



# Alstonville Anglicans

Pentecost 22

Bulletin for Thurs 7th Oct - 10th Nov 2019

We acknowledge and pay respect to the traditional custodians of the land, on which we worship, work and meet, the Bundjalung people. We recognise the significant role the past and future Elders play in the life of the region. We are mindful that within and without the beautiful sandstone church, the Land always was and always will be Aboriginal Land.



## Be peace

The 11<sup>th</sup> November is a pause for peace. The day is imprinted in each of us who inherit European trace elements. For example, my grandfather was named Mark Armistice Harry, having been born on the 11<sup>th</sup> of the 11<sup>th</sup>. He later served in the Second World War. He and many others like him, were wounded by war. Some wounds were invisible stigmata that tormented their lives and relationships for ever after.

As we pause for peace on the 11<sup>th</sup> let us take seriously the invitation to learn the things that make for peace. Here the sage advice of Thich Nhat Hanh is helpful:

"Without being peace, we cannot do anything for peace. That is why it is so important for us to practice mindfulness, to acquire the capacity to look, to see, and to understand. Peace work means, first of all, being peace." - Thich Nhat Hanh, *Peace is Every Step*

Here is a simple peace practice so that each of us can "**be peace**." It's called "Walking peace prayer." It is a pleasurable way to deepen our connection to our bodies and the earth.



Please note a hearing loop is installed on the right hand side of St Barts.  
Please turn off your mobile phone during worship. Toilets are located in the front of the Hall.  
First Aid Kits are located in the Church & the Hall.

1. First, walk normally with your eyes open.

Don't close your eyes. Don't walk like a strange zombie. Don't do the weird Michael Jackson moon walk thing. Walking peace prayer is 'normal' walking, perhaps slightly slower and more enjoyable.

2. As you walk, begin to slow down and 'tune in' to how your body is feeling and what you are hearing, seeing, smelling or feeling.

3. Notice your rhythm of breathing and walking.

4. If possible, 'tune' your breathing with your walking. Eg. breathe in for three steps, breathe out for three steps.

5. When your mind wanders (and it will) with utter gentleness begin at step 1 again.

Simples!



## The Gospel according to Luke 20:27-38

<sup>27</sup> Some Sadducees, those who say there is no resurrection, came to Jesus <sup>28</sup> and asked him a question, "Teacher, Moses wrote for us that if a man's brother dies, leaving a wife but no children, the man shall marry the widow and raise up children for his brother. <sup>29</sup> Now there were seven brothers; the first married, and died childless; <sup>30</sup> then the second <sup>31</sup> and the third married her, and so in the same way all seven died childless. <sup>32</sup> Finally the woman also died. <sup>33</sup> In the resurrection, therefore, whose wife will the woman be? For the seven had married her." <sup>34</sup> Jesus said to them, "Those who belong to this age marry and are given in marriage; <sup>35</sup> but those who are considered worthy of a place in that age and in the resurrection from the dead neither marry nor are given in marriage. <sup>36</sup> Indeed they cannot die anymore, because they are like angels and are children of God, being children of the resurrection. <sup>37</sup> And the fact that the dead are raised Moses himself showed, in the story about the bush, where he speaks of the Lord as the God of Abraham, the God of Isaac, and the God of Jacob. <sup>38</sup> Now he is God not of the dead, but of the living; for to him all of them are alive."



## Retiring Collection for Rappeville Bushfire Relief

Thank you for your generosity.



## Christmas Hampers

The Mental Health Support Group has to have Christmas Hampers ready for distribution by the end of November. Non perishable goods or a gift can be placed into the basket at the entrance to the church. Last year 60 hampers were distributed. Thank you in anticipation. Barbara Swain.

## Mowing Roster

An invitation is extended to all parishioners, men and women to be part of 7 caring teams to do the lawn mowing & edging here at St Bart's. New roster due middle of Nov. Each team has 3 turns per year. Contact Barry Campey 66283089.



## What's your favourite Hymn or Song? Juke Box Sunday 17th November

At 8am and 6pm we will have a service of hymns and songs. What's your favourite hymn or song and why? Let us know via the website or here in the church.



## Prayer for...

Jeremiah 29:10 says "Seek the welfare of the city". Prayer for youth, children, families and the church Monday strictly 10am-10.30am.



## Sew Helpful

The Sew Helpful group would like to encourage anyone interested in craft or friendship to come Mondays from 1pm to share a cuppa and a chat while learning or teaching a 'crafty' skill.

## Rosters Sunday 17th November 8.00am (3rd Sunday team)

**Person in Charge:** Johnny Sernberg **Worship Leader:** Helen Nicholson

**Music Choir Sound:** Mark Stuckey

**Flowers:** Nancy West, Joyce Shepherd, Jane Cooke

**Church Cleaning:** Johnny Sernberg, Marius Mulder

## ANGLICAN PARISH OF ALSTONVILLE

Ministers	all the baptised!	
Rector	The Reverend Dr Desiree Snyman	0402 764 969
	priest@anglicans.live	
Associate	The Reverend John Kidson	0411 394 213
	The Reverend Geoff Vidal	0447 645 456
Parish Office:	The Ministry Centre, 8 The Avenue, Alstonville	
Telephone:	6628 0231	
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**The Anglican Op Shop** 1 The Avenue, Alstonville **Tel: 6628 8777**

We give thanks to God for all people making offertories to the vision of God's Kingdom here on earth. If you would like to contribute electronically to the Parish Provider these are the details: **BSB: 705 077 / Acc: 32931**

### THIS WEEK IN OUR PARISH

<b>Sunday</b>	<b>10th Nov</b>	<b>8.00am</b>	<b>Holy Communion St Barts</b>
		<b>10.00am</b>	Holy Communion, St Peter & St Paul's, Tregearle
		<b>4.00pm</b>	<b>Families @4</b>
<b>Monday</b>	<b>11th Nov</b>	<b>6.00pm</b>	<b>Sunday@6 St Bart's</b>
		10.30am	Life Group Meeting Room
		1.00pm	Sew Helpful
<b>Tuesday</b>	<b>12th Nov</b>	7.30am	Women's Birthday Breakfast
			Nat's Wollongbar
		7.30am	Men's Breakfast, 86 on Main
<b>Wednesday</b>	<b>13th Nov</b>	1.30pm	Life Group at Carol Stone's home
		<b>9.00am</b>	<b>Meditation Group, St Bart's</b>
		4.00pm	LLM Meeting
<b>Thursday</b>	<b>14th Nov</b>	9.30am	Play Place
		12.00pm	Fellowship Lunch, Bungaraya
		<b>6.00pm</b>	<b>Contemplative Church, Taize</b>
<b>Friday</b>	<b>15th Nov</b>	10.00am	Holy Communion, St Bart's
		2.00pm	Choir Practice, St Bart's
<b>Saturday</b>	<b>16th Nov</b>		
<b>Sunday</b>	<b>17th Nov</b>	<b>8.00am</b>	<b>Holy Communion St Barts</b>
		<b>4.00pm</b>	<b>Families @4</b>
		<b>6.00pm</b>	<b>Sunday@6</b>

### Bible Readings

10th November Haggai 1:15b-2:9

Luke 20:27-38

17th November Luke 21:5-19