



REACH OUT

PREPARING FOR LENT

self-examination and repentance
prayer, fasting, and self-denial
reading & meditating on God's holy Word

*Keeping
a Holy Lent*

"The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting..."

(The Book of Common Prayer, 1979, pp. 264-265).

Since Lent is itself a season of preparation, it may seem like overkill to have to prepare for Lent. Yet, how will we take full advantage of the opportunity of Lent if we wait until the last minute to decide how to keep it?

Lent is sometimes referred to as a pilgrimage or a journey. Very few people set out on any kind of journey without packing a bag. What are the things that we need to include in our Lenten luggage? The invitation to the observance of a holy Lent requires a packing list. The list may not be exhaustive, but it is a good start:

Another way of describing this luggage is to call it a rule of life. Many Christians have a formal rule of life which they observe throughout the year. Their Lenten rule will usually add a few seasonal exercises. For those who do not already have a formal, year-round rule, Lent is a good opportunity to begin one.

The purpose of a rule of life is not to set impossibly high standards that might be admirable but are not practical. A rule of life must fit the person. A new Christian or someone new to the whole idea of a rule of life will have a more modest rule than an older, more proficient Christian. So, the elements in the invitation above need to be tailored to the maturity of the individual. *(A spiritual companion or director can be very helpful here or talk to Fr John more about this...)*

A runner might hope someday to run a marathon, but it may take years of training at shorter distances to build the stamina and strength to achieve that goal. Holiness of life is the goal of every Christian, but progress towards that goal is a lifelong task, not the accomplishment of a single Lent. At the same time, the basics of a Lenten rule can set a pattern for a lifetime of spiritual growth.

A MONTHLY NEWSLETTER OF THE ANGLICAN PARISH OF CHRIST CHURCH ESSENDON
FEBRUARY 2011

Vicar: Fr John Mathes

Telephone: 0417 407 768 or 9379 2770



FJ's reflection

DEAR PARISHIONERS,

Thank you to all who assisted and attended the Christmas liturgies and celebrations.

A new years is well under way.

BIBLE STUDIES IN LENT

The Bible Study program will start up again just before lent and will be different with a theme of Search for Jesus. Sessions will be during the day and of an evening. Please try and make a priority to attend one or the other. (for session info see page 12)

An alternative program for Lent has been set up by Fr Kenneth at Aberfeldie and details are on page 12.

EASTER

Easter is late this year and dates are in the Reach Out for you to put in your diary. Please make an effort to come to all services over Easter as we celebrate our salvation.

FILM NIGHTS

We are hoping to run monthly film nights on the first Friday in the month at 7.30pm. A list of films is being prepared. Come and see films on the big screen. Money raised will help renovate the Kindergarten.

TRAINING

I am planning a training session for readers and sides people after church in February. These sessions will only go for an hour and will raise issue and provide support. Please make an effort to attend. Readers meeting is Sunday 20th Feb at 11.30am and for sides persons on Sunday 27th Feb at 11.30am.

CHOIR & ORGANIST

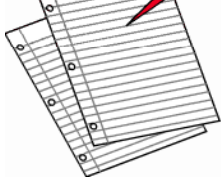
Well done to the choir and Samuel our organist for singing the psalms in our 9.30am Eucharist. We need new members for our choir so if you can sing (or can't) we would still love to see and hear you in the choir.

The Lord be with you..

Your Vicar

Fr John

PUTTING YOUR BELIEFS WHERE YOUR HEART IS



Take a pen and paper and get alone.
Go where it's quiet, where you can think.

Find a place that will offer you an hour's worth of uninterrupted thinking.

Then sit down.

Take your pen in your hand and – are you ready? –

write down what you believe.

Not what you think or hope or speculate but what you believe.

Put on paper those bedrock convictions that are worth building a life on, that are worth giving a life for.

For example, here are some not-for-sale, non negotiable undeniabes that I believe:

- There is a God whose all-consuming concern is whether or not I love him.
- I have a reason to be alive.
- Money is not the answer. Therefore, the abundance or lack of it will not rule me.
- I will never die.
- My family loves me and I love them.
- I will live forever, and heaven is but a wink away.
- I control my moods... not vice versa.
- I can change my world.
- The most important element in the world is another human being.

Now look at your list. Analyze it. What do you think? Is your foundation solid enough to stand on?

If not, be patient. Give yourself some time to grow.

Don't throw that list away. Keep it. I've got a special assignment for you. Put your list someplace where you'll always have it. In your wallet, your purse... somewhere convenient.

