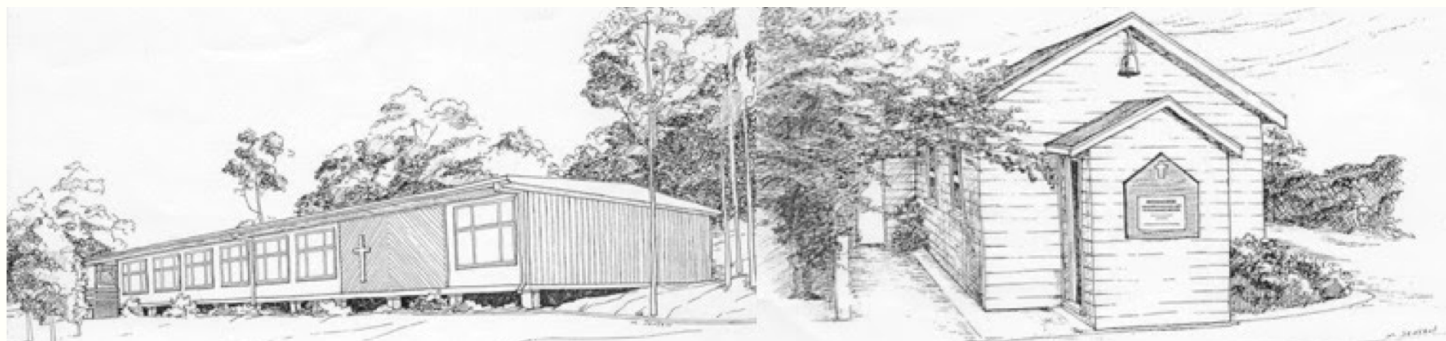


# ANGLICAN PARISH OF BELMONT NORTH REDHEAD

*Weekly Pew Bulletin & Newsletter*



**DETAILS FOR DIRECT CREDITING WEEKLY OFFERINGS AT THE BOTTOM OF FINAL PAGE OF BULLETIN**

## This weeks readings

**ELEVENTH SUNDAY AFTER PENTECOST:**

EXODUS 1.8-2.10                      PSALM 124.  
ROMANS 12.1-8                        MATTHEW 16.13-20

**READINGS FOR THE REST OF THE WEEK**

**MONDAY: BARTHOLOMEW**

DEUTERONOMY 18.15-18.            PSALM 145.10-18  
REVELATION 21.9B-14                JOHN 1.45-51

**TUESDAY:**

2THESSALONIANS 2.1-17    PSALM 96.7-13    MATTHEW 23.23-26

**WEDNESDAY:**

2THESSALONIANS 3.1-18    PSALM 128.            MATTHEW 23.27-32

**THURSDAY: MONICA; MOTHER OF AUGUSTINE**

1 CORINTHIANS 1.1-9            PSALM 145.1-7.    MATTHEW 24.42-51

**FRIDAY: AUGUSTINE OF HIPPO** (Not Augustine THE Hippo)

1 CORINTHIANS 1.17-25    PSALM 33.1-8    MATTHEW 25.1-13

**SATURDAY: THE BEHEADING OF JOHN THE BAPTIST**

1 CORINTHIANS 1.26-31.    PSALM 33.13-21    MATTHEW 25.14-30

### *Prayer of the Week*

Creator God, you have made us for yourself, and our hearts are restless until they find their rest in you: teach us to offer ourselves to your service, that here we may have your peace, and in the world to come may see you face to face; through Jesus Christ our Lord.

*Amen*

## IN THIS ISSUE

### READINGS & PRAYER FOR THIS COMING WEEK

#### SAINTS FOR THIS WEEK:

- MONICA
- AUGUSTINE

#### SPIRITUAL DISCIPLINES THIS WEEK:

- PATIENCE
- MEDITATION
- FASTING

#### REFLECTION ON SUNDAYS GOSPEL

#### THIS WEEK WE PRAY FOR

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# Saint Monica



Saint Monica, Saint Augustine's mother, is considered 'a mother for our times' and illustrates the power of mothers and prayer. Saint Monica was most likely African, born in 331 A.D. in Tagaste, a center of Berber culture in what is now Algeria.

