

# HOLY COVENANT ANGLICAN CHURCH

a place for everyone



**SUNDAY 8 AUGUST 2021**  
**ELEVENTH SUNDAY AFTER PENTECOST**  
**THE BREAD OF LIFE. John 6:35,41-51**

## COMING UP

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

<https://adcg.zoom.us/j/8820962366?pwd=YUUpja05YTXFCN0N4MGRiSFVIRlloZz09>

Meeting ID: [882 096 2366](https://adcg.zoom.us/j/8820962366?pwd=YUUpja05YTXFCN0N4MGRiSFVIRlloZz09)

Password: 033643

## SUNDAY 8 AUGUST

Seating limited to 75 people per service.

Sign in using Check In CBR App required

8am Holy Communion

10am Holy Communion

Preacher:

Rev'd Connie Gerrity

Celebrant:

The Rev'd Dr Wayne Brighton

5pm—Twilight Conversations

## SUNDAY 15 AUGUST

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—Youth Alpha

## Coming up

Sun 29 August—Wear it purple day

Sun 10 October—Confirmations and Pet  
Blessing

Fri 29—Sun 31 October Parish Retreat

Sat 6 November - Fete

## 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

There is far more to this very familiar and comforting passage of scripture than just words that flow from our mouths in a poetic way. Indeed, it's about food, about bread, about a meal.

Jesus points to the fact that like Moses who gave the manna in the wilderness and when he himself fed the crowd with the loaves and fishes that the body needs food. We eat food because it is essential for life, for growth and for health. At the last supper Jesus shared bread and wine with the disciples asking them to 'do this in remembrance of me.'

But again, its more than just bread and wine. Jesus is pointing to the fact that HE is the bread of life and if we participate in this bread, in this Eucharist, we are receiving far more than its nutritional value for our wellbeing, we are sharing in HIM and because of that we grow in faith – it feeds our Spirit, heals our mind and restores our relationship with God.

How do we measure growth in faith? As a child, along with my siblings we would have our height recorded on the door post to see how much we had grown, but how do we measure spiritual

growth? I believe that spiritual growth can manifest itself in acts of kindness and compassion towards other people. Not a conservative compassion but one of increases sensitivity the those in our world and community who are suffering.

Ordinary food brings us joy and pleasure. It's a joy to eat good food, to converse with others and to share in the pleasure of a good meal. The same applies to our heavenly food, the Eucharist. We receive the bread and wine with joy and we take pleasure in the company of those who share the banquet with us.

The great spiritual writer Abbot Marmion said that *joy is the echo of God's life within us*. From the moment we gather today we begin to participate together in God's life and we will receive that life par excellence in the food of the Eucharist. Our hearts, minds and voices echo that life of God with in us.

Come and receive the bread of life.

*Archdeacon Anne*

**RECTOR:** The Reverend 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>



## Rediscovered Positivity

I received a call from a young man last week who enquired about having some food delivered to his house. I gathered a bag of groceries, complete with fresh fruit, vegetables, meat, and dairy and set off to G's house on my way home.

I arrived and was met by a young man who quickly invited me into his house and out of the cold. Although he was quiet and reserved, I quickly got the impression that he appreciated the visit.

We packed away his groceries into his fridge and pantry and sat down on his couch. G was an intelligent man, and the conversation became quite deep and insightful as we broadly discussed life, and the notable events which led to us meeting.

G was now in his 30's and had lost all functioning in his legs by the age of 27 because of a rare spinal condition. He recalls beginning to lose functioning of his legs, and just as significantly, losing friends and family as his condition deteriorated.

"I was a young fit guy who enjoyed sport and all things active and within the space of 12-18 months I was wheelchair bound and unable to move my lower half. Tasks which I was able to perform myself, now required the assistance of a friend or family member.

Many of the friends that I grew up with moved away from Canberra or started families of their own, and eventually lost touch with me. Visits from family members became less frequent and I had trouble shaking the feeling of being a burden on those closest to me. I stopped doing the things that I had enjoyed throughout my life like drawing, and I crept further and further into isolation.

It can be really difficult seeing people around you reaching milestones in life while being confined to a wheelchair", said G.

G began to discuss how his lack of mobility was affecting his daily life.

