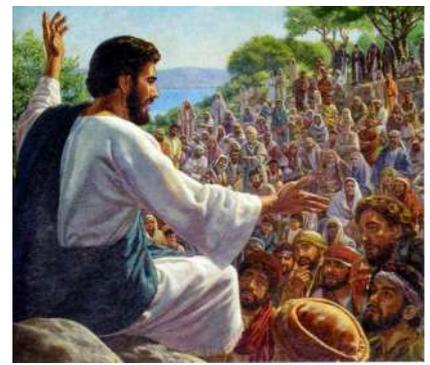


HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 18 JULY 2021 EIGHTH SUNDAY AFTER PENTECOST VALUES SUNDAY (Mark 6:30-34, 53-56)

COMING UP

To join us on Zoom, please use the link below.

<https://adcg.zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRiSFVIRlQZz09>

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

Password: 033643

SUNDAY 18 JULY VALUES SUNDAY

Seating limited to 75 people per service.

Sign in using Check In CBR App required

8am Holy Communion

10am Holy Communion

Celebrant:

Rev'd Connie Gerrity

Preacher:

The Rev'd Dr Wayne Brighton

5pm—Youth Alpha

SUNDAY 25 JULY

MISSION SUNDAY

Seating limited to 75 people per service.

Sign in using Check In CBR App required

8am Holy Communion

10am Holy Communion

Celebrant and Preacher:

The Rev'd Dr Wayne Brighton

5pm—Twilight Conversations

Coming up

Sat 24 July — 6.00pm Parish Dinner

Sun 25 July—MISSION SUNDAY

Fri 30 July — 6.00pm Film and Pizza night

Thur 5 August — 7.00pm Digital Life for Families

Fri 13—Sun 15 August—Parish Retreat

Bank Details for Direct Debit are:

Bank: Commonwealth Bank

Branch: Jamison Centre, ACT

BSB: 062 907

A/C No: 802588

Name: Holy Covenant Anglican Church

Would you enthusiastically embrace a crowd turning up at your place for dinner after a busy day? Or would you feel a bit like the disciples, wanting to send them away because you needed time out?

In the feeding of the 5000, it wasn't just fatigue that made the disciples reticent, they were also anxious about the cost and their available resources. When Jesus told the disciples to give the crowd something to eat themselves, their response was: 'That would take more than half the years wages!' (v 37). But instead of focusing on what they didn't have, Jesus drew their attention to what they had. Through God's grace, what they had was sufficient to bless the crowd, with ample left over.

Jesus never tired of caring. His vision that all would come to know Him and be whole was underpinned by his values of inclusion, diversity, compassion, justice and freedom. So what do these values mean for us at Holy Covenant?

Inclusion and diversity mean valuing the gifts of all the people of God. By giving everyone an opportunity to exercise their gifts, the voices and talents of all God's people shine through the tapestry of our common life.

We need to do this with compassion, allowing people the time, space and resources they need to find their place. This might mean allowing a person to do things differently or imperfectly so that they can participate and/or develop their skills.

To act justly, we must remove barriers and challenge the structures that lock others out, so that all people, animals and the environment have the freedom to be all that God created them to be. Barriers might be our own attitudinal biases about age, gender, ability or ethnicity; structural inequalities that favour the well off at the expense of the needy; or physical impediments that signal to the less able that they are less deserving.

We have many examples of how we do this well at Holy Covenant. When we acknowledge country or allow a little more time for a person to communicate while listening intently, we show that other perspectives are important. When we make room for people of all ages, genders or abilities to contribute, we acknowledge their gifts. Addressing people by their preferred pronouns and building accessibility into our spaces and programs says that 'we see you and you are welcome'. Wise use of our environment and protection of wildlife demonstrates justice for creation.

Of course, living our values has a cost. It may require a change of attitude or involve demands on our time, resources or finances. It is easy to get anxious when we feel under pressure. Like the disciples, we need to focus on the resources we do have and consider how we can use these to make our vision a reality.

I wonder how you might use all that God has given you to enrich Holy Covenant and our wider community?

Joh Sheehan

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SURVIVING A CAR ACCIDENT AND

LIVING WITH PTSD

A softly spoken man called SJC a few weeks ago and told me that he reached out to St John's Care because he was worried about his brother. We had a chat and I encouraged both to drop in. A couple of days later, they (V and E) were sitting in our Centre sipping hot drinks. Although V looked well physically, his emotional state was unbalanced. He started telling me his story.

Six months prior, V was involved in a six car pile up accident on one of Canberra's major roads through no fault of his own. He said that fortunately, his injuries weren't massive, but none the less, it took him two months to recover. V sustained physical impact injuries and an enormous psychological impact.

After the accident, he has been living with PTSD and waking up in cold sweat fearing that this could happen to him again. V is seeing a psychiatrist and is seeking other help, but he can't work any more and seems to have difficulty remembering things. This includes following up and paying bills.

Debtors started to make phone calls. V was living with his brother, but exhausted his welcome as their relationship was deteriorating. E also needed to sell his house as he was moving interstate.