The next time you're intimidated by Mr. Know-It-All or by Miss Have-It-All, the next time your self-image limps out the door, pull out your list. Take a long look at it.

Have any of your undeniabes been threatened?

Has your foundation been attacked?
Usually not.

Here's the point: If you know what you believe (I mean really know it), if you know what's important and what's trivial, then you won't be tied down by all the little Lilliputians in the world.

I really believe that.

**Max Lucado, On the Anvil,
stories of being shaped into God's image,
1985**



SHROVE TUESDAY & ASH WEDNESDAY

TUESDAY 8th MARCH 2011: SHROVE TUESDAY

6.30pm Pancakes in the Parish Centre

WEDNESDAY 9th MARCH 2011: ASH WEDNESDAY

10am Eucharist & imposition of ashes

7.30pm Eucharist & imposition of ashes

HOLY WEEK

SUNDAY 17th APRIL 2011: PASSION / PALM SUNDAY & Beginning of Holy Week

8am Eucharist & Blessing of Palm Crosses

9.30am Sung Eucharist & Blessing of Palm Crosses

7pm STATIONS OF THE CROSS

WEDNESDAY 20th APRIL 2011:

10am Requiem Mass in the Memorial Garden

THURSDAY 21st APRIL 2011 MAUNDY THURSDAY

8pm Sung Eucharist of the Lord's Supper, foot washing & stripping of the Altar. Prayer Vigil until 11pm - the Watch of the Passion

FRIDAY 22nd APRIL 2011: GOOD FRIDAY

9.30am Liturgy of the Passion & Proclamation of the Cross

SATURDAY 23rd APRIL 2011: EASTER VIGIL

8pm Eucharist of the Resurrection

SUNDAY 24th APRIL 2011: EASTER SUNDAY

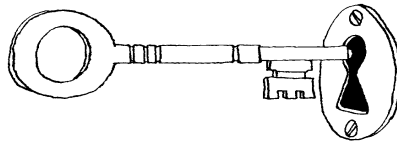
8am Eucharist

9.30am Sung Eucharist

A neighbour found a man on his hands and knees.

"What are you searching for?"

"My key"



Both men got on their knees to search. After a while the neighbour says, "Where did you lose it?"

"At home."

"Goodness ! Then why are your searching here?"

"Because it is brighter here!"

**We need to search for God
in the right places.**

A Sunday School teacher: "In the story of the Good Samaritan, why did the Levite pass by on the other side?"

Student: "Because the poor man had already been robbed?"

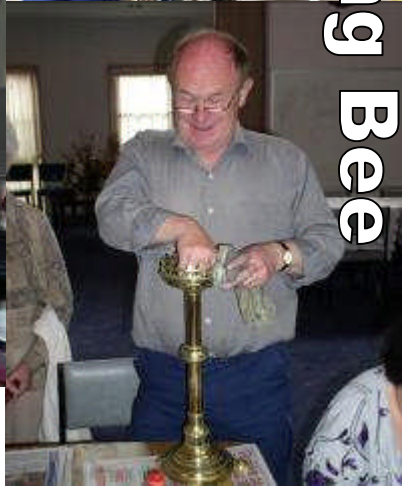
A priest wound up the services one morning by saying, "Next Sunday I am going to preach on the subject of liars. And in connection, as preparation for my sermon, I would like you all read the 17th Chapter of Mark." On the following Sunday, the priest rose to begin his sermon, and said, "Now, then, all of you who have done as I requested and read the 17th chapter of Mark, please raise your hands." Nearly every hand in the congregation went up. Then the priest said, "You are the people I want to talk to. There is no 17th chapter of Mark."



Carol Service



Christmas Party



December Working Bee

Seven marks of a healthy church

expressing the life of Christ through the local church

1. ENERGISED BY FAITH

rather than just keeping things going or trying to survive

- worship and sacramental life move people to experience God's love
- motivation: energy comes from a desire to serve God and one another
- engaging with scripture: in creative ways that connect with life
- nurturing faith in Christ: helping people grow in, and share, their faith

2. OUTWARD LOOKING FOCUS

with a 'whole life' rather than a 'church life' concern

- deeply rooted in the local community, working in partnership with other denominations, faiths, secular groups and networks
- passionate and prophetic about justice and peace, locally and globally
- making connections between faith and daily living
- responding to human need by loving service

