



Alstonville Anglicans

Last Sunday after Epiphany

Sunday 27th February 2022



Liturgy for 27th February

Sentence of the Day

'My word shall not return to me empty,' says the Lord, 'but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.' Isaiah 55.11

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.

Collect

Almighty God,
you have sent the Spirit of your Son into our hearts
and freed us from bondage to sin:
give us grace to dedicate our freedom to your service,
that we and all people may be brought
to the glorious liberty of the children of God;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

Readings Luke 9:28-36

²⁸ Now about eight days after these sayings Jesus took with him Peter and John and James and went up on the mountain to pray. ²⁹ And while he was praying, the appearance of his face changed, and his clothes became dazzling white. ³⁰ Suddenly they saw two men, Moses, and Elijah, talking to him. ³¹ They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. ³² Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. ³³ Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah"—not knowing what he said. ³⁴ While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. ³⁵ Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" ³⁶ When the voice had spoken, Jesus was found alone. And they kept silent and, in those days, told no one any of the things they had seen.

Messages



To make you smile...

Why didn't the cheese want to be sliced?
because he had grater plans.

Worship & Spirituality

Shrove Tuesday



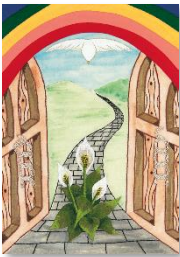
1st March 2022 5.30pm in the Ministry Centre \$10 includes Savoury Crepe & Sweet Pancake and a quiz. RSVP by 20th February to Jenny Noble

Ash Wednesday



Wednesday 2nd March 8am

World Day of Prayer



World Day of Prayer 2022 will be hosted by Alstonville Catholic Church. Services will be Thursday 3rd March 7pm and Friday 4th March 10.30am.

For more information contact Nikki Wagner
nikki.wagner@lism.catholic.edu.au

Life Groups Lent 2022



Let's be honest!

The words spoken by Jesus at the Last Supper, the real reason why he died on Good Friday, and what

the resurrection means for 21st century Christians, is all a bit of a mystery isn't it?

So, here's an invitation and encouragement, to come to a brief exploration of Jesus' last week, which we call Holy Week. You are invited to join a Life Group for five weeks, commencing in the second week of March and do a bit of sorting out of fact from fiction to nurture your faith.

Each participant will have the book, *The Last Week* (\$12), to read and to discuss or just listen in a small group, to make sense of the events, and what was really going on for Jesus.

Times and places of each group will be advertised next week to give all who want to enrich their faith in God, an opportunity to sign up and enjoy. Enquiries: Greg Ezzy M0412660742. If you are interested you can sign up by adding your name to the clip boards in the church or via the website: anglicans.live



**There is a bit of
Ash Barty
in all of us!**

**Messy Church
Ash Barty Party
Sunday 27th Feb 4pm**



Alstonville Anglicans
6 The Avenue
anglicans.live

Community Engagement

Community-On-the-Verge



Help yourself 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.

LinC Luncheon



Wednesday 23rd March at 12 noon in the SDA room. RSVP 16th March to Viv Carson 0422 201 191
lincalstonville@gmail.com

SRE teachers are urgently needed in our local schools

The steps to becoming an authorised SRE teacher are:

1. Complete application form and return to Maree at the Bishop's Registry.
2. Complete SRE essential training.

SRE Essential Training

Training will be delivered over Zoom on 26 and 27 March. Registrations close 16 March.

Further details about SRE please contact Mark Stuckey on 0428 404 783.

AREA Breakfast

Missing news about what Bruce Fleming is doing at Alstonville High School? Then hear him "preach" in our church shortly...BUT come and enjoy yourself at this year's A.R.E.A. Breakfast: **Saturday 26th March - here at Ministry Centre**
More details coming out soon. Thanks for your ongoing support. John Noble



Organ Concert

St Mary's Ballina Saturday 5th March 5pm. Featuring Christopher Wrench Principal Organ Queensland Symphony Orchestra. Entry by donation.

Good Governance

COVID Update

Covid Restrictions

From Friday 18th February

- No density limits
- QR check in not required

From Friday 25th February

- Masks not required including 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.

