



ST JOHN'S ANGLICAN CHURCH CANBERRA

5 July 2026

Sixth Sunday after Pentecost

(This week's service times within)

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest,' says the Lord. 'Take my yoke upon you, and learn from me; for I am gentle and humble in heart.'

Matthew 11.28–29



Photo by Otto Gonzalez on Unsplash

***St John's exists to bear public witness to Jesus Christ,
the source of life.***

PRAYER OF THE DAY

Almighty God,
your Son Jesus Christ has taught us
that what we do for the least of his brothers and sisters
we do also for him:
give us the will to serve others
as he was the servant of all,
who gave up his life and died for us;
yet lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

IMPORTANT NOTICES

Calling all welcomers/ushers/sidespersons. Extending God's welcome to all is central to being the people of God. The roles that support this ministry are therefore very important – and often more complex than people realise. We are offering two training sessions for our welcomers, ushers and sidespersons – and any who would like to consider joining this ministry. We will cover emergency procedures, disability access, and the various other tasks such as seating, counting, and identifying those requiring Holy Communion from their seats, as well as congregation-specific issues. Please join us at one or both sessions.

- Wednesday 29 July – 7.00pm-9.00pm
- Saturday 1 August – 10.30am – 12.30pm

Mental health and Christian Faith: a conversation with Dr Cathy Evans. How might Christians approach setbacks in mental health? Particularly if we're young, or caring for a younger person? Dr Evans is a general practitioner who specialises in youth and young adults' mental health. She'll be having a conversation with Rev'd Andrew, and answering a few questions, 4.00pm–5.30pm Sunday 19 July in the Robertson Room.

Youth and Young Adults dinner. Come and join in at 6pm on Thursday 23 July in the Robertson Room. We're pretty generous about the word 'young'. Contact jess.evans31169@gmail.com

Public reading and intercessions ministry. Are you part of our regular team of Bible readers or intercessors? If you are, or would like to consider joining this group, please make use of this training session to assist your ministry. Rosemary Thwaites (9.30am service) is an experienced voice coach and will offer some helpful tips to help your reading voice enhance this important part of our public worship. The event will be held twice, to maximise attendance: 11.15am, Sunday 16 August and 7pm, Tuesday 25 August (in the church).

Children and Families Worker. We are hoping to fill the position of Children and Families Worker, primarily working with our 9.30am service, as soon as practicable. Please share the advertisement with suitable people known to you. <https://tinyurl.com/stjohnsfamilies>

Our Parish Fair 17 October. All the convenor positions are filled, but if you wish to assist in other ways, please email the office at admin@stjohnscanberra.org. Several stalls will need extra volunteers, including: white elephant, treasures & trinkets, cake, craft, and the BBQ. Also, anyone interested in helping with the sound system on the day, we'd love to hear from you.

St John's Anzac Poppy Knitting Project.

Please let me know if you would like to grab your knitting needles and knit Anzac Poppies to adorn our 50 plus military graves for Anzac Day 2026. Many of our military graves are 'hidden' in the churchyard. Please help bring them to the light with red poppies. This is easy knitting - 60 stitches, 10 rows, then 3 rows of double stitches. You can be as creative as you like. Contact Sue O'Leary at seoleary@inet.net.au for links to patterns.



SPARK - a Christian conference for young adults (18-30ish).

This conference aims to help people fix their eyes on Jesus in a world that's constantly distracting and confusing. This year's theme is 'Chasing Meaning'. 28-30 August 2026. Tickets: \$159 (Accommodation \$47-\$171). Volunteer tickets are also available for \$88; meals and accommodation included. For more information visit <https://sparkconference.com.au> or speak to Annemieke (@6pm service).

Winter Woolies Stall. Feeling cold? Here's something handmade to help keep you warm! Today at morning teas after 8am and 9.30am services, and at supper after the 6pm service. The Fair Craft stall is hosting an early sale with lots of knitted goods. Come and check us out: we will have a Square and will happily take cash.

UPCOMING EVENTS

(*St John's event)

***Sunday 5 July: Winter Woolies Stall.** Today after 8am, 9.30am and 6pm services.

***Sunday 5 July: Bellringing.** The monthly bellringing practice is on again today, from 5pm to 6 pm. Everyone is welcome!

*** Tuesday 7 July (then weekly): Bible for Blokes.** 10.00am in the Upper Room. Enquiries, Canon Kevin Stone.

***Sunday 12 July: Choral Evensong.** Join us at 5pm for this brief, reflective service, including hymns and choral music.

***Sunday 19 July: Mental health and Christian Faith: a conversation with Dr Cathy Evans.** With special reference to youth and young adults. 4.00pm–5.30pm, Robertson Room. Rev'd Andrew for details.

