

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 6 AUGUST 2023
TENTH SUNDAY AFTER PENTECOST

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

<https://zoom.us/j/8820962366?pwd=YUpja05YTXFCNON4MGRISEVIRII0Zz09>

Meeting ID: 882 096 2366
Password: 033643

SUNDAY 6 AUGUST

8am & 10am: Holy Communion
Celebrant Revd Lynda McMinn
Preacher: The Revd Dr Wayne Brighton

WEDNESDAY 9 AUGUST

12 Midday Communion Service and lunch

SUNDAY 13 AUGUST

8am & 10am: Holy Communion
Celebrant & Preacher: The Revd Dr Wayne Brighton

Coming soon:

Sat 12 August: Women's Breakfast
Sat 19 August: Working Bee
Sat 26 August: Trivia Night

Bank details for direct debit:

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

Jacob at the Jabbok

Struggle and anguish are repeatedly encountered in the Bible and in our Christian journey. Jacob's encounter with the stranger at the Jabbok (*Gen32:22-31*) is a great story of struggle, beautifully explored in Joan Chittister's book *Scarred by Struggle, Transformed by Hope*.

Jacob is enduring an anxious night. He has prepared to preserve his family should the meeting with Esau go badly. But he has not prepared for an encounter with a stranger: "*When Jacob wrestled with God, he must have wrestled as much with the shock of being contested as he did with the strength of his foe...He was in dispute with something just as strong, just as intent as he was and, this time, he was wounded by it.*" (Chittister p61). The wounding is less significant than the struggle's long duration and Jacob's endurance of it (p70-71): "*Jacob is blessed for enduring a righteous struggle... It is doing what is worth doing, whatever the depth of the struggle that under-*

lies it, which ... is the gift" (p78).

Chittister contends that "*Struggle wounds us...It confronts us with the consequences of our limitations*" (Chittister p62); that its message is: "*No one, nothing, is totally invulnerable.*" (p62); that "*The struggle to deny our vulnerabilities is to live a lie*" (p64), and, that "*vulnerability is the call to self-acceptance...the great, liberating moment on the human journey*" (p65).

Chittister continues: "*It is trust in the limits of self that makes us open and it is trust in the gifts of others that makes us secure. We come to realise that we don't have to do everything, that we can't do everything, that what I can't do is someone else's gift and responsibility*" (p69). This underscores our interdependence with one another.

Evidence of Jacob's transformation begins in meeting with Esau that very day when he humbly returns his brother's firstborn's blessing.

Merilyn Clark

Our Parish Dream

Throughout August, we'll be talking about our parish dream. Our dream is that we might become a great neighbour. A great neighbour is a source of abundance or a wellspring of faith, hope and love to those around them - whether on the street, in the workplace, family or shared leisure spaces. Put simply, great neighbours make things better.

Abundance is not easily understood in a world characterised by shortage. We grow up constantly adjusting to spaces where there is too little time, attention, energy, respect or capacity to change.

Christians get confused, too, because abundance is easily confused with prosperity.

Prosperity is the promise of gaining a personal blessing from God by supporting a leader through things like obedience, authority and conformity. It is transactional because we are promised that God will multiply and return whatever seed we plant thirty, sixty or a hundred fold. Sometimes, this prosperity comes in a financial form, while other times the blessing is commensurate with our theological perfection. Either way, the promise plays with our fears about missing out and the insecurity that arises from insufficient work or care from others.

Abundance is about sharing God's faith, hope and love with others through the practices of curiosity, presence and creativity. It is relational because we are encouraged to grow the fruit of the Spirit—love, joy, peace, kindness, generosity, faithfulness, gentleness and self-control (Gal 5.22-23) - by helping others to thrive.

This makes Holy Covenant different to many churches. While many are exclusive, we see God as inclusive of all. Where many focus on judgement, we see Christ as bringing freedom. Where many promote isolation and perfectionism, we encourage engagement and embrace diversity.

Our parish dream (2023-26) is your invitation to become a great neighbour. You'll find inside our

thoughts about our vision, mission and values that sustain us as a parish. There's a discussion about what we've achieved over the last couple of years and our thoughts about the journey that lies ahead.

There are several things you can do to help our parish to grow:

- talk to the team about your hopes and dreams for the church for that's where abundance begins to stir;
- look at your regular financial giving and if appropriate consider a regular bank transfer, because we understand that no one can come every week;
- look around at who is doing what in the church and consider how you might help, especially if you see any gaps or holes where something useful could be done; and
- think long-term about how you might be able to help the parish over the next 10-20 years, perhaps by leaving a bequest or offering an interest-free loan.

