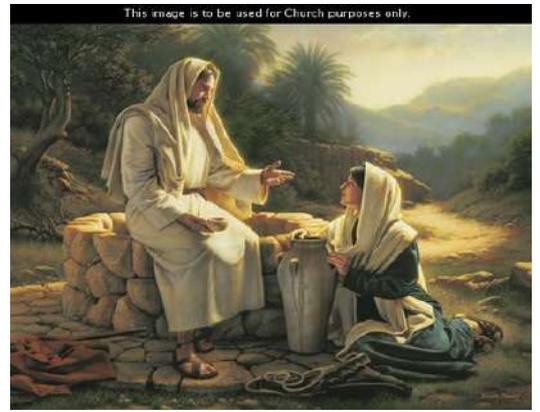


HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 12 MARCH 2023
THIRD 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 12 MARCH

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

WEDNESDAY 15 MARCH

12 Midday Communion Service and lunch

SUNDAY 19 MARCH

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

Coming up:

6 April, Maundy Thursday, 6pm
7 April, Good Friday, 8 and 10am
9 April, Easter, 6am Lighting the fire, 8am and 10am

Bank details for direct debit:

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

The Woman at the Well (John 4: 5-42)

Today's lively encounter begins with a more 'human' Jesus, who, fatigued by the journey, asks the Samaritan woman for a drink. It is midday. No cover of darkness here. In speaking to a Samaritan woman Jesus was openly defying not only gender taboos but tribal ones as well, because Jews and Samaritans didn't fraternise, to put it mildly. When he tells her that she could have asked him for 'living water' so she need never be thirsty again, unsurprisingly, she doesn't 'get' it. She asks how he will get this water without a bucket! I like her sassy style. Like Nicodemus, she takes him literally.

In saying that neither Jerusalem where the Jewish temple was, nor Mt Gerizim, the holy place for Samaritans, was God's approved location, Jesus is challenging tribal thinking: 'God is spirit, and those who worship must worship in spirit and in truth', and living water flows out of human hearts, not temples! Yet the image of the village well reminds us that we draw from a communal, not just an individual source.

While the woman seemed to enjoy the spirited theological conversation, what most helped her recognise Jesus as the Messiah was that he really saw her for who she was, neither rejecting nor exploiting her – perhaps even enjoying her spirit! Remarkably, she did not feel shamed – despite her shady history – but went off to tell her community, who then came to see for themselves.

So why did Jesus deliberately choose a route that would take him through Samaritan territory despite its being more treacherous and inhospitable than the alternatives? Andrew Mayes (Beyond the Edge) argues that Jesus wanted to challenge his disciples' stereotypes and prejudices by taking them through marginal, despised territory. The Samaritans' hospitality to Jesus and his message might well have surprised them.

Have you ever had your stereotypes challenged? What are your watering holes? Any interesting (surprising?) encounters there recently?

Frances MacKay

The joy of helping

Last week I received an email from a person whose surname seemed very familiar, but I couldn't place her. I asked her to visit the Centre so that she could tell me more about the situation and see how we can best help.

M came to visit me that morning, she is the eldest daughter of one of our clients. Her mother, whom we will call T, visited us last year looking for support for her and her children.

T is a single mother and has 5 children between ages of 8 and 18 years. She came to ask for help with food and other things as she was unable to work. The other thing T asked me to do was to help her children when they needed it, as she is having a risky operation where the chance of success was only 50%. T said that even in the best-case scenario, she would still need our help as her recovery would be very slow, painful and ongoing.

M shared that her mother's operation went well but that her recovery will take longer than they initially thought. M told me her resources were running out and life was getting complicated. We came to an agreement that she could come weekly to get fruit, vegetables, meat and food for lunch boxes.

We topped up their MyWay cards, M was given a LOWES voucher and we agreed to make payment for her sibling's school photos.

I encouraged her to come into SJC as needed, M said her mother told her that we would support her and that she wouldn't be alone while T was in hospital recovering (She was teary-eyed as she said this to me). "Thank you so much for everything you have done for my family, you have no idea what it means to me," said M.

I would like to personally thank our volunteers, donors, and general supporters for assisting us through a challenging year and continuing to allow us to provide the support that the community needs – you make all the outcomes we achieve possible.

Karen Medrano SJC Case Manager

Items Required: Adult toothpaste, Shampoo and conditioner, Juice poppers, Cup-a-soup, Noodles cups

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.

Digging holes?

Great progress is being made to prepare the garden around the community library. We have around 20-30 plants to plant on the 18th. We are seeking a few people to dig 4-5 holes each either before the 18th or on the day. We have marked out the first 12 holes with bamboo markers, painted pink on the tops. Holes need to be 20cm wide & 30 deep.

HCNM Update

There's been some staffing changes at HCNM. The wonderful Jennifer Berrie is reducing her hours, and Melanie Cantwell has joined the household support team for one day a week. Mel has been working with Jennifer for the last few weeks, meeting the clients and learning the ropes. This week Mel has started working solo. We are very excited to have Mel with us, and we hope that Jennifer enjoys the extra time in her week.

We have also started our publicity program, with our first information stall at Charnwood shops. Megan, Pauline & Rhonda had in-depth conversations with many members of the community, and there's a distinct possibility of some new folk accessing our services. Keep an eye open for us at your local shops—we have stalls coming up at Cook, Florey, Kippax and Belconnen Mall over the next few months.

