

[www.holycrossmelville.org](http://www.holycrossmelville.org)

## NEWSLETTER

### May & June 2013



May  
2013



#### Are You New To This Church?

Please make yourself known to the Rector or the Warden.

Please do join us for a cup of tea or coffee and a chat after the service.

**Wedding, Baptism & Funeral enquiries**  
Please contact the Rector.



#### Rector

Revd Debbie May: 0417 178 688

Church Office: 08 9330 1550



#### Church Warden

Mrs Jill Bowman:

08 9330 9594



# Quiz Night



**Where:** Anglican Church of the Holy Cross  
56 McLean Street, MELVILLE 6156



**When:** 7:00 pm Friday 17th May 2013



**Cost:** \$15 per person (maximum of 6 per table)  
Covers entrance and all competitions



**Raffle:** Hamper Raffle  
\$2 per ticket or 3 tickets for \$5



**Note:** Bring your own drinks and nibbles

**Bookings:** Telephone Betty on 9330 5259

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## Welcome To Holy Cross

We would love to welcome you to Holy Cross Church. We hope that you find the worship uplifting and that your relationship with Jesus Christ is enriched through it.

Sunday Club is held during school term at all of our Sunday morning services at 9:00 am and crèche facilities are available at the rear of the church. A change table is in the disabled toilet. Nursing mothers can use the front meeting room, access through the hall (door has sign on it).

For those hard of hearing an AUDIO LOOP operates throughout the church area. Please use your "T" setting to make use of this.

Gluten free wafers are available. If you require these please speak to the service leader.

We invite you to stay for a cup of tea or coffee and a chat in the hall after the service.

**ANGLICAN CHURCH**  
**of the HOLY CROSS**  
**56 McLean Street, Melville**  
**Western Australia 6156**  
**t: 08 9330 1550**  
**m: 0417 178 688**  
**e: [revd.debbie@gmail.com](mailto:revd.debbie@gmail.com)**  
**w: [www.holycrossmelville.org](http://www.holycrossmelville.org)**

## Annual General Meeting

The Annual General Meeting of Parishioners will be held on Sunday 30 June 2013 following our 9:00 am morning service.

All members on our electoral role are invited to attend.

Prior to our annual meeting we are inviting nominations for people to serve as:-

- Church Warden
- Members of Church Council
- Auditor
- Nominators of Clergy

If you would like to nominate someone (with their permission) or would like to be nominated yourself please complete a form which can be found in the entrance hall and return to Revd Debbie May.

Thank you

**\*\* Please Note Change of Date \*\***

## Australia's Biggest Morning Tea

Parents from Melville Primary School are participating to organise Australia's Biggest Morning Tea in recognition of those brave individuals dealing with this disease every day.

This is to be held in the Holy Cross Church Hall on Thursday 23 May from 9:30 am to 11:30 am. We welcome any members of the Parish who wish to join us in supporting this event.

Should you have any queries, please call me on 0403 163 303. Thank you.

Emma Charlton

## Reports for the Annual Meeting

Prior to the annual meeting we will produce booklets with reports on the various aspects of our life at Holy Cross, not only for us to read prior to the meeting but in order that we might come prepared with any questions or recommendations to improve the life of Holy Cross.

Please can you submit your annual reports as soon as possible preferably by email to [revd.debbie@gmail.com](mailto:revd.debbie@gmail.com) however if you do not have access to a computer then please can you let Revd Debbie have the printed copy up to 500 words by 26th May.

## Church Membership

If you wish to be included on our membership role (Electoral role) please complete a form which may be found in the entrance hall.



At Holy Cross each week there is a collection of food for the needy which is distributed through Anglicare. If you would like to make an offering towards this worthwhile cause, please place your donation in the basket by the church entrance door. The basket will then be brought up during the offertory.



## A Financial Perspective

Church finance is not a subject I take very much pleasure in discussing but the reality is we must. The day to day running of the Parish costs money, we, the people of Holy Cross worshipping community are responsible for all payments, including the cost of the minister.

The current cost of running our church is approximately \$121,000 per year. We cover this cost with our weekly giving – what we place in the bowl each service. At the moment our giving does not even go close to covering this amount and we are rapidly eating into our savings to meet the cost – if we do not increase our income, by the end of this year we will have no savings left.

I am writing this note to encourage all of us to look at our giving. I know for many years I attended church not fully appreciating the costs involved and thought that costs were met by the wider Anglican Church – the opposite is, in fact the truth – we as one of the many parishes throughout the country, support the wider operations of the Anglican church through our compulsory SYNOD assessment payment.

I guess my personal giving boils down to, what is church worth to me:

- Is it just a place we visit on Sundays or
- Is it only worth the cost of a cake and coffee, perhaps a meal at MacDonalds?
- Is it at the core to our very existence?
- Can you imagine not having your local church?

