

Zoom Church this week

Wednesday 13 October- 10am Communion Service

Leader	Bible	Prayers	Sermon
Russel K	Glenda C Jonah 2 Luke 11:14-26	Carmen N	Continuing with Jonah

Sunday 17 October - 9am Communion Service

Leader	OT Bible	NT bible	Prayers
Janine L	John D Jonah 3	Roger H Hebrews 5:1-10 Mark 10:32-45	David G

To join our Worship

- Click on the link button on the front page of our website, **OR**
- paste this link into your internet browser on your smart Phone, tablet or PC
<https://adcg.zoom.us/j/93204140807?pwd=dC9ZWDR3aUNicmxLanhoZ0pjbzBBdz09>

If you have found it difficult to connect call Ken 0455 324 449 for a test run

October is National Mental Health Month

It is an important time where the Australian community comes together to raise awareness and promote better mental health for all. Throughout this month, many events have been organised in each state of Australia aiming to attract and unite Australians of all ages and backgrounds to raise awareness and promote better mental health for all.

The National Mental Health Month 2021 Awareness Campaign theme is:

'Mental Health: Post Pandemic Recovery Challenges and Resilience'

Events are happening throughout Australia in October 2021 All events will be subject to COVID-19 restrictions.

[Download National Mental Health Month 2021 - Events Calendar](#)

Justin's Story*

*Name changed for privacy reasons.

Justin is in his 40s and lives in Canberra. In early 2020, at the start of the COVID-19 pandemic, he found himself struggling mentally and emotionally. The trauma of being alone was compounded by other circumstances in his life that had left him further isolated and feeling like he had no-one to turn to for help.

When he was at his lowest, Justin reached out to the team at Gordon Community Centre. The centre is based in the south of Canberra and runs as a partnership between Anglicare and Lanyon Valley Anglican Church.

"I knew the community centre had a food hub, so I came here using that as an excuse to ask for counselling because I was in such a bad spot," says Justin. "There wasn't a counselling service offered, but one of the volunteers at the centre said 'There's a minister here. You can talk to him if you like?'"

Reverend Jonathan Holt from Lanyon Valley church was working at the Gordon Community Centre that day and was happy to meet with Justin.

"I could tell that Justin really wanted to someone to talk to and connect with. He's such a generous guy who loves to care for people, and genuine connection was clearly on his heart," recalls Jonathan. "I knew I'd need to do a lot of listening and make it safe for Justin to share as much of his story as he as he wanted to."

Jonathan made time to catch up with Justin for an hour or so each week where they would discuss different issues. These catch ups continued by phone during the COVID-19 lockdowns. Jonathan was surprised and encouraged by Justin's courage and his dedication to meet up every week to discover truths within the Bible that addressed his needs and circumstances.

While most people who reach out for emergency assistance need food or help with bills, at Anglicare we know that often people are experiencing deep feelings of rejection, anxiety and disconnection. Many times this sort of need is hidden out of shame or anxiety. Anglicare, with the support of church partners like Lanyon Valley Anglican Church, want to see these hidden needs addressed too.

"Coming to Gordon Community Centre was one of the best things I've ever done! I've been speaking with Jonathan since 2020 and it still continues to this day," says Justin. "It's changed my life dramatically. Through Anglicare I've found my belief in God again. I'd lost my belief. Just catching up with one person, and discussing this one book [the Bible] has changed my life!"

Justin now lends a hand with events at the centre by cooking on the BBQ and assisting the volunteer team.

An estimated 80-100 people come through the Gordon Community Centre every month to receive food assistance, participate in the playgroup activities or informal classes, and join the community lunch or just catch up for a 'cuppa'. All these activities are designed to support the local area and keep people connected, with services adapting and continuing, even during COVID-19 lockdowns.

"I want other people to be part of this centre in the same way as Justin so they can begin that step by step journey to healing and connection with others," explains Jonathan. "In the years we've been running Gordon Community Centre so many lives, like Justin's, have been changed. We want this centre to continue to be a safe place where people in any kind of need can come. The kindness shown by the staff and volunteers here is the type of care that can change lives and communities."

