

# HOLY COVENANT ANGLICAN CHURCH

a place for everyone



In-person public worship has restarted but on a restricted basis. Please use the URLs below so that we can manage attendance and contact information. Registration available from Monday. We will also continue to worship online via ZOOM video conferencing. To join us, use the link below.

<https://adcg.zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRiSFVIRlloZz09>

Meeting ID: [882 096 2366](https://adcg.zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRiSFVIRlloZz09)

Password: 033643

Kid's church will be meeting in the Rainbow Centre.

## SUNDAY 29 NOVEMBER

Seating limited to 50 people per service.

8am Holy Communion

No registration required (sign-in only)

10am Holy Communion

<https://www.trybooking.com/BMKKU>

Celebrant and Preacher:

Reverend Connie Gerrity

5pm Twilight Conversation

## SUNDAY 6 DECEMBER

Seating limited to 50 people per service.

8am Holy Communion

No registration required (sign-in only)

10am Holy Communion

<https://www.trybooking.com/BNEJV>

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

12.30pm Rainbow Fellowship

5pm Twilight Conversation

### COMING UP

6 December – Parish Council and Wardens elections

8 December – community lunch

### Bank Details for Direct Debit are:

Bank: Commonwealth Bank

Branch: Jamison Centre, ACT

BSB: 062 907

A/C No: 802 588

## SUNDAY 29 NOVEMBER 2020 FIRST SUNDAY OF ADVENT

### The Coming of Christ

Advent captures both the sense of something to come and returning to something we have seen before. It's like a déjà vu, knowing that the actual event happened two thousand years ago yet we still celebrate and do so anew every year. It is this act of celebration that connects us to the past, to the present and to the future.

While the Christian advent seems light years away from pre-Christianity, that many cultures celebrated a 'Coming' in mid-winter for the soon-to-be renewal of life that coincided with the shortest day of the year and with it, the promise of renewed new growth and life.

Advent is full of symbolism. Jesus, the Christ, was born (like us) as flesh and blood. He did not arrive on a stairway from heaven but in the messiness of a human birth. And, like us, he cried and was comforted, he was hungry but was fed, and when he needed love, he was loved. He was not alone and separate from us but was one of us. He was with us.

Today's Gospel reading from Mark seems, at first, disconnected from Advent's symbols. This is no mention of the Star of Bethlehem, shepherds or angels – the traditional depictions of Jesus' birth. Rather, we are given what appears to be a much less comforting message: "Be alert, be wakeful. You do not know when the moment comes." (Mark 13: 33) and "Keep awake, then, for you do not know when the master of the house is coming. Evening or midnight, cock-crow or early dawn – if he comes suddenly, he must not find you asleep." (Mark 13: 35-37). Do not look away or be distracted or we may miss the Coming!

But just what Coming should we not miss? Is there any more to this story? Mark's admonishment has multiple meanings but what it says to me, in terms of advent, is that in anticipating a future to come we must take care not to miss what is happening in front of us, in the present, in the here and the now.

If we believe that God is at work in the world today, then the Christ story is not over. It is not lost in the distant past to a time and a place to which we can never travel. Instead, with the gift of the Spirit: "Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God." (1 Corinthians 2: 12), we (with God's help) can change the world. Just as Jesus transformed the world.

So, today, on the first day of Advent, we are asked to look forward to the Coming of the Christ and to anticipate a journey that began two thousand years ago. This is the start of the beginning. It reminds us (yet again) and, in the words of Paul to an early Christian community that: "It is God himself who called you to share in the life of his Son Jesus Christ our Lord; and God keeps faith." (Corinthians 1: 9).

Mark's message reminds us that we, like gifts that have no value unless given away, the Coming is to be looked for and it is to be shared. It is not simply history or child's story but a gift for all of us, for all time. The Coming, if we have the eyes to see, must be the Coming of the Kingdom of Heaven. If there is anything that is worth waiting for and celebrating in life, it must surely be this coming and the spiritual transformation that changes everything.