***Thursday 23 July: Youth and Young Adults dinner.** 6pm, Roberston Room. Contact jess.evans31169@gmail.com

***Tuesday 28 July: St John's Sketching/Painting Group.** 9.30am to lunchtime, in the Hall. All welcome to come along with sketch pad, pencils or paints. Contact Fiona (fcotton@fionacottonpaintings.com; 0404 066 021) or Jennifer (jennifer.lawson@stjohnscanberra.org; 0407 286 572).

***Wednesday 29 July: Welcomers/Ushers/Sidespersons training.** In the Church 7.00pm–9.00pm.

***Saturday 1 August: Welcomers/Ushers/Sidespersons training.** In the Church 10.30am –12.30pm.

***Sunday 16 August: Public reading & intercessions training (option 1).** Voice training for our public readers and intercessors. All welcome. 11.15am, in the Church.

***Tuesday 25 August: Public reading & intercessions training (option 2).** Voice training for our public readers and intercessors. All welcome. 7pm, in the Church.

***Saturday 17 October: St John's Parish Fair.** 9am-2pm. Save the date!

***Friday 13 – Saturday 15 November: Youth Camp.** A weekend supported by Scripture Union, offering teaching and encouragement for our youth and young adults. Contact jess.evans31169@gmail.com

ST JOHN'S COMMUNITY FAIR 2026 DONATIONS

Books

We are delighted to **now welcome donations of all good quality books, DVDs and CDs, jigsaws and games** for the fair. We would especially like to receive good quality fiction, crime and thriller, sci fi and fantasy, biography, children's and young adult books, craft and DIY, histories and military fiction and nonfiction and any vintage collectables. This year we would also very much welcome **large print books** for the visually impaired as we are often asked for them but have had only a few in recent years. As for last year please consider only donating cookery books which are published within the last 5 years, or which are classics or otherwise uniquely quirky. We really appreciate everyone's donations and couldn't run the bookstall without them but please **this year don't donate** textbooks/manuals/Readers Digest/encyclopedias/Videotapes/audio cassette tapes/Any items in disrepair. These items don't sell. Please leave your book donations in boxes or strong bags **on the bench beside the doors to the Church Hall**. If the Hall is open, however, it would be a great help to us if you could leave your donations on the stage (which is where we sort and manage donations).

Craft, Clothes, Trinkets and Treasures, & White Elephant

We will gladly accept items **from 28 September**. Please leave your donations **on the bench beside the doors to the Church Hall**. If the Hall is open, however, it would be a great help to us if you could leave your donations in the marked area, immediately to the left inside the hall.

Plants and Gardening

We will gladly accept items **from 12 October**. Please leave your donations **on the bench beside the doors to the Church Hall**.

Raffle

This year we are looking to have a range of gourmet hampers for the raffle. If you would like to donate non-perishable food, drinks, or other items for the raffle we will gladly accept these **from 28 September - 11 October**. Please leave your donations **on the bench beside the doors to the Church Hall**.

Jam & Cake

We will gladly accept items **from 15 October**, and please leave your donations **on the central bench in the kitchen**, which will be open from that morning. Also, please bring any donations of oranges, lemons, limes, apples, dried dates, or dried apricots **now**. These are used to make delicious marmalades and chutneys. All gratefully accepted.

Finally, **from 17 October, or the day prior**, the best location for any donations is at the appropriate stall.

CHURCH CENTER & PARISH DIRECTORY

You may have heard by now about Church Center, the app and website we're using to assist communication at St John's.

We recognise that not everyone loves phones and apps and technology, or wants to sign up in this way. **That's completely OK.** The information below is for those who'll find it useful.

If you've not signed up yet and would like to, download the 'Church Center' app (note the U.S. spelling!), search for 'St John the Baptist Anglican Church', and give it a go. Or, email admin@stjohnscanberra.org for a short PDF on how to proceed.

We're rolling out two new functions in Church Center that will enable us to contact each other: the **Directory**, and **Groups**.

The Directory: what you need to know. If the following seems a little cumbersome, that's because we're ensuring the security of your details, your control over your details, and your decisions about to whom you'll respond.

- A 'Directory' icon now appears at the bottom of the Church Center app. *(You can also access it on a computer through the web. But we'll focus here on the app.)*
- You'll only appear in the Directory if you are enrolled in Church Center **and then ask to join** the Directory (see below).
- If you join, others will be able to contact you, but **via email only**. Your email address is initially hidden from them.
- In the Directory, you click on 'Contact [person's name]'. You write a note in the app, which then goes to their email inbox. They'll then respond to you (or not) **via email (not via the app)**.
- When you *receive* a contact in this way, it's up to you whether to reply to their email. (If you're not sure who someone is, you can always check with church staff before replying.)
- We strongly suggest you'd **only** share a phone number, or anything

else, **with someone you know**.