I thought I might share my giving journey with you. A few years I decided to pay my commitment by direct debit, and what a relief it was. I was always panicking before church to find the money required or I would have to call into the closest ATM and after all that effort, I would sometimes forget to put the money in the collection bowl because I was out of the church with the kids. If I didn't attend the money never found its way to the church as I usually had spent it on other things. I was a real hit and miss "giver".

Now I know the money is paid regularly I feel much better, more relaxed and a sense of comfort from a regular commitment. I would encourage you to try the direct debit system for whatever amount you decide on.

The parish council is looking at ways to increase our income and will be undertaking a giving education program. Could I encourage us all to spend some time talking with each other, bringing this difficult subject out of the closet? Take time to contemplate how we might be able to have our giving reflect the importance of our loving, caring worshipping community to us as individuals.

Jill Bowman  
Warden

## Prayer Requests

The **Prayer Request Book** can be found on the altar at the rear of the church. If you know of anyone who would like us to pray for them or if you have any particular worries that you would like us to pray for, please feel free to write a prayer request in the new blue prayer book that can be found in the church. These requests will be gathered and used during our daily Morning Prayer times and I would encourage our intercessors on Sunday mornings to use where appropriate during the intercessions. Any requests may also be sent to Revd. Debbie May at [revd.debbie@gmail.com](mailto:revd.debbie@gmail.com) or by phone 0417 178 688.

Revd Debbie May



Many thanks to everyone who has been helping at our monthly Jumble sales. These are great events not only to find a real bargain but also for meeting others in our community and enjoying good company over a lovely morning cream tea or coffee.

Donations of good quality items always appreciated, along with cakes, pickles & jams etc. Helpers are also needed to either set up the day before, serve on the day or to clear away around 11.30pm. If you can volunteer a couple of hours to help, bake or serve teas etc we would love to hear from you.

Dates for next Jumble Sales:

Sat 12 May, doors open at 8.30am

Sat 14 June, doors open at 8.30am

Sat 11 August, doors open at 8.30am

## The Holy Cross “100 Club”

### New Members Are Needed Now!

The 100 Club works by 100 members paying an annual amount of just \$24 for their own unique number.

Prize draws will be made monthly: 1st

Prize \$30 2nd Prize \$20

Xmas Draw: 1st Prize \$50 2nd Prize \$30

3rd Prize \$20

To select your number or for more information see

Wayne May Ph. 0408 931 800

Also if you have picked your number but have not yet paid please can you pay Wayne as soon as possible, thanks.

## Applying ‘Life of Pi’ To Your Life

The Damaris Trust has published a resource for young people to make the most of fantasy adventure film "Life of Pi". The resource guide encourages students to think through the film's questions about what it means to be human, and how we can know what is true. Resources can be downloaded free from

[www.damaris.org/lifeofpi](http://www.damaris.org/lifeofpi)

## Kids Plus +

Drop your kids in to Kids Plus+ on a Thursday evening (during school term time) for a time of fun and games between 4-5.30pm while you go shopping/put your feet up or have some 'you' time.

Kids Plus + is an exciting church group for children aged between 4-7 (Pre Primary to year 2). Each week we play games, do craft activities, enjoy stories, watch films together and much more. Generally we have lots of fun while learning good Christian life skills and make friends.

Initial cost to join for the year \$10  
Then just \$5 per family per week to cover costs.

Kids Plus+ is affiliated with GFS Australia and enjoys all the benefits of belonging to a long established, well respected group.

All leaders have current Working with Children Cards and are Police checked so rest knowing that your children are in safe hands.



## Prayer for Pentecost



Loving, generous Father, In your love you gave us Jesus – sent him out to bring us back to you. And when he had completed his work, by dying on the cross, rising again, and coming back to you, you hadn't stopped giving. You gave us your Holy Spirit. You sent him at Pentecost and you send him today. Thank you Father.

Fill us with your Spirit Lord. Equip us with the gifts of your Spirit that we need to serve you. Ripen in us the fruit of your Spirit, so that our lives will be witnesses that you are alive today in this world; that you have the power to renew and restore broken hearts and lives and all creation.

Fill us with your Spirit Lord. Send us out in the Spirit's power to live and work for you, to make your difference today, for your glory.

Fill us with your Spirit Lord, we pray.

Amen.

by Daphne Kitching

## The Way I See It:

### How are the mighty fallen!

Three thousand years ago David said it about the deaths of the man who hated him and his son who loved him, Saul and Jonathan: 'how are the mighty fallen!' He resisted the temptation to gloat over Saul's downfall, but the human race has generally been more than happy, down the long ages, to record with glee and satisfaction the fall of the mighty, whether they be politicians, sports stars, archbishops or entertainers. In the first couple of months of this year we had a positive spate of it, the red-top papers screaming their delight as yet another famous name bit the dust.

