

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 24 JANUARY 2021
THIRD SUNDAY AFTER EPIPHANY

FOLLOW ME
COMMUNITY AS A SPIRITUAL DISCIPLINE

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=YUpja05YTXFCN0N4MGRiSFVIRll0Zz09>

Meeting ID: [882 096 2366](https://adcg.zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRiSFVIRll0Zz09)

Password: 033643

Kid's church is in recess over the holidays

SUNDAY 24 JANUARY

Seating limited to 75 people per service.

9am Holy Communion

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

Celebrant and Preacher

Rev Anne Dudzinski

SUNDAY 31 JANUARY

Seating limited to 75 people per service.

8am Holy Communion

No registration required (sign-in only)

10am Holy Communion

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

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

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

I used to think that “spiritual disciplines” were mostly to do with private practices like prayer, reading Scripture, confession and so on. But I have come to see that being in community is a spiritual discipline.

Congregational community life is one of the greatest gifts the church has to offer in a society where people are fragmented between many different communities. And it is also one of the most costly gifts, a work of faith and love that requires grace and tenacity.

To be in community (congregation) that gathers around Word and Sacraments is to find ourselves in the company of people we may not ordinarily choose to spend time with: people who may not reinforce our opinions or share our theology; people who may annoy and frustrate us; people who, with the best intentions, often get things terribly wrong, and hurt and disillusion us, as we do them. We are created for community.

When Jesus called the first disciples to follow him (Mark

1:17) he made it clear that companionship was part of this call. So we might well conclude that the life-long process of learning how to be good companions – of Jesus, each other and our neighbourhood community – is part of the call to discipleship.

Sociologists have coined various terms to describe community formation, but all seem to agree that chaos and conflict are not necessarily bad things. They can in reality be a stage of formation in which the usual veneer of politeness gives way to a greater honesty and the potential to become more authentically community. And they may help us to be open to the new ways in which we are invited to be church in our time.

So, with the help and the grace of God – let's commit to another year of community.

- *Ann Siddall*

Ann serves The Uniting Church in Australia in her expertise of spiritual formation.

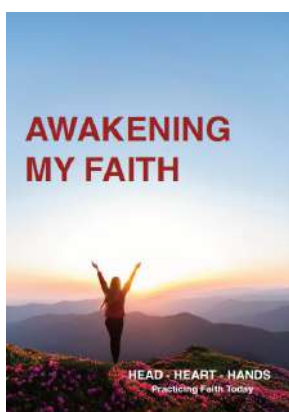
RECTOR: The Venerable Dr Wayne Brighton, 0407 408 333, rector@holycovenant.org.au

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

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

LENTEN STUDIES

Lent is a period of six weeks that proceeds Easter. Historically, it is a time of fasting, reflection and renewal. Fasting is a much misunderstood spiritual discipline. Most people think of fasting as a time of abstinence and restraint from good things like food and drink. Sugar, chocolate and coffee often top the list often with the result that people look gloomier and are slightly grumpier during March. But this is only half the story because fasting isn't about being miserable so much as taking a step towards freedom by letting go of things that trap us while digging deeper into God's presence. When done well, Lent can be an opportunity to take stock, make different choices, start on a different path and get new habits nailed down. This year Lent begins with Ash Wednesday on 17 February. While some people take the journey alone others like companions. Three study options will be available this year. The details are below. Why not consider joining in?



Bishop Jeremy Greaves

This is a study that could be done privately.

This series of Lenten studies will lead participants in a journey through the Year 'B' Gospel.

In an interview the American poet and author Maya Angelou once said, "I'm always amazed when people walk up to me and say, 'I'm a Christian,' I think, 'Already? You already got it?'

I'm working at it, which means that I try to be as kind and fair and generous and respectful and courteous to every human being." Maya Angelou knew that being Christian is always a work in progress – something that requires practice.

When Jesus called the first disciples he did not have them learn great tomes of doctrine and dogma, he asked them to do something. From the very beginning Christians were known for what they did and how they lived more than for what they believed. The 'people of the Way' knew how to practice the faith.

For Christians, practices are things we do that shape our lives and "narrows the gap between who we are and who we are becoming."

The journey of Lent invites us to explore what it might mean for us to practice faith in our time.

This study can be ordered from <http://www.grassroots.com.au/>

This website also includes information about Journey to the Holy Land in Feb/March 2022 and Oberammergau in July/August 2022



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. Wayne will be leading this study starting on Wednesday 24 February.

