday

8am Holy Communion

10am Holy Communion

Celebrant: The Venerable Dr Wayne Brighton

Preacher: The Venerable Dr Wayne Brighton

5pm Twilight Conversations

PALM SUNDAY RALLY

1pm Enough is Enough: All off Manus and Nauru
Garema Place, Civic

COMING EVENTS

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



LEAVE YOUR JUDGMENT AT HOME

The following story is a good reminder not to judge a book by its cover. At St John's Care we have a saying, "Leave your judgement at home".

Last week a lady came in to the Centre driving in a new luxury car. One of the volunteers who was looking out the window saw the person drive up and thought the lady was here to donate some goods or money to support those in need.

To her surprise, the lady came in with her children and asked for help with food and clothing. The volunteer was confused. This was a good reminder to us all that we don't know what is happening in the lives of the people who come to SJC.

Lorraine – not her real name – was escaping domestic violence. She had left the family home with two children to escape domestic violence. She was staying in a hostel and was awaiting suitable accommodation.

Unfortunately, their current accommodation is some distance away from where they used to live. The children are traumatised because they want to stay close to their friends and the school they attend. One of her teenage sons particularly is not coping with their current circumstances.

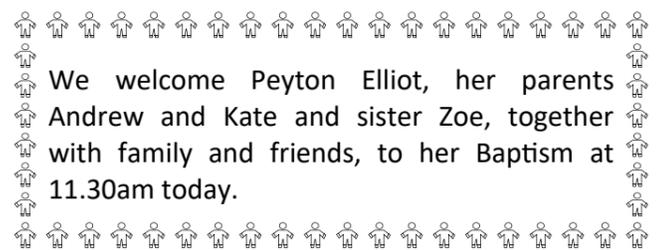
Lorraine wants to make sure that her children have some sort of normality. Therefore she is travelling long distances to take her children to school. This is costing a lot in petrol. Its money Lorraine doesn't have as she has to pay for hostel accommodation which is not cheap.

She is living off the money she makes by working two days a week until she gets her Centrelink payments.

SJC was able to provide food, Myway cards for them to travel to and from school and other items to assist the family. We also offered them a supportive experience, but we could not meet all the needs of this complex situation. We made some referrals and suggested that Lorraine come and see our Community Worker.

Items required: Pasta meals, biscuits, 1 Kg Flour, cooking oils 500ml & 750ml and washing up liquid

Jason Haines, Programs Manager

 We welcome Peyton Elliot, her parents Andrew and Kate and sister Zoe, together with family and friends, to her Baptism at 11.30am today.

SHOVEL: Check this out <https://holycovenant.org.au/shovel.php> also, when you get a moment, have a look in the back of the RC: it looks like a real garden now!

FIRST AID TRAINING AT HOLY COVENANT

You are invited to attend a first aid training course on Saturday 25 May from 9.30 am to 4.30 pm. There will be no charge to you to attend this training, HCNM will be covering the cost.

If you would like to attend you must be able to do **ALL** of the following:

1. Tell us your USI (student number, if you don't have one we will tell you how to get it online, free of charge.)
2. Complete initial first aid online theory training (on your own computer) by 12 noon on Monday 6 May. This training will take between 1-3 hours to complete, depending on how much first aid training you have previously done.
3. Attend the FULL day of training (9.30 to 4.30 on Saturday 25 May at Holy Covenant) and be able to get up and down from the floor carrying out first aid practice.

At the successful completion of the training all participants will receive an HLTAID003 Provide First Aid certificate.

As long as you are able to do **all three steps above** you are eligible to put your name down for the training. There are a small number of spaces available as we can only have limited people in the HC space applying bandages and practising CPR etc.

Please email nurse@holycovenant.org.au as soon as possible if you would like to have a place on the training. Once your place is confirmed I will send through a follow-up email explaining how you can get your student number online and how to complete the online training.

If you have any questions please feel free to email them through to me or to speak to me in the HCNM office on Monday, Wednesday or Friday afternoons.

Leonie Bury, Care Administrator

FRIENDSHIP 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.

HOW DO I GROW SPIRITUALLY?

Of all the questions I get asked, one of the least asked is one of the most important – how do I grow spiritually?

Christians may not ask this question because of two assumptions. First, we only need to go to church enough before we'll understand everything – sooner or later. While worship is really important, faith grows deep when it finds a home in the other six days of our life.

Second, faith can seem like a light switch. It's either on or off because we either believe or we don't. The reality is that doubt or experiences that cause our understanding of God to unravel may not be signs of failing faith but rather an invitation to grow.

Faith grows when we hear God and know how to respond appropriately. This is not as easy as it sounds. We can be good at hearing God but not know what to do about it. Other times we can drift through life but never stop long enough to hear what God is saying through all the noise.

People grow spiritually when six things happen together:

- observe
- reflect
- discuss
- plan
- account
- act.

Put another way, our faith grows when we notice and explore what God is saying in the midst of our lived experiences. Our faith deepens when we start to do something about it. Opportunities for change emerge. How we respond makes all the difference.

Holy Covenant is a place for everyone because God speaks to all of us. We grow spiritually when we hang out with others who are also learning to listen and act responsibly. So when was the last time you grew spiritually?

Wayne

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 12noon 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 and 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

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.

EASTER EGG DONATIONS

All donations of small, solid Easter Eggs for the Children's service gratefully received. Please give to Katherine Rainger or leave in the office. Thank you!

CELEBRATING A FAIR TRADE EASTER

When buying chocolate eggs this year keep an eye out for the Fair Trade and UTZ symbols. Chocolate products that contain these symbols mean that the farmers who have produced the cocoa have been paid a fair wage and no child labour has been used. ALDI sells these products. See <http://www.fairtrade.com.au/Fairtrade-Products/Chocolate-cocoa> for more information and a list of brands who use Fair Trade chocolate.

Do you have spare clothes, linen? Yarrabah is an Aboriginal community just south of Cairns. We are sending items to their newly opened op-shop. Postage is expensive, so light-weight, good quality please.
[Merilyn Clark mdclark@grapevine.net.au](mailto:MerilynClark@grapevine.net.au)

Crafty Crew will not meet Monday 15 April but will meet twice in May on 6th and 20th.

Also Book Club will not meet 18th but on 11th April.

COMMUNITY LUNCH – COME AND BRING A FRIEND!



**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.

Enjoy chatting, sandwiches and slice with tea and coffee, \$5 cost.

Sign up on the board at the back. Volunteers also needed to help on the day and donate slices please.