Most of us, I suspect, read these stories of the downfall of the powerful, famous and respectable with a mixture of guilt and satisfaction. Our guilt is that we know perfectly well that if the truth were told (and we were worth the column inches) we could stand alongside them. Not many of us would want all the details of our past lives, including our miserable little sins and failings, exposed to public view. Our satisfaction is summed up in the comment someone always makes about such cases: 'See, they're no better than we are!'. Let them - the pious, the mighty, the law-makers, the feted stars of screen and television - be revealed in all their tawdry fallibility. It makes us feel better.

The first reaction is at least honest. 'There is none righteous, no, not one' says the Bible. There is a fellowship of failure which embraces the entire human race. 'There but for the grace of God go I' is at least a truthful response to the trumpeted failures of others.

The second response - echoing the joy of the headline writers as another idol is shown to have feet of clay - is (let's face it) judgmental and self-righteous, two things specifically condemned by Jesus in his Sermon on the Mount. We should not (the Bible again) take pleasure in the sins of others. Prayer for them would be more appropriate - for the grace of repentance, the gift of forgiveness and the possibility of a new start. Not a bad idea at the same time, of course, to include ourselves in those prayers.



## Breakfast

Whatever happened to your family's breakfast? It is probably long gone: apparently most men have left for work by the time their offspring make it to the kitchen for breakfast. Mothers are often so busy first thing that they even skip breakfast; leaving the youngsters to breakfast in about 12 minutes flat.



## Responses of the Heart

*"This is the meaning of the parable: The seed is the word of God" (Luke 8: 11)*



Stained Glass Window from  
St Mary's Church, Sth Walsham

I was phoning London from Zimbabwe,  
after visiting the famous Victoria Falls.

"Have you seen it?" I was asked.

"Yes." I replied.

Next -

"Have you photographed it?"

"Yes!"

"All of it?"

"Ah," I said, "You don't know what you're asking. It's the biggest thing I've ever seen. It's a mile across! All you can do is take individual snaps. But I can tell you – it's the best thing I've ever seen in my life!"

When it comes to the biggest thing in the whole world – the kingdom of God – it's much the same principle. Rather than give an overall theological definition of God's kingdom, Jesus would tell parable after parable, so giving to his listeners a series of snap shots –of the Kingdom.

Here in Luke 8 he's taking snaps of the human heart – as it comes into contact with God's word. First we learn of:

The shut heart of hard unresponsive soil (v.5) The 'path' here was trodden down and beaten flat; any seed that fell, the birds got. This is what happens in a heart that over time has become impervious to God's word. The seed is quickly whisked away and produces nothing. But then there is:

The shallow heart of rocky soil (v. 6) This seems to represent the individual who has some kind of flirtation with the Gospel. It becomes apparent that the implications of discipleship have never been thought out. Let adversity or opposition raise its head – and early resolves 'wither' away and are simply dried up.

The choked heart of cluttered soil (v.7) It's the 'thorns' that have been allowed to grow in what could have been good soil. So much to do, to see, earn and enjoy! And so many worries to attend to.... This is the hearer who becomes diverted from spiritual priorities. Result – a slow expiry....

The changed heart of the receptive soil (v. 8) Is this yours – the open heart – ready and willing to receive the word that draws us into the very kingdom of God in Jesus Christ? It's that category only that will produce a crop for eternity.

The Kingdom – it's the biggest thing there is!

## Where Did Jesus Go?



Salvador Dali "The Ascent of Christ" 1958

In Salvador Dalí's picture of Jesus' ascension all you can see are his feet! As we celebrate the event this month, it prompts the question 'where did Jesus go?' Peter says Jesus *'has gone into heaven and is at God's right hand'* (1 Peter 3:22). However, the New Testament tells us three things about what Jesus is doing at the Father's side.

**Sitting:** At Pentecost Peter says Jesus is *'exalted to the right hand of God, he has received from the Father the promised Holy Spirit and has poured out what you now see and hear... "The Lord said to my Lord: 'Sit at my right hand'"'* (Acts 2: 33-4). Peter is affirming Jesus' position of authority and power at the heart of the universe. By pouring out the gift of the Holy Spirit upon us, Jesus gives us a foretaste of the life of heaven ie eternal life, forgiveness, healing, release and God's provision for our lives.

**Standing:** When Stephen, the first Christian martyr, was being stoned to death by the Jewish authorities he points out, *'I see heaven open and the Son of Man standing at the right hand of God.'* (Acts 7:56). Our experience of heaven is only ever partial, as we live with the reality of suffering and setbacks. However, Jesus is still on the throne! He has a bigger plan and purpose for our lives than we might imagine (including the difficulties), and we are called to trust him daily.

**Praying:** *'Christ Jesus who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us.'* (Romans 8:34, cf Hebrews 7:25). Even when we don't know how to pray, we have the assurance that Jesus is already praying for us! He knows our needs even better than we do ourselves, so when we feel condemned or defeated in our Christian lives, we have somebody on our side!

The Ascension reminds us that the risen Jesus lives in the immediate presence of God and both transcends and embraces our present experience. This truth lies at the heart of the up language used to describe the event.