"I have my medication delivered from the local nearby pharmacy, however each time they arrive and knock on my door, they have left by the time I get to the door. This often means I have to arrange an alternative time for my medication to be delivered or organise someone to take me into the pharmacy," said G.

The following afternoon I returned to G's house with several items. Among those was a referral to a service run by the Australian Red Cross called TeleChat. This program connects clients with a companion who makes weekly calls and is designed to alleviate feelings of isolation and improve overall wellbeing. We sat down and discussed the program at length and began to fill out the necessary paperwork – G was evidently excited by the idea.

I then phoned the local pharmacy and after explaining G's circumstances, got in touch with their delivery driver. The driver agreed to call prior to reaching G's house to ensure he had enough time to reach the door

and receive his medication. Just before leaving his house, I surprised him with some artbooks, and a new colouring set, in the hopes that he may be able to reignite his passion for drawing.

Tears welled up in his eyes as he thankfully accepted the gifts. G has now been set up with a companion who shares similar interests to him and has also rediscovered his passion for drawing.

We would like to thank our donors and volunteers who have contributed to G's positive outcomes. We will continue to support G and continue to empower him to move forward.

Robbie Speldewinde, Program Coordinator

**Items required:** Tinned meat (e.g., Irish Stew), powdered milk (full cream), shampoo and conditioner, Tinned Vegetables (please no corn or carrots)

## FAITH HOPE AND LOVE

*Now faith is the assurance of things hoped for, the conviction of things not seen. Hebrews 11:1*

Hope of the cold winter passing is the emergence of the green growth of the spring bulbs as they push their way through the hard soil towards the sunlight and warmth and hope is the sweet perfume of the Daphne flowering at the front door, heralding Spring.

Hope is the bow in the sky full of colour and joy following the rain reminding us of God's covenant with his people. All these signs and more assure us that God is faithfully and loyally with us so why should we ever doubt when we don't see signs of hope for, they too will come.

Grace and peace from the Lord Jesus Christ.

Anne, servant of the Lord

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



The Daphne at the back door

## OUR PARISH PLAN

We all have a story to tell.

Holy Covenant's story is one of stretching to meet the needs of our community.

In July, we explored the parish's vision, values and mission. We believe that encouraging people to become what God created them to be by using their ability, age, gender, orientation and ethnicity will enable us to grow. Parish Council and the ministry team want to know what you think. What inspires your journey with God? How we can help? As 2022 arrives, the parish will need to find ways to fund the Community Chaplain. Your generous response will help enormously. We are also looking to renovate the Rainbow Centre.

Concept plans are being developed and community grants are being sourced. We envisage:

- creating an accessible bathroom (anyone in a wheelchair presently needs to leave the building, cross the carpark and enter the worship centre - try that when you're busting!)

- removing internal walls between yellow, purple and rear office that would create a large open space suitable for kids church; and

- add some decking to make it an inviting and dynamic space that works with our gardens.

All this will not be possible without your prayerful support. It will be a stretch to close the \$43,200 budget gap and provide for the renovations. Your help and generosity will make all the difference. At the end of the bulletin is a response sheet. It provides some questions for you to think about. If you want to know more; get involved with a particularly activity; or make a gift to support our growth, there are a few things you could do.

- make a time for a coffee - because I'd love to hear your thoughts
- fill out the back panel, place it in the bowl during the greeting of peace,

where it will be collected and placed on the altar at Communion;

- fill out the back panel and return it to the office when you have time.

Your prayers, help and generosity strengthen us as we seek to help our neighbourhood thrive

Wayne



### WIFI IN THE RAINBOW CENTRE

Improved Wifi is now available in the Rainbow Centre.

You will need to use the following network:

"HCA Rainbow Centre"

And our standard wifi password

### 'Have a Good Yarn'

Have a Good Yarn group is a chat and knitting group.

Meeting on 2nd and 4th Tuesdays of the month 10.30am to 12.30 pm in the Rainbow centre. The next one is 10th August 2021

Any queries to Sandra Ross 0408 438 770

[sandraross@ozemail.com.au](mailto:sandraross@ozemail.com.au)

### ANSD Quiet Day with Rev Linda Chapman Saturday 28 August 2021 | 9.30 am to 3pm

In this Quiet Day we will bring our attention to a relationship between contemplation and self-compassion in the context of our often busy lives. To rest in contemplation, we need to bridge the gap between our many expectations of ourselves and the reality of who we are in any given moment. Compassion opens the contemplative space of the heart, where giving flows from receiving, doing is born of being, where effort is fed by grace.