Holy Covenant is your church. It is sustained only by generous volunteers who give of their time, energy and money. I hope you'll share this journey with us.



Free webinar: Spirituality and Elder Abuse

Elder abuse is a serious issue that affects many older Australians, causing harm and distress within relationships built on trust. Join the Centre for Christianity and Culture for a thought-provoking webinar led by Dr. John Gilchrist, and delve into the legal position and redress for victims, with a special focus on financial abuse and neglect. Prof. Elizabeth Mackinlay will shed light on the spiritual and psychological aspects of abusive behaviour.

Register now to secure your spot. Together, let's raise awareness and promote understanding about elder abuse.

Date: Wednesday, 16 August, 2023

Time: 3:00pm-5:00pm

Register: <https://www.eventbrite.com/e/webinar-lets-talk-about-spirituality-and-elder-abuse-tickets-577828118457>



AUSTRALIAN CENTRE FOR
CHRISTIANITY AND CULTURE
WISDOM FOR THE COMMON GOOD

Made by God.

In the beginning God created the heavens and the earth and all that is in them. Genesis 1-2

“What detail. What incredible handiwork. What a creator.” These were my thoughts as I lightly touched the delicate, perfect flower head of the blooms on the daphne bush, its perfume holding on my fingers. If one were to create the world and all that is in it in 7 days you would be inclined to think that it was a rushed job, things thrown together, tossed here and there but not so. The beauty of the smallest flower, the painted back of the lady bird with its red coating and black spots and the tiniest of legs, the colours of the birds and shapes of the animals, that's no rushed job. When you look in the mirror this morning you will see your image. Pause and look - that was no rushed job either. What you see is as precious in the sight of God as all of his creation.

May the peace of God fill your lives every single day.

Anne, servant of the Lord



Its perfume holds onto my fingers



Some of the things Australians hope for:

- a future that's different to the past
- the chance to be heard, seen and valued
- a say in laws that affect our communities

To find out more, read the First Peoples Constitutional convention's, Uluru Statement from the Heart

Positive Outcomes

O found St John's Care (SJC) in December 2022. He was passing by and

was struck by the sight of several people with gifts.

O has four children. He explained that he suffers from various illnesses and that a couple of weeks before he had separated from his wife. He had been living alone and had recently applied for help from Centrelink. With Christmas quickly approaching, he had nothing to eat, nothing to give to his children, and absolutely no one to rely on. I told O that SJC was here to support him and that he was not alone. He mentioned that his children would spend Christmas lunch with their mum and dinner with him.

Apart from the Christmas hamper we provided for O, we also gave him Christmas crackers, a festive tablecloth, decorations and dessert to complete his Christmas dinner. O also went through the present room and selected some gifts for each of his children. After getting everything ready, O told me that he would return in January to talk to me and that he felt we could help him to move forward.

O returned on the first day we opened this year and told me that he had been battling addiction. This had affected his marriage and his four children - as well as his ability to work. Despite this, O had been sober for 12 months with the help of medication and positive experiences like the one provided to him for Christmas by SJC. We encouraged O to come more regularly for support with food, as well as Case Management.

A few weeks later, we sat down and organised everything his children would need for school such as school bags, lunch boxes, stationery, and schoolbooks. I remember the look of delight on O's face when we purchased uniforms for each of the kids. O asked for advice on how to organise a healthy and delicious lunch box for his children, so we picked out some options from our pantry.

Since January, O has come to SJC once every fortnight to sit down and discuss how things are going, to get food support, or to attend our community lunch. During the school holidays he brings his children along too! Every time he comes with his children it gives us great satisfaction to hear them talking about what they are going to cook or asking whether we have certain ingredients which they are enjoying in their lunch boxes.

During his last visit, O expressed his desire for SJC to support him in the quest to gain employment. To see someone have such hugely positive change in their lives is a truly indescribable feeling. It highlights how SJC's donors, volunteers and staff are able to positively influence people's lives.

Karen Medrano SJC Case Manager

Items Required: children's toothpaste, flour (plain and self-raising), 500ml olive oil, 1 litre full cream UHT milk

Have you heard?