*'Heaven relates to earth tangentially so that the one who is in heaven can be present simultaneously anywhere and everywhere on earth: the ascension therefore means that Jesus is available, accessible, without people having to travel to a particular spot on the earth to find him.'* (Tom Wright).



## Trusting God

TV serial dramas are regularly filled with family quarrels, fierce domestic arguments, betrayals, fights and even murder! Many characters demonstrate a deceitful streak and their misdemeanour or affair is sooner or later revealed.

For some reason, many of us are drawn to TV soap operas and witness family problems that display all manner of emotions and attitudes - anger, bitterness, mistrust – to name a few!

The Bible records a number of family upsets, but one ends happily – the story of Joseph. In Genesis chapter 37 we read of Joseph's brothers turning against him. They plot to kill him but instead sell Joseph to be a slave in Egypt.

Joseph had to cope with a new culture and language. He suffered slander and was imprisoned. Amazingly, later, he was given power and authority. At this point, a TV drama would show Joseph seeking out his brothers to unleash his vengeance on them!

But the Bible story is very different. Joseph is not filled with hatred. As a slave in Egypt, Joseph had a deep trust in God and had love in his heart. So, when Joseph was reunited with his family there was no revenge or malice. He was overwhelmed with compassion for his brothers and hugged and kissed each one!

Joseph said *"Now do not be upset or blame yourselves because you sold me here. It was really God who sent me ahead of you to save people's lives."* (Genesis 45:5) Isn't this an amazing statement?

Despite all the physical and emotional pain Joseph experienced, he knew that God was with him. He believed that nothing

had happened to him by accident and refused to be crushed by his adverse circumstances. Whether he was in a dirty dungeon or the royal household, Joseph lived with the conviction that God had a specific purpose for his life, and events were being directed by a loving God.

This story is an encouragement to us because it shows that God is close to those who love Him. Even when we are bewildered by troubles, illness, family upsets, hardships and when life deals us cruel blows, God is with us.

Whatever is our personal need, the life of Joseph gives us hope. God will never abandon those who belong to Him.



Joseph and his Brethren, Canterbury Cathedral

*My trust is in you, O Lord;  
you are my God.  
I am always in your care.  
(Psalm 31:14-15)*

## The U in JesUs

Before U were thought of or time had begun,  
God even stuck U in the name of His Son.

And each time U pray, you'll see it's true  
You can't spell out JesUs and not include U

You're a pretty big part of His wonderful  
name,  
For U, He was born; that's why He came.

And His great love for U is the reason He died.  
It even takes U to spell crUcified.

Isn't it thrilling and splendidly grand  
He rose from the dead, with U in His plan?

The stones split away, the gold trUmpet blew,  
and this word resUrrection is spelled with a U.

When JesUs left earth at His upward  
ascension,  
He felt there was one thing He just had to  
mention.

"Now go into the world and tell them it's true  
That the love I have shown is not just for U."

So many great people are spelled with a U,  
Don't they have a right to know JesUs too?

It all depends now on what U will do,  
He'd like them to know,  
But it all starts with U.

## A Cluttered Desk?

Never mind hard work and perseverance:  
have you tidied your desk lately? A clear  
desk will help free your internal world, and  
make you more successful. So says an  
expert, who warns that "clutter in your  
outer environment is the physical  
manifestation of all the clutter that is  
going on inside of you. Clearing clutter  
has a ripple effect across your entire life,  
including your work. "

Jayne Morris a resident life coach warns  
that "the things you are holding on to that  
you don't really like, don't ever use, and  
don't need any more.... things that no  
longer fit or serve you, drain your energy."  
Scans have confirmed that victims of  
hoarding disorder have abnormal activity  
in regions of the brain involved in decision  
making. A survey has shown that more  
than a million people in the UK are  
compulsive about keeping their  
possessions. But Ecclesiastes observes:  
*"There is a time to keep, and a time to cast  
away..."* (Ecc 3:6)





## Money Can Buy Happiness

Money may not buy you love, but if you spend it on gifts for other people, it seems that it can buy you some happiness. A recent global survey of more than 235,000 people has found that whether you are rich or poor, if you spend money on other people, you will be happier than if you spend it on yourself.

From poor Ugandans to wealthy Canadians, it seems that those of us who treat our friends and family experience a 'warm glow', according to the Gallup poll. As one Canadian professor said, the study showed that helping others is "deeply ingrained in human nature." And no wonder: *"It is more blessed to give than to receive."* (Acts 20:35)

## A Joyful Noise



No matter what a racket they may make at first, do encourage your youngster to take up a musical instrument. It seems that learning to play something musical before the age of

eight can boost their brainpower later in life. For taking music classes when they are young speeds the development of children's motor skills, the part of the brain which plans and carries out movement. (Though sadly, it does not guarantee they will ever become musicians!)