- You cannot be contacted via the Directory if you've not entered an email address into Church Center. It relies on email addresses.
- Phone numbers and email addresses **will never appear** in the Directory.

To join the Directory, after you've enrolled in Church Center (see above), you need to do **three things**:

1. Email Jane at admin@stjohnscanberra.org, and ask for an 'invitation' to join.
2. You'll receive an email from 'St John the Baptist Anglican Church <no-reply@churchcenter.com>' (check your spam folder!). In that email, click 'Yes, share my information'.
3. In the app, go to your 'information and settings', then to 'Directory Listing'. Select 'Allow others to contact me', and hit 'Update'. (You might also like to share your photo, as an aid to us getting to know one another.)

That's it. You should then be able to contact others, and be contacted.

Groups. Groups are a powerful function allowing smaller groups within St John's to communicate with each other—this time, *through* the app (and so reducing endless emails).

It will also enable you to share resources, advertise meeting details, and do some other things.

If your small group (e.g. a Bible study group; volunteer workers' group; music team; catering team, etc.) would like access to that function, let Rev'd Andrew know, or email admin@stjohnscanberra.org.

There'll be some policies you'll need to know and observe. But this aspect of Church Center will be very useful.

Of course, you need to be enrolled in Church Center to use the Groups function. However, you can be in a group *without* also being in the Directory.

Keeping Warm Together

For many years, V has experienced challenges related to alcohol and other substance use. Like many people facing addiction, V's journey has involved periods of struggle, progress, setbacks, and renewed determination.

The Transtheoretical Model of Change recognises that recovery occurs in stages. These stages include pre-contemplation (not yet considering change), contemplation (thinking about change), preparation (planning for change), action (actively making changes), maintenance (sustaining those changes), and, at times, relapse, which can lead individuals back through earlier stages before they continue their recovery journey.

Throughout the pre-contemplation and contemplation stages, St John's Care remained a consistent source of support for V. Rather than focusing solely on the substance use itself, staff provided practical assistance including food relief, essential household items, and a welcoming space where V could feel safe and heard.

Just as importantly, V always had someone to talk to and someone who would listen without judgement, offering encouragement when needed. Over time, this ongoing support helped V build trust, stability, and confidence. As V began to consider change more seriously, St John's Care continued to walk alongside them, supporting their transition into the action stage of recovery, where tangible steps towards positive change could be taken. Recovery, however, is rarely a straight path. The Transtheoretical Model acknowledges that relapse can be a natural part of the recovery process, rather than a sign of failure. Individuals may move back and forth between stages before achieving lasting change.

What matters most is having the support, resilience, and opportunity to keep moving forward. Today, V's story is a reminder that meaningful change often begins with meeting basic needs, building relationships, and providing consistent support over time. By remaining present throughout each stage of the journey, St John's Care helps people like V find hope, reconnect with their goals, and take positive steps towards a healthier future. We look forward to continuing to support V on his recovery journey, wherever that path may lead, and celebrating each step forward along the way.

Robbie Speldewinde, Operations Manager

Items required: Small boxes of sultanas, conditioner, 750g muesli, powdered milk

ST JOHN'S CARE WINTER APPEAL

As Canberra's temperatures continue to drop, more people in our community are being pushed to breaking point. Families who have never needed support before are now struggling to afford food, fuel, heating, and other everyday essentials.

This winter, St John's Care is expecting one of our busiest seasons yet, and we need your help. The good news is that every donation made to our Winter Appeal will be matched dollar-for-dollar up to \$30,000 thanks to the incredible generosity of one of our long-time supporters.

That means your kindness can have twice the impact for local people doing it tough this winter. Together, we can help provide emergency relief, practical support, and hope to people across our community when they need it most.

Donate to our Winter Appeal - <https://www.stjohnscare.org.au/donate>

St John's Care
Partnering with Anglicare
Compassion | Advocacy | Respect | Encouragement

One unexpected cost can tip everything.

This winter, help us be the support that restores balance.

Rising costs. Tight budgets. No room to adjust.
For many in our community, it only takes one unexpected cost to change everything.

RENT **FOOD** **BILLS**
PETROL

UNEXPECTED CAR REPAIR

St John's CARE

- We provide food and essential items
- We offer dignity, care and compassion
- We stand with our community in times of need

You can help

Your donation can turn a moment of crisis into hope and help ensure no one in our community has to face winter alone.
Donate today.

Because no one should have to choose between getting to work and putting food on the table.
Thank you for standing with us, and with those in our community who need it most.