Many times the work of Anglicare is evident in tangible ways through food parcels, material aid, case management or referral services. But the work of Anglicare is intangible too. Justin's story is just one of many in which Anglicare's services are a connection point where people find healing in their own hearts; where their view of themselves and their outlook on life can be transformed in healthy and truthful ways. For Justin, it led him to renewed faith.

"When I walk in each week, the volunteers know my name and call out hello to me," says Justin. "Outside this building, people look down on me and I don't feel that I'm worth much, but when I come in here I feel wanted and worthwhile. It shocked me a bit at first. It's overwhelming."

All our centres are still operating during lockdowns because we know that vulnerable individuals and families still need help. Our teams are adapting our services to ensure we can support everyone in a safe way.

Pictured: Staff, volunteers and local community members at Gordon Community Centre.



Things we all NEEEEED to know!

10 WAYS TO WRITE GOOD

1. Avoid Alliteration. Always.
2. Prepositions are not words to end sentences with.
3. Avoid cliches like the plague. They're old hat.
4. Comparisons are as bad as cliches.
5. Be more or less specific.
6. Writers should never generalize.

Seven: Be consistent!

8. Don't be redundant; don't use more words than necessary; It's highly superfluous.
9. Who needs rhetorical questions?
10. Exaggeration is a billion times worse than understatement.

THE CORRECT TABLE SETTING FOR THE 2020'S



[This is just one of the things you missed if you missed last Sundays Zoom morning tea.](#)

Last Sunday we discovered that the Food Pantry had an oversupply of tins of Black Beans at present. I was amazed at the multitude of different things you can use Black Beans for... besides black bean sauce.

This is one of the sweeter things.

Black Bean Chocolate Cake (Gluten-Free & Vegan)

Ingredients

- 1 cup canned black beans with no salt added (drained and rinsed)
- 1 cup cooked sweet potato (peeled)
- 1 cup coconut flour
- 3/4 cup maple syrup
- 1/2 cup almond butter
- 1/2 cup cocoa powder
- 1 teaspoon apple cider vinegar (or substitute lemon juice)
- 1 teaspoon baking soda
- 1 teaspoon pure vanilla extract
- 1 teaspoon coconut oil (for greasing the pan)
- 1/4 teaspoon salt



Instructions

1. Preheat the oven to 175 degrees Celsius.
2. Add the black beans, sweet potato, almond butter, maple syrup, cocoa powder, apple cider vinegar, vanilla extract, and salt to a food processor or high-powered blender and blend until smooth. Scrape down the sides of the food processor or blender as necessary to achieve a smooth batter.
3. Add the coconut flour and baking soda and blend once more to incorporate.
4. Grease a 20 cm round or square baking pan with coconut oil, then transfer the batter to the pan and use a spatula to smooth the batter into an even layer.
5. Bake at 175 degrees Celsius for 60 minutes.
6. Let cool completely before serving.
7. Makes 10 slices of black bean chocolate cake.

Optional additions include 1/2 cup each of chopped nuts or dark chocolate chips.

[Will yours look like the picture?](#)

