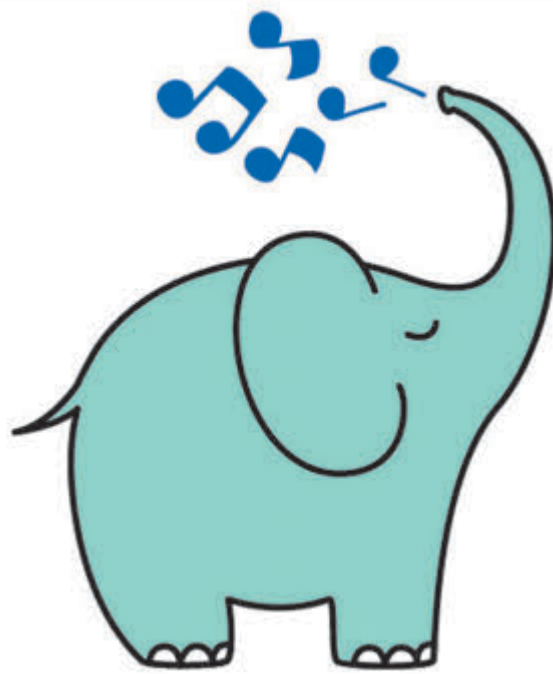


[www.holycrossmelville.org](http://www.holycrossmelville.org)

# NEWSLETTER



## February 2017



mainly music est. 1990

**WEDNESDAY'S**

**10:30 am to 11:30 am**

**(During school term Time)**

**For Parents &  
Young Children**

**\$7.00 per family**

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If you would like information about events and news within the Diocese that may not be mentioned in this newsletter, follow the link below to the Perth Diocesan Bulletin.

[www.perth.anglican.org/who-are-we/diocesan-bulletin/](http://www.perth.anglican.org/who-are-we/diocesan-bulletin/)

## Welcome To Holy Cross

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

**Front Cover:** *Xanthorrhoea preissii* or Grass Trees in the Beeliar Regional Park, Perth Western Australia. The species had a high economic importance to the Noongar people, who named it balga, using the gum it contains, the spike for fish spears, and the bardi grub as a source of food.

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  
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w: [www.holycrossmelville.org](http://www.holycrossmelville.org)  
e: [holycrossevents@gmail.com](mailto:holycrossevents@gmail.com)

**Locum** Revd. Graeme Varvell  
t: 08 9310 6345  
e: [gvarvell@aapt.net.au](mailto:gvarvell@aapt.net.au)



## Resisting Temptation



Jesus faced and resisted three powerful temptations during 40 days in the wilderness of Judaea. This time of testing and temptation was His preparation for the work God had sent Him to do on earth. It's the principle behind the season of Lent, which begins on 1st March. Although the temptations were personal to Jesus, I suspect most of us will recognize their relevance in our own lives.

The **first** was simple. 'You're hungry. You can do miracles. Well, turn these hot stones at your feet into loaves of bread'. It sounds quite plausible, but in fact it's an invitation to put one's own needs first. Temptation rejected.

Then came the **second**: 'throw yourself off a pinnacle of the Temple. You know that God will send His angels to catch you before you hit the ground'. Again, it's plausible (there was even a verse from the Bible to back it up). But this would be to substitute one spectacular stroke for the hard slog of travel, preaching, healing and touching individual lives. Temptation rejected.

The **third** was outrageous. 'Fall down and worship corrupt and evil power, and you will have infinite worldly power and success'. In other words, abandon your principles and reap rewards. For the third time, temptation resisted.

I know these temptations were tests of the Messiah Jesus, but can't we see in them temptations that come to all of us from time to time? Look after number one, and all will be well. Take the short cut to success and avoid all the hard slog. Compromise, in order to fulfill your ambitions. Or walk the narrow path of honesty, commitment and truth. That's really the Lenten choice.

*Written by Canon David Winter*

## Ponderings

Valentines' Day reminds us of the importance of expressing our love to those close to us. But how can we go beyond simply flowers and a card? Jesus says: 'A new command I give you: Love one another. As I have loved you, so you must love one another' (John 13:34). How can we express love in our everyday relationships like Jesus?

