

ST PAUL'S NEWS

JESUS CHRIST | SPIRITUALITY | COMMUNION | TRADITION



WELCOME

At St Paul's "we love because God first loved us" (1 Jn. 4:19).

We believe in the inherent goodness of all people - that the divine dwells at the heart of all living things. We believe the whole world is sacred and so we seek to celebrate God's presence among us with joy.

As such, we are committed to the spiritual growth and wellbeing of all who seek a place to belong.

St Paul's is an inclusive church, welcoming all and offering equal opportunities for those seeking an authentic spiritual community.

Rev Andrew Cooper - Parish Priest

Contacts

PARISH PRIEST

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Out and About Again.

The spate of meetings with Big Wigs continued this week. Although Brother Donald would probably rather be known as a humble Franciscan Brother from the Society of St Francis, he is for his sins also our Archdeacon. While Venerable, Archdeacons in Australia have a bit less formal role

than they do in the C of E where they tend to be a bit more like a regional manager with some authority than the mainly pastoral and auxiliary role our Aussie Archdeacons enjoy. I've known Br Donald for years so we did talk about you all behind your back but with love and generosity... (mostly). Among an Archdeacon's concerns are that clergy are safely and relatively comfortably housed and are being looked after by their flock. I can loudly and positively state that I am definitely both here in Manly.

I caught up with some folk for a cuppa and a chat. I love meeting people in their own homes... it's a chance to talk properly, see the photos of the ones they love... and their families... and get a lovely sense of where they are at. I'm trying to get around you all... but don't wait for me to raise it. If you'd like a catch up let me know. I'm always up for a cuppa or a free feed... I mean opportunity to show pastoral care.

The other interesting visit this week was with Gavin Stone from George Hartnett Metropolitan Funerals. I wasn't drumming up business or dobbing any of you in as needing a funeral in the near future though. Gavin had reached out inviting me to gathering of

local clergy to say thank you for all we do and ask how we can work together in what is effectively a ministry. We agreed how important it is to do the talking about our funerals when we are well and happy so that our families are not burdened when the time comes. (*I have a form if you'd like!*) I was impressed by his gentle understanding and generosity of spirit. As they say on our National Broadcaster to avoid promoting a business, other funeral companies operate... but good to get an insight into one of our local ones.

All this is a blessed time of listening and learning to you as a community of faith and this wonderful part of the world we call home.

Blessings on your head.

Andrew

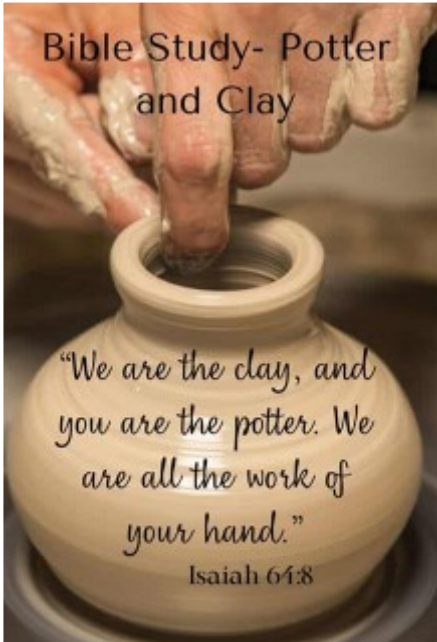
St Paul's Anglican Community, Manly gathers for worship every Sunday at 9.30am in the Chapel, Lota House 162 Oceana Terrace, Lota. We welcome you!



Community Matters

MU Quiet and Reflection Day

On Tuesday 23rd July our MU group did things a little differently as they gathered for a Quiet and Reflection Day. We began with a cuppa and some business, then Fr Andrew led us in a gentle morning prayer from the Corrymeela Community...
...a community of reconciliation and peacemaking in Northern Ireland.