AGM

Op Shop Report 2021

With Sincere Apologies to Phil

Annual Report for year ending 2021

The Op Shop continues to trade within Covid 19 regulations only closing for six weeks during the year.

Assistance was given to a number of families and individuals who experienced domestic violence, homelessness and other situations. Medical aids were donated to Rotary who distribute them to hospitals overseas.

The volunteers who staff the shop have given wonderful service again and are truly an asset. Thanks also to those who have given their time out the front as Covid Marshals. Acknowledgement goes to the community who continues to donate goods and support us in the purchase of goods.

Phil Cowie

OP Shop Manager

St Bartholomew's AGM 2022 Music Report

With Apologies from Ros

Covid continues to have a great impact on our music at St Barts.

There was great joy when we were finally allowed to remove our masks and sing as a congregation. Unfortunately, since Omicron arrived, and various restrictions are being reimposed,

we cannot be confident that singing will remain allowed and that masks will not become obligatory again.

Meanwhile, we will sing together while we can, and thank the singers who continue to lead us as we do. Lead singers are a great help to the congregation when songs are unfamiliar - and they make an even greater contribution when the congregation can only follow silently while they sing.

New songs have been a feature this year. While the old favourites are still wonderful to sing, there are many talented modern hymn writers whose songs are very relevant to the world today. You may not have noticed, but there was one month when, at 9am, we had a song by John Bell and one by Arthur Wren at every service.

Whenever a month has a 5th Sunday, Anne Morris organises an ensemble to play at the 9am service. These, and other special occasions, which feature a range of instruments (think cello, violin, guitar, clarinet, drum and tuba, as well as keyboard) provide a really different musical experience for the congregation.

Nothing is ever a trouble to the Office staff as they help in copying music, transcribing lyrics and preparing the songs for the service slide shows. I am always grateful for their behind-the-scenes support.

Thank you to all who help sustain our worship musically. Special thanks to Carol Vidal whose faithful playing for the 10am Friday service is greatly appreciated, and to Marius Mulder whose musical expertise awes us all.

Ros Sharp

Music Coordinator

Epiphany 7C

In today's gospel, Jesus teaches about love, peace, generosity, hospitality, mercy and forgiveness. Luke's Jesus makes heavy demands on one's capacity to love unreservedly. Expect nothing in return, he says. Now along with love, I think that the concept of forgiveness is one of the most difficult and misunderstood ideas of the gospel, indeed in the world.



So, I am going to talk about forgiveness, which, as I shall attempt explain, has a multitude of meanings.

The Greek word translated as *forgive* in our Gospel passage is *apoluó* (ἀπολύω), meaning to *release*, to *let go*, to *send away*, to *divorce*. Elsewhere in the NT, the word is used for release of captives and prisoners, remission of debt, the liberation of someone acquitted of a crime in a court of law.

The Old English *forġiefan* means *give, grant, allow; remit* (a debt), *pardon* (an offense); and also *give up* and *give in marriage*.ⁱ It is a compound word comprising *for-*meaning "completely", and *giefan* meaning "to give". Furthermore, in late Old English, *forġiefan* acquired a sense of *to give up desire or power to punish*, which arose from a Germanic loan-translation of the Vulgar Latin *perdonare*, which means to *give completely, without reservation*. All food for thought.

That said, we need to talk about feelings. We often employ anger, say, as a secondary emotion to cover up what we are really feeling. The late Yvonne Agazarian, called such secondary emotions barrier defences – shame, guilt, humiliation, and shyness – which

... guard the threshold of the core of the self ... on the other side of which are the forbidden experiences of love and hate, rage and fear, and grief and joy. ⁱⁱ

In essence, the psyche is afraid of raw, primary emotions like love, hate, rage, fear, grief or joy. Many of us were brought up to not feel all or some of these things. We were not allowed to. I did not find out about anger until I was about fifty years old! Ouch. Barrier defences like shame, which actually feel much worse, are like a wall around the true feeling. Thus, the wounded soul.