She exemplifies qualities of patience, persistence, and piety that believers can appreciate. Saint Monica was a faithful wife to Patricius, a Roman pagan and a devoted mother. Saint Augustine was a wayward youth and Saint Monica prayed, fasted, and wept over him. This led a local unnamed bishop to console her: "the child of those tears shall never perish". Her persistence, prayers and patience towards her son and husband prevailed, eventually converting them to Christianity. Following Augustine's conversion was a period of deep spiritual friendship between mother and son.

Every age sees mothers who make deep, often decades-long sacrifices for the sakes of their children. Our time is no different! As in Monica's day, motherhood can be a thankless task. Yet for those women who love their children unconditionally, enjoy spending time devoted to their children, patiently and piously persevere in their devotion to God and family, the rewards are beyond human measure. Indeed, who knows which mother in our own day is raising the next Augustine?

This feast day of St. Monica, we may pray for and personally thank the mothers in your life, charting their righteous deeds, that what was said of Monica on her gravestone might be said something similar of them: Yet behind every great man (perhaps Jesus being example No. 1) is a great mother who raised, nurtured, and taught him.

Saint Monica— a loving and devoted mother who would "give all that she could to the poor—so that the communion of the Lord's body might be rightly celebrated in those places."

What can the inspirational Saint Monica teach us? The power of prayer, the power of a mother's love and perseverance in hope.

REFERENCE: [HTTPS://THEFEDERALIST.COM](https://thefederalist.com)

## Reflection on the readings

Ordinary Sunday 20 - [Pentecost 12] – Sunday 23 August 2020· Exodus 1.8 – 2.10; Psalm 124; Romans 12.1-8; Matthew 16.13-20  
As we all know, government sentiments change and the story we now read is one where the Israelite people found themselves surrounded by prejudice and hostility in Egypt. History repeats itself when Moses is born: like Joseph, he, a Hebrew, will come to live with the Egyptian royal family.

Pray for those who are subject to prejudice and hostility because of their ethnic background. May God's Spirit support and encourage them in the face of racism and other forms of irrational hatred.

Give thanks for the Anglican Church in Aotearoa, New Zealand and Polynesia

Text: Robert McLean. © Anglican Board of Mission, 2020

## This Week We Pray For:

### Healing

Karlene, Cindie, Pam, Robyn, Jan, Frank Rynehart, Fay House, Carolyn & Grahame Cook, Les Hutchinson, Edna Parmiter, Adele, Trevor, Brett, Sybil, Hayden, Annette & David

### Please Pray:

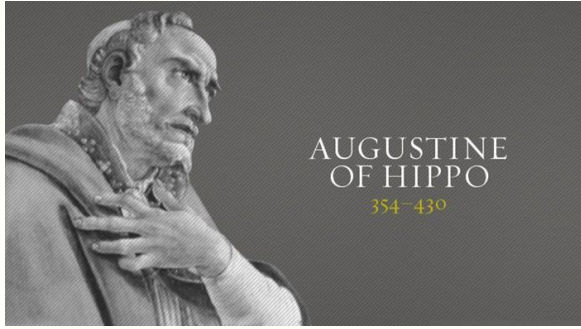
We lift up the people in Iowa, USA where tornadoes have changed lives forever and have demolished the livelihood of so many. We ask for your presence to be off the coast of the Republic of Mauritius where an oil spill has damaged your beautiful creation. We pray for courage and resiliency for those facing wildfires in California, USA, especially for those in danger's path and those who are suffering renewed trauma because of losses suffered in previous years. We ask for your healing and love in a world which is falling apart. we now pray for those who have seemingly recovered from the virus, but may indeed experience life-long effects. As we imagine new ways of life, we pray for continual healing for our loved ones and neighbors who are suffering from these effects already. We pray for those in Spain, Italy, and Iran where there have been significantly more cases in the past days.

### Each Day we pray

For: Peter, our Bishop with Sonia and Charlie our Assistant Bishops. Health professionals diagnosing and treating the COVID-19 virus and those researching and developing treatments and cures.

