



Alstonville Anglicans

Easter 5

Sunday 15th May 2022

**Welcome,
so good to see you.**



Sharing the Good Life

We acknowledge the Bundjalung people, traditional custodians of the Land.

Our doors are open: LGBTQIA+ welcome here.

Streaming licence: CCLI 102220

Alstonville Anglicans are committed to ensuring that all people who participate in our worship, programs and ministries have a safe and rewarding experience.

Liturgy for 15th May

Sentence of the Day

I give you a new commandment,' says the Lord, 'that you love one another. As I have loved you, you also should love one another.' John 13.34

Collect

We behold your glory, O God,
in the love shown by your Son,
lifted up on the cross and exalted on high:
be glorified anew
in the love we have for one another
as disciples of the risen Lord Jesus,
who lives and reigns with you,
in the unity of the Holy Spirit,
one God, for ever and ever. **Amen.**

Readings John 13:31-35

³¹ When Judas had gone out, Jesus said, "Now the Son of Man has been glorified, and God has been glorified in him. ³² If God has been glorified in him, God will also glorify him in himself and will glorify him at once. ³³ Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now, I say to you, 'Where I am going, you cannot come.' ³⁴ I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. ³⁵ By this everyone will know that you are my disciples if you have love for one another."

Messages

Worship & Spirituality

**Anam Cara 'Dadirri' Sunday 15th May 2-4pm
Victoria Reserve Park**



'Dadirri' is an Aboriginal word, concept and spiritual practice of 'Inner Deep Listening and Quiet Still Awareness and Waiting'. All are invited to this experience suitable for ages Primary School and upwards.

Bring: Camping chair, mosquito repellent, sensible shoes, hat/umbrella, camera (optional). This event will happen whether or not the weather is sunny or raining!

Reconciliation

Messy Church
Sunday 22nd
May 4pm

Alstonville Anglicans
6 The Avenue
Alstonville
anglicans.live

Community Engagement

Fete 2022 Saturday 7th May

Raffle Winners

Gail Burley - Summerland House restaurant voucher

Alan Larsen – Bunnings gift voucher

Lumi – Pamper Pack donated by Fiona Monti & a box of chocolates

Anglicare North Coast 2022 Northern NSW Flood Appeal Please continue to support this Appeal.

www.anglicarenorthcoast.org.au

Community-On-the-Verge



Everyone is welcome to help themselves to what is ripe and ready for picking. If you are keen to be involved as the garden evolves, please contact Alan Larsen on 0409 655 123 or Barbara Fewtrell 0429 385 713.

The following is an excerpt from an article by a physician Christine Aroney-Sine. It was sent by John Kidson. The essay describes the spirituality of gardening. The reflection below helps us appreciate the spirituality of our verge garden **COVE**.

The Spirituality of Gardening

Thursday, 17 March 2022 | Christine Aroney-Sine



It's garden season here in the Pacific Northwest and my garden room is bulging with salad greens, broccoli and over a hundred tomato plants waiting for warmer weather before they can go out into the garden. Squash and peppers won't be far behind. Like millions of others

throughout the Western world, the recent pandemic has encouraged us to expand our garden and grow more vegetables. We hope that this year at least 50% of what we eat will come from the garden.

I have so enjoyed watching the growth of the community garden movement, which grew in the fertile ground of the 2008 recession and has gained momentum over the last two years as people faced the fear of food insecurity with new garden efforts. The encouragement to spend more time outside to help reduce our stress and anxiety has spurred families and churches to expand their gardens to provide for themselves and their local food banks.

Unfortunately, there is often a total disconnect between what happens in the garden and our faith. Many of us are relieved to leave behind our Zoom worship services and our outdoor gathering places for 'normal church gatherings'. Yet it seems to me that gardening is one of the most profound acts of worship we can engage in. God's first act after completing creation was to plant a garden - the garden of Eden. It was a garden in which our Creator took great delight. And in the first sighting of Jesus after the resurrection he is mistaken by Mary Magdalene for the gardener because that is precisely what he is - the gardener of the new creation.

So much of our garden activity is performed kneeling, in the position of prayer and supplication. I kneel to weed, to plant and to harvest and in this position often find myself meditating and praying. If I am troubled by some seemingly insurmountable problem, there is no better place to thrash it out than on my knees in the garden. If I am irritable or depressed, there is no better therapy than weeding.