**Please RSVP by Friday 20 August to [ansdact@gmail.com](mailto:ansdact@gmail.com)**

**Venue:** Australian Centre for Christianity and Culture, 15 Blackall St, Barton, Canberra (off Kings Ave, parking available). This event is subject to Zoom delivery or cancellation, depending on health advice or social/travel restrictions at the time.

**Cost:** \$30 (cash only on the day) Electronic transfer to "Australian Network for Spiritual Direction" | BSB 032-719 | Account 301 994 | Reference: SurnameQD



# COMPANION HOUSE

Assisting Survivors of Torture and Trauma

Companion House is one of the organisations that we support with our wider work distribution.

Companion House is a non government community based organisation. It works with adults and children who have sought safety in Australia from persecution, torture and war related trauma. It believes that people who have survived torture, trauma and human rights violations should have access to services that respect, empower and promote recovery.

## Services include

- Medical
- Counselling
- Complementary Therapy
- Community Development
- Training and Professional Development
- Policy Advice and Awareness Raising
- Migration Advice

Services are free of charge.



**Embracing Ministries, together with Luke 14 CBM are pleased to present:**

## **“Inclusion Toolbox for Kids and Teens”**

Saturday 14th August  
1:30 - 5:00pm  
St Mary in the Valley Church  
Calwell ACT

Children and teenagers with disabilities, and their families, rightly look to Churches and Christian community groups for acceptance and belonging. At the same time, leaders and those in ministry areas are seeking help to ensure their activities and programs cater for all. This workshop assists churches and community groups to engage practically with this vital area of Christian community and church life and ministry.

CBM is an international Christian development organisation

devoted to improving the lives of people with disabilities in the poorest places on earth. The Luke 14 Workshops offered by CBM are designed to equip churches with practical ideas, skills and strategies for including people with disabilities. Luke14 workshops are not designed to make people “disability experts,” but to understand practical ways to accommodate different needs in the church

If you or a member of your church would like to attend this workshop, please book your place by contacting Andrea via email [info@embracingministries.org](mailto:info@embracingministries.org) or Mobile: 0404 256 714.

## PRAYER POINTS

### IN THE WORLD

⇒ Hear today the cries of those who suffer starvation, oppression, imprisonment or war and teach us how to live together in harmony and peace

### IN AUSTRALIA

⇒ For those who struggle day to day whether due to homelessness, unemployment, under employment or over work  
⇒ For those affected by the coronavirus and those in lockdown

### IN THE DIOCESAN CYCLE OF PRAYER

⇒ Diocese of Bunbury  
⇒ St John's Canberra  
⇒ St John's Care  
⇒ Sutton Road Mission District  
⇒ Australian National University: Chaplaincy Team  
⇒ Holy Cross, Hackett  
⇒ Brindabella Court Self Care Units, Downer  
⇒ Radford College, especially Chaplain Dr Katherine Rainger  
⇒ Dinka Community  
⇒ Anglican Schools Commission  
⇒ The work of Christian education in all schools, and for the continuing development of accessible schools in the Diocese. Ministry to post-secondary students.

### IN OUR PARISH AND COMMUNITY

⇒ Congregations—10am Sunday  
⇒ Young adults ministry  
⇒ Shovel Community Garden—for renewed energy amongst the leadership team  
⇒ Resources group  
⇒ Tai Chi—A couple of Tai Chi members have current health issues. Please pray for quick recovery.  
⇒ For all members of our parish family including Noel Montgomery; Sally, Dylan, Dougal and Jemima Mordike; Belinda and Philip Moss; Di and Melanie Mutch/Cantwell and Ella and Lilly; Maurice Nevile; and Tobias Nevile.  
⇒ 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

**Friday (6/8):** Tamara Mary Batterham (d. 2019)

**Monday:** Audrey Pearly Kennett (d. 2015)

**Thursday:** Joyce Cole (d. 2019)

### BIRTHDAYS THIS WEEK

**Monday:** Anne McDowell

**Wednesday:** Oliver Taylor

## COLLECT for 11th Sunday after Pentecost

Grant, O Lord,  
that we may see in you the fulfilment of all our need,  
and may turn from every false satisfaction  
to feed on the true and living bread  
that you have given us in Jesus Christ;  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen**