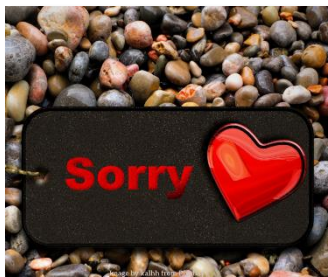
Primary emotions are pure, and always legitimate. You know, pure rage is a joy to experience; it is purifying; pure hate has an ineffable integrity; pure grief is painful but growthful. If I hate, I am closer to forgiveness than if I feel humiliated. The problem is that secondary emotions like shame, humiliation or shyness are amorphous, dimensionless spaces devoid of reference points – very difficult to come to grips with; and so, forgiveness becomes problematic when these barrier defences intervene.

Grace Tame recently criticised media outlets that "sought to discredit" her by publishing an old photo of her sitting next to what appeared to be a bong.ⁱⁱⁱ In an open letter published on Twitter, the former Australian of the Year said the incident let her down as an advocate of the survivor community. She went on to say the country needed to have an "open and honest discussion about trauma and what that can look like".

"It can be ugly. It can look like drugs. Like self-harm, skipping school, getting impulsive tattoos and all kinds of other unconscious, self-destructive, maladaptive coping mechanisms," Ms Tame wrote. "Whilst I do not seek to glorify, sanitise or normalise any of these things, I also do not seek to shame or judge survivors for ANY of their choices.

"For anyone who needs to hear this: it is NOT YOUR FAULT."

When I am beset by humiliation, shame, guilt or shyness, I become paralysed, imprisoned in a space wherein forgiveness is a passing dream. In my efforts to *not* feel these oppressive things, I blame, I find a way to shift the burden on to someone or something else. My impulse is for vengeance, which, if carried out, is self-destructive, because an untended wound is driven even deeper.



On the other hand, if, somehow, I am able to acknowledge and experience my woundedness, my pain, then I am on the road to healing. And with healing a synthesis occurs; forgiveness simply happens, because it does not affect me any more.

So, I argue that forgiveness is not something you actually do; but rather that it is the fruit of a healing process. That makes it a grace. Forgiveness, if you like, is co-terminus with healing. They belong together, like a horse and carriage. Graceful.

We might recall David's encounter with Saul, when Saul has resolved to hunt him down. Listen to David as he calls with desperation across the valley ...

Why does my lord pursue his servant? For what have I done? What guilt is on my hands? Now therefore let my lord the king hear the words of his servant. If it is the Lord who has stirred you up against me, may he accept an offering; but if it is mortals, may they be cursed before the Lord, for they have driven me out today from my share in the heritage of the Lord, saying, 'Go, serve other gods.' Now therefore, do not let my blood fall to the ground, away from the presence of the Lord; for the king of Israel has come out to seek a single flea, like one who hunts a partridge in the mountains.^{iv}

There is huge pain in that statement, the anguish of one who has been cruelly disconnected from his family, his heritage and his God. David is saying how it is for him, is confronting Saul with his pain, and thereby gains release to forgive. Rage gives way to sorrow, and with sorrow comes mourning, and when the mourning is successfully completed, life is enriched. This can be for some a hard, hard road.

So, my friends, I am not convinced about the "forgive and forget" mantra, because I will guess that the injury has not been dealt with. Forgiveness must *include* remembering, but without the rancour of no

resolution and without the resignation of no relationship, but rather with careful knowledge. So, in the end, forgiveness is, if you like, an emergent property, as it were, of the healing with which it is co-terminus.

If you think about it, that is what the Tree of the Knowledge of Good and Evil is about. When you know fully, and are living with it openly, then life abounds. As St Paul reminded us in his letter to the Corinthians,

For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. (1 Corinthians 3.12)

"Forgiveness requires more than just an apology. It requires action".^v Thus James Blackwell's article in *The Conversation* last Monday. Blackwell refers to PM Kevin Rudd's apology to the Stolen Generations, pointing out that the effects of the policies that gave rise to the wrongs of the past are ongoing.

