

# HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 5 MARCH 2023  
SECOND SUNDAY IN LENT

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

<https://zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRiSFVIRlI0Zz09>

Meeting ID: 882 096 2366  
Password: 033643

## SUNDAY 5 MARCH

8am Holy Communion  
10am Holy Communion  
Celebrant and Preacher:  
The Revd Dr Wayne Brighton  
3.30pm Colours of God  
5pm Twilight Conversations

## WEDNESDAY 1 MARCH

12 Midday Communion Service and lunch

## SUNDAY 12 MARCH

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

### Coming up:

Missional Spirituality pt 2: March 9  
Dinner with Paul Collins: March 10

### Bank details for direct debit:

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

## Jesus and Nicodemus

*'It helps, now and then, to step back and take the long view. The kingdom is not only beyond our efforts, it is beyond our vision...'* 'Oscar Ramero's Prayer' (see p. 2)

When Nicodemus, a leader of the Jews, visits Jesus by night, he gets more than he bargains for. Favourably impressed by what he has heard and seen of Jesus, he presumably wants to meet him in person, preferably without advertising this to his colleagues. Jesus cuts through what could be seen as an attempt to flatter or patronise, answering the question that Nicodemus has not asked: 'Very truly, I tell you, no one can see the kingdom of God without being born from above' (you may be more familiar with 'born again').

Understandably, Nicodemus is puzzled by these words – especially as he takes Jesus literally. We can only imagine what he would have made of the discourse that follows.

This is not the end of Nicodemus' story. He appears twice more in John's gospel, and each appearance tells us more about the man and his growing open support of Jesus. He speaks up for him to the Pharisees who want to arrest him because of his growing popularity (Jn 7: 51). Finally, he assists Joseph of Arimathea in claiming Jesus' body for burial (Jn 19:38-42). He was

openly there when the disciples were nowhere to be seen!

Where does today's reading find us? Are we slightly embarrassed by Jesus' insistence on being 'born again'? After all, this phrase is often associated – unfortunately – with an approach to the Christian faith that does not encourage diversity in doctrine or in lifestyle. What if we were to ask, like Nicodemus, 'How can these things be?' This more contemplative approach expands our vision of where God is to be found. We may find that being born again is not just a one-off event but an ongoing lifelong process of learning to see God in all things and all people – including ourselves. Or to put it another way, learning to see with God's eyes – eyes of love, not judgment.

Being born again is about radical transformation and it is a process we undergo. Birthing also involves labour – the hard work of cooperating with this process. Nicodemus' 'How can these things be?' is eerily reminiscent of Mary's response, 'How can this be?' to the Angel Gabriel's announcement that she is to conceive and bear a child. In both cases this question seems to be a form of yes, though neither understood what was asked of them; but they did hear the invitation to trust and they took the next step. Where does that find us?

Frances MacKay

## Oscar Ramero's Prayer

It helps, now and then, to step back and take the long view.  
The kingdom is not only beyond our efforts, it is beyond our vision. . . .  
This is what we are about: We plant seeds that one day will grow.  
We water seeds already planted, knowing that they hold future promise.  
We lay foundations that will need further development.  
We provide yeast that produces effects beyond our capabilities.  
We cannot do everything and there is a sense of liberation in realizing that.  
This enables us to do something, and to do it well.  
It may be incomplete, but it is a beginning, a step along the way, an opportunity for God's grace to enter and to do the rest.  
We may never see the end results, but that is the difference between the master builder and the worker.  
We are workers, not master builders, ministers, not messiahs.  
We are prophets of a future not our own.  
Amen. (Ken Untener, translator)



Oscar Romero, Archbishop of San Salvador, was assassinated on 24 March 1980 for speaking out about violence and human rights during El Salvador's civil war. He is widely seen as a 20th Century church martyr.

