

# Anglican Parish of Warracknabeal

Warracknabeal, Areegra, Minyip, Hopetoun, Brim

**Pentecost 14**  
**06<sup>th</sup> September 2020**

Hello everyone!

What makes a 'challenge' good for us? I've been reflecting on this as I passed the 500km mark on my 'revolution' last week. It is an interesting thing to 'google'. You most probably have your own thoughts of how you have grown through your own experiences in life, and I want to share a few thoughts I found during my research.

## **1. A challenge helps increase your self-belief.**

When we make ourselves do something "hard" and we finish it, we put a little notch in our belt of self-belief which translates into self-esteem. We have to intentionally work to nourish and grow our "self-estimation," our larger sense of who we are, what we're capable of, and what we can count on. On the other hand, when we avoid challenges, we undermine our self-esteem. We set ourselves up for a life of mediocrity, full of regrets and what-ifs.

## **2. A challenge helps us to discover more about yourself.**

Overcoming challenges creates opportunities to discover things about ourselves like strengths, preferences, and even passions. When we try new things, we discover hidden aspects of who we are that have yet to be developed. We unfold as a person who can experience joy, passion, and excitement for life when we choose to open our hearts to a new version of our Self.

## **3. A challenge helps us to recognize our power as a creator.**

When we face a challenge, we often have to dig deep within to find the personal power we need to pull our resources to the surface and put them into play, we create something new that wasn't there before. No matter the outcome of taking a risk, you're part of creating something better. Challenges teach us to appreciate the collaborative space between source and creation - our truest strength - the thing we'll learn to count on when unexpected challenges hit us square in the face.

[By TRACY MARTIN and adapted by Rev James:

<https://www.tut.com/article/details/491-3-reasons-why-you-should-challenge-yourself/?articleId=491>]

That's all for now. With every blessing, Rev James

## Some good news

Rev James would like to inform you that he is involved in a significant personal relationship. Making public statements of this nature are always tricky and particularly under current circumstances. While the pew sheet is not the ideal medium for such news, we are trying to keep as many people as possible in the loop. As we negotiate the complexity of 'public' and 'private' in regard to this news - we would appreciate as few assumptions are made as is realistically possible. We trust that you will be able to approach us personally.

Rev James & Vikki Peart

### **Coffee ZOOM-In!**

9.30am on Tuesday mornings – join a few people to catch up on the latest from Beulah, Galliquil . It's fun!

*Ask Rev for ZOOM-in details!*



#### **Prayer in the Parish**

**In the Parish & Beyond:** +Garry; Fr Michael; for all experiencing ill health; for all having a September birthday; for all loved ones – near and far away; romance – no matter how many years you've been together.

**Community:** Front-line health care workers; for our friends; our neighbours; our work colleagues; our mates; our business owners; our tradies; our community organizations.

**Years Mind:** Marie Griffiths, Noel Parsons, Kevin Thompson, Rhonda Taylor, Margaret Wood

#### **Pentecost 14 youTube from Rev:**

People of the Earth

<https://youtu.be/hcwsEubxtaY>

#### **Bishop Garry's youTube message:**

*Who Do You Say That I Am?*

<https://youtu.be/doEiXDNIHNA>



**Kilometres travelled**

**650.47**

**Pledged & Donated**

**\$3867.97**

#### **Sunday Morning ZOOM - 10.30am - Link:**

<https://us02web.zoom.us/j/84020945540?pwd=YWFoSWYyY2ZJL0I2bXVvaUIFbXZydz09>

**Meeting ID: 840 2094 5540**

**Passcode: 304651**

#### **Updated Parish Website is live!**

In recent weeks, we've been doing some work to update our website ... check it out and if you have information or additions you'd like to make - get in touch with Rev!

**[warrackanglican.org.au](http://warrackanglican.org.au)**

Rev James Wood: P: 5398 1251 M: 0438 233 630 E: [warrackanglican@gmail.com](mailto:warrackanglican@gmail.com)

# *A Simple Service – for Pentecost 14*

## Hymn: Inspired by Love and Anger

Inspired by love and anger,  
disturbed by need and pain,  
informed of God's own bias,  
we ask him once again:  
'How long must some folk suffer?  
How long can few folk mind?  
How long dare vain self-interest  
turn prayer and pity blind?'

From those for ever victims  
of heartless human greed,  
their cruel plight composes  
a litany of need:  
'Where are the fruits of justice?  
Where are the signs of peace?  
When is the day when prisoners  
and dreams find their release?'

God asks, 'Who will go for me?  
Who will extend my reach?  
And who, when few will listen,  
will prophecy and preach?  
And who, when few bid welcome,  
will offer all they know?  
And who, when few dare follow,  
will walk the road I show?'

Amused in someone's kitchen,  
asleep in someone's boat,  
attuned to what the ancients  
exposed, proclaimed and wrote,  
a saviour without safety,  
a tradesman without tools  
has come to tip the balance  
with fisherman and fools.

