

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 14 AUGUST 2022 TENTH SUNDAY AFTER PENTECOST

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

<https://zoom.us/j/8820962366?pwd=YUUpja05YTFXFCN0N4MGRlSEVIRlI0Zz09>

Meeting ID: 882 096 2366

Password: 033643

Morning Tea after morning services is postponed until the current COVID wave passes.

SUNDAY 14 AUGUST

8am and 10 am Holy Communion
Celebrant and Preacher:
The Revd Dr Wayne Brighton
5pm Twilight Conversation

WEDNESDAY 17 AUGUST

12 Midday Communion Service
and lunch

SUNDAY 21 AUGUST

8am and 10 am Holy Communion
Celebrant and Preacher:
The Revd Dr Wayne Brighton
5pm Twilight Conversation

Bank details for direct debit:

Bank: Commonwealth
Branch: Jamison Centre ACT
BSB 062 907
Account No: 802588
Name: Holy Covenant Anglican Church

Run the race—Keep the faith

When Kevin Rudd was the Prime Minister, I heard him say that Dietrich Bonhoeffer was a person who inspired him, a person who he greatly admired. The then opposition leader Malcolm Turnbull said his own father was the one he admired and who he got his most encouragement from. At a Christian rally I heard a person responding to the same question about who has inspired them in their life and his response was William Wilberforce. If I were to answer that same question, I would find it hard to single out just one person but there are three distinct people who have been my inspiration, my encouragers and have held my admiration right throughout my life even though they have long gone to be with the Lord and they are my father, my first Sunday School Teacher and Mother Teresa.

In Paul's letter to the Hebrews there is a 'roll call' of some of the heroes of the faith and in chapter 12 Paul says we are surrounded by a great cloud of witnesses. In your faith journey who are the people who inspire you? Who encourage you? Who would you call your hero?

We all need someone to look up to in our faith. Life can be tough, being a Christian can be tough but Paul says, 'keep your eyes on Jesus as you run the race of perseverance, remembering all those saints who have gone before you.'

If we look at the heroes of the faith, we see that they have endured much in their life but stayed faithful to God. They ran the race and persevered to the end because they put their trust wholly in God and no matter what God will never fail them. How would you feel if you were in the sandals of Daniel in the lion's den or the parents of Moses having to put him in the river, or the more recent martyrs persecuted and imprisoned for their faith? What enables you to persevere and keep the faith? Who do you think you might be inspiring in your Christian walk?

Archdeacon Anne.

A long way from home

Last week, at the St John's Care Centre, we met a

refugee family of seven. We desperately tried to communicate with them, but found it was impossible as not one of the seven spoke English. The language barrier made it extremely difficult to obtain any accurate information from, and build a rapport with, the family.

Thankfully, we have access to the Translating and Interpreting service (TIS). We were able to speak with an interpreter who informed us that the family had only been in Australia for a month. This family of seven were staying in a caravan park. They were looking for help with many things including non-perishable food, fruit, vegetables, school supplies, toiletries, warm winter blankets and clothes.

After speaking with the interpreter and obtaining the necessary information, we were able to refer them to several services within the community.

The Adult Migrant English Program provides up to 510 hours of free English language tuition to migrants and humanitarian entrants, Migrant and Refugee Settlement Services Australia incorporates programs for migrants of all ages to assist with language, welfare, employment, access, and equity for people from cultural and linguistic backgrounds. Companion House also works with asylum and refugee communities to promote health, make cultural transitions and to support people to rebuild their lives in Australia.

In addition to all of these services, we were able to refer the family to Thread Together. This is an organisation who provides support to people in the form of end-of-line new stock from fashion retailers.

We explained to the family - with the help of the interpreter - that they can visit our Centre weekly for support. We also offered them a food voucher to enable them to purchase Halal meat.

SJC's donors' generous help counts in so many ways. In the instance of this story, the services referred by SJC to help this family, are just a small example of what we can do to help so many who are doing it tough in the community. Your donations help us focus on specific needs which enable us to help a person or family at any one time.

