



NEWSLETTER May 2015

Quiz Night

- Where:** Anglican Church of the Holy Cross
56 McLean Street, MELVILLE 6156
- When:** Friday 22nd May 2015
6:30 pm for a 7:00 pm start
- Cost:** \$15 per person (max 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
(Bar facilities available)
- Bookings:** Telephone Betty on 9339 3911



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

www.perth.anglican.org/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: An icon of the Christian Pentecost, in the Greek Orthodox aesthetic tradition but prepared for a Western Christian audience using the Roman alphabet. This is the Icon of the Descent of the Holy Spirit on the Apostles. At the bottom is an allegorical figure, called Kosmos, which symbolizes the world.

Sunday Club is held on the first Sunday of the month at 9:00 am and crèche facilities are available at the rear of the church. A change table is in the disabled toilet.

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
m: 0417 178 688**

**w: www.holycrossmelville.org
e: holycrossevents@gmail.com**

Locum

The Parish Council has been advised by The Venerable Lionel Snell, Archdeacon of Perth, of the appointment of The Reverend Julie Barrett-Lennard as Locum in the Parish of Melville.

Julie has initially been appointed on a part time basis, for a period of six months, starting in May 2015.

The Revd. Julie's first service in the Parish will be at 9:00 am on Sunday 3rd May 2015.

We warmly welcome her to this role in the parish. Keep her in your prayers as she takes up this important position.

Thank You Lionel

For the last six weeks we have been very fortunate in having The Venerable Lionel Snell take our Sunday Services.

As the Archdeacon of Perth, Lionel is kept very busy and we are thankful that he was able to come and minister and spend time with us. Thank you Lionel.

Electoral Roll

All church member are required to complete a new enrolment form to become official members of the parish. If you have not already completed an enrolment please make sure you do so. Make sure you are an enrolled member of the parish so that you can vote at the upcoming Annual General Meeting.

Annual General Meeting

The Annual General Meeting (AGM) of Parishioners will be held on Sunday 14 June 2015 following the 9:00 am service.

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

- Church Warden
- Members of Church Council
- Auditor
- Synod Representatives

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 the completed nomination form to Jill.

Any items of business for consideration at the AGM need to be submitted to Jill, in writing, no later than Sunday 31st May 2015.

Annual Report – Reports Due

The 2014-2015 Annual Report is being compiled in preparation for the 2015 Annual General Meeting.

Would those individuals who normally submit reports for inclusion in Annual Report please forward these to Peter at pbowman@bigpond.com

Reports need to be submitted no later than Sunday 31st May 2015.

Mother & Daughter High Tea

The GFS are hosting a Mother and Daughter High Tea

On: Saturday 9th May 2015
3:00 pm

At: St Barnabas Anglican Church
40 Railway Parade, Kalamunda

Cost: \$20 pp payable on the day

RSVP: by 5th May 2015 to
GFS at 9202 1627 or
office@gfsperth.com

If you are thinking of going let Jill know.
We might be able to go together.

Order of St Luke

Our next meeting will be:

When: Sunday 3rd May 2015
4:00 pm

Venue: Holy Cross Church
56 McLean Street
Melville WA 6156

Topic: My God, my God
why have you forsaken me?
Psalm 22: 1

Followed by a bring & share supper

Further information
Beryl T: 0438 935 164

Wardens Wish List



Each month the Church Warden intends to present a list of tasks/jobs that have been done or need to be done around the church.

Area	Task	Status
Foyer & Hall	Reshuffle of storage (underway)	
Garden	Rear Garden needs clearing & dead shrubs removed (underway)	
Garden	Garden Hose on Western Wall needs replacing	
Toilets	Cracked toilet seat in women's toilet	
Hall Church	Glass doors – need cleaning	✓
Churh	Airconditioner – needs servicing	
Storage	Sport & price books in preparation for next sale	

If you know of any jobs that need attention, let Jill know so that she can add it to the list.

Mothers Union News

Our theme this year is:
Sowing/Sewing a future together

At our April meeting we were given a packet of holly hock seeds, then we all took a Bible reading from a blessing box, found the text in our bibles and read and discussed them.

In order for us to sow seeds of blessing for those we seek to serve, our lives need to be rooted in Christ, then we will grow good fruit with an abundance of seeds to sow in the world.

