

# HOLY COVENANT ANGLICAN CHURCH

a place for everyone



## SUNDAY 19 APRIL 2020 SECOND SUNDAY OF EASTER

### CORONA STAY-IN: 4 SUNDAYS

in recognition that our congregations contain many people who are vulnerable to the coronavirus, at the Diocese's request, we have ceased physically meeting for public worship. We will continue to worship online via ZOOM video conferencing. To join us, use the link below.  
<https://zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRiSFVIRll0Zz09>

Meeting ID: 882 096 2366

Password: 033643

For Kid's church the meeting room is:  
<https://us04web.zoom.us/j/417454216>

### SUNDAY 19 APRIL

8am Holy Communion

10am Holy Communion

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

Twilight Conversation - in recess for school holidays

### SUNDAY 26 APRIL

8am Holy Communion

10am Holy Communion

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

Twilight Conversation - in recess for school holidays

### 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

### HOPE CONQUERS FEAR

Today puts us immediately after the Resurrection but before Pentecost. It is an in-between moment. It was a time 2,000 years ago when the disciples had either seen or have been told of the resurrected Jesus but still remained behind closed doors; joyful yet fearful. Yet Jesus (again) changed everything. He appeared to them and said, 'As the Father sent me, so I send you'. But Jesus did not just direct his disciples, he gave them a gift to equip them in what they were asked to do; Jesus said, 'Receive the Holy Spirit!'

Jesus' simple but powerful message is the same for us today. Go out into the world to change the world. We need to bring the Kingdom of Heaven, right here, right now. But just like the disciples, we do not do this alone, we have the Spirit to both guide and to empower us.

So what does this message mean for us today facing the lockdown of COVID-19? Well, for a start, it means (and with God's help) overcoming our own fears and the fears of others. For it is fear that immobilises us (as it did the disciples before the resurrected Jesus came to them) and that

stops us from doing what God asks us to do.

Hope conquers fear. Who would have thought just a handful of fearful followers in a small room in Jerusalem hiding away could end up changing the world, but they did. Their first step was to overcome their own fears and to hope that the impossible can become the possible.

Hope is about believing that a better world is possible and about having the spiritual energy to be part of this transformation. This change begins with us (and our own fears) but must, if it is to bring about the Kingdom of Heaven, include others, our community and, with hope, the entire world.

There is no question COVID-19 and the 'Great Lockdown' is a catastrophe. But with God's help there is hope. With this hope, and together, we can ignite the change that is desperately needed to bring about a more just world and with greater respect for creation. This a journey worth taking with hope and together.

*Quentin Grafton*

**RECTOR:** The Venerable Dr Wayne Brighton, 0407 408 333, [rector@holycovenant.org.au](mailto:rector@holycovenant.org.au)

**OFFICE:** 6251 6100, [office@holycovenant.org.au](mailto: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](mailto:youth@holycovenant.org.au).

## Small Groups

Small groups are an important way of staying connected with others even when we can't meet in person. Some groups that have made the transition include:

- a grow group for those wanting a richer experience of discipleship and to discover more about helping others grow in faith meets fortnightly on Tuesday nights.
- a meditation group meets weekly over ZOOM on Wednesday nights.
- EfM group which meets on Thursday nights.

## Pastoral Offices

*Weddings and funerals* can continue to be held at Holy Covenant, provided that the prescribe numbers and social distancing requirements are adhered to. For weddings this is the celebrant



Photo: Marg and John Christensen

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.

## Pastoral Needs

A big thank you to all who helped with our survey concerning pastoral care needs in the parish. The Belonging and Caring team are using the information to better support those who feel like they need a little more contact during their self-isolation.

## Alternative Worship arrangements

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 should mute their microphones and may turn off their video camera if they wish.

## Music

Social distancing requirements 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 making use of recorded music on a limited basis to help people feel less self-conscious about singing along at home.

## 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.



## UPDATE ST JOHN'S CARE CRISIS APPEAL

In the past week we have seen unimaginable changes in our community—social distancing and isolation in our own homes, closure of many business and queues outside Centrelink offices.

News is dominated by COVID-19 statistics. Unfortunately, we have seen the increasing numbers of both those who have contracted the virus and those who have, so sadly, died. It is a time of uncertainty and anxiety but also a time of generosity and compassion.

**The response to our Crisis Appeal demonstrates the generosity and compassion of so many in our community.**

I noted in my last letter that SJC “would have to close in three weeks”.

