

# HOLY COVENANT ANGLICAN CHURCH

a place for everyone



**SUNDAY 16 JULY 2023**  
**SEVENTH SUNDAY AFTER PENTECOST**

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

<https://zoom.us/j/8820962366?pwd=YUpja05YTXFCN0N4MGRlSEVIRll0Zz09>

Meeting ID: 882 096 2366  
Password: 033643

## **SUNDAY 16 JULY**

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

## **WEDNESDAY 19 JULY**

12 Midday Communion Service and lunch

## **SUNDAY 23 JULY**

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

## **Coming soon:**

Thurs 27 July: Can you spot a scam?  
Sat 29 July: Parish Dinner

## **Bank details for direct debit:**

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

## **Agency and Matthew 13**

Matthew 13 is familiar to those who grew up in the church. The sower demonstrates God's profligate love in sowing everywhere. The soil illustrates that some people are more receptive to God's love than others. What is common to both these interpretations is that the seeds (the people) have very little agency in determining whether they thrive or die.

Let's consider this concept of agency through a social justice lens.

Many people and communities in Australia lack safe, secure and healthy places to grow. Dr Raj Nadella suggests that this might be because they are excluded from systems (fall by the wayside), lack access to sufficient resources (fall on rocky soil) or are stifled by oppressive structures (choked by thorns).

In Matthew 13:7, the seeds are πνίγω - choked by thorns. This word also translates as strangle, throttle and suffocate. The most recent data on the Closing the Gap targets has worsening outcomes in Indigenous early childhood development,

increased numbers of adults in prison and children in out of home care, and an increase in Indigenous suicides. This data brings me back to David Dungay Jnr's final words before his death in Long Bay Prison in 2015:

*I can't breathe, please! Let me up, please! I can't breathe! I can't breathe!*

First Nations Australians are the most incarcerated people in the world, and the Closing the Gap data tells us that these numbers are increasing. These data, alongside the disproportionate rates of First Nations deaths in custody demonstrate the πνίγω, the suffocating power of systemic racism in this country.

What actions can we take to act against the violence of systemic racism? How can we stop the lack of accountability, when there has never been a successful homicide prosecution following any First Nations death in custody? How can we encourage more agency for Aboriginal and Torres Strait Islander Australians?

I pray that the Voice will be one way of improving Indigenous agency, to help us close the gap.

*Megan Arthur*

## Reaching Out

J visited St John's Care (SJC) on the

recommendation of a friend. She was outside when I opened the centre, and was hesitant to come and ask for help. I approached her and started talking about how cold the weather was. I invited her inside for a cup of coffee and she accepted.

During our conversation, I asked J if there was any way we could help her. She replied, "I hope so. That's why I came today but I was too embarrassed to ask for help."

J has always been used to working very hard; 7 days a week and double shifts sometimes. Everything was under control until about three weeks ago when she suffered an injury to her arm while at home and was now temporarily unable to work. This made it very difficult for her to pay her bills and keep up with her mortgage repayments.

Out of anger and frustration, J began crying. She is a single mother who has always raised her children on her own, and wants to continue doing so. However, the pain and loss of mobility from her injuries prevent her from moving forward as she has done up to now.

J was due to start hydrotherapy rehabilitation next week. She asked if it would be possible to help her with some bathing clothes and bus tickets so that she could get to her class and save on petrol.

We provided her with some bus tickets and referred her to Thread Together, who assured us they could help with some swimmers. We agreed to help J with food support weekly. I encouraged her to contact Centrelink; she told me that she was already waiting to receive income support.

J's eldest son has started looking for a job so that he can help his mother with the mortgage repayments. I asked her if her son could come to our Centre to take part in a CV Workshop run by MTP services to support those who are looking for work. J told me they would both go to come to the workshop. J was so grateful and had a smile on her face when she left.

J is a perfect example of someone who needs the services SJC can provide to enable her to get back on her feet and move forward. SJC will continue to support J, her family and other Canberrans who reach out to us.

I would like to thank everyone in the Canberra community who donates to our organisation or supports us in the many ways you do.

*Karen Medrano SJC Case Manager*

**Items required:** Cup-A-Soup, Milo, sanitary items, 1 litre long life full cream milk, powdered milk

# 9

## WAYS TO MAKE THINGS GREAT

BY HELPING AT HOLY COVENANT

jamming with the music team by playing or singing



helping with hospitality after services or pizza nights



reading, praying or leading in the sanctuary



creating small groups for fun, growth or study



pastoral care for those in times of need



welcoming guests and inviting them out



helping with kids church, youth group, camps or adventure activities



sound desk, cameras, computers, copying, service sheets & social media



These are our ideas.  
 Maybe you have another gift or talent you'd like to share?  
 Why not talk to Wayne or Wendy and see what happens

Love is the beauty of the soul.