### Listening

We need to listen to others, just as Jesus did. He asked questions of people and waited for them to process their answer. How well do we listen to others? When with somebody, do we find ourselves already thinking of what we want to say before they've finished speaking. Listening takes time; you can't rush it!



### Touching

Jesus reached out to touch the untouchables in his world, including lepers, the sick and children. One survey has suggested that we all need at least 8-10 meaningful touches a day to maintain emotional health! A warm handshake, touch on the arm or hug can be of real value. Of course, it should be appropriate touch – helpful for the other person not just for ourselves.

### Speaking

Jesus' conversation was always full of grace and truth (John 1:14). Do we speak words of grace, by offering comfort, giving encouragement or expressing care and concern? However, we should also be ready to speak words of truth, in asking for forgiveness, seeking reconciliation or addressing conflict.

Where is the challenge for us in expressing love this Valentine's Day?



*...well your sermon on the theme of 'Life under President Trump' seems to have gone down very well, vicar...*



There are Parishioners who, instead of placing their offerings in the plate each Sunday, have organised for regular Online Giving.

A Direct Debit with the Anglican Community Fund (ACF) is a convenient, efficient and secure method to make your offerings.

Debits can be made weekly, fortnightly, quarterly, half yearly or yearly.

You choose the amount you want to give.

- Your bank account or credit card will be debited and
- All transactions are held in the strictest confidence.
- If you want to make Direct Debiting your preferred method of giving, please see the Treasurer (Peter) who has the necessary forms

Bank account details for the parish are:

**Account Name:** Anglican Parish of  
Melville

**BSB #:** 036 – 810

**Account #:** 300 030 059

## Wardens Report

Help required for the garden – weeding and tidying the garden beds, sweeping the carpark near the verge tree – lots of nuts on the ground.

If you see any jobs that need doing around the building please just do them e.g. toilets need cleaning, litter around the building, dusting etc. It would be a great help to the warden thanks.

Jill

## Order of St Luke

Order of St Luke the Physician Healing Ministries, Perth Melville Chapter:  
Healing Service

**Date:** Sunday 12<sup>th</sup> February 2017

**Time:** 4:00 pm

**Location:** Church of the Holy Cross  
56 McLean Street  
Melville WA 6156

**Topic:** Exploring one's inner child & healing.

All are welcome, especially the newly bereaved.

For further information: Call chaplain  
m: 0438 935 164

## Lenten Study

This year we are offering a series of studies for Lent. The studies will commence on the week beginning 26<sup>th</sup> February with the theme: **Spare A Minute.** There's a choice of days and times during each week in order to make it easier for people with busy schedules.

### Time & Venue 1

**Date:** Tuesdays  
**Time:** 09:00 am  
**Venue:** Holy Cross Church  
56 McLean Street, Melville.

### Time & Venue 2

**Date:** Thursdays  
**Time:** 05:45 pm  
**Venue:** Marlene's home  
54 McLean Street, Melville.  
(next to the church)

The studies for the six weeks will be:

- Week 1:** Don't waste time. Mathew 4  
The baptismal robe.
- Week 2:** Seize the moment. John 3  
The baptismal candle.
- Week 3:** You've had long enough  
John 4  
The water of baptism.
- Week 4:** When I find time. John 9  
The oil for anointing.
- Week 5:** Time will tell. John 11  
The holy communion.
- Week 6:** Now is the time.  
The passion narrative  
The laying on of hands

## Baptism

On Sunday 12<sup>th</sup> February there will be a baptism at the 9:00 am service.

Being baptised is baby Joseph Dawe. Joseph's mum and dad are Shirley and Nick and he has a big brother, Ethan. The Dawe's are one of our Mainly Music families.

If you would keep this family in your prayers.

## Churchsafe

**Date:** Sunday 28<sup>th</sup> May 2017  
**Venue:** Anglican Parish of Forrestfield  
9 Salix Way, Forrestfield  
**Time:** Registration at 12:30 pm  
Starting at 1:00 pm sharp  
concluding at 5:30 pm.

### Bookings:

[www.perth.anglican.org/feelsafe/churchsafe](http://www.perth.anglican.org/feelsafe/churchsafe)

Afternoon tea provided. Plenty of parking available & good wheelchair access.

