

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 19 MARCH 2023
FOURTH 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 19 MARCH

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

WEDNESDAY 22 MARCH

12 Midday Communion Service and lunch

SUNDAY 26 MARCH

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

Coming up:

**2 April, Palm Sunday rally,
Garema Place, 12.30pm**
6 April, Maundy Thursday, 6pm
7 April, Good Friday, 8 and 10am

Bank details for direct debit:

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

Jesus and the Man Born Blind

There are none so blind as those who will not see

In the face of the Pharisees' relentless questioning the man born blind sticks to his story: 'He put mud on my eyes. Then I washed and now I see.' Eventually, perhaps a bit fed up, and surely ironically, he asks the Pharisees, 'Do you also want to become his disciples?' For him it is a no-brainer. The one who healed him must be from God. The Pharisees, predictably, were not going to have their worldview challenged by such as he.

Like the Pharisees, we often don't realise how limited our vision of reality is – until something happens to wake us up, or we decide to do the work of becoming aware. Sadly, our religious beliefs can be used to reinforce our own biases. TS Eliot speaks of being '*assured of certain certainties*', adding '*humankind cannot bear too much reality*'. Yes we can use our faith to escape from, rather than face reality. Or we can find in our faith the resources of wisdom, courage and strength to face what life requires of us – to

see the world and ourselves with God's eyes of love.

Contemplative writers encourage us to see life through God's eyes. Clearly it would be a folly to say that we do see as God sees. But that's the point. We begin by acknowledging we could be wrong, and in humility seek to be open to what God might be teaching us through those people and events that are so challenging to us.

We all know the difference it makes to the view if we clean the windows, or, if we wear glasses, we polish our lenses. Apart from anything else, it lets more light in. William Blake says, '*If the doors of perception were cleansed everything would appear to man [sic] as it is: Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.*' All the readings this month, have challenged us to open up, take the deeper, broader, longer view, to go beyond the literal. Then perhaps we will see both the mud and the stars.

Frances MacKay

A hard fall

T is a man in his 60's who lives with a severe disability. When T was in his 20's, he was involved in a motor vehicle accident that left him paralysed in both legs. Since then, he has worked hard to restore the faintest of movement in his legs, but he is aware that his condition is unlikely to improve.

In 2018, St John's Care (SJC) assisted T in applying for suitable government housing. Once he was successful in his application, we supported him in moving his belongings into his new place. Since then SJC has provided T with food, household items, cleaning supplies, and just as importantly, a consistent source of support, stability, and encouragement.

A few weeks ago when exiting a car in his basement T fell and hit his head on the concrete. He was rushed to hospital with a severe laceration to his head and swelling on his brain. I was contacted by a support worker of T's who explained what had happened. She told me that T would be released in a couple of weeks and would have to take some medication for the foreseeable future. The medication was \$90 per month, and T was concerned that this additional cost would put additional significant stress on his financial situation.

When T returned home from the hospital, I met him at home with a large bag of fresh food, cleaning supplies and other household items. I collected his script and took it to a pharmacy nearby to have it filled. When I returned with his medication, we sat down over a warm drink and spoke about his experience in hospital, and the concerns he had about his health moving forward. I assured him that we would continue to support him with food and basic supplies and would also contribute towards his monthly medication.

T was extremely thankful that I was able to visit him, and ease some of the stresses that he was dealing with. He expressed his deep gratification for the service we provide and how uplifting it can be to have someone sit down with you and hear your concerns.

I am grateful for the role I have within this organisation and for the opportunity to meet people at their lowest and support them to rise again. Thank you to all of those who make that possible.

Robbie Speldewinde Operations Manager

Items required: Olive + cooking oil, Vegemite and peanut butter, tomato sauce, shampoo and conditioner, 1 litre full cream 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.

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION

Stop hurting fellow human beings. Stop discriminating against race, ethnicity, gender, sexuality and religion



Meditation Opportunities

Christian meditation is the act of filling one's mind with Scripture, and dwelling on God and all that God offers to humanity. Holy Covenant offers two opportunities for Christian meditation each week.

Tuesdays 12.45-1.30pm (during school terms) in the chapel. This group meets face to face, and is linked to the World Community for Christian Meditation (WCCM). Readings provided by WCCM to guide the meditation. Contact Merri on 6251 1110 for more information.

Wednesdays 6-7pm. This group meets via Zoom—just click the “Zoom Sunday Services” link at the top of the Parish website. They begin with a relaxation wind down, which is followed by a time of silence. Each session finishes with prayers and The Grace. Contact Heather on 6253 9650 or Rob on 0422 074 667 for more information.

The two doves on a chalice is the WCCM's symbol. It is a universal expression of the union of contemplation and action. A very ancient text describes them as 'two sweet friends' and the same idea is found in the story of Martha and Mary in the Gospel. The version of the two doves on a chalice pictured here is an extract from a mosaic found in an early Christian church in Ravenna, Italy.



Death and New Life

Beauty from brokenness. TIS 690

There is one particular tree that has been in my life for over 45 years now. I watched it flourish, age and eventually fall down. Alive, it was a home for many a bird that nested in its branches. Even when it fell it provided shelter for the birds in the holes of its trunk. It still looked majestic and grand.

I read these words: The gnarled old tree lay broken and dead, struck down, yet in its brokenness is beauty, timeless weathered out beauty.... mosses root in its crevices, birds nest in its hollows; a tree dead yet full of new life. Beauty from brokenness - life from death. I reflect on how nothing really dies, it just lives on in another way,

May the peace of God fill your life every single day

Anne, servant of the Lord

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



Still giving



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.

