

# HOLY COVENANT ANGLICAN CHURCH

a place for everyone



## SUNDAY 21 AUGUST 2022 ELEVENTH SUNDAY AFTER PENTECOST

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

<https://zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRlSEVIRlQz09>

Meeting ID: 882 096 2366

Password: 033643

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

### SUNDAY 21 AUGUST

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

### WEDNESDAY 24 AUGUST

12 Midday Communion Service and lunch

### SUNDAY 28 AUGUST

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

### Coming Up:

Parish Council: 25 August

### Bank details for direct debit:

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

### Bent over for 18 years (Luke 13:10-27)

I like Luke's gospel as he was a physician and writes as one about healing and curing. Perhaps it's because I am a nurse that he appeals to me, I don't know, but he always tells of those who come to Jesus for healing, be it physical, emotional or spiritual.

I have heard many a time a response to people who have back pain to 'take the load off your shoulders and the pain will be released.'

In this story the woman who has been bent over for 18 years, robbed of her dignity and her place in community, was unable to stand straight and face the world. Can you imagine what her life must have been like? Now here, through her faith and trust in Jesus, she is made straight.

We know that when we see, touch, and announce freedom from the burdens that weigh us down, not all of us are cured. But as in this Gospel story, we are all set free and given wholeness, purpose, and promise through Jesus Christ who she praised for giving her freedom.

Like the ailing woman in this passage, many of us have seen the forces in life that can cripple us. We have seen others (or ourselves) burdened by the weight of grief; sadness; loss of work; economic woes; the failure of important relationships, or the inability to meet their own goals or others' expectations. This weight can literally cripple us, bend us over – we can see the pain in faces, in slumped shoulders, and in the broken rhythms of life. This weight taxes all of our abilities to cope, and we lose our sense of hope and promise.

We need to keep coming back again and again to Jesus, where we can lay down our burdens and stand tall again. This woman was bent over with the weight of her problem for 18 years! Perhaps in some cases we need to ask how long are we going to carry what is stopping us from standing straight.

*Archdeacon Anne*

Early last week I received a call from an ActewAGL staff member who asked whether she could visit our St John's Care Centre to discuss ways in which we could collaboratively support one of their clients. Shortly after, she arrived and we sat down to discuss Q, a 91-year-old woman who lives independently in a home she has owned since the 90's.

ActewAGL had noticed that over the last six months, Q was beginning to fall behind on her bills and accrue interest. As she had always paid her bills on time, they called to check on her to see how she was going. Q let them know that she was beginning to fall further and further behind financially, and that her savings were almost gone. They asked her whether they could provide her details to St John's Care, and she agreed.

That afternoon I called Q and introduced myself to her and she invited me to her house. I drove over with a few bags of groceries and began talking with her about the situation she finds herself in.

Q has lived in Canberra for over 40 years, originally moving here with her husband in 1980. Approximately ten years ago her husband passed away after battling with an aggressive form of cancer for several years. She describes how she began to struggle financially shortly after his passing.

"I was so fortunate that we owned our house and had some savings when he passed. The price of food and medicine is ridiculous and my rates, land tax and utility bills are much more expensive than they were a few years ago", she said.

As her health deteriorated with age, Q required more healthcare assistance, which came at a considerable cost. She would often put off paying her utility bills so that she could afford to eat each week. I handed Q the bags of groceries that I had brought for her and her face lit up with a big smile.

As we unpacked the groceries into her fridge and cupboards, I let her know that we offered support to our clients by assisting them with the costs of medication. I referred Q to an energy efficiency program and organised a staff member to visit her house this week.

Q softly cried as she thanked me repeatedly for the support SJC was able to provide for her. We will continue to provide her with support and will visit her regularly to drop off groceries and fresh food to her.

There are so many people within our community who are currently struggling with the cost of living and some of whom have never received support before.