The session will include:

- Professional Standards – Policies & Procedures
- The Royal Commission and "why Churches"
- The Dynamics of Child Sexual Abuse
- Typology of offenders
- The Grooming Process
- Empowering Children F



## Sunday School



The summer holidays have concluded, and Sunday School has returned with attendances by our regular families as well as some new ones. A warm welcome to you all!

This month we focused on the "Salt of the Earth", and the children explored the necessity in our lives of this important trace mineral, as well as the significance of including Christ in our everyday lives to enhance, cleanse and heal. Artwork came alive with the addition of salt, and produced some colourful results! (see image above).

We are also introducing our latest endeavour of Focus on Family. This month, several families got together after the Sunday School service to meet at a local park for a picnic.

The children were delighted to spy turtles and tadpoles, run around in the fresh air and play games. The grown ups were introduced to the rules of European Handball (relieved to say we all caught on pretty quick!), and the event concluded with a match involving 2 teams of energetic kids and ALL the Mums and Dads! Can you guess where we went by the image in the next column?

It's a great opportunity for Mums and Dads to spend some time kicking a ball or throwing a frisbee with their kids, exploring local points of interest, and meeting up with other members of our Church Family. Anyone attending the next Sunday Club (5 March 2017) are welcome to join us after the service at a local park 11:30 am to 1:30 pm. Bring your own picnic (simple is best - and there may be some walking!). Venue details for the next Focus on Family event will be advised soon.

All the best  
Emma  
Sunday School Teacher





# First Touch Infant Massage

Learn to massage your baby

- Cue-based infant massage uses gentle, tactile stimulation and loving verbal communication to deepen the relationship between YOU and your BABY.
- It is a shared experience, done with the baby not to the baby.
- The strokes used can be both stimulating and relaxing, depending on each baby's needs and developmental level.
- It is easy to learn and suitable for new baby to pre-crawling

## Benefits of the First Touch Infant Massage Program

- Improves communication between baby and you
- Enhances bonding and attachment for you both
- Learn what your baby is saying to you
- Helps relieve crying, colic and tummy discomfort
- Helps to promote sleep, relaxation and soothe
- Stimulates immune system
- Support physical and motor development
- You can show others how to massage baby
- It is Relaxing, Empowering and it is Fun!

This nationally accredited 'Gold Standard' course taught by an IAIM Certified Infant Massage Instructor (CIMI). The First Touch Infant Massage Course includes all safety aspects, oils, and the massage pressure, rate, and rhythm. It is respectful and recognises baby cues, why baby cries, baby's body language. Learn in a friendly and relaxed social atmosphere, at a pace to suit you and baby.

## Five Week First Touch Infant Massage Program

The course is run over a period of five weeks of about one hour per session followed by refreshments. Course notes are included.

Classes are kept small to allow quality instruction time so please book early.

Carers and other family members are welcome!

For more information and to book:

**Facilitator:** Sue Saunders IBCLC, CIMI

Phone: 0437613648

Email: [susanlsaunders@googlemail.com](mailto:susanlsaunders@googlemail.com)

Website: [www.suesaunders.com.au](http://www.suesaunders.com.au)

