



Newsletter & Worship Sheet 16 August 2020

THE ELEVENTH SUNDAY AFTER PENTECOST



MAKE YOUR VOTE COUNT!

John Richards, the Presiding Member of Parish Council, has written the enclosed letter detailing the voting process for parishioners who have been nominated for ministry positions. You can vote after the AGM on Saturday 22 August, after the 9.30 am and 6 pm services the following day or after 10 am service on Wednesday 26 August. There is also a process where people can request a postal vote by either ringing the parish office 6248 8399, or emailing admin@stjohnscanberra.org

Our vision is to be a vibrant Christ-centred community that engages and transforms the heart and soul of Canberra.

FROM THE ASSOCIATE PRIEST



Signs of Spring

As I write this on Thursday morning the sun is shining so brightly you can believe it will have some heat in it later in the day. The world is clean, washed by the amazing rain over the last few days. The grass is greening, the gardens are sprouting. We are noticing that the days are getting longer, and the sun is returning to parts of the garden which receive no winter sun.

Dams are overflowing, city water supplies are nearing capacity, there is water in Lake George. From the safety of our homes, looking out our windows, there are all the signs of spring hope and the anticipation of more outdoor activities with warmer weather.

And then we read the news.

Actually, we are going well in the ACT. There is no community transmission and restrictions are lifting. But that is not so in other cities and even Auckland has a virus outbreak. It is very easy to be despondent and wonder if we will ever be able to live with the freedoms we had in the past.

It is a good time to get a cup of tea, curl up in your favourite chair with your most comfortable rug around your knees and read a book. I would suggest Psalms. Here are 150 stories of people responding honestly to God about what they see around them.

O Lord, hear my prayer, let my cry come to you. Do not hide your face from me in the day of my trouble. (Psa 102.1-2)

Have you not cast us off, O God? (Psa 108.11)

Let my prayer come to you...turn your ear to my loud crying (Psa 88.2)

The more you look, the more you will see signs of hope. Although the people cried at the injustice they saw around them, the inequity and the helplessness of their situations, they recognised God's innate goodness and love.

*O Lord my God, I cried to you and you have made me whole (Psa 30.2)
You that fear the Lord, trust the Lord (Psa 115.10)*

For you, O Lord, have delivered my soul from death, my eyes from tears and my feet from falling (Psa 116.8)

So take a sip of your tea, put the book in your laps, and look out your window again, and see the signs of life renewed as spring approaches.

As for me, I am like a green olive tree in the house of God, I will trust in the goodness of God for ever and ever. (Psa 52.8)

God bless you.
Margaret

PARISH NOTICES

Face-to-Face services of worship
have recommenced

Services Sunday 16 August and Wednesday 19 August

Because of the COVID-19 four square metre rule worship is in the St John's Hall. Although not mandatory, the NSW Chief Health Officer specifically recommends the use of face masks 'during attendance at places of worship'. You are welcome to wear a face mask which you would need to provide.

- **Sunday 9.30 am** - Worship and sermon for families and people of all ages
- kids@church and Youth Group also meet at this time.
- **Sunday 6 pm** - stjohs@6 Explore what being a disciple of Jesus is all about in the ocean of postmodern life.
- **Wednesday 10 am** - 1662 Prayer Book, KJV Bible and sermon.

The 9.30 am service will be recorded and placed on YouTube around noon for those unable to attend.

We are able to say the responses together, the Lord's Prayer, Confession, Creed etc. Congregational singing is delayed until further advice is received on how singing might be included in a COVIDSafe plan.

ADVENT FAIR CANCELLED

Earlier on in the pandemic we thought it might be possible to have an Advent Fair. However, because of continuing uncertainties surrounding COVID and keeping people safe, it has been decided to cancel the event.

MORNING PRAYER

Tuesday to Saturday 9 am - Join us for Morning Prayer via Zoom. We use 'A Prayer Book for Australia' and the NRSV Bible. The link is on the home page of our website.

MORNING TEA ONLINE

Fridays at 10 am - Are you missing seeing familiar faces? Make a cuppa, raid the fridge and jump onto Zoom to catch up with your church family – just like old times after church but different! You can find the Zoom link on the home page of our website.

PARISH NOTICES

NOTICE OF ANNUAL GENERAL MEETING AND ELECTORAL MEETING PARISH OF CANBERRA St John's Hall

Saturday 22 August 2020, at 2pm

Notice is hereby given that a rescheduled AGM and Electoral Meeting will be held on the above date, subject to any future Covid-19 restrictions.

