

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 26 APRIL 2020 THIRD SUNDAY OF EASTER

CORONA STAY-IN: 5 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 at 9.30am:

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

SUNDAY 26 APRIL

8am Holy Communion

10am Holy Communion

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

Twilight Conversation - in recess for school holidays

SUNDAY 3 MAY

8am Holy Communion

10am Holy Communion

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

5pm Twilight Conversation

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

SEE THE LIGHT

Have you ever wondered why, no matter how hard you try, sometimes you just cannot find the peace that you seek?

Yet, sometimes, and seemingly in the most unexpected moments, do you ever find that God gives you a sense of his presence?

Have you ever thought, even as you sense the Spirit's presence, that you are simply imagining what you feel? This may be because we all live in the 'real' world, a place constrained by time and physical limits, a space where we are both confounded and confused.

We are not alone in our blindness. In Luke's Gospel, we read of two disciples on their way to Emmaus following the crucifixion. They meet a stranger who they do not recognise, and he joins them. The disciples, understandably, caught up in their sorrow over the death of Jesus share their woes with their fellow traveller. It is only the evening, after they have arrived at Emmaus, and when they are sharing a meal with their fellow traveller, do the two disciples finally get it.

Their companion is the Resurrected Jesus and he had walked with them every step of their journey!

This is a story for our times, indeed of any time. Perhaps we focus too much on what is to come. Too often, and like the two disciples, we get caught up in the troubles that life hands us. Whatever the causes, we are frequently too short-sighted to see. We focus on the path ahead rather than what is around us. Perhaps, if we only step back, and acknowledge the moment, we can begin to look at the world with different eyes.

God is waiting for us. But we need take off the distorted lenses of the world, of fear and of doubt. We need to put on spiritual lenses. The invitation to see the light has always been there.

Now, more than ever, we should prayerfully consider where we are going and what really is the destination. To find our way in the darkness of this world we must first open our eyes. Only then can we see who has always been with us, every step of the way!

Quentin Grafton

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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 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

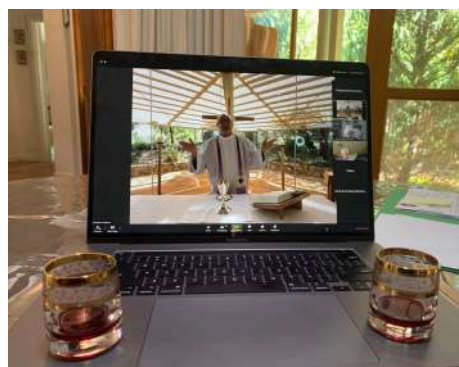


Photo: Marg and John Christensen

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.



BACK TO BASICS IN HARD TIMES

If you dropped by to St John's Care (SJC) you would be forgiven for thinking you had turned up at the local hospital Emergency Department! With the escalation of COVID

-19 we are all doing our bit to remain safe by wearing the correct personal protective equipment and keeping 1.5 m between us and the clients that are being supported outside.

As most people are working from home and the schools are encouraging children to be home schooled, a lot of clients visiting the centre are extremely stressed and looking for ideas to entertain young children.

A young mum, who we shall call Melissa, came to the Centre last week and was really upset. When the volunteer asked Melissa if she was ok, she burst into tears. She told the volunteer that as a single mum she was 'losing her mind' as she had four children under the age of 8 years at home.

She told the volunteer that she did not have anything that could amuse them. Her internet had been cut off because she could not pay the bill and she didn't have very many toys at home.

We contacted Melissa's internet provider and arranged for her to be reconnected free of charge. The volunteer went into the back of the Centre and found lots of colouring books, pencils and children's card games that had been donated. There was also a Thomas the Tank Engine track and train with batteries that Melissa was overjoyed at receiving.

With her internet back on and the Telecommunication companies allowing unlimited data for a period of time, we told Melissa about some websites that she could access including www.moreland.vic.gov.au/libraries/children/online-activities-children/, which has lots of fun filled free activities for children that she could work through over the next few weeks.

Melissa was delighted and could not thank SJC enough for their support and the community for the donation of toys. She definitely left the Centre a happier mum with some good old-fashioned toys for her children to play with.

Kind regards,

St John's Care Team

Items required: Milk, Cup-a -Soup, tinned fruits, Vegemite, pasta sauce.

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/>

WHAT DO YOU BRING HOME?

How lonely sits the city that once was full of people. Lamentations 1:1

For this season in time we are experiencing empty and lonely cities, towns, villages and homes but how are we coping with that? Daily life is very different but so many doors can open for us. Doors of peace and stillness as we slowdown from a 'running pace of life' to reflection and awareness.