## Sing to the Lord

*As we rejoice in the gift of this new day, so may the light of your presence, O God set our hearts on fire with love for you. (APBA Morning Office.)*

There is no sweeter sound at the break of day than a Magpie warbling in the stillness of the dawn - there is something sacred about it. I see it as their prayer, their song of praise to their creator God for the gift of a new day.

Did you sing to the Lord at day break giving thanks for the gift of this new day? Was there something sacred about it?

May the peace of Christ fill your life every single day.

*Anne, servant of the Lord*



And thank you for food!

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

## MISSIONAL SPIRITUALITY

Connecting better  
with God, others & self

TRANSFORMATIVE DISCIPLESHIP  
Thursday 9 March, 7pm

## Stuck in a loop

G has been coming to the St John's Care Emergency Relief Centre (SJC) for over 6 months. She and her 1-year-old twins escaped to Canberra from a physically violent relationship. G and her children arrived with nothing but the clothes on their backs, half a tin of formula, and a few nappies. They had been sleeping in her car for weeks.

When I met G, she was very distressed and had visible signs of assault. She was also suffering mentally from the effects of psychological abuse, describing symptoms consistent with Post-Traumatic Stress Disorder. G was afraid that her ex-partner would be able to find her and force her back to their home and was experiencing a sense of hopelessness that she would ever live a normal life again.

G felt crippled by her symptoms and worried that she had lost her ability to parent effectively. She wanted to find accommodation and feel safe to be able to do normal activities with her children, such as going to a park to play. She felt she was stuck in a toxic loop, where she was reliving her trauma day in and day out. G had lost all sense of herself as a person—her confidence, sense of control over her life, and identity as a competent mother.

SJC helped G find supported accommodation; gain a Centerlink crisis payment; provided clothing and bedding; linked her with the Women's Legal Service and supplied regular food support. We also assisted G's access a bulk-billing General Practitioner, who was able to place G on a Mental Health Treatment Plan. That Plan gave G access to a psychologist who could develop a treatment plan to aid her in moving forward in her life and recovering from trauma. We also created small goals with G, that were based on her strengths and abilities, to help her regain a sense of control over her life.

Nearly 6 months on, G reports a more positive mood, less anxiety, and a significant reduction in her panic attacks. Recently, she was able to leave her home and go to the park with her children. She feels she still has a long way to go but has hope that she will recover fully and achieve her goals.

In Australia, an estimated 1 in 6 women aged over 18 years experience intimate partner violence. SJC staff and volunteers regularly support clients who have experienced such violence and aid them to rebuild their lives and identity. The staff and volunteers at St John's Care thank you for your ongoing support.

*Belinda Ding Senior Case Manager*

**Items required:** Big and chunky soup, shampoo and conditioner, 1L UHT milk

## LENT AS A SPIRITUAL JOURNEY

Lent is a time when we make more room for God by discovering the freedom, hope and healing that lies at the heart of Jesus' ministry. Why not take the journey with us?



WEEK  
1



### TEMPTATION (Matt 4.1-11)

Jesus was tempted through hunger, insecurity and powerlessness. Where are you vulnerable in life?



WEEK  
2



### DIRECTION (John 3.1-17)

People without a sense or direction or purpose can find themselves in trouble. Do you know where you are going in life?



WEEK  
3



### ISOLATION (John 4.5-42)

Shame weakens our sense of self and connection with others. God overcomes our shame by being with us. How might shame be holding you back?



WEEK  
4



### BLINDNESS (John 9.1-41)

We all have blindspots or things that we can't or won't see about ourselves. How might God help you to see yourself better?



