

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 5 APRIL 2020

SIXTH SUNDAY IN LENT—PASSION SUNDAY

TODAY IN THE PARISH

On 17 March, the Diocese requested that we cease meeting for public worship. This step was taken in recognition that our congregations contain many people who are vulnerable to the coronavirus. We will continue to worship online via ZOOM video conferencing. To join us, use the link below.

<https://us04web.zoom.us/j/8820962366>

Meeting ID: 882 096 2366

For Kid's church the meeting room is:

<https://us04web.zoom.us/j/417454216>

PASSION SUNDAY

8am Holy Communion

9.30am Kid's Church

10am Holy Communion

Celebrant and preacher:

The Venerable Dr Wayne Brighton

5pm Twilight Conversations

Entering Jerusalem

The Venerable Dr Wayne Brighton

EASTER SERVICES

Thursday 9 April **Maudy Thursday**

6pm

Friday 10 April **Good Friday**

8am and 10am

Sunday 12 April **Easter Day**

8am and 10am

9.30am Kid's Church

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

HOLY WEEK BEGINS

The reversal of order, status and privilege is a constant theme of Scripture. It is counter intuitive and the message of a crucified God appears foolish to the "wise" of the world. The God of our Scriptures privileges the poor, the lowly and the humble. Today's readings remind us of the graciousness and steadfast love of God (Ps 118). They also bring to the fore the "stone which the builders rejected has become the chief cornerstone".

The Gospels provide differing accounts of Jesus' life, teaching, miracles and his kingdom building work. Matthew in today's reading crafts his account to show how Jesus is fulfilling promises made. The long awaited Messiah has arrived to provide salvation to the world and to create the true universal church.

As we enter Holy Week the story of Palm Sunday opens with shouting, the waving of palms and Jesus' triumphal entry into Jerusalem. As we know it ends with darkness, death, destruction and despair. This is followed by the elation of history's most significant event: the resurrection of Jesus.

On Palm Sunday we celebrate the kingly entry of Jesus into Jerusalem. He is fulfilling Zechariah's prophecy of the king coming humbly on a beast of burden. Victory and humility are ironically mixed. The crowds shout in jubilation and celebrate the entry of their king, the son of David. But soon they cry for Jesus's life—"Crucify him!" They move quickly from cheer to jeer.

The ability of crowds to change has

been seen in our communities recently. We have witnessed generosity, courage, sacrifice, magnanimity during the fires November to January. We have also witnessed self interested hoarding and displays of fear, anger and hostility in our supermarkets as shelves emptied. So we move in Holy week from Jesus' entry into Jerusalem to the anguish of Gethsemane and Golgotha. But we also move to the resurrection which brings hope, new life and rebirthing.

For me I reflect on how the adulation of the world may be ephemeral, tentative, and fickle. Leaders of nations today, particularly at times of a world pandemic, are expected to be strong and powerful. They admire and celebrate wealth and privilege. The Gospel writers turn this on its head. The crowds shout "Hosanna" or "Save us". They saw Jesus as the warrior king, saving them from the harsh and cruel oppression which was the reality of Roman rule. Yet it is Henry Milman's 1827 hymn that captures the essence of the message: *in lowly pomp ride on to die*. God's glory is different: it is infused with humility.

We can't meet together in church to reflect on Holy Week. We can however prayerfully and personally reflect on the mystery and profoundly revolutionary nature of God's saving work for the world. Let us contemplate this mystery and its life giving, life enhancing and life empowering nature. The wonderful gift of God is worthy of celebration with palms and with our lives.

Clive Rodger

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

WEBSITE: <https://www.holycovenant.org.au>

HOLY COVENANT DIGITAL

We are exploring alternate options to continue meeting together for worship, prayer and encouragement.

Parish Contact information

To help us stay in touch, please make sure the office has your current contact details like phone numbers and email addresses.

Weekly Bulletin

Publication will be in pdf and emailed to all parish members with only a small print run made available on Friday (10 copies). Format revisions are being considered and we are hoping to include additional material from a variety of contributors. Possible contributions include reflections, spiritual practices and information about managing our emotional wellbeing during stressful times.

Church Building

It was hoped that the building could remain open for personal prayer and limited social connection. Government advice is that buildings should remain closed. Buildings can be used to live-stream or record services provided they are behind closed doors with social distancing protocols observed.

