



ST JOHN'S ANGLICAN CHURCH CANBERRA

19 March 2023

Fourth Sunday in Lent

8.00am, 9.30 am, 11.15am, 6 pm

'I am the light of the world,'
says the Lord; 'those who
follow me will have the light
of life.'

John 8.12



Today is Mothering Sunday. Please enjoy a piece of Simnel Cake - a light fruit cake with marzipan - after each morning service. We thank Helen Wilson for making the cakes to share and to Malcolm Beazley for continuing this lovely tradition.

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

MESSAGE FROM THE RECTOR



The Return of the Common Cup

For the past few years we have been living with a sense of emergency. Covid shook us all up, forcing us to configure our community life quite differently. This has included some frustrating and complicated inhibitions to our worshipping life, including gathering, singing and Holy Communion (or the Eucharist).

Due to the uncertainty about the spread of covid, we eventually settled on the use of small communion cups. It is a problematic practice, creating additional demands on the volunteers who have to wash and prepare the cups for each service. More importantly, it is an affront to Anglican eucharistic theology, which has always emphasised the common cup as an important symbol of unity.

Circumstances forced us to compromise this symbolic value, in order to emphasise another point of principle – the significance of receiving communion ‘in both kinds’ – i.e. both bread and wine. When I initiated this change, I explained that this was an emergency measure. As such, when the emergency passed, so too would this distinctly un-Anglican practice.

That time has come. Last year, churches received permission from Bishop Mark to return to the common cup. At General Synod last May, the common cup was used at the synod eucharist, comprising over 300 people. The view of our Commonwealth and Territory governments is that the sense of crisis can no longer be maintained, and it is appropriate to leave emergency measures behind.

Therefore, in coming weeks, we shall return to what has been the eucharistic practice of the church for the best part of two millennia. Individual cups will go. People who wish are welcome to receive only the bread or to ‘intinct’ – i.e. dip the bread into a different chalice of wine (although, to the surprise of many, intinction is less hygienic than the common cup.)

Multiple studies have consistently shown that there has never been an outbreak of infection related to the communion cup, and that any risk is so small as to be undetectable. More significantly, the shared cup is a precious sign of the fellowship we have with each other when, as the family of God, we gather at his table.

May the blood of our Lord Jesus Christ, which was shed for you, preserve your body and soul to everlasting life; drink this in remembrance that Christ's blood was shared for you, and be thankful.

CHURCH NOTICES



MOTHERING SUNDAY - TODAY: The fourth Sunday in Lent is sometimes celebrated as Mothering Sunday. It is an opportunity to honour our mothers. It is also an opportunity to break the austerity at the middle of Lent with a special confection: Simnel cake - a light fruit cake with marzipan.

QUEEN'S TREE PLANTING: At 3:30pm on Friday afternoon 14 April, His Excellency the Governor-General will formally plant the tree which celebrates the Platinum Jubilee of Her Majesty Queen Elizabeth II. All parishioners are invited to this event, which will last about an hour. Please let the Parish office know by 7 April if you wish to attend. This will assist in catering.

LENT FOR BLOKES: Alternate arrangements for Tuesday 21 March due to a funeral service at St John's. Please contact Kevin 0450 676 864 for details

BIBLE STUDY: Wednesdays at 11.30am - 1pm in the Wild Honey room. Studying Matthew Chapters 15-18. Contact Rev'd Vicky Cullen 0476 777 203

AGM NOTICES AND REPORTS: Notice is given of elections to be held at the Parish AGM on 26 March for the positions of two churchwardens, parish councillors; and three each of Synod representatives, alternate Synod representatives and Parish members of the Clergy Appointments Board. Nominations opened on Thursday 9 March and close this Thursday 23 March. Nomination forms are available on request from the Parish Office.

PALM SUNDAY: The Flower Team requests 20/30 small palm fronds and 10/20 medium palm fronds to help the creation of Palm Crosses. Call Sanya - 6282 7118 ASAP to arrange delivery/pick-up.

PALM SUNDAY REFUGEE RALLY: On Palm Sunday, 2nd April, churches will be joining other organisations in a rally in Garema Place to seek permanent protection for the thousands of asylum seekers who have been held in various forms of detention for up to 10 years. Speakers at the rally include Anglican chaplain at Radford College, the Rev. Dr Katherine Rainger. The rally starts at 1.00 but faith-based attendees are meeting at 12.30 at the merry-go-round in Petrie Plaza to walk as a group to the rally.

ST MARK'S FILM NIGHT : Film and Pizza Night Saturday 1 April 5.30pm at St Mark's Theological Centre 15 Blackall St Barton cost on the night \$5 details in below link. RSVP aerickson@csu.edu.au <https://stmarks.edu.au/news/film-and-theology-night-1st-of-april/>

PARISH DIARY



TODAY - FRIENDS' SERVICE AND AGM: Guest Speaker at the 11.15 Friends of St John's Matins service will be Stephen Neuhaus, Chair of the Military Christian Fellowship (MCF). His topic will be "The MCF - sowing the seed in Defence". All are welcome.

TODAY - HEALING SERVICE: The Order of St Luke the Physician will hold its first healing service for the year at Holy Cross Anglican Church, cnr Antill & Phillip Ave Hackett at 5pm. All are welcome. Canon Kevin Stone 0450 676 864

TUESDAY 21 MARCH - FUNERAL: The Funeral Service for Helen Campbell will be held at St John's Church at 10.30am.



TUESDAY 21 MARCH - PALM CROSS WORKING BEE: 2.30pm in the Hall (note change of venue). All equipment and afternoon tea will be provided. All welcome.

SUNDAY 26 MARCH PARISH AGM AND ELECTORAL MEETING: The AGM will be held at 11am after the 9.30am service on Sunday 26 March in the Hall.

