



Bribie Beacon

Sunday 12 July 2020

Anglican
Church
St Peter's Bribie Island

St Peter's Anglican Church
Banya Street Bribie Island

ATTENDING WORSHIP AT ST PETER'S – So we can adhere to government regulations, anyone wishing to attend a Eucharist at St Peter's must pre-register. To pre-register to attend a service please contact Fr Steven by email rector@stpetersbribie.org.au or phone 34083191 and leave a message.

In my article last week, I shared some of my struggles, not as a cry for help, but as a statement for those who also struggle, that you are not alone. Sometime during 2019 I suffered a breakdown. Because I have the ability to push myself, at the time I was not conscious that it had happened, but I did reach a realisation that I did not want to keep on going with my life the way it was, so I started to explore what I needed to change. I share this not to alarm you, but rather to be more transparent. I struggle and find life tough, but that is who I am and the journey I am on is a positive one. Statistically, one in five Australians experience mental health issues in any year. Almost half (45%) Australians will experience a mental illness sometime in their lifetime. So, I know I am not alone with the struggles I face. The sad truth is that 54% of people with mental illness do not access any treatment, and until this year I was one of those people. So as I share more with you in regard to what is happening in my life, it is not because life is bad, it is just because I am developing the courage to be vulnerable with others about who I am and what I face striving to be me. For me, the struggle with mental health goes all the way back to my childhood and a belief that I am not worthy of good things, which include joy, gratitude and happiness. This is a core belief about myself that I need to change, and I am striving to address with the support of others. Like most people in my situation I am a private person who has learnt not to overly expose oneself and choose to struggle in relative silence. The problem with that is that when we choose not to be vulnerable, we isolate ourselves. As human beings God has made us to connect with others. Therefore, when we hold back what is happening in our life from others, we suffer a loss of connection with those around us. While the path I currently walk is hard, it is the right one. I am choosing to share this journey I am on with you because you are my family and as a family we must be able to share our joys and our lows. In particular I share it for those who understand all too well what I am talking about. If that is you, be aware you are not alone and please reach out to me or someone you trust, or a healthcare professional, as we should not do this alone.

Fr Steven Schwarzrock

PRAYER POINTS

Those in Need - Phyl Adams, Bretton Bartlett, Greg Collis, Ian Hillard, Elizabeth Kubler, David Lower, Carolyn Payne, Krista-Liisa Pulkkinen.

To add someone to the prayer list please email office@stpetersbribie.org.au

Those who Grieve - The family and friends of Margaret Bannister and Bernie Toon.

Birthdays this week - Brenda Allardyce (13 July), Heather Patterson (14 July), Shirley Todd (18 July).

PARISH CONTACT DETAILS

PARISH PRIEST / RECTOR

Rev Steven Schwarzrock
3408 3191
rector@stpetersbribie.org.au

CHURCHWARDENS

Kay Benson 3408 1058
Margaret Peterson 5497 6978
Greg Rollason 3408 1998

COVID WARDEN

Lynn Macbeth 5497 5268

WEBSITE

www.stpetersbribie.org.au

ONLINE GIVING BY CREDIT CARD OR DEBIT CARD

<https://www.bpoint.com.au/pay/TIM/?BillerCode=1730050>

ONLINE GIVING BY DIRECT DEPOSIT

Ac Name - Bribie Island Parish
BSB - 704-901
Account Number - 00000040

POSTAL ADDRESS

PO Box 1087 Bongaree 4507

PARISH NOTICES

Have you sent an email – The Parish email addresses were not working from Monday to Thursday this past week. If you sent a message and did not get a response, it has not been received. Please resend it.

Neighbourhood Centre Pantry Support – Big thank you to those who have been supporting this ministry to those who are struggling in our community. **PLEASE NOTE CHANGE TO DONATION PROCEDURE** → The donation box will no longer be put out on a Monday. Instead donations for the Neighbourhood Centre can be left in the narthex when the church is open for services for Wednesday and Sunday mornings.

Painting of Cooina – The inside of Cooina has now been painted and the painter has commenced on the outside. As a worksite please keep a safe distance from the work area.

Parish Office – Please be aware the Parish Office remains closed to the public. If you have administrative needs please contact Fr Steven or one of the Churchwardens.

Drink Containers – Collecting 10c refundable drink containers is a way the Parish raises funds. Please continue to collect your drink containers. They can be dropped off in church hallway or left in front of the shed next to Cooina.