3. SEEKS TO FIND OUT WHAT GOD WANTS

rather than letting our own preferences set the church agenda

- vocation: open to the Spirit's leading about what we should be and do
- vision: developing and communicating a shared sense of where we are going
- mission priorities: consciously setting both immediate and long-term goals

- able to call for and make sacrifices, personal and corporate, in bringing about the above and living out the faith



4. FACES THE COST OF CHANGE AND GROWTH

rather than resisting change and avoiding failure

- while embracing the past, daring to take on new ways of doing things
- taking risks: admitting when things are not working, and learning from experience
- crises: responding creatively to challenges that face the church and community
- positive experiences of change, however small, are affirmed and built on

5. BUILDS COMMUNITY

rather than functioning as a club or religious organisation

- relationships are nurtured so people know they are a part of a community of faith (often through small groups) with opportunities for service
- leadership: lay and ordained work as a team to develop appropriate expressions of all seven marks of a healthy church
- lay ministry: the different gifts, experiences and faith-journeys of all are valued and given expression in and beyond the life of the church

6. MAKES ROOM FOR OTHERS

being inclusive rather than exclusive

- welcome: works to include newcomers into the life of the church
- children and young people are helped to belong, contribute and be nurtured in their faith

- enquirers are encouraged to explore and experience faith in Christ
- diversities: coming from serial and ethnic backgrounds, mental and physical abilities and age differences are seen as a strength and sought after

7. DOES A FEW THINGS - AND DOES THEM WELL

focused rather than frenetic

- doing the basics well: especially public worship, pastoral care, stewardship & administration
- occasional offices: make sense of life and communicate faith
- being good news as a church in our attitudes and ways of working
- enjoying what we do and being relaxed about what is not being done

From Bob Jackson's book "HOPE FOR THE CHURCH" 2002 Church House Publishing



February Saint: St Brigid of Ireland



Most people only remember Saint Patrick as the patron saint of Ireland. However, his female counterpart is just as important! Saint Brigid is also the patron saint of Ireland and she was born in 451. Saint Brigid of Ireland was the daughter of the King of Scotland, but her mother was a poor slave and she was not recognized as royalty for that. Her mother raised her and taught her to be a good Christian.

Brigid's mother wanted to make sure that she raised her child in a way so she would know important things, such as different Christian values. Brigid went to see Saint Patrick speak in public one day. This was a huge moment for Brigid and she never forgot about it. When Brigid became a teenager, her father requested that she become his servant. So, Brigid did but she liked to take possessions from around her father's place and give them to the needy. This made her father very mad, and he

decided that he wanted to sell her off to another king. This never ended up happening because the king who was supposed to buy Brigid found out she was getting sold for her kindness to the poor. He thought Brigid was a great person. Brigid would eventually be given her freedom as opposed to being sold as a slave.

The first thing Brigid did with her freedom was to seek out her mother. She had not seen her since being put into slavery for her father. She found her mother on a farm working as a slave. Brigid took a job on the farm trying to earn enough money to purchase her mother's freedom from her master.

She would earn her mother's freedom although it was not easy by any means. After getting her mother freed, Brigid was called to see her father the king. Her father had found a man who wished to marry Brigid and expected her to go through with it. Brigid was devoted to God though, and had no interest in marriage at all. Brigid was very good looking and that was a problem because she attracted many men. She did not want to marry though, so she prayed to God for her looks to go away. They did and she began taking her vows as a nun. When she was finished becoming a nun she gained her looks back miraculously.

Brigid is known for putting together many convents in Ireland during her time. Many of them are still around today. In 525, Saint Brigid passed away.



Reflections on the Eucharist

This is a series of reflections on what we do each Sunday at the Eucharist so as to help us understand more what we do and why.

PART 17 BREAD & WINE

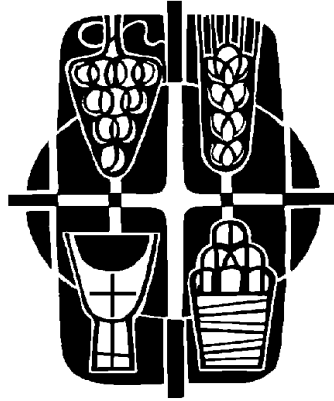
We no longer bring the bread and wine for the liturgy from our homes, but the rite of carrying up the gift retains the same spiritual value & meaning.

When we celebrate the Eucharist in memory of him', we use those elements which Jesus himself chose as symbols of his self giving—bread and wine.

As the fruits of human labour, the bread & wine enable us to bring our daily lives into the mystery we celebrate.