Thanks to your support and generosity this is no longer the case. We have been overwhelmed by the response, which has far exceeded our expectations.

On behalf of the SJC Community **Thank You to all who have responded to our appeal.**

There is still a long road ahead for us economically, socially and emotionally.

**If you are still considering making a donation, please do.**

ST JOHN'S CARE is committed to making a difference to those who are struggling both economically and emotionally. The impact of COVID-19 is that the number of people now in this situation has increased dramatically.

Thank you for your support and generosity.

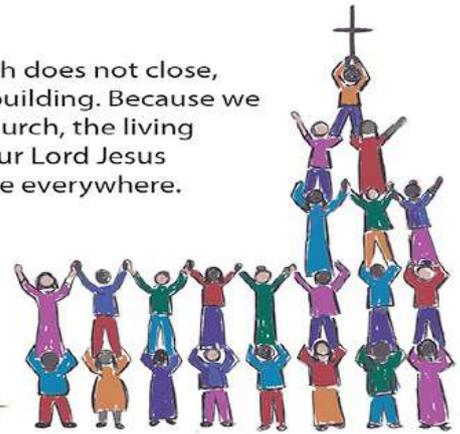
Sarah Murdoch  
Executive Officer

PS If you donated directly into the SJC Bank account and have not yet received a receipt it is because we have no contact details for you. Could you please email

[admin@stjohnscare.org.au](mailto:admin@stjohnscare.org.au) with your contact information and we will forward your receipt.

Items required: Tin fruit, shampoo & conditioner, rice, pasta sauce and long-life milk.

The church does not close, only the building. Because we are the church, the living body of our Lord Jesus and we are everywhere.



### DO NOT FORGET WHO YOU ARE

*But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: do not fear for I have called you by name, you are mine. Isaiah 43:1*

All across the world anxiety and fear has come into people's lives. It has crushed everyday life, and 'normal' and peace hang like a thin thread for millions, its fragile and often out of reach. I read a lovely story recently. It said this about a tradition among the Native American Communities: *The infant is named at birth in traditional communities and is passed around 200 arms, one to another with each person whispering the child's name so that he or she will never forget who they are.* Regardless of the dangers that life presents to us, one thing we must always hold onto is the Love of God for us. He wants us to remember we are his; he has called us by name.

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

Anne, servant of the Lord.  
<https://comewalkwithme-reflections.blogspot.com>



Peace, God's peace

# LOOKING AFTER YOUR EMOTIONAL WELLBEING

News about the Coronavirus is worrying and anxiety provoking for us all. Some of us may find it more difficult to manage feelings of fear and helplessness than others. All of us are wondering how long might we need to be isolated from our loved ones, favourite coffee shop and church on Sunday.

It is important to be aware of our own emotional wellbeing, particularly if we are prone to feeling anxious and depressed. Just as there are steps to optimise our physical wellbeing, there are some simple things that we can do to improve our emotional wellbeing.

## Helpful tips

Some of the best things we can do include:

- getting regular sleep, which often means not staying up and sleeping in late
- maintaining appropriate and regular exercise. Walking, Pilates or even yoga at home are possibilities with tips and drop-in sessions available over YouTube. Some neighbourhoods have developed 'bear hunts' for young children where teddy bears are placed in windows at home.
- stay connected with significant people, daily if needed. Regular phone calls, using video apps like FaceTime, Signal, Zoom or going old school by letter writing are just some ways that can help. Sure, it can't compete with a hug but why not set up the laptop at the end of the table and invite some friends around for a dinner together?
- do something you enjoy every day or learn something new. People are learning to make bread, starting a new language, or learning how to do church services by video. But there are many options from books to music now available.
- focus on what you can control like eating well and maintaining safe practices when you go out.
- volunteer in a new way. Many of the avenues by which we help others may have been shut down but new opportunities always emerge. They can just be harder to find.
- limit exposure to news media by accessing reliable sites for up-to-date information while not listening or reading about Coronavirus all day. Watching daily tolls will only increase feelings of fear and worry!

## Developing your spiritual life

Many of the tips and hints provided don't necessarily recognise the spiritual dimension to life, which is difficult because people hold different values. Some alternative things you might wish to try could include:

- saying morning or evening prayer. The church has used prayer books for centuries as a way of staying in touch with God during good and hard times. The rhythm can help by shifting our horizon from our own troubling circumstances to the grandeur of God's story.
- reading Scripture. Maybe there is a book of the Bible that puzzled you or you'd like to know a little more. There are lots of daily devotionals available.
- Blessings. Sometimes sending someone a note, SMS or email, letting them know that you've prayed for them can really brighten their day.
- Practice the seven wonderful virtues. We're all familiar

with the seven deadly sins. But there are ways to cultivate humility when pride is a problem, or kindness against envy, abstinence against gluttony, love as opposed to lust, patience as opposed to anger, generosity against greed and diligence against slothfulness.

