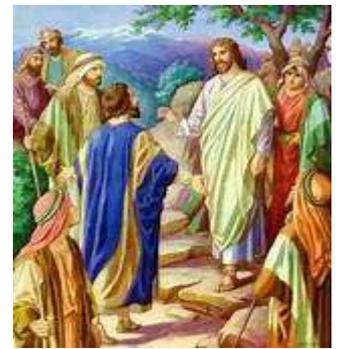


# HOLY COVENANT ANGLICAN CHURCH

a place for everyone



**SUNDAY 22 AUGUST 2021**  
**THIRTEENTH SUNDAY AFTER PENTECOST**

**WAR ON .....Ephesians 6: 10-20**

The NSW Premier tells us we are in a war on Covid 19. Can putting on the Whole Armor of God, as in this Biblical letter to the young church at Ephesus, help us in this time? It depends on what level it is read.

St Paul writes it while he is in chains in Rome, possibly to a Roman soldier. That's isolation, and we endure our own. Christians are bound to Christ. The obvious enemy at the time was the powerful Roman Empire, but it is not about taking a stand against their rulers.

It is about the 'struggle against .....the spiritual forces of evil'. It is about being prepared and standing firm against attacks from power, which could be exploitation, falsehoods, environment destruction, greenhouses gases, violence and disease.

Yet we cannot ignore the practical because the spiritual and the worldly are not separate. They mingle all the time.

So for us, the armor against the spread of delta Covid is in our reach – Vax, masks, isolation, soap, thoughtfulness for others and patience. All of it, the whole armor.

Paul is leading the hearer/reader to Prayer. The armor metaphor is about protecting ourselves and being ready to resist, stand tall and actively defend.

So in this lockdown we can sit down quietly with the passage, close off our distractions and open our imaginations. Know that God/Jesus is with you and slowly put on each piece of armor –

the belt of truth,  
the breastplate of righteousness,  
shoes to share the gospel of peace,  
the shield of faith,  
the helmet of salvation, and  
the sword of the spirit which is the word of God.

You might want to imagine yourself receiving these, or doing it for a personal situation, the people of Afghanistan, the polar ice sheets, Covid 19. There is no right way to do this – see what happens. A couple could 'dress' each other, one reading and the other with eyes closed.

Note your feelings as you do it and at the end.

Give thanks to God.

*Anne Dudzinski*

## COMING UP

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

<https://adcg.zoom.us/j/8820962366?pwd=YUjpa05YTXFCN0N4MGRiSFVIRlloZz09>

Meeting ID: 882 096 2366

Password: 033643

**Kids church** at 9:30am Sundays:

Join Zoom Meeting

[https://us04web.zoom.us/j/417454216?](https://us04web.zoom.us/j/417454216?pwd=NlFwSktMWUNBS0Y2NHVxemd5MW0wZz09)

[pwd=NlFwSktMWUNBS0Y2NHVxemd5MW0wZz09](https://us04web.zoom.us/j/417454216?pwd=NlFwSktMWUNBS0Y2NHVxemd5MW0wZz09)

Meeting ID: 417 454 216

Passcode: Kidschurch

**Young Adults** at 10:30am Sundays

Meeting ID: 851 1798 8397

Passcode: Y4wsCZ

## SUNDAY 22 AUGUST

Due to COVID lockdown, worship will be provided online only.

8am and 10am Holy Communion

Celebrant and Preacher:

The Rev'd Dr Wayne Brighton

5pm—Twilight Conversations

## SUNDAY 29 AUGUST

Due to COVID lockdown, worship will be provided online only.

8am and 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

**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>



## ROAD BACK TO HOME

A few months ago I was at a local shopping centre doing my weekly groceries, when I noticed a middle-aged man slumped over out the front. When I approached the man and introduced myself, his head remained bowed and his body language dejected.

J was visibly reluctant to engage in conversation, but quickly the conversation was free flowing.

J had recently experienced the breakdown of his marriage and had left the family home where his estranged wife and three children still lived. Eager to be near his children but not wanting them seeing him sleeping rough, J began sleeping rough in a nearby suburb.

After a few nights of sleeping rough, it was clear his mental health was in poor shape. We discussed some of the services that he would benefit from being referred to. I left him with some food and a small amount of money for transport. I encouraged him to visit the St John's Care Centre.

The next morning, J arrived at our Centre with a renewed sense of optimism. We provided him with food, lunchbox snacks, and some school supplies for his children, as well as groceries for himself.