As well as the Day Hospice, Covenant Care has a community program which cares for people who are socially isolated, lonely, struggling with life's issues and generally need some help to reengage with life.

Part of the community program is taking these clients on an outing, approximately 8 times a year, to somewhere nice and different for morning tea, brunch or lunch. This is a mid-week activity about once a month or so. It's a wonderful program for these people. Currently there are between 4-10 clients who go and 7 volunteers from our program who do the pick up and driving.

BUT we have hit a glitch. We need a volunteer to offer to coordinate this part of our program. This position entails calling the clients to see if they would like to attend an outing that they have been notified of previously through the Covenant Care administration; arrange the drivers and letting them know who needs picking up, and transporting to and from the venue. This is a lovely time out at venues ranging from the café at Arboretum, Parish Community Lunches, or a morning at Mulligans Flat, just to mention a few.

Is this something that you could give some time towards? If yes, please contact the Covenant Care Program Manager Megan on 0487 945 615 or email nurse@holycovenant.org.au

Thank you.

Archdeacon Anne



Women in Leadership Breakfast

As part of our focus on Christian Women in Leadership this month, we are having a Women's Breakfast.

Our guest speaker is Lynette Glendenning, who is the chair of Anglicare.

Date: 12 August 2023

Time: 8.30am-10am

Entry by donation

RSVP: email the office or sign-up on the registration sheet in the church

Women in Leadership

Women's
Breakfast



12 August 2023
8.30-10am

Entry by donation

Holy Covenant Anglican Church
89 Dexter St Cook

HOLY COVENANT
ANGLICAN CHURCH
a place for everyone

Christian Leaders— Mary Magdalene

Mary Magdalene was a leader in the early church, the apostle to the apostles, sent out by Jesus to announce the resurrection, and one of the few women we take note of in our annual cycle of 'saints'.

We know very little about Mary Magdalene and her life, except that she was not, as she is so often remembered, a redeemed prostitute. There are so many Mary's in the Gospels, and so often they are confused, or melded into one 'Mary'. We do know that the Magdalene, as she is often called, was present with Christ during his public ministry, death and resurrection. She is mentioned at least a dozen times in the Gospels, and they all agree that Jesus cast seven demons out of her when he met her. We are not sure today what these 'seven demons' were, and perhaps all it tells us is that she was a troubled woman, who had probably suffered and who had been miraculously healed by Jesus, and released from the things that bound her. Her name tells us that she was from the fishing town of Magdala, a fishing port on the western shore of the Sea of Galilee. The Gospels also infer that she was one of many women who travelled with Jesus and who supported him and his ministry out of their own financial resources.

There are remarkably few women who are classed as major Saints, so Mary Magdalene is worth remembering and celebrating. Although the sources are largely silent about what happened to her, and although there are many misconceptions and myths about her, we can learn much today about her faithfulness and love. She travelled with Jesus, witnessed his ministry and miracles including in her own life, stayed at the cross in his darkest hour when everyone else had fled, and was the first to announce the news of the resurrection. In a world that still struggles to honour women as leaders, it's important to mark and remember her faithfulness and leadership in the early Christian Church.

Revd Lynda McMinn



Fundraising Update

The total funds raised from the Parish Dinner are not completely finalised yet. The amount raised will be around \$4,500, including more than \$2,600 from the silent auction.

A huge thank you to those who donated items, and those who made generous bids.

Anyone who has receipts that need to be reimbursed, please drop them off or email them to office as soon as possible.

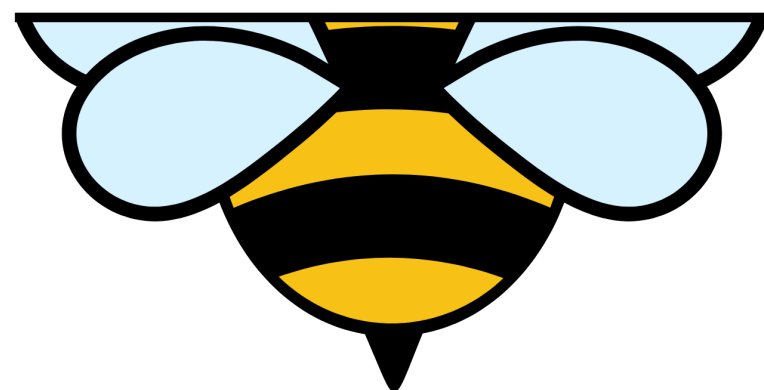
Mark Cooper Stanbury

Treasurer



WORKING BEE

10 AM - MIDDAY | 19 AUGUST 2023
HOLY COVENANT



Nungalinya News

'Faith and Family Wellbeing' is in its third year in 2023. Partnering with Tearfund, the course covers some of those hard topics: cycles of trauma, grief and mourning, and domestic violence. However, through a well-being lens, there is always hope for healing through the mercies of God which are new every morning!

