



BALLINA & LENNOX HEAD ANGLICANS

An inclusive Christ-centred community, growing in our
relationship with God and the wider community

We acknowledge the traditional custodians of this land, the Bundjalung nation,
and pay respects to their elders past and present.

FIFTH SUNDAY AFTER PENTECOST 5 JULY 2020

Pastoral message from the Rector


Today we hear of a wonderful invitation from Jesus to come to him if we are weary and carrying heavy burdens. This is so apt for our current circumstances and I think it is an invitation worthy of serious consideration. If you are like me, the past few months have been difficult in many ways. We have been forced to adjust our lifestyles significantly and there have been constant warnings to heed to strict social distancing rules. Whilst we know this is for our safety and protection, it has had a huge impact on the way we socialise and for many, this has increased our levels of anxiety. It has certainly become a burden that is quite difficult to bear.

Jesus invites us to come to him when we are feeling weighed down and he offers to exchange this heaviness for a lighter load. He offers us his yoke. This is an interesting offer. A yoke is the wooden harness that fits around the neck and shoulders of oxen so that they can pull a plough. These yokes are made especially for the animal and it enables them to do heavy work without causing injury. An ill-fitting yoke would cause the skin to tear and blister and this would expose the animal to infection and a great deal of pain.

When we are struggling, especially from burdens that weigh us down, Jesus offers us his spiritual yoke. He says it will fit us because, as he says, "my yoke is easy, and my burden is light." This is such good news for all of us when we are struggling with issues that become heavy to bear. I hope that we will all seriously consider this invitation from Jesus and accept his offer to exchange the heavy burdens for lighter ones. So, how do we do this? As that wonderful old hymn says, 'Take it to the Lord in prayer.'

May you find comfort in praying and, in doing so, may you experience the generosity of Jesus who swaps our heavy loads for his lighter ones.

Every blessing



Matthew

Birthdays: Dorothy Brumley, and Craig Medley.

News: SPECIAL COVID-19 APPEAL

To help maintain Parish ministry and the jobs of paid churchworkers through this crisis, the Diocese has opened a special appeal. Contributions to this fund will go first to maintaining paid roles of churchworkers across the Diocese, whether located in Parishes, the Registry or special ministries such as chaplaincies. Click here to find out more and learn about ways to donate: [The Anglican Diocese of Grafton COVID-19 Support Fund](#)

PACT Prayer: -

Loving Father, we thank you for the privilege of prayer and for your promise that you hear us and answer our prayers. We continue to pray for the pandemic that affects the whole of your world. Watch over the places where the virus is still very active. Heal those who are sick and comfort the families that have lost friends and family. We ask that you help us to be careful and wise in all that we do, to care for each other, to be responsible in the actions we take. Give us patience, help us through our depression and frustration, to trust you. Keep us safe, give us peace in this COVID storm, help us to listen to you, to see you, to experience you as our present help, and to rest in you each day, in the name of Jesus. **Amen.**

EAC Prayer Points:-

As we move into our first week of school holidays we give thanks for the resilience and flexibility of staff, students and families alike. We give thanks that we have all come to the end of this term safe and well. As we look to the beginning of Term Three, we pray for:

- The Staff Development Day (Mon. 20th July);
- The Primary and Secondary Sports Carnivals (Tues 21st, Wed 22nd July);
- Year 12 students finishing major works and performance pieces;
- The ongoing building work at the College;
- A restful and refreshing time for our Principal Rob Tobias as he takes some long service leave;
- Deputy Principal Darren Parks as he fills in for Rob, and all the other exec members that help pick up some of the load.

Financial Giving to the Parish

During this difficult time we continue to minister to our people and our community, although in different ways. Expenses still need to be met. To cover these expenses we will shortly be drawing cash from long term deposits. Our major sources of income to cover expenses are normally provided by the giving of Parishioners and the Op Shop. The Op Shop has recommenced and giving by Parishioners has been by the various electronic transfer methods only. A small amount of cash has been received.

You are encouraged to support the Parish through regular giving in the following ways:

Direct deposits through AfGD (Anglican funds Grafton Diocese) known as Parish

Provider: Application Form is attached. Print, complete and scan it for return as an attachment to AfGD email address: office@afgd.com.au. Alternatively, you can complete the Application Form attached, photo it with your smartphone and send the photo to AfGD email address: office@afgd.com.au .

To minimise exposure to COVID-19 please do not use the postal system to deliver the form.

Direct deposit to the Parish of Ballina Working Account: this method enables you to use your bank to electronically direct transfer funds into the following account.

Account: Parish of Ballina Working Account: *BSB:* 705-077 *Account Number:* 00040134.
Use Reference: Offering.

This system enables users to make regular weekly, fortnightly or monthly payments.

Many of you may be unable to use either of these methods in which case we encourage you to make a catchup donation at some time in the future when current restrictions are lifted and you can afford the outlay.

Hugh McIntosh
Parish Treasurer
24 June '20

WE'RE SUPPOSED TO
EXCHANGE OUR OWN
BURDEN FOR THE ONE
THAT JESUS GIVES
US?



WWW.AGNUSDAY.ORG

YES! - JESUS'
BURDEN IS
"FORGIVENESS."



I KNEW
THERE WAS A
CATCH!