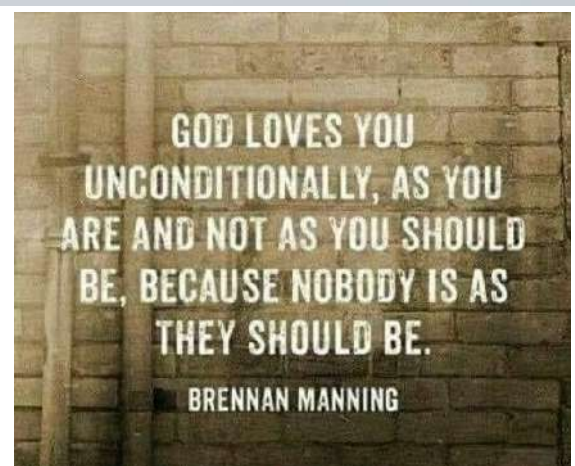
WEEK  
5



### LETTING GO (John 11.1-45)

People get stuck when they can't let go of the things, places or people they love. Where might your feel stuck in life?

We never have to deal with temptation, restlessness, isolation, blindspots or being stuck by ourselves. God came to be with us in the person of Jesus. A new chapter in our lives can always be written with God's help.



## Lent & Good Friday Appeal

The national mission agency of the Anglican Church of Australia is the Anglican Board of Mission (ABM). Anglicans in Development (AID) is wholly-owned by ABM, and operates ABM's Sustainable Communities Program.

This year, the AID Lent & Good Friday Appeal supports the work of the Anglican Diocese of Jerusalem, via the outreach of the Ahli Hospital in Gaza and a new youth empowerment project.

In a busy wing of the Al Ahli Hospital in Gaza, little Manna is being weighed by Hanan, a general nurse working in the hospital's paediatric unit. Like all too many babies in Gaza, Manna was born severely underweight. Her mother, Heba, says, "I took Manna to many doctors and nurses before, but she didn't improve". Now, aged seven months, Manna has made good progress since she was taken into the Ahli's Child Nutrition Program a month ago. After four visits to the program, she's doing well. Her weight has improved, and she's now moved from "severely" to "moderately" underweight. Heba says, "Here at the Ahli, the nurse measured my child and gave me some advice, and now she has benefitted. I'm very happy."

Hanan says the key success factors in helping the babies put on weight are the mother's cooperation and being able to buy more nutritious food for the

family. In Gaza, long-afflicted by sanctions and war, it can be a huge challenge for families to buy nutritious food. Many are dependent on refugee rations (some have been refugees since 1948) which are often high in calories but low in nutrition.

As well as educating the mothers in nutrition, encouraging breast-feeding, and keeping a close eye on the babies' progress, the hospital gives the mothers fortified biscuits and multivitamins to supplement the babies' regular diet. Eighty percent of children who participate in the program improve. And when they don't, they can participate for a further three months – if crucial funding can continue...

The Al Ahli Child Nutrition Project is just one of the many AID Sustainable Communities projects which will benefit from our Lent and Good Friday Gift Appeal this year. Other projects include strengthening communities in the Philippines by teaching them vital skills, or supporting women in Kenya to raise poultry for improved family nutrition. Or your gift can support AID's partners to gain training themselves so that they can continue to provide much-needed support to their local communities.

Your donation can improve lives for babies like Manna in Gaza...and much, much more. You can donate to the AID Lent & Good Friday appeal online: <https://www.abmission.org/appeals/appeals-major/lent2023/>



## Dinner with Paul Collins—March 10th

Dinner with Paul Collins is now open to everyone!

Paul is an historian, broadcaster and writer. A Catholic priest for thirty-three years, he resigned from the active ministry in 2001 following a dispute with the Vatican over his book *Papal Power* (1997). He is the author of seventeen books. A former head of the Religion and Ethics Department in the Australian Broadcasting Corporation (ABC), he is well known as a commentator on Catholicism and the papacy and also has a strong interest in ethics, environmental and population issues.

