



Alstonville Anglicans

Day of Pentecost 31st May 2020

You are welcome to join us this week...

- Sunday@9am. **A Combined Diocesan Service to celebrate Pentecost**
link available via website www.anglicans.live
- Sunday@6pm A conversation approach. Join us via Zoom.
Link available on the website www.anglicans.live
Meeting ID: 934 099 691 Password: 030920
- Anam Cara - a meditation group, Wednesday 9am via Zoom.
Link available on the website www.anglicans.live



Sharing the Good Life

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

Our doors are open: LGBTQIA+ welcome here.

Streaming license CCLI #690910

Dear Friends

John 7 are the words Jesus spoke at the Feast of Tabernacles. Tabernacles remembered the time the Hebrews lived in tents as they travelled in the wilderness for 40 years. You may remember the story recording in Exodus: the people of God, oppressed by Egypt's Pharaoh, escape through the desert following their leaders Miriam and Moses. During that time, they enjoyed Manna (bread) and water from a rock.

At the Feast of Tabernacles, according to the Mishnah (Sukkah), water rituals were part of the celebration. A priest would draw water from the pool of Siloam with a golden pitcher, then taking it back to the temple he would pour it into a bowl next to the altar. In some rabbinic traditions, the water-drawing of Tabernacles is interpreted as the drawing of the Holy Spirit.

In John 7 Jesus is reinterpreting the Feast of Tabernacles promising a greater experience of thirst quenching water - the Holy Spirit. What are the dry and empty areas in your life right now?

The rivers of living water are flowing out from Christ to you! Come to Jesus and drink.

Desiree

GRAFTON DIOCESE PENTECOST SERVICE: WE ARE ONE IN THE SPIRIT

WE PREPARE FOR WORSHIP

Come, Holy Spirit'

Sung by Marius Mulder, Alstonville

Holy Spirit, living breath of God'

Performed by Paloma di Dia, Ballina

GATHERING IN GOD'S NAME

Greeting

The Right Rev'd Dr Murray Harvey,
Bishop of Grafton

Welcome to country

The Rev'd Lenore Parker, Maclean

Welcome from around the Diocese

Video clips from parishes and
schools.

*A reminder that Pentecost falls in
National Reconciliation Week*

Halle-Rose, Bishop Druitt College

*We show where we are in the
Church Year*

Noah, Bishop Druitt College



Call to Worship

The Rev'd Dway Goon Chew
Tweed Heads

Come, Holy Spirit;
fill us with your peace.
Come, Holy Spirit;
unite us in our worship.
Come, Holy Spirit;
raise us by your power.
Come, Holy Spirit, come now.

We sing 'She sits like a bird'
Introduced by the Rev'd Daryl
McCullough, Coffs Harbour

1. She sits like a bird, brooding on
the waters,
Hovering on the chaos of the
world's first day;
She sighs and she sings,
mothering creation,
Waiting to give birth to all the
Word will say.

2. She wings over earth, resting
where she wishes,
Lighting close at hand or soaring
through the skies;
She nests in the womb,
welcoming each wonder,
Nourishing potential hidden to
our eyes.

3. She dances in fire, startling her
spectators,
Waking tongues of ecstasy where
dumbness reigned;
She weans and inspires all whose
hearts are open,

Nor can she be captured, silenced
or restrained.

4. For she is the Spirit,
one with God in essence,
Gifted by the Saviour in eternal
love;
She is the key opening the
scriptures,
Enemy of apathy and heavenly
dove.

Greeting The Venerable Tiffany
Sparks, Diocesan Archdeacon

Gathering Prayer

The Rev'd David Hanger,
Northern Beaches

Dear Lord, we gather in the name
of Jesus and in the power of the
Spirit to worship you. We bring
gifts of speaking, of listening, of
music, of prayerfulness, of
knowledge, and of wisdom. May
our gifts be united to honour you
and may each of us receive from
you that which we need. Amen.