AGM business includes:

- adoption of 2019 minutes
- annual reports
- adoption of financial statements and appointment of auditor
- presentation of the 2020 budget
- presentation of the parish directional plan for 2020
- general business

Electoral Meeting:

- decision on numbers of parish councillors to be elected
- decision of appointment of presiding member
- election of:
 - two Wardens
 - Parish Councillors (number determined by the meeting)
 - three Synod representatives
 - three alternate Synod representatives
 - three members of the Clergy Appointment Board

Current Covid-19 health advice says that meetings held in enclosed areas should be for as short a time as possible. Therefore, the following will apply:

- all reports will be taken as read.
- questions will be taken from the floor for the Rector's report only.
- any comments and questions relating to reports (including all financial questions) should be directed to the Presiding Member, John Richards, (gjrich@bigpond.net.au) by Thursday 20 August. Any comments, questions and answers will be read at the meeting.
- items for general business must be sent to the Presiding Member by Thursday 20 August.
- nominations received for the previous AGM date have lapsed. New nominations for all positions must be in writing, signed by all and either handed to the Rector or posted to G.P.O. Box 219, Canberra 2601 and received by 5pm Friday 14 August.
- All parishioners nominated will be asked to complete a short questionnaire for the information of the electors.
- For details on how to vote see the enclosed letter from John Richards, the Presiding Member of Parish Council.

Problem solving

A few weeks ago we highlighted how important our monthly Friday Community lunches are (or used to be) for our clients who are isolated or have few opportunities to go out because of income constraints.

However, another story recently showed how vital community meals in Canberra are to people's physical survival as well.

We received a call from a case manager who was asking for assistance for her client Mark*. He lives alone in a unit, is unable to prepare food himself because of poor health and a lack of equipment. He used to rely on prepared community meals, but they were no longer readily available due to COVID.

We had a challenge. We frequently assist people with meals which are pre-cooked and frozen, like nutritious soups and casseroles which are donated. Extra meals are also prepared at our monthly Community lunches and then frozen. But Mark did not even have a microwave oven or any way to heat meals.

Some people also do not have the equipment, the skills, or simply the energy to prepare meals amid everything they're coping with. A home-cooked casserole can be a welcome relief.

We also often assist people who are experiencing homelessness, such as those sleeping rough or in their car. They have no cooking equipment, or cold storage for fresh, frozen or open food. However, there are sometimes places for them to get hot water to prepare instant noodles, perhaps with a single serve tin of fish or veggies.

We learn a lot from those who have experienced these challenges and about creative ways to prepare food in very limited situations. But even this wasn't going to work for Mark as he didn't have a way to boil water.

In the end we prepared the most nutritious, minimal-preparation food parcel for Mark that we could, including plenty of mandarins and bananas, a few tuna and rice tinned meals, muesli bars, breakfast cereal and some Up&Go drinks for protein.

Hopefully, a more comprehensive solution can be figured out for him until the community meals can recommence, but in the meantime we will always try our best to find a way to feed him.

Kind regards,

SJC team

Items Required: Cooking oil (500ml), long-life milk (full cream), cereal, deodorant, lentils

* not his real name



THE ELEVENTH SUNDAY
AFTER PENTECOST
9.30am & 6 pm 16 AUGUST 2020

*Welcome to St John's. Our service today is contained in this booklet.
Our worship today includes responses, which are **in bold print**.*

GATHERING IN GOD'S NAME

Call to Worship

Owe one nothing, except to love one another,

For when we love one another, we fulfill God's commandments.

Love does no wrong to a neighbour,

Love is the fulfilling of the law.

Come, let us worship the God of Love,

**Who loves us so much he sent his Only Son, who taught us to
love one another.**

(from Romans 10:8,10)

The Lord be with you.

And also with you.

Opening Prayer

Let us pray.

Almighty God,

to whom all hearts are open,

all desires known,

and from whom no secrets are hidden:

cleanse the thoughts of our hearts

by the inspiration of your Holy Spirit,

that we may perfectly love you,

and worthily magnify your holy name,

through Christ our Lord. Amen.

Confession and Absolution

Let us confess our sins to Christ who is gentle and humble of heart.

**Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy
forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly, love mercy,
and walk humbly with you, our God.**

God who has called us is faithful,
and will not remember our sins.
Your sins are forgiven, through Jesus Christ our Lord.
Live by the Spirit's transforming power,
and forgive as you have been forgiven. **Amen.**

Prayer of the Day

Almighty God,
whose compassion embraces everyone,
gather the outcast and the lost,
heal the wounds of fear and distrust,
and make us a community of reconciliation
that we may embody your merciful love
and rejoice in your astounding grace
in Jesus Christ. **Amen.**

THE MINISTRY OF THE WORD

A reading from Romans chapter 11 beginning at verse 13 (13-32)

Now I am speaking to you Gentiles. Inasmuch then as I am an apostle to the Gentiles, I glorify my ministry in order to make my own people

jealous, and thus save some of them. For if their rejection is the reconciliation of the world, what will their acceptance be but life from the dead! If the part of the dough offered as first fruits is holy, then the whole batch is holy; and if the root is holy, then the branches also are holy.