## A Long, Gentle Walk

Long periods of walking could be better for health than high intensity exercise, according to one study. Low intensity exercise has been found to improve insulin and blood lipid (fat) levels – both indicators of diabetes and obesity – at a better rate than an hour-long strenuous workout. The research was carried out at Maastricht University.

Another study, at Kansas State University, has found that sitting for more than six to eight hours a day can raise the risk of suffering long-term illnesses such as cancer, diabetes and heart disease. "We should be looking at reducing the amount of time we sit," said one professor. "A lot of office jobs that require long periods of sitting may be hazardous to your health because of inactivity and the low levels of energy expenditure."

## What Makes You Eat More?

When do you crave more calories? When you fear bad times ahead, according to one study. People who feel powerless/stressed about their lives tend to crave up to 40 per cent more food each day than people who feel secure and serene. This has led some experts to wonder if the 'negative imaging' of the media, with constant stories about the weak economy, gun violence, war, recession, and deep political divides, may be making people uneasy to the point that they crave more food. The study appeared in the journal of Psychological Science.

## Sympathy?

Anyone looking for a shoulder to cry on should turn to a woman in her fifties or sixties, a study suggests. They have greater powers of empathy than any other group.

According to a survey out of Michigan University, older women are “more likely to react emotionally to the experiences of others, and they were also more likely to try to understand how things looked from the perspective of others.” It may be because people function better emotionally as their understanding and experience grow with age. In any case, as Proverbs puts it: *“A kind-hearted woman gains respect, but ruthless men gain only wealth.”* (Prov 11:16)



## Daydreaming Is Good For You

Daydreaming is not a waste of time; periods of quiet introspection can help boost concentration, memory and moral judgment. This is because inward focus impacts the way we build memories, make meaning and transfer that learning into new contexts. Research at the University of California has found that periods of quiet reflection help us to become more motivated, less anxious, perform better, and plan more effectively. *“But our fast paced urban and digital environment could be undermining the chances of reflection.”* Psalm 46:10 urges us to slow down, *“be still, and know that I am God.”*

## Forgiving Others

Forgiving people who have wronged you or even hurt you is good for you – letting go of anger results in healthier blood pressure. Researchers at the University of California found that hanging on to anger raising the blood pressure, which “repeated reactively can be damaging over time”. Jesus warned it is even more serious than that: *“If you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive you your sins.”* (Mt 6:14,15)

## Who Should Retire First?

Married men should try and persuade their wives to retire first: for then they will most likely be healthier. In a recent survey at the University of Missouri, it was found that men who retire first do not look after themselves and their health, and can feel lost and isolated. “Whereas when wives retire, they may monitor their husband’s health more closely, taking them to the doctor regularly and ensuring that they lead a healthy life. Women traditionally put the needs of everyone else before themselves, a behaviour that could put their own health at risk.” Certainly, whoever retires first, *“two are better than one...pity the man who falls and has no-one to help him up.”* (Ecc 4:10,11)

## Teen Meets GOD:

### Lola's story

I came from a family in which no-one knew or wanted to know Jesus. One day my friend invited me to the local youth club at my Salvation Army. I hadn't been involved in a church before so I was a bit cautious. To be honest, at the time I was also a bit of a hand full! But I got to know and love the people there as they shared their lives - and many pizza nights - with me. They impacted me as they seemed quite normal, and yet they were so different.

Slowly they started to invite me to Christian events and I started one-to-one mentoring, which really helped me at a troubling time in my life. Meeting with a female youth worker for an hour a week to unpack my struggles, learn more about the bible and learning to pray together was amazing. That relationship with my youth workers gave me the confidence to go that summer to the Soul Survivor festival and there I gave my life to Jesus.

Back at church we got a new youth worker, and we started exploring Jesus in a fresh, different way. I was starting to think about university options, and she introduced me to a load of her friends who were doing creative and quirky things in the name of Jesus in her home town, a town that also had the perfect university course for me! They bake cupcakes for brothels and gay bars; they open the local church on a Saturday night until 4am and fill it with thought provoking art installations. They go clubbing together as a distinct act of worship and lavish love, building relationships with the night-time community.

Since moving there I have got involved and started taking my faith to a new level, I am

hungry for Jesus and want to know more of him. Through my new church and the community I live in, I am sure that I will only continue to learn and love more!

Lola is 19 and made a decision to follow Jesus. She prayed, asking God to forgive her for the things she does wrong, and then she promised to live God's way.

To find out more about the Christian faith, visit <http://www.lookingforgod.com>

## Get Moving

Sitting for long periods of time is bad for you; getting up from your desk for a wander about every half hour or so is important if you want to keep well.

Leicester University UK in the research has found that cutting the amount of sitting time by 90 minutes a day can have important health benefits. Those who take moderate-to-vigorous regular exercise scored best, but limiting the sitting time of a session is more important. So the new advice is: try and get up and move around every half hour... (is that why our church services include The Peace?!)



