



Alstonville  
Anglicans

**Sunday 5<sup>th</sup> May 2024**

**Welcome**



### **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.

**Tel: 66280231 [www.anglicans.live](http://www.anglicans.live)**

**Bank account: BSB 705 077 / Acc:00032931**

## 5<sup>th</sup> May – 12<sup>th</sup> May

5 <sup>th</sup> May		<b>Sunday</b> Holy Communion
6 <sup>th</sup> May	9am	
	9am-12pm	<b>Monday</b> Parish Office
	9am-3pm	Op Shop
	10am	Anam Cara
	10am	Deadline for bulletin items
	1pm	Sew Helpful
	3.30pm	Op Shop meeting
7 <sup>th</sup> May	6pm	Spirit Ability
		<b>Tuesday</b> Parish Office <b>Closed</b>
8 <sup>th</sup> May		<b>Wednesday</b> Parish Office
	9am-12pm	Anam Cara
	9am	Op Shop
9 <sup>th</sup> May	9am-3pm	<b>Thursday</b> Parish Office
	9am-12pm	Op Shop
	9am-3pm	Play Place
10 <sup>th</sup> May	9.30am	<b>Friday</b> Holy Communion
	10am	
11 <sup>th</sup> May	8am	<b>Saturday</b> <b>Mother's Day Fete</b>
12 <sup>th</sup> May		<b>Sunday</b> Holy Communion
	9am	

This bulletin contains current announcements and the week's calendar and the sermon notes from the previous Sunday. Use our welcome booklet for info and contact details for regular activities. Keep it as a reference tool. We welcome any feedback on the booklet. [../..../welcomeBooklet v3.pdf](#)

## **Annual Fete Saturday 11<sup>th</sup> May 8am-1pm**

### **Plants**

We need plants to be potted up for the fete. Appropriate labelling is helpful.  
Enquiries Barbara Fewtrell 0429385713.

### **Cakes**

Support the cake stall with a donation of your favourite baking. Coordinator: Robyn Beck.

### **Floral arrangements**

Chrysanthemums and gerberas required. Coordinator: Gladys Charters.

### **Produce**

Home grown produce required. Coordinator: Ken Brown.

### **Sew Helpful Craft**

Sew Helpful would like some help in replenishing their supplies for the fete. Any items you would like to make would be most welcome but some items we need are baby jackets, bunny rugs, scarves, microwave bowl holders, coat hangers – adult size, teapot cosies. Thank you for your help.

### **2024 Fete Raffle**

3 Great Prizes valued at \$40 – Dining Voucher, Pamper Voucher, Outdoor Voucher. If you would like to make a monetary donation towards these vouchers you can leave them at the Parish Office or contact Susan Fitzpatrick.

### **2024 Fete Flyers**

Fete Flyers are available from the office. You are encouraged to collect some for distribution in letter boxes around your homes.

**something to delight everyone**

Music Games Cakes  
Craft Plants Cards  
Face Painting Tasty Food

**MOTHER'S DAY FETE SATURDAY**

11 May 2024 8am - 1pm  
@St Bart's  
6 The Avenue Alstonville

Alstonville Anglicans

anglicans.live

## Confirmation

Bishop Murray will be visiting the Parish on Sunday 6<sup>th</sup> October. If you are interested in being confirmed please complete the application form and speak to Rev Desiree. Forms are available in the Parish Office and via the website.

## To Make you Smile



**BONFIRE NIGHT**

Charlie and Jenny's home  
Brockley Farm 1385 Bruxner Highway  
Phone: 0427 462 540

★ Bring: chairs, mugs, rugs, sturdy shoes, torches ...

**SUNDAY 26TH MAY 2024 4PM**

Alstonville Anglicans [anglicans.live](http://anglicans.live)

# Spirit Ability

Providing spiritual and emotional support to people living with a disability, their carers, families and supporters.

Monday 6th May 6-8pm

The evening will include a meal and sharing time

Alstonville Anglican Hall  
6-8 The Avenue, Alstonville  
0428 404 783



## Sermon Notes Sunday 28<sup>th</sup> April Desiree Snyman - John 15:9-17

### Vine Vaccines



With some trepidation I offer a (possible) controversial metaphor as an entryway into today's lections. Vaccines. While I am happily and gratefully, fully vaccinated, I am not here to tell you what to do with your body. I also acknowledge some people want vaccination but can't because of health conditions or lack of access. I also acknowledge that in rare cases, vaccinations can cause long term side effects, and such sufferers deserve our tender support. (Hopefully that covers my risk assessment, and I can now proceed with my metaphor).

The point about a vaccination is that it gives you enough of the disease to heal you but not to kill. The difference is important for our discernment later. While a small amount of poison or disease can protect you through inoculation, too much of it can harm you.

One spiritual writer said that by injecting a destructive element into one's body one makes one's body disease proof because the disease is no longer a disease but a part of the person. When Jesus spoke of eternal life, it was from the point of view of one who had accepted or "eaten" death. Accepting "little deaths" or "little griefs" one becomes acquainted to death, one has "eaten" death and death can no longer master that person who then becomes a mystic. (Hazrat Inayat Khan Vol. 8, Health and Order of Body and Mind).

