



Edition 1, 2020

Welcome to Alstonville Anglicans

Rector — Holy Week. Hallelujah.

But not Handel's exuberant, joyous hallelujah chorus, where listeners erupt in utter elation, standing. Who can possibly remain seated when the hallelujah in both the highest notes and lowest tones commands otherwise? Handel's Hallelujah has at least three exclamation marks after it – it is an uppercase hallelujah exclaimed from the rooftops, the hilltops, the mountains. HALLELUJAH!!!!!!!!!!!!!!

A Holy Week hallelujah is Leonard Cohen's Hallelujah. Cohen's Hallelujah is at the same time somber and content. A Holy Week hallelujah is in small case letters, followed by the sigh



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of a full stop. It contains the mind's commitment to praise God even when one's heart is not in it. In between each ha-lle-lu-jah syllable, is the pain of broken dreams, regrets, and sorrows that are yet to be mourned.

Leonard Cohen's holy week hallelujah has the marriage of joy and sorrow, major and minor chords: "the major fourth...the minor fifth, the baffled king (David) composing hallelujah." This is precisely the marriage of emotions that cradle us through Holy Week: sadness and delight, wholeness and brokenness, extravagance and bitterness, the ups and downs of life that we in the second part of life know intimately.

As Cohen writes: "Love is not a victory march; it's a cold and it's a broken hallelujah..." A holy week hallelujah encourages us to praise God through the pain, sadness and struggle that life drags us through, expressing our gratitude in the blessing that life is still good... hallelujah.

May we sit with Jesus in the garden of Gethsemane,
brave enough to acknowledge our human blessings
and our divine imperfections
...hallelujah.

May we watch with Mary on Friday as Christ and cosmos are rent asunder,
bold enough to lament our defeats and losses,
yet grateful for the mixed blessing we call life
...hallelujah.

May we sit with Christ in the tomb on Saturday,
courageous enough to hold emptiness with
compassion

yet able to announce a broken, but authentic ...
hallelujah.

I heard there was a secret chord
That David played and it pleased the Lord
But you don't really care for music, do you
Well it goes like this the fourth, the fifth
The minor fall and the major lift
The baffled king composing hallelujah

You say I took the name in vain
I don't even know the name
But if I did, well really, what's it to you?
There's a blaze of light
In every word
It doesn't matter which you heard
The holy or the broken Hallelujah

I did my best, it wasn't much
I couldn't feel, so I tried to touch
I've told the truth, I didn't come to fool you
And even though
It all went wrong
I'll stand before the Lord of Song
With nothing on my tongue but Hallelujah

© Leonard Cohen

The Rev'd Dr Desiree Snyman
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Alstonville Anglicans
Sharing the Good Life
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Welcome to 2020 Leadership

Rector: Desiree Snyman

Associate Clergy:

Greg Ezzy, Geoff Vidal, John Kidson,
Doug Bannerman

Wardens: Susan Fitzpatrick, Jenny Noble, Paul
Earner

Parish Councillors:

Cathy Angus, Mark Stuckey, Carol
Vidal, Charlie Handley, Phil Crandon

Synod Representatives:

Cathy Angus, Mark Stuckey

LLMs:

Helen Nicholson, Charlie Handley,
Barbara Fewtrell, Mark Stuckey, Iris
Cowie, Diana Eagles, Bruce Fleming

Op Shop:

Phil Cowie, Rose Jones, Bruce Sharp

Families:

Jenny Handley, Margaret Brown

Pastoral Care: Lynne Watt

From the Wardens

31 March 2020

Dear Parishioners

We are all aware of the extraordinary challenges that we are now facing, because of the coronavirus concerns. You will have been informed that our church may not be having face to face services for an extended period (some say up to 6 months !?)

Understandably, with no church services, there cannot be the usual church plate collections. This will have a huge impact financially on our church and its ability to provide our ministry services to one another and the community, especially with the loss of income from the Op Shop due to its temporary closure at this time.

We know that many parishioners are trying to find an easier way to maintain their giving so that our church can continue. Therefore, here is some information to help each of you choose the best way that suits you:

OPTION 1: Use Direct Debit facilities through the Parish Provider program.

This is organised through our Grafton Diocese office who then provides funds back into our Alstonville account. **This is our preferred choice.** It also provides anonymity as we do

not receive a record of who is giving what.

Steps to use this option :

(1a) Please read the attached brochure, and complete all the information.

