



# Anglican Parish of Warracknabeal

Warracknabeal, Areegra, Minyip, Hopetoun, Brim

**Pentecost 14**  
**29 August 2021**

**Hello Everyone!**

**I hope that I find you well - under the circumstances.**

**If you're going a bit 'stir crazy' - that is UNDERSTANDABLE! You don't have to cope, but if you ARE that's good news. We live in a good part of the world, but that is not always the answer to what we all and uniquely feel during these times of difficulty.**

**I had my second COVID jab (Thursday). The first one knocked me for six - over the grandstand! So, we'll see what happens this time around. I don't like inserting 'poison' (and micro-chips) into my body, but I can see no other way to be able to operate as your priest moving forward. And besides, no matter my quiet remonstrations about control and power etc, getting the vaccine seems to be the 'right' thing to do.**

**ZOOM Church is BACK BY POPULAR DEMAND! this Sunday. I know it is not the answer, and I know that many of you feel as though you are not 'capable' etc. I don't know how to get around that. As you watch 'Songs of Praise' or sip your cuppa in your favourite breakfast spot - please offer a prayer for the parish. Some weeks back, we had visitors from Hungary, Brim and Beulah - it's not all bad at ZOOM Church!**

**I also hope that the article - "10 ways to take care of yourself" is helpful, and may help remind you of the one or two things that make a difference to you during this current lockdown. It doesn't mention 'grief'. I've been onto this before - the most insidious of our emotions creeps up on us by stealth often and really just wants to be acknowledged, noted - listened to. I know it sounds a little weird, but it works for me. Want to know how to send it packing - get in touch. And remember, at anytime - you can call me and have a chat. Leave a message and I'll get back to you if at first you don't succeed.**

**Regards, Rev**

*Project REGENERATE. Renew PEOPLE. Revive PROJECTS. Restore PLACE*

**Back by popular demand!**  
**ZOOM Church this Sunday – 10.30am**

Join ZOOM Meeting:

<https://us02web.zoom.us/j/9687959206?pwd=VzZOR3dIWwB4dTFZY1hQVTJjR3dKdz09>

Meeting ID: 968 795 9206 / Passcode: 304651



**Prayer in the Parish**

**In the Parish & Beyond:**

- +Garry; Registrar, Diocesan Office Staff and their families;
- For the people of Afghanistan, Haiti, Syria, all those in Refugee camps;
- Peter & Dianne; Nola Browell;
- Project Regenerate; Parish Council members; Phase 1 – Boys' Shed;
- Daily outreach to friend, family and neighbour;

**Community:**

- For seasonal weather & all our farmers;
- For homemakers; for all those wrestling with Online learning and those who guide them;
- For all those feeling disenchanted, discombobulated, dis-eased, 'down';
- All facing natural disaster and disease;
- All COVID consequences;

**Years Mind:** Betty Golder, Rona Young

**Bishop Garry's youTube message**

Pentecost 13 – 'The Whole Armour of God'

<https://youtu.be/EsKr58KFbbA>

**Service Times August/Sept**

**Pentecost 14 – 29 August**

10.30am ZOOM Church

*Join Zoom Meeting*

<https://us02web.zoom.us/j/9687959206?pwd=VzZOR3dIWwB4dTFZY1hQVTJjR3dKdz09>

Meeting ID: 968 795 9206

Passcode: 304651

**Pentecost 15 – 05 September**

9.30am & 5.00pm Warracknabeal

11:00am Areegra

**Pentecost 16 – 12 September**

9.30am & 5.00pm Warracknabeal

8.30-12.30pm Coffee Van



**Continuing!**

**Kilometres travelled**

**5,141**

**Pledged & Donated**

**\$20,085**

**[Target \$25,000]**

**Donations are still being accepted. Contact Rev for details. Thank you to everyone who has made a contribution to Rev's Rev!**

