



ST PAUL'S ANGLICAN COMMUNITY, MANLY
13th October 2024

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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We acknowledge the traditional custodians of this land, the Quandamooka people and their elders past, present and emerging.

We honour the connection the traditional custodians have with this land.



- St Francis Day fun and furriness
- G'day from Peter and Jean Meagher
- Recycling News
- Lota House Development update

A Pooch Smooch for St Francis Day



Furry friends stole the day as we celebrated the Feast of St Francis and the blessing of pets. Our service welcomed star pooches Archie and Giddie who behaved with the utmost decorum, sniffed everything including the vicar's nose and sat patiently while we sang and prayed and remembered. Close sources suggest treats were involved and that both puppies were very good indeed. Fr Andrew brought his aspirational stuffed Scottish Terrier and tweed covered sausage dog and others brought along cherished pictures of pets a wee bit naughty to bring in person or who now rest over the rainbow bridge.

Each animal... in person or in picture... holds stories of love, devotion, happy memories and important life milestones. It was so profound to hear the deep ways our animal friends touch our lives and the important role many had as companion animals for people struggling with life. So many beautiful stories of animals adopted as rescues and living their best lives after grim starts. Lots of broad smiles as pictures were admired. Frances' well captured moment of her cat surprising a wee mouse was amazing. The venerable age of many was inspiring... the pets I mean... although the holders had the wisdom of years sometimes too.

Many heartfelt prayers of thanksgiving for the blessings our pets are to us... and a commitment to care and protect all God's beautiful creatures... even the rats and iguanas.

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



A Fantastic Franciscan Feast

Our celebration of the Feast of St Francis did focus on his role as patron Saint of Ecology and Animals. St. Francis of Assisi spent much of his time preaching about animals, exhorting that all creatures are brothers and sisters under God. Not only did he care for the poor and sick, but he preached multiple sermons on animals, and wanted all creatures on Earth, including humans, to be treated as equals under God. Some of his sermons included stories about

birds, fish, and rabbits. The beautiful Canticle of Creation he inspired says

*Praised be You, my Lord,
through our Sister Mother Earth,
who sustains and governs us,
and who produces various fruit
with coloured flowers and herbs.*

We shared the quirky and amusing cartoon video “A Day in the Life of St Francis” which while perhaps taking a bit of poetic license to engage a wide audience... did St Francis really play touch football with the local kids?... emphasised that sermons are important but being an example of Jesus values can touch hearts most profoundly. He is attributed with the motto “Preach the Gospel at all times... and use words if you have to.”

St Francis is more than the smiling nature lover. He was a mystic with a profound experience of the suffering of Christ; a thorn in the side of a church that often emphasised wealth, power and glory over poverty, humility and service; and an inspiration to thousands of men and women over the centuries to sell all they own and follow the radical, costly path of loving Jesus in serving the poor.

Jen Crisp shared this lovely version of the Peace Prayer that inspires her.

Where there is charity and wisdom,
there is neither fear nor ignorance.
Where there is patience and humility,
there is neither anger nor disturbance.

Where there is poverty with joy,
there is neither greed nor avarice.

Where there is rest and meditation,
there is neither anxiety nor restlessness.

Where there is fear of the Lord to guard an entrance,
there the enemy cannot have a place to enter.

Where there is a heart full of mercy and discernment,
there is neither excess nor hardness of heart.

Francis of Assisi



Above: Actual footage of St Francis at prayer... maybe.
Below: Archie and Giddie and some random humans.



Olive brought a horse... and others cats, dogs and a furry meerkat.



The Vicar's Voice

I've been very grateful for wise heads and helpful hands this week. I'm regularly reminded and relieved that no priest ministers alone and I'm so impressed at the goodwill of folk here at St Paul's and the willingness to talk with each other to get things happening. I'm also encouraged that most of the time we can have small disagreements, or even poorly chosen words if we are feeling a little frustrated, and on the whole sort it out or let it go to the keeper. My mum... or someone wise like that... I forget... suggested that a good relationship is not one where there are no hiccups, road bumps, different opinions or even sharp words or arguments but rather one where sorting these things out is done with love and sometimes humility.

The Letter of James we've been reading a bit about lately re-iterated the need to keep working on the normal human interactions even in a community of faith. Sometimes we do have to acknowledge fault, say sorry and offer or accept forgiveness. My hope and prayer is that if anyone is feeling a bit wobbly about anything the vicar might do or say... or not do or say... will sit me down with a cuppa and talk it through.

