

'THE BRIDGE'

Newsletter for

LIVING WATERS ANGLICAN CHURCH

ST. PETER' S OCEAN GROVE
35-37 Draper St. Ocean Grove.3226

ALL SAINTS' BARWON HEADS
61-63 Hitchcock Ave. Barwon Heads 3227

PARISH OFFICE

St. Peter's Ocean Grove
Phone 52562446
Parish.office@ogbha.org.au

PARISH TREASURER:

parish.accounts@ogbha.org.au

PARISH WEBSITE

www.ogbha.org.au

If you cannot join us in person on Sunday,
please jump online by using this link below
<https://us02web.zoom.us/j/83473659823>

ZOOM : 834 736 598 23
Anglican

If you would like to contribute to our parish and support our mission, Direct Deposits can be made to:

*St Peters Anglican Church Ocean Grove BSB: 063 834 CBA
Acc. No. 1005 0271*

Regular Service Times

SUNDAY	9.00am at St. Peter's O.G. (on Zoom) 11am at All Saints' B.H
TUESDAY	9.30am. Prayers at St. Peter's O.G
WEDNESDAY	10am. at St. Peter's. O.G.
SATURDAY	9am. Prayers at St. Peter's O.G.

SUNDAY 8th. December
Advent 2.

TO KNOW CHRIST AND MAKE CHRIST KNOWN

VICAR:

Rev. Liz Rankin

0419 581 792

HON. ASSOCIATE PRIEST

Rev. Jill Poole

0437450329

jillrpoole@gmail.com

READINGS TODAY:

Malachi 3:1-14

Song of Zechariah APBA
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Philippians 1:1-11

Luke 3:1-6

If you've a notice for the Bridge, email, message, write a note, or phone Isobel Dean **before 9.30 am Thursday.** (check the Parish Directory for my numbers)

We worship on the land of the Bengalat clan of the Wathaurong people, and we acknowledge and pay our respect to their Elders past and present.

VICAR'S VOICE Greetings in the name of our Lord Jesus Christ,

Welcome to Advent week two. Following on from last week's Advent Meditation called *PEACE ON EARTH*, which has been resourced from Practicing the Way, a nonprofit organisation that creates spiritual formation resources for churches and small groups, learning how to become apprentices of 'the Way of Jesus.' I hope you find it helpful.

Advent 2

Peace Is Slowing Down

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures,
he leads me beside quiet waters, he refreshes my soul.
He guides me along the right paths for his name's sake.
Even though I walk through the darkest valley,
I will fear no evil, for you are with me; your rod and your staff, they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love will follow me
all the days of my life, and I will dwell in the house of the Lord forever.

-Psalm 23-

Japanese theologian Kosuke Koyama describes love as having a speed, and it's slow, not fast. In the same way, peace has a speed. It's a measured pace, hand-in-hand with Jesus, letting him lead us and restore us. One reason we don't experience the *peace* of Jesus is because we don't move at the *pace* of Jesus. Dallas Willard said the best way to describe Jesus' posture was "relaxed." We need to slow down, often quite literally, to embrace his peace.

Theologically, you don't *have* a body, you *are* a body. And much of our anxiety is bodily — it's the result of hurry, stress, and noise pollution on our central nervous systems. The movement and busyness of modern life is like a war of attrition on our peace. It's been said, "The soul often is re-educated by the body." So, yielding to Jesus and experiencing his peace includes submitting our *bodies* to his wisdom — getting good sleep, driving slower, getting out in nature, and practicing Sabbath.

We slow down using our minds too, by meditating on Scripture and letting God's words fill our imaginations and quiet our bodies. Through the language of Psalm 23, we can picture the Good Shepherd leading us, unhurried, beside quiet waters — his hand keeping us close and directing our attention to the beauty all around.

REFLECT

What is your body communicating to you about your current pace of life? What might be driving that pace?

What are some simple practices (driving slower, putting your phone away, going to bed earlier) you could adopt to slow your body down?

How does Psalm 23 open your imagination to the ways Jesus seeks to lead you? If you'd like, take a moment to close your eyes and walk in the presence of the Good Shepherd, letting the steps of Jesus dictate your pace.

I again encourage you to make some time (even a few times) across this coming week to find some space to sit quietly with these words and reflect on them with Jesus by your side.

Shalom Vicar Liz.

There may be a couple of calendars left - on the table in the foyer at St. Peter's.

PRAY — For all our unwell friends & family, that they may remember the love God has for them and be comforted & strengthened.

Pat Brady, Alison Fane, Heather Franken, Glenn Hooper, Suzi Jefferies, Doris Loewy, Alli McLaren, Jim O’Keefe, Prue Kensell, Janet Paisley, Glenys Russell, Dot Sutcliffe and Bert Tilley.