Thank you to our donors, volunteers and supporters for your invaluable contributions towards our mission of bridging the gap and breaking the cycle of disadvantage.

**Items Required:** Pasta Sauce, Boxes of sultanas, tinned fruit 825gms, Chux wipes

## Parish Fete

Many thanks to Archdeacon Anne for taking on the role of Fete Coordinator for this year. Details of the Fete are:

**Date:** 5 November

**Time:** 9.30am-1.30pm

As well as a couple of people to assist Archdeacon Anne, we will need coordinators for the following stalls:

- Plants
- Books
- Café
- Sausage Sizzle
- Trash & Treasure
- 'More than Trash & Treasure' i.e., more valuable items

Please get in touch with Archdeacon Anne if you are willing and able to take on one of these roles.

## Fete Planning Meeting

Anyone interested in assisting with the Fete is encouraged to attend the first planning meeting:

**Date:** 28 August

**Time:** 11.45pm

**Location:** Worship Centre

## Cooks Wanted

As many of our congregation and wider community have battled illness in the last few months, the meals in the church freezer have been heavily utilised. Many thanks to those who stocked the freezer!

Supplies are now running low, so if cooking is your thing, please consider making an extra batch of dinner and adding to the church freezer supplies. Contact Megan in the office for containers and ingredients labels.

## An empty, quiet place

*I'm asking God to give you a gift from the wealth of his glory. I pray that he will give you inner strength and power through his Spirit. Eph 3:16 (ESV)*

Thich Nhat Hanh said: 'Here is the foot of a tree; here is an empty, quiet place, here is the cool green of the grass my child, why don't you sit down.' And you know, when we do that, especially after an exhausting day, what relief, what calm. To sit in a sacred space, alone with God, just feeling the peace with the fragrance of the garden calming the mind. Such a place is peace, is rest, is strength, is renewing, is calm, is God. It's such a lovely space that you get a sense of never wanting to leave it! So go, sit at the foot of a tree, or find an empty space, or a patch of fresh green grass and just sit. Sit with God.

Grace and peace from the Lord Jesus Christ. Anne, servant of the Lord.

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



Find a tree branch and rest on it.

## Anglican News

The August Anglican News is now out. You can download your copy from <https://anglicancg.org.au/wp-content/uploads/Anglican-News-August-2022.pdf>

## Parish Dinner– 24 September

As the COVID-19 numbers are reducing, the Parish Dinner has been rescheduled. We will reconvene for dinner at 6.30pm on 24 September, at the Worship Centre.

There are some changes to the original event, and some things will remain the same. The silent auction is returning, so please check in with Revd Wendy about any contributions there. The table sign on sheets will be revised and available on the noticeboard, and [pre-payment through Trybooking](#) is encouraged.

This time around, we are catering the event ourselves. Megan has the menu and the recipes, she needs cooks and volunteers for the kitchen. Please contact the office if you can assist.

A colorful poster for a parish dinner. The text is centered and uses various colors. The background is white with colorful diagonal stripes on the sides.

**HOLY COVENANT**  
**ANGLICAN CHURCH**  
a place for everyone

PARISH DINNER

**SUPPORTING REFUGEES  
IN CANBERRA**  
SPEAKERS:  
**SISTER JANE KEOGH &  
FAISAL AMIN**

**24 September 2022 - 6-9pm**  
89 Dexter Cres Cook  
Tickets: <https://www.trybooking.com/CCACV>  
Ages 0-4 free  
Children (under 18) \$5  
Adults \$25-\$30

As an inclusive parish we seek to ensure that affordability is not a barrier. Please talk to the Rector for assistance if required.

## Parish Roll

It's time to update the Parish Roll. Have you moved house or changed your phone number since July last year? Have you joined our congregation, and would like your details added to the Parish Roll?

There's a hard copy of the document on the table with the Weekly Bulletins. Please check your details, and make any changes/additions.