Paul will speak on the topic *Where to from here for Catholics and Anglicans?*

[www.paulcollinscatholicwriter.com.au](http://www.paulcollinscatholicwriter.com.au)

**When:** March 10th, 6pm

**Where:** Worship Centre

**What:** BYO drinks

**Cost:** \$15 (dinner) or \$5 (no dinner)

**Tickets:** <https://events.humanitix.com/dinner-with-paul-collins>

**Bookings for dinner close March 9th**

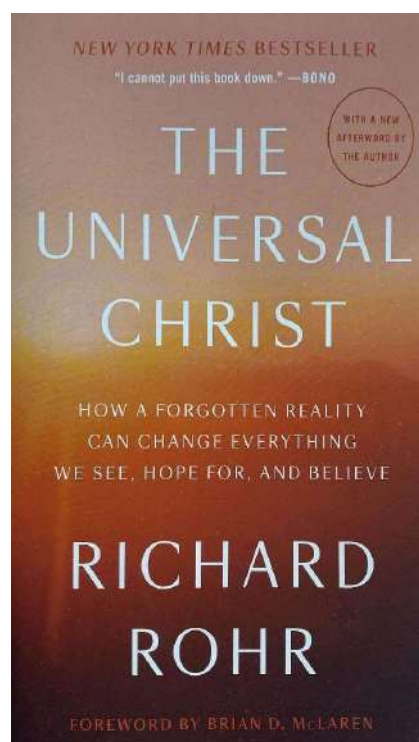


## Lenten Study

Lightning in a bottle is one way of thinking about how the divine presence was contained within the person of Jesus. Another way, is to see Jesus as reconnecting us with the majesty of love, which is God's presence within you, me and the entire cosmos.

Join us for a six week tour with Richard Rohr as we read together, *The Universal Christ*.

Meeting over Zoom on Wednesdays from 7.30pm.



## Margaret Martin's 100th Birthday Celebration

We have a Centenarian in our midst! Please join us and members of her family at morning tea after the 10am service as we celebrate Margaret's 100th birthday. Congratulations Margaret—well done!



## PRAYER POINTS

### IN THE WORLD

- ⇒ Recovery efforts in Türkiye & Syria
- ⇒ Withdrawal of Russian troops from Ukraine
- ⇒ Safety for the people of West Papua

### IN AUSTRALIA

- ⇒ Cyber safety and the recovery process for people whose personal data has been hacked
- ⇒ People testifying to the Robodebt Royal Commission
- ⇒ Those struggling with the increased cost of living

### IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of Bathurst
- ⇒ St Mark's National Theological Centre, Canberra
- ⇒ Australian Centre for Christianity & Culture Colloquium for Ageing Perspectives & Spirituality:
- ⇒ All being prepared for ministries, both ordained and lay in the Diocese and beyond
- ⇒ Pray for: Vocations to the sacred ministry (priesthood & diaconate), the process of selection of candidates. The clergy appointment selection process – Clergy Appointment Board chairs; and board members both parish and Diocesan.

### IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including Margaret Martin; Mary Lynn Mather; Doreen and Ian Matters; Tracey Matthews and Russell Rollason; and Margaret McCaw.
- ⇒ We uphold those in special need of prayer including Barry Button; Bev Barnes; Brian and Elaine Dennis; Colin & Marilyn Tolano; Glenys Wimmer; Ann & Peter Bazeos; Maggie Watts; Alice Farrington; Bev Chambers, and anyone known to us personally

### COMMEMORATIONS

- 6 March Christopher Charles Heyde (d. 2008)  
9 March Barbara Ruth Mugford (d. 1997)  
11 March Nell Pain (d. 2014)

## BIRTHDAYS

- 5 Mar Gillian Painter  
7 Mar Marg Christensen  
10 Mar Barry Button, Sophia Chmiel

## BIBLE READINGS

- Genesis 12.1-4a  
Psalm 121  
Romans 4.1-5; 4.13-17  
John 3.1-17

## COLLECT for 2nd Sunday of Lent

God of mercy,  
you are full of tenderness and compassion,  
slow to anger, rich in mercy,  
and always ready to forgive:  
grant us grace to renounce all evil and to cling to  
Christ,  
that in every way we may prove to be your loving  
children;  
through Jesus Christ our Lord,  
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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