Confession

The Rev'd Greg March, Kingscliff

The Spirit of truth comes to
convict of sin, of righteousness,
and of judgement. Let us then
open our hearts and confess our
sins in penitence and faith.
Merciful God, our maker and our
judge, we have sinned against
you in thought, word, and deed,

and in what we have failed to do. We have not loved you with our whole heart; we have not loved our neighbours as ourselves; we repent, and are sorry for all our sins. Father, forgive us. Strengthen us to love and obey you in newness of life; through Jesus Christ our Lord. Amen.

Absolution

The Rev'd Angela Dutton,
Wauchope

Prayer of the day

The Rev'd Christian Ford, Lismore

THE MINISTRY OF THE WORD ***Acts 2:1-21***

The Rev'd Lyndon Mulholland,
Murwillumbah

The Rev'd Lyn Bullard, Maclean

The Rev'd Mike Ridge, Dorrigo

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. Now there were devout Jews from every nation under heaven living in Jerusalem.

And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, "Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabs—in our own languages we hear them speaking about God's deeds of power." All were amazed and perplexed, saying to one another, "What does this mean?" But others sneered and said, "They are filled with new wine." But Peter, standing with the eleven, raised his voice and addressed them, "Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. No, this is what was spoken through the prophet Joel: 'In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy and your young men shall see visions,

and your old men shall dream dreams. Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy. And I will show portents in the heaven above and signs on the earth below, blood, and fire, and smoky mist. The sun shall be turned to darkness and the moon to blood, before the coming of the Lord's great and glorious day. Then everyone who calls on the name of the Lord shall be saved.'

Psalm 104:24-34, 35b

The Very Rev'd Dr Greg Jenks,
Grafton

O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures.

Send forth your Spirit, O Lord, and renew the face of the earth.

Yonder is the great and wide sea, with its living things too many to number; creatures both small and great. There move the ships, and there is that Leviathan whom you have made for the sport of it.

Send forth your Spirit, O Lord, and renew the face of the earth.

All of them look to you to give them their food in due season; you give it to them, they gather it; you open your hand, and they are filled with good things. You hide your face, they are terrified; you

take away their breath, and they die and return to their dust.

Send forth your Spirit, O Lord, and renew the face of the earth.

You send forth your Spirit and they are created; and so you renew the face of the earth. May the glory of the Lord endure forever; he looks at the earth and it trembles, he touches the mountains and they smoke.

Send forth your Spirit, O Lord, and renew the face of the earth.

I will sing to the Lord as long as I live; I will praise my God while I have my being. May these words of mine please him, I will rejoice in the Lord. Bless the Lord, o my soul, alleluia.

Send forth your Spirit, O Lord, and renew the face of the earth.

1 Corinthians 12:3b-13

The Venerable Stuart Webb,
Port Macquarie

The Rev'd Clyde Appleby,
Macksville

No one can say "Jesus is Lord" except by the Holy Spirit. Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of

wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses. For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptised into one body—Jews or Greeks, slaves or free— and we were all made to drink of one Spirit.

We greet the Gospel with a song

Breathe on me, breath of God'
Introduced by the Rev'd Daryl McCullough, Coffs Harbour

1. Breathe on me, breath of God,
fill me with life anew,
that I may love all that you love,
and do what you would do.

2. Breathe on me, breath of God,
until my heart is pure,
until with you I will one will,
to do and to endure.

3. Breathe on me, breath of God,
and all my life refine
until this earthly part of me
glows with your fire divine.

4. Breathe on me, breath of God,
so shall I never die,
but live with you the perfect life
of your eternity.

The Gospel of John (John 7:37-39)

The Rev'd Dr Desiree Snyman,
Alstonville

On the last day of the festival, the great day, while Jesus was standing there, he cried out, "Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, 'Out of the believer's heart shall flow rivers of living water.'" Now he said this about the Spirit, which believers in him were to receive; for as yet there was no Spirit, because Jesus was not yet glorified.