MONDAY 27 MARCH - CUPPACOMALONG: We extend an invitation to all to attend Cuppacomalong from 2pm until 4pm in the Robertson Room. This is an opportunity to meet fellow parishioners, get to know them and enjoy some refreshments. On the day, our speaker will be Alan Wilson who will talk about the photographic collection in the Church archives. Maybe you can help identify some people. Please come and enjoy the afternoon. We'd love to see you.

TUESDAY 28 MARCH - PALM CROSS WORKING BEE: at 2.30pm in the Robertson Room. All equipment and afternoon tea will be provided. All welcome.

WEDNESDAY 29 MARCH - MOTHER'S UNION: St Alban's Anglican Church (Lyons) is hosting an Annunciation service at 10.30am. It will be followed by a morning tea, featuring an address by Dr Monica Short, reflecting on 'learnings from Lambeth'. For more information, contact Sandra at sbarnbaum1@bigpond.com

SATURDAY 1 APRIL PRE-EASTER BRASS CLEANING BEE: In the church, followed by morning tea in the Robertson Room. I look forward to working. Margaret Rodgers – Sacristan.

Services next week

Sunday 26 March 2023

7.00am, 8.00am, 9.30am, 6 pm

FIFTH SUNDAY IN LENT

Readings: Ezekiel 37.1-14; Psalm 130; Romans 8.6-11

John 11.1-45

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 the following details:

BSB 702 389
ACCOUNT 0520 9450
Name St John the Baptist Reid

Donations/giving can also be offered using your credit/debit card at our tap donation point located near the baptism font.

CONTACTS

Rector: Rev'd David McLennan (rector@stjohnscanberra.org, 0468 634 351)

Associate Priest (Pastoral Care): Canon Kevin Stone 0450 676 864

(kevin.stone@stjohnscanberra.org)

Honorary Priests: Rev'd Vicky Cullen 0476 777 203

Rev'd Tracey Sutherland 0408 242 924

Youth Leader: Kirsten Lamb (Kirsten.lamb@stjohnscanberra.org)

Children and Families Worker: Mary de Lautour

(mary.delautour@stjohnscanberra.org)

St John's Schoolhouse Museum: Diana Body 0427 430 158

(schoolhouse@stjohnscanberra.org)

St John's Care Executive Director: Jason Haines

(executive.officer@stjohnscare.org.au) 6248 7771

St John's Care Programs Manager: Robbie Speldewinde

(programs@stjohnscare.org.au)

St John's Care Emergency Relief Centre

Ph: 6248 7771



Parish Office: 6248 8399

Opening Hours: 9.30am to 2.30pm Tuesday to Friday

admin@stjohnscanberra.org

Application for home

I first met R in the middle of Winter last year, on a cold, windy and rainy Canberra day. I looked out from inside the Centre and saw a man walking up the driveway drenched in the horrible weather outside. I invited R inside, and we sat down to have a chat over a nice warm coffee.

I learned that R was in his late 30's and had lived in Canberra his whole life. At an early age, R was diagnosed with an intellectual disability that impacted his ability to retain information.

Shortly before his 18th birthday, his relationship with his family broke down and he was forced to live on the streets. R was exposed to crime, drugs, and violence from an early age, but managed to steer clear of those things by pursuing his love for hiking, and the outdoors.

At the age of 25, R finished college and received his year 12 certificate. While sleeping in the bush, R worked at a series of short-term cash in hand jobs, before retreating to his campsite for several months. Although he was not entirely cut off from society, he had no desire to engage with the family he felt had abandoned him and was content with being on his own.

In winter of 2022 R was attacked while sleeping in his swag. He attended the police

station to report the crime and was given a list of support services to visit, one of which was St John's Care.

Fearing for his long-term health and safety, I asked R whether he had considered applying for government housing in Canberra. He seemed apprehensive, although by the time our conversation ended he said, 'Why not, I don't think someone like me will get a house anyways.'

Fast forward nine months and R has visited the St John's Care Centre regularly for food, support, a warm meal, clothing, and someone to have a chat with. We provided him with a phone, and some credit and had helped him set up a new email address and complete his application for housing.

Last week a volunteer came to my office and said that R was out the front wanting to have a chat with me. As I walked outside R hugged me with tears pooling in the corner of his eyes, "I found out today that I have a home. I am so happy I don't know what to do with myself", he said.

Finding a home for someone who has experienced homelessness for a long period of time is hard for me to articulate. I am so grateful to be in a position to have a positive influence on members of the community who are vulnerable or disadvantaged.

Robbie Speldewinde
Operations Manager

Items required: Thick 'n' Chunky tinned meat, peanut butter, Vegemite, washing powder

FOR YOUR ENJOYMENT

Jesus Heals a Blind Man

So the man went and washed, and came home seeing. John 9:7 (NIV)

The puzzle is based on John 9:1-34 (NIV).



S R E X T B S D W O R L D W T
R B P N H D E I A M B I R T H
I P R C E V R W G V X V S O L
L O P N I T D B R H V L R D Q
B K N E H U P O O L T I G E U
E I C G B A K M V X P G M L Z
S E I S L F A E P K A H W H E
R N I G I Q I O W A R T Y M V
F C Q D N D H Z S X E O O L P
X O U H D D G T I A N H T T K
L M P Z E Q K R L E T C R G C
P I W E W A S H O Z S S P I T
C C F E N W K J A U Q R O R Y
P Q D E U E K E M Q N B S H O
T N E Y E S D S E L A D M Z Z

BLIND
WORLD
HOME
SILOAM

EYES
SINNED
MUD
PARENTS

SPIT
SIGHT
LIFE
RECEIVED

POOL
NIGHT
OPENED
BIRTH

WASH
BORN
LIGHT
GROUND