*Verses 1,2,5,6: John L. Bell & Graham Maule*

## Reflection:

- a) *What was your most enjoyable moment this week?*
- b) *What would you like to thank God for this week?*

## Prayer of Preparation:

Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Christ our Lord. Amen.

## Readings:

Videos: +Garry and/or Rev

## Reflection:

- a) What was the phrase that 'jumped out' at you this morning?
- b) What word or image would best describe who God is for you from the readings and your reflections?

## Prayer:

Praise. Petition. Intercession. Thanksgiving.  
(*or follow your own discipline.*)  
The Lord's Prayer.  
Collect for the Day.

## Blessing:

The peace of the earth be with you,  
The peace of the heavens too;  
The peace of the rivers be with you,  
The peace of the oceans too.  
Deep peace – flowing in you.  
God's peace growing in you. Amen.

## Song: Be Still And Know

**Be still and know that I am God;  
Be still and know that I am God;  
Be still and know that I am God.**

**I am the Lord that healeth thee; ...**

**In thee O Lord, I put my trust; ...**

Text: APBA © 1985 Broughton Publishing. Music: © 1999. Together in Song. Harper Collins; © 2002 One Is the Body: Wild Goose. CCL 610638

# TODAY'S READINGS

## PENTECOST 14

First Reading : Exodus 12:1-14

### ***A reading from the Book of Exodus***

The Lord said to Moses and Aaron in Egypt, 'This month is to be for you the first month, the first month of your year. Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb for his family, one for each household. If any household is too small for a whole lamb, they must share one with their nearest neighbour, having taken into account the number of people there are. You are to determine the amount of lamb needed in accordance with what each person will eat. The animals you choose must be year-old males without defect, and you may take them from the sheep or the goats. Take care of them until the fourteenth day of the month, when all the members of the community of Israel must slaughter them at twilight. Then they are to take some of the blood and put it on the sides and tops of the door-frames of the houses where they eat the lambs. That same night they are to eat the meat roasted over the fire, along with bitter herbs, and bread made without yeast. Do not eat the meat raw or boiled in water, but roast it over a fire – with the head, legs and internal organs. Do not leave any of it till morning; if some is left till morning, you must burn it. This is how you are to eat it: with your cloak tucked into your belt, your sandals on your feet and your staff in your hand. Eat it in haste; it is the Lord's Passover. 'On that same night I will pass through Egypt and strike down every firstborn of both people and animals, and I will bring judgment on all the gods of Egypt. I am the Lord. The blood will be a sign for

you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt. 'This is a day you are to commemorate; for the generations to come you shall celebrate it as a festival to the Lord – a lasting ordinance.

This is the word of the Lord

**Thanks be to God**

Psalm: 149

**Response: *If today you hear his voice, harden not your hearts.***

1. Come, let us sing joyfully to the LORD; let us acclaim the rock of our salvation. Let us come into his presence with thanksgiving; let us joyfully sing psalms to him. **(R)**
2. Come, let us bow down in worship; let us kneel before the LORD who made us. For he is our God, and we are the people he shepherds, the flock he guides. **(R)**
3. Oh, that today you would hear his voice: "Harden not your hearts as at Meribah, as in the day of Massah in the desert, Where your fathers tempted me; they tested me though they had seen my works." **(R)**

Second Reading: Romans 13:1-10

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

Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment

on themselves. For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and you will be commended. For the one in authority is God's servant for your good. But if you do wrong, be afraid, for rulers do not bear the sword for no reason. They are God's servants, agents of wrath to bring punishment on the wrongdoer. Therefore, it is necessary to submit to the authorities, not only because of possible punishment but also as a matter of conscience. This is also why you pay taxes, for the authorities are God's servants, who give their full time to governing. Give to everyone what you owe them: if you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honour, then honour. Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law. The commandments, 'You shall not commit adultery,' 'You shall not murder,' 'You shall not steal,' 'You shall not covet,' and whatever other command there may be, are summed up in this one command: 'Love your neighbour as yourself.' Love does no harm to a neighbour. Therefore love is the fulfilment of the law.

This is the word of the Lord

**Thanks be to God**

**Gospel Acclamation:**

Alleluia! **Alleluia!**

God was reconciling the world to himself in Christ and entrusting to us the message of reconciliation.

**Alleluia!**

**Gospel:**

**Matthew 18:10-20**

***A reading from the Holy Gospel according to Matthew***

'See that you do not despise one of these little ones. For I tell you that their angels in

heaven always see the face of my Father in heaven. 'What do you think? If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? And if he finds it, truly I tell you, he is happier about that one sheep than about the ninety-nine that did not wander off. In the same way your Father in heaven is not willing that any of these little ones should perish. 'If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that "every matter may be established by the testimony of two or three witnesses." If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector. 'Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. 'Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.'

