

### From Fr. Rick — “Let’s Rock the River”

Quite a number of years ago now, I was given a book on Aboriginal Teaching Stones. These teaching stones, despite their simple form, have a deep inner significance which escapes the uninitiated observer.

It is an interesting concept—stones which can speak!

For we westerners, a stone can be used in many other ways to communicate something. A smooth flat stone thrown in a particular way to make it skip across the water can indicate a carefree, idyllic attitude.

A stone can also be used to smash through someone’s window, expressing a strong resentment.

My experience with resentment is, in many ways, an ongoing battle. I won’t bore you with the types of things I have resented over the years. I’m sure it is a pretty common attitude.

Agnes Sanford used to teach us that resentment is an attitude which can gnaw away at a person’s soul to the sick-point. One of her methods of inviting God’s healing was to help a person rid themselves of resentment.

Often we might use a symbolic act which will help enliven our spirit. A powerful one in the past has been to write our sins and resentments on a piece of paper, and then set light to the paper and watch it burn away to ashes. God’s forgiveness is as radical as the burning away. The paper is atomized to ash, and our sins, when forgiven, are similarly treated. We hear the psalmist remind us in Psalm 103:12 “As far as the east is from the west, so far has he put our sins from us.”

Or I might take a stone I have found, and, holding it in my hand, wrap all my garbage around this rock. I might then take it to the bridge, and drop it over the side.

My prayer-in-action is that my resentment, my desire for revenge, my anger, are all wrapped around the rock, together with my deep frustration and sense of unfairness that cannot now be resolved. That “other person” is handed over to God’s justice, not mine, and, as the rock sinks, so I believe all this “stuff” sinks with it.

The biblical precedent for this is the ancient concept of “the scapegoat”! The scapegoat was a goat that was driven off into the wilderness as part of the ceremonies of Yom Kippur, the Day of Atonement, in Judaism during the times of the Temple in Jerusalem. The rite is described in Leviticus 16.

Walking the Christian walk, (something we are called to do if we worship together on Sundays) means that I must OPEN MYSELF UP TO THE POSSIBILITY OF CHANGE. Most often, those changes come about by fore-giving—giving up (or even ‘given first’). Abandoning a perfectly ripe, well-rounded, richly justified resentment is no fun. It has to be done though!

The habit of Resentment is often a reasonable and legitimate anger that’s settled in, like a wine stain on the tablecloth, and has made itself at home and has no intention of moving on any time soon. Initially it makes us feel better about ourselves at the cost of diminishing someone else. But in fact resentment diminishes me, not the person at whom I direct it.

But resentment also reminds me that I’m human, and that I haven’t handled anger well in the past; I have this burden because I took it on out of sheer force of habit. Another pattern to challenge and break.

So I’ll go on taking rocks, and I’ll go on wrapping around them the things I want to get rid of, and dropping the lot into the river.

Maybe I’ll even give a few of them a good over-arm heave. I might even try to fill the empty spaces that the things leave behind them with prayer, especially for the people I have just freed!



# Good Shepherd Church

## Anglican Parish of Bundaberg West

George & Takalvan Sts. Bundaberg

**Rector:** Rev’d Dr Richard Bowie 41528810  
**Phone & Fax - Office** (07) 41528810  
**BOX 5120 Bundaberg West Qld 4670**

**Churchwardens:**  
Ian Lohse Ph 41 512210  
Russ Ford Ph 41516929  
Lesley Christensen Ph 41523860

**Parish Office: Tuesday, Wednesday & Thursday 9am – 12 noon**

**Email address: [goodshepherdwest@bigpond.com](mailto:goodshepherdwest@bigpond.com)**

**Web Site: [www.goodshepherdbundaberg.org](http://www.goodshepherdbundaberg.org)**

**The ‘family church’... where you’re a stranger only once.**

**SEVENTH SUNDAY AFTER PENTECOST**

**29TH JUNE, 2008**

*The Good Shepherd Family — our purpose is to grow together in Christ,  
to worship and learn, to be the Good News.*

**Fr. Rick celebrated the 30th Anniversary  
of his ordination last Tuesday 24th.**

***Congratulations Fr Rick from us all!***



### **PINE CREEK COMMUNITY “Christmas in July”**

Parishioners are cordially invited  
to the Pine Creek Hall

**SATURDAY 5 July at 7pm**

for a Traditional Roast Dinner

(3 Roast Meats + 5 Vegies) with Dessert of  
Plum Pudding & Trifle along  
with other nibbles.