Fruitful God, plant your seeds of love and inspiration, that together we may sow a future for the growth of your Kingdom on Earth. Amen.

Next meeting: Monday 11th May at 01:00 pm. Love you to join us.

Betty Rushforth

Quiz Night

Friday 22nd May is the Quiz Night. Please arrive at 6:30 pm for a 7 pm start. For more information please refer to the poster on the inside cover of this magazine.



Prayer Group

The Way Forward Prayer group is meeting every Monday at 4pm.

Each week there are a few people gathering specifically to prayerfully discern Gods plan for Holy Cross.

We are praying very specifically for – a coordinator for Kids Plus+, members for a leadership team (including unchurched people) to assist developing Fresh Expressions of Church.

If you can't make it please still pray at 4pm on Mondays. Come whenever you can it does not matter if you can't come every week just come when you can.

Melville's Biggest Morning Tea



Fundraising for the Cancer Council has begun with the main event being held on Thursday, 28th May 2015 from 9.30am to 11.30am.

All members of the public are welcome.

Information and on-line donations can be directed to the following web page:-

<http://wa.cancercouncilfundraising.org.au/MelvilleBMT>

Parish Council Report

(Meeting Sunday 12th May 2015)

Fundraising:-

- Quiz night 22nd May
 - Help required – promoting event, selling tickets, donations of prizes, set up on the day
 - Posters and tickets to me made and distributed
 - Encourage parishioner to make a table and attend
- Open Mic Night still in the planning stage
- Hall Hire. Discussion being held to decide on the price of contribution to hall hire

AGM.

- Planning underway for the AGM being held on the 14th June 2015

The Way Forward – Fresh Expressions:-

Parish Council encourages parishioners to spend time at the church to build relationships with hall and tennis court users – have a human presence to welcome community members as often as can be. (If you want to discuss this please talk with Parish Council members).

- Continue to build relationship with neighbouring parishes and churches by holding social events together.
- Build a leadership team to grow fresh expressions of church. The team is to consist of churched and unchurched people.

General Business:-

- Discussion held on the a Locum placement
- A formal motion to thanks Archdeacon Lionel Snell for his support over the last few months.

Treasurer's Report

- Finances are steady, payments to Diocese of \$2,000 to be made and others made when we can afford.

Warden's Report

- Storage within the church is undergoing a reorganisation – a work in progress.

Children's ministry

- Easter activities very successful
- Mainly Music doing well – building relationships – new members
- KidsPlus+ changing to a 6 week program starting in the third week of term with support from volunteers, parents and GFS.

AOB:-

- Parish Council moved that \$200 of varying valued gift cards to be purchased and left in safe for use as discretionary support for people in need of food or fuel. The amount and the use of cards to be revised regularly.

If you have any question with regard to this report please speak with the Warden or members of Parish Council.

Kids Plus

The Kids Plus format is changing. It is now running for six weeks per term and starting on the 3rd Thursday of the term.

The first day back for Kids Plus will be Thursday 7th May at 4:00 pm.

Sunday Club

April was a very busy period with a wonderful turn out of young families seeking the true meaning of Easter.

There were Easter Hunts galore that encompassed the rituals and symbolisms of the past and the present, followed by a lovely morning tea, Easter Cake and, of course, another hunt in the garden of the chocolate Easter Egg kind.

We all look forward to the future with restored faith and resolution to ensure his spirit lives on.

Married

How many women can one man marry? A little boy who attended his first wedding worked that one out pretty quick: the answer is 16. It is easy, if you think about it. Four better, four worse, four richer, four poorer. Comes to 16.

Dates For Your Diary

Sun 3 May

09:00 am Sunday Club
04:00 pm Order of St Luke

Wed 6 May

10:30 am Mainly music

Thu 7 May

04:00 pm Kids Plus

Sat 9 May

03:00 pm Mother & Daughter
High Tea

Mon 11 May

01:00 pm Mothers Union

Wed 13 May

10:30 am Mainly music

Thu 14 May

04:00 pm Kids Plus

Wed 20 May

10:30 am Mainly music

Thu 21 May

04:00 pm Kids Plus

Fri 22 May

07:30 pm Quiz Night

Wed 27 May

10:30 am Mainly music

Thu 28 May

09:30 am Biggest Morning Tea
04:00 pm Kids Plus

Sun 7 Jun

09:00 am Sunday Club

Sun 14 Jun

10:30 am Annual General Meeting

Pentecost

The biblical narrative of Pentecost is given in the second chapter of the Book of Acts . Present were about one hundred and twenty followers of Christ (Acts 1:15), including the Twelve Apostles (i.e. the Eleven faithful disciples and Matthias who was Judas' replacement) (Acts 1:13, 26), his mother Mary, various other women disciples and his brothers (Acts 1:14).