*Quentin Grafton*

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



## ONWARDS AND UPWARDS FOR SASHA

We first met Sasha a couple of months ago when she called the centre seeking some assistance. Sasha was a young mother to three sons and lived in NSW, where she had a great job as a pharmacist.

Sasha's relationship with her fiancé began to deteriorate and he was becoming increasingly violent. She lived in constant fear of what may happen next, so she made the difficult decision to flee her home and move to Canberra.

Upon arriving in Canberra Sasha had no friends or family, no place to live, no job, a small amount of funds, and her young sons to care for.

She found accommodation in a cheap motel and realised that this was not sustainable. She began searching for support before coming across St John's Care on the internet and deciding to come seek support. I sat down with Sasha, provided her with a warm meal and a coffee and begun to have a chat with her about some suggestions that would help her move forward. Sasha had never received support before, so she was naturally hesitant to discuss her situation with a stranger.

Her biggest concern was that she would be unable to provide food her children, and that she would be unable to find employment.

The volunteers prepared a family pack containing fresh fruit and vegetables, meat, and some frozen meals. When she opened her pack and saw shampoo and conditioner she began to cry, acknowledging that she was unable to wash her own hair for weeks.

I was able to put Sasha in touch with the domestic violence line, and some other agencies to link in to support her. When she left the centre, Sasha had a look of hope and relief on her face.

St John's Care has continued to provide Sasha and her family with ongoing support in the form of meals, fruit and vegetables and a support pill.

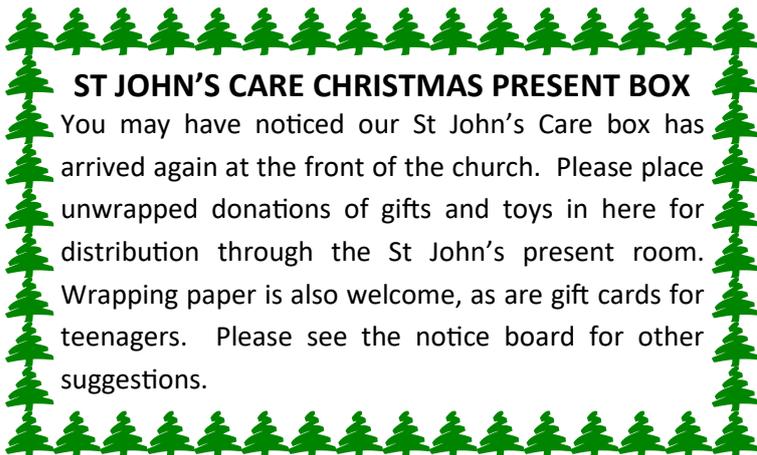
Last week Sasha came into the Centre and was overwhelmed with joy. She informed us that she had recently gained employment as a pharmacist, and that with our support, she had moved into a permanent home with her children.

Sasha is extremely grateful to now be in a position where she can provide a stable life for her family and provide them with a memorable Christmas this year.

During these hard and uncertain times, St John's Care continues to provide support and assistance to Canberra families who need it the most.

Kind regards,  
Jason Haines  
Acting Executive Officer

**Items required:** Pasta Sauce, Tinned Fruit and Vegetables, Vegemite/honey/jam, flour



### ST JOHN'S CARE CHRISTMAS PRESENT BOX

You may have noticed our St John's Care box has arrived again at the front of the church. Please place unwrapped donations of gifts and toys in here for distribution through the St John's present room. Wrapping paper is also welcome, as are gift cards for teenagers. Please see the notice board for other suggestions.

*Tell out my Soul, the greatness of the Lord! Unnumbered blessings give my spirit voice.*

*(Magnificat. TIS 161)*

There is something special about the early morning, not a sound to be heard and then, as dawn breaks and the day starts to creep in the magpies set up a warbling duet and a medley heralds in the day. It's a precious moment, and if you catch it in that context, it's a 'sacred ground' moment. The things of nature are given for more than just our pleasure. In it is a connectedness to God and as we get older, we have more and more insight into this fact. That doesn't come from head knowledge. It comes from 'soul discovery'. It's almost like a conversion experience because it has fresh insights; even hearing the magpies in the still of the morning gives me a deep sense of God being present.