(1b) Post it to the AFGD, PO Box 4 Grafton NSW 2460

OR

OPTION 2: Use EFT (Electronic Funds Transfer) from your bank account direct into our church account.

Steps to use this option:

(2a) on your home computer, you simply log into your bank account, and can set up a regular deduction system, so that a set amount is transferred into our bank account - Alstonville Anglicans – BSB 705077 Account No. 32931

(2b) indicate the amount you wish to give each time

(2c) indicate the start date for the first amount, eg Thursday ^{2nd} April

(2d) indicate how often you wish this deduction to occur, eg weekly/fortnightly/monthly

(2e) importantly, in the Reference section, PLEASE enter your Surname, and an initial of your name (eg. Smith, J.)

OR

OPTION 3: Draw a cheque to Alstonville Anglicans for your weekly/fortnightly/monthly giving amount

and post to Alstonville Anglicans, PO Box 451,
Alstonville NSW 2477.

OR

OPTION 4: Continue to use the weekly giving envelopes, AND then place them in our locked letterbox (8 The Avenue), **BEFORE 12 noon on the 1st Friday each month.**

Your continuing support (financially and in prayer) is a major step in enabling our Church to continue.

**Paul Earner, Susan Fitzpatrick, Jenny Noble
Wardens**



Ways to look after your mental health amid the coronavirus pandemic

There are a number of different ways that people can manage their wellbeing.

This article is adapted from a piece previously published on Beyond Blue's website.

The coronavirus pandemic has had a profound impact on all facets of society. It's crucial that people take a practical approach to dealing with COVID-19.

Try to maintain perspective

While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

Find a healthy balance in relation to media coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful

to limit your media intake if it is upsetting you or your family.

Try to maintain a practical and calm approach

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits. The Australian Psychological Society has [advice about maintaining positive mental health during the outbreak.](#)

Try not to make assumptions

To contribute to a sense of community wellbeing, try to remember that the coronavirus can affect anyone regardless of their nationality or ethnicity and remember that those with the disease have not done anything wrong.

Seek support

It's normal to feel overwhelmed or stressed by news of the outbreak. We encourage people who have experienced mental health issues in the past to:

- activate your support network
- acknowledge feelings of distress
- seek professional support early if you're having difficulties.

For those already managing a mental health issue, continue with your treatment plan and monitor for any new symptoms.

Social contact and maintaining routines can be supportive for our mental health and wellbeing. In circumstances where this is not possible, staying connected with friends and family online or by phone may assist. Beyond Blue also has a dedicated page on its forums about [**coping during the coronavirus outbreak.**](#)

Acknowledge feelings of distress and seek further professional support if required. Beyond Blue has fact sheets about [**anxiety**](#) and offers other practical advice and resources at [**beyondblue.org.au**](http://beyondblue.org.au).

The [**Beyond Blue Support Service**](#) offers short term counselling and referrals by phone and webchat on 1300 22 4636.



2020 Mission Support

The AGM supported a Budget of \$25,000 for Mission Support in 2020.

Parish Council endorsed support for the following mission organisations:

AREA: \$9000

CMS: Hughes Family, Japan - \$6000

Heartfelt House: \$1000

Barbara Whittred Scholarship:

2019-2020, Yr 2: \$750

Christmas on the Plateau: \$1000.

Parish Council resolved not to allocate the full budget at this stage due to concerns regarding finances in 2020. It also allows opportunity to allocate money as an urgent mission need presents.

A mid-way report from Kairo Byrne and her scholarly activities supported by the Barbara Whittred Scholarship is published in this edition of Kaleidoscope. Kairo looks forward to an opportunity to speak at our church on her experiences relating to her studies, in due course.

In the next edition of Kaleidoscope you'll read about another supported mission.

Do you have a passion for mission and sharing information? We're looking for someone to take on the role of Mission Secretary. This is not an arduous role, but needs someone to be the contact for the missions supported, to receive, review and share information through either the weekly Bulletin or Kaleidoscope. If this interests you, please contact **Susan Fitzpatrick - 0428 414 767**

Barbara Whittred Scholarship, 2019-2020 – Mid-way report, Kairo Byrne.

The Barbara Whittred scholarship has been invaluable in developing skills for my future.

With the scholarship funds, I have attended a Russian language course at my future university of choice, the University of Queensland. This course gave me the opportunity to improve my Russian grammar skills, learn some linguistic history, and expand my vocabulary in order to have knowledge of common Russian phrases. This is the first step in visiting, and possibly working or living in Russia in the future. I am very interested in Russian politics, sports, and music.