Pentecost & Popcorn

The Rev'd Sally Miller,
Emmanuel Anglican College

Sermon

Bishop Murray

We sing 'We are one in the Spirit'

Introduced by the Rev'd Daryl McCullough, Coffs Harbour

1. We are one in the Spirit
We are one in the Lord
We are one in the Spirit
We are one in the Lord
And we pray that all unity
May one day be restored

Chorus:

*And they'll know we are
Christians
By our love by our love
Yes they'll know we are
Christians
By our love*

2. We will walk with each other
We will walk hand in hand
We will walk with each other
We will walk hand in hand
And together we'll spread the
news
That God is in our land

Chorus:

3. We will work with each other
We will work side by side
We will work with each other
We will work side by side
And we'll guard each man's
dignity
And save each man's pride

Chorus:

4. All praise to the Father
From whom all things come
And all praise to Christ Jesus
His only Son
And all praise to the Spirit
Who makes us one

Chorus:

Affirmation of faith

The Rev'd Anne Goode, Bellinger

We believe in one God, who made and loves all that is. We believe in Jesus Christ, God's only Son, our Lord, who was born, lived, died and rose again and is coming to call all to account. We believe in the Holy Spirit, who calls, equips and sends out God's people, and brings all things to their true end. This is our faith, the faith of the Church: We believe in one God, Father, Son and Holy Spirit. Amen.

THE MINISTRY OF PRAYER

Intercessions

The Rev'd Tim Wagner,
South Grafton

Mr Aaron Coates, Casino
Students of Bishop Druitt College

Holy Spirit of peace, we pray for homes and nations where there is discord and conflict. Pour out your breath of peace that people may listen to each other; may respect one another; may honour each other. Holy Spirit, hear us.
Come, Holy Spirit, come.

Holy Spirit of hope, we pray for those who live in despair; for those who can see no purpose in their lives; for those who cannot see a way ahead; for those who feel completely alone.
Holy Spirit, hear us.
Come, Holy Spirit, come.

Holy Spirit of unity, we pray for your Church, for its ministry to the faithful; for its mission to the world. May the Spirit of Pentecost breathe upon us, that we may witness to the world the comfort, meaning and love that you offer. Heal our differences and make us one in you. Holy Spirit, hear us.

Come, Holy Spirit, come.

Prayers are offered for those affected by COVID-19, and those who offer healing and who are seeking a cure.

Holy Spirit, hear us.

Come, Holy Spirit, come.

The Lord's Prayer

Introduced by the Venerable Matthew Jones, Ballina

Prayed by people from around the Diocese in many languages.

THE SENDING OUT OF GOD'S PEOPLE

We sing

'Filled with the Spirit's power'
Introduced by the Rev'd Daryl McCullough, Coffs Harbour

1. Filled with the Spirit's power,
with one accord
the infant church confessed its
risen Lord:
O Holy Spirit, in the church
today
no less your power of fellowship
display.

2. Now with the mind of Christ
set us on fire,
that unity may be our great
desire:

give joy and peace;
give faith to hear your call,
and readiness in each to work for
all.

3. Widen our love,
good Spirit to embrace
in your strong care
all those of every race:
like wind and fire
with life among us move
till we are known as Christ's,
and Christians prove.

Sending out prayer

The Rev'd Katie Peken,
Lower Macleay

Final blessing

Bishop Murray

*We listen to a selection of songs
offered in praise of God by musi-
cians from across the Diocese:*

'Amazing Grace/Lift Us Up'
Students of St Columba Anglican
School

'Tremble' Amanda Rankin,
Murwillumbah
'All Who Are Thirsty' Cathy Ridd,
Ballina & Alan Shaw, Lismore
'Shalom to You' Students of
Bishop Druitt College
'Come, Holy Spirit' Robert Eather,
Grafton Cathedral

'The River is Here'
Joyful Noise Choir, Lismore
'The Lord's Prayer'
(Gumbaynggirri) David Prosser

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Sermon Notes

For those of you who were unable to stream last week's service, the sermon for 24 May 2020 is offered.

John 17.1-11

1 After Jesus had spoken these words, he looked up to heaven and said, 'Father, the hour has come; glorify your Son so that the Son may glorify you, **2** since you have given him authority over all people, to give eternal life to all whom you have given him. **3** **And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent.** **4** I glorified you on earth by finishing the work that you gave me to do. **5** So

now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed. **6** I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. **7** Now they know that everything you have given me is from you; **8** for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. **9** I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. **10** All mine are yours, and yours are mine; and I have been glorified in them. **11** And now I am no longer in the world, but they are in the world, and I am coming to you. **Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.**

Introduction

John's Gospel was written in about 90AD by a community established by John, some 60 years after the death and Resurrection of Jesus. In John 17 the writers of John's Gospel, who continue the influence of the disciple John, show Jesus in a personal and private moment of prayer. Having finished his public work, and having finished teaching and being with his disciples, Jesus steps into a prayer. We eavesdrop on his words.

