

# HOLY COVENANT ANGLICAN CHURCH

a place for everyone



**SUNDAY 31 JANUARY 2021**

**FOURTH SUNDAY AFTER EPIPHANY**

**THE FREEDOM TO CARE FOR OTHERS - MARK 1:21-28, 1 COR 8.1-13**

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=YUpja05YTXFCN0N4MGRiSFVIRlI0Zz09>

Meeting ID: [882 096 2366](https://adcg.zoom.us/j/8820962366)  
Password: 033643

## **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

**Young Adults resumes**

## **SUNDAY 7 FEBRUARY**

Seating limited to 75 people per service.

8am Holy Communion

No registration required (sign-in only)

10am Holy Communion

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

**Kid's Church resumes**

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

3pm Rainbow Fellowship

5pm Twilight Conversations

### **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

As this episode of the Gospel of Mark opens in Capernaum, Jesus arrives in town, gets to the Sabbath, then simply enters the synagogue and teaches. There's no setting the scene, no detail about him being invited to speak, no background about being a son of the congregation. Jesus just enters the synagogue and teaches. Boom!

But it's not just the rapid-fire action of travel through territory, time, and the door of the synagogue that gives this episode verve. It's the description of the reaction to his teaching: "They were astounded at his teaching, for he taught them as one having authority, and not as the scribes."

I suspect the congregation in Capernaum was full of people who'd heard it all before yet gathered faithfully to hear it again. On this day, they'll hear something new. What strikes them is less what they hear than the way they hear it. He is so unlike *their* scribes.

This hits a little close to home. Like many pastors, I suspect, I currently feel a bit like a scribe—like one who teaches without authority. Parishioners' views of those with titles—pastor, bishop, scribe—haven't changed much.

Jesus' authority had more to do with his identity than his position. They recognized authority, because of his

deep care for their well-being and their need to care for each other.

Too often, Christians claim to be living for God when in fact they care too little for those around them. We use our freedom in Christ to be free of acting responsibly towards others. In the US, this manifests in Christians refusing to follow COVID health guidelines around masks, social distancing and opening.

Paul encountered this problem too. Paul might say, we know that individual liberty puffs up, but love builds up. He goes on to describe how voluntary sensitivity to the neighbour in love is the experience of true freedom. He might even quote Luther's *Freedom of a Christian*: "The Christian is the perfectly free lord of all, subject to none. The Christian is a perfectly dutiful subject of all, servant to all."

Given the free choice to practice precautions, even those whose necessity we question, choosing to practice them for the sake of the neighbour is the truest exercise of freedom, the most powerful expression of authority.

What is this? A new teaching? No. It is the old, old teaching of the way of the cross, the path to resurrection. It is nothing less than the authority, the liberty, of the gospel.

Brian Maas, *The Christian Century*

(edited for length and clarity)

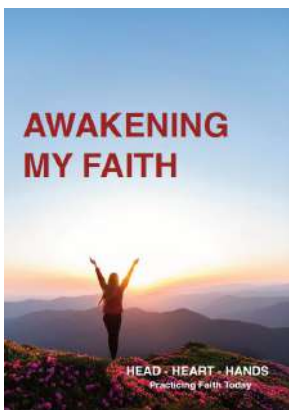
**RECTOR:** The Venerable Dr Wayne Brighton, 0407 408 333, [rector@holycovenant.org.au](mailto:rector@holycovenant.org.au)

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

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

## 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.

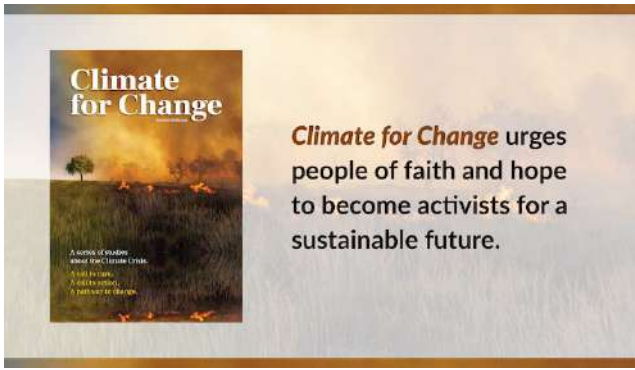
There will be pizza, beer and wine.