"The trauma and pain of these policies, and of being disconnected from country, culture, and community, extends down to their children, and their children's children".

All of these problems are fixable by the government, Blackwell notes; but *presuming* forgiveness on the part of those you have wronged "will not solve any of these issues. Indeed, they are likely to have the opposite effect ...", reducing the ability of the government to engage with these communities, and impacting upon the mental and physical health of Stolen Generations survivors and their families.

"What is needed", wrote Blackwell "is a national approach to healing ..."

To which I would add, "What is needed is a personal approach to self-forgiveness." That is so difficult. The two go hand in hand.

Vicki Zin's poem *Self Forgiveness*^{vi} begins, "How do I truly learn to forgive myself?"

And ends with:

The only way to do this
is to try to forgive myself,
while realizing,
that those who also recognize
my true beauty are the ones
that deserve to be part of my life.
As the haze lifts more and more each day,
I do believe I will find my way again.
Just some more bumps along this
road that they call life.

Amen.

Doug Bannerman © 2022

Regular Reminders

Worship & Spirituality

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

Messy Church

Recommencing 27th February 2022

Messy Church Planning Meeting

Wednesday 2nd March 4pm in the Ministry Centre

Anam Cara



Anam Cara Praying for you Monday
mornings 10am

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

Church Open

The Church will be reopening for meditation during
office hours, commencing Monday 28th February.

Community Engagement

Play Place



Play Place 9.30-11.30am Thursdays during school terms.

Sew Helpful



Sew Helpful 1st & 3rd Mondays 1pm

Plastic lids and Bread tags



THANKS SO MUCH - Keep them coming
Our first big supply (several cubic metres !!!! of plastic lids and bread tags) was sent away on Friday 11th Feb. from all that you have provided since before Christmas.

We thought you might like to know / see what your efforts have created.

Some photos illustrate the effort "behind the scenes":

- (1) all received plastic products have to be cleaned of any paper inserts inside the lids; then washed and dried
- (2) They are then sorted into all the different colours (dark/mid/light blue etc)
- (3) Each separate colour is then packaged.
- (4) We then arrange delivery to where the volunteer transport service (based at Tyagarah) collects them, and delivers them to the recycling centre (Canberra).



- (5) The "bread tags" are posted separately, to their charity (in South Australia).

THANKS SO MUCH for your continuing donations. It is saving so much from simply being dumped into Ballia Shire landfill waste.
John 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.

Family Cross



On Sunday 20th February the Family Cross is being given to Nancy West.

Prayers



Please remember Nancy and Sheila & Michael Hobbs in your prayers this week.

ANGLICAN PARISH OF ALSTONVILLE

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 27th February to 6th March

27 th Feb	Sunday 9am Holy Communion Parish Council & Leaders dedication Messy Church 4pm Ash Barty party
28 th Feb	Parish Office 9am – 12pm Op Shop 9am – 3pm 10am Anam Cara praying for Community
1 st Mar	Tuesday Parish Office Closed (Please refrain from accessing the office at this time) Pancake Night 5.30pm
2 nd Mar	Ash Wednesday 8am Parish Office 9am – 12pm Anam Cara 9am Op Shop 9am – 3pm Property Meeting 3.30pm Messy Church Planning Meeting 4pm
3 rd Mar	Parish Office 9am – 12pm Op Shop 9am – 3pm Play Place 9.30am Anam Cara 6pm
4 th Mar	Parish Office 9am – 12pm Friday 10am Holy Communion
6 th Mar	Sunday 9am Holy Communion

ⁱ See <https://www.etymonline.com/word/forgive>

ⁱⁱ Agazarian Y (1981) In *Living Groups: Group Psychotherapy and General Systems Theory*. Ed. J E Durkin. New York: Brunner/Mazel

ⁱⁱⁱ See <https://www.abc.net.au/news/2022-02-19/grace-tame-responds-to-bong-photo-on-twitter/100845436>

^{iv} 1 Samuel 26:20

^v James Blackwell February 14, 2022 5.05pm AEDT

^{vi} <https://hellopoetry.com/poem/380668/self-forgiveness/>