Your gift this Lent and Good Friday will help to bring God's good news to vulnerable women, youth, and children in the Diocese of Jerusalem. You can donate to the AID Lent & Good Friday appeal online:

<https://www.abmission.org/appeals/appeals-major/lent2023/>

We pray, Lord,

for all those who live in the Holy Land,
that whatever their race or creed
they may find creative ways
to live together in peace and with justice,
rejecting old enmities.

We give you thanks for the Ahli Hospital in Gaza,
for all the work of healing done there in your name.
May the children involved in the nutrition program
live long and healthy lives
and may their mothers' lives improve as a result
of their engagement with the program.

Bless the Diocese of Jerusalem's young people,
the next generation of 'living stones'
and send your Spirit to encourage and inspire them
that, whatever they do in life,
they may glorify you.

Through your Son's suffering and death on the
Cross

on a hill in the Holy Land,
may we share in his everlasting victory.

We ask this through the same Jesus Christ our Lord,
who is alive and reigns with you
in the unity of the Holy Spirit,
One God, now and for ever.

Amen.

Palm Sunday Refugee Rally

On Palm Sunday, 2nd April, churches will be joining other organisations in a rally in Garema Place to seek permanent protection for the thousands of asylum seekers who have been held in various forms of detention for up to 10 years. Speakers at the rally include Anglican chaplain at Radford College, the

Rev. Dr Katherine Rainger, as well as Senator David Pocock and Zahra Hashemi Barat

The rally starts at 1.00 but faith-based attendees are meeting at 12.30 at the merry-go-round in Petrie Plaza to walk as a group to the rally.



Seeking Sauce Makers

Yes, we know it's very early to be thinking about the Parish Dinner. But we have decided on an Italian theme this year, and we are seeking sauce makers. Let's take advantage of the season and make our tomato sauce now!

Do you have an abundant tomato crop this year? Or do you have a spare hour or so that you could put to sauce making? Have you always wanted to release your inner Nonna?

We can supply the sauce recipe, and reimburse costs of ingredients. We have arranged some freezer space as well, so there's no concerns about food safety or sterilising jars.



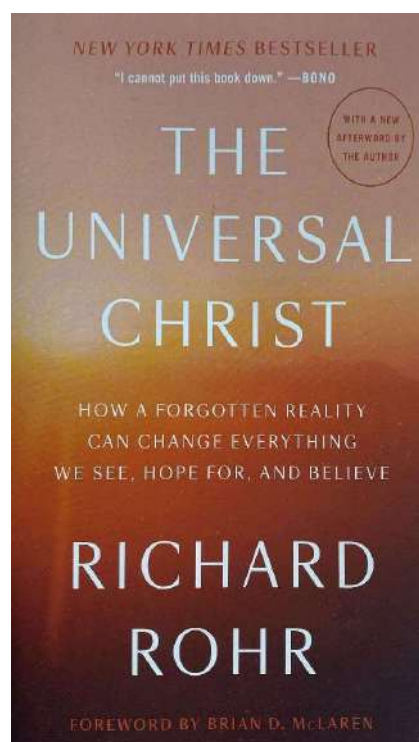
Please contact Megan in the office to join our sauce making extravaganza: office@holycovenant.org.au

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.



Autumn Community Lunch

13 April 2023 at 12 midday

Our first Community Lunch for 2023 is happening on 13 April. All are welcome, including friends, neighbours and family members. Russell Rollarson AM, will be speaking on the topic *Listening to the Voice. Understanding the Uluru Statement*.

If you would like to do some letter boxing in your street, there's flyers on the table next to the Weekly Bulletins.

There's a sign up sheet for attendance on the noticeboard at church, or you can email office@holycovenant.org.au to RSVP. To assist us

with catering, RSVPs should be in by **6 April 2023**.

If you are able to help out on the day, either in the kitchen plating food, or serving, or you can provide a contribution for dessert, there's a separate sign up sheet for that.



PRAYER POINTS

IN THE WORLD

- ⇒ Peace in Ukraine, and the withdrawal of Russian troops
- ⇒ Meaningful action against racism and discrimination, not just on the international day
- ⇒ Cyclone recovery in Malawi, Mozambique, Vanuatu and the Solomon Islands
- ⇒ A reduction of tension between North and South Korea
- ⇒ Continuing earthquake recovery in Türkiye and Syria

IN AUSTRALIA

- ⇒ Action against racism at all levels of Australian society
- ⇒ Practical assistance for those struggling with housing and food insecurity
- ⇒ Permanent resettlement solutions for refugees and asylum seekers still on Manus Island and Nauru

IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of Perth
- ⇒ Young District Anglican Ministry
- ⇒ Mothers' Union
- ⇒ Embracing Ministries
- ⇒ Ministry in our neighbouring Dioceses of Riverina, Bathurst, Gippsland, Wangaratta, and Sydney .

IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including Jennelle, Denis and Simon Mitchell; Noel Montgomery; Sally, Dylan, Dougal and Jemima Mordike; and Belinda and Philip Moss.
- ⇒ 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, Anne Drummond, Gracie Bonnett and anyone known to us personally

COMMEMORATIONS

BIRTHDAYS

- 20 Mar Hannah James
- 21 Mar Hugo Walker
- 24 Mar Andrew Feitz
- 25 Mar Rhonda Thorpe

BIBLE READINGS

- 1 Samuel 16:1-13
- Psalm 23
- Ephesians 5:8-14
- John 9:1-41

COLLECT for 4th Sunday of Lent

Gracious God,
out of your love and mercy
you breathed into dust the breath of life,
creating us to serve you and one another:
call forth our penitence and acts of love,
and strengthen us to face our mortality,
so that we may look with confidence for your
salvation;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

MINISTRY TEAM CONTACTS

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