He was also at risk of homelessness and in financial difficulties. I immediately dialled the Care Financial phone number and connected him to their team of professionals. We also paid for V's overdue phone bill so that he could continue to be contactable. Moreover, we gave him plenty of food to take home so that the two brothers could have it easier that week.

Later in the week, I connected V with Salvation Army Housing for transitional accommodation support. We filled out the application forms and it is looking very hopeful for him.

V told me that his situation has had an amazing turn around in the last few weeks, which he didn't expect but was extremely grateful for. He also told me that he used to worry about opening his mail as he feared seeing unpaid bill reminders, but after his appointment with St John's Care and a financial counsellor he felt hopeful and optimistic. He started to look forward to receiving bills as it was giving him a sense of responsibility and control over his finances.

I also connected V with a service that supports people suffering from accidental PTSD and am confident that he is in good professional hands.

V's nightmares after the accident may not go away immediately, however, he has hope and the support of an amazing team here at St John's Care, mental health professionals and you, dear donors.

We would like to sincerely thank our donors who financially, or by donating their time, support clients of St John's Care.

Kind regards, Nailia, SJC Case Manager

Items required: tinned meat, powdered milk, shampoo, conditioner, 2kgs bags of sugar

YOUTH ALPHA THIS SUNDAY 5 PM RAINBOW CENTRE

HE IS HERE

God is with you. 1 Samuel 10:7

I suspect, in a corona virus ravished world and in our own personal world, there will be a few cries going up, 'Where is God?' It is so easy to lose hold of the fact that God is with us in all things and at other times there is a great unquestionable sense of his awareness. Think of your day, the ups and downs, the blessings and curses and pray today to hold onto what Samuel knew – 'that God is with you.'

George Macdonald said: Few delights can equal the mere presence of one whom we trust utterly.

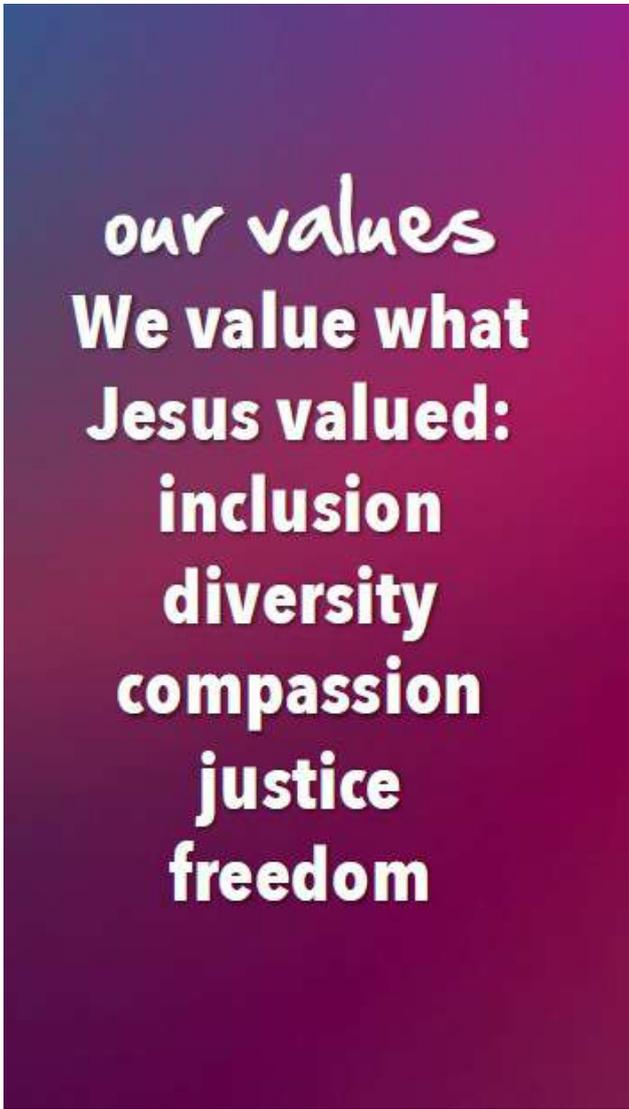
Jehovah – Shalom. The Lord is peace.

Anne, servant of the Lord

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



The Prophet Samuel's Tomb and National Park Israel



FROM THE TREASURER

The table below provides a summary of how the parish is going financially

	June 2021	Year to 30 June 2021	Budget 2021
Income	\$25,110	\$140,800	\$273,700
Expenditure	\$15,750	\$125,600	\$316,900
Surplus/deficit	\$9,360	\$15,200	(\$43,200)



GROWING OUR CHURCH IN JULY

Throughout July, we are exploring our future and discussing how we might grow as a parish. Our discussion will be inspired by reading Paul’s letter to the Ephesians.

Last week was **Vision Sunday**. We explored God’s call to us as a parish to take the road less travelled.

This week (18 July) is **Values Sunday**. This is an opportunity for us to explore some of the values that are central to our identity as Holy Covenant.

Our exploration will conclude on 25 July with **Mission Sunday**. As we celebrate the parish’s birthday we will have a chance to consider how we might engage more deeply with our neighbourhood.