God's love and our love

Jesus says that at the heart of the experience of eternal life is to know God. To know God is love God. To be truly clear, eternal life is something that is experienced right here, right now. It is not a future place or a future experience. Eternal life is to experience a living relationship with God in Jesus animated by the Holy Spirit. Eternal life is a love affair with God and it is experienced in everyday life moment by moment.

How do we know the love of God? How can we know the presence of God?

We know, taste, touch experience the love of God in every moment of being loved by another and in every moment of loving another. Many here describe being close to God in moments of being caressed by creation. In every moment that we experience being loved and in every moment of loving another we are at that moment experiencing the unfolding of God's love and God's presence. That love that flows into us, that love that flows out of us is the Divine, the Sacred within us flourishing.

The impulse to love is the seed of God's very presence deep within in us. And this is precisely our struggle. God's presence is in us as something quiet, hidden often invisible. Jesus said God's love and presence inside us like a bit of yeast in dough, it is hidden. Jesus said God's presence is like an insignificant and almost invisible mustard seed that surprises us with its growth into a large tree. So God's presence is inside us, vulnerable, hidden, gentle, not dramatic, not earthshattering and for this reason it is easily

ignored, easily forgotten, easily overlooked, seldom overpowering.

The only thing this hidden presence of God in us seems to have in its favour is its gentle, unending, unwavering persistence: unendingly and persistently it entices love from us. Like that piece of yeast that cannot help itself but cause the dough to grow and like that seed that cannot help itself but grow and become a tree so too is it with God's presence that is hidden in the depths of our lives. God's presence in us cannot help itself - it reaches out and touches others in every expression of love, gentleness, caring and kindness we offer another creature. The trick is to allow this persistent nudging to move us out of apathy as more and more we allow God's love in us to grow. What we experience then is the Holy Spirit, the presence of God within us and this Holy Spirit will energise us for more loving, it will give us every gift necessary to love well and it will fulfil us in ways beyond our imagining.

Two hands of love

How do we experience God, God's love, God's presence? We experience it in loving creation and being loved by creation. We experience the love of God in loving others and being loved by others. I am learning to see that there are two hands of love. The hand of compassion and the hand of justice. The hand of compassion is about reaching out in loving service to those who suffer. The hand of justice is about recognising the things that cause suffering that stand against the love of God, against the law of love that is written in our hearts as the seed of divinity.

John 17 and ubuntu

All that is said above is summarised in Africa in one word - ubuntu. I interpret John 17 in the light of my South African heritage. Many South African Christians are influenced by the African worldview for which community is central to a self-understanding. Ubuntu teaches the importance of claiming full personhood through one's relationship

with others: *umuntu ngumnuntu ngabantu*. What is *Ubuntu*? It is more than humanism. It suggests that a person is a human being because she/he is enveloped in a community of other human beings where, in the words of Desmond Tutu (2004:27), "to be is to be a participant". The achievement of absolute dependence on God and neighbour, as the environment in which human identity is discovered, is what living in the body of Christ is all about (Michael Battle 1998:93). *Ubuntu* is the achievement of vulnerability; it suggests that people cannot claim control of life. It is further characterised by good and harmonious relationships, which are about co-operation, not competition.

While the philosophy of *Ubuntu* has received positive acclaim in the fields of theology and spirituality as a helpful balance for the extreme individualism in western Christianity, it is not without critique. *Ubuntu* spirituality represents an ideal, which is not fully practised in

South African society. Desmond Tutu (2004:26) confirms, saying "And so we must search for this ultimate attribute and reject ethnicity and other such qualities as irrelevancies".