Children and Young adults

Kid's church is now on Sunday at 9:30am at <https://us04web.zoom.us/j/417454216>

Youth Group will be continuing to meet for 'Fruitful Fridays' each fortnight (resuming 3 April) via Zoom! For more information, including the Zoom link and password, people can contact youth@holycovenant.org.au.

Small Groups

Small groups are no longer able to meet in person, either at church or in residential properties. Groups wishing to meet may utilise a ZOOM meeting room. To organise a meeting for your group, please contact Wayne.

Pastoral Needs

We are looking at ways to develop our pastoral capacity. A survey has been developed <https://forms.gle/VrjMnVTBZZqmBGYZA> to help with planning how we might manage the response and recovery phases of this emergency. One way is with the creation of phone chains which allow participants to take turns calling members each day to check in on their health and wellbeing

Pastoral Offices

Weddings and funerals can continue to be held at Holy Covenant, provided that the prescribe



Photo: Marg and John Christensen

numbers and social distancing requirements are adhered to. For weddings this is the celebrant plus the couple and two witnesses. For funerals this is the celebrant plus 9 family members. *Baptisms, home communions and visits* by clergy are similarly suspended due to the risk posed to the person and the clergy alike, except in cases of emergency. However, pastoral visits can still be undertaken by phone or video connection.

Alternative Worship arrangements

We will meet online for worship on Sundays via ZOOM at 8am, 10am and 5pm. Participants may join the meeting by using the link: <https://us04web.zoom.us/j/8820962366> or on opening the app using the Meeting ID: [882 096 2366](https://us04web.zoom.us/j/8820962366).

Morning services will be pared down to to approximately 45 minutes. Those rostered for readings and intercessions are encouraged to participate by reading from home. Holy Communion by extension will be used and members are encouraged to have a little bread, wine or juice handy.

Participants are reminded to mute their microphones and can turn off their video camera if they wish.

Music

The limit of 2 people in the worship space means that it is not possible for musicians to be present in the sanctuary when the service is televised. We are exploring options for using pre-recorded music and whether our present licences allow for the use of copyrighted material in this manner.

Responses

We love responsive prayer. However it is difficult to do with open microphones due to the lag that happens. If one person wishes to volunteer at the beginning of the service to read the responses that would greatly assist others to join in.



CALM IN A WORLD OF PANIC

With the ever-increasing numbers of COVID-19, everyone is starting to panic and worry about the effects on themselves and their families. This in turn is causing a high state of anxiety in a lot of people. As I had to work from home last week, I had

my work mobile with me so clients could contact me and vice versa.

Susan (not her real name) a client of mine, phoned me in a very distressed state last week, she couldn't catch her breath and was crying. When I managed to calm her down, she explained that she was having continuous panic attacks as she thought she was going to die.

Susan lives on her own and hasn't been out for a week since the pandemic was declared and has had her food delivered by a kind neighbour. She is 73 years old and immediately thought that she would contract the virus because of her age.

I explained to Susan that as I wasn't a Doctor, I couldn't answer her medical questions but the fact that she hadn't been out and was self-isolating was definitely in her favour. We then went on to talk about ways to remain calm and grounding strategies.

I reminded Susan about the breathing techniques we had used a couple of months ago when she was feeling highly anxious and how taking deep breaths from her diaphragm encourages full oxygen exchange, slows the heartbeat and may lower blood pressure, creating calm.

Susan said that the deep breathing helped but did I know anything to make her focus more as she felt that her mind was all over the place. To help with grounding I asked Susan to acknowledge 5 things that she could see, 4 things she could touch, 3 things she could hear, 2 things she could smell and 1 thing she could taste.

By combining the two techniques, Susan said that she felt much better and would continue to practise them in times of anxiety and panic.

All of us can practise the above techniques to help create a calm space moving forward in tumultuous times.

Kind regards,

Steph Stephens

Community Worker SJC

EASTER CELEBRATION

Don't forget to upload your video for our Easter celebration this week!

For the Kids - they might either:

- read the Gospel lesson - From Matthew 27.57 until Matthew 28.20. It doesn't matter which version you wish to use. Just read through, using as much expression as possible. OR
- tell as much or as little of the story in their own words.

FOR EVERYONE (including kids too)

Answer 3 simple questions:

- Easter is important because.....
- What I like most about Easter is.....
- It would be really cool, if this Easter.....