Tea & Coffee provided.  
BYO Alcoholic Drinks

Cost \$7 per person

Raffles, Lucky Door, the usual 20 question  
trivia with a Christmas Theme.

Proceeds to upkeep of the Pine Creek Hall.

**N.B. Pine Creek is part of our parish—**  
the Hall is Cold, Seats are hard but the  
fellowship is great.

Bookings essential—RSVP by July 1 to  
Marilyn Hudson 41579545.



### **PARISH FAMILY NEWS!**

#### **Celebrating Birthdays**

1st Kate Johnson  
2nd Joyce Bowie  
Jenny Morrall  
Bev Steemson

3rd Portia-Lilly Matteschek

*Best wishes to you all from the Parish Family*



#### **Celebrating Wedding Anniversaries**

2nd Don & Dulcie Brandon  
(59 years)

4th Warren & Nancy McLucas  
(38 years)



*Congratulations & much love from us all!*

#### **ANNIVERSARY SONG**

**Tell me I may always dance the  
ANNIVERSARY WALTZ with you,  
Tell me this is real romance,  
An anniversary dream come true,  
Let this be the anthem to our future years,  
To millions of smiles and a few little tears,  
May I always listen to  
The ANNIVERSARY WALTZ with you.**





Tuesday 1st July

# Cent Sale



**in our Church Hall**  
**Morning Tea 9am—Cent Sale Commences 9.30am**

Admission just \$2.00

Cent Sale Tickets 50 cents each.

Children's & Adults raffles,

Whip-around raffles.

Lucky door prizes

Lots of Jackpot prizes

Excellent Cent Sale Table of Craft,  
Home Cooking, Groceries, Plants  
& Homeware.



***Come along & bring your friends for great fellowship & fun!***

### Remember!!!

ONE SERVICE ONLY NEXT SUNDAY  
8.30a.m.

*Come along and worship together.*

**MEN**—you are reminded there is no men's breaky in July due to school holidays.

Next Men's Breakfast is August 2 at 7am in our hall.

### The "Cookie Jar needs feeding!!!!"



It loves both notes and coins!

Feed it and we'll have our lawns mown and sparkling clean windows for our mid-year "spring?" clean.



*"Good friends are hard to find, harder to leave, and impossible to forget."*

### COAT

—Thank you to all who are supporting the Chinese Orphans Assistance Team—those who have pledged and those who give when they can—your donations make such a difference to these little children's lives.



### June donations are due!

Donations may be left in the cot any Sunday. If you would like a receipt please put your money in an envelope, print your name on the front and a receipt will be available next week.

***Don't let the past hold you back,  
you're missing the good stuff.***

Woman's Christian Temperance Union

### Luncheon

Tuesday 22nd July at 11.45am  
Bundaberg Uniting Church McNaught Hall,  
Cnr Barolin & Electra Streets.

If you would like to attend let the Parish Secretary know ASAP.

### This week in the Parish:

Monday		Rector's Day Off
Tuesday	9.30am	CENT SALE
Wednesday	9.00am 10.00am 10.00am	Midweek Service Bible Study —Ephesians Pastoral Focus Visitors Mater Hospital
Thursday	7.00am	Pastoral Focus Home Visits & Bedside Communion Mater Hospital
Friday	7.00am 8.00am	Prayer Group meet in the church Bedside Communion Riverlea & Gracehaven
Saturday	2.00pm	Wedding—Stanley Belan & Joanne Mason
Sunday	8.30am  4.00pm	Family Communion Service & Sunday School & Baptism—Alex Jack Lowe Latte / Bible Study Group —Andrew & Louise 41542680



### Burnett Deanery Children's Celebration

SUNDAY 31ST AUGUST

2pm—4pm at Christ Church

THEME: Butterflies



Families: Are you interested in joining other young people from Gayndah, Goonaneman —Childers/Biggenden/Gin Gin, Hervey Bay, Maryborough, Mundubbera/Eidsvold and Monto in attending this Deanery Day.  
Let Marilyn know in the Parish Office 41528810 if you are attending.

### Emmaus—Youth Camp —1st—3rd August 14 years & over

Kindilan Conference Centre, Redland Bay

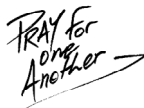
Emmaus is an opportunity for young people to develop their life of faith in Christ. Emmaus acknowledges that our life is a journey and that Jesus will walk with us; just as he did with the two disciples on the road to Emmaus after Easter (Luke 24). The first part of experiencing Emmaus is to attend an Emmaus weekend, where young people will be sharing parts of their journey in Christ as well as having times of worship and fun.  
Please let Marilyn know in the parish office if you would like to attend.