## Are You Too Trusting?

If so, you may have the key to a happy relationship, according to recent research.

People who score high on trust tend to remember their partner's failings with less censure than those who score low on trust, who tend to 'remember' failings that never even happened. "One of the ways that trust is so good for relationships is that it makes us partly delusional," says Prof Eli Finkel of Northwestern University, Illinois. Delusional or not, it resonates with 1 Corinthians 13: *'Love keeps no record of wrongs...it always protects, always trusts, always hopes....'* (5,7)

## Texting At The Wheel

Please, please do not try this for yourself: texting at the wheel. Writing text messages while driving is as dangerous as being considerably above the legal drink-drive limit, and could get you killed. The recent study, published in the Traffic Injury Prevention journal, found that road skills decline by an equal amount among those who are 25 percent above the legal drink limit, and those who use their phone for text messages



## Listening To Other People's Mobiles

You were right: having to listen to a loud mobile phone conversation, where you hear only one half of what is being said, IS the most distracting form of background talking. And yes, it is virtually impossible for you not to eavesdrop. Research at the University of San Diego, found that our brains seem to automatically try and fill in the gaps, as we wonder where the conversation is going.



## Volunteering Is Good For You

Teenagers who volunteer to work for charity do themselves a lot of good. They become healthier, happier and thinner, according to a study based at the University of British Columbia. After only ten weeks, volunteer 15 and 16 year-olds showed lower levels of inflammation and cholesterol as well as a lower body mass index than the other group. They also reported that their self-esteem and mental health had improved.



## Humans Predisposed To Believe In God



Humans are predisposed to believe in God and in some sort of life after death, according to the recent findings of a three-year international study.

Religion is “not just something for a peculiar few to do on Sunday instead of playing golf,” says co-director of the project, Prof Roger Trigg, from the University of Oxford. In a study that involved 57 academics in 20 countries across multiple disciplines, “we have gathered a body of evidence that suggests that religion is a common fact of human nature across different societies.”

The study found that human thought processes, from infancy, are “rooted” to religious concepts. But people living in cities in developed countries are less likely to hold religious beliefs than those living a more rural way of life. Nevertheless, the findings suggest that “attempts to suppress religion are likely to be short-lived, as human thought seems to be rooted to religious concepts such as the existence of supernatural agents or gods, and the possibility of an afterlife or pre-life.”

Jesus knew why – He said “You are the light of the world.... people don’t light a lamp and put it under a bowl” (Matt 5:14,15) So why do we hide our lights INSIDE our churches?” If you want to sing it, the tune (as you may have guessed) is ‘Moscow’ (Thou, whose almighty word).

## May We Be Light

‘Light of the World’ are we,  
May we shine brilliantly  
In the World’s night.  
When all around is gloom  
When Satan speaks of doom  
In shadow of the tomb  
May we be light!  
Our good works, openly  
Conducted joyfully  
In the World’s sight;  
As we meet people’s needs  
May all our Christian deeds  
Plant many Christian seeds –  
May we be light!  
Led by the Spirit, pure  
We’ll, with His guidance sure  
Touch the World’s plight;  
As we walk Jesus’ ways  
May our lives all our days  
Bring to our Jesus, praise  
May we be light!

By Nigel Beeton

## Tragedies

How do we feel when tragedies come  
And life seems out of control?  
Can we still hold on to the Holy One  
And say it is well with our soul?

Megan Carter

## Pentecost

Pentecost was the old Jewish festival of First fruits, which took place at the beginning of the wheat harvest. It was exactly 50 days after the Passover, the time of Jesus' crucifixion.

A feast day to celebrate the country's wheat harvest does not sound exactly world-changing, but that year, it became one of the most important days in world history. For Pentecost was the day that Jesus sent the Holy Spirit - the day the Church was born.

Jesus had told his apostles that something big was going to happen, and that they were to wait for it in Jerusalem, instead of returning to Galilee. Jesus had plans for his apostles – but he knew they could not do the work themselves – they would need his help.

And so the apostles and disciples waited in Jerusalem, praying together for several days. And then on that fateful morning there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues – to the astonishment of those who heard them. The curse of Babel (Genesis 11: 1- 9) was dramatically reversed that morning.

That morning the Holy Spirit came to indwell the apostles and disciples of Jesus: and the Church was born. The Christians were suddenly full of life and power, utterly different from their former fearful selves. The change in them was permanent.

Peter gave the first ever sermon of the Christian church that morning: proclaiming Jesus was the Messiah. His boldness in the face of possible death was in marked

contrast to the man who had denied Jesus 50 days before. And 3,000 people responded, were converted, and were baptised. How's that for fast church growth!

Of course Pentecost was not the first time the Holy Spirit had acted in this world. All through the Old Testament there are accounts of how God's Spirit guided people and strengthened them. But now, because of Christ's death and resurrection, he could INDWELL them. From now on, every Christian could have the confidence that Jesus was with them constantly, through the indwelling of the Holy Spirit.