Then simply click to [upload your video](#) to our Google Drive. It's that easy!

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Sunday 5 April **Palm Sunday**

Thursday 9 April **Maundy Thursday**

6pm service

Friday 10 April **Good Friday**

8am and 10am services

Sunday 12 April **Easter Day**

8am and 10am services

9.30am Kid's Church

CHANGING LIFE

A reflection from 'Come walk with me'

Do not be far from me, for trouble is near and there is no one to help. Psalm 22:11

Difficulty and hardship is among us. We have been shut off from our worship places and gatherings. Life is different but we are not shut out from God. There is no need to shout at him across the spaces between you and the church. He is not locked inside the church building but is nearer than you think and he knows your thoughts. May our isolated homes become our house of prayer and may we unite in timely prayers, separated yet one. Oh, and don't forget or overlook the little bird sounds coming from the hedge for God will be found in all places and in all ways.

May the Lord himself, give you peace at all times in all ways.

Anne, servant of the Lord.

<https://comewalkwithme-reflections.blogspot.com>



The light has come into the world and darkness will not overcome it.

HOLY COVENANT IS OPEN

They say a week in politics is a long time. It's even longer when trying to keep up with all the advice and changes required by the emergency of COVID-19.

Most emergencies like the devastating bushfires that swept through coastal and mountain forests during January have four phases – preparedness, response, recovery and reconstruction. Holy Covenant will be open through them all.

Preparedness is that phase that happens at the beginning of every fire season. People are reminded about the need to have a fire plan and to clear leaves away.

Response is what happens when the emergency is on your doorstep. Firefighters, police and ambulance are frantically trying to save lives and property as evacuations are declared and containment lines established.

Recovery follows shortly after as evacuation centres are established and evacuees are sheltered, fed and kept informed. Chaplains come in as shock gives way to confusion, anger and despair.

Reconstruction gets underway when assessors move in and blocks are cleared. People start making decisions about whether they want to rebuild or relocate elsewhere. They start to work through their emotional reactions, particularly fear, guilt and grief.

Living with this emergency will be similar yet different. Preparedness is happening rapidly as aged care facilities and hospitals getting ready. Walk-in clinics and government welfare support packages are part of this phase.

Preparation also saw the Diocese request suddenly that we cease worship and small group meetings. All of this is our part in limit the spread of this infectious virus among our members.

As a parish, our preparations will allow us to stay open even though our doors are closed. We have started to used video conferencing for worship – a new experience for all!

New plans for Holy Week are well underway for figure

out how we might share a time of reflection when we can't use the church building together. We're learning how to pull together music, video, photography and text for reflective stations you can do at home.

Team meetings by video are happening. Some of our small groups have made the transition and other ideas are bubbling away. We're all learning about video and microphone settings. Learning to put our hands up like we did in school is an old experience.

Our new website was launched this week. Dougal Mordike and Ian Matters did a wonderful job preparing a site that looks contemporary and accessible. Zoe Rose proved an invaluable adviser. We've tried to make it easy to find things like sermons and the weekly bulletin.

Phone trees are being set up to help members stay in touch on a daily or weekly basis. For those who can't get out much, a phone call from a friend can make a big difference.

Of course, the inability to meet will have a significant impact on the parish's finances. Approximately 1/3 of our income comes through the weekly offertory so if we can't meet, a financial shortfall may emerge creating challenges of its own.

For 2020, the major challenge was to grow by finding new ways to connect with our neighbours. Little did I imagine that the challenge would come so quickly. Nevertheless, opportunities are emerging to connect with our neighbours, many of whom may find staying home isolating, boring, and depressing. Groups that share goods and offer connections are springing up everywhere and we can and should be involved.

As the response, recovery and reconstruction phases get underway, many in our community may find themselves thinking more about their priorities and perspectives. Some may wonder about God's presence or responsibility for this mess.

Holy Covenant will stay open through it all. We will discover new ways of being church and be better for it, after all God has put us in the neighbourhood to be a blessing to all. So while the doors of our building may be shut our community remains open to pray, support and encourage everyone.

Wayne Brighton

FROM OUR ACTING TREASURER

Dear friends

I trust you are keeping well, physically and mentally, during these difficult times. Holy Covenant will continue to be "a place for everyone" so please let us know if you need someone to talk to or if you require some other support

I am writing to you in relation to our parish finances.