I hope to become a political journalist, and a qualification in the Russian language, combined with knowledge of Russian history and politics, would be a unique identifier in the job market, and would open up opportunities for me.

I also attended UQ's Young Scholars Program with assistance from this scholarship. This experience allowed me to experience the courses UQ has on offer, including their "Be a Journalist for a Day" workshop, which gave me hands-on experience with the technology and skills journalists use in their work.

I experienced living at a college, travelling around the UQ campus, and attending lectures. This has

prepared me for university next year; the tips and tricks given to me by university students in relation to transport, time and money management, and accommodation organisation will be useful in the future and has made me far less anxious about moving out of home. All of this in turn will lessen the stress on my shoulders and allow me to do better in my studies.

Through the help of the Barbara Whittred scholarship, I have developed Russian skills that I would not have been able to develop on my own. I have gained knowledge of new techniques for language learning, and have a sufficient vocabulary for visiting Russia and experiencing Russian life. I have the skills to attend university with a shorter adjustment period than most students, and better knowledge of the UQ campus.

The next stage of my scholarship fund spending will include a contribution to my journey to Russia late in 2020.

I am looking forward to this experience and to attending university next year - thanks to your generosity!

Regards
Kairo Byrne
kairobyrne@gmail.com



St Bart's Choir— Celebrates 20 Years

There have been a number of choirs over the history of St Barts with the latest one going for now 20 years. Formed at the request of the Rev John Thomas the choir began singing at the 8am service. The group consisted of 14 members of which five are still active today. Currently there are ten members covering the full range of voices.



Over the years we have grown our repertoire using the Together in Song Hymn book and sourcing over 60 other sacred songs.

There have been 11 accompanists over the years with Ros Sharp becoming our full-time organist in 2013. This has taken the load off finding an accompanist for each month.



Regular invitations are made to the congregation for new members. Our current group is ageing and to keep this ministry of worship going we need new members. The chief requirements of being a member is to have a love of singing with others and a commitment to attending as many practise times as possible.

The group meet for three Fridays of the month between 2 and 3pm to rehearse, learn new hymns, listen and practice being united as one voice.

Once a month the group meet after practise at the local café. This is a relaxed time to enjoy fellowship and to celebrate a birthday.



Singing is not just restricted to Sundays but at other church and community activities such as: nursing homes, Christmas, Centennial celebrations, and the plaza.

The choir adds praise, thanksgiving and an offering of oneself to enhance the worship and prayerfulness of the Christian community.

We hope that all will celebrate with us this milestone of twenty years and continue to support us in our endeavour to enhance the spiritual experience of the congregation and beyond.

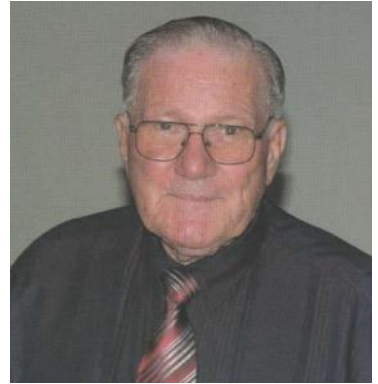
Denise Ashdown



Getting to know a local Parishioner

Neville McTernan

- ◆ Originally from Michelago on the south coast (between Cooma and Canberra) before moving to Goulburn as a boy.
- ◆ I had the opportunity to retire at 55 when I moved to Jigi and grew macadamias for a number of years.
- ◆ Interests include researching my family history and found ancestors from Ireland as far back as 1841, many details I've recorded in a book I had published some years ago.
- ◆ I enjoy gardening, having a special love for growing orchids in particular.
- ◆ My favourite meal would have to be corned beef served with white sauce, mashed potato and cauliflower.
- ◆ If I could choose what I'd have placed on my gravestone it would simply be the words: "Gone fishin'".



Mobile Phone

Do you have a mobile phone you are no longer using? We are constantly exploring ways to maintain contact during this time of separation and isolation. An additional mobile phone will assist us greatly. Please contact us in the office or Rev Desiree if you are able to help.