However, in the light of our current COVID pandemic the truth of *Ubuntu* rings true. *Ubuntu* says that if of us is sick, all of us are sick. The highly contagious nature of COVID 19 brings the notion of "an injury to one is an injury to all" to the forefront. For one person to be safe, the whole community must be well. Moreover, the lockdown measures practised in most countries has caused suffering precisely because we are *ubuntu* - deeply dependant on relationships with others for a full life. Without relationships, life is meaningless and empty.

Concluding comments: protection

John 17 is a final prayer of Jesus before his death. It reminds me of a scene in *Sons of Anarchy*. Maggie Silf in character, believes that she is about to die. Holding her infant son she sings a prayer of protection over him. This is



strikingly similar to Jesus who sings a prayer of protection over us. I end with the words of Maggie Siff and offer this as a prayer of blessing and protection over you.



May your dreams bring you
peace in the darkness,
May you always rise over the
rain.
May the light from above
always lead you to love,
May you stay in the arms of the
angels.
May you always be brave in the
shadows
till the sun shines upon you
again.
Hear this prayer in my heart and
will ne'er be apart,
May you stay in the arms of the
angels.
May you hear every song in the
forest
and if ever you lose your own
way;
Hear my voice like a breeze
whisper soft through the trees.
May you stay in the arms of the

angels
May you grow up to stand as a
man, love
with the pride of your family and
name.
When you lay down your head
for to rest in your bed,
May you stay in the arms of the
angels.

Writer(s): DILLON O'BRIAN Artist: Maggie Siff
Image source: [https://commons.wikimedia.org/wiki/File:Maggie_Siff_\(46864137895\).jpg#filelinks](https://commons.wikimedia.org/wiki/File:Maggie_Siff_(46864137895).jpg#filelinks)

Did you know?

TAFE Short Courses

TAFE is currently offering some free online computer courses. You are encouraged to have a look. We always welcome people to join our team and assist where able. <https://www.tafensw.edu.au/fee-free-short-courses>

Messy Church

Messy Church explored entecost fire. Poi representing flames were made. Poi refers to both a style of performing art and the equipment used for engaging in poi performance. As a performance art, poi involves swinging tethered weights through a variety of rhythmical and geometric

patterns. Poi artists may also sing or dance while swinging their poi. Poi can be made from various materials with different handles, weights, and effects (such as fire). Poi originated with the Maori people of New Zealand, where it is still practiced today.



Parish Council Update

Parish Response to COVID 19 easing of restrictions:

Parish Council has appointed 3 members of PC to provide a comprehensive report to the June PC meeting.

Our response will be predicted on:

1. The fact that COVID19 will be with us at least until a vaccine is developed in 2021.

2. Social distancing and hand hygiene will be required in some form until that time.

3. The mortality for COVID 19 increases rapidly from age 70 onwards, worse in over 80's and even more so in over 90's. Many members of our congregation and our Op Shop volunteers are in these heightened risk groups.

4. While the pain to us all of the lack of social and physical

connection is severe, we have a great responsibility for the safety of all our members

5. Our cleaning regimes will have to be based on the best scientific evidence.

Parish Council has set a tentative date to begin services in early August. This is obviously not set in stone as it is unknown as to the severity of a 'second wave' of COVID 19 in our community. On even looser timing is the timing of the Op Shop reopening and in what form that will take.

A further update will be provided after the June Parish Council meeting.

Paul Earner

Social Media

Facebook posts this week. If you like what you see please share the images, videos and messages. Lets spread the good news.



Managing Your Mental Health Online During COVID-19

COVID-19 has brought rapid changes to our daily life, together with uncertainty and dramatic news headlines.

Some people may be feeling worried or depressed at the moment, especially if they already have some mental health problems.

There are many services that can help without leaving home. During this crisis, Australians can use Medicare to talk to health practitioners about mental health.

There are also other ways to get help on a phone, computer or tablet. These include crisis and counselling services, and mental health treatments that have been converted into web programs or apps. Some services link users to a practitioner who acts as a coach or guide and tracks their progress as they use a web program. Others—"self-guided" ones—are for people who prefer to work on their own. Most of these programs and services are free. We have listed them below.

A great thing about these services is that most are available over extended hours. Crisis services, programs and apps can be used at any time. And they are not just for people with mental health diagnoses—they are for anyone who is facing some problems.