- Join a grow group. The parish has just started some groups geared to help us to pay attention to God's part in our life and how we can get involved with God's mission. Maybe this is your Kairos moment?

## Our troubling mortality

Of course, pandemics also make our mortality painfully obvious. What's scary about this virus is that many people don't get the opportunity to say goodbye.

Yet as the irrepressible Kanye West put it, 'people never get the flowers while they can still smell them.' So maybe this is the time for you to share what's on your heart with someone. What is it that you appreciated most about the people you love?

So many people have done amazing things that no one ever asks them about. After all, we meet people for a time and we rarely know their whole story. So maybe this is the time to talk about your memories or write them down or make a recording that your family can play long after you have gone. How would you want them to celebrate your life? So why leave all those good things to the funeral?

Many people can find themselves carrying hurts, wounds and grudges. Maybe this is the perfect time to let all those hard feelings go and to start afresh by forgiving others and forgiving yourself.

## How Holy Covenant can help

If you feel that you are beginning to struggle, it is really important to ask for help early. Please feel free to ring the parish office on 6251 6100. This number will be monitored regularly, even in the event of a total shutdown. A member of the pastoral care team will give you a call and have a chat about what is happening for you and how we can best support you. You are not alone.

## Other online resources

There are loads of other resources out there. Groups like *Beyond Blue* and *Carers Australia* have resources available for those who are struggling with anxiety and depression or caring for those who do. *Headspace* and *Kids Helpline* also provide great resources as children and young people are in this too.

Moodgym - <https://moodgym.com.au> is a great resource developed by the ANU as an interactive self-help book which helps people to learn and practise skills that can help to prevent and manage symptoms of depression and anxiety.

MindSpot Wellbeing Course - <https://mindspot.org.au/wellbeing-course> aims to help adults aged 26–65 learn to manage mild, moderate, and severe symptoms of depression and anxiety. It consists of five lessons over an eight-week period. People can choose to receive weekly therapist support or choose to contact the team as and when they need to.

*Wayne Brighton, Joh Sheehan and Anne McDowell*

## Easter Sunday Sunrise

not just another day  
another day of the same  
of the no touch of distancing  
of not being able to reach out in the community  
of confinement to self  
of being centred on the inside  
not just another day  
no!

this day is different  
this day is the one day  
the one day that opens into every day  
the lifeline to eternal tomorrows  
as our own tomorrow ending  
is contemplated

Richard Scutter

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### FROM OUR ACTING TREASURER

Dear friends

Over the past three weeks some 15 parishioners have commenced giving their offerings by direct credit into the parish's bank account. They join the existing 30 individuals and families who are already giving by direct credit on a weekly, fortnightly or monthly basis.

The parish council and I want to thank you all for exercising your stewardship in this way. It really makes a big difference in helping us to manage the parish budget and meet our financial obligations most of which will continue through the current shutdown.

We encourage any others who routinely contribute via the offertory envelope system or direct cash in the plate to consider setting up a regular direct credit. 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.

Here is a summary of our March finances.

Income		Expenditure	
Direct transfers & plate	\$15770	Salaries & related costs	\$10154
Donations, hiring charges & in-	\$ 2280	Operating costs	\$ 1354
Other income	\$ 132	Ministry & worship	\$ 1475
		Property & equipment	-\$ 990
		Other expenses	\$ 2807
	<b>\$18182</b>		<b>\$14800</b>

As you can see we finished the month with a surplus, but this was mainly because income includes hirings for the first two months of 2020 and we received an insurance payout for the damage sustained in the January storm. The April financial results will give us a better idea of how we are managing.

Blessings.

Paul Shelley

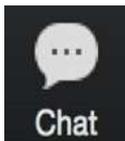
Warden and Acting Treasurer

## TIPS FOR USE OF ZOOM

### CHAT

The "Chat" function is found on the bottom right of the meeting window.

1. Click **Chat** to instant message with other participants while in the meeting.
2. In the **Chat** panel, click the dropdown to select if you want the message to go to everyone in the meeting or a single participant.



### HOW TO RAISE YOUR HAND

In real life, many of us often talk at once. ZOOM can struggle when more than one person talks at a time. If you want to make a point without interrupting others the raised hand function is very useful.