Community Hub

Hasn't it been good watching the painting on the Hub take shape? Many thanks to the young people who have already spent two Sunday mornings working on this task. Weather per-



A Soul Anchor

I am with you always, day by day, until the close of the age. Matthew 28:20

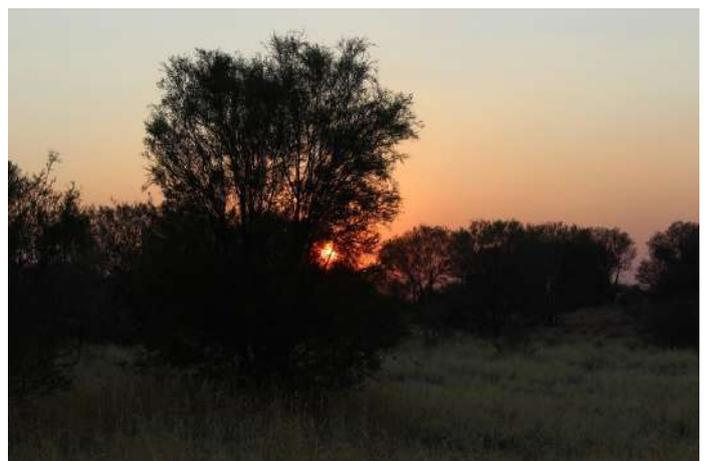
Morning after morning is a God experience, like looking into the face of God, seeing him eye to eye as he makes 'a new day.' Splendid colours, fresh clean air, peaceful quiet broken only by the chorus of birds expressing the same thanks to God of the new day.

I talked to a lady recently who was struggling with a seemingly hopeless diagnosis of cancer. She said, "I am filled with tears and fear, and when I woke this morning and before anything else these words came to me: *Nothing will happen to you that you can't handle because I am with you.* I believe God said that to me. It was like we were in the same room, just him and me and he wanted me to have assurance and trust in him." There will be strength in her weakness for the days to come, whatever they hold.

These 'Aha' experiences that tell us God is present anchor our souls to our maker and it is there we find deep peace.

May your day be richly blessed from the first encounter, the first 'Aha' that God is with you.

Anne, servant of the Lord



Colours of the day

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

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.

Our Good Friday Gift this year will support the training of young Palestinian Anglicans to gain greater knowledge of their cultural heritage and to strengthen their leadership skills. At a time when more than one third of Palestinian youth desire to leave their homeland and emigrate overseas, this training aims to strengthen the young people's attachment to their land and culture. The training targets three different age-groups via workshops, cultural visits, and a children's camp.

As part of this program, a group of young people from the diocese visited the Church Synagogue in Nazareth where Jesus read from the scroll of Isaiah and proclaimed his good news for the poor. (See photo below.) This was the good news which included "release to the captives and recovery of sight to the blind, to let the oppressed go free" (Luke 4:18).

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/>



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



**A mature Christian sees
Christ in everything
and everyone else.
There is no reason to fight,
exclude, or reject anyone.**

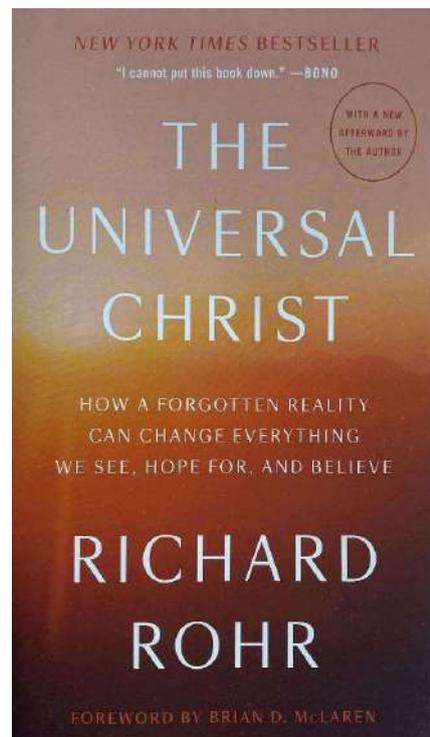
Richard Rohr

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

The folk at the 10am service were delighted to celebrate



Margaret's birthday at morning tea on March 5th. Congratulations Margaret!

PRAYER POINTS

IN THE WORLD

- ⇒ Peace in Ukraine and the withdrawal of Russian troops
- ⇒ Recovery in Türkiye and Syria, one month on from the earthquakes
- ⇒ Action on climate change
- ⇒ Successful implementation of the UN High Seas Treaty

IN AUSTRALIA

- ⇒ Successful resupply for remote Qld & NT communities still isolated by floodwaters
- ⇒ Those struggling to make ends meet due to rising interest rates and cost of living
- ⇒ Safe and affordable housing for those in need

IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of Grafton
- ⇒ Christ Church, Hawker & St James', Holt
- ⇒ Calvary Hospital, Bruce: Anglican Chaplaincy Team
- ⇒ Clare Holland House (ACT Hospice), Barton
- ⇒ Coral Park/ Bill McKenzie Gardens
- ⇒ Anglicare activities in caring for and supporting older people in both in home and out of home care including nursing homes, hostels, independent living units and in the general community; for staff; and volunteers.

IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including Anne and Lindsay McDowell; Bryan McGuinness; David and Margaret Meggs; Rod and Ann Menzies; and Christine Mitchell.
- ⇒ 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

18 March Annie (Nancy) Lee (d. 1995)

COLLECT for 3rd 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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The Revd Connie Gerrity

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Resources Team

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BIRTHDAYS

12 Mar Trish Barnes
13 Mar Mandy Squair
15 Mar Margaret Martin, Rob Maron

BIBLE READINGS

Exodus 17:1-7
Psalm 95
Romans 5:1-11
John 4:5-42