## READINGS

2 Samuel 18.5-9, 18.14, 18.31-33

Psalm 130

Ephesians 4.25-5.2

John 6.35, 6.41-51

## MINISTRY TEAM CONTACTS

### Children's Worker

Wendy Robertson 0481 458 037  
children@holycovenant.org.au

### Youth Leadership Team

Tobias, Lou and Remus  
youth@holycovenant.org.au

### Wardens

Deranie Jackson 0408 443 709  
Joh Sheehan 6251 7151  
Allison Cooper-Stanbury 0410 506 231

### Prayer Vine

Rosemary Kennemore  
6251 2009; rkmore@grapevine.com.au

### Belonging and Caring

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

### Curate and Community Chaplain

Wendy Robertson  
0481 458 037 warobertson4@gmail.com

### 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



# finding our future

## our parish plan

### 2021-2024

Everyone has their own reason for coming to church. For some it's about connecting with God or following their passions. For others, church is about healing or renewal. Some come out of obligation. Most are here because it's where we want to be.

Whatever your reason, we all reach up to God with open hands to have more faith, a deeper hope, and richer love. We reach in to build friendships that last through the storms. We reach out to a world that's hungry for love, looking for hope yet uncertain

about faith. We work with others to build a better world. We find that we don't need to carry all that baggage by ourselves.

Holy Covenant is a place for everyone. We are community of friends who can help you to become all that God made you to be. We value inclusion, diversity, compassion, justice and freedom. We welcome all who want to discover, understand and participate in God's kingdom so that our neighbourhood will thrive.

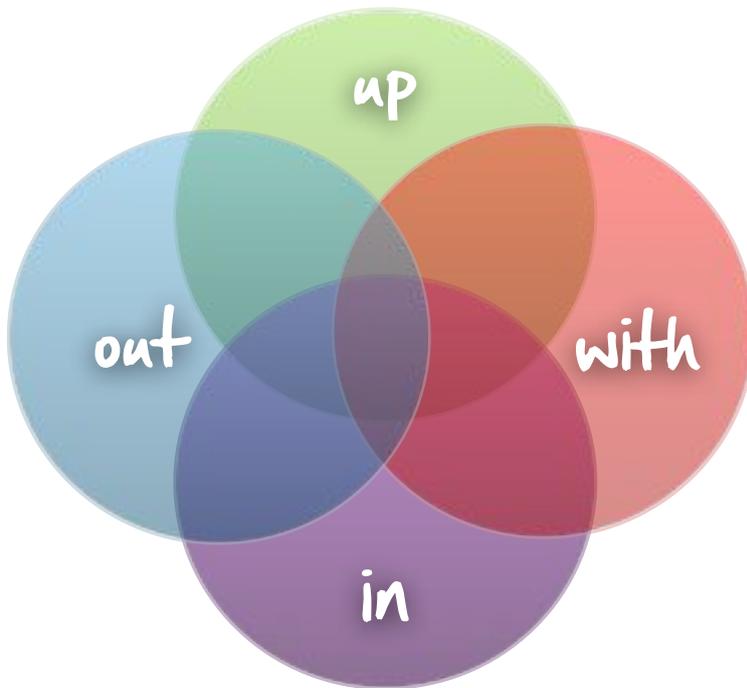
So as you think about God's call, you might want to pray about:

- the future that God wants you to discover
- the seeds that God has planted in you that are waiting to grow
- how might you make a difference by helping or getting involved
- how you can help us redeveloped the Rainbow Centre
- how can we help you to find the faith, hope and love that you are looking for?