**\*You can only raise your hand when zoom is in session.**

**\*\*If connecting via a Smart Phone, Tablet, or Computer, please use the Zoom App to be able to access all functions, including raising your hand.**

**By Phone:** Press \*9

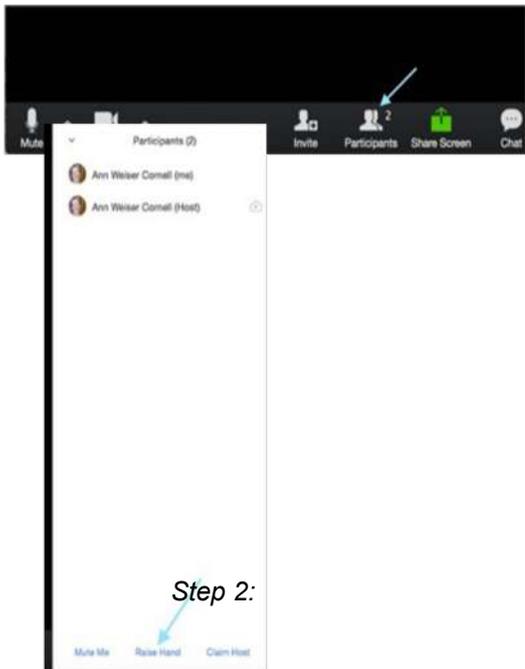
**By Computer:**

Click "**Participants**" on the Zoom Menu Bar.

(The Zoom menu bar appears at the bottom of the Zoom window once the meeting begins. If you don't see the menu bar, move your mouse slightly and the bar will appear. The bar disappears after a few seconds when in full-screen mode.)

The white Participants box that appears after you do Step 1 has a **Raise Hand** command at the bottom, just click that to

raise your hand.



**By Tablet:**

Click "**Participants**"

Choose "**More**" at the bottom of the Participants screen

Choose "**Raise Hand**"

On the screen a blue hand will appear on your box. This will let everyone know that you have a contribution to make to the discussion and are able to do so without jumping in. A sure way of getting noticed!

### EMAIL SCAM ALERT

It seems that some Nigerian scammers have now set up a fraudulent email address on my behalf asking for funds. The email looks a little like this - note the incorrect email address:

From: **Ven. Dr. Wayne Brighton** <[rector.holycovenant.au@gmail.com](mailto:rector.holycovenant.au@gmail.com)>  
Date: Thu, Apr 16, 2020 at 10:31 AM  
Subject: Hello Anne, can you assist me on something?  
To: <[anne.ranse@gmail.com](mailto:anne.ranse@gmail.com)>

Hope you are good? are you free to quickly get something important for me? get back to me through this email, that's how we can communicate for now.

God bless.

Ven. Dr. Wayne

The email is a scam. Please don't respond. If you do, people are being requested to send money via digital gift cards like Steam.

Please be assured that I have not been kidnapped, stuck in quarantine or otherwise in desperate need for gifts cards used for game purchases.

If you receive such an email, please direct it to your junkmail and block the sender.

I'm sorry if this has caused you any worry or concern at this challenging time.

Blessings

Wayne



**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

## HCNM UPDATE

HCNM staff are still active albeit at a distance. Some of the things we have been doing include calling our clients each week to check on them and maintain contact, dropping off casseroles, delivering shopping, sending out get well and birthday cards and sending a weekly email and a newsletter to our volunteers.

Next week our clients will receive a card in the mail and to celebrate ANZAC Day, a poppy handmade by Gillian Painter. Many of our clients don't use the internet, so sending a card is another way of keeping in touch. Thanks to Jennifer for doing the work in organising the cards (made by the parish card making group) and to Gillian for the poppies. Also, this week, my wonderful husband made a lot of yummy Cottage Pie. We were able to make three individual serves

in ramekins and deliver to two elderly neighbours as well as to Archdeacon Anne. They all said how nice it was to have a night off cooking.

If you are wondering how you might help others during this time, phone calls, cards and meal delivery are some of the things that could be done. You may well have thought of others. I am sure that Phil would be happy to include your suggestions in a future bulletin.

If you need HCNM help, our details are on the Bulletin back page.

*Rhonda Thorpe*  
Program Manager

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## ANGLICAN NEWS

The April Anglican News is now available.

Please note that the Anglican News won't be printed and mailed out to parishes during the ADS office and church closures. A version is available on the website at the link below.