We use unleavened wheaten bread or wafers which reminds us of the Passover and unleavened bread but it can obscure the symbolism of sharing from the same loaf.

Wine is a symbol of joy and in Jesus' day they followed the Greek custom of diluting the wine with water. Presumably Jesus did so at the Last Supper. The wine we use must be the fruit of the vine—natural, pure and unadulterated.



PART 18 PRAYERS OVER THE GIFTS

The Priest blesses the gifts of money that have been collected which is to be used to build up the Kingdom of God.

On the other hand, we present our gifts (bread and wine) to God with praise which the priest says audibly if there is no hymn or quietly during the hymn.

Raising the paten and ciborium containing the bread the priest says: Blessed are you, God of all creation, through your goodness we have this bread to offer, which earth has given and human hands have made, it will become for us the bread of life. All respond saying: **Blessed be God for ever.**

Then having poured wine and a little water into the chalice, the priest says: Blessed are you, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands, it will become our spiritual drink. All respond saying: **Blessed be God for ever.**

These prayers come from the Jewish table prayers of blessing.

The altar can be incensed at this time on high festival times and then the priest washes his hands praying: Lord wash my iniquity; cleanse me from my sin. These form part of the priest's own preparation for the sacred mysteries.

Lighting a candle

You are the light . . .

No one after lighting a lamp puts it under a bushel basket, but on the lamp stand, and it gives light to all the house. Matthew 5:15

In a certain mountain village in Europe several centuries ago, a nobleman wondered what legacy he should leave to his towns people. At last he decided to build them a church. No one saw the complete plans for the church building until it was finished. When the people gathered, they marveled at its beauty and completeness. Then someone asked, "But where are the lamps? How will we see?"

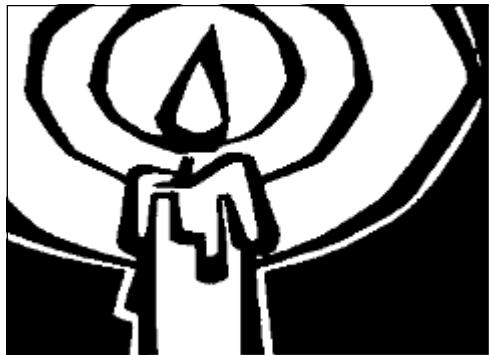
The nobleman pointed to some brackets in the walls. Then he gave each family a lamp which that family was to bring with it each time its members came to worship. "Each time you are here the area where you are seated will be lighted," the nobleman said. "Each time you are not here, that area will be dark. This is to remind you that whenever you fail to come to worship some part of God's house will be dark."



This ancient folktale holds a lot of truth for us today. Even though we do not bring lamps into the church, we do illumine the worship with our presence. Our Anglican liturgy consists of the community participating together, and when you are absent, the community is diminished.

Of course the doors of worship are always open to strangers, visitors, and occasional worshipers, but communicants in good standing are those who are "faithful in corporate worship" and also "faithful in working, praying, and giving for the spread of the Kingdom of God."

I urge each of you to strengthen your commitment to Christ and your support of the church by attending services regularly, by giving us, and by taking your part in the life of the parish. Think about it! Let your light shine where God calls you to be.



God our Father,
source of eternal life,
fill the hearts of all believers
with the light of faith.
May we who offer candles in your church
come with joy to the light of glory.
We ask this through Christ our Lord.
Amen.

Lighting a Candle...

"My eyes have seen the salvation which you have prepared... a light to enlighten the pagans and the glory of your people Israel."

So spoke the old man Simeon when he saw the baby Jesus brought to the Temple by Mary and Joseph.

Jesus is the light, who has come to make God known to the world. Each one of us, at our baptism, is commissioned to spread the light of Christ, to be a light ourselves in the world.

Through the Christian centuries, many men and women have "shone out" as examples of true Christian faith and obedience to the will of God; So we too can pause and pray that our lives might reflect the light of Christ; and we too can light a candle, as have generations of pilgrims before us, giving honour and praise to Christ, and in thanksgiving for all those who have shone as lights in the world.

LIGHTING A CANDLE IS A SIGN:

- ◆ " of our prayers and the offering of our lives in the service of Christ;
- ◆ " of our prayers for others, that they too might be strengthened in their faith and love for Our Lord;
- ◆ " and a symbol of all those who through the ages, have shone as lights in the darkness of the world, and of their prayers for us;
- ◆ " and as a witness that this is a place of prayer, a place where people have knelt in worship through the centuries to acknowledge that the Child of Mary is also the Son of God.