SUNDAY 12 JULY - ORDINARY SUNDAY 15

Readings - Genesis 25.19-34; Ps 119.105-112; Romans 8.1-11; Matthew 13.1-23.

Sentence - The words you have spoken are spirit and life, O Lord; you have the words of eternal life. *(John 6.63, 68)*

Prayer of the day - Bountiful God, we thank you for planting in us the seed of your word: by your Holy Spirit, help us to receive it with joy, and to live according to it, that we may grow in faith and hope and love; through Jesus Christ our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Reflection - The Gospel passage for today contains the parable of the sower. A multiple faceted story that you can either take from the perspective of the seed, the soil or the sower. Any gardener will share that it is all about the soil. Without good soil, worked with compost, seeds cannot flourish. So let's consider what it means to be soil. Soil, like human beings, is shaped by its environment. So, if soil is walked on over and over again, beaten down so that it becomes packed hard, it is no longer fit for the planting of seeds. We see this in the human community too. People who have been walked on over, and over, and over again often develop a hardened exterior to protect themselves. Rocky soil, says Jesus, describes those who lack the staying power to deal with, rocky ground. When the going gets rough, they go into retreat. The soil filled with thorns easily translates into our overcrowded lives; there is no room in an already overplanted plot for anything more, even with double-digging the beds. And the good soil? It would be nice if it were as simple as buying a bag of 'good soil' at Bunnings, but good soil can take years to cultivate. It must be fed, nurtured by the remains of plants that have come and gone. It must be worked and reworked so that it becomes supple, but not worked so hard that its structure is broken down. And it must be replenished, as seeds grow and draw on its nutrients. Good soil can develop in nature, as years of leaves fall and dissolve into the earth. Good soil can also be the work of gardeners, who tend the soil as carefully as they tend the plants. In the While the soil is essential, the seed will not grow unless it is planted, so the sower is also essential. In Hebrew Scriptures, God is depicted as one who sows (Jeremiah 31:27-28; Hosea 2:21-23), while in Matthew's Gospel it is Jesus who sows. If we consider that Jesus is the sower, we must also recognise, that the responsibility of sowing is passed to his disciples.

Reflection Questions

What do you do when there is a Jacob (scheming to take what is yours) in your life? (Genesis 25)

How would you explain the Gospel to someone who says they are not good enough? (Romans 8)

What sort of soil do we provide at St Peter's? Is there something we need to be doing to enrich the soil? (Matthew 13)

ATTENDING WORSHIP AT ST PETER'S IN PERSON

1. **Protecting Vulnerable People** - Government advice for vulnerable people is that you should stay at home and avoid contact with others. Vulnerable people are defined as people 70 years and older, people 65 years and older with a chronic medical condition and people with a comprised immune system.
2. **Capacity** - As per government guidelines attendance at St Peter's is limited, therefore preregistration to attend worship at St Peter's is essential.
3. **Registering for Worship** - As per government guidelines pre-registration for attendance at services is essential. To pre-register for any service please contact the Rector either email rector@stpetersbribie.org.au or phone 3408 3191.
4. **Physical Distancing** - People should practice physical distancing at a minimum of 1.5 metres at all times. No physical greetings or exchanges such as handshakes or hugs. Sit separately (unless from same household) and per approved seating plan.
5. **Hygiene** - Hands should be cleaned with hand sanitiser upon entering church, before receiving communion or after contact with any surfaces. People who feel unwell or have cold or flu like symptoms should not attend.
6. **Record of Attendance** - A record of each attendee's name, address and phone number will be kept by the Rector as per government requirements.
7. **Cleaning** - The church will be cleaned in line with Safe Work Australia standards.
8. **COVID Warden** - For more information on our COVID safety plan please speak to Lynn Macbeth (COVID Warden) or a Churchwarden.

Online Worship

Every Sunday morning a new service is uploaded. To watch online worship from St Peter's please follow this link vimeo.com/user110905450. The link is also available from our website and Facebook page.

Live Online Worship using ZOOM

The Wednesday (10am) and Sunday (9.30am) Eucharist will be streamed via [ZOOM](#). Join earlier if you would like to have a chat. To join us follow the Zoom instructions below. To join download and open the ZOOM app and select "Join Meeting" and enter the meeting id **3408319100** and the password is **34083191**.

