

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



COMING UP

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=YUcja05YTXFCN0N4MGRiSFVRIi0Zz09>

Meeting ID: 882 096 2366

Password: 033643

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>

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

3pm Rainbow Fellowship

5pm Twilight Conversations

SUNDAY 14 FEBRUARY

Seating limited to 75 people per service.

8am Holy Communion

No registration required (sign-in only)

10am Holy Communion

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

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

5pm Twilight Conversations

WEDNESDAY 17 FEBRUARY

6pm Ash Wednesday

The Venerable Dr Wayne Brighton

A service for renewing our faith in preparation for the journey towards Easter

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

SUNDAY 7 FEBRUARY 2021

FIFTH SUNDAY AFTER EPIPHANY

LET US GO TO THE NEIGHBOURING TOWNS!

Mark 1:29-39.

Those that wait for the Lord shall renew their strength. (Isaiah 40: 31)

Woe to me if I do not proclaim the gospel... I have become all things to all people, that I might by all means save some. (1 Cor 9: 16, 22)

I was specially taken with Wayne's pithy comment last week that Jesus used his authority to heal, not to wound.

Authority seems to come when our lives are aligned with God's calling to us – a calling that is shaped by our life experiences, our temperament, gifts – even our wounds. I find it helpful to think that we are called to co-create, co-author our lives with God. Yes there is a connection between authority and authoring! I've always been drawn to Jesus' words at the end of his life: 'I have completed the work you have given me to do.' Perhaps the only way we can know if we are on track is not to wait till the end, but to have a regular practice of reflection where we ask ourselves questions like: Where today have I been in step with my calling to love and serve? Where today have I not? What might this be telling me?

Perhaps these were the sorts of questions Jesus asked when he regularly went off to a deserted place to pray, as he does on this occasion. The disciples might be

elated about Jesus' growing popularity, the people clamouring at the door for healing and raving about his teaching. But Jesus knew the dangers in this. After giving out as he had that day, he needed to be replenished, renewed and realigned if he were to fulfil his call rather than being distracted from what was his to do. Besides he was aware of the external danger of publicity at this stage of his ministry.

Perhaps that is why he can say with clarity, 'Let us move on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' Paul says, 'Woe to me if I preach not the gospel,' not because God will punish him, but because he knows his calling will not otherwise be fulfilled. There is a sense of 'for this I came' in him too. Do you have a sense of 'for this I came'? What might that be, I wonder.

Frances MacKay

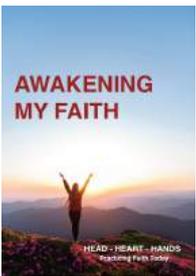
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LENTEN STUDIES

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.

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/>



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—see sign up board.

Available in electronic (free) and printed (nominal cost) versions from <https://anglicancg.org.au/news-and-events/publications/>

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.



'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 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

SMALL GROUPS FOR 2021

A wide range of groups operate in the parish. Some have a spiritual focus while others emphasise social connections. In general, three types of groups operate:

1. *Spirituality* groups where the focus is explicitly about growing as disciples through prayer and study. We have groups that do meditation, Education for Ministry, reading groups like Lenten studies, and Grow Groups.
2. *Social* groups where the focus is a social activity that is fun and which provides opportunities to meet new people and have different experiences. Such groups include our Yarn group, Scrabble, Tai Chi and Playgroup.
3. *Missional* groups where the focus is a shared activity where participants engage in God's mission through acts of loving service. Such groups include the Holistic Care Nursing Ministries, the Community Garden, Kids Church and the young adults Fruitful Fridays.

These groups will be featured over the next weeks with a focus on why they are important and how you might become involved.

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.

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.



FRESH CLOTHES – FRESH START

Last week I received a phone call from a couple who had recently moved to Canberra from Melbourne. They were wondering if we could provide them with food assistance.

M and G arrived at the Centre and were greeted at the door by one of St John's Care volunteers and myself. The couple explained that they needed help with food, and that they were struggling financially as they searched for residency in Canberra.

We began to put together a food pack for the couple, and helped them to their car. As we placed the groceries in the car, it became evident that they had been living in their car. Feeling quite embarrassed by the situation, they explained why they had left Melbourne.

Both M and G were receiving the disability support pension and were managing to get by in a modest apartment in Melbourne, until they received a notice to vacate from the real estate agency managing the house.

Having recently lost the last of their family members in Melbourne and being unable to find an alternative option to rent, they packed their things into their car and headed to Canberra - where the effects of the pandemic were minimal. After they arrived in Canberra and began searching for rentals, they were

notified that there had been issues releasing the bond money they were owed.