### 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

### Accommodation needed

Will Mackerras has just moved from Harden-Murrumburrah to Canberra to work as a new Anglican Chaplain at the Canberra Hospital. He had secured a one bedroom unit to live in, however that has now fallen through. If anyone has a unit they would like to rent out soon, anywhere in Canberra, please send an email to [wmackerras@hotmail.com](mailto:wmackerras@hotmail.com).

### Refugees Living in Canberra Need Our Support

Fundraising Dinner: 6.30pm, Tues 13 September, Hellenic Club, Woden.

High rents and cost of living increases are hitting refugees and people seeking asylum living in Canberra hard. Local organisations, Canberra Refugee Support (CRS), Companion House and St Vincent de Paul Canberra/Goulburn (Vinnies) are providing support every day, but their resources are stretched.

Proceeds from this fundraising dinner will go to these local organisations, so please come along and lend your support. Please tell your family and friends and ask them to join you.

Tickets can be purchased from Trybooking: <https://www.trybooking.com/events/landing?>

August 23 is a 4th Tuesday!



**2ND & 4TH  
TUESDAYS**



Castle of Kindness Refugee Sponsorship Group

# Open Garden Refugee Fundraiser



SATURDAY 3 SEPTEMBER  
10:00AM-4:00PM  
67 VAGABOND CRES,  
MCKELLAR

**\$5 ENTRY FEE**  
(UNDER 5 YRS FREE)  
**FAMILY GROUP \$20**

*Plant Stall!*

*Art Show!*

**Morning Tea!**

*Raffle!*

*Prizes!*

*Book Stall!*

**Craft!**

**Afternoon Tea!**

**Contests!**

**Bric a Brac!**

*Fun for kids!*

[CastleOfKindness.com](http://CastleOfKindness.com)



**HOLISTIC CARE  
NURSING MINISTRIES**  
*Nursing people back into life*

**DECLUTTER  
YOUR HOME  
WORKSHOP**

Are you wanting to reduce the amount of stuff in your home?

Are you downsizing or assisting others to relocate?

Would you like to develop your understanding of how to approach the sometimes daunting task of decluttering?

Join our *Declutter Your Home Workshop* running over

**3 Thursday mornings**

**9.30 a.m. – 12.30 p.m.**

**8, 15 and 22 September 2022**

**At Holy Covenant Anglican Church, Dexter St, Cook**

Come and learn tips and techniques, gain insights, and have fun in a supportive environment. Feeling uncertain? Bring a friend!

The Workshop is being conducted by Jennifer Berrie, our Household Support Team Leader in the Holistic Care Nursing Ministries. Jennifer previously taught *Declutter Your Home* classes at community education evening classes and at the University of the Third Age and has helped many people to lighten up their homes.

**Bookings:** Use the sign-up sheet on the board, or contact [nurse@holycovenant.org.au](mailto:nurse@holycovenant.org.au), or Jennifer on 0491 086 242.



**Christians for an  
Ethical Society**

*Truth, Compassion and Justice*

Working group of Churches Together NSW-ACT  
Associate Member of ACT Churches' Council Inc.  
President: Emeritus Professor Ingrid Moses AO

## 2022 FORUM SERIES

### THE MEANING OF JUSTICE

by Acting Justice Richard Christopher Refshauge

Justice is a very important concept of a principal value that underpins a society that is fair and where the humanity of its members is respected. It is unsurprising, therefore, that it is a concept that has high visibility in the Bible.

There are many categorisations of "Justice", but a helpful analysis identifies five types: distributive (or economic) justice, procedural justice, retributive justice, restorative justice and environmental justice.

Justice is most commonly connected with the courts, which are often described as the institution which is central to the administration of justice and, accordingly, it is worth looking at them and how they do this, in dispute resolution and especially in sentencing. Richard will explore some of the issues in this context in which he has worked in various capacities for over the past 45 years.