- For those with illnesses which medication no longer helps, give comfort in their faith of the joy of eternal life, and to their loved ones give courage, strength.
- To those recently bereaved give comfort & strengthen their belief of eternal life.

- For our members in residential care give peace, comfort & contentment.
Rose Ailey, Barry Aitken, Lynette Dehnert, Jenny Maxwell, Stella Scheiner, Beth Ward & Jenny Wood.

Pray for each one with love in your hearts – holding them up before our God, and giving thanks for any healing that takes place.

PRAISE BE TO GOD!

I absolutely love it when we get the chance to give our thanks and praise to God for answered prayers and share the good news of healing. For those that pray weekly for the people named within our newsletter, you will know that Deb Podbury’s name has been on the prayer list for many years. Actually, she has battled stage four cancer for 16 years. At the time of diagnosis, they gave her a maximum of two years to live.

This week, Deb’s name has been removed from the prayer list, as Deb’s body scans, taken two weeks ago, have shown that **ALL** cancer has gone. She has been miraculously cleared of cancer by her doctors who are all in disbelief. So let us celebrate this wonderful news with Deb and thank God for the years that he has ministered deeply to Deb, and as she has ministered to those around her as she herself has undergone her own treatment. She has been the light in the darkness for others and now is shining even brighter with this news. Praise be to God!

DAILY READINGS BEGINNING MONDAY Dec.2

MON	Ps. 105. 1-22	Isaiah 10. 33 -11.9	Mark 9.2-32
TUES	Ps. 106.1-24	17. 1-11	10.46- 11.11
WED	Ps. 107.1-22	17. 12-18.7	11.12- 26
THU	Pss. 110; 111	19. 1-15	11.27-12.12
FRI	Pss. 114;115	19.16- 20.6	12.13-27
SAT	Pss. 121;122;123	26.1-19	12.28-40

READINGS
Next SUNDAY
DEC.15th
 Zephaniah 3:14-20

 Song of Isaiah
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 Philippians 4:4-47

 Luke 3:7-18

CHRISTMAS SERVICE TIMES

Christmas Eve

St Peter’s: 6.30pm Family Service & 11.15pm Holy Communion

All Saints: 6.30pm

Christmas Day

St Peter’s: 9.00am

All Saints: 9.30am



Mission News–Christmas Bowl Appeal: Act for Peace is the international humanitarian agency of the National Council of Churches in Australia.

Once again it is conducting the Christmas Bowl Appeal.

Last Christmas almost 1000 churches across 17 denominations raised over \$1,790,000 to help people in 25 countries.

As we sit down to Christmas lunch this year, we are encouraged to think of families around the world who can't enjoy a meal together at home, because they were forced to flee their homes in search of safety.

We can donate to the Appeal in a number of ways:

1. Use the envelope found in our churches and:

* send to Act For Peace, with a cheque or Credit Card details.

* put the envelope, with your gift of cash, cheque or Credit Card details in your church offertory any time in the next 5 weeks. The church will send whatever is collected in this way.

2. Give, by calling 1800 025 101

3. Give online at christmasbowl.actforpeace.org.au

4. Scan the QR code on the Christmas Bowl envelope.



LOOK HERE TO SEE WHAT'S HAPPENING

Thurs. Dec. 12	Search the Spirit	St. P's Hall 3pm.
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WHAT'S ON AND WHERE- EACH WEEK		
MON	Hearts and Crafts 10 – 1. BYO lunch.	St. Peter's Old Church
TUE	9.30 -12 Prayers with John & Dawn	St. Peter's Foyer O G
WED	Staff meeting 9 – 9.50	Parish Office O. G
WED	Op shop 9.30 – 1 Jigsaw Library 10 – 12	All Saints' Hall B.H
FRI	Op Shop 9.30 – 1	All Saints' Hall B.H
SAT	Op Shop 9.30 – 1 Jigsaw Library 10 – 12	All Saints' Hall B.H
	All Saints' church is open 9 – 5. Daily	All Saints' Ch. B.H

BELLARINE COMMUNITY SUPPORT REGISTER

This free service operates from the Bellarine Police Station in Ocean Grove and provides Bellarine residents with an additional layer of safety and peace of mind along the way. It is a secure database of personal information such as emergency contacts, doctor's name, pet carer, spare key location, keypad code etc. that can be accessed by police in case of an emergency.

There are 4 main aspects to the service that is operated by trained and authorized Volunteers and includes:

- **Care Calls** to those who may be living alone, whose family is not close by, who are caring for someone in their own home.
- **A Window Sticker** for the front door area that alerts the police to the residence being registered with the organization in case of emergency.
- **An Identification Card** with a unique number that is used to put a name to someone who may have experienced a medical incident and cannot communicate; and
- **A Key Tag** with the same unique number in case the owner's keys are found and handed into the police station.
- ❖ If you would like more information for yourself or someone you know, Sharm and Sandy will be available after the 9am service at St Peter's to chat with you further.