The First Peoples of the Diocese especially the Awabakal, Biripi, Darkinjung, Geawegal, Kamilaroi, Worimi and Wonnarua peoples.

# Saint Augustine



Saint Augustine was a theologian, philosopher, and the bishop of Hippo Regius in Numidia, Roman North Africa.

In his youth, Saint Augustine felt great attachment to worldly desires and was struggling with himself. For years he had sought to overcome his fleshly passions and nothing seemed to help. It seemed to him that even his smallest transgressions were weighted with meaning. Later, writing about the pear stealing of his youth, he reflected, "Our real pleasure consisted in doing something that was forbidden. The evil in me was foul, but I loved it." He was opposed to Christian belief, although his mother, Saint Monica, tried with all her might to convert him for years.

In 386 Augustine converted to Christianity. After reading Romans 13: 13-14 "Not in reveling and drunkenness, not in lust and wantonness, not in quarrels and rivalries. Rather, arm yourselves with the Lord Jesus Christ, spend no more thought on nature and nature's appetites" Saint Augustine wrote, "No further would I read; nor needed I: for instantly at the end of this sentence, by a light as it were of serenity infused into my heart, all the darkness of doubt vanished away."

Saint Augustine wrote extensively on Christianity. In particular, he emphasised the doctrine of original sin, the importance of grace and the Holy Trinity. His writings have had immeasurable impact on people, communities and churches.

Saint Augustine's faith in times of loss was unwavering. By the time he reached his home town (a journey lengthened by political turmoil), he had

lost his mother, his son, and one of his closest friends. These losses propelled Augustine into a deeper, more vigorous commitment: he and friends established a lay ascetic community in Thagaste to spend time in prayer and the study of the Scriptures. In 391, Augustine traveled to Hippo to see about setting up a monastery in the area. His reputation went before him.

In the spring of 430, the Vandals – who had previously sacked Rome, invaded Roman Africa. Augustine fell ill and died on 28 August 430. The Vandals returned to Hippo and burnt much of the city – though Augustine's library survived.

What can Saint Augustine teach us?

1. The importance of a real relationship with God
2. The importance of a church community
3. The Helplessness of Humanity - Augustine has also taught us that the human race is united in sin and rebellion against God and cannot save itself.
4. In times of heartbreak God is there for us. Saint Augustine's faith in the Lord grew stronger after the loss of his mother, son and closest friends.
5. God is a Trinity of love. To his mind, the Father is the one who loves, the Son is the one who is loved (the "beloved Son" revealed in the baptism of Jesus), and the Holy Spirit is the love that flows between them and binds them together.
6. God created the world (and us) for a purpose. Saint Augustine knew that there was a divine purpose at work in his life and that God was using him in ways that he could not fully appreciate.
7. The Christian life is a journey of faith. To be in a relationship with God means to live with him, to share his thoughts, to have the mind of Christ, and to do his will in the power of the Holy Spirit on a day-to-day basis.
8. Christian mission is important wherever it is exercised.

**References:** <https://www.crossway.org/articles/8-things-we-can-learn-from-st-augustine/>  
<https://www.christianitytoday.com/history/people/theologians/augustine-of-hippo.html>

## Spiritual Disciplines for Spirited Disciples

This week we continue with our look at different Spiritual Practices, focusing on:

- Patience
- Meditation &
- Fasting



Patience is not only a virtue but also a fruit of the Spirit. Patience is not an end unto itself; instead, patience is the fruit of an

underlying spiritual principle.

Waiting is never fun. As people raised in a Western culture, we value action. We are taught to admire those who get things accomplished, those who seize the moment and make things happen. But spiritual maturity cannot be rushed. Patience is not for sale at a dollar store. The discipline of waiting both reveals how much patience we have and helps to develop patience. In a hurry-up world, learning to wait is not a wasted effort. It can, if we allow it, develop godly patience.