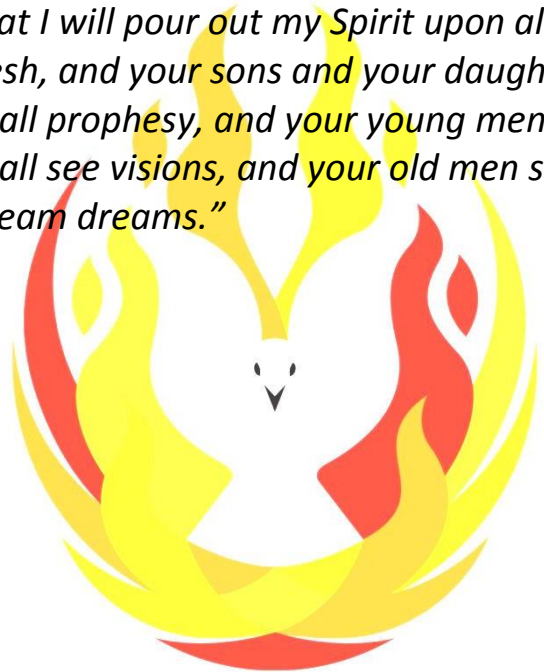
Their reception of Baptism in the Holy Spirit in the Upper Room is recounted in Acts 2:1–6:

“When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each..” NRSV

While those on whom the Spirit had descended were speaking in many languages, the Apostle Peter stood up with the eleven and proclaimed to the crowd that this event was the fulfilment of the prophecy ("I will pour out my spirit").

In Acts 2:17, it reads:

“In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams.”



He also mentions (2:15) that it was the third hour of the day (about 9:00 am). Acts 2:41 then reports: *"So those who welcomed his message were baptized, and that day about three thousand persons were added."*

Peter stated that this event was the beginning of a continual outpouring that would be available to all believers from that point on, Jews and Gentiles alike.

The main sign of Pentecost in the Western Churches is the colour red. It symbolizes joy and the fire of the Holy Spirit. Priests or ministers, and choirs wear red vestments, and in modern times, the custom has extended to the lay people of the congregation wearing red clothing in celebration as well. Red banners are often hung from walls or ceilings to symbolize the blowing of the "mighty wind" and the free movement of the Spirit.

Pentecost (cont'd)

The celebrations may depict symbols of the Holy Spirit, such as the dove or flames, symbols of the church such as Noah's Ark and the Pomegranate, or especially within Protestant churches of Reformed and Evangelical traditions, words rather than images naming for example, the gifts and Fruits of the Spirit. Red flowers at the altar/preaching area, and red flowering plants such as geraniums around the church are also typical decorations for Pentecost masses/services. These symbolize the renewal of life, the coming of the warmth of summer, and the growth of the church at and from the first Pentecost.



The Meaning of Life

Unfortunately you won't find the answer to that question in this article, but perhaps part of the answer is hidden in the question, meaning.

The field of 'positive psychology' focusses on wellbeing and happiness. It's not about being positive all the time, it's about being able to get the most out of life and experiencing enjoyment despite the inevitable set backs. Scientific research in positive psychology has found that individuals can maximise their sense of wellbeing and enjoyment of life by adopting strategies that help you to fill your days with meaning, pleasure and engagement.

It may be more fulfilling to engage in activities that involve positive relationships with other people and enable you to experience a sense of accomplishment. For example, engagement may involve identifying what your strengths are and undertaking activities that challenge you and enable you to utilise your strengths in the pursuit of a goal. When you're truly engaged in an activity you may get into the 'flow'. Finding opportunities to engage in activities that enable you to experience flow (where you feel happy, creative and immersed in what you're doing) is extremely beneficial for mental wellbeing. When you're engaged and in the flow, time stops and it feels remarkable.