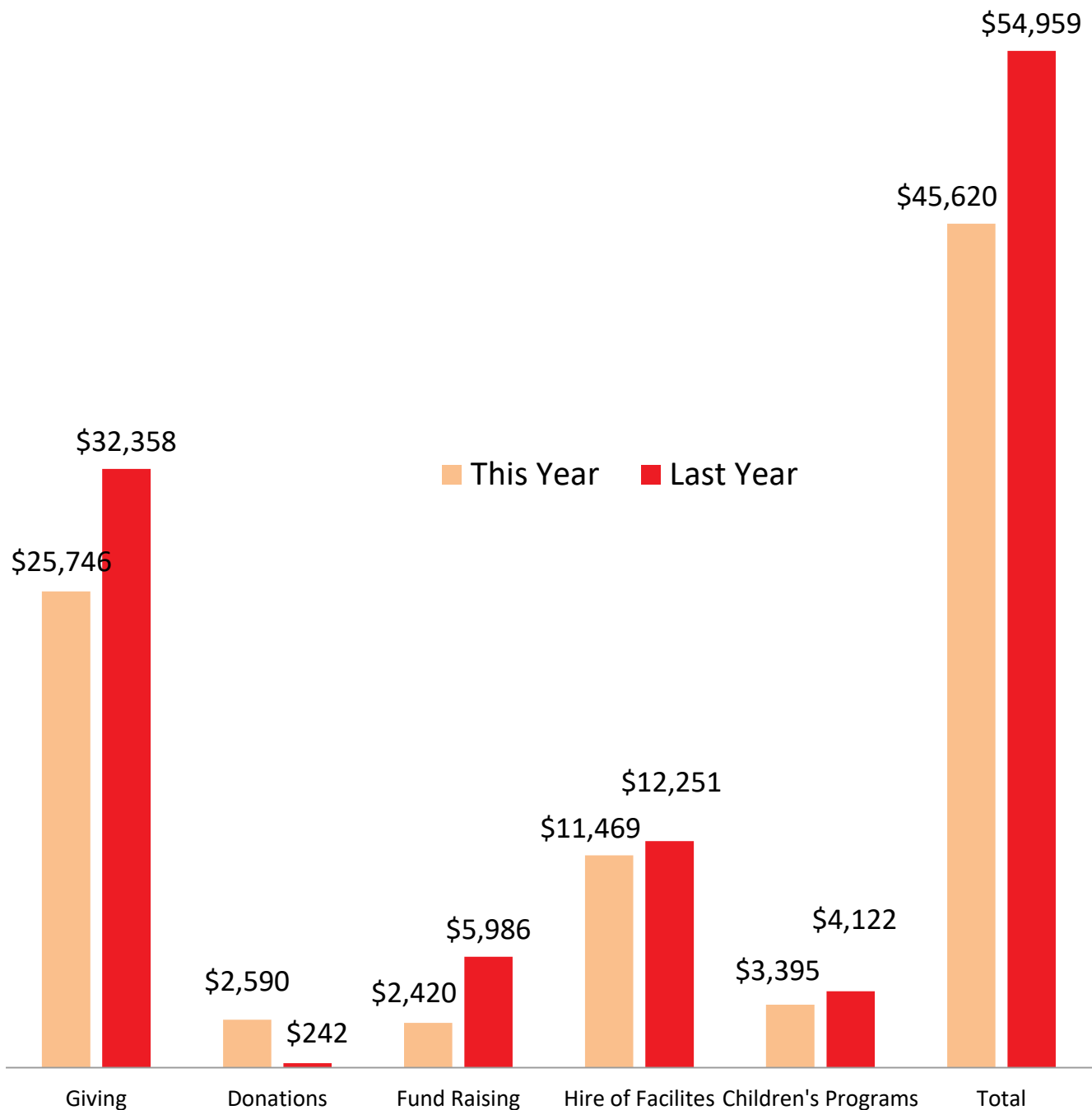


## Finance

The following chart compares the income for the first 9 months of this financial year (May 2016 to January

2017) to the income for the first 9 months of the prior financial year (May 2015 to January 2016).

Peter Bowman  
Treasurer



## **Children and Family Ministry**

### **Sunday Club**

First Sunday Club for 2017 was Sunday 5th February. Remember Sunday club is held on the 1st Sunday of the Month. Great opportunity to invite families along or bring your grandies. The lessons are fun and informative the kids have a great time. Any question please see Emma.

### **Mainly Music**

Mainly Music started on Wednesday 1st February without some of the familiar faces of families who have been with us from day one. Several of the children were most excited to start school this year. It was a little sad however, we had some new faces and some families returning with their 3rd babies. We are desperate for some more volunteers, if you can help out or know someone who might like to join us, please have a chat with Jill.

### **KidsPlus**

Kidsplus+ starts on Thursday February 16th. It is a fantastic 6 week program held each term for children aged from 4 years. KidsPlus+ is children meeting in a Christian environment to share in fun activities including games, crafts and stories, an opportunity to develop friendships, maybe enjoy a snack while exploring faith and issues relevant to today. Any Question please see Lynne.

### **Youth**

Late last year a group of teenagers came together to discuss what a “youth group” might look like and how often they would like to meet. They made it clear they would like a space where they can come together, talk, have some fun and of course eat. Claire Tebbutt has volunteered to be a leader of the group. Watch this space as this great opportunity develops.

