

Reflection Lent 5:

LETTING GO

Written by Sarah Are

People throw around the phrase, "Let it go" like a child throws out laughter—
Easy and light.
I wish that's how I knew it.
I wish it felt that simple.

Instead I have to talk myself into a better frame of mind.
I have to drag one foot in front of the other until I'm closer to love.
I have to sing my mother's words in my head until I can't hear anything else.

And I pray for letting go that feels like taking off shoes—a sort of coming home.
I pray for letting go that won't always involve a battle between heart and mind.
I pray for letting go that moves like muscle memory, but it never does.

Letting go has never been as easy as holding tight.
Why is that?

So now and again I stand in the rain and let the clouds teach me a thing or two
about release.

And when that doesn't work,
I think about the way my mother's body broke so that she could let me go—
Yet another body broken for me.

And when that doesn't work,
I find myself on my knees—a sort of coming home,
And I pray,
Teach me a thing or two about grace.
Teach me a thing or two about letting go.

And I inhale.
And I exhale.
Air drawn in.
Air let go.

And I recognize God in my lungs, and I can't help but laugh,
Easy and light.

The Lord be with you and those for whom you pray.

Elizabeth

Pew Sheet: Material for inclusion in Pew Sheets should be given to Wayne by Wednesday evening.



Shining Christ's Light on the Peninsula



*Welcome
To
Worship in Our Parish*

April 7th 2019

Fifth Sunday in Lent

Normal Service Times

Sundays

8:00 am St Mark's Leopold & St Paul's Whittington
10:00 am St Mark's Leopold & St Barnabas' Newcomb

Wednesday - 10:00 am

1st & 3rd Wednesdays @ St Barnabas'
2nd & 4th Wednesdays @ St Mark's
5th Wednesday @ St Paul's

Morning Prayer @ St Barnabas' - 9 am

Mon - Tue - Wed - Fri - Sat

Parish Identity

BGAP : A community who loves God and everyone else.

Mission Statement

Our mission is to enable individuals to recognize and carry out their ministries as Christians. Through this, we strive to become a model company of faithful people who both honour their varied traditions and actively share in building the family of Christ.

MINISTRY TEAM

Vicar: Rev'd Elizabeth Breakey 5250 1401; 0404 165 096
Email: vicar@bgap.church

Father Jim Minchin 0427 056 654, frjbminchin@gmail.com

Mr Wayne Stewart 0414 503 300; wayne@bgap.church; Child Safety Officer

Parish web-site: www.bgap.church

Direct payments donation account: BSB 703 122 A/c #0500 4734 (identify recipient)

Today's Readings

Isaiah 43:16-21
Psalm 126
Philippians 3:3-14
John 12:1-8

Next Week's Readings

Isaiah 50:4-9a
Psalm 31:9-18
Philippians 2:5-11
Luke 22:14-23 or 23:1-49

Parish Prayer

Lord you are in the midst of us and we are called by your name. Guide us in our worship and life together: transform us into whatever you would have us do. Help us to be deeply connected with the world around us and strengthen us to proclaim the good news in word and deed in this community, for the glory and for the growth of your kingdom. In Jesus name we pray. Amen.



Prayers for Healing: Please pray for the healing of body, mind and spirit of the following people who are on our hearts: Joe, John M, Travers family; Hooper/Travers families; Sheila S; Baby Casper, Amy & Roscoe; Matthew R, Colin, Pat, Val & John, Barbara S, Pam, Barb, Cassie & family.

Palm Sunday, 14th April, march for the refugees in Melbourne. This is a chance to be good neighbours on a wider stage. The march meets at 2pm on the steps of the State Library in Melbourne. I hear that there may be some extra challenges due to maintenance on the Geelong railway line, but there will be buses etc to get us there in time. **We depart 12.11pm from South Geelong Station**

Elizabeth

Maundy Thursday 18th April, 7pm @ St Barnabas'; ecumenical meal and service. Come, tune in and join the first service of the Easter weekend. Bread and Soup makers! Be inspired and bring something delicious with you. Please let Elizabeth know soon whether you plan to bring something, soup, bread or something else.

Known Happy Birthday: George Elston 10th, missed last week - Rosemary Hooper 3rd

Sculpture: This sculpture was in the Sculpture Park at the recent Flower and Garden Show in Melbourne. It was not only the beautiful timber and ceramics (on reverse side), but also the symbols that captured my attention. Ed



Welcome to our services today, the fifth Sunday in Lent. We hope you find your time worshipping God enjoyable and enriching. Please stay after the service for cup of coffee/tea and fellowship.



For your diary:

Today	Lenten Afternoon tea (see below)
Today	Induction Leopold UC minister (details below)
Wednesday 10th	Palm Cross making @ Gloria Jeans (details below)
Sunday 14th	Palm Sunday march in Melbourne (details below)
Monday 15th	Memorial Service (details below)
Thursday 18th	Maundy Thursday @ St Barnabas (details below)

New minister at Leopold Uniting Church/Lenten Afternoon tea:

Instead of the planned parish Lenten afternoon tea journey, we shall support the induction of Leopold UC's new minister, Reverend Catherine, at Leopold Uniting Church at 2pm

Elizabeth

Memorial Service: Our congregation has been invited to join with citizens of Geelong of different faiths and no faith to remember those people massacred whilst at prayer in Christchurch.

On April 15th 2019, a Memorial Service remembering the victims of the attack in Christchurch will be held at the Geelong City Hall from 6pm to 7 pm. The event is planned by the Geelong Interfaith Network, the Islamic Society of Geelong and the City of Greater Geelong. See N/B for letter from Geelong Inter-faith Network

Readers Wanted: Wayne needs some for Good Friday, April 19th 9am at St Paul's; Elizabeth needs 3 or 4 for Maundy Thursday, April 18th 7 pm at St Barnabas'; at least 4 readers for the Dawn Vigil, April 21st 6am at St Barnabas', 2 readers and prayer for St Marks 9.30 am (if they are not already rostered on).

Televisions: Two 75 inch TVs (not monitors as was incorrectly reported in March 17th Pew sheet) have been purchased, one each for St Mark's and St Barnabas'. If you would like to make a donation towards the cost of these, you may do so by either: putting the money in an envelope marked TV and place it on the offertory plate or making a direct payment to BGAP's bank account (see Pew Sheet for account details) and identify TV as the recipient.

Volunteer wanted: Elizabeth is also looking for a volunteer to join her on the Ecumenical Stations of the Cross on Good Friday. They will be reading a prayer.

Palm Cross making: Wednesday 10th April, 10am Palm Cross making session outside Gloria Jeans Newcomb. The first 20 cross makers will receive a free coffee/tea. Bring your nimble fingers along for our Palm Sunday preparations.

Note: there will be no Eucharist service that Wednesday.

Pew Sheet editor: Wayne will be preparing the Pew sheet for the next three Sundays.