There will be some savings in expenses as a result of the suspension of parish activities, however much of our expenditure will continue at the current level as we have many fixed costs.

Our income, on the other hand, will be substantially reduced, largely as a consequence of there being no Sunday service collections and all hirings of our facilities have ceased. These two items constitute 30% of our income.

We are grateful to those who exercise their financial stewardship through regular direct credits to the parish's bank accounts.

If you routinely contribute via the offertory envelope system or direct cash in the plate, we encourage you to consider setting up a regular direct credit to help us meet our financial obligations, or making a weekly bank transfer of your offerings.

The parish bank account is with the Commonwealth Bank at the Jamison Centre. The BSB is 062-907 and account number is 0080 2588.

Please contact me if you have any questions about this process.

Blessings.

Paul Shelley

Warden and Acting Treasurer

DIOCESAN RESOURCES

Bishop Mark is planning to do a series of weekly reflections. The link is <https://www.youtube.com/watch?v=ORvmpFoOAY4>.

Other resources are available on the Diocesan website through the 'Keep Connected at a Distance' page <https://anglicancg.org.au/keep-connected/>

TIPS FOR USE OF ZOOM

Managing a meeting

(NOTE: all of the following control options are found on the Zoom meeting window once a meeting is underway. These control options will disappear after a minute of inactivity, so you may need to move your cursor over the video window for them to reappear.)

Change view settings: - There are three view options: Gallery, Speaker, and Minimize.

- To change between Gallery and Speaker views, move the cursor over the upper right corner of the meeting window. (The view option named there is the opposite of the view option showing on the meeting screen - the view you could change to if you click on it.) - "Gallery view" will make all participant tiles equal sizes (seen below).



"Speaker view" will minimize all tiles except that of the person currently speaking (see below).



ROSTERS AND CLEANING

Going digital means that while some of the work has changed, other jobs remain.

Sunday worship will involve fewer roles for the time being. Sides people and morning tea volunteers may stay home. Similarly, those who help with the cup in the sanctuary may need to wait before they can help in this way once more. Those that help with Friday printing of bulletins and tracking sheets will have more time off.

Cleaning is a job that never goes away. Cleaning the worship space will still be necessary but hopefully not too long as usage is down.

Thanks to all who continue to help in these ways!



DONATIONS

St John's Care is always grateful for donations.

If you're able to assist...

♥ Our website

Donate button

<https://www.stjohnscare.org.au>

♥ Our Facebook page

St John's Care

♥ Direct Debit

Name: St John's Care

BSB: 702 389

AC No: 052 094 90

♥ Credit Card by phone

Please call the office on 6248 7771

♥ Cheque

Please send to

GPO Box 219 Canberra 2601 ACT

♥ Gift Cards

Supermarket gift cards of \$20 & \$50

Donations of non-perishable food and vegetables can be made between 9.30am — 2pm Mon-Fri directly to St John's Care.

We are extremely thankful for your support.



Be Nourished & Sustained through Daily Prayer

1. **Download** the *epRAY DAILY* app FREE from your app store



2. **Log in** to the app with your **Four-digit parish access code**
Set your default bible, and you're ready to go!!

Your Parish Access code is

5313

- Scripture available in NIV and NRSV
- Uses An Australian Lectionary
- Simple Design
- Use Everyday

AN IMPACT OF THE HEALTH EMERGENCY

Holy Covenant generously supports a range of ministries and support services locally, nationally and globally. One of the ministries we support provides assistance to families with children who have disabilities. Embracing Ministries have written to us about how COVID-19 is affecting their work.



Embracing Ministries
3 Amaroo Street
Reid ACT 2612

Ven. Dr Wayne Brighton
PO Box 98
Jamison Centre ACT 2614

27th March 2020

Dear Ven. Dr Wayne Brighton,

I am writing to thank you for the great kindness you have shown Embracing Ministries. Our work at Embracing Ministries owes its success to the support we receive from the communities of Churches and Schools that partner with us. Such support has enabled us to support and create inclusive spaces for children and youth with a disability and their families.

Because of generous financial donations made to Embracing Ministries we have been able to run several successful programs including our continued Sibling Program and newly started Music Engagement Program. Such programs have extended our connections with the surrounding communities and provide support and fun to these individuals and their families. Nevertheless, donations are not only financial, without the generous donation of time by volunteers and mentors we would not be able to facilitate any of our programs.

