



# Anglican Parish of Warracknabeal

Warracknabeal, Areegra, Minyip, Hopetoun, Brim

**Trinity Sunday**  
**26 May 2024**

**Sunday Services:**      9.30am - Warracknabeal  
                                         5.00pm - Café Church - Parish Centre



*Hello Everyone! I hope your week has gone well for you.*

I have said it before and I am happy to say it again. There are NO shortcuts!

No shortcuts to anything meaningful and worthwhile. In our relationships. In learning new skills. In changing the world. In growing a garden. In spending time with friends and making new ones. In challenging bad behaviour. In getting from A to B - whether on holiday or in our daily wanderings around town. In life-giving prayer. Generally, there are no shortcuts!

Putting in quality time. Being fully present. Overcoming the distractions and the unnecessary noise. Focussing on the task, the project, the endeavour with 100%. All the good things in life require our energy and our dedication.

The Holy Trinity - Father, Son and Holy Spirit; Creator, Redeemer and Giver of Life; or however you like to make the distinction in your own understanding of how God works in your own life - are there every step of the way. Deeply committed to you and your welfare. Desperate for us to reach out and receive all the 'gifts' that they promise and bestow on us. Determined to ensure that you and I remain 'saved' and 'protected' and 'faithful' as we try and rationalise our brokenness, mistakes and humanly efforts to find that feeling called 'JOY' in our lives.

I wish it was easier sometimes. Recently, a friend was in so much pain; overwhelmed by EVERYTHING ... deeming themselves a failure and a fraud. It took a bucket load of energy (*willingly I may add*) to both validate their feelings in a way that they felt heard. No-one makes up these feelings of despair! And then, offer hope. Real hope, and genuine steps toward that 'return to wholeness' I talk about so often. Healing, doesn't mean it's all over. Healing requires a bravery and determination we often do not think we possess. Healing is a journey, frightful and nerve racking but ultimately offers us a new beginning or a fresh start.

The Holy Trinity = offers this HEALING. Always!

*Blessings, Rev James*

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

## Prayer in the Parish

### **In the Parish & Beyond:**

- +Garry and swift recovery for ongoing health issues; for Registry staff;
- For Sherry Barber (Suzy Callaghan's sister) – battling cancer;
- For all who feel unsafe or threatened or oppressed;
- For bold stances against violence;
- For Light in the face of darkness; for Hope in the face of despair; for Love in the face of hatred and discord;
- For those seeking refuge far from home;
- For a STOP to war around the globe; and for all brokering peace;
- For the people of Afghanistan; Haiti; New Caledonia; Solomon Islands;
- For the people of Ukraine and Palestine;
- For those who hunger for food; for those who thirst for water; for those who seek peace from war, violence & exploitation;
- For our neighbour/s;
- For those known to us who are unwell;
- For seasonal weather and safe sowing season for our farmers in our region;
- For The Christian Emergency Food Centre in Horsham – for all who seek assistance for food, finances and shelter;
- For our own Neighbourhood House – their outreach and programs;
- For Peace in our hearts and homes;
- For our teachers who are writing reports; for all supporting our local and regional schools and Kindergardens;

**Years Mind:** Elma McKenzie, Lucy Couzner, Betty Allen, William Thompson, Daphne Thompson, Edna Crocker, Lorna Bartlett