*Meister Eckhart, the medieval mystic wrote:*

Apprehend God in all things, for God is in all things. Every single creature is full of God and is a book about God. Every creature is a word of God. If I spent enough time with the tiniest creature, even a caterpillar – I would never have to prepare a sermon, so full of God is every creature. Go well into the day. See the face of God in all your encounters and the grace of the Lord Jesus Christ be with you.

Anne, servant of the Lord.

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



Every living creature is full of God.

## CHRISTMAS COMMUNITY LUNCH

We are having a community lunch on Tuesday 8 December 2020, starting at 11.30am. Come and join in with a delicious light lunch and carol singing.



There is a sign up sheet on the board, or let Libby in the office know if you would like to attend.

Donations of Christmas fare would also be appreciated, also help on the day please.

Today **Connie Gerrity** is celebrating the 25th anniversary of her ordination to the priesthood. Well done Connie, and thank you for all you do for us by word and example.

## God of Compassion: A Lenten Journey

A new six-week study from the Anglican Diocese of Canberra and Goulburn, written by the Public Issues Commission, published with the support of Anglicare Available in electronic (free) and printed (nominal cost) versions from <https://anglicancg.org.au/news-and-events/publications/>

Facing despair and fear, how can hope be found? Journey through Lent with this study, and explore this and other questions as our God of compassion inspires us to expand our horizons and build hope, joy and community.

Jesus shocked and scandalised his society through his radical willingness to sit with the outcast, eat with rich sinners, and denounce the most righteous for hypocrisy, reminding all of God's priorities of justice, compassion and mercy. His message inspired a community that recognised Jesus came for all the world.

Jesus' life, death and resurrection and the letters of the early church guide us in engaging with compassion in today's society: in our parish, in our Anglican communion, nationally, and intergenerationally.

*"This publication addresses some of the pressing needs of this hour with compassion, insight and wisdom grounded in holy scripture."*

## What is PARISH COUNCIL?

In Anglican life, parishes are administered by **councils** who are responsible for the development of mission and ministry in their locality. This cooperative model distinguishes it from most other dioceses.

Our **Council** is comprised of the rector, wardens and councilors elected and appointed by the rector.

**Wardens** are responsible for the provision of all things necessary for public worship. They help the rector to think through opportunities and challenges to help our church grow.

**Councilors** play a leadership role by enabling everything to work well. This means listening to needs and watching for opportunities that can help those engaged in ministry.

Holy Covenant has a team-based approach which aims to help everyone be involved.

We are looking for new members to come on the team. Like to know more? Why not talk with a current team member?

**Nominations open 8 November**

Elections will be held on

**6 December 2020**

## BUILDING RESILIENCE WORKSHOP

Wesley LifeForce will be conducting a Building Resilience Workshop via Zoom video conferencing on

**Tuesday 15 December and  
Wednesday 16 December 2020**

between **9.30 am and 11.30am AEDT (Sydney Time)** each day.

The training looks at how adjusting our lifestyle and introducing cognitive strategies can improve resilience and mental health. The participant is given the opportunity to reflect on their personal management of their mental health through relevant topics and group discussion.

The cost to complete the two x 2 hour sessions is \$125 plus GST. To register please click here:

<https://www.eventbrite.com.au/e/wesley-lifeforce-training-building-resilience-workshop-zoom-online-tickets-125404414981>

We would appreciate it if you could **please forward this information on to others who you feel may also be interested** in attending the workshop.

Each participant will receive a certificate of attendance as well as support materials.