ST JOHN'S STUDY GROUPS

Monday: 'Young Blokes' Bible Study

When & Where: Mondays, 6.30pm, Campbell

Who: Young men (ages approx. 18-25)

Focus: Bible study and discussion

Contact: Rev'd Andrew - Andrew.Cameron@stjohnscanberra.org

Tuesday: Bible for Blokes

When & Where: Tuesdays, 10.am, Upper Room

Who: Men of any age

Focus: Bible study and discussion

Contact: Rev'd Kevin – Kevin.Stone@stjohnscanberra.org

Tuesday: Young Women's Bible Study

When & Where: Tuesdays, 7:00–8:30 pm, at a home in Reid (school terms)

Who: Women aged 15–30; new Christians and those exploring faith welcome

Focus: 30 min fellowship + 1 hour study; social events in school holidays

Contact: Jess – jess.evans31169@gmail.com or 0404 703 847

Wednesday: Adults Bible Study

When & Where: Wednesdays, 7:00–8:00 pm, Rectory (school terms)

Who: Adults, any age. Mostly connected with stjohns@6

Focus: Bible study; group communicates via Signal

Contact: Russ Tunks – rustunks@yahoo.com.au

Thursday: Ladies' Bible Reading Group

When & Where: Thursdays, 9:30 am (after school drop-off), Robertson Room (school terms)

Who: Women, especially with pre-school children

Focus: Bible reading and discussion (currently Matthew)

Contact: Mary de Lautour – mary.delautour@stjohnscanberra.org

There may be scope for a new Bible study to commence. Contact clergy if you'd like to be involved.

Upcoming services

Sunday 5 July 2026

Sixth Sunday after Pentecost

*Readings: Zechariah 9.9-12; Psalm 145.8-14; Romans 7.14-25;
Matthew 11.15-30*

- 8.00am: Sung Eucharist**
9.30am: Family Eucharist (Kid's Church recess, school holidays)
11.15am: Choral Eucharist (1662 Book of Common Prayer)
6.00pm: stjohns@6 (Praise, Prayer and Proclamation)

Wednesday 8 July 2026

Readings: Romans 7.14-25; Matthew 11.15-30

Sunday 12 July 2026

Seventh Sunday after Pentecost

*Readings: Isaiah 55.10-13; Psalm 65.8-13; Romans 8.1-11;
Matthew 13:1-9, 18-23*

- 7.00am: Eucharist** (1662 Book of Common Prayer)
8.00am: Sung Eucharist
9.30am: Family Eucharist (Kid's Church recess, school holidays)
5.00pm: Choral Evensong (1662 Book of Common Prayer)
6.00pm: stjohns@6 (Praise, Prayer and Proclamation)

Wednesday 15 July 2026

Readings: Romans 8.1-11; Matthew 13:1-9, 18-23

- 10.00am: Eucharist** (1662 Book of Common Prayer)

For more information: www.stjohnscanberra.org

SUPPORTING THE MINISTRY OF THE PARISH

The best way to support our ministry is to (annually) prayerfully consider an appropriate amount, and then set up automatic regular transfers using our 'giving' account:

BSB:702 389 **ACCOUNT:** 0520 9450 **NAME:** St John the Baptist Reid

See also: <https://www.stjohnscanberra.org/giving>

Rector	Rev'd David McLennan	rector@stjohnscanberra.org	0468 634 351
Senior Associate Priest	Rev'd Dr Andrew Cameron	andrew.cameron@stjohnscanberra.org	0477 689 421
Associate Priest	Rev'd Canon Kevin Stone	kevin.stone@stjohnscanberra.org	0450 676864
Honorary Priest	Rev'd Vicky Cullen		0476 777 203
Children & Families Worker	Mary de Lautour	mary.delautour@stjohnscanberra.org	
Sacristan	Kim Gibson	admin@stjohnscanberra.org	
Schoolhouse Museum	Jennifer Garden		0414 551 821
Office Administrator	Jane Rose	admin@stjohnscanberra.org	6248 8399
Operations Manager	Alison Hosking	alison.hosking@stjohnscanberra.org	5140 0101
Friends of St John's Chair	Matthew Neuhaus	friendsofstjohnscanberra@gmail.com	
		SJC Emergency Relief	6248 7771
SJC Managing Director	Jason Haines	md@stjohnscare.org.au	6248 7771
STJ Operations Manager	Robbie Speldewinde	programs@stjohnscare.org.au	6248 7771
SJC Chaplain	Nathan Vandersee	chaplain@stjohnscare.org.au	6248 7771

Parish Office: 6248 8399

Opening Hours: 10.00am to 3.00pm Tuesday to Friday

www.stjohnscanberra.org

45 Constitution Avenue, Reid 2612 GPO Box 219, Canberra 2601