This is the gospel of the Lord

**Praise to you Lord Jesus Christ**

### **THE PROPERS**

**Sentence:** If you want to become a disciple of Jesus, deny yourself take up your cross and follow him.

**Collect:** O God, whose Son has shown the way of the cross to be the way of life; transform and renew our minds that we may not be conformed to this world but may offer ourselves wholly to you as a living sacrifice through Jesus Christ our Saviour; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

**Amen.**

## Really Simple Goal Setting

The key to simple goal setting is to not have too many goals. Keep things as simple as possible if you can. That has the added benefit of allowing you to focus your energies on a small number of goals, making you far more effective with them. Here's what is recommended:

1. Brainstorm. If you don't already have a list of things you'd like to accomplish, start out by making such a list. Throw anything on the list — you don't actually have to do them. This is just to make sure you don't miss anything.
2. The one thing that will change your day/week/life the most. Now take a look at the list and figure out which goal will change your life the most (or 'give life' today) - is it something that can be accomplished? Be sure it's something you'll be passionate about, or you'll lose motivation.
3. Create a mantra. Once you've chosen your goal, create a 2-5 word personal mantra. Write those words on a card, or make it your desktop picture or wallpaper, or post it on the wall next to your calendar or computer. Do something to ensure that you never forget this mantra — and repeat it out loud every single day.
4. What can you do today/this month to make that happen? Break down the steps: ie. 1. Get out of bed! 2. Put on my favourite jumper or pair of socks. 3. Breathe. 4 Thank God for .... (you know how to do this)
5. What can you do today? Each day when you start your day, repeat your mantra and figure out what action you can do today to make your goal closer to becoming a reality. It just has to be one thing. Don't put it off until the end of the day, when it will get pushed back until tomorrow. Do it first!

[Source: <https://zenhabits.net/really-simple-goal-setting/> and adapted by Rev for pew sheet]

### **The Sustainable Development Goals – (for your information)**

**The Sustainable Development Goals are the blueprint to achieve a better and more sustainable future for all.**

#### **Goal 7: Affordable and Clean Energy**

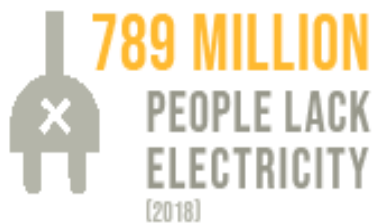
The world is making progress towards Goal 7, with encouraging signs that energy is becoming more sustainable and widely available. Access to electricity in poorer countries has begun to accelerate, energy efficiency continues to improve, and renewable energy is making impressive gains in the electricity sector. Nevertheless, more focused attention is needed to improve access to clean and safe cooking fuels and technologies for 3 billion people, to expand the use of renewable energy beyond the electricity sector, and to increase electrification in sub-Saharan Africa. The Energy Progress Report provides global dashboard to register progress on energy access, energy efficiency and renewable energy. It assesses the progress made by each country on these three pillars and provides a snapshot of how far we are from achieving the 2030 Sustainable Development Goals targets.



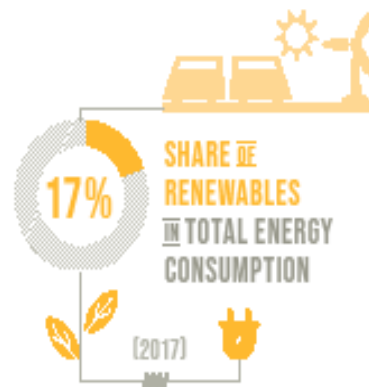
# ENSURE ACCESS TO AFFORDABLE, RELIABLE, SUSTAINABLE AND MODERN ENERGY FOR ALL

## BEFORE COVID-19

### EFFORTS NEED **SCALING UP** ON SUSTAINABLE ENERGY

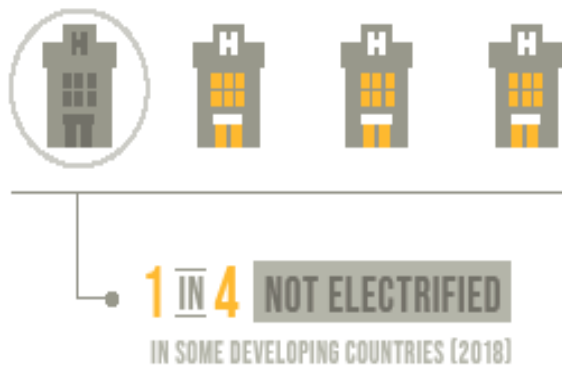


### STEPPED-UP EFFORTS IN RENEWABLE ENERGY ARE NEEDED

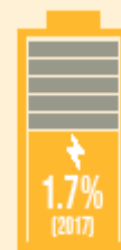


## COVID-19 IMPLICATIONS

### AFFORDABLE AND RELIABLE ENERGY IS CRITICAL FOR HEALTH FACILITIES



### ENERGY EFFICIENCY IMPROVEMENT RATE FALLS SHORT OF 3% NEEDED



FINANCIAL FLOWS TO DEVELOPING COUNTRIES FOR RENEWABLE ENERGY ARE INCREASING

\$21.4 BILLION (2017)



ACCESS MORE DATA AND INFORMATION ON THE INDICATORS AT [HTTPS://UNSTATS.UN.ORG/SDGS/REPORT/2020/](https://unstats.un.org/sdgs/report/2020/)