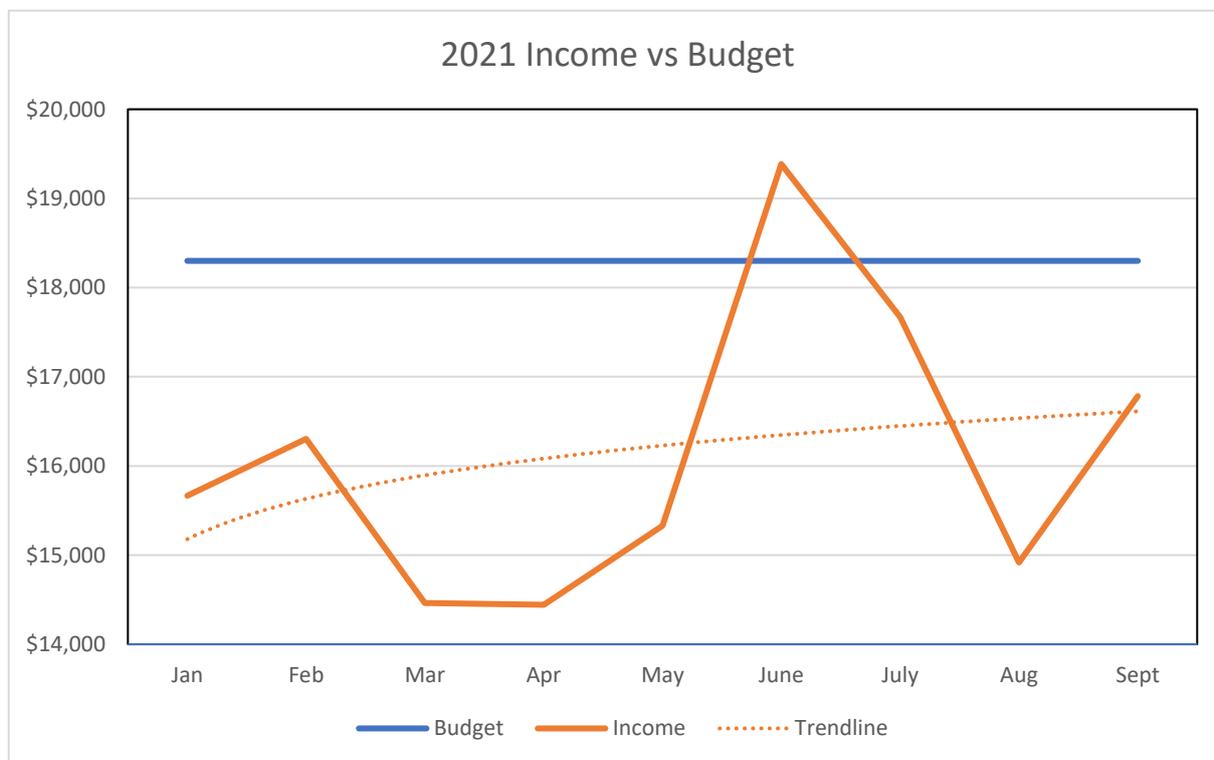
Parish Council meeting report for October 2021

With seeking God's guidance, the Parish Council is now well into the planning for next year which in due course will be circulated and then presented to the AGM. Many of the structural items for the Parish Centre have been completed this year although we would like to improve the entrance to the Centre and renovate the second kitchen into a more useful area. There are a variety of thoughts evolving over worship services and more diverse use of the Parish Centre. The annual inspection of the rectory has been completed with a few small maintenance items being identified.

In view of the ACT's roadmap for ending the lockdown, the Council agreed to recommence the 8am and 10am Sunday worship services in the Parish Centre on 31st October followed by the 10am Wednesday service on 3rd November. In line with ACT requirements and Diocesan advice, initially masks will be required, singing avoided, there will be no morning tea provided and our COVIDsafe plan carefully applied including the 4 square metre rule.

A ZOOM option at 10am on Sundays will still be available. Activities other than the Food Pantry will not recommence in the Parish Centre for a couple of weeks until the pathway forward is clear and tested.

The following is the income against the non-discretionary expenditure in the 2021 Budget until the end of September. The Parish Council is very appreciative of the increase in giving by direct debit.



As always, if you would like more information or to provide any comments to the Parish Council, please contact any member of the Council.

A special Christmas Ministry Opportunity

SHORT TERM MISSION: HHFP CHRISTMAS HAMPER COORDINATOR/S

- Called by God
- Strong organisational skills
- Ability to work with others
- Available mid October until Christmas
- Working with the HHFP Co-ordinator - manage the registration process for; and creation and distribution of Christmas hampers to our Food Pantry members.
- Contact Robyn on 0438018197

Contacting St Pauls

Our website: www.stpaulsginninderra.org.au
Rev Ken: 0455 324 449
HHFP Mob: 0417 523 013
Prayer Tree: Call or Text 0404 066 890

Online donations and regular giving at BSB: 702-389 Account 05209503.

Save the Date!

Sunday October 31st

is the Sunday we return to church!