**IGA – Thank you 'lap' = 11 Sept**

## Update from Parish Council (who met Tuesday 24<sup>th</sup> August - via ZOOM)

- All members were welcomed to the year ahead as elected members by the AGM. It is going to be an exciting year of 'regeneration' and responsibility as we exercise good governance and stewardship of the parish.
- Election of Office Bearers: Secretary - Sarah-Jayne Holland  
Treasurer - Andrew Golder  
Wardens - Brian Clark & Russell Dart  
All we elected unopposed and received with acclamation.
- Parish Council will meet on the fourth Tuesday in the month (generally). Parishioners are welcome to attend meetings.
- Project Regenerate: Phase 1 - The Boys' Shed.  
Planning Application was submitted to Yarriambiack Shire Council 03 August. We are now looking for a builder; a) To oversee construction, b) enable us to apply for a Building Permit, and, c) provide necessary expertise and advice.
- Project Regenerate: LAUNCH and activities.  
We are going to have a 'Project Regenerate Launch Season' - as continue our dreams and aspirations for Phase 2 of site development. There are various activities planned:
  1. Coffee Van - one year celebration - Sunday 24<sup>th</sup> October
  2. Antique & Church Brass Fair and Stalls - Saturday 30<sup>th</sup> October
  3. 101 in 2021 - Celebrating Areegra's 101 years - Sunday 07<sup>th</sup> November
  4. Christmas Festival - Advent & Christmas
- Uniting Church conversation: nothing to report and no further action.



## I Dare You To Ask Rev That

The production team at Wild Echidna Enterprises have finally got their act together and are proud to finally release the first of a four-part series - "I Dare You To Ask Rev That." - <https://youtu.be/erFJvG4x6XI>

You may recall Rev asking for questions from the public in 2020, and they fall into four main categories: Part I - Getting to know you (immediate release); Part II - Religion and the Universe (02 Sept release); Part III - God (09 Sept) and Part IV - The Bible, Church and other stuff (12 Sept).

I hope that you enjoy them - and you feel you can recommend or pass them onto friends and family and neighbour.

# 10 Ways To Take Care of Yourself

Source: <https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

*This article has been taken from “ReachOut” - Australia's leading online mental health organisation for young people and their parents. (I have added a couple of bits!)*

The world is pretty topsy-turvy right now, because of the global panic around coronavirus (COVID-19). If you're feeling overwhelmed or stressed by it all, be reassured that this is a very normal response. However, it's important to go easy on yourself and to take time for self-care.

## 1. Stay active

It's pretty well known that exercise is really good for both our physical and mental health. There's heaps of different types of exercise you can do from home, thanks to YouTube and apps.

We've listed a few free ones, or continue doing whatever works for you.

- Yoga with Adrienne is a well-loved yoga channel, with over six million subscribers. She's quirky and down-to-earth, and offers yoga classes lasting from five minutes through to an hour.
- Nike Training Club can help you stay active during this time by offering heaps of free workouts you can do from home. It also features wellness and nutrition guidance from experts.
- Seven – 7 Minute Workout app (iOS and Android). These seven-minute workouts are based on scientific studies and are designed to provide the maximum benefit in the shortest amount of time. You can also link up with friends in the app to encourage each other (or, let's be honest, compete!) – it's a great way to stay connected. If you play sport and your games and training have been cancelled, you could consider linking up with your team on this app.

These are just three ideas, do whatever works for you. If you can go outside, consider going for a walk or run while taking in your surroundings. *(Rev: Five minutes with the sunshine on your face is better than 'nothing' – give it a go! It took that warmth 8 minutes to get there ... embrace and give thanks!)*

## 2. Take 10 to be Zen

When we're stressed about something (such as coronavirus), our thoughts tend to speed up. Taking 10 minutes or so to practice mindfulness can help produce a sense of calmness. If you don't get what mindfulness is all about, check out our WTF is mindfulness meditation.

Here are some suggestions for free mindfulness apps to try:

- Insight Timer has over 25,000 free guided meditations, from 1 to 90+ minutes. Try searching by a topic that interests you (e.g. stress, learning to meditate, sleep).
- Smiling Mind might be a good option if you don't want to be overwhelmed by choice. The meditations are organised by structured programs, such as Mindful Foundations, Sleep, Relationships, etc.



- If meditation isn't for you, try doing an everyday activity in a mindful way – in other words, put aside distractions and focus fully on one small task. For example, while you're having a cup of tea, pay attention to your senses (the smell of the tea, the warmth of the cup in your hand, the taste...).