We contacted Centrelink and set up an account for J. I suggested he visit a doctor who would be able to develop a mental health plan which would assist him greatly. J agreed and conceded that his mental health had been sliding downhill months before leaving home. This was the primary reason his marriage began to break down.

Early this week J visited the Centre and proudly announced that he had found an apartment not too far away from the family home. J had been following his mental health plan and the changes in his demeanor and body language were evident. J had been in touch with his estranged wife and children and was in the process of repairing his fractured marriage.

The improvement in J's mental health and wellbeing was so significant, that the purpose of his visit to SJC was to enquire about regaining employment. We referred him to a job agency, and he has already received a call regarding an interview.

We will continue to support J on his upward trajectory and are extremely encouraged by the positive changes in his life.

We would like to thank the donors and volunteers who allow us to make positive changes in the lives of those who need it most, and to enable them to succeed in their own way.

Kind regards,  
Robbie Speldewinde,  
Program Coordinator

### Items required:

500ml Olive Oil, Cup-A-Soup, Vegemite, Jam

## LOCKDOWN – A CURSE OR A BLESSING?

*Come away with me by yourself to a quiet place and rest awhile. Mark 6:31*

What are you doing during this lockdown period? Besides doing a great catch up in and around the house I have been spending time in the garden with rose to prune and flowers to smell. But I have had a great 'pull' in this period to go on a daily personal retreat in the quiet and stillness making time to draw even nearer to God and looking deeper into his eyes in nature – and his voice in the bird songs, now clear and joyful in a silent world. The one hour allowed outside for exercise to breathe in the clear air, pollution free air, full of the perfume of spring to appreciate the outdoor beauty and picturing what God had in mind when he created the crested wood pigeon or the daffodil or the forget-me-not and why he put the trill in the throat of the tiny birds. What are you doing during lockdown?

A hymn by Getty called 'Holy Spirit' backs my retreat: Holy Spirit, living Breath of God, breathe new life into my willing soul. Let the presence of the risen Lord come renew my heart and make me whole. Cause your word to come alive in me; give me faith for what I can not see, give me passion for your Purity. Holy Spirit breathe new life in me.

The Grace of our Lord Jesus Christ be with you .

Anne, servant of the Lord

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



Have you ever watched a bee gathering pollen?

## Canberra Women's Christian Convention

### Running from a Gracious God

Saturday 18 September 2021

Helen Bell will be preaching from the book of Jonah

Early bird Registration is now open

Tickets are available at <https://canberrachristianconventions.org.au/womens/>

SAVE THE DATE FOR THE FETE

SATURDAY 6 NOVEMBER 2020

Let's make this a great event for the community. Time now to think how you can help on one of the stalls or setting up. There will be the usual large trash and treasure, an Aladdin's cave for jewelry items, an antiques and collectable stall and a large book stall, plant stall, BBQ. Cake stall and a lovely café of delights to have with your tea or coffee. There will be a sign-up sheet on the notice board in the next few weeks. Meanwhile start potting those plants from your garden so they are well established for the event.

Enquires to Archdeacon Anne. 0406379599 or email [anne.ranse@gmail.com](mailto:anne.ranse@gmail.com)

## WEAR IT PURPLE DAY 29 August

Wear It Purple is a day celebrated at schools, universities and businesses to foster supportive, safe, empowering and inclusive environments for rainbow young people.

As a church, it shows that we see, hear and love all those who are LGBTIQ. This is especially important as it allows people to come to church as a whole person, without fear or having to leave someone important outside.

The day is all about healing when bullying, exclusion and rejection has been a part of their faith journey.

If you feel comfortable wearing purple, give it a go and don't worry if you can't. We love you no matter what you wear.

Wayne

## DIVING DEEPER

How do we listen  
to Scripture?  
an online conversation  
Tuesday 24 August, 7.30pm



### VIGIL FOR A TROUBLED WORLD

Tuesday  
24 August, 7pm

When the world is filled with craziness and our hearts are overwhelmed with sorrow its often a good time to pray.

Join us on ZOOM for a time of prayer for our troubled world.

Bring your aching hearts and unsettled minds into God's presence for 20 minutes as we pray for Afghanistan – the women and children, the veterans, the warlords.

Meeting ID: 882 096 2366  
Passcode: 033643



### ANSD Quiet Day with Rev Linda Chapman Saturday 28 August 2021 | 9.30 am to 2pm will now be delivered via Zoom

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)

Payment of \$15 by Tuesday 24 August is required please via electronic transfer to "Australian Network for Spiritual Direction" | BSB 032-719 | Account 301 994 | Reference: SurnameQD.

Zoom link/login details will be made available following your registration via this address.