#### Acting Justice Richard Refshauge

Hi Honour, Justice Refshauge works in the sentencing of drug and alcohol offenders. He worked in legal practices before becoming the ACT's 3rd DPP. He took silk in 2000 and was appointed a Supreme Court Judge in 2008 and served in that position for a decade. Richard has held many community positions and holds professorial positions at both ANU and University of Canberra

Justice Refshauge has had a long involvement with the church and particularly the Anglican Church where he holds the position of Chancellor. He is very actively involved in both Diocesan and national affairs for the Anglican Church including being Deputy Chair of its Appellate Tribunal.

**TUESDAY 23RD AUGUST 7:00PM**

Forum Chair: Mr Clive Rodger, Chair,  
Christians for an Ethical Society



#### Chapel, Australian Centre for Christianity and Culture, Blackall Street (corner of Kings Ave), Barton ACT

The forum will seek to encourage discussion from the floor. \$5 donation would be appreciated. Christians for and Ethical Society is an autonomous mainstream Christian organisation.

Contact: Ann Skamp – [secretary@ces.org.au](mailto:secretary@ces.org.au) [www.ces.org.au](http://www.ces.org.au)

Supported by:



AUSTRALIAN CENTRE FOR  
CHRISTIANITY AND CULTURE

## PRAYER POINTS

### IN THE WORLD

- ⇒ Faith communities at risk of physical attack
- ⇒ Peace in Ukraine, and a withdrawal of Russian troops
- ⇒ An end to the crippling drought in Europe and North America

### IN AUSTRALIA

- ⇒ The Anglican Church of Australia following the formation of the company called the Diocese of the Southern Cross. We pray for respect as deep disagreements surface and are addressed.
- ⇒ Continued discussions around the Aboriginal and Torres Strait Islander Voice to Parliament

### IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of Rockhampton
- ⇒ Parishes of Holbrook & Gundagai
- ⇒ Diocesan Candidates training for ordination: at St Mark's and elsewhere
- ⇒ Licensed Lay Ministers in Parishes and Ministry Units throughout the Diocese.

### IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including Hugh and Sarah McWilliam; Jenny Madden; Jean Main; Rob Maron; Bec and Benjamin Marston; Margaret Martin; and Mary Lynn Mather.
- ⇒ 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; Margaret Martin and family, and anyone known to us personally.

## COMMEMORATIONS

## BIRTHDAYS THIS WEEK

**Thursday:** Dougal Mordike  
**Friday:** Graham Bonnett  
**Saturday:** Megan Watts

## READINGS

Jeremiah 1:4-10  
Psalm 71:1-6  
Hebrews 12:18-29  
Luke 13:10-17

## COLLECT for 11th Sunday after Pentecost

O God, the Judge of all,  
through the saving blood of your Son  
you have brought us to the heavenly Jerusalem  
and given us a kingdom which cannot be shaken:  
fill us with reverence and awe in your presence,  
that in thanksgiving  
we and all your Church  
may offer you acceptable worship;  
through Jesus Christ our Lord,  
who lives to intercede for us, now and for ever.  
**Amen.**

## MINISTRY TEAM CONTACTS

### Rector

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

### Children's Worker

The Revd Wendy Robertson  
0481 458 037 hccommunitychaplain@gmail.com

### Youth Coordinator

Tobias Nevile youth@holycovenant.org.au

### Wardens

Joh Sheehan 6251 7151  
Allison Cooper-Stanbury 0410 506 231

### Prayer Vine

Rosemary Kennemore  
6251 2009 rkmore@grapevine.com.au

### Belonging and Caring

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

### Curate and Community Chaplain

The Revd Wendy Robertson  
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### Holistic Care Nursing Ministries

#### Program Manager

Megan Watts  
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### Holistic Care Nursing Ministries

#### Program Director and Chaplain

Venerable (EM) Anne Ranse OAM  
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### Honorary Priests

The Revd Anne Dudzinski  
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The Revd Connie Gerrity

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### Resources Team

0419 255 002