Scripture urges us repeatedly to meditate upon, not merely read or memorize, God's Word. Our minds are in the process of being

transformed, the words of our mouths reshaped. The Christian transformation is to be so complete that even the things we used to delight in are being replaced with new, holier delights. But God's Word has to be internalized for these radical and fundamental changes to take place. The word meditation spoken of here is not to be confused with an emptying of the mind that Eastern religions practice. Rather, for our purposes, meditation refers to a long, regular, and carefully measured consideration of a topic. More specifically for this context, meditation refers to a careful knowledge of Scripture, along with an intense commitment to the faithful application of Scripture to one's life and the present and future life of one's community.

Our fathers in the faith have taught us to meditate upon Scripture. Meditating on Scripture cleanses the mind, transforms it, and alters the way we speak. Meditation is the habit of those who delight in God's Word; it is the characteristic of those for whom God's Word is the gravity to which every thought ultimately bends.



Early Christians made fasting part of their spiritual discipline. It remains an important habit today. Many churches start each quarter of the year with a period of prayer and fasting. In this segment we will examine the discipline of fasting. In biblical times, food often played a role in worship. While this segment is about fasting, it is important to understand that God also instituted celebrations that had eating as a central function of worship. When it comes to food, fasting is not the only response that leads to deeper spiritual life.

The Bible does talk about abstaining from food for a period of time, or fasting. In fact, fasting or going without food is mentioned more than eighty times in the Bible. Although most of the references to fasting are in the Old Testament, it is mentioned twenty times in the New Testament. The four main reasons found in scripture for fasting are:

- Urgency in Prayer
- Mourning
- Worship and,
- Spiritual Direction

If you've never fasted, it may be something you consider doing, either alone, or as part of a group.



## AROUND THE PARISH

On Monday 17th Bishops Peter and Charlie met with priests and wardens from Windale, Belmont North Redhead, Belmont and Swansea to discuss ways ahead for these four parishes of East Lake Macquarie. Fear not. We are not talking about “hub and spokes” but about collaboration and sharing within a cluster. Each parish will retain its identity. At present three of the four parishes can only afford part-time priests. Congregations are aging. As Anglican Christians we “belong” in a parish, in a diocese, in a worldwide communion. We are not alone. Can we share more in worship, fellowship, care and compassion? How can we support one another? Common newsletters / magazines? Collaboration between teams? Raise up new lay leaders for church services? Gatherings for special occasions or special purposes, Bible studies, Discussion group, other groups? ...?

### A correction and apology

In the Bulletin two weeks ago I made a mistake of recollection when I reported on the meeting between Bishop Peter and the parish council. I reported that Bishop Peter had used the phrase “of a push by a group” as part of his not being certain that the entire parish had owned the decision to sell Redhead. This is incorrect, neither that phrase nor anything like it was mentioned. I apologise for any upset caused by my failure of memory. My intent was only to report what I thought I'd heard - not to cause any upset.

### GROWTH GROUPS

In October we will have a range of growth groups available for parishioners to choose from. In a growth group, learning is a relational experience. We explore together, discuss together, question one another, help each other, learn together, even disagree with each other at times, and push each other to apply what we've learned. It's a very different dynamic from either personal or even group Bible study or listening to a sermon. More time can be given to the 'how did you come up with that idea' question. Growth groups provide smaller relational environments that enable more personal interaction between people. We listen and talk and share ideas and thoughts and questions. We can ask each other for help. We can offer encouragement. We can carry each other's burdens.

Although We will have three growth groups running at the same time, though not necessarily on the same day. Each group will have a different theme and deal with a different idea to explore. Growth groups will only run for up to 6 weeks all up.

The groups themes will be:

**YOU SAID THIS...I HEARD THAT** - exploration

how our personalities can determine how we hear and say things...and can get things wrong!

**IF MONEY TALKED, WHAT WOULD IT SAY?**

If you invited money to pull up a chair and give you its best advice, you might be surprised that what it would say is pretty close to what Jesus did say two thousand years ago.

**ORIGINS: THE STORY OF EVERYTHING** How

did the world begin? A look at creation and our place in the universe.

Website: [belmontnorthredhead.com.au](http://belmontnorthredhead.com.au)

Account details for direct giving to ASDF

account: BSB: 705-077

Account Number: 00022243

Make sure you visit our parish website often.

There are some fantastic resources on there that will help you worship at home.

Resources are added regularly.

Resources to be printed for those without a computer