But if some of the branches were broken off, and you, a wild olive shoot, were grafted in their place to share the rich root of the olive tree, do not vaunt yourselves over the branches. If you do vaunt yourselves, remember that it is not you that support the root, but the root that supports you. You will say, 'Branches were broken off so that I might be grafted in.' That is true. They were broken off because of their unbelief, but you stand only through faith. So do not become proud, but stand in awe. For if God did not spare the natural branches, perhaps he will not spare you. Note then the kindness and the severity of God: severity towards those who have fallen, but God's kindness towards you, provided you continue in his kindness; otherwise you also will be cut off. And even those of Israel, if they do not persist in unbelief, will be grafted in, for God has the power to graft them in again. For if you have been cut from what is by nature a wild olive tree and grafted, contrary to nature, into a cultivated olive tree, how much more will these natural branches be grafted back into their own olive tree.

For the word of the Lord
Thanks be to God

*The Gospel of our Lord Jesus Christ according to Matthew, chapter 15,
beginning at verse 21 (21-28)*

Glory to you, Lord Jesus Christ

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.' But he did not answer her at all. And his disciples came and urged him, saying, 'Send her away, for she keeps shouting after us.' He answered, 'I was sent only to the lost sheep of the house of Israel.' But she came and knelt before him, saying, 'Lord, help me.' He answered, 'It is not fair to take the children's food and throw it to the dogs.' She said, 'Yes, Lord, yet even the dogs eat the crumbs that

fall from their masters' table.' Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

For the gospel of the Lord

Praise to you Lord Jesus Christ.

Sermon: Canon Paul Black, Rector

Musical reflection

An Affirmation of Faith

Let us together stand and affirm our faith:

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit. Amen**

THE PRAYERS OF THE PEOPLE

Almighty God, your Son Jesus Christ has promised that you will hear us when we ask in faith: receive the prayers we offer.

For the nations

Guide with your wisdom and power the leaders of the nations, so that everyone may live in peace and mutual trust, sharing with justice the resources of the earth. Give the people of this land a spirit of unselfishness, compassion, and fairness in public and private life.

Father, hear our prayer
through Jesus Christ our Lord.

For the Church

We pray for our St John's community as we prepare to elect a new leadership team, Synod representatives and Clergy Appointment Board. Give to those who are elected or appointed servant hearts and equip them for their ministries.

Send out the light and truth of your gospel and bring people everywhere to know and love you. Enable those who minister among us to commend your truth by their example and teaching. May we gladly receive and obey your word.

Father, hear our prayer
through Jesus Christ our Lord.

For those in need

Give skill, sympathy and resilience to all who are searching for a Covid vaccine or a cure. Strengthen them with your Spirit, that through their work many will be restored to health.

We commend to your fatherly care, merciful God, all who are in sorrow, sickness, discouragement or any other trouble. Give them patience and a firm trust in your goodness.

Father, hear our prayer
through Jesus Christ our Lord.

Thanksgiving for the faithful departed

We praise you for all your servants whose lives have honoured Christ. Encourage us by their example, so that we may run with perseverance the race that lies before us, and share with them the fullness of joy in your kingdom.

As our saviour Christ has taught us we are confident to pray:

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.**

THE SENDING OUT OF GOD'S PEOPLE

Let us pray:

Loving God, we thank you for hearing our prayers,
feeding us with your word,
and encouraging us in our meeting together.

**Take us and use us
to love and serve you
and all people,
in the power of your Spirit
and in the name of your Son,
Jesus Christ our Lord. Amen.**

Blessing:

May the God of peace equip you with everything good for doing his will, working in you what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever; and the blessing of God almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always. **Amen.**

Go in peace, to love and serve the Lord.

In the name of Christ. Amen.

A Prayer Book for Australia, 1995, Broughton Publishing.

Bible Readings from *New Revised Standard Version of the Holy Bible*.

Call to Worship, Opening Prayer and Blessing from *Feasting on the Word Worship Companion* from Bracken Long, K. (Editor), (Louisville, Kentucky: Westminster (John Knox Press, 2013).

Prayer of the Day from *Abingdon Worship Annual* 2014

GIVING TO THE MISSION OF GOD'S CHURCH

We give thanks to all those who have reviewed their giving or who have commenced online giving. Our bank transfer details are: BSB Number: 702.389; Account Number: 05209450 Account Name:

St John the Baptist Reid. Cheques can still be posted to GPO Box 219, Canberra 2601.

PARISH OFFICE

The Parish Office is now open on Tuesdays and Thursdays 9.30 am - 2 pm.

ONLINE MEDITATION

Wednesdays at 5 pm – Email Joan at jarmitage@grapevine.com.au for the link.

Parish Contacts

Rector

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