### **Shrove Tuesday**

Everyone is invited to a fun event on February 28<sup>th</sup> 4:00 pm for Shrove Tuesday. Kidsplus will be held on Shrove Tuesday so come along and join in on the lesson while we eat pancakes and have some fun. Any questions ask Jill.

### **Child Protection Training**

On Sunday March 26<sup>th</sup> in partnership with the Diocese, the City of Melville and the West Australian Child Protection Society, Holy Cross is hosting the first of two Child Protection Training events for parents. Advertising material will be available soon your assistance in spreading the word would be appreciated. For further information please speak with Jill or Graeme.

If you have any question regarding the Children and family Ministry don't hesitate to talk with Graeme or Jill





The **BIG Welcome 2017** is a user-friendly, flexible missional initiative, intentionally resourced to be context-based so that everyone, yes everyone, can participate. Behind the title is a simple concept – we should actively plan to engage and welcome people to be part of the church and its life.

When we go to a party or get involved in an activity it's usually because we have been invited. Why should church be any different? Recent research in Australia shows that, much like weddings, most people come to church because they have been invited. It also tells us that 47% of those asked said they would love to have a 'spiritual conversation' but had no one with whom to do so, and many people report that they would be willing to visit a church if they were invited and taken by someone they know.

**The BIG Welcome 2017** is designed as a 3-stage rollout to coincide with key events in the church calendar.

Partnership has been specifically established with state-wide, national and international initiatives that offer further support, an example of which is Thy Kingdom Come – a global wave of prayer, launched by the Archbishop of Canterbury.

**The BIG Welcome 2017** is formulated so that each parish, agency and group can use the raft of ideas and material's to develop their own methods of engagement to suit their individual contexts, core values and passions.

### **3 Stages**

#### **Stage 1:**

New Year to Easter  
1/01/17 - 16/04/17

#### **Stage 2:**

Pentecost season 1  
7/04/17- 30/06/17

#### **Stage 3:**

Christmas on our horizons  
1/07/17 – 31/12/17

Website details:

[www.thebigwelcome.perth.anglican.org](http://www.thebigwelcome.perth.anglican.org)

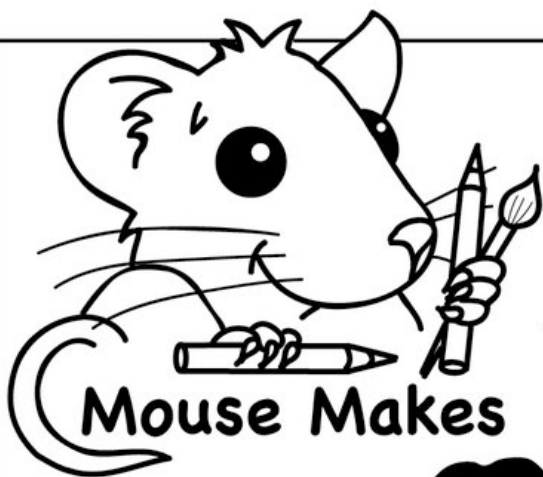
*Alison Gilchrist the Diocesan Mission enabler is working alongside us on this journey. She will be attending the next Parish Council meeting, joining us for a Sunday Service as part of the congregation & then preaching at our Service on Sunday 2<sup>nd</sup> April 2017.*

# **Rosters: From Sunday 5th February 2017 through to Sunday 26th March 2017**

Date	Media	Money	Reading	Prayers	Communion	Altar	Welcome	Kitchen
Sun 5 <sup>th</sup> February	Peter	Peter Tom	Pat	Jill	Jill JJ	Carol JJ	Ida Alice	Adele Mike
Sun 12 <sup>th</sup> February	Mike	Pat David J	David D	Beryl	Beryl	Carol JJ	Ida Alice	Hazel Sheri
Sun 19 <sup>th</sup> February	Peter	David D Peter	Norma	Graeme	Adele	Carol JJ	Ida Alice	Margaret Ida
Sun 26 <sup>th</sup> February	Mike	David J Tom	Pat	Beryl	Beryl	Carol JJ	Ida Alice	Joy Frank
Sun 5 <sup>th</sup> March	Peter	Peter David D	David D	Jill	Jill JJ	Sheri	Hazel Alice	Adele Mike
Sun 12 <sup>th</sup> March	Mike	Pat Peter	Beryl	Graeme	Adele	Sheri	Hazel Alice	Hazel Sheri
Sun 19 <sup>th</sup> March	Peter	David D Tom	Pat	Jill	Adele	Sheri	Hazel Alice	Margaret Ida
Sun 26 <sup>th</sup> March	Mike	Pat David J	David D	Beryl	Beryl	Sheri	Hazel Alice	Joy Frank