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](mailto:quentin.grafton@gmail.com) AND to Katy at [pikjam3@gmail.com](mailto: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*



### HOPE FOR THE FUTURE!

Last week I met T.H (not her initials) out the front of St John's Care. T.H appeared thin and pale in the face and her voice was trembling as she gave me her name. I made her a coffee, and we took a seat in the shade next to the church to have a chat. Her nerves and her reluctance to discuss the issues at hand with me were obvious from the beginning, however as we began to chat, I was able to get an insight into her story.

She suffers from a mental disability which affects her speech and memory, causes nervous breakdowns and triggers panic attacks in social settings. Due to her disability, T.H had been confined to her home, and unable to work prior to COVID. Over the Christmas period she had run out of food and was eating the bare minimum.

T.H was receiving the disability support pension and was only just managing to get by, but the financial effects of COVID were becoming evident. She had begun to lose the regular social connection that she received weekly when the few friends and family she had went into isolation. Through her extended stays in her house, she had begun to accrue some significant utility bills.

To further the feeling of isolation, her old mobile device began to stop working, and she simply could not afford to replace it. With tears in her eyes, she asked if there was any way we could help her get back on her feet.

We put together a food pack for T.H, providing her enough food for a few weeks, and were also able to purchase a phone so that she was able to connect with friends and family once again. We provided her with some bus tickets so that she had the means to travel on her own.

St John's was also able to assist T.H with her utility bills, as well as referring her to a financial counsellor who would work closely with her to devise a financial strategy.

Over the coming months we will continue to support T.H with food and groceries, and the emotional support she requires to get back on her feet.

Kind regards,

Robbie Speldewinde, Programs Coordinator

**Items required:** sultanas (small boxes for lunches), juice poppers, savoury biscuits, Weet Bix

### BAPTISM AND CONFIRMATION

Ever wondered what Christian faith is about? Ever thought why Anglicans do things the way we do?

We are looking to start groups to help you know a little more about what it means to follow Jesus in the world today.

Baptism is the doorway into discovering faith, as much for children as for adults. Baptism is available to everyone irrespective of their age.

Confirmation provides a window for those who were baptised as children to make a deeper discovery of faith as adults.

Why not contact Wayne on 0407 408 333 for details.

## REGULAR CHRISTIAN MEDITATION GROUP

On Tuesdays a small group of us meet to meditate in the chapel. The whole process takes about 40 minutes.

It is a very simple but powerful practice that we undertake under the auspices of Australian Christian Meditation Community (ACMC) which is part of the World Community for Christian Meditation.

Each week we receive from the ACMC a reading to start the practice with and a poem with which we conclude. For the practice we sit silently and still for 20 minutes. At first it can seem like a strange form of prayer. The idea is to allow our minds to become still so we can commune with God. We are helped to do this through habitual practice, the internal saying of a word (a mantra) and the setting. The mantra recommended by WCCM is "maranatha".

In the words of Fr. John Main:

*"We learn to stop thinking about ourselves and to allow ourselves to be.*

*To be still, to be silent, is the lesson, and in the stillness and silence we find ourselves in God, in love."*

For more information please feel free to call

- Merri on 62511110 or
- Sybilla on 0438843016. Or
- look at the website:

[www.christianmeditationaustralia.org](http://www.christianmeditationaustralia.org)

You are most welcome to come to the practice to see if this form of prayer that appeals to you. We only ask that you arrive early so we can meditate without interruption. Given COVID restrictions please call ahead so we can keep to room limits.