Saint Augustine

## Thank you

There have been multiple donations of household goods for the Covenant Care client who recently moved into their own ACT Housing unit. The client is overwhelmed by the generosity of the Holy Covenant community.

Thanks also to the wonderful team of people who made last week's community lunch such a success. Whether you coordinated the event; brought the sandwiches; made dessert contributions; invited people; transported people; set up, served or cleaned up, it all made the event possible. A new Covenant Care family attended, and have been most complimentary of how welcome they felt at lunch. And of course, thanks to Revd Wendy for her presentation on pastoral care.

Cash donations are still coming in for St John's Care, which are much appreciated by that team.

Much is happening to ensure that our neighbourhood can thrive. Well done all!



## Love and promise.

*Praise God from whom all blessings flow. TiS 768*

Just a few days ago God put on a magnificent spectacle. It had been raining, the air was clear, the sun came out and there it was a stunning, brightly coloured rainbow in all its glory emanating God's love and promises. A perfect arc across the sky covering the view from my sacred space. What a wonderful creative God we have who blesses us in so many ways.

The daily office reading from Sirach 34 last night said: *'Look at the rainbow, and praise him who made it; it is exceedingly beautiful in its brightness. It encircles the sky with its glorious arc, the hands of the most high have stretched it out.'*

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

*Anne, servant of the Lord*



God's beauty

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



**Let's work for real change  
by respecting the  
knowledge, culture and stories  
of our First Peoples**



## Parish Dinner 2023

**When:** 29 July, 6-9pm

**Where:** Holy Covenant Parish Centre

**More information:** <https://events.humanitix.com/parish-dinner>

Since last week there have been more people adding their names to the table list, and paying for their tickets online. Thank you very much! There's still many table spaces available, so please check with your friends and family who might like to attend.

**Table co-ordinators:** please remember to check with your guests about drinks and the antipasto (entrée) course.

The **menu** is up on the back noticeboard, and volunteer cooks are needed. Recipes will be provided, and preparation costs will be reimbursed.

**Special dietary requirements:** thus far we are catering for gluten free and low FODMAP needs. If you need us to cover something else, make sure to let us know when you book your tickets.



**Volunteers:** it's great to see people volunteering to help. We don't need any more people for serving dessert, but all the other tasks are still available.

**Silent auction:** Remember to chat with Revd Wendy about donations for the silent auction. In the **week before** the Parish Dinner, donations can be dropped off at the office marked 'for silent auction'.

## Christian Leaders—Uncle Ray Minniecon

Uncle Ray is an Aboriginal pastor based in Sydney and staff member of St John's Anglican Church, Glebe, where he leads Scarred Tree Indigenous Ministries with his wife Sharon.



Ray grew up in Queensland, with roots among the Kabi Kabi (Glass House Mountains) and Goreng Goreng peoples (Bundaberg).

His ministry has been with the Stolen Generations of Aboriginal children who were forcibly removed from their families by government agencies that sought to extinguish Aboriginal identity. This removal from parents, community and culture, Ray describes as the rape of the soul.

The great depth of the wounds and trauma endured by his people makes ministry with Aboriginal people challenging. When Ray speaks of reconciliation and forgiveness it is in the context of reconnection with culture and reconstruction of wellbeing.

Climate advocacy also figures prominently in Ray's ministry having attended COP26 in Egypt as a representative of Indigenous peoples. Justice for Aboriginal people is not just about land and water rights but how cherished places can be better protected by tackling climate change.

When Ray speaks of reconciliation, it is of a journey that involves curiosity, presence and creativity. 'God is found in the middle of this mess we've created,' says Ray. 'Christ has made reconciliation possible, through his Word and through his Spirit, by experiencing great hurt and pain, but then putting out their hand and saying, let's heal these relationships and make us one.'

Ray's contribution to reconciliation through the Archbishop of Canterbury's initiative can be viewed at <https://www.youtube.com/watch?v=BrU8cJZWuPU>

*Wayne Brighton*

## Covenant Care Update

The program of community support and Covenant Care Day Hospice has been going well in many aspects. This overall program has been running in the parish since 2008 and as you would be aware Covenant Care Day Hospice (CCDH) celebrated its 10th anniversary recently and has given support and care to well over 100 people. At the moment CCDH is close to capacity with clients and some new ones are on a waiting list. There are also four new volunteers across different roles in the program.