*(Rev: I find mindfulness really tricky, but I like the 'tea one' above. Thich Nat Han uses the example of an orange – peeling mindfully and eating each piece with relish and consciousness. I also like throwing darts – that seems to work for me and provides a simple way to bring the mind to clarity. Person's face on board = optional.)*

### **3. Chat with your mates**

Even if an in-person meet-up is off the table, try to stay in touch with your mates via text, Messenger, WhatsApp, FaceTime, or (gasp!) a good ol' fashioned phone call. Ask them how they're feeling and share your own experience if you feel safe to do so.

Check out our article on [5 steps to talking to someone you trust](#). You could even start a group chat where each person shares one good thing that happened in their day.

### **4. Check out our forums**

If you're feeling (or literally are) isolated, jump on to our [online forums](#). ReachOut Forums are a safe, supportive and anonymous space where you can chat to other young people. If you're struggling, check out the thread [Today I am having a tough time because...](#) Or share what you're doing for self-care in the thread [Today I practiced self care by...](#)

### **5. Make a homemade meal**

Good nutrition is always important, but during stressful times there's nothing better than a tasty, healthy homemade meal – especially if you made it yourself. You could ask a friend or family member for their fave recipe, or check out [Taste's easy recipes section](#). See our article on [how to make healthy food choices for some tips](#).

For many people it may be challenging to get some ingredients at the moment. If you're running low or not able to get certain things, it's totally fine to keep it really simple. You could also get creative with substitutions or Google '[ingredient] substitute' for ideas.

*(Rev: Don't feel like cooking – get in touch with 'Woodbine Services' who do super tasty and freshly cooked meals with free delivery every day of the week. I hear on the*



*grapevine that Friday's meal is ridiculously good bang for your buck and would sustain a man (or a woman if you are one) during a COVID lockdown.)*

**Contact: Woodbine Services - 5398 2166 day prior to meal need.**

## **6. Take a break from the news**

Between the news and social media, we're all feeling saturated by coronavirus updates right now. It's important to stay informed, but try to limit your media intake to a couple of times a day and use trusted news sources. If you catch yourself turning to social media because you're feeling isolated, take a break and spend time on another activity, such as those we've suggested here.

## **7. Make a music playlist**

Music can make us feel so much better. Hop on Spotify and make a playlist with your fave songs. You could make a group playlist and ask your friends to add five of their favourite songs as well. If you want to get fancy, you could make several playlists for different moods/vibes (e.g. rainy day, feeling happy, etc.). *(Rev: dust off the old record player – hear the scratches of the years in this once sacred ritual)*

## **8. Declutter for five minutes**

If you're suddenly spending a lot more time at home, it can help to have an environment that feels good to you. Instead of getting all Marie Kondo and trying to overhaul your whole space in a day, try decluttering for five mins a day. Pick a shelf to start with, or pick up five things and find a home for them.

## **9. Watch or read something uplifting**

Distraction can be a good thing. Watch something that you find uplifting and allow yourself to zone out from what's going on in the world. Some suggestions include The Good Place and Brooklyn 99 on Netflix, or The Bold Type and Family Guy on Stan.

YouTube is a great option too. If reading is more your thing, go to your bookshelf and choose an old favourite or something you've been meaning to get to for a while, or if you don't have physical books then e-books are a great option.

## **10. Learn something new**

Have you wanted to get into drawing or learning a musical instrument? Now's a great time to make a start. If you want to learn a new language, Duolingo is an awesome free language learning program you can access from your computer or phone. YouTube has great free online tutorials for pretty much everything.

## **If it's all getting a bit much...**

Sometimes things can get overwhelming, even if you've been practising self-care. As most people will be physically distancing or self-isolating a great option is telephone and online services. Lifeline (13 11 14) and Kids Helpline (1800 55 1800) can be accessed for phone and online counselling. Eheadspace also offers free online and telephone support and counselling.

If it's available to you, you could consider seeing your GP or mental health professional for extra help (but make sure to follow the advice of Healthdirect if you're showing symptoms or are in self-isolation). You could also ask your mental health professional if they could chat over Skype/FaceTime if you're in self-isolation.