<p><i>We grow up into God by:</i></p> <ul style="list-style-type: none"> <li>• Sunday morning services (8 &amp; 10am)</li> <li>• informal evening service (5pm)</li> </ul>	<ul style="list-style-type: none"> <li>• Wednesday noon service</li> <li>• Colours of God (adults with disabilities)</li> <li>• worship at aged care</li> <li>• Meditation groups</li> </ul>	<p><i>We nurture faith by:</i></p> <ul style="list-style-type: none"> <li>• Kid's church (5-12yrs)</li> <li>• Youth group (13-18ys)</li> <li>• Youth Alpha (13+)</li> <li>• Fruitful Fridays (13+)</li> </ul>	<ul style="list-style-type: none"> <li>• Exploring Faith Matters</li> <li>• Monastery of the Heart</li> <li>• Diving Deeper</li> <li>• small groups</li> </ul>
--	--	---	--

*We grow by reaching out to others through:*

- Community chaplaincy
- Holistic Care Nursing Ministry
- Pet ministry
- pastoral care through listening, baptism, weddings, funerals



*We grow with our neighbourhood through:*

- Playgroup
- Community garden
- Becoming well (mental health)
- wider works (financial support for other groups like St John's Care)
- environmental and justice programs

*We grow as a community through:*

- camps
- pizza nights
- women's afternoon teas
- men's dinners
- have a good yarn

# my contribution to our future

Yes, I want to help Holy Covenant become a place for everyone so that our church and neighbourhood can thrive.

Name: .....

Contact: .....

I would like to get involved by exploring:

.....  
 .....

I would like to help Holy Covenant grow by making a special gift for:

- the community chaplain  
 renovating the Rainbow Centre  
 another area of ministry .....

	Other amount		\$80
	\$250		\$60
	\$200		\$40
	\$150		\$20
	\$100		\$10

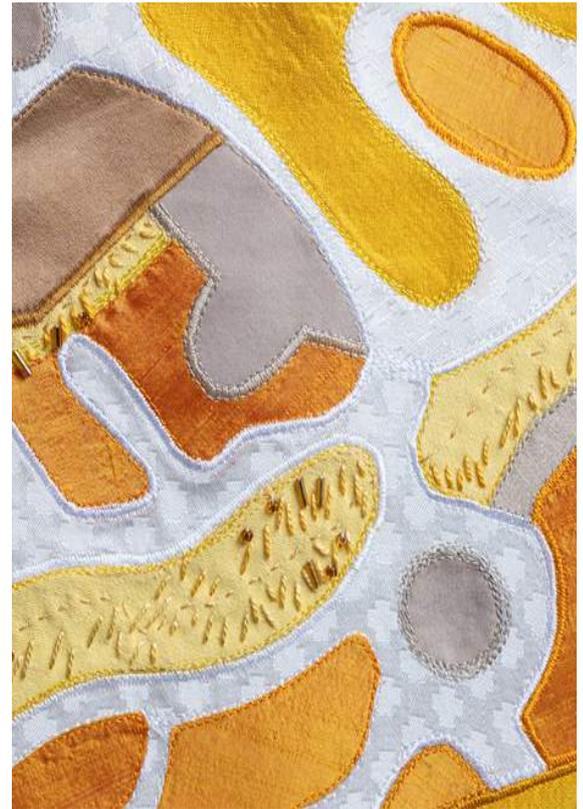
Your generosity makes so many things happen. In 2021 you might wish to consider increasing your weekly giving by 10%.

Giving regularly through an automatic deduction (direct credit) means that the parish can better meet its monthly expenses. Offertories fall behind during the winter months when up to a third of parish members are away either on holiday or due to sporting commitments. Of course, our giving does not stretch like it used to. We encourage those using this method to review it each year.

Offertory envelopes are an important way for regular attenders, who might not feel comfortable with electronic options, to help our church to grow.

You can also make a legacy gift through making a bequest in your will. Gifts of between 1–5% from an estate can allow us to build a trust fund that could yield a regular income stream over time. Such gifts can enable our church to undertake larger projects that would otherwise be beyond our normal capacity to achieve.

	Direct Credit (our details below) Bank - Commonwealth Bank Branch - Jamison Centre, ACT BSB - 062 907 A/C No - 802 588 Name - Holy Covenant Anglican Church
	Offertory envelopes
	Make a legacy gift through a bequest



## A PRAYER FOR MY CHURCH

Good things grow through prayer. You might wish to pray the prayer below, or otherwise commit to praying regularly for our church.

*Generous God,  
 you have given us so much.  
 Everything we have comes from you.  
 Through your goodness we have so much to share.  
 May we who struggle for time make room in our diaries for your kingdom.  
 May we who find change hard make room for new people who may look, sound and act differently.  
 May we discover the wideness, deepness and breadth of your future as your disciple.  
 May all our offerings be used for your glory and for the service of your kingdom.  
 Amen.*