Thank you so very much!

Karen Medrano, Case Manager

Items Required: Men's deodorant, Shampoo, Small pkts sultanas, Vegemite

Colours of God

Colours of God is a Holy Covenant ministry that reaches out to people with intellectual disabilities. It acts as a friendship group for anyone who wants to talk about God in an uncomplicated way.

The main aim of this ministry is to support people with disabilities and to share the love of Jesus, to encourage them on their faith journey into a closer relationship with Christ: to help them understand and apply God's Word to their lives and to give them also an opportunity to serve others and have fellowship in a way that is meaningful to them.

Here is their creative response to Peter's healing of a lame beggar.



Colours of God meet at Holy Covenant on the first Sunday of each month at 3:30 pm, February to November. Please contact Rev Anne Dudzinski if you are interested in getting involved.

Small seeds

Who is like you, O Lord, among the gods? Who is like you, majestic in holiness, awesome in glorious deeds, doing wonders? Psalm 33:8

From small seeds something big or beautiful may grow. I can hold an acorn in the palm of my hand and admire the shininess of its shell and the neatly fitting cap on one end and think to myself: "That hasn't been made in a hurry with no thought. That is neatly and perfectly crafted and it's packed with a power we can't see; the power to create a massive oak tree. How does God do that? How then does He create a small brown nut like seed that turns into the beautiful flower clusters of the Daphne with their stunning memorable perfume, smell it and you feel like you are in heaven among the incense of the angels? How does God do it? How does He change a small seed into something big or something beautiful? "

I believe some things have to remain a mystery and just marvel at what a magnificent God we have. Go and look in the mirror and you will see what He has done with something that started so tiny, yet is packed with potential.

The Grace of our Lord Jesus Christ be with you. Anne, servant of the Lord.

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



What potential!

An update from Claire's family

Thank you to everyone who has been praying for Claire and her family. Claire is 11 months old now, though still only the size of a 3 month old baby. She is rolling (all over the house), and has several words. Her favourite words are "cat" and "no".

We have found what is so far her only developmental delay resulting from her extremely early birth. The nerves in the palm of her hands aren't sending reliable signals to her brain. So while she has excellent grip on large objects like a ball, she doesn't successfully hold onto small objects like a spoon or a rusk. This is making eating solids somewhat interesting.

Claire's mum Cate had COVID last week, and had to isolate from the family for 7 days. Needless to say her PTSD had a field day about being masked and gloved and not being able to touch her baby. Claire's dad Peter has finally admitted that he needs some mental health support, and we anticipate his PTSD diagnosis sometime soon.

Next month Claire turns 1! Given that this time 12 months ago the family was dealing with a COVID lockdown and hospital visits every day to monitor Mum and baby, this August is much nicer.



CPE Introductory Pastoral Care Course

QUEANBEYAN HOSPITAL/ NSW
HEALTH PREMISES
COST: \$400



This 5 day course is a great way to get a feel for pastoral care. It would suit anyone interested in spiritual care, already doing pastoral care, or for those working in associated fields such as nursing, allied health, education and others who want to be able to listen and work with the spiritual and emotional care of others. Topics include:

- What is Pastoral/ Spiritual Care?
- Empathy
- Grief and Loss
- Spiritual reflection
- Self care

Supervisor:
Susanne Schmidt

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NSW COLLEGE FOR CPE. TRAINING
CENTRE: THE WESTMEAD
HOSPITAL CENTRE FOR CPE
INCORPORATING THE PACIFIC
SCHOOL FOR CPE, LISMORE
ABORIGINAL CPE AND
QUEANBEYAN HOSPITAL CPE

Small Individual Seed Pots

Joh Sheehan is working with Canberra Seed Savers to grow 100 veggie seedlings for organisations supporting those doing it tough (St John's Care, Companion House, etc.). Do you have any seed pots or seeds Joh and others could use?

If yes, please contact Joh



What does justice sound like?