The Meaning of Life (cont'd)

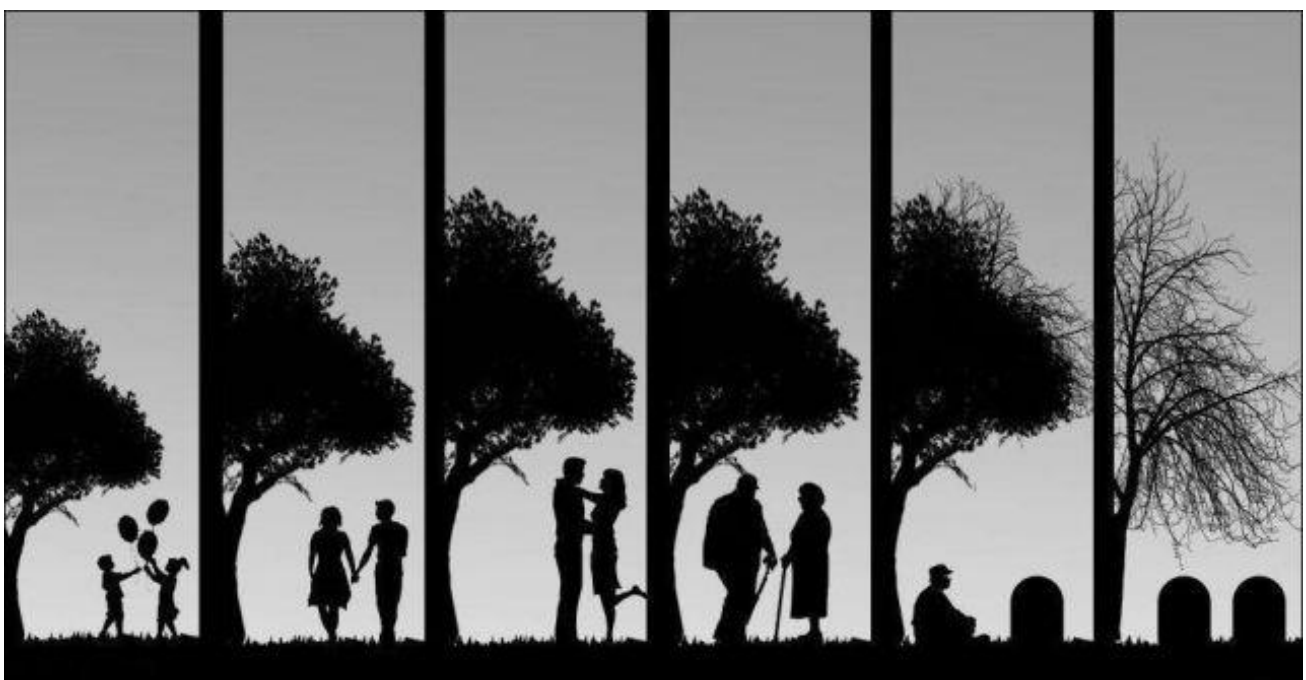
Being mindful of the present moment and savouring pleasurable experiences can help improve feelings of wellbeing. If we look at it from a happiness perspective, there are many strategies for enhancing pleasurable moments. These can include taking pride in your achievements, sharing the story about a valuable moment in your life with others and allowing yourself to become absorbed in those pleasurable moments. When you are in the moment, take mental photographs to refer back to and block out other senses while you savour the experience, for example, closing your eyes as you enjoy a cold drink of water after good exercise session.

So, back to meaning, doing things in your life that have some meaning to you doesn't have to be as grand a challenge as discovering the meaning of life. In fact, finding meaning can take the form of simple activities that help you to improve your connections with others and wellbeing.

Take the time to thank people who have helped you in your life at different points in time, keep an ongoing record of the things that you're grateful for no matter how small they are; doing this is an opportunity to get creative about your approach to happiness, health and wellbeing and inspire others to do the same. For example, if you plan to do kind things for people and seriously consider forgiving those who have wronged you, you'll end up doing yourself a world of good in the process. Do things that help you to find meaning, whatever that looks like for you.