Head to Health

A good place to start looking is the Australian Government's digital mental health gateway.

Head to Health

Head to Health is the Australian Government's searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is the place to start.

MindSpot

Australia's free national online mental health clinic: Assessment and treatment that is supported by psychologists.



MindSpot is the Australian Government's free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood.

MindSpot provides assessment and treatment courses, or they can help you find local services that can help.

Ph: 1800 61 44 34

Beyond Blue

Coronavirus mental health wellbeing support service: Supporting you through the coronavirus pandemic.



A key initiative of the Australian Government's Coronavirus mental health support package is a dedicated Coronavirus mental health support package provided by Beyond Blue. Explore the information, advice and strategies prepared to help people manage their mental wellbeing and support.

Some other services are on the next page.

*DISCLAIMER

The information provided throughout is intended for information purposes only. Whilst many of the services and resources listed are government funded, individuals should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it. The services listed in this guide are not exhaustive and represent primarily Australian products.

Crisis Support - Phone and online counselling



Lifeline
24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467
National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636
Telephone (24/7), online and email counselling.



1800RESPECT 1800 732 732
24/7 phone & online counselling for people seeking for domestic violence situations.



MensLine Australia 1300 78 99 78
Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



GriefLine 1300 845 745
Phone and online counselling for individuals and families experiencing loss and grief.



Open Arms 1800 011 046
Phone and online counselling for veterans and their families.

Apps



MindMission
A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Snapshot
A free app for Australian adults to check and monitor their mental health and wellbeing status.



Mind Gauge
A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



Beyond Blue
An app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



ReachOut Breathe App
A free app (iOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.



Smiling Mind
A website and app teaching mindfulness meditation to young people and adults.

Aboriginal and Torres Strait Islanders



MindSpot - 'Indigenous Wellbeing'
A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



iBobbly
Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.

Older Adults



Be Connected - e-Safety Commissioner
Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.



MindSpot - 'Wellbeing Plus'
An online program for stress, worry, anxiety and depression in adults aged 60 and above.

Self-Guided Programs



THIS WAY UP
A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician.



Mental Health Online
Free online programs for a range of issues, with self-guided or therapist support options.



MyCompass
A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM
A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Coach
A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdowns, and loss & grief.



Centre for Clinical Interventions
Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Moderated Forums



Beyond Blue Online Forums
Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



Sane Australia
Moderated forums providing peer-to-peer support.

Young People



Kids Helpline 1800 55 7800
24/7 phone and online counselling for youth (5-25yrs).



Niggle
A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



headspace
Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut
Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The Check-in
An app to help young people take the fear out of having a conversation with a friend who might be struggling.



The BRAVE Program
Prevention, intervention, and treatment of anxiety in young people.



BE BACK
Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

ACON	'Coronavirus Information for LGBTIQ Communities and People Living With HIV'
Act-Belong-Commit	'Keeping mentally healthy when isolated or spending a lot of time at home'
Australian Psychological Society	'Coronavirus (COVID-19) Information for Australians' <i>New</i>
Australian Psychological Society	'Coronavirus (COVID-19) anxiety and staying mentally healthy for older adults' <i>New</i>
Australian Psychological Society	'Tips for coping with coronavirus anxiety'
Australian Psychological Society	'Maintaining your mental health during social isolation'
Beyond Blue	'Coronavirus mental health wellbeing support services' <i>New</i>
Beyond Blue Online Chat Forum	Forum (Discussion topic): 'Coping during the Coronavirus outbreak'
Black Dog Institute	'10 tips for managing anxiety during COVID-19'
Black Dog Institute	'Coronavirus: Reassuring your child about the unknown'
Black Dog Institute	'Mental Health Ramifications of COVID-19: The Australian context'
Black Dog Institute	'Working from home: A checklist to support your mental health during Coronavirus' <i>New</i>
The BRAVE Program	'Beating stress and worries about coronavirus (COVID-19)'
The BRAVE Program	'Video Series: Kids Coping with Stress and Worry' <i>New</i>
Butterfly Foundation	'COVID-19: Tips & Advice for people with an eating disorder'
Department of Defence	'Defence response to COVID-19'
Emerging Minds	'Supporting children during the Coronavirus (COVID-19) outbreak'
Emerging Minds	'Helping children cope with stress during the Coronavirus (COVID-19) outbreak'
eMHPrac	'COVID-19 and digital mental health resources' <i>New</i>
eSafety Commissioner	'Social distancing without the isolation: Helping older Australians connect online'
Gayaa Dhawi	'Staying healthy and strong during the coronavirus outbreak' <i>New</i>
Head to Health	'COVID-19 Support'
Headspace	'How to cope with stress related to Novel Coronavirus (COVID-19)'
healthdirect	'Coronavirus (COVID-19)'
Kids Helpline	'Are you worried about novel coronavirus (COVID-19)?'
Lifeline	'Mental health and wellbeing during the Coronavirus COVID-19 outbreak'
Life in Mind	'Coronavirus (COVID-19) mental health support'
Mental Health Commission of NSW	'Mental health and the coronavirus'
Mental Health Online	'A Practical Guide to Video Mental Health Consultation'
MindSpot	'Coronavirus (COVID-19)'