## God The Three In One

Have you ever wondered at what point in the Bible God is revealed as being more than one person? Well, you don't have to read very far: only to Genesis 1:26, where God (Elohim – a plural noun) says: Let US make man in OUR image. (Gen. 1:26)

The Bible reveals a pattern: God the Father lives in heaven and has never been seen. God the Son became the incarnate Jesus Christ, who made known to us the Father, and God the Holy Spirit, who is unseen, has been sent to live within and to equip his people, the Church.

The Trinity is basic to our salvation – for these three persons in the one Godhead have combined to save us from our sins: it is the WILL of the Father, the saving WORK of the Son, and the indwelling WITNESS of the Holy Spirit. (John 14:16, 23-26).

## Dates For Your Diary

### Wed 1 May

10:00 am Kids Plus Leaders meeting

### Mon 6 May

07:30 pm St Ives

### Tue 7 May

07:00 pm Church Council

### Wed 8 May

10:30 am mainly music

### Thu 9 May

04:00 pm Kids Plus+

### Sat 11 May

08:30 am Jumble Sale

### Mon 13 May

01:00 pm MU Australia

### Wed 15 May

10:30 am mainly music

### Thu 16 May

04:00 pm Kids Plus+

### Fri 17 May

07:00 pm Quiz Night

### Mon 20 May

02:00 pm St Ives

### Wed 22 May

10:30 am mainly music

### Thu 23 May

10:00 am Biggest Morning Tea

04:00 pm Kids Plus+

### Wed 29 May

10:30 am mainly music

### Thu 30 May

04:00 pm Kids Plus+

## Dates For Your Diary

### Wed 5 June

10:30 am mainly music

### Thu 6 June

04:00 pm Kids Plus+

07:30 pm Order of St Luke

### Sat 8 June

08:30 am Jume Sale

### Mon 10 June

01:00 pm MU Australia

### Wed 12 June

10:30 am mainly music

### Thu 13 June

04:00 pm Kids Plus+

### Mon 17 June

02:00 pm St Ives

### Wed 19 June

10:30 am mainly music

### Thu 20 June

04:00 pm Kids Plus+

### Wed 26 June

10:30 am mainly music

### Thu 27 June

04:00 pm Kids Plus+

### Sun 30 June

10:00 am Annual General Meeting



## **St. James The Least Of All**

### ***Beware those modern choruses***

The Rectory  
St. James the Least

My dear Nephew Darren

I am afraid we shall have to agree to disagree on yet another topic – although I suspect the list of items we agree to agree on would be considerably shorter. I like to think my appreciation of hymns resembles a connoisseur of fine wines savouring a grand cru claret, yours seems to resemble a Russian female tractor driver who is a Hero of the Nation.

We at St. James the Least are more than happy with “Hymns Ancient & Modern” – the original 1861 edition, naturally - the later editions display a dangerous tendency towards modernism. Sadly, St. Paul was not able to sing “Onward, Christian soldiers,” but I am sure he regretted the fact that it had yet to be written. The hymns our grandparents pretended to sing when they were in church are quite good enough for the ones we pretend to sing when we sit in the same pews.

At least when we come to the last verse, we know that we can then sit down, mission accomplished. The last time I attended your church, just as I saw the last words and therefore the finishing line of one of your choruses coming into sight, we were told it would be splendid to sing the thing another three times. At least it gave me another analogy to use when I next preached on eternity in hell.

And your method of singing would plunge our congregation into an existential crisis. What do they do with their hands when they don't have books to hold and are obliged to look at a screen? To be deprived of being able to hold a book in church is like a smoker who is trying to give up being unable to grasp a cigarette when in the pub.

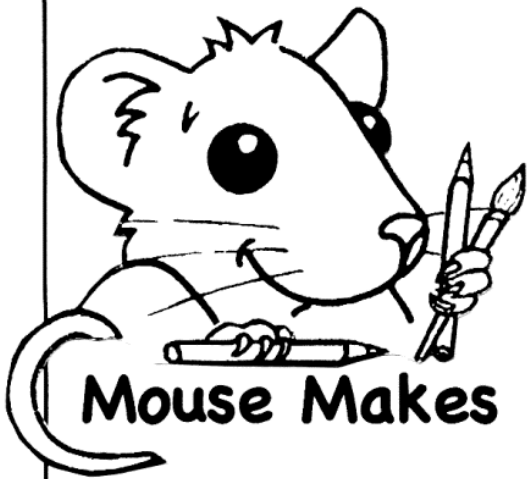
The ladies do not know whether to clasp their handbags, which then makes it look as if they suspect the rest of the congregation of theft, or to hold some flowers, which looks a little too matrimonial. The men experiment with putting hands in pockets, which they then realise looks scruffy, so they try to hold on to the pew in front, which is inevitably too low, so they have to adopt some form of half crouch, which makes them look as if they have recently had hernia operations.