INTERESTING WEB PAGES

www.bibleinayear.org/

provides you with the means to read through the entire Bible in a one year period (365 days) via e-mail or simply print off the reading plan for yourself. It is designed to spiritually challenge and uplift you through God's Holy word. There are several different reading programs and popular Bible versions to chose from.

HAVE YOU SEEN THE LATEST ON OUR WEB PAGE — CHECK OUT

www.essendonanglican.org.au

CHRIST CHURCH LENTEN STUDIES 2011

Theme: Searching for Jesus

Parish Centre at Christ Church Essendon
Studies led by Fr John & Gail Paxman

These studies will be different as we will be using power point presentations and discussion

Please note we start the first week in March which is the week before Lent starts.

Week 1 Wed 2nd March

11am-12.30pm & 7.30-9pm

Searching for the coming Messiah & the nature of Christ

**Week 2 Wed 9th March
Ash Wednesday
10am & 7.30pm Eucharist
(no studies)**

Week 3 Wed 16th March

11am-12.30pm & 7.30-9pm

Did Jesus exist? Birth & childhood of Jesus

Week 4 Wed 23rd March

11am-12.30pm & 7.30-9pm

Ministry of Jesus & Kingdom of God

Week 5 Wed 30th March

11am-12.30pm & 7.30-9pm

Crucifixion of Jesus

Week 6 Wed 6th April

11am-12.30pm & 7.30-9pm

Resurrection & Ascension of Jesus

Week 7 Wed 13th April

11am-12.30pm & 7.30-9pm

Jesus in the Church & the second coming

Lenten Studies 2011 Know Your Neighbour

Fr Kenneth from Aberfeldie has organised an opportunity for people to experience each other's worship by attending a "regular Sunday Service" in each other's styles on the five Wednesday evenings during Lent commencing at 7.30pm

Week 1 Wednesday 16th March
Our Lady of Nativity Catholic Church
33 Fawkner Street, Aberfeldie

Week 2 Wednesday 23rd March
Essendon Baptist Church
138 Buckley Street Essendon

Week 3 Wednesday 30th March
St John's Uniting Church Essendon
Cnr Mt Alexander Rd & Buckley St Ess

Week 4 Wednesday 6th April
Moonee Ponds Salvation Army
Cnr Mt Alexander Rd & Buckley St Ess.

Week 5 Wednesday 13th April
St Andrew's Anglican Church
27 St Kinnord Street Aberfeldie

Each evening will last approximately one hour, and will be followed by a "bring and share" supper. ALL WELCOME

CHRIST CHURCH OP SHOP

Come and check out the gold mine of items available in the CHRIST CHURCH OP SHOP

**Tuesday to Friday 10 am-4 pm
Saturday 9.30 am to 12.30 pm**

Gideons International in Australia



The Gideons is an International Ministry that is an extension of the missionary program of local Christian churches around the world, often reaching people who have no contact with churches and who otherwise might not be reach for the Lord Jesus Christ.

The one objective of the Ministry is to win others to Christ through personal witnessing and the distribution of The Word.

The Ministry is far reaching, but well define:

- Active in 192 countries.
- Scriptures translated into 94 languages.
- Bibles available for all accommodation areas, including motels.
- New Testaments distributed to education, medical, military & correctional facilities.
- 80 million Scriptures distributed in 2010.

The result of receiving a Gideon Testament:

I was a desperate college student, searching for the truth. A kind-looking man offered me a Gideon pocket New Testament as I walked the campus one day. Later, I read two Scriptures that made me stop and think: Galatians 5:21 and Hebrews 4:13, I found I couldn't hide from God. Now God has healed me, and I am a pastor. I thank him for that Testament.



Please pray for the work of Gideons International...

God's Word...for every Person...every Community...every Nation!

LIGHT BULB JOKES

1. How many Anglicans does it take to change a light bulb ?
A. Change ! What Change ???
2. How many Roman Catholics does it take to change a light bulb ?
A. None. They always use candles.
3. How many Charismatics does it take to change a light bulb?
A. One to change the bulb and nine to pray against the spirit of darkness.
4. How many TV evangelists does it take to change a light bulb ?
A. One. But, you must send in your large donation first.
5. How many Uniting Church people does it take to change a light bulb?
A. At least ten, as they need to form a committee to debate on whether or not the light bulb exists.
6. How many Presbyterians does it take to change a light bulb?
A. One to actually change the bulb, and nine to say how much they liked the old one.