However, there is far more than this that makes gardening a worshipful act. I often tell people that I read about the life, death and resurrection of Christ in the Bible, but in the garden, I experience it. Every time I plant a tiny misshapen seed and watch it burst into life from its earthy tomb I feel as though I have seen the Easter story reenacted.

Good Governance

COVID Update

- Masks not required but encouraged especially when singing.
- Social distancing is still advised as is adequate ventilation.
- Hand sanitiser will remain available but is not compulsory.
- Morning tea will continue to be served outside at the present time.
- The Covid Committee appreciates everybody's understanding, tolerance, and compliance.

Sign Up for Planned Giving

Forms for signing up for Planned Giving are now available from the website and in the church foyer and parish office.

Good News

We now have our own app!

'Alstonville Anglicans'

1. Download the app from the app store or google play.
2. Sign-up to create an account.
3. Update your profile.
4. Access the member directory.



Sermon Notes 8th May 2022

Fifth Sunday of Easter



In WA we lived along the coast. Most mornings, my Bishon Frise Bella and I would run/jog/walk along the coastal promenade. Being well trained, Bella faithfully ran behind me without a lead. One morning our morning run/jog/walk was slightly later than usual and by this time several coffee shops along the promenade were serving breakfast. I had

already reached the end of the boardwalk and was on my way home before I realised Bella was no longer behind me. Bella had become distracted with offers of food and affection from the morning coffee shop patrons. I whistled and she came bounding towards me straight away. There were so many smells, sights, and sounds, so many different people calling for Bella's attention. Dogs' sniffing powers far exceed that of humans. They can notice 1 particle in 1,000,000,000,000 other particles. One in a trillion parts is half a cube of sugar in an Olympic-sized swimming pool. Can you imagine the smells and sounds calling for Bella's attention - the smells of bacon, food, other dogs, other humans? Yet, amidst the chorus of noises and invitations it was only my voice she responded to.



I often reflect on the experience of Bella hurdling towards me in joyful obedience in response to my whistle. How was it that Bella could discern my off-tune whistle amidst the cacophony of smells and sounds that she could otherwise have responded to? Bella's experience of hearing my voice amidst the calls of so many other distractions could be a metaphor or a reflection on our experience of being human. In the same way that a trillion scents and sounds pull Bella's attention, so too is our attention as humans pulled in many different directions. How do we as humans know which whistle to respond to? How do we discern the safe and authoritative voice that will bring us safely home amidst all the other sounds and scents that demand our attention?

I suggest that there are inner and outer competing voices that demand our attention. There are inner sounds that may say things like: Be perfect. Hurry up. Please me. Be strong.

Other inner voices may be quite critical, judgemental, and harsh. They demand that we feel ashamed of ourselves or insist that nobody really cares about us. The day of judgement is something to look forward to for the gracious and generous God

would never judge or criticise us the way we judge and criticise ourselves.

Outer voices that distract us may include the ubiquitous and insidious nature of how technology and media infiltrate us. More and more we are becoming aware of how the algorithms are designed to ensnare us and infect us in ways that are not helpful for our well-being. Like the advertising industry, social media hijacks our psychology and weaponizes it against us – for profit.

Other outer voices that call for our attention may also be the expectations that people place on us, wanting us to be a certain way or do certain things that we may not necessarily want to do. It is often hard to put boundaries in place to protect our own inner freedom.



Beneath all these voices that demand our attention like the trillion scents demanding a dog's attention on a walk is the One Voice. The One Voice is the voice we most need to hear. This One Voice says "you are my beloved. On you my favour rests." It is the voice of the Good Shepherd. To live in tune with this Voice is to live in the eternity of the now. It required effort for Bella to learn to trust my voice. Likewise, it may require special effort for us to tune into the One Voice of the Good Shepherd: a strong determination for deep listening, solitude and sometimes silence.



I suggest that Jesus himself may also have experienced what we experience, the challenge to discern the one true voice amidst the army of voices that demanded his attention.

Our John 10 reading is on the Feast Day of Hannukah. The Feast of Dedication commemorates the

re-dedication of the Second Temple following the Maccabean Revolt. You may already know that the Maccabean Revolt was a guerrilla type rebellion of the Jewish people against the Seleucids. Antiochus Epiphanes had launched an aggressive attack on the Jewish people expecting them to worship an image of himself and other pagan idols that he had placed in the Jewish temple. Led by the Maccabean brothers, the Jews won their independence from the Seleucids in about 134 BCE.