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."



A men's dinner will be held in the Worship Centre on Friday 5 February starting at 7pm.

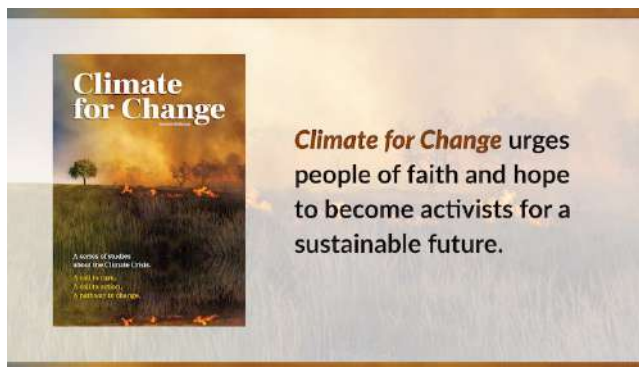
There will be pizza, beer and wine.

Cost is \$5

The guest speaker is Quentin Grafton speaking on 'COVID-19: What we have learned in one year and what insights it gives us for the year ahead'

Please book using <https://www.trybooking.com/BOGEH>

LENTEN STUDIES CONTINUED



Climate for Change urges people of faith and hope to become activists for a sustainable future.

'Climate for Change' Lenten Study Group

A six-weeks Lenten Study will meet at the Holy Covenant Anglican Church Worship Centre (89 Dexter Street, Cook, details at <https://www2.holycovenant.org.au/>) on Tuesdays, **beginning Tuesday 23 February** (with last session Tuesday 30 March) from 7:30pm to 9:00pm.

The Lenten Study will be based on materials developed by Russell Rollason AO for the Anglican Board of Mission in 2020 entitled 'Climate for Change'. The complete study material is available

for free and can be downloaded at: <https://www.abmission.org/resources.php?action=list-items&catId=33>

To ensure the maximum discussion and dialogue, the Lenten Study Group is limited to 15 people. The Lenten Study Group will be convened and facilitated jointly by: Quentin Grafton (Holy Covenant) and Katy Nicholls (St Barnabas, Charnwood).

To register, please send an email to: quentin.grafton@gmail.com AND to Katy at pikjam3@gmail.com with the subject heading 'Lenten Study Group: Climate for Change Registration'.

Registration is on a first a 'first come-first served' basis and all are asked to register by Tuesday 9 February, if at all possible.

We look forward to seeing you on Tuesday, 23 February.

Katy and Quentin



When lawn mowing becomes a life purpose for the week

Three weeks ago, a young man called Miguel (not his real name) was so worried that he could not make his payments and was so depressed that he could barely get out of bed and face the day.

That is when Miguel rang SJC and asked if he could get some help. After a quick discussion, we invited him to drop into SJC as soon as he could. An hour later, he was in our Centre sitting down with me, his story unfolding. Miguel told me he had never had such difficult circumstances, and that this time, the 'patch' he was in was rougher than ever. His girlfriend relocated to Perth for work, he could not travel to Sydney to see his parents due to the recent COVID restrictions and depression started to creep up on him.

He told me that because of his worsening mental state and his inability to afford his medication, he was forced to stop working as an apprentice in a hotel. Miguel felt as if he was falling into a vicious cycle and needed some assistance to break free.

While our volunteers were putting together a few bags of groceries for him, I organised for his scripts to be paid so that he could go straight to the pharmacy and collect his medication.

Miguel also mentioned that his utilities bills were 2 weeks overdue and were increasing his stress levels. Miguel's voice was trembling when he was telling me how he fears to face the day knowing that those unpaid bills were still hanging over his head.

SJC helped Miguel to settle his utilities bills and I referred him to ActewAGL for additional support, which he was extremely grateful for. Miguel came to SJC two days later and was eager to repay SJC by offering to help in any way possible. He asked whether he could cut our lawn and after discussions with our Executive Officer Jason, Miguel was equipped with a protective gear and a lawn mower. You should have seen the huge smile on his face when he was cutting grass! "Doing this gives me a purpose for this week" he said.

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

Kind regards,

Nailia, SJC Case Manager

Items required: School supplies E.g: backpack, lunch boxes, drink bottles and pencil cases.



Summer program will run Dec 27 - Jan 24 with only a single service at 9am and no evening conversation. As we have a combined service, registrations will help manage numbers.