*“Rest eternal grant to them, O Lord, and let light perpetual shine upon them.”*

## Service Times May/June

### Trinity – 26 May

9.30am Warracknabeal

5.00pm Café Church

### Pentecost 2 – 02 June

9.30am & 5.00pm

11.00am St Mark's Areegra

### Tuesday – 04 June

5.00pm – Healing Eucharist

### Pentecost 3 – 09 June

9.30am & 5.00pm Warracknabeal

### Pentecost 4 – 16 June

9.30am & 5.00pm Warracknabeal

### Pentecost 5 – 23 June

9.30am & 5.00pm Warracknabeal

### Pentecost 3 – 30 June

10.30am Warracknabeal

*(One service only)*

12.00pm Parish Mission Lunch

"The "name" of the Most Holy Trinity is in a certain way impressed upon everything that exists, because everything that exists, down to the least particle, is a being in relation, and thus God-relation shines forth, ultimately creative Love shines forth. All comes from love, tends toward love, and is moved by love, naturally, according to different grades of consciousness and freedom... The strongest proof that we are made in the image of the Trinity is this: only love makes us happy, because we live in relation, and we live to love and be loved."

**Pope Benedict XVI**

# TODAY'S READINGS

## TRINITY SUNDAY

First Reading:

Isaiah 6:1-8

### ***A reading from the Prophet Isaiah***

In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. Above him were seraphim, each with six wings: with two wings they covered their faces, with two they covered their feet, and with two they were flying. And they were calling to one another: 'Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory.' At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke. 'Woe to me!' I cried. 'I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty.' Then one of the seraphim flew to me with a live coal in his hand, which he had taken with tongs from the altar. With it he touched my mouth and said, 'See, this has touched your lips; your guilt is taken away and your sin atoned for.' Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'

This is the word of the Lord

**Thanks be to God**

Psalm:

29

***Response: The Lord will bless his people with peace***

1. Ascribe to the LORD, you heavenly powers, ascribe to the LORD glory and strength.

Ascribe to the LORD the glory of his name; bow down before the LORD, majestic in holiness. **(R)**

2. The voice of the LORD upon the waters, the LORD on the immensity of waters;  
the voice of the LORD full of power;  
the voice of the LORD full of splendour. **(R)**

3. The God of glory thunders; in his temple they all cry, "Glory!"  
The LORD sat enthroned above the flood; the LORD sits as king forever. **(R)**

Second Reading:

Romans 8:12-17

### ***A reading from the letter of Paul to the Romans***

Therefore, brothers and sisters, we have an obligation – but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.' The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

This is the word of the Lord

**Thanks be to God**

Gospel Acclamation:

**Alleluia! Alleluia!**

Glory to the Father, the Son, and the Holy Spirit; to God who is, who was, and who is to come. **Alleluia!**

## A reading from the gospel according to John

Now there was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council. He came to Jesus at night and said, 'Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him.' Jesus replied, 'Very truly I tell you, no one can see the kingdom of God unless they are born again.' 'How can someone be born when they are old?' Nicodemus asked. 'Surely they cannot enter a second time into their mother's womb to be born!' Jesus answered, 'Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, "You must be born again." The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.' 'How can this be?' Nicodemus asked. 'You are Israel's teacher,' said Jesus, 'and do you not understand these things? Very truly I tell you, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? No one has ever gone into heaven except the one who came from heaven – the Son of Man. Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him.' For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

For God did not send his Son into the world to condemn the world, but to save the world through him.

This is the gospel of the Lord

**Praise to you Lord Jesus Christ**

### THE PROPERS

**Sentence:** Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory.

**Collect:** O blessed Trinity, in whom we know the Maker of all things, seen and unseen, the Saviour of all, both near and far: by your Spirit enable us so to worship your divine majesty, that with all the company of heaven we may magnify your glorious name, saying, Holy, holy, holy. Glory to you, O Lord most high. **Amen.**



"I SAID MY PRAYERS BEFORE YOU GOT HERE BECAUSE GOD AN' I HAD SOME SECRET THINGS TO TALK ABOUT."

**Café Church – This Sunday**  
**5.00pm – Bring a plate to share and a friend if you can manage it! All welcome!**



## The Pain Revolution – Rural Outreach Tour 2024

### **Rev has a new challenge!**

It has been building for a while – I have been selected to join an ‘elite’ (*I think that’s right – ha ha*) group of Health-care professionals to ride a bicycle from Mount Gambier to Horsham from 14th-21<sup>st</sup> September 2024, as part of the Pain Revolution Rural Outreach Tour 2024.