A wide variety of other spiritual writers seem to promote a type of vaccination through a welcome humiliation of the ego. For example, you may have heard about Franciscan Joy. A Franciscan brother remarked to Francis about the joy of doing the Lord's work and the success of their mission. St Francis responded that giving the world a great example of holiness and perfect teaching is not joy. Neither is clearly communicating the meaning of Scriptures, knowing all languages, being well versed in all the sciences. Perfect Joy is also not performing miracles, casting out demons, healing the sick or raising the dead. Instead, St Francis explained, perfect joy is arriving at monastery at the end of a journey, full of mud, cold, wet and being beaten and chased away by the doorkeeper. Perfect joy is rejection and humiliation by the doorkeeper whom you had come a long way to visit. For Francis, the humiliation was a grace to overcome oneself.

Other spiritual writers continue the theme of the grace to overcome oneself. Richard Rohr, a modern-day mystic and spiritual teacher with a profound ministry and influence, prays daily for at least one humiliation every day. Thomas a Kempis said that any monk or priest should pray for a difficult and corrupt bishop and be fully obedient to him as this would be good for the soul (in "The Imitation of Christ"). Theresa of Lisieux wrote that: "I ought to seek the company of those sisters who according to nature please me least. I ought to fulfil in their regard the office of the Good Samaritan. A word, a kindly smile, will often suffice to gladden a wounded and sorrowful heart....If it is hard to give to whoever asks, it is still harder to let what belongs to us be taken, without asking it back, or rather, I ought to say it seems hard; for the yoke of the Lord is sweet and light: when we accept it we feel its sweetness immediately." (In "Love of Our Neighbour" from *Thoughts of Saint Thérèse of the Child Jesus: The Little Flower of Jesus Carmelite of The Monastery of Lisieux, 1873-1897*. 1915. Translated from the French "Pensées" By An Irish Carmelite. New York: P. J. Kennedy & Sons.)

Foremost among the blessings bestowed by Christ upon his followers is the grace to conquer one's own self; to embrace with love, all trials, harm, discomfort, and scorn. These, and only these, are the blessings worth rejoicing in. For in most other matters, since they originate from God rather than us, we have no grounds for pride. These trials injuries, discomforts and contempt are a vaccination against the False Self, the ego driven life. These inoculations help us to go beyond the self, they help us to forget the self and to live more fully from the Source of Love within, the Spirit.

The Gospel of John 15:1-8 describes the grace to overcome oneself as pruning. We dwell in Christ the true vine as leafy branches spreading the fragrance of love. If the main obstacles to love are from the ego, then

whatever strips the ego down is a blessing: the frustrating things that come our way, the annoying and hurtful things, the humiliations, big or small that we struggle with and are so hard to avoid.

The advice of the spiritual experts is that we should receive everything joyfully, *especially* the hard things, and we should be thankful for those who cause the hard things. As the Johannine Epistle remarks: Those who say, 'I love God', and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. The commandment we have from him is this: those who love God must love their brothers and sisters also.

If we let God prune us, God will help us deal with our egos and make our love more fruitful. Often, it's the people we journey with who challenge us, giving us two reasons to accept things cheerfully: the call to love and the promise of growth through pruning. It's easy to complain and blame others for the Church not being what it should be, but maybe that's why we struggle. The very things God gives us to help us heal are the ones we grumble about and try to avoid. God's love is perfected in us through living side by side along other branches. This is the meaning of John's Letter in verses 11 and 12: "Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us."

A caveat: I said earlier that the point of a vaccine is that it gives you enough disease to protect you from sickness but not to kill you. The point about the necessary pruning we each undergo to clear out our idiosyncrasies that may block the way of love shining through us is different from suffering produced by structural injustice and violence in every form but especially abuse. Abuse and structural violence are poison that are challenged, blocked, and healed. What we welcome here are small humiliations of the ego that allow for surrender.

The spiritual advice of learning to live in the vine alongside our leafy brother and sisters, learning to love them and allowing their presence to refine us is summed up in an uncomfortable prayer by Thomas Keating:

The welcoming prayer



Welcome, welcome, welcome.

I welcome everything that comes to me today, because I know it's for my healing.

I welcome all thoughts, feelings, emotions, persons, situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem, approval, and pleasure.

I let go of my desire for survival and security.  
I let go of my desire to change any situation, condition, person or myself.  
I open to the love and presence of God and God's action within. Amen.

## Sentence of the Day

Jesus said, 'You did not choose me, but I chose you. And I appointed you to go and bear fruit.' John 15.16

## Collect

Loving God,  
your Son has chosen us  
and called us to be his friends:  
give us grace to keep his commandments,  
to love one another,  
and to bear fruit which will abide;  
through him who is the true vine,  
the source of all our life,  
Jesus Christ our Lord. Amen.

## John 15:9-17

<sup>9</sup> As the Father has loved me, so I have loved you; abide in my love. <sup>10</sup> If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. <sup>11</sup> I have said these things to you so that my joy may be in you, and that your joy may be complete. <sup>12</sup> 'This is my commandment, that you love one another as I have loved you. <sup>13</sup> No one has greater love than this, to lay down one's life for one's friends. <sup>14</sup> You are my friends if you do what I command you. <sup>15</sup> I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. <sup>16</sup> You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. <sup>17</sup> I am giving you these commands so that you may love one another.