At the close of my day I like to go for a long walk and find something to bring home. It may be a tiny colourful bird feather that I will place in a grandchild's journal and share with him or her its incredible creation and creator and yesterday I had so much joy from a beautiful coloured flower growing like a bramble beneath a very old eucalyptus tree. As I approached it I could see its petal skirts were red, white and yellow on stems of bright red with deep green leaves and its perfume filled my space like incense. I picked some of it, all the while telling God how much joy it had brought into my day and taking it home, put it in a vase as a memory filled with perfume in this troubled world.

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

Anne, servant of the Lord

From my Come Walk With Me reflections.

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



What I brought home

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

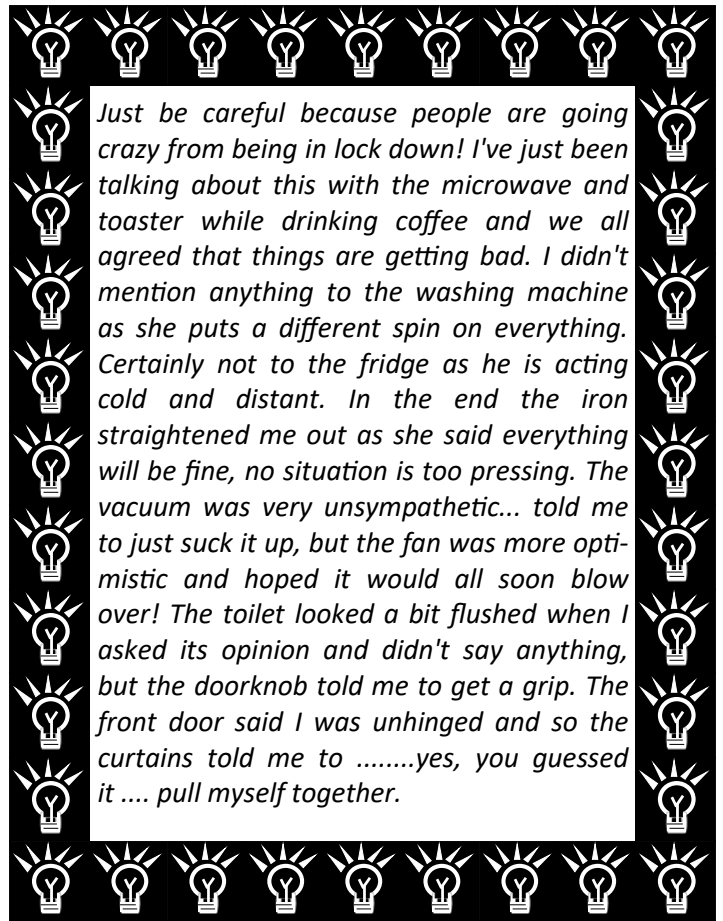
HCNM UPDATE

All our clients are coping with the isolation reasonably well although they are lonely and miss the face to face contact and the external stimulation. All Covenant Care clients receive a volunteer phone call as well as one from Lyn, our RN. Jennifer and Anne contact the community clients weekly. The response to the cards and poppies sent to all clients to coincide with ANZAC Day has been great. We are delivering casseroles to one or two clients most weeks as well as a little shopping and clutter collecting.

Rhonda Thorpe

CALLOUT TO ALL GARDENERS

Are you taking the extra time at home to catch up on some of those Autumn gardening tasks: dividing raspberries, strawberries, rhubarb, asparagus? If so, if you have any extra cuttings the community garden would greatly appreciate them. Please contact Joh Johann@sheehan.id.au or Allison Allison Cooper-Stanbury allison@cooperstanbury.com if you would like to make a contribution.



BEATITUDES

FOR A GLOBAL PANDEMIC

BLESSED ARE THOSE WHO STAY INDOORS



FOR THEY HAVE PROTECTED OTHERS

BLESSED ARE THE UNEMPLOYED AND THE SELF-EMPLOYED



FOR THEIR NEED OF GOD IS GREAT

BLESSED ARE THE CORNER SHOPKEEPERS



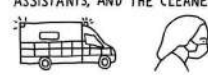
FOR THEY ARE THE PURVEYORS OF SCARCE THINGS

BLESSED ARE THE DELIVERY DRIVERS AND THE POSTAL WORKERS



FOR THEY ARE THE BRINGERS OF ESSENTIAL THINGS

BLESSED ARE THE HOSPITAL WORKERS; THE AMBULANCE CREWS, THE DOCTORS, THE NURSES, THE CARE ASSISTANTS, AND THE CLEANERS



FOR THEY STAND BETWEEN US AND THE GRAVE, AND THE KINGDOM OF HEAVEN IS SURELY THEIRS

BLESSED ARE THE CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND FORTITUDE IN THE FACE OF OVERWORK AND FRUSTRATION