Nungalinya staff travelled to Numbulwar and Ngukurr in June as part of the Faith and Family

Wellbeing course. They had the opportunity to share some time with students and their families, support church leaders, attend a funeral and support a graduation for Nungalinya



Delight and Joy

as spiritual practice

19 August 2023

9:30am – 3pm

with Susanna Pain



Where: Chambers Pavilion, Australian Centre for Christianity and Culture, 15 Blackall Street Barton

When: Saturday 19 August, 9.30am—3pm

Cost: \$30 via electronic transfer to “Australian Network for Spiritual Direction” BSB 032-719 Account 301 994 Reference: <Surname>QD.
Cash only on the day.

RSVP: by 11 August to ansdact@gmail.com

Morning tea and light refreshments provided, BYO lunch and journal.

Dinner Forum—22 August

Christians for an Ethical Society annual dinner forum is happening in August.

In movements for justice and social change, inspiring and maintaining hope is seen to be vital.

Hope is a source of energy, keeping us connected to possibility, holding open the space for action that might otherwise be closed by cynicism and despair. But where is hope itself sourced?

In Christian understanding, hope is not a natural phenomenon. It’s not optimism, the tendency to anticipate that things will just get better, or naturally improve. Rather it has to do with the nature of the future that calls us and commitment

to participate in its realisation. Hope is both gift and practice, a fruit of prayer.

In this talk, Sarah Bachelard will reflect on the ground and work of hope from a Christian perspective, and explore what might be the distinctive contribution of this quality of hope to the needs and possibilities of our time.

Where: Bella Vista restaurant 84 Emu Bank, BELCONNEN ACT 2617

When: Tuesday 22 August—6.00 for 6.30pm

Cost: \$60 per person

RSVP: admin@ces.org.au by 15 August 2023

PRAYER POINTS

IN THE WORLD

- ⇒ Impacts of extreme heat in the Northern Hemisphere
- ⇒ Recovery efforts after Typhoon Doksuri
- ⇒ Peace in Ukraine and the withdrawal of Russian troops

IN AUSTRALIA

- ⇒ Action to raise the age of criminal responsibility
- ⇒ Families, colleagues and friends of defence personnel
- ⇒ Preparations for the Voice referendum

IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of Bendigo
- ⇒ Canberra Grammar School
- ⇒ Canberra Girls' Grammar School
- ⇒ Anglican News
- ⇒ The Cursillo Movement

IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including Neville and Dorothy Hurst; Dal Hy; Deranie and Phoebe Jackson; Gareth, Jo, Eleanor, Hannah and Isacc James; Russel Judd and Jayne Murray.
- ⇒ We uphold those in special need of prayer (often for long term needs) including Barry Button; Bev Barnes; Brian and Elaine Dennis; Glenys Wimmer; Ann & Peter Bazeos; Alice Farrington; Bev Chambers; Gracie Bonnett; Ewan Garside; Bob and Kath Arthur and anyone known to us personally

COMMEMORATIONS

- 6 August Tamara May Batterham (d. 2019)
9 August Audrey Pearl Kennett (d. 2015)
11 August Joyce Cole (d. 2019)

COLLECT for 10th Sunday after Pentecost

O God,
with whom we wrestle until the break of day:
make us long to seek your face beyond the limits
of our strength,
that in our wounds we may remember you,
and in your blessing we may find ourselves;
through Jesus Christ. **Amen.**

MINISTRY TEAM CONTACTS

Rector

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The Revd Connie Gerrity

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The Revd Lynda McMinn

0403 769 991 ellemm99@gmail.com

Resources Team

0419 255 002

BIRTHDAYS

- 7 August Iona Brighton
- 8 August Sue Dunbar
- 9 August Anne McDowell
- 10 August Brad Indrele
- 11 August Oliver Taylor
- 12 August Mark Greenaway

BIBLE READINGS

- Genesis 32:22-31
Psalm 17:1-7, 16
Romans 9:1-8
Matthew 14:13-21