In other news... and not connected to the above... really.... Parish Council met on line this past week. We are building up to a Parish Council Planning Day on Sunday 27th October after our service so much of the agenda around Worship and Faith Formation, Pastoral Care, Mission and Outreach and Stewardship was catching up on what folk have been up to. The MU and Cursillo reports summarised some of the great things you've been reading about in this newsletter over the last month and as I'm still the new guy getting me up to speed with things ahead like Christmas. We spent a little time thinking through the things we have to do as the development begins and were reassured that while we do need to be alert we are basically in line with the targets outlined in the budget tabled at the last AGM. Treasurer Craig Lawrence can fill in more detail if you'd like to know more.

One of the things we all agreed on was the significant absence among us as the wonderful Phyl Ramsay has resigned from Parish Council in preparation for the move with Col to some other place. I am in denial that this will happen as I already have come to rely on Phyl for gentle advice and so many generous acts of care and love. There is no truth to the rumour that I am actively praying the whole house thing will fall through so we can keep her... You can guarantee there will be more said as time goes on but Parish Council wants to convey how grateful we all are for her contribution on that august body.

Anyhoo... many good things happening and I look forward to connecting with you at church, online or over a cuppa sometime soon.

Blessings on your heart and head in the week to come. Andrew

Car Boots and Community

Some great pics from the Boot Sale Boffins last Saturday. The balmy day brought out more stall holders than usual and a lot of visitors, creating a festive buzz around the grounds. The most popular things are the wonderful plants so generously donated. We think we had the best quality at the best prices on the day! The coffee is always good, the Men's Shed breakfast tasty and the company excellent. There is photographic evidence of the vicar hard at work posting Facebook pics and pointing with his stick when he needs more attention.

Thank you again to the team!



Lota House and E M Tooth Development Update

Fr Andrew met with E M Tooth Facility Manager, Suzette Scriven recently and Parish Council wants to share some updates of the long-anticipated development of Lota House and the Village. The long term aim is that Lota House will become a centre piece visually and practically in the Village development and E M Tooth Home.

The first stage is the refurbishment of the former Kitchen Lota House and modified access into E M Tooth Administration area. This is to start soon but actual date is to be advised. It could happen very quickly as the development stakeholders are meeting regularly. Fr Andrew will share an initial mud map diagram showing the areas of the building involved in this first phase before the service on Sunday, however some of the main points are:

- Additional parking will be added in front of Lota House.
- The former Ladies' Toilet currently used as storage by the parish will be refurbished as a unisex toilet.
- Scaffolding/Safety barriers will be installed, changing access to the chapel and the Lota House verandas including entry and exit points and access to the toilets at the rear of the chapel.
- Access to and use of the Parlour will remain unchanged during this phase.

This does have some implications for St Paul's use in the short term. We will need to remove anything stored in the old toilet area including furniture as soon as feasible. We will have minimal storage and will need to find safe homes for items on the veranda and the contents of shelves and cupboards. The less we store the better but we may utilise some existing spaces and may propose additional shelving. Fr Andrew has had lots of chats with various people concerned and plans for tidying up and relocating things will happen over the next week or so.

Please have a chat to Fr Andrew or a parish councillor if you have any questions or want to check anything.

A Visit to Peter and Jean Meagher

Robyn Lawler and Bev Schmidt write:

Helen, Kay and Robyn went on a road trip to Brassall Aged Care on Tuesday 1st of October to see Peter and Jean Meagher. Peter and Jean moved there after illness to be closer to family. Between Covid Tests, and 2 forms to fill out it took approximately 20minutes to see them.

We finally found them sitting on the veranda. We sat there talking about Lota House and all the people we know. The reminiscing by Peter and Jean led to further stories of their life including how they met and that they have been married for 64 years. They met while working together and married at St. Matthew's, Holland Park. They have 2 children, Mitchell and Cathy.

While there we watched the Hercules aircraft from Amberley Airforce Base fly overhead and return, which was interesting to see. Also we were visited by Butcher Birds who came and sang to us while sitting nearby. One sat on Peter's walker and one next to Kay. After 2 hours or so of chatting it was time to say goodbye. We passed on the prayers and best wishes of the parish and promised to visit them again.



OUR RECYCLING PROJECT.

Sandra Davis writes: In recent weeks five of our recyclers have cashed in their bottles, cans and cartons. These are Desley and Shirley, Isobel and Chris and Sandra. Together they have deposited \$74.90, bringing our total so far this year to 205.90, a very good effort.