Our theme for the day was the Potter and the Clay inspired by the beautiful scriptures images from Jeremiah and Isaiah. We discussed the gift of quiet and were invited to take the Holy Pause. It was a very open invitation with lots of options for things to read, do and think about... or to just do nothing. Some members enjoyed working with clay to make symbols of their life and prayer, others read and wrote, some walked and some just sat in the warmth of the sun.

We gathered to share some of the fruits of our contemplation. So inspiring to share simple, profound and often deeply moving thoughts and prayers. We enjoyed seeing and hearing what some members did with the clay... all of which were offered onto the altar as our prayer as we shared Eucharist together.

Here's what some of our members wrote...

Brings time for quiet reflection and prayer with friendly folk around giving support to one another and much needed company

MU helps me to be connected. I like learning more about MU groups around the world.

During our Quiet Day I learnt I can't do clay!... but wonderful fellowship.

At Mothers' Union I like learning about others and world wide connection to other groups

MU is love, friendship and caring



MY PRAYER FOR FAMILIES IS THAT THEY WILL GROW AND RESPECT EACH OTHER.

My favourite memory of MU is that we meet together and worship as members of MU and enjoy the company of our members.

I like that we get together as a family and enjoy our company and laughter together.

Something everyone should know about MU is that our relationship with God is encouraged and enriched and also our love for each other.

MU has linked me to the warmth of people when you feel a bit out of sorts and come together as it makes you feel so much better.

My prayer is my greatest blessing from MU. When things are hectic or out of kilter, it centres me, gives me a sense of purpose and calmness. It not only reminds me of the lives I touch but those who touch my life with their love and care. Then I thank God that in this one simple prayer I am reminded of all He does for me and what blessings He gives and what beauty is all around me.

During our Quiet Day I thought about friends that need my prayers.

MU helps me focus on the needs of families in the materialistic world we live in. It seems MU does try to teach outside the everyday Anglican teachings and ask members to consider help as an extra both through prayer and material help.



Lessons from the Potter and the Clay

When the clay is placed on the centre of the potter's wheel, the spinning force and the hands of the potter create

the perfectly shaped clay jar. If the ball of clay is off-centre, however, it will eventually form unevenly and collapse. Like the clay, we too need to be centred- on Jesus. God's hands can shape us perfectly when we fully surrender and stay centred in Him. <https://busyblessedwomen.com/the-potter-and-the-clay>

What throws you off-centre? Think of outside influences, poor decisions, and our tendency to stray.

Scripture Readings This Week

Exodus 16:2-4,9-15; Psalm 78:22-28
Ephesians 4:1-16; John 6:24-35

Next Week:

1 Kings 19:4-8; Psalm 34:1-8
Ephesians 4: 25-5:2; John 6:35,41-51

For your prayers:

- ◆ The Anglican Church of Kenya
- ◆ The Diocese of Bathurst
- ◆ The Parish of Ithaca-Red Hill
- ◆ Mathew Hale Public Library
- ◆ Canterbury College, Waterford
- ◆ Kim, Yvonne, Bev G

A Potter and Clay Prayer

Heavenly Father,

I acknowledge that You are the potter, and I am the clay. Shape and form me, Lord, according to your purposes. Mold me and make me into a vessel that reflects your glory and is useful for your kingdom.

Thank you for always drawing me back into your gentle hands. Apart from you, I can do nothing! I want to be in your will to become what you have planned for me. Help me to be responsive to the refinement that comes, knowing it brings strength and resilience.

I praise you for your unending love and patience as You make me into the person You planned me to be. In the name of Jesus, Amen

What's On

This week

Monday 10.30 EM Tooth Community Worship, Activities Room

Monday 7.15 Parish Council Meeting

Tuesday 9.30 Bible study and Reflection. Chapel @ Lota House followed by a cuppa.