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*Rev James Wood: P: 5398 1251 M: 0438 233 630 E: warrackanglican@gmail.com*

# TODAY'S READINGS

## PENTECOST 14

**First Reading: Song of Songs 2:8-13**

### ***A reading from the Song of Songs***

I am a rose of Sharon, a lily of the valleys. Like a lily among thorns is my darling among the young women. Like an apple tree among the trees of the forest is my beloved among the young men. I delight to sit in his shade, and his fruit is sweet to my taste. Let him lead me to the banquet hall, and let his banner over me be love. Strengthen me with raisins, refresh me with apples, for I am faint with love. His left arm is under my head, and his right arm embraces me. Daughters of Jerusalem, I charge you by the gazelles and by the does of the field: Do not arouse or awaken love until it so desires. Listen! My beloved! Look! Here he comes, leaping across the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look! There he stands behind our wall, gazing through the windows, peering through the lattice. My beloved spoke and said to me, 'Arise, my darling, my beautiful one, come with me. See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land. The fig-tree forms its early fruit; the blossoming vines spread their fragrance. Arise, come, my darling; my beautiful one, come with me.' My dove in the clefts of the rock, in the hiding-places on the mountainside, show me your face, let me hear your voice; for your voice is sweet, and your face is lovely. Catch for us the foxes, the little foxes that ruin the vineyards, our vineyards that are in bloom. My beloved is mine and I am his; he browses among the lilies. Until the day breaks and the shadows flee, turn, my beloved, and be

like a gazelle or like a young stag on the rugged hills.

This is the word of the Lord

**Thanks be to God**

**Psalm: 15:2-5**

**Response: *One who does justice will live in the presence of the Lord.***

1. Whoever walks blamelessly and does justice;  
who thinks the truth in his heart  
and slanders not with his tongue. **(R)**
2. Who harms not his fellow man,  
nor takes up a reproach against his  
neighbour; by whom the reprobate is  
despised, while he honours those who  
fear the LORD. **(R)**
3. Who lends not his money at usury  
and accepts no bribe against the  
innocent. Whoever does these things  
shall never be disturbed. **(R)**

**Second Reading: James 1:17-27**

### ***A reading from the letter of James***

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created. My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent, and humbly accept the word planted in you, which can save you. Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his



face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom and continues in it – not forgetting what they have heard but doing it – they will be blessed in what they do. Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

This is the word of the Lord

**Thanks be to God**

**Gospel Acclamation:**

**Alleluia! Alleluia!**

The Father willed to give us birth by the word of truth that we may be a kind of first fruits of his creatures. **Alleluia!**

**Gospel:**

**Mark 7:1-8, 14-23**

***A reading from the Holy Gospel  
according to Mark***

The Pharisees and some of the teachers of the law who had come from Jerusalem gathered round Jesus and saw some of his disciples eating food with hands that were defiled, that is, unwashed. (The Pharisees and all the Jews do not eat unless they give their hands a ceremonial washing, holding to the tradition of the elders. When they come from the market-place they do not eat unless they wash. And they observe many other traditions, such as the washing of cups, pitchers and kettles.) So the Pharisees and teachers of the law asked Jesus, 'Why don't your disciples live according to the tradition of the elders instead of eating their food with defiled hands?' He replied, 'Isaiah was right when he prophesied about you

hypocrites; as it is written:

"These people honour me with their lips, but their hearts are far from me. They worship me in vain; their teachings are merely human rules." You have let go of the commands of God and are holding on to human traditions.' Again Jesus called the crowd to him and said, 'Listen to me, everyone, and understand this. Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.' [ ] After he had left the crowd and entered the house, his disciples asked him about this parable. 'Are you so dull?' he asked. 'Don't you see that nothing that enters a person from the outside can defile them? For it doesn't go into their heart but into their stomach, and then out of the body.' (In saying this, Jesus declared all foods clean.) He went on: 'What comes out of a person is what defiles them. For it is from within, out of a person's heart, that evil thoughts come – sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.

This is the gospel of the Lord

**Praise to you Lord Jesus Christ**

**THE PROPERS**

**Sentence:** Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

**Collect:** Cleanse our consciences, O Lord, and enlighten our hearts through the daily presence of your Son Jesus Christ, that when he comes in glory to be our judge we may be found undefiled and acceptable in his sight; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**