Your choral tradition – if I can flatter it with such a description – also seems to require half an hour before the Service spent singing for our congregation, that time is more usefully spent discussing Government incompetence, livestock prices and why Miss Threlfall always wears a red felt hat with her tangerine coat.

Should we ever have a joint Service, I can't imagine how we'll all get through the first hymn together.

Your loving uncle,  
Eustace





It was the festival of PENTECOST and the Apostles and other believers were all together when they heard a sound like a strong **wind** and saw what looked like tongues of **fire** which spread out and touched every person. All of them were filled with the **Holy Spirit** and began to talk in other languages as the Spirit enabled them. A crowd had gathered outside and each of them heard the believers speaking in their own language about the great things God had done.



**Read Acts 2:1-11**  
Which countries had the crowd come from?

## The Holy Spirit



John 14:26

## Reveals

John 16  
14-15



## GUIDES

John 16:7-11



## Helps

Romans 8:26

## Comforts

John 14:16-17



## Transforms

2 Corinthians 3:18



**The work of God's Holy Spirit in us brings:**

LOVE  
JOY  
PEACE  
PATIENCE  
KINDNESS  
GOODNESS  
FAITHFULNESS  
HUMILITY  
SELF CONTROL

Galatians 5:22-23

### To make your bookmark:

Carefully cut around the outside, fold in half along the dotted line and glue together. Add a tassel to the bottom with a length of wool or ribbon. You can make it stronger by gluing onto card before folding.



## Rosters

### Holy Cross Rosters May & June 2013

Date	Media	Collection	Reading	Prayers	Communion	Morning Tea	Altar	Flowers	Sunday Club
5 May	Wayne	Mel & Norm	Annette	Adele	Beryl	Mike & Adele	Hazel	Betty	
12 May	Mike	Peter & David	Tanya	Ken	Betty	Norma & Pat	Hazel	Christine	
19 May	Peter	Pat & Betty S. G.	Norma	Jill	Sheri	Annette & Betty	Hazel	Sheri	
26 May	Wayne	Mel & Norm	Peter	Betty R	Jill	Joy & Frank	Hazel	Adele	
2 June	Wayne	Peter & David	Barbara	Beryl	Ken	Norma & Pat	Sheri	Betty	
9 June	Peter	Pat & Betty S. G.	Beryl	Adele	Adele	Mike & Adele	Sheri	Christine	
16 June	Mike	Mel & Norm	Pat	Ken	Beryl		Sheri	Sheri	

#### Note

If you are unable to fulfil your roster duty on your rostered day, please try to find someone to swap with. If you cannot find anyone, please ring Debbie

## Service Times

### Sun 5 May (White)

09:00 am Family Communion

Acts 16:9-15,  
Revelation 21: 10, 22:5,  
John 5: 1-9

### Sun 12 May (White)

09:00 am Family Communion

Acts 16: 16-34  
Revelation 22: 12-14, 16-17, 20-21  
John 17: 20-26

### Sun 19 May Pentecost (Red)

9:00 am Family Communion

Genesis 11: 1-9  
Acts 2: 1-21  
John 14: 8-17

### Sun 26 May Trinity (White)

09:00 am Family Communion

Romans 5: 1-5  
Proverbs 8: 1-4, 22-31  
John 16: 12-15

### Sun 2 Jun (Green)

09:00 am Family Communion

1 Kings 18: 20, 21, 30-39  
Galatians 1: 1-12  
Luke 7: 1-10

## Service Times

### Sun 9 Jun (Green)

09:00 am Family Communion

1 Kings 17: 17-24  
Galatians 1: 11-24  
Luke 7: 11-17

### Sun 16 Jun (Green)

09:00 am Family Communion

2 Samuel 11: 26-12:10, 13-15  
Galatians 2: 15-21  
Luke 7: 36 – 8: 3

### Sun 23 Jun (Green)

09:00 am Family Communion

Isaiah 65: 1-9  
Galatians 3: 23-29  
Luke 8: 26 -39

### Sun 30 Jun (Green)

9:00 am Family Communion &  
Annual General Meeting

1 Kings 19: 15, 16, 19-21  
Galatians 5: 1, 13-25

**\*\* Please Note Change of Date \*\***

The **Annunal Meeting of Parishioners** will be held on Sunday 30 June following our 9:00 am morning service. All members on our electoral role are invited to attend.

## In Loving Memory

### May

Eileen Smith  
Harry Nicholls

### June

Eddie Prince  
Eileen Nicholls  
Neta Worrall  
Jae Ho Yang  
Douglas Smith-Gander



# KidsPlus+

A fun church group for  
children aged 4 to 7 with games,  
crafts, stories  
and much more.

On Thursdays  
at 4pm.-5.30pm  
\$5 per family



**Holy Cross Church 56 McLean Street Melville 6164**

**For more details contact Revd. Debbie: 0417 178 688**