We have greatly appreciated your prayers and ask for continued prayer during this time. The families we support being highly vulnerable to not only illness, but to social isolation and limited support services. As you may be aware Embracing Ministries has had to shut down as a result of COVID-19. Due to safety concerns and protection of the vulnerable within our community we have had to suspend all programs. This includes the Friday and Saturday Minnows groups, Minnows Bend and Stretch, the Sibling Program and the Music Engagement Program. However, we will continue to support our community in the capacity that we can. For instance, we are creating Easter resource packs for children in place of our annual Little Treasures Christian holiday program to ensure the love of God and fun is presented in all of our children's lives at this time.

We once again thank you for your continued support and we pray that you and your families remain safe. We look forward to reconnecting with you all once this troubling time is over.

Many thanks,

The Embracing Ministries Team

HCNM UPDATE

The HCNM staff are still on deck and learning how to do things remotely. Lyn, Jennifer and Anne call our Covenant Care and community clients and isolated volunteers without internet on a weekly basis. Jennifer has also done some client shopping, delivered casseroles and collected bags of clutter, all from a safe distance.

I am emailing our volunteers on a weekly basis and we are preparing our autumn newsletter. We will also be looking at sending cards to our clients as getting something in the mail often brings some joy.

I have asked our volunteers to provide me with any jokes, memes and videos that will give people a laugh. This week, I will be asking them to send in stories about life in isolation, photos, recipes, decluttering efforts and the like that can be shared with everyone.

I have also been thinking about how we can help others such as small businesses and charities. We

have recently had the windows cleaned and next week the garden will get its autumn haircut. Other possibilities might be home delivery from a local restaurant and donations to charities that help humans and animals. Also, contributing to parish funds through direct debit is very helpful.

Wayne is hoping to re-purpose the Parish Bulletin as a communications tool, so perhaps some of the above might translate well across the parish and help keep our spirits up. If you think that's a good idea, you could let him know and provide some input too!

Finally, if you are able to make a casserole at any time and put it in the Parish freezer, that would be great. If you need it collected, please call me and I can pop around to your doorstep and collect it.

If HCNM can help people at any time, please use the bulletin contact details and let us know.

Rhonda Thorpe
Program Manager

CONTACT SURVEY

Thanks to all those who have responded already.

For those who haven't, the Belonging and Caring team would be grateful if you could complete the survey below about how you can best stay connected with your Holy Covenant family.

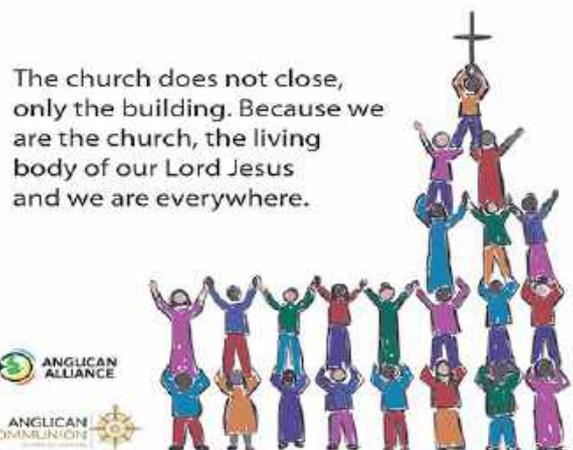
If you haven't been emailed a survey, please contact office@holycovenant.org.au, and you will be passed details or start the survey by clicking <https://forms.gle/VrjMnVTBZZqmBGYZA>

Otherwise, can you please complete the survey by Monday 6 April.

With thanks from the Belonging and Caring team

ROADIES WANTED

Holy Covenant now has a Digital team to help with filming and editing worship on Sundays. No experience necessary. At present it involves moving cameras, sound recording and a little post production. If you are interested, please contact Wayne for more information.



HOLISTIC CARE NURSING MINISTRY



HCNM remains open even if the programs and visits are suspended. Lyn, Jennifer and Rhonda are continuing to help clients. Jennifer is working Mondays in the office. Rhonda will be there on Thursdays. If

you need to talk with the team, please phone or email them. The casserole bank is fully loaded and ready to go. HCNM is helping people with shopping, picking up scripts and distributing frozen meals. If you'd like to help out, contact Rhonda on 0487 945 615.

