

# HOLY COVENANT ANGLICAN CHURCH

a place for everyone



**SUNDAY 21 JANUARY**  
**3rd SUNDAY OF EPIPHANY**

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

<https://zoom.us/j/8820962366?pwd=YUpja05YTXFCNON4MGRiSEVIRlI0Zz09>

Meeting ID: 882 096 2366  
Password: 033643

## **SUNDAY 21 JANUARY**

9am Holy Communion Celebrant  
Revd Anne Dudzinski, Preacher Revd  
Anne Ranse

Wednesday Midday service in  
recess—resuming 7 February

## **SUNDAY 28 JANUARY**

9am Holy Communion Celebrant  
Revd Connie Gerrity, Preacher Revd  
Lynda McMinn

### **Coming soon:**

**Wednesday morning teas (at 10.30)**  
starting 3 January

**8am & 10am services resume**  
Sunday 4 February

**Shrove Tuesday & AGM: 13**  
February

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

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

## **Spiritual Balance** **1 Corinthians 7 29-31**

In this passage Paul is instructing the followers on how to worship and develop a spiritual life compared to the everyday physical life. In succeeding verses he states that marriage is a distraction that inhibits devotion because of the demands associated with married life. For Paul, those wishing to have more depth and devotion to God lead a celibate life.

When I was a teenager, I was captivated with Audrey Hepburn and her performance in the film *'The Nun's Story'*. This film shows spiritual detachment in the extreme, leading a silence based life arising daily at 4am for prayers. Spoiler alert! In the last poignant scene Sister Luke leaves the convent and is confronted with the noisy bustle of the outside street in her new life. But she retains something undefinable and precious, with her always.

The context of Paul's instruction on spirituality was the return of Christ. He and the Corinthians believed that Christ's return was imminent. Paul encourages his readers not to worry about anything, about feelings or anything at all happening in their day-to-day life. Looking at daily life today perhaps we worry too much. Our multiple electronic devices continually bombard us with what is happening world-wide. The proliferation of negativity can be depressing, as well as a distraction from local life and devotion.

The underlying question is one of balance. How much to be a Mary or a Martha? How should we hold on loosely to the concerns of this world but still be effective in what we want to achieve? Spiritual life is foremost, and everything follows, but articulation of this aspect of faith has become more complex. How do we integrate our time with God while dealing with the reality of twenty-four-by-seven modern living?

*Richard Scutter*

# summer schedule

MANY OF OUR REGULAR  
PROGRAMS WILL HAVE A  
BREAK OVER SUMMER

COMBINED SUNDAY SERVICES  
FROM 31 DECEMBER - 9AM

MORNING TEAS,  
WEDNESDAYS FROM  
3 JANUARY FROM 10.30AM

8AM AND 10AM SERVICES  
WITH KIDS CHURCH AND  
YOUTH GROUP RESUME  
4 FEBRUARY 2024

## CPR Refresher—29 January

Did you do your First Aid course with us last year? Even if you didn't, do you need to do a CPR refresher this year?

A St John's Ambulance CPR refresher course will be happening in the Worship Centre from 1.30pm on 29 January. If you wish to attend, please email the office with your contact details and your USI.

Find more information about the USI at the website: <https://www.usi.gov.au/>

# 2024 LENTEN STUDY UNDERSTANDING MOSES

THE PERSON, THE PROPHET, THE PROMISE

WEEK 1 - 14 FEB foundations - the runaway

WEEK 2 - 21 FEB meeting God - the burning bush

WEEK 3 - 29 FEB\* leaving Egypt - Pharaoh

WEEK 4 - 6 MAR leaving slavery - the decalogue

WEEK 5 - 13 MAR learning to lead - Jethro

WEEK 6 - 20 MAR seeing the future

Join us for a journey of discovery  
as we read through Exodus  
to understand this key figure  
and how Jesus fulfilled the promise.

WEDNESDAYS, 7.30PM

## Gardener wanted

Gillian's neighbour is looking for a reliable gardener. If you have any suggestions, or you are the person they are looking for, please contact Gillian on 0447 480 503

## Annual report reminder

Contributions to the Annual Report are due to the office by Sunday 28 January.

## PRAYER POINTS

### IN THE WORLD

- ⇒ Peace in Ukraine & Palestine, and an end to occupation
- ⇒ Repatriation of human remains from museums to their countries of origin
- ⇒ Recovery from rioting in Papua New Guinea

### IN AUSTRALIA

- ⇒ Reconciliation and truth telling across all elements of our society
- ⇒ First responders, mental health support teams & domestic violence support services
- ⇒ Action to reduce deaths and injuries on Australian roads

### IN THE DIOCESAN CYCLE OF PRAYER

- ⇒ Diocese of Rockhampton
- ⇒ Parishes of Holbrook & Gundagai
- ⇒ Anglican Historical Society
- ⇒ Diocesan candidates training for ordination
- ⇒ Licensed Lay Ministers throughout the Diocese

### IN OUR PARISH AND COMMUNITY

- ⇒ For all members of our parish family including Rob Maron, Bec & Ben Marston, Margaret Martin, Mary Lynn Mather, Doreen & Ian Matters, Tracey Matthews & Russell Rollarson
- ⇒ We uphold those in special need of prayer (often for long term needs) including Barry & Sandra Button; Bev Barnes; Brian and Elaine Dennis; Glenys Wimmer; Bev Chambers; Bob and Kath Arthur; Reg Holmes, Chris Olsson and anyone known to us personally

## COLLECT

Bountiful God,  
through your Son you have called us to repent of our sin,  
to believe the good news,  
and to celebrate the coming of your kingdom:  
teach us, like Christ's first apostles,  
to hear the call to discipleship,  
and, forsaking old ways,  
to proclaim the gospel of new life to a broken world;  
through our Lord and Saviour Jesus Christ,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

## MINISTRY TEAM CONTACTS

### Rector

The Reverend Dr Wayne Brighton,  
0407 408 333      rector@holycovenant.org.au

### Youth Coordinator

Tobias Neville  
0468 969 372      youth@holycovenant.org.au

### Wardens

Allison Cooper-Stanbury      0410 506 231

### Prayer Vine

Rosemary Kennemore  
6251 2009      kennemorerosemary@gmail.com

### Belonging and Caring

The Reverend Dr Wayne Brighton  
0407 408 333      rector@holycovenant.org.au

### Children & Families Worker

Lou Passmore  
0411 338 361      holycovenantkids@gmail.com

### Covenant Care Program Manager

Megan Arthur  
0487 945 615      nurse@holycovenant.org.au

### Covenant Care Program Director and Chaplain

Venerable (EM) Anne Ranse OAM  
0406 379 599      anne.ranse@gmail.com

### Honorary Priests

The Revd Anne Dudzinski  
0413 994 739      annedudzinski@optusnet.com.au

The Revd Connie Gerrity  
0429 423 725      connie@gerrity.id.au

The Revd Lynda McMinn  
0403 769 991      ellemm99@gmail.com

### Resources Team

0419 255 002

## BIRTHDAYS

21 Jan: Mary David-Hoole

22 Jan: Meg Brighton

24 Jan: Andrew Dudzinski

## BIBLE READINGS

Jonah 3: 1-10

Psalm 62: 5-12

1 Corinthians 7: 29-31

Mark 1: 14-20