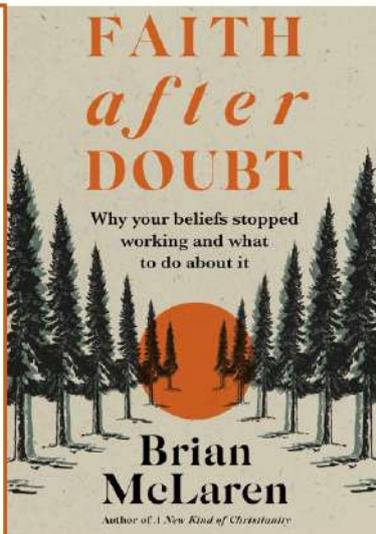
### WEDNESDAY SMALL GROUP – 25 August, 7pm

Growing with God is a journey. Sometimes we know what's happening. Other times, we don't know what to expect.

If you're curious about where your spiritual life is heading, why not join us for a conversation about the journey of faith.

No boots, hiking or kayaking experience necessary.

Join us over Zoom:  
Meeting ID: 882 096 2366  
Passcode: 033643



## JOIN US FOR MEDITATION DURING LOCKDOWN

If anyone would like to join with others in meditation during lockdown we have two groups meditating.  
Tues meditation group will be meditating at home for 20-25 mins at 1pm on Tuesdays using the Weekly Reading from the World Christian Meditation Community which can be found at <https://wccm.org/mailings/weekly-readings-teachings/> and their meditation timer can be downloaded as an app or found at <https://wccm.org/>  
Wed meditation group is currently meeting via the Parish Zoom from 6pm-7pm on Wednesdays.  
Contact Merri Bacon [merri.bacon@bigpond.com](mailto:merri.bacon@bigpond.com)

### PRAYER POINTS

#### IN THE WORLD

- ⇒ For countries destroyed by hatred and conflict; for communities ravaged by poverty and disease. Strengthen us to stand firm against the forces of greed and destruction and make us ready to proclaim your good news of justice and peace
- ⇒ For Afghanistan at this time of turmoil

#### 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
- ⇒ For all affected by the lockdown and Covid-19

#### IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of Sydney
- ⇒ St John's, Wagga Wagga
- ⇒ Wagga Wagga Base Hospital
- ⇒ St Martin's College
- ⇒ The Riverina Anglican College
- ⇒ Riverina Juvenile Justice Centre, Wagga Wagga
- ⇒ Chaplaincy work in hospitals, universities, colleges, schools, the workplace, prisons, Defence Forces, emergency services and border protection; Exploratory Ministry Chaplaincy Unit members; Archdeacon for Chaplaincy; trial ministry on Converge chaplaincy (community chaplaincy).

#### IN OUR PARISH AND COMMUNITY

- ⇒ Congregations—12 noon Wednesday
- ⇒ Colours of God (Rainbow Fellowship)
- ⇒ Meditation Tuesday Lunchtime- members as they mediate at home during lockdown
- ⇒ Meditation Wednesday evening members as they meet via zoom during lockdown
- ⇒ Exploring Faith Matters as they meet via zoom during lockdown
- ⇒ For all members of our parish family including Barry and Carol Pogson; Anne Ranse; and Wendy, Lachlan, Estelle, Isla, Lainie and Tahli Robertson.
- ⇒ 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, Kerin Cox, Wendy and Peter Ward and anyone known to us personally.

### BIRTHDAYS THIS WEEK

**Wednesday:** Dougal Mordike

**Thursday:** Graham Bonnett

## COLLECT for 13th Sunday after Pentecost

Everliving God,  
by whose Spirit the whole body of the Church  
is governed and sanctified:  
hear the prayers we offer for all your faithful people,  
that in the ministry to which you have called them  
each may serve you in holiness and truth;  
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

1 Kings 8.22-30, 8.41-43  
Psalm 84  
Ephesians 6.10-20  
John 6.56-69

## MINISTRY TEAM CONTACTS

### Children's Worker

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### Youth Leadership Team

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### Wardens

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Joh Sheehan 6251 7151  
Allison Cooper-Stanbury 0410 506 231

### Prayer Vine

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### Belonging and Caring

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### Curate and Community Chaplain

Wendy Robertson  
0481 458 037 [warobertson4@gmail.com](mailto:warobertson4@gmail.com)

### Holistic Care Nursing Ministries

**Program Manager**  
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### Holistic Care Nursing Ministries

**Program Director and Chaplain**  
Venerable (EM) Anne Ranse OAM  
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### Honorary Priests

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Reverend Connie Gerrity  
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### Resources Team

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