BLESSED ARE THE REFUSE COLLECTORS



FOR THEY WILL SEE GOD DESPITE THE MOUNTAINS OF WASTE

BLESSED ARE THE TEACHERS



FOR THEY REMAIN STEADFAST AND CONSTANT IN DISTURBING TIMES

BLESSED ARE THE CHURCH WORKERS; THE DEACONS, PRIESTS AND BISHOPS



FOR THEY ARE A COMFORTING PRESENCE IN A HURTING WORLD AS THEY CONTINUE TO SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE PARENTS,



FOR THEY ARE COPING ALONE WITH THEIR RESPONSIBILITIES AND THERE IS NO RESPITE

BLESSED ARE THOSE WHO ARE ALONE,



FOR THEY ARE CHILDREN OF GOD AND WITH HIM THEY WILL NEVER BE LONELY

BLESSED ARE THE BEREAVED,



FOR WHOM THE WORST HAS ALREADY HAPPENED, THEY SHALL BE COMFORTED

BLESSED ARE THOSE WHO ARE ISOLATED WITH THEIR ABUSERS



FOR ONE DAY - WE PRAY - THEY WILL KNOW SAFETY

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS; ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN

TEXT: JAYNE MANFREDI

CartoonChurch.com



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.

PARISH CYCLE OF PRAYER

The weekly bulletin has lots of prayer points as we ask God for help in our world, nation, the Anglican Church and for members of our congregation by name.

We thought it might be appreciated to have a prayer cycle for all the ministry and groups that work through Holy Covenant and for those who lead them. Consequently, we'll be featuring some areas of activity each Sunday over a five week cycle. Why not follow up with a note letting someone know you've just prayed for them?

PRAYER POINTS

IN THE WORLD

⇒ We pray for all countries torn apart by war and civil strife; for communities ravaged by poverty and disease. Through your risen power, make us strong to confront injustice, that we may be your witnesses in the world.

IN AUSTRALIA.

⇒ Wisdom, peace and protection for the Australian people as we deal with COVID-19 and what it will mean for our lives.

⇒ For the indigenous peoples of this land, and for all who have come to this land seeking a new life of acceptance and opportunity.

IN THE DIOCESAN CYCLE OF PRAYER

⇒ Diocese of Wangaratta

⇒ Anglicare South East, Eden

⇒ Sapphire Coast Anglican Church

⇒ Bimbimie Park/ Albert Moore Gardens, Merimbula, Sanananda Park/ Hugh Cunningham Gardens, Tura Beach and Ross Wotton Gardens, Eden

⇒ Bega

⇒ Wambiri Youth and Conference Centre

⇒ Sapphire Coast Anglican College

⇒ The Church's ministry in holiday resorts, and the work of evangelism in every parish and institution throughout the Diocese

IN OUR PARISH AND COMMUNITY

⇒ Congregations – 12 noon Wednesday

⇒ Rainbow fellowship

⇒ Meditation Tuesday Lunchtime; Wednesday evening

⇒ EfM (Merri Bacon, Nich Hills)

⇒ Grow groups

⇒ For all members of our parish family including Tony Willis; Lexie Winders; Raphael, Belinda, Katie, Lucy and William Wood; and Dimuthu, Jayden, Arindra and Shanaya Abeyewardene .

⇒ We uphold those in special need of prayer including Dorothy Parsonage, Elizabeth Grant, Andrew Hill, Joh Sheehan, Phil Bloomfield, Judith Ann, Lexie Winders and anyone known to us personally.

COMMEMORATIONS

Thursday: Jean Metters (d. 2017)

BIRTHDAYS THIS WEEK

Monday: Judith Ann Daniells

Tuesday: Michael Troy

Friday: Eleanor James

COLLECT FOR 3rd SUNDAY OF EASTER

O God,

your Son made himself known to his disciples

in the breaking of bread:

open the eyes of our faith,

that we may see him in his redeeming work;

who is alive and reigns with you and the

Holy Spirit,

one God, now and for ever. **Amen**

READINGS

Acts 2.14a, 2.36-41

Psalms 116.1-4,

116.11-18

1 Peter 1.13-25

Luke 24.13-35

MINISTRY TEAM CONTACTS

Children's Worker

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children@holycovenant.org.au

Youth Leadership Team

Dougal, Celeste, Remus, Sarah, and Tobias.

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Joh Sheehan 6251 7151

Prayer Vine

Rosemary Kennemore

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Belonging and Caring

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Program Manager

Rhonda Thorpe

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Holistic Care Nursing Ministries

Program Director and Chaplain

Venerable (EM) Anne Ranse OAM

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Reverend Connie Gerrity

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Resources Team

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