When I am an old woman I shall wear purple
With a red hat that doesn't go, and doesn't suit me,
And I shall spend my pension
on brandy and summer gloves
And satin sandals,
and say we've no money for butter.
I shall sit down on the pavement when I am tired,
And gobble up samples in shops and press alarm bells,
And run my stick along the public railings,
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens,
And learn to spit.
You can wear terrible shirts and grow more fat,
And eat three pounds of sausages at a go,
Or only bread and pickle for a week,
And hoard pens and pencils and beer mats
and things in boxes.
But now we must have clothes that keep us dry,
And pay our rent and not swear in the street,
And set a good example for the children.
We will have friends to dinner and read the papers.
But maybe I ought to practise a little now?
So people who know me
are not too shocked and surprised,
When suddenly I am old
and start to wear purple!

Jenny Joseph

Graphics at right by Donna Sharam©. Donna is a local fashion designer and artist from Byron Bay. Used by permission.



Easter! Did you know that...?

1. The tallest Easter egg chocolate was made in Italy in 2011. It stood at 10.39 meters and weighed an astounding 7,200 kg.
2. In the US, only 12 of the 50 states recognize Good Friday as a holiday.
3. The art of painting eggs is called pysanka, which originated in Ukraine. It involves using wax and dyes to colour the egg.
4. The term Easter gets its name from [Eastre](#), the Anglo-Saxon goddess who symbolizes the hare and the egg.
5. The exchange or giving of Easter eggs actually dates back to before Easter and the giving of eggs is actually considered a symbol of rebirth in many cultures.
6. There used to be a tradition churches observed that resembled the game of "hot potato." Here, the priest would toss a hard boiled egg to one of the choir boys.
The boys would toss the egg amongst themselves and when the clock struck 12, whomever had the egg was the winner and got to keep the egg.
7. Peep peep... did you know Americans buy more than 700 million marshmallow Peeps during Easter? This makes Peeps the most popular non-chocolate Easter candy.
8. Americans consume more than 16 million jelly beans during this holiday. That is enough jelly beans to circle the globe not once, not twice, but three times.
9. Are you an ears, arms or tail person? Seventy-six percent of people eat the ears on the chocolate bunny first, 5 percent go for the feet and 4 percent for the tail.
10. During the holiday, more than 90 million chocolate bunnies, 91.4 billion eggs and 700 million Peeps are produced each year in the United States alone.
11. Next to Halloween, Easter is the biggest candy-consuming holiday of the year. Good thing they are almost six months apart, perfect for your yearly dentist check-ups!



12. An estimated \$14.7 billion is spent in total for Easter in the US.
13. The Easter egg is said to symbolize and represent joy, celebration and new life.
14. Easter is the celebration of the resurrection of Christ; it is the oldest Christian holiday and one of the most important days of the year.
15. Florida held the largest Easter egg hunt, where 9,753 children searched for 501,000 eggs.
16. The White House of tradition of the Easter Egg Roll started back in 1878, with President Rutherford B. Hayes!
17. Workers in Birmingham, who make the famous Cadbury Creme Egg, produce more than 1.5 million egg delights a year.
18. The idea of the Easter bunny giving candies and eggs is said to have originated in Germany during the middle ages. No matter how old you are or where you are in the world, Easter is a fun family tradition that never gets old. From the Easter egg hunts to the taking your first bite into that chocolate bunny, it is not only a special religious holiday that marks an end to Lent, but one that represents the resurrection of Christ, too.

Easter in other countries

- **Greece** - Easter in Greece is a very religious time. Eggs are painted red to represent the blood of Christ. Traditionally, when people meet they knock their eggs together and say 'Christos anesti!' meaning 'Christ is risen!'
- **Russia** - As in many countries, eggs are decorated at Easter. During the 19th century, Russia took this to a whole new level of extravagance. Tsar Alexander III asked a jeweller named Peter Carl Fabergé to create an Imperial Easter Egg as a gift for the Empress each Easter. Each egg was made from precious stones and metals such as gold, silver, pearls, rubies and diamonds and took a whole year to make. When the egg was opened it held a surprise such as a beautiful pendant, a portrait or a golden hen.

Dates to remember!

Easter

- 9th April 6pm Maundy Thursday
(link on website Holy Week online)
- 10th April 10am Good Friday (including prayers for Covid-19)
(link on website Holy Week online)
- 12th April 6am Easter Dawn Vigil
(link on website Holy Week online)
- 12th April 10am Easter Sunday (live stream FB)
- 12th April 4pm Family service
(link on website Holy Week online)



This newsletter will be printed at intervals throughout the year for the benefit of parishioners with up-to-date news, views and reviews.

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Phone: 6628 0231

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