Our parish plan for 2021-2024 is available for questions, conversation and engagement. If you’d like to know more, why not talk to a parish council member?

JULY ANGLICAN NEWS

The July Anglican News is now out and is available on our website for any printing required.

To the page:

<http://anglicancg.org.au/news-and-events/anglican-news/>

Straight to the pdf on the website (larger size for printing):

<https://anglicancg.org.au/wp-content/uploads/Anglican-News-July-2021.pdf>

THAT SPECIAL GIFT WITH A DIFFERENCE

Are you looking for that special gift for someone and in doing so support a wonderful Christian family? Abraham's family shop across the road from St George's Cathedral and college in Jerusalem might be just the place for your online shopping. I know Abraham well and he and his family are struggling in Jerusalem, a place that depends on tourists and pilgrims to survive. A place hit hard like many with the corona virus and recent conflict. Enjoy browsing through his shop using the links below and offer your support. Perhaps you would like to send a prayer of encouragement to him and his family. You can tell him Anne (Ranse) sent you!

Abraham
 Website: www.stgeorgestore.com
 Facebook: <https://www.facebook.com/StGeorgheshop/>

PARISH RETREAT: 13-15 AUGUST

Hearing from God can be hard when our lives are filled with noise, jobs to do, besides having kids and parents to care for. A quiet time with friends in a peaceful setting can be just the thing to recharge or gain some perspective. This year's retreat will be held in Mittagong at the Hermitage. It will be led by The Rev'd Gill Varcoe. We need 15 participants to ensure the retreat can proceed. Please advise the office of your interest as soon as possible.

The Parish Dinner is on 24 July
DON'T FORGET THE SILENT AUCTION

Have you thought about contributing an item?

- Something of value which you would like to go to a good home?
- Offers of catered functions – dinner parties, high teas – are popular
- Chauffeur for a winery tour? Trailer service for a trip to the dump?
- Household services. Window/gutter cleaning. Making a special cake.
- Use of a holiday house.
- A voucher from your favourite shop in return for local publicity.

If you have an idea, talk about it with Bob Arthur (0413 389 897, rbarthur@gmail.com) as soon as possible so that he can include it in the auction catalogue.

Items should be left at the Parish Office before Wednesday 21 July.

TABLES ARE NOW FULL. If you have signed up and have not purchased tickets yet please contact the office..

Please speak to Wayne if cost is going to be an obstacle to you and your family.

For those employed in full-time work	\$60.00
For those who are not in full-time work because of age, study or disability, and children aged 13-18	\$40.00
For children aged 10-13	\$25.00
For children aged between 5-10	\$18.00
Those aged under 5 years old	Free

Plus Trybooking fee.

REQUEST TO ALL GARDENERS

Members of the Community Garden are seeking to increase variety in the garden.

Do you have excess perennials that you could gift?

We are seeking plants such as: Raspberry Canes, Rhubarb
Herbs: thyme; sage; coriander, lemon grass; etc.



If you are able to assist, please contact Joh on 0418 644 282 or Johann@sheehan.id.au

PRAYER POINTS

IN THE WORLD

⇒ For leaders of nations and all in positions of authority, for those who endure the hardships of poverty, disease or war. Break down the dividing walls of hostility and bring peace to your troubled world, that enmity between nations and races might cease

IN AUSTRALIA

⇒ Continue to pray for those affected by the corona virus in Victoria and NSW

⇒ 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 North West Australia

⇒ Yass Valley

⇒ Boorowa

⇒ Murrumburrah-Harden

⇒ Pray for: Christian unity at local, national and world levels, National Council of Churches in Australia, Churches Together NSW, ACT, ACT Churches Council.

IN OUR PARISH AND COMMUNITY

⇒ Congregations—5pm Sunday

⇒ Belonging and Caring Team

⇒ Monastery of the Heart

⇒ Parish camp— that you would energise a team to help make the camp a reality

⇒ Parish retreat— bless and inspire our leader Gill as she prepares to lead our retreat.

⇒ Work health and safety

⇒ Curate and Community worker (Wendy Robertson)

⇒ For all members of our parish family including Hugh and Sarah MacWilliam; Jenny Madden; Jean Main; Rob Maron; and Bec and Benjamin Marston.

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

COMMEMORATIONS

Wednesday: Harry Reece Sharpe (d. 1994)

Thursday: Trevor Charles Lawrence (d. 2019)

BIRTHDAYS THIS WEEK

Sunday: Samuel Gumbrell

COLLECT for Eighth Sunday after Pentecost

Eternal God,
author of our life and end of our pilgrimage:
guide us by your word and Spirit amid all perils and temptations,
that we may not wander from your way,
but may run our course in safety
until we come to our eternal rest in you;
through the grace of Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen**

READINGS

2 Samuel 7.1-14a

Psalm 89.21-38

Ephesians 2.11-22

Mark 6.30-34, 6.53-56

MINISTRY TEAM CONTACTS

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Allison Cooper-Stanbury 0410 506 231

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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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