The Feast of Dedication remembers the victory over Antiochus Epiphanes and the Seleucids. As the Jewish nation continued to celebrate the Feast of Dedication, they looked forward to a Messiah that would overthrow all their enemies and overcome the Roman rule. Against this backdrop Jesus is interrogated; are you the Messiah we long for? There is a sense of impatience and disappointment in the question. In other gospels the disciples of John the Baptist say to Jesus "are you the Messiah or should we expect someone else?"

Jesus was not the type of Messiah people expected him to be. What might it have been like for Jesus to live under the burden of the varying expectations people had of him? I wonder what it may have been like for Jesus to listen to the voices of these competing demands. Some voices wanted him to initiate a violent overthrow of their oppressors. Others wanted Jesus to announce God's anger. Amidst these competing demands and voices, Jesus tunes into the One Voice that reminds him that he and God are one. The non-duality of this unitive consciousness is the new life, the eternal life, that Jesus experienced and wants us to experience too. The spiritual genius of Jesus is the experiential knowledge of his utter unity with God. The Good Shepherd can lead us from a life of emptiness to a life of fullness. Following the example of Jesus, we too can tune into the One Voice that calls us home amidst the assault of other stimuli demanding our energy.

Regular Reminders

Worship & Spirituality

Church Open



The Church is open for meditation during office hours.

Mothers Union: third Monday of each month. Contact Pam on 0417 258 991 or Joyce 0407 690 874 joyce@stephanies.com.au

Anam Cara



Anam Cara Praying for you Monday mornings 10am

Anam Cara Wednesdays 9am
& **Thursdays** 6pm

This week 6pm Sound Sauna Healing Service and 7pm Community Meal.

Community Engagement

Play Place



Play Place 9.30-11.30am Thursdays during school terms.

Sew Helpful



Sew Helpful 1st & 3rd Mondays 1pm.
All welcome.

SORRY: No more Plastic Lids Collection

Last week, we sent away our last huge load of plastic lids (to Canberra). Unfortunately, due to an ongoing problem with their

transport, we are no longer able to collect them at the church and at the Op Shop. Thank you for the wonderful support you have given during the last year. An amazing amount (several tonnes) of plastic was saved from simply being dumped into our Council landfill. We hope that one day, we can start this collection again.

However, **you can still donate any of the plastic bread**



tags – as they are POSTED to South Australia.

The containers are just inside the Ministry Centre and Op Shop entrance doors.

THANK YOU,

John and Jenny Noble

Pastoral Care

If you or anyone you know is ill or in hospital, please let the office or Lynne Watt our Pastoral Care Coordinator know. Also, if you do visit anyone could you email Lynne? wattlg@bigpond.com.

Prayers

Please remember our family and friends impacted by the floods.

Alstonville Anglicans

Ministers	all the baptised!	
Rector	The Reverend Dr Desiree Snyman	0402 764 969
	priest@anglicans.live	
Associates	The Reverend John Kidson	0411 394 213
	The Reverend Geoff Vidal	0447 645 456
	The Reverend Doug Bannerman	0418 182 450
	The Reverend Greg Ezzy	0412 660 742

Parish Office: 8 The Avenue, Alstonville

Telephone: 6628 0231

Postal: PO Box 451, Alstonville NSW 2477

e-mail: office@anglicans.live
website: anglicans.live

Bank account: BSB 705 077 / Acc:00032931

The Anglican Op Shop: 1 The Avenue, Alstonville **Tel:** 6628 8777

Dates 15th May to 22nd May

15 th May	Sunday 9am Holy Communion Anam Cara Dadirri 2-4pm
16 th May	Parish Office 9am – 12pm Op Shop 9am – 3pm 10am Anam Cara praying for Community
17 th May	Tuesday Parish Office Closed (Please refrain from accessing the office at this time)
18 th May	Parish Office 9am – 12pm Anam Cara 9am Op Shop 9am – 3pm
19 th May	Parish Office 9am – 12pm Op Shop 9am – 3pm Anam Cara 6pm
20 th May	Parish Office 9am – 12pm Friday 10am Holy Communion
22 nd May	Sunday 9am Holy Communion Messy Church 4pm