The couple were now confined to living in their car as they waited for their funds to be released. They explained that they had not been able to wash their clothes or shower for over a week. We provided the couple with some food and some vouchers for Big W to help purchase some basic supplies.

Orange Sky were at the Centre, so I introduced them to the couple. They allowed the couple to use their shower facilities, before washing and drying and then folding their clothes.

I contacted the real estate agency and was able to speak to the property manager – explaining the severity of the situation, as well as asking for a written explanation of what had happened with the client's money.

M and G returned to the Centre this week with a smile and a clean set of clothes – they had finally received their funds and had lined up 3 rental inspections. They were extremely grateful to the St John's volunteers and staff for giving them the support they needed to get back on their feet.

Kind regards,

Robbie Speldewinde,

Programs Coordinator

Items required: cooking oil, pasta sauce, sultanas (in small boxes for lunchboxes)

MID WEEK ACTIVITIES RESUME ON THE FOLLOWING DAYS

Crafty Crew	Tuesday 16.02.21 9.30am. NOTE change of day!
Book Club	Thursday 18.02.21 2pm
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.

HOW CAN I HELP?

Churches are like wheelbarrows. They only move when people push them! Your help can make our church a place that is satisfying and life-giving to everyone. There are four ways you might consider helping in the year ahead:

1. *The Building.* Your help doing things like mowing lawns, putting out chairs on Saturday afternoon and keeping the garden tidy all makes the building inviting and welcoming.
2. *Sunday Services.* Worship is great when people get to hear lots of different voices. You can make a big difference in a number of ways by helping out with hospitality at morning tea, reading the Bible, doing intercessions, serving in the sanctuary, meeting guests, running the AV desk, joining the music team by singing or playing an instrument.
3. *Volunteering.* Our missional groups need all kinds of helpers, from hospitality to driving vans, weeding gardens beds, meeting new people in the community, to helping with kids church. Cooking for our casserole bank makes a big difference for those dealing with unexpected challenges like illness or when money is tight.

A little bit of your help can make a great difference to the lives of many. Why not talk to Wayne or Wendy?



CHAIRS

Your help with putting out chairs for Sunday will make a big difference.

If you are able to assist could you please put your name and contact details on the sign up sheet on the board?

Chairs need to be set out either on Saturday or before 7.30am on Sunday



SERVICE ROSTERS

Thanks to all those who have been able to assist in all the tasks needed to run Sunday Services.

We are now at a point where we are very short of people for all the duties at both services.

If you are able to assist in any of the duties, can you please contact Phil (office@holycovenant.org.au) in the office?

The current duties can be seen on the rosters just outside the office door.



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.



CASSEROLES

Our casserole bank is almost empty. Can you help? Our regular band of cooks have been asked for support but hopefully there might be a few more people in the congregation who could make a casserole and pop it in the church freezer. Containers and labels are at the back of the church behind the sound desk.

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.

PRAYER POINTS

IN THE WORLD

⇒ We pray for leaders that they may strive to bring in justice, free the oppressed, share with the hungry, house the homeless and care for the poor

IN AUSTRALIA

⇒ For all affected by bushfires, especially those near Perth
⇒ For continued management of the coronavirus pandemic

IN THE DIOCESAN CYCLE OF PRAYER

⇒ Diocese of Southern Queensland

⇒ Parish of Braidwood

⇒ Parish of Bungendore

⇒ Parish of Collector

⇒ Parish of Crookwell

⇒ Parish of Taralga

⇒ Mulwaree Ministry District

⇒ Cartwright Mission District

⇒ Small country churches and their ministry; co-operating parishes; Diocesan Centre for Lay Ministry & Mission.

IN OUR PARISH AND COMMUNITY

⇒ For all members of our parish family including Sue Paice; Des Pain; John and Gillian Painter; Sarah Passmore; Jerry Platt; Barry and Carol Pogson; and Anne Ranse.

⇒ 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: **Phyllis Elizabeth "Teddy" Oldfield (d. 1994)**

BIRTHDAYS THIS WEEK

Wednesday: **Brian Dennis**

Saturday: **Bea Duncan**

COLLECT for 5th Sunday after Epiphany

Saving God,
whose Son, Jesus Christ, healed the sick
and brought them wholeness of body and mind:
inspire us, his disciples,
so that we may constantly proclaim his gospel
by our words
and by the dedication and integrity of our lives;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen**

READINGS

Isaiah 40.21-31

Psalm 147.1-11

1 Corinthians 9.16-23

Mark 1.29-39

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