To the page:

<http://anglicancg.org.au/news-and-events/anglican-news/>

Straight to the pdf:

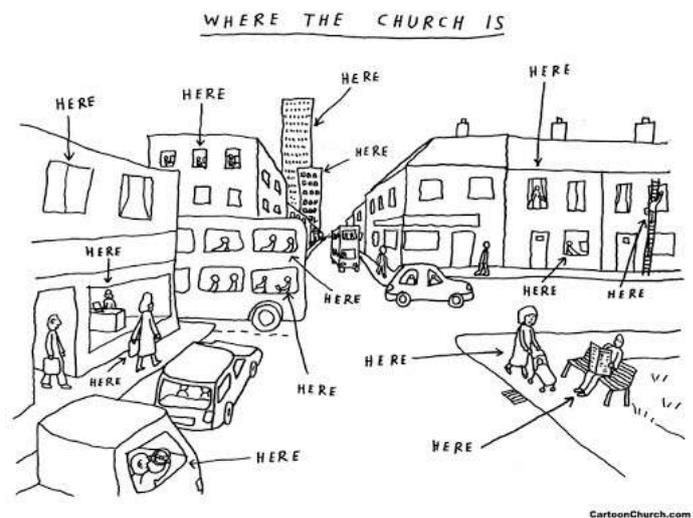
<https://anglicancg.org.au/wp-content/uploads/Anglican-News-April-2020.pdf>

## 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/>



CartoonChurch.com

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## HOLISTIC CARE NURSING MINISTRY



HCNM remains open even if the programs and visits are suspended. Lyn, Jennifer and Rhonda rare 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.

### PRAYER VINE

The parish has a group of people who love to pray for us and everyone called the prayer vine.

They are happy to pray for you or anyone with a need of any description. Sometimes people ask for prayer about work and family situations, surgery, or other concerns.

To request prayer, simply contact Rosemary Kennemore at 6251 2009; rkmore@grapevine.com.au

### COLLECT FOR 2nd SUNDAY OF EASTER

Almighty and eternal God,  
the strength of those who believe  
and the hope of those who doubt:  
may we, who have not seen, have faith  
and receive the fullness of Christ's blessing;  
who is alive and reigns with you and the  
Holy Spirit,  
one God, now and for ever. **Amen**

### PRAYER POINTS

#### IN THE WORLD

- ⇒ We pray for your people in places of war and unrest; in places of ecological disaster; in places of famine and disease.
- ⇒ Particularly those in refugee camps as they also face the prospect of infection from the COVID-19 coronavirus.

#### IN AUSTRALIA.

- ⇒ Pray for those who are trying to recover from the bushfires and are now dealing with the COVID-19 coronavirus.

#### IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of Perth
- ⇒ Young District
- ⇒ Mothers' Union
- ⇒ Embracing Ministries
- ⇒ Ministry in our neighbouring Dioceses of Riverina, Bathurst, Wangaratta, and Sydney.

#### IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including Hugo Walker; Peter and Wendy Ward; Libby Warren; Susan Webb; Prue, Ken and Ellie Wedgwood; Audrey and Stuart Wells; and Janet Williams.
- ⇒ We uphold those in special need of prayer including Dorothy Parsonage, Elizabeth Grant, Andrew Hill, Joh Sheehan, Phil Bloomfield, Lexie Winders and anyone known to us personally.

### COMMEMORATIONS

- Friday:** Iris Gould (d. 1991); Lucinda Sharpe (d. 2002)
- Saturday:** Norma Alexander (d.2001); Lesley Hadzontonis (d. 2009)

### READINGS

- Acts 2.14a, 2.22-32      Psalm 16
- 1 Peter 1.1-12      John 20.19-31

### MINISTRY TEAM CONTACTS

#### Children's Worker

Wendy Robertson  
children@holycovenant.org.au

#### Youth Leadership Team

Dougal, Celeste, Remus, Sarah, and Tobias.  
0477 497 675(Dougal); youth@holycovenant.org.au

#### Wardens

Paul Shelley      6251 1568  
Joh Sheehan      6251 7151

#### Prayer Vine

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

#### Belonging and Caring

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

#### Holistic Care Nursing Ministries Program Manager

Rhonda Thorpe  
0487 945 615 ; nurse@holycovenant.org.au

#### Holistic Care Nursing Ministries Program Director and Chaplain

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

#### Resources Team

0419255002

### BIRTHDAYS THIS WEEK

**Wednesday:** Ethan Gumbrell