**We meet at Holy Covenant on Tuesdays at 1 o'clock, starting on 2 February 2021.**

### MID WEEK ACTIVITIES RESUME ON THE FOLLOWING DAYS

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

### AGM Preparation

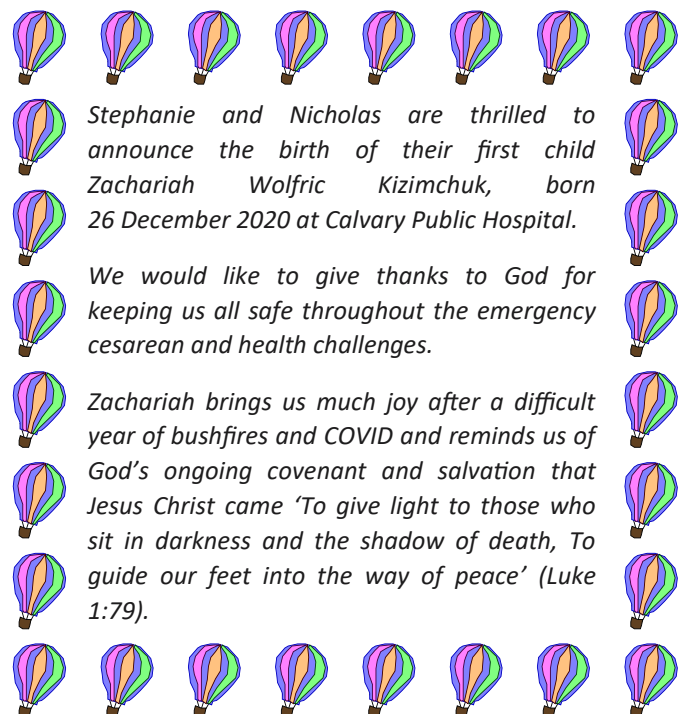
The AGM has been scheduled for Tuesday 16 February 2021. Could coordinators please ensure that their reports are in the office by the end of January.

### KIDS CHURCH & YOUNG ADULTS

How does someone learn to follow Jesus? For many, it starts with kid's church and young adult groups.

**Kids church** is program for kindergarten and primary school aged kids that runs during school term time during the 10am service. Curiosity, wonder and engagement all find expression in this creative program based in part on *Seasons of the Spirit*. Wendy Robertson leads this ministry. To find out more, or to offer to help contact Wendy on 0481 458 037 or [warobertson4@gmail.com](mailto:warobertson4@gmail.com).

**Young adults** group is a program for high school and college aged students. Using a Q&A format on Sundays, kids are challenged to think a little more about owning their own faith. Fruit Fridays runs every fortnight from Friday 5 February. Sharing games, a meal and faith is all part of the fun. Celeste Sandstrom and Tobias Nevile lead these ministries. To know more, call Celeste on 0474 547 531.



## 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 more information.

### PRAYER POINTS

#### IN THE WORLD

⇒ For a just and peaceable society: for all who suffer from economic exploitation; for all who are victims of tyranny and oppression.

#### IN AUSTRALIA

⇒ In your kindness watch over refugees and asylum seekers, those separated from their loved ones, those who are lost, and those who have been exiled from their homes. Bring them safely to the place where they long to be, and help us always to show your kindness to strangers and those in need.

#### IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ The National Council of Churches in Australia
- ⇒ Council of the Church in South-East Asia (Anglican) and the Christian Conference of Asia (Ecumenical)
- ⇒ ACT Churches' Council
- ⇒ Religious Orders serving within the Anglican Church of Australia
- ⇒ Partner relationships between our Church and other Churches of Asia and the Pacific especially those in Indonesia our nearest geographic neighbour.

#### IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including Belinda and Philip Moss; Diane, Melanie, Lilly and Ella Mutch; Maurice Nevile; Tobias Nevile; and Chris Olsson.
- ⇒ 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

Thursday: **Dorothy Beryl Daniels (d. 2016)**

Friday: **Colin Buxton (d. 1985)**

### BIRTHDAYS THIS WEEK

Monday: **Russell Judd, Dorothy Hurst**

Tuesday: **Emma Judd**

## COLLECT for 4th Sunday after Epiphany

God of compassion,  
you have shown us in Christ  
that your love is never ending:  
enable us both to love you with all our heart  
and to love one another as Christ loved us.  
Grant this through our Lord Jesus Christ,  
who lives and reigns with you and the Holy  
Spirit,  
one God, for ever and ever. **Amen**

### READINGS

Deuteronomy 18.15-20

Psalm 111

1 Corinthians 8.1-13

Mark 1.21-28

## 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