While all this looks great on the surface there are many aspects of the program that are fragile and challenging. Our funding still comes from The Shakespeare Foundation which we receive yearly but it always holds a tension until the next payment comes in, unsure if in fact we will receive it. The management committee is currently working hard to try and get funding from the Government and other grant places and GDR status and to find a replacement chair person with the retirement of our current chair person, Bob Arthur. We are also trying to maintain the Day Hospice following the pending retirement of our long-term Registered Nurse (RN), who recently had serious heart surgery and won't be able to work again. The solution at the moment is to employ an agency nurse every Monday at quite a significant expense to the program (over \$500 a day) Fortunately, this will come to an end soon as we have a temporary RN until October and have advertised the position.

*This program belongs to the parish, its yours, and is a remarkable model of Faith Community Nursing.*

Can you help us?

Do you know a registered nurse who could give around ten hours a week to our program?

Information and the job description are available on request. Perhaps you know a nurse who could share information on our program to her/his colleagues?

This is a paid position under the Nurse's award.

Are you able to give the program some hours of

volunteering so we can take on more clients and assist the faithful volunteers currently working to capacity? Hours are negotiable and can be from one hour a Monday to a full day with client support, activity officer assistance, setting up, packing up and transporting clients to and from the program.

Do you have the capacity and drive to take on the Management Committee chairperson role?

Please pray for this valuable program, the only Day Hospice in Canberra and the only community program like we operate. Prayer can move mountains. Also, and just as important, is the question to ask yourself "how can I help"?

Uncertain what a day looks like at Covenant Care Day Hospice? You are most welcome to pay us a visit and observe our day. The atmosphere is friendly and warm and observers are welcome.

Thank you

Archdeacon Anne.

Director and Chaplain Covenant Care



Rod and some clients at Covenant Care





# CAN YOU SPOT A SCAM?

Australians aged 55+ lost close to \$141 million to scammers in 2021.\* The internet is a wonderful place to explore and connect with others, but it pays to be savvy.

Source: <https://www.scamwatch.gov.au/about-scamwatch/scam-statistics?scamid=all&date=2021>.

**Thursday 27 July, 3pm**  
**Holy Covenant,**  
**89 Dexter St Cook**



Come and watch a live webinar delivered by the eSafety Commission. Learn about common scams including the latest Tax and Medicare scams; tips on how to spot them; what to do and what not to do; where to go for help; dealing with feelings of shame and embarrassment; and have your questions answered.

Inquires: Rev Wendy  
[hccommunitychaplain@gmail.com](mailto:hccommunitychaplain@gmail.com)

## PRAYER POINTS

### IN THE WORLD

- ⇒ The Whakaari White Island eruption court case—peace for survivors and families of those who died
- ⇒ Peace in Ukraine and the withdrawal of Russian troops

### IN AUSTRALIA

- ⇒ Preparations for the Voice referendum
- ⇒ Food and housing security for all Australians
- ⇒ Consequences of the Robodebt Royal Commission

### IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of Newcastle
- ⇒ St George's Anglican Life Centre, Pearce
- ⇒ Arawang Anglican Church, Kambah; St Matthew's, Wanniasa; Lanyon Valley Anglican Church; St Mary -in-the-Valley, South Tuggeranong
- ⇒ Renew Anglican Church Mission District
- ⇒ Anglicare activities in partnership with parishes and with government: child care, foster care, young people and families; for staff and volunteers in regional offices and in Goulburn; for clients, for Anglicare Appeals and bushfires recovery work.

### IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including George and Connie Gerrity; Elaine and John Gifford; Quentin Grafton and Carol-Ann Kubanek; and Janice Green, Perry Wiles and Cassandra Wiles.
- ⇒ 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; Geoffrey Ross; Ewan Garside and anyone known to us personally

### COMMEMORATIONS

- |         |                                   |
|---------|-----------------------------------|
| 17 July | Peter Sherman (d. 2022)           |
| 21 July | Harry Reece Sharpe (d. 1994)      |
| 22 July | Trevor Charles Lawrence (d. 2019) |

### BIRTHDAYS

- |         |   |
|---------|---|
| 16 July | Frances Mackay, Maddie Peebles                |
| 18 July | Samuel Gumbrell, Thomas Parkes, Sue McCaffrey |

### BIBLE READINGS

- Genesis 25.19-34  
Psalm 119:105-112  
Romans 8:1-11  
Matthew 13.1-9,18-23

## COLLECT for 7th Sunday after Pentecost

Bountiful God,  
we thank you for planting in us the seed of your word:  
by your Holy Spirit,  
help us to receive it with joy, and to live according to it,  
that we may grow in faith and hope and love;  
through Jesus Christ our Lord,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. **Amen.**

## MINISTRY TEAM CONTACTS

### Rector

The Reverend Dr Wayne Brighton,  
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### Assistant Minister & Community Chaplain

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Allison Cooper-Stanbury	0410 506 231

### Prayer Vine

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### Belonging and Caring

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### Children & Families Worker

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### Covenant Care Program Manager

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### Covenant Care 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

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