Taking the time to reflect on the things that you value and therefore prioritise can help you to find meaning.

Visit www.blackdoginstitute.org.au for more information on positive psychology and useful links to books, research papers and resources from this field.



VE Day 1945

May 8th 1945 was VE Day - 'Victory in Europe'. The war was not entirely over, because the third member of the Axis, Japan, was as yet undefeated and still occupied large areas of Asia. But for the people of Britain this felt like the end of five years of war - bombing, conscription, rationing, military and civilian casualties and constant anxiety.

To most people's surprise, the Second World War had lasted longer than the first one, and though the casualties were not as horrendous, they would be multiplied before a year was out by the victims of the atomic bomb attacks on Nagasaki and Hiroshima.

But on 8th May, 70 years ago this month, everyone was singing. Hitler had committed suicide in his bunker in Berlin on 30th April. The formal acts of surrender by Germany were signed in Rheims on 7th May, and in Berlin on 8th May, and the latter date was declared a day of national rejoicing. Huge crowds gathered in city centres, street parties were arranged, church bells rang and there were many services of thanksgiving.

Rationing of many foods (including sweets and chocolates) continued into the 1950s, and the damage caused by bombing would leave scars in many towns and cities that took more than a decade to heal.

Yet nothing, on that May morning, was going to stop the celebrations. If relief was the primary emotion, there was also more than a hint of satisfaction.

We had won the war. The Nazi menace had been faced and seen off. Hitler and his accomplices - men who had organised the slaughter of millions of Jews and other 'deviants' in concentration camps - were dead or under arrest. The deadly menace of the V2 rockets, silent carriers of instant destruction, was a thing of the (recent) past.

Mr Churchill had set out a pathway to a better future. 'Magnanimity in victory' would mean that Germany would not be humiliated. She would be helped to rebuild as a free and democratic society, but only after an absolute and unconditional surrender. There would be no negotiating, no possible argument about the outcome of those terrible years of war. Europe was now at peace, and would remain so for a long while.



St. James The Least Of All

On why people should ALWAYS sit in the same pew

My dear Nephew Darren

I have to say that the couple who complained that you never noticed they had been missing from church for a month had a point. There is a simple way of noticing when someone is absent: everyone sits in the same pew. Every Sunday. Always.

Little Miss Margison sits in the pew after the third pillar on the right here at St. James the Least. As she walks up the aisle, you can sense her counting the pillars until she reaches the right one, which then allows her to sit in front of it. I have speculated that if I ever had that pillar removed, then the following Sunday, she would have a complete mental collapse.

One Sunday a visiting family arrived early and sat down; three people in an empty church seating 200. Colonel Wainwright and his wife were the first of our regulars to arrive and froze in horror. The Colonel said in a deafening whisper to his wife: "There's someone sitting in our pew."

At least they had the grace – no matter how reluctant – for one week, to sit somewhere else. Unlike the Prentice family of husband, wife and three children, who arrived to discover that a visiting family of husband, wife and four children were sitting in their pew; six people in a pew that held eight. Or, it normally holds eight. That Sunday, it held thirteen.

We at least have one iconoclast in Miss Pemberton, who makes a point of sitting in a different place every week. This thoroughly unsettles the rest of the congregation, who fear she may sit in their seats during her nomadic wanderings. I sometimes wonder if she has a chart at home with all the pew spaces marked on it and she strikes one off each week as she returns home after Mattins.

Occasionally the unexpected can happen. Mrs Cholmondeley arrived one week in good time, settled herself in her accustomed place, but half-way through the Service suddenly ran out of the building. Ten minutes later, she was back and in her usual place once again. It was only when the church filled with the smell of burned bacon that we understood.

That is why replacing pews with chairs in your church was a mistake. Pews can never be moved. You know where everybody is – or should be!