HIGH TECH STEWARDSHIP

I read of one priest who perceived the whole concept of encouragement from a financial point of view. He announced one Sunday that he had made a new offering box for the weekly collection of the tithes and offerings. He claimed that it was designed to encourage people to become better stewards of their money.

"This new box," he explained, "has some interesting features. When you drop in a cheque or paper money in large amounts, the box makes no sound at all. Put \$2 in and it tinkles like a bell. A \$1 blows a whistle, and 50c or less fires a shot. When you put in nothing, the box takes your picture."



EssACC 2011 DATES

COMMITTEE MEETING

Wed 23rd Feb 7.30 pm Essendon

BBQ

Sun 6th March 11.30 am Aberfeldie
Bring salad & drink. Meat provided

COMBINED SERVICE

Easter 5 Sun 29th May
9.30 am at St Andrew's Aberfeldie

INDOOR BOWLS NIGHT

Date to be confirmed in June/July
Organised by Strathmore

EssACC DINNER

Date to be confirmed in August
Organised by Strathmore

COMBINED SERVICE

Michaelmass Sun 25th Sept
9.30 am at Christ Church Essendon

Other committee meeting dates to be
determined at February meeting

Chairman for 2011 Fr Kenneth Lay
Secretary—to be appointed from
Essendon

PARISH INFORMATION

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Items for inclusion in Reach Out need to be
with the Editor no later than the second last
Sunday in the month.

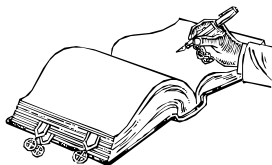
Opinions expressed in the ReachOut be-
long entirely to the person writing the arti-
cle, and are not necessarily the opinion of
the parish, vicar, editor or parish represen-
tatives.

**HAVE YOU SEEN THE
LATEST ON OUR
WEB PAGE — CHECK OUT
www.essendonanglican.org.au**

VOLUNTEERS NEEDED

Christ Church Op Shop is looking for vol-
unteers to assist in its program. If you
have time available and are interested,
please contact the Vicar....

FROM THE REGISTERS



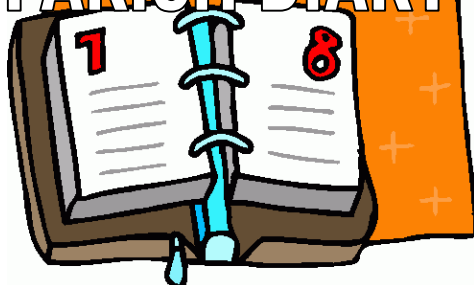
MARRIAGE

02.01.2011 Jan DOBELL & Richard
WOODMAN

FUNERALS

29.12.2010 Beryl Joyce HERRICKER

PARISH DIARY FEBRUARY 2011



Thursday 24th St Matthias
1pm Home Communions

SUNDAY 27th – OS 8

8.00 am Eucharist
9.30 am Sung Eucharist
followed by morning tea
11.30am Meeting of all sides people

SUNDAY 6th Candlemass

8.00 am Eucharist
9.30 am Sung Eucharist
followed by morning tea
11.30am Warden's Meeting

Monday 7th Vicar's day off

Tuesday 8th

9.30 am Craft

Wednesday 9th

10 am Eucharist

Monday 28th Vicar's day off

Tuesday 1st March St David

9.30 am Craft

Wednesday 2nd St Chad

10.00 am Eucharist

Friday 4th Film Night in Parish Centre

SUNDAY 6th March OS 9

8.00 am Eucharist
9.30 am Sung Eucharist
followed by morning tea

SUNDAY 13th OS 6

8.00 am Eucharist
9.30 am Sung Eucharist
followed by morning tea
11.30am Vestry Meeting

Monday 7th Vicar's day off

Tuesday 8th Feb Shrove Tuesday

9.30 am Craft

6.30pm Pancake Night in Parish Centre

Monday 14th Vicar's day off

Tuesday 15th

9.30 am Craft

Wednesday 16th

10.00 am Eucharist

Wednesday 9th Ash Wednesday

10 am Eucharist & Ashing

7.30 pm Eucharist & Ashing

SUNDAY 20th OS 7

8.00 am Eucharist
9.30 am Sung Eucharist
followed by morning tea
11.30am Meeting of readers in church

Please see weekly pew sheet for any changes in parish diary.

Monday 21st Vicar's day off

Tuesday 22nd

9.30 am Craft

Wednesday 23rd St Polycarp

10.00 am Eucharist

2pm Trivi Court Eucharist