KEMSLEY www.hinet.net.au/~meggs



**Our Parish Prayer**

Father God, equip our Good Shepherd family with the resources we need.  
Empower us all by your Holy Spirit.  
Strengthen, protect and guide us – especially in our times of need.  
Remove the obstacles that would block our endeavours to do your will.  
Make us one, within the fold of your church.  
We ask in the name of Jesus our Lord. Amen.



**Pastoral Focus Prayer.**

God our Father,  
Grant us the skills to serve your church;  
The ears to hear the calls for help;  
The lips to speak your words of truth;  
The eyes to see the needs to fill;  
The feet to go to those in want;  
The mind to meet the doubts we find;  
The heart of love to share your peace;  
The hands to work without reward;  
We ask this only to do your will,  
Through Jesus, our Saviour, Redeemer and Friend. Amen.



**Prayer of Evangelism.**

Heavenly Father, Set our hearts on fire to go into the world in your name.  
Grant us wisdom, and the confidence to speak your word.  
Give us the strength and the will to continue through all circumstances.  
Help us take the Good News to all who will listen,  
so they may know Jesus as their Lord and master.  
May we glorify your name in all we say and do. In Jesus name we pray. Amen.



**In your prayers, please remember:-**

**Our Parish Family prayer list this week** ( from our parish directory – to show we care)

Gordon Albrecht; Reg & Gloria Dean; Greg & Joanne Desgrand; Bruce & Ros Kean;  
Helen Lander; Ellen McLucas; Elsie Rudland; Harry & Cheryl Wright.



*Absent Friends:* Parish Family not with us today.

For those in need:

**Prayers for Healing:** "Come to me all who labour and are heavy laden and I will give you rest"

Linda; Joan; Neve; Anna; Gillian; Audrey; Stan; Harry; Nesta; Bonny; Dave; Ben; Sarah; Bev; Richard;  
Sherry; Chris; Bon; . . . (and those known only to the Lord).

**Special Needs:**

Vivienne & Don; Kym; Emma; Linda, Neil & Brendan; Joyce; Julia; Richard; Luise, Mark & Rosie; Bonny & children; Janet, Dudley & Family; (& those known only to the Lord)

**Pray for the political situation and the people of Zimbabwe**

**Our School Chaplains:** Fr. Andrew, Paula, Kelli, Steven, Adrian, Noel, Craig, Teresa & Brenda

**Our Link Missionaries with CMS** – Shirley Gent in Pakistan and the Hayes Family – Bruce, Libby and their children Daniel, Julia, Stephanie & Ruth in Nepal **and BCA Missionaries** - the Keith Family—Rev'd Mike, Chantalle and baby Rachell in Lightning Ridge.

**Years Mind – we remember- (i.e. the anniversary of the death of a loved one):-**

Joy Jeffrey; Dulcie Hulyer

**Thanksgiving for the Life of:**

# Today's Worship—Pentecost 7

**Sentence:** The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

**Readings Today: Peter & Paul Apostles & Martyrs**

Old Testament: Acts 12:1-11  
Psalm: Psalm 87 page 313  
New Testament: 2 Timothy 4:6-8, 17-18  
Gospel: Matthew 16:13-19 / John 21:15-22

**Readings next Sunday:**

Old Testament: Genesis 24:34-38, 42-29, 58-67  
Psalm 45:10-17  
New Testament: Romans 7:14-25  
Gospel: Matthew 11:15-19, 25-30, 42-29, 58-67

**Whoever receives you  
receives me;  
and whoever receives me,  
receives the one who sent me,  
says the Lord.  
The Son of Man came not to destroy  
souls but to save them.**

## YOUR OFFERTORY TRUST

It is characteristic of God to give and, if in our lives, giving always ranks above receiving, we will use what we have as God wills we should use it, however much or however little it may be.



## ABM Reflections of Today's Readings

Never underestimate the value of a cup of cold water. To the lost soul, struggling through the rough patches and dry places of life, the smallest gesture may come as a divine epiphany. By our warmth, by our welcomes, through our smiles and our recognition of the alien and the outcast we may find ourselves entertaining angels unaware. When we ourselves are parched from the journey and our reserves depleted, do we still hold out the proverbial cup of water?

- Pray that we may always find the time to be hospitable and to welcome the stranger.
- Pray for the ABM Auxiliary.

**The July Roster is available today—please collect your copy.**