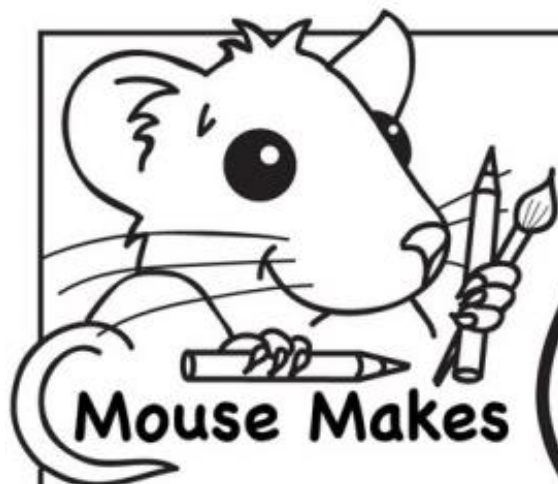
Your loving uncle,
Eustace

Rosters from Sunday 3rd May 2015 through to Sunday 21st June 2015

Date	Media	Money	Reading	Prayers	Communion	Altar	Flowers	Morning Tea
3 rd May	Peter B	Betty SG& Pat	Betty SG	Jill	Jill	Ida	Betty R	Betty R & Hazel
10 th May	Mike A	Betty SG& Pat	David	Beryl	Beryl	Ida	Adele	Joy & Frank
17 th May	Peter B	Betty SG& Pat	Pat T	Beryl	Adele	Ida	Joy	Marg & Ida
24 th May	Mike A	Betty SG& Pat	Beryl	Beryl		Ida	Betty R	Betty R & Hazel
31 st May	Peter B	Betty SG& Pat	Jill	Betty R		Ida	Adele	Mike & Adele
7 th June	Mike A	Betty SG& Pat	Pat T	Jill		Carol & JJ	Joy	Joy & Frank
14 th June	Peter B	Betty SG& Pat	David	Jill		Carol & JJ	Betty R	Marg & Ida
21 st June	Mike A	Betty SG& Pat	Norma T	Beryl	Adele	Carol & JJ	Adele	Mike & Adele

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 call Annette or Jill.



Mouse Makes

What happened when the Holy Spirit came at PENTECOST?

READ Acts 2:1-41



HOLY SPIRIT
is with us
and in us

John 14:16-17

HOLY SPIRIT
teaches us
about God

John 14:26

HOLY SPIRIT
helps us
to pray

Romans 8:26-27

HOLY SPIRIT
helps us
to speak
about God

Acts 1:8

There was a sound like a blowing of a violent wind... and what seemed to be tongues of fire that separated and came to rest on each one of them.

All of them were filled with the Holy Spirit.

**BE
FILLED
WITH THE
SPIRIT**

EPHESIANS 5:18

How many believers were baptised that day?

Colour the flames, cut out and tie together to make a Pentecost mobile.

Service Times

Sun 3 May (White)

Fifth Sunday of Easter

09:00 am Service
Acts 8: 26 – 40,
1 John 4: 7-21 ,
John 15: 1-8

09:00 am Sunday Club

Wed 6 May (White)

09:30 am Prayers
Ps 18: 1-31,
Exodus 32: 15-35,
John 12: 44-50

Sun 10 May (White)

Sixth Sunday of Easter

09:00 am Service
Acts 10: 44 – 48,
1 John 5: 1-12,
John 15: 9-17

Wed 13 May (White)

09:30 am Prayers
Ps 35: 1-17,
Exodus 40: 17-38,
John 15: 1-11

Sun 17 May (White)

Seventh Sunday of Easter

09:00 am Service
Acts 1: 15-17, 21-26,
1 John 5: 9-13,
John 17: 6-19

Wed 20 May (White)

09:30 am Prayers
Ps 48,
Deuteronomy 3: 18-4: 8,
John 17: 6-19

Service Times (Cont'd)

Sun 24 May (Red)

Day of Pentecost

9:00 am Service
Acts 2: 1-21
Romans 8: 22-27,
John 15: 26-27

Wed 27 May (Green)

09:30 am Prayers
Ps 68: 1-20,
Ruth 1
Acts 2: 22-36

Sun 31 May (White)

Trinity Sunday

9:00 am Service
Isaiah 6: 1-8
Romans 8: 12-17,
John 3: 1-17

Wed 3 June (Green)

09:30 am Prayers
Ps 78: 16-38,
1 Samuel 2: 12-26,
Acts 4: 35 – 5:11

Sun 7 June (Green)

Second Sunday after Pentecost

9:00 am Service
1 Samuel 8: 4-20
2 Corinthians 4: 13 – 5: 5,
Mark 3: 20-35

09:00 am Sunday Club