MindSpot	'A Brief Guide to Using Telehealth' New
MindSpot	'10 psychological tips for coping with infectious diseases'
MindSpot	'11 Psychological Tips for Frontline Staff' New
NACCHO	'Coronavirus (COVID-19) updates and information'
National Mental Health Commission	'COVID-19 Mental Health Information and Support' New
National Mental Health Commission	'We're In This Together' campaign'
Open Arms	'COVID-19 - calming and coping'
Open Arms	'Talking to children about COVID-19' New
PANDA	'Supports to help expecting and new parents anxious about coronavirus'
PANDA	'Managing emotional wellbeing for expecting and new parents affected by natural disasters, global crises or concerns for the future'
People with Disability Australia	'Information About COVID-19 Or Coronavirus'
Phoenix Australia	'Coronavirus (COVID-19) mental health resources'
Phoenix Australia	'Coronavirus (COVID-19): Tips for Self-care and Families'
Phoenix Australia	'Caring for patients' mental health during coronavirus (COVID-19)'
Pregnancy, Birth and Baby	'Coronavirus (COVID-19) and pregnancy'
Qld Mental Health Commission	'COVID-19 and mental health' New
Quitline	'FAQs - Coronavirus (COVID-19) and Smoking'
Raisingchildren.net.au	'Coronavirus (COVID-19) and children in Australia'
ReachOut	'Coping during coronavirus (COVID-19)'
ReachOut	'10 ways to take care of yourself during coronavirus'
ReachOut	'How to deal with uncertainty during coronavirus'
RU OK	'Staying connected is more important than ever'
SANE Australia	'How to make working from home work for YOU - our top tips' New
Smiling Mind	'How mindfulness can help during Coronavirus'
Smiling Mind	'Supporting yourself and each other through Coronavirus'
THIS WAY UP	'Coping with COVID-19' New
Triple P	'COVID-19 Parenting tips for parents and caregivers in uncertain times' New
Unicef Australia	'How to talk to your children about coronavirus (COVID-19): Eight tips to help comfort and protect children.'
World Health Organisation	'Mental Health and Psychosocial Considerations During COVID-19 Outbreak'

This list is current as at **20 April 2020**.

ANGLICAN PARISH OF ALSTONVILLE

Ministers	all the baptised!	
Rector	The Reverend Dr Desiree Snyman 04 02 764 969 priest@anglicans.live	
Associate	The Reverend John Kidson	0411 394 213
	The Reverend Geoff Vidal	0447 645 456
	Life Groups Chaplain	
	The Reverend Greg Ezzy	0412 660 742
Parish Office:	The Ministry Centre, 8 The Avenue, Alstonville	
Telephone:	6628 0231	
Postal:	PO Box 451, Alstonville NSW 2477	
e-mail:	office@anglicans.live	
website:	anglicans.live	

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.**

Option 1

Parish Provider these are the details: **BSB: 705 077 / Acc:
00032931**

Option 2

Cheques can be posted to the address above or placed in our
locked letterbox. Before 12pm Fridays.

Sharing the Good Life

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

Our doors are open: LGBTQIA+ welcome here.
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