**Maria Krohn** | Community Engagement Coordinator, Wesley LifeForce | (02) 9804 5271 | 0429 264 216  
**Wesley Mission** | 40 Stewart St, Ermington NSW 2115 | PO Box 2446 Carlingford NSW 2118

## NEW FRONTALS

Today the parish will be dedicating its new purple frontals for the altar, pulpit and lectern. They will be used during Advent and Lent. The deep, dark purple is complemented by a



pathway of 40 stones wrapped in silver. Together they symbolise our journey towards the empty tomb. Christ always beckons us forward sometimes over ground that is rocky and through nights that can be dark and lonely. While it is easy to look only at our feet the heavens always declare God's majesty, if only we look upwards.

These have been gifted by the Daniels family as a small way of recognizing the long partnership of their parents, Jack and Beryl, to the life of the Church, mainly in Tasmania, but also here, where they both felt very much valued and at home.

Jack and Beryl moved to Canberra in early 2005 to join their sons here. Jack died soon after they arrived. Beryl was an active participant in the life of this parish until her death on 4 February 2016, aged 90. She enjoyed scrabble and the book club, always reporting on the many books she read each month. She also enjoyed doing patchwork, something she had done over many years.

These frontals have been made by textile artist Ruth Hingston, who also made our green and white frontals.

**Blue Christmas 20 Dec 5pm**  
missing family and friends

**CHRISTMAS EVE**

**Kid's Christmas 5pm**  
**Candles and Carols 11pm**

**CHRISTMAS DAY**

**Traditional Carols 8am**  
**Contemporary Family Service 10am**



Christmas

**AT HOLY COVENANT**

**89 Dexter Street, Cook**

**PASTORAL CARE FOR THOSE AFFECTED  
BY CONFLICT**

Last week, the Inspector General of the Australian Defence Force released their report of the Afghanistan enquiry.

Such news will affect many people and be very distressing to some. Serving members as well as past veterans are likely to be affected by the news in different ways. Those who have suffered trauma in other conflicts may find themselves reliving unwelcome memories too.

Defence Chaplains are only available to support current serving Defence members and their families. The Defence Department has established welfare support services for those who have retired or otherwise left military service (<https://afghanistandinquiry.defence.gov.au/welfare-support>).

The rector and staff members are available to listen and care for anyone to whom these revelations are distressing.

**TINS AND CONTAINERS**

Please could you take your containers of all sorts from the kitchen in the Worship Centre. Any remaining next week will be disposed of.  
Phyl 0414 432 393

**BIRTHDAY GIFTS**

*One evening, four brothers chatted together after dinner.*

*They discussed the 95th birthday gifts they were able to give their elderly mother.*

*The first said, "You know I had a big house built for Mama."*

*The second said, "And I had a large theatre built in the house."*

*The third said, "And I had my Mercedes dealer deliver an SL600 to her."*

*The fourth said, "You know how Mama loved reading the Bible and you know she can't read anymore because she can't see very well. I bought her a parrot who could recite the entire Bible."*

*It took ten preachers over 8 years to teach him. I had to pledge to contribute \$50,000 a year for five years to the church, but it was worth it.*

*Mama only has to name the chapter and verse, and the parrot will recite it."*

*The other brothers were impressed.*

*After the birthday celebration Mama sent out her "Thank You" notes.*

*She wrote:*

*"Milton, the house you built is so huge that I live in only one room, but I have to clean the whole house. Thanks anyway."*

*"Marvin, I am too old to travel. I stay home; I have my groceries delivered, so I never use the Mercedes. The thought was good. Thanks anyway."*

*"Michael, you gave me an expensive theatre that can hold 50 people, but all of my friends are dead, I've lost my hearing, and I'm nearly blind. I'll never use it. Thank you for the gesture just the same."*

*"Dearest Melvin, you were the only son to have the good sense to give a little thought to your gift. The chicken was delicious. Thank you so much."*

*Love, Mama*

**DINNER GROUP AT SOUTHERN CROSS CLUB**

The "First Tuesday of the Month" dinner is meeting this month on Tuesday 1 December at 6 pm.

A time for some fun and fellowship.

Please confirm that you are coming so I can let the Southern Cross Club Jamison know our numbers.