Jan 24 - 9am <https://www.trybooking.com/BNEKR>

Normal service schedule will resume Jan 31.

MID WEEK ACTIVITIES RESUME ON THE FOLLOWING DAYS

Tai Chi	03.02.21
Wednesday Midday Service	03.02.21
Crafty Crew	Tuesday 16.02.21. NOTE change of day!
Book Club	Thursday 18.02.21
Tuesday 1pm meditation	02.02.21.
Kid's Church	07.02.21
A Darn Good Yarn	Tuesday 09.02 2021 at 10.30 to 12 noon

AGM Preparation

The AGM has been scheduled for Tuesday 16 February 2021. Could coordinators please ensure that their reports are in the office by the end of January.



WEDNESDAY MORNING TEAS IN JANUARY

Wednesday 27 January 2021
has been cancelled

IS THIS YOURS OR YOUR FAMILY'S?



A lego helicopter has been left outside the church office.

If you recognize it as belong to a member of your family can you please come and collect it from the office?

ANDREW HILL MEMORIAL SERVICE

Andrew Hill's memorial service will be held at the Worship Centre on Wednesday 27 January 2021 starting at 10am.

It will be broadcast by Zoom.

To join the service, use the link below.

[https://adcg.zoom.us/j/8820962366?](https://adcg.zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRiSFVIRll0Zz09)

[pwd=YUpja05YTXFCN0N4MGRiSFVIRll0Zz09](https://adcg.zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRiSFVIRll0Zz09)

Meeting ID: [882 096 2366](https://adcg.zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRiSFVIRll0Zz09)

Password: 033643

Seats can be booked using <https://www.trybooking.com/BODVY> however,

seating is very limited. Congregation members who wish to attend and volunteer by helping as staff on the day should contact Wayne on 0407 408 333.

HCNM NEEDS YOU!



HCNM is starting its programs for 2021 on 1 February.

We're very keen for some more volunteers to join our wonderful team.

Do you have a few hours to spare on a fortnightly or monthly basis?

Covenant Care needs volunteers across all activity areas. We would love some extra help for our monthly outings and our morning teas. Maybe you could help with office administration or assist Jennifer with her decluttering program?

Please see the HCNM display board outside the church, take a leaflet and contact Rhonda (0487 945 615) for

COLLECT for 3rd Sunday after Epiphany

Bountiful God,
through your Son you have called us to repent of our sin,
to believe the good news,
and to celebrate the coming of your kingdom:
teach us, like Christ's first apostles,
to hear the call to discipleship,
and, forsaking old ways,
to proclaim the gospel of new life to a broken world;
through our Lord and Saviour Jesus Christ,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen**

READINGS

Jonah 3.1-10

Psalm 62.5-12

1 Corinthians 7.29-31

Mark 1.14-20

PRAYER POINTS

IN THE WORLD

⇒ We pray for President Biden as he begins his term as the American President

⇒ Continue to pray for all affected by coronavirus

IN AUSTRALIA

⇒ For all who are caught up in crime or addiction, for all who are giving their allegiance to wrong things or feel trapped in circumstances beyond their control.

IN THE DIOCESAN CYCLE OF PRAYER

⇒ Diocese of The Murray

⇒ Parish of Tumut

⇒ Parish of Adelong

⇒ Parish of Tarcutta

⇒ South-West Slopes Ministry District (the Parishes of Batlow and Tumbarumba)

⇒ Ministry to prisoners and prison officers; Kairos ministry.

IN OUR PARISH AND COMMUNITY

⇒ For all members of our parish family including Rod and Ann Menzies; Christine Mitchell; Noel Montgomery; and Sally, Dylan, Dougal and Jemima Mordike.

⇒ We uphold those in special need of prayer including Barry Button, Elizabeth Grant, Judith Ann, Bev Barnes, John Blue, Anne and Peter Bazeos, Violet Hart and Lucia Horciu and anyone known to us personally.

COMMEMORATIONS

Saturday: Juliette Bowie (d. 2002)

MINISTRY TEAM CONTACTS

Children's Worker

Wendy Robertson 0481458037
children@holycovenant.org.au

Youth Leadership Team

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

The Venerable Dr Wayne Brighton
0407 408 333; rector@holycovenant.org.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

0419 255 002

BIRTHDAYS THIS WEEK

Sunday: **Andrew Dudzinski**

Monday: **Elizabeth Grant**