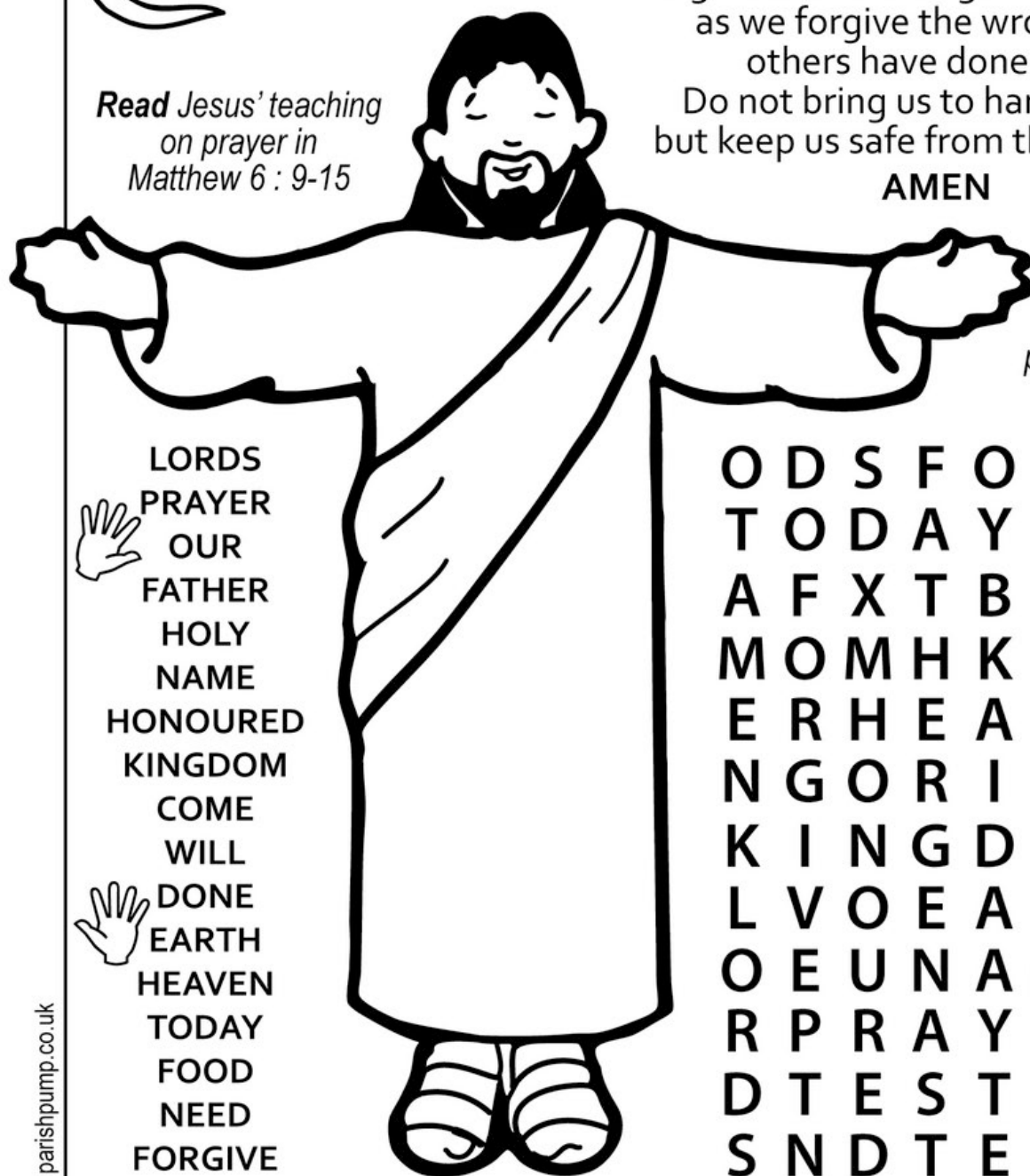
## **Please Note:**

**If you are unable to fulfil your roster duty on your rostered day, please try to find someone to swap with and let Jill know. If you cannot find anyone, please contact Jill. Thanks.**



## Mouse Makes

Read Jesus' teaching  
on prayer in  
Matthew 6 : 9-15



## THE LORD'S PRAYER



Our Father in heaven:  
May your holy name be honoured;  
may your Kingdom come;  
may your will be done on earth  
as it is in heaven.