Sunday 9.30 Parish Eucharist, Lota House Chapel 9.30am including MU Anglicare Rapid Response Leaving Collection

Coming up

August 9th Mary Sumner Day Picnic 10am Lota Foreshore

August 10th Cursillo 10.30am

August 14th MU Deanery Quiet Day St Mark's, Daisy Hill

August 15th Chaplaincy Gala Dinner

August 17th Tatters and Chatters in the parlour @ Lota House

August 19th-22nd Fr Andrew at Provincial Clergy Conference, Gold Coast

August 24th Cursillo Moreton Ultreya Carindale

Please let Fr Andrew know of any upcoming events.

Heidi's Hi

From our Community Coordinator

Prayer of Wonder and Gratitude by Heidi



Dear Creator of all that is,
We come before You with hearts full of wonder.

In the beauty of the trees so green,
And the vastness of the sea so blue,
We see Your hand at work.

In the fragrance of new flowers,
And the gentle dance of rain,
We feel Your presence and Your love.

Guide us to cherish the cycles of life,
Even when they move against the grain.
Help us to see the beauty in every moment,
And to embrace the wonder that surrounds us.

Grant us the wisdom to appreciate The gifts You have bestowed upon us,
And the grace to share that wonder With all whom we encounter.

May our hearts remain open,
Our spirits ever grateful,
As we walk through this world
In awe of Your magnificent creation. Amen



Support our Ministry

Bank: Anglican Financial Services

Account: Manly Anglican Parish

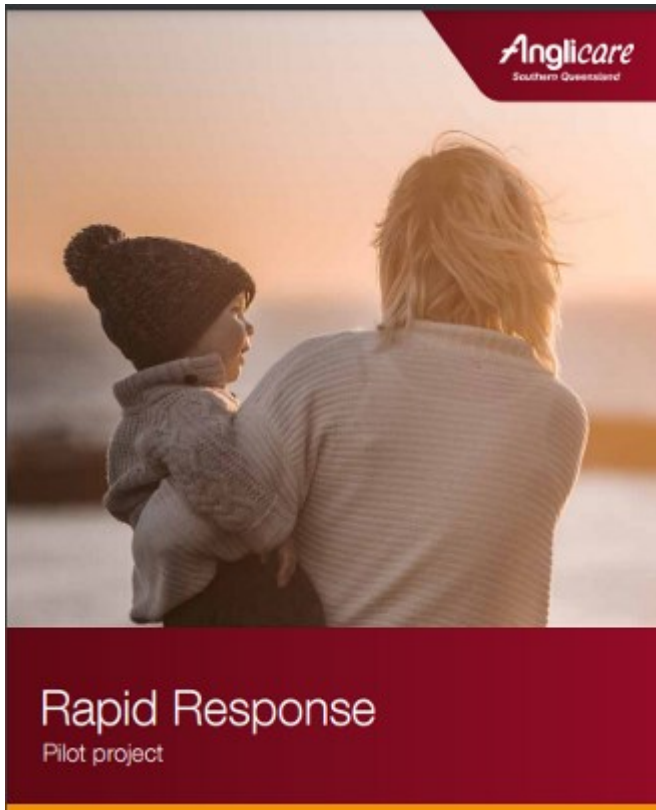
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www.stpaulsmanly.org

Parish of Manly
Anglican
Church Southern Queensland



ANGLICAN
MOTHERS UNION
AUSTRALIA

Retiring Collection
Sunday 11th August

What is Rapid Response?

Rapid Response is an early intervention program that's designed to keep families, who are at imminent risk of having their child legally removed from their care, together.

This program provides parents with immediate skills and knowledge to reduce potential risks within their home that may lead to their children (aged 0 to 12) being placed in out of home care (OOHC).

Bringing Rapid Response to Anglicare Southern Queensland

Anglicare Southern Queensland has been supporting foster and kinship carers for more than 30 years. We believe that it's important to keep children and young people in safe and nurturing environments where they can thrive.

How does it work?

When a family is at imminent risk of having their child removed, the Department of Child Safety refers them to a Rapid Response facilitator. This immediate response occurs within 24 hours.



To donate, please visit giving.anglicaresq.org.au and write 'Rapid Response' in the comment section of the donation form.