The Pain Revolution is an initiative of the University of South Australia.

Their main aim: *“We want all Australians to have the knowledge, skills and local support to prevent and overcome persistent pain.”*

The Rural Outreach Tour 2024 – from the website:

*The Pain Revolution Rural Outreach Tour is a one-of-a-kind experience. It is not just a ride. It is a genuine community service; an awareness-raising; fund-raising and community outreach event like nothing else you will ever do. The cycling component of the Tour is critical for attracting attention, building camaraderie, raising critical funds to support Pain Revolution's innovative and high-impact programs, providing all cyclists with a proper physical challenge and an outrageously awesome cycling and educational experience.*

*This is no normal 'charity ride'. We ride because we all have skin in the game. We all give a damn about improving chronic pain prevention and recovery in rural Australia. I guess, we actually do ride for a reason. Pain Revolution charge all cyclists the full costs of participation and participants are asked to raise some extra money over and above that. All you raise goes to supporting Pain Revolution's world-leading programs.”*

### **Rev’s fundraising target is \$3,000.**

Training has well and truly begun.

Over the last 6 weeks Rev has averaged 136kms per week, and the last 3 over 160kms per week. You may be interested to know that I’ve been riding in Austria, Czech Republic, Hawaii, Italy and Canada just to name a few places. Just this morning (Thurs) I was able to ride the ‘Great Australian Rail Trail’ from Mansfield to Yarck. (*This is possible via a cycling app on my indoor cycle trainer ... which makes it fun and possible in current weather!*)

The other good thing about the cycle trainer – is that there are more hills and small mountains incorporated into the realistic riding experience and is good preparation for the challenge in September. I’m still riding with my mates on a Saturday morning!

Over the next few months, I’ll be ‘on the streets’ (similar to Rev’s Revolution) either outside IGA and/or Saturday morning market as a way of raising the profile of the need for Local Pain Educators in our region or at least in rural Australia for the time being.

All funds raised will enable the training of Local Pain Educators.

Once more from the website:

### ***“Local Pain Educator and Collectives Program***

*The Local Pain Educator (LPE) program is a long-term capacity building program that provides health professionals with advanced understanding and skills in pain science, education and care and then supports them to establish a local health professional network - a ‘Local Pain Collective’ - by which they drive connection and advanced knowledge and skills within their local professional network. The LPE program is designed to build capacity in rural communities, embedding knowledge and skills around best practice pain care.*

*Health professionals in rural and regional areas - put your hands up! It’s time to unlock your potential and become a Local Pain Educator in your local community with Pain Revolution.”*

### ***Why Become an LPE?***

- Research clearly shows that a better understanding of pain and what to do about it, is both critical and seldom delivered.*
- Worldwide, it is recognized that we desperately need education on pain for the whole community.*
- LPEs are filling this substantial gap and driving change, supported by an interdisciplinary collaboration of committed experts.*

### **So – that’s the gist of it all!**

If you want more information – go to Pain Revolution website:

[www.painrevolution.org](http://www.painrevolution.org)

If you would like to support me in my fundraising efforts I would be most appreciative. You can follow the links below:

1. Via Pain Revolution Donation Page: click link below and type ‘james wood’  
[Donate • 2024 Pain Revolution Rural Outreach Tour \(raisely.com\)](https://www.painrevolution.org/donate/2024-pain-revolution-rural-outreach-tour)
2. Or by the unique pain revolution qrcode below.
3. Or by giving Rev cash which I will forward through website process.



All donations are tax deductible.

I believe that our church has much to offer in the way of dealing with and transforming pain. While it may not be the same approach as Pain Revolution, I feel I can make a contribution to the ‘conversation’ through this opportunity – and my therapeutic programs I facilitate in our schools.

Thank you!