Give us today the food we need.  
Forgive us the wrongs we have done,  
as we forgive the wrongs that  
others have done to us.

Do not bring us to hard testing,  
but keep us safe from the Evil One.

AMEN



Write a  
prayer of  
praise to God



LORDS  
PRAYER  
OUR  
FATHER  
HOLY  
NAME  
HONOURED  
KINGDOM  
COME  
WILL  
DONE  
EARTH  
HEAVEN  
TODAY  
FOOD  
NEED  
FORGIVE  
WRONGS  
TESTING  
SAFE  
EVIL  
AMEN

Can you find all  
the words from  
the list in the  
wordsearch?



O	D	S	F	O	O	D	H
T	O	D	A	Y	G	C	W
A	F	X	T	B	P	O	R
M	O	M	H	K	V	M	O
E	R	H	E	A	V	E	N
N	G	O	R	I	S	B	G
K	I	N	G	D	O	M	S
L	V	O	E	A	R	T	H
O	E	U	N	A	M	E	O
R	P	R	A	Y	E	R	S
D	T	E	S	T	I	N	G
S	N	D	T	E	H	L	F
A	E	O	T	V	O	U	R
F	E	N	W	I	L	L	D
E	D	E	H	L	Y	G	R





## Service Times

### **Wed 1<sup>st</sup> February (Green)**

09:30 am Morning Prayers

### **Sun 5<sup>th</sup> February (Green)**

09:00 am Service

09:00 am Sunday Club

### **Wed 8<sup>th</sup> February (Green)**

09:30 am Morning Prayers

04:00 pm Order of St Luke

### **Sun 12<sup>th</sup> February (Green)**

09:00 am Service

### **Wed 15<sup>th</sup> February (Green)**

09:30 am Morning Prayers

### **Sun 19<sup>th</sup> February (Green)**

09:00 am Service

### **Wed 22<sup>nd</sup> February (Green)**

09:30 am Morning Prayers

### **Sun 26<sup>th</sup> February (White)**

**Transfiguration**

09:00 am Service

### **Wed 1<sup>st</sup> March (Violet )**

**Ash Wednesday**

09:30 am Morning Prayers

### **Sun 5<sup>th</sup> March (Violet)**

**First Day of Lent**

09:00 am Service

09:00 am Sunday Club

## For Your Diary

### **Wed 1<sup>st</sup> February**

10:30 am Mainly Music

### **Wed 8<sup>th</sup> February**

10:30 am Mainly Music

07:00 pm Church Council Meeting

### **Wed 15<sup>th</sup> February**

10:30 am Mainly Music

### **Thu 16<sup>th</sup> February**

04:00 pm Kids Plus

### **Wed 22<sup>nd</sup> February**

10:30 am Mainly Music

### **Thu 23<sup>rd</sup> February**

04:00 pm Kids Plus

### **Tue 28<sup>th</sup> February**

09:00 am Lenten Studies

04:00 pm Shrove Tuesday  
(Pancake Day)

### **Wed 1<sup>st</sup> March**

10:30 am Mainly Music

### **Thu 2<sup>nd</sup> March February**

04:00 pm Kids Plus

05:45 pm Lenten Studies

### **Fri 3<sup>rd</sup> March**

10:30 am World Day of Prayer

### **Wed 8<sup>th</sup> March**

10:30 am Mainly Music

07:00 pm Parish Council Meeting

### **Sun 26<sup>th</sup> March**

04:00 pm Child Protection Training







## **WORLD DAY OF PRAYER**

10:30 am Friday 3<sup>rd</sup> March 2017

Anglican Church of the Holy Cross, Melville