Hopefully, with the warmer weather already here, our collection of containers will increase further.

Have a chat to Sandra if you would like to join this project.



Eligible Containers

MEN'S WELLNESS FORUM

SATURDAY
OCTOBER 19TH - 2024



This FREE forum is hosted by the Anglican Men's Society and is open to all men who would like to become more aware of their health needs—mentally, physically, and holistically.

Guest Speakers: Beyond Blue, Walk and Talk, & R U OK?
Q&A Session
Morning Tea Provided



Location: 43 Park Rd, Deception Bay
Date: Saturday, October 19th, 2024
Time: 9:30am - 12:00pm

ASKING FOR
HELP
IS OK

Register for your FREE ticket by using the QR Code.
Alternatively call Trevor on 0421 901 737
or email thursdey@gmail.com

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Scripture Readings This Week

Amos 5:6-7, 10-15; Psalm 90:12-17;
Hebrews 4:12-16; Mark 10:17-31

Next Week:

Isaiah 53:4-12; Psalm 91:9-16;
Hebrews 5:1-10; Mark 10:35-45

For your prayers:

- ◆ The Episcopal Church in the Philippines
- ◆ Ministry with the Aboriginal People of Australia and Bishop Chris McLeod
- ◆ The Parish of Zillmere
- ◆ Green Hills Anglican Community Caring Ministries
- ◆ St John's Anglican College, Forest Lake
- ◆ Yvonne, John, Coralie, Richard, Ann, Bruce, Judi, Brad, Stephen, J and J, Val, Chloe and Family

We remember with love Gordon Voltz and hold Kay and family in our prayers on the anniversary of his passing.

A prayer during an election campaign

*Loving God,
thank You for creating each of us with unique gifts,
and for gifting some with leadership abilities to
help guide our state.*

*For everyone running for office, whether they win
or lose, refresh their spirits and encourage them.
Give them the strength to make good decisions
both in and out of the public eye.*

*Help them readily give grace — and receive it.
Protect their families from sickness, bitterness, and
discouragement.*

*May every leader be encouraged by the truth that
Your love is always stronger than hate.*

We pray in Jesus' name. Amen.

Source: <https://www.worldvision.org>

What's On

This week

Monday 10.30 EM Tooth Community Worship, Activities Room

Tuesday 9.30 Bible Reflection in the Chapel

Wednesday Morning Fr Andrew @ Pete's Pantry

Wednesday 7.30 Wynnum Men's Fellowship Group
St Peter's Hall, Wynnum

Thursday 9.30 am Tatters and Chatters in the Parlour

Sunday 9.30 Parish Eucharist, Lota House Chapel 9.30am

Coming up

October 22nd MU AGM and Meeting 9.30am

October 23rd Men's Fellowship Thai feed

October 27th Parish Council Planning Day @ Lota House

Please let Fr Andrew know of any upcoming events.

Heidi's Hi From our Community Coordinator

Praying With Your Body

Fr Andrew and Heidi have had some great chats recently about connecting our minds and spirit to our bodies, particularly in tough or stressful times. We thought you might like these thoughts from Jane E. Vennard, "Praying with Body and Soul" about using your body in prayer.



What does using your body in prayer mean?

For starters, it means getting outside of your head and making your experience with God more of just that - an experience. You can begin by becoming more attentive to the different positions you use in prayer.

Memories, including trauma, are stored in the body.

Different positions will open up different emotions you may not have known were there.

Try kneeling, standing up with your arms outstretched, lying on the ground on your back with your palms open, or lying prostrate. How does each of these positions give you a different experience of God? Get creative and listen to the ways your body wants to communicate with God.

Some additional suggestions are:

- A walking meditation
- Stretching and breathing to a prayer phrase or line from scripture.
- Dancing and allowing your body to move however it feels called to move

When the body teaches us to pray, our relationship to God is expanded and deepened.

To allow the body to become your teacher of prayer; place your body in a new position, one that you may have not have associated with prayer. For example, you might stand and tilt your head back slightly so you are looking up. Raise your arms to waist level and open them wide as if you were about to welcome a loved one into your embrace. Allow your eyes to close. Hold this posture gently, breathing in the experience of your body, and listen to the prayer that begins to form in your soul.

Your prayer may come in words or images, snatches of music, or a physical sensation of moving more deeply into relationship with God. Listen and trust what comes. Truly, the body knows how to pray.

Excerpt from: "Listening to the Still Voice of God," Online Retreat by Christine Jurisich

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