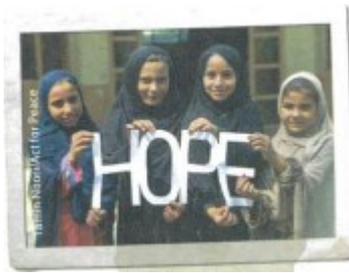
Thank you

Hilary 6251 8166

**CHRISTMAS BOWL APPEAL  
HOPE FOR SCHOOL GIRLS IN  
AFGHANISTAN**

This Sunday is the First Sunday of Advent and the theme for this week is hope.

Hope keeps us going in bleak times. It's faith that God's love will prevail in our lives. But COVID-19 is dashing the hopes of Afghani girls to go to school and escape the oppression they were born into. The lockdown is particularly hurting girls, who are already the most vulnerable in their society. As their families come under greater financial strain, many girls are being forced to work, to care for their households or into early marriages. The longer girls go without learning, the more likely they will lose their hard-won right to go to school for good. **But through your gifts to the Christmas Bowl, you can help show them a life of hope and opportunity is still within reach.**



**COLLECT for 1st Sunday of Advent**

Eternal God,  
through long generations you prepared a way  
for the coming of your Son,  
and by your Spirit you still bring light to illumine  
our paths:  
renew us in faith and hope  
that we may welcome Christ to rule our thoughts  
and claim our love;  
to whom be glory for ever.  
**Amen.**

**READINGS**

- Isaiah 64.1-9
- Psalms 80.1-7, 80.17-19
- 1 Corinthians 1.1-9
- Mark 13.24-37

**PRAYER POINTS**

**IN THE WORLD**

⇒ We pray for the people in the Tigray region of Ethiopia. May they receive aid for food and rebuilding their villages, together with medical supplies needed.

**IN AUSTRALIA**

⇒ We give thanks for the containment of corona virus in Australia, for the opening of state borders and the promise of Christmas reunions.

**IN THE DIOCESAN CYCLE OF PRAYER**

- ⇒ Province of Papua New Guinea.
- ⇒ Theological Colleges and Church Schools of the Anglican Church of Australia.
- ⇒ Special Ministries such as Military Christian Fellowship.
- ⇒ Religious education in schools and parishes in both ACT and NSW.
- ⇒ Education for Ministry Diocesan Coordinator.
- ⇒ Confirmation Preparation.
- ⇒ Outreach and ministry amongst youth.

**IN OUR PARISH AND COMMUNITY**

- ⇒ The 5pm Sunday gathering.
- ⇒ Monthly Monastery of the Heart meetings.
- ⇒ The Work Health and Safety team.
- ⇒ For all members of our parish family including Elizabeth Grant; Janice Green and Perry and Cassandra Wiles; Jean Groves; Patrick Guinness; Clayton, Karen, Ethan, Samuel and Jamie Gumbrell.
- ⇒ We uphold those in special need of prayer including Barry Button, Elizabeth Grant, Andrew Hill, Phil Bloomfield, Judith Ann, Jenny Hall, Bev Barnes, John Blue, Anne and Peter Bazeos, Violet Hart, Belinda Moss and Lucia Horciu and anyone known to us personally.

**COMMEMORATIONS**

Sunday: **Mavis Enid McLaren** (d. 2017)

**BIRTHDAYS THIS WEEK**

- Sunday: **Margaret Meggs**
- Wednesday: **Connie Gerrity**
- Friday: **Sandra Button, Perry Wiles**

**MINISTRY TEAM CONTACTS**

**Children's Worker**

Wendy Robertson  
children@holycovenant.org.au

**Youth Leadership Team**

Celeste (0474 547 531), Remus, Sarah and Tobias  
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**Wardens**

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Joh Sheehan 6251 7151

**Prayer Vine**

Rosemary Kennemore  
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**Belonging and Caring**

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**Holistic Care Nursing Ministries**

**Program Manager**

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**Holistic Care Nursing Ministries**

**Program Director and Chaplain**

Venerable (EM) Anne Ranse OAM  
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**Honorary Priests**

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Reverend Connie Gerrity

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**Resources Team**

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