Sometimes it's important to shake up our devotional lives a little. Have you tried getting some of your bible study through a podcast? ("What's a podcast?", I hear some of you say. A podcast is a program made available in digital format for download over the Internet.)

Tearfund believe that justice is at the heart of God's character and is also what God requires from each of us. So it's not surprising that their organisational vision is 'working towards a more just and compassionate world'.

Grab your headphones, settle in for your commute,

or prepare to tackle that massive pile of washing – Tearfund's got your listening material sorted! Hearing from a diverse mix of people on the frontlines of shaping a more just and compassionate world is a wonderful way to deepen your justice journey. Listening to people whose language, culture, faith expression or missional context differs from your own can help us see things anew, offer a fuller understanding of God and enlarge our vision of God's kingdom.

Check out the podcasts: <https://www.tearfund.org.au/stories/what-does-justice-sound-like?>



AUGUST 15

CRAFTY CREW

RECYCLING CARDS TO GIVE AWAY
ALL WELCOME!

CONTACT
GILLIAN PAINTER 0447 480 503

ALL EQUIPMENT AND MORNING TEA
PROVIDED

9.30 AM RAINBOW
CENTRE

Bring Your Bills Lunch—Wednesday 17 August

12-2pm, Uniting Care Kippax

Care and Uniting Care Kippax would like to invite you to a Bring Your Bills lunch. Lunch served from 12-1.30pm. This is your chance to come and have a confidential chat with a wide range of support services including:

- Care—assistance if you are experiencing financial hardship
- Uniting Care Kippax—a wide range of support programs on offer
- ActewAGL—answering your billing, concession and account questions
- Services Australia—chat about any Centrelink matters, as well as other social, health and child support services
- ACT Government Everyday Climate Choices—find out about their home energy efficiency programs and rebates
- St Vincent de Paul—find out about their support programs and home energy assessments
- ACAT—helping you with energy and water/sewage issues if or are having trouble paying your bills

PRAYER POINTS

IN THE WORLD

- ⇒ Political and social tensions in Asia and the Pacific
- ⇒ A just end to the war in Ukraine, and withdrawal of Russian troops

IN AUSTRALIA

- ⇒ Access to COVID anti-virals and Monkeypox vaccinations for those who need them
- ⇒ Health systems and those who work in them
- ⇒ National Science Week— the interconnection between science and religion

IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Good Shepherd, Curtin & Cross Cultural Ministry
- ⇒ Fred Ward Gardens RSL Lifecare
- ⇒ St Peter's Weston
- ⇒ Organisations offering counselling, care and support to families and individuals
- ⇒ The plight of refugees and asylum seekers
- ⇒ Those suffering in the current Covid-19 pandemic, assisting with vaccinations and COVID testing, and care of those who are ill.

IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including Theodore and Gwilym Lucas; Carolyn, Mick, Clara, Eli, Jay and Zachary Lundie; Luiza Luppi; Colin Lyons; Frances Mackay and Megan Mackay.
- ⇒ We uphold those in special need of prayer including Barry Button, Bev Barnes, Claire Whelband, Brian and Elaine Dennis; Carol Kubanek; Paula Percival; Colin & Marilyn Tolano, Carol Sherman & family, John Arthur (Richard's dad), Libby Warren, Catherine D'Cruz and family and anyone known to us personally.

COMMEMORATIONS

- Monday: **Jagaraj Lamech Aiyathurai (d. 2008)**
Friday: **Ian Main (d. 2008)**

BIRTHDAYS THIS WEEK

- Tuesday:** Jamie Gumbrell, Peter Kelley
Thursday: Isla Robertson

READINGS

- Isaiah 5:1-7
Psalm 80:1-2, 8-19
Hebrews 11:29 to 12:2
Luke 12:49-59

COLLECT for 10th Sunday after Pentecost

Everliving God,
increase in us your gift of faith,
that, forsaking sin and all that hinders us,
we may run with perseverance the race that is set
before us,
looking to Jesus, the pioneer and perfecter of our
faith;
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

MINISTRY TEAM CONTACTS

Rector

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Holistic Care Nursing Ministries

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