MATTHEW 11:16-19, 25-30



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CONTACT US

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“COUCH CHURCH”: WORSHIPPING GOD AT HOME

5 JULY 2020

FIFTH SUNDAY AFTER PENTECOST

Ctrl+Click or Click on [Couch Church](#) to watch this service online.

Call to Worship:

Jesus says: ‘Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.’

Let us come to the Lord Jesus.

Let us seek his rest.

Amen.

Hymn: Father of Mercy, God of Consolation

Father of mercy, God of consolation,
look on your people, gathered here to praise you:
pity our weakness, come in power to aid us,
source of all blessing.

Son of the Father, Lord of all creation,
come as our Saviour, Jesus, friend of sinners:
grant us forgiveness, lift our downcast spirit,
heal us and save us.

Joy-giving Spirit, be our light in darkness,
come to befriend us, help us bear our burdens:
give us true courage, breathe your peace around us,
stay with us always.

God in three persons, Father, Son and Spirit,
come to renew us, fill your church with glory:
grant us your healing, pledge of resurrection,
foretaste of heaven.

James Quinn (1919 -)
TiS 472

Gathering Prayer:

We are here today, Lord, to worship you.

As we bow our heads before you,

we want to be amazed by your wisdom,

bowled over by your love,

and completely lost in you.

Lord, open our hearts to receive you,

in ways beyond whatever we could ever ask

or even think.

Amen.

Sentence:

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest,' says the Lord. 'Take my yoke upon you, and learn from me; for I am gentle and humble in heart.'

Matthew 11:28-29

Affirmation of Faith

We believe in one God,
who made and loves all that is.
We believe in Jesus Christ,
God's only Son, our Lord,
who was born, lived, died and rose again
and is coming to call all to account.

We believe in the Holy Spirit,
who calls, equips and sends out God's
people,
and brings all things to their true end.
This is our faith, the faith of the Church:
We believe in one God,
Father, Son and Holy Spirit. Amen.

Hymn: I Heard the Voice of Jesus Say

I heard the voice of Jesus say,
'Come unto me and rest;
lay down, O weary one, lay down
your head upon my breast.'
I came to Jesus as I was,
weary and worn and sad;
I found in him a resting-place,
and he has made me glad.

I heard the voice of Jesus say,
'Behold, I freely give
the living water; thirsty one,
stoop down and drink and live.'
I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

I heard the voice of Jesus say,
'I am this dark world's light;
look unto me, your morn shall rise,
and all your day be bright.'
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk
till travelling days are done.

Horatius Bonar (1808 - 89)
TIS 585

The Gospel of our Lord Jesus Christ, according to Matthew

Let anyone with ears listen! "But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Matthew. 11:15-19, 25-30 (NRSV)

Sermon

Confession:

***Comfort, comfort all my people
with the comfort of my Word.***

***Speak it tender to my people:
all your sins are taken away.***

O Christ,
in whose body was named all the violence of the world,
and in whose memory is contained our profoundest grief,
we lay open to you:
the violence done to us in time before memory;
the unremembered wounds that have misshaped our lives;
the injuries we cannot forget and have not forgiven.
The remembrance of them is grievous to us, the burden of them is intolerable.

*Though your tears be rivers running,
though your tears be an ocean full,
though you cry with the hurt of living:
comfort, comfort.*

***Comfort, comfort all my people
with the comfort of my Word.***

***Speak it tender to my people:
all your sins are taken away.***

We lay open to you:
the violence done in our name in time before memory;
the unremembered wounds we have inflicted;
the injuries we cannot forget and for which we have not been forgiven.
The remembrance of them is grievous to us, the burden of them is intolerable.

*Though your eyes see only darkness,
though your eyes can see no light,
though your eyes see pain and sorrow:
comfort, comfort.*

***Comfort, comfort all my people
with the comfort of my Word.***

***Speak it tender to my people:
all your sins are taken away.***

We lay open to you:
the victims of violence whose only memorial is our anger;
those whose suffering was sustained on our behalf;
those whose continued oppression provides the ground we stand on.
The remembrance of them is grievous to us, the burden of them is intolerable.

*Every night will have its morning,
every pain will have an end,
every burden will be lightened
comfort, comfort.*

***Comfort, comfort all my people
with the comfort of my Word.***

***Speak it tender to my people:
all your sins are taken away.***

Amen.

Robin Mann (1949 -)
TiS 647

Absolution

Intercessions:

We pray for those weighed down by hardships of daily life which COVID-19 has brought upon us: for those who live in poverty, without adequate food or shelter; for places of war, especially civilians caught in the middle, for refugees in camps around the world waiting for a new country to settle in. Relieve their burdens, that all your people may live in dignity and peace.

Father, in your mercy, **hear us.**

We pray for those wearied by responsibility in your church: we pray for Murray our bishop; for parishes without the resources to fulfil their needs due to the impact of COVID-19; for those whose dreams are shattered. Empower the new Parish of Byron with wisdom and insight as they seek a new direction, and a new rector. Grant them unity of vision, renew their spirits, that they may find their strength in you. Bless the work of BCEC (Ballina Christian Education Committee) within our schools and also empower all who teach at EAC (Emmanuel Anglican College). We pray for the empowering of your Holy Spirit as we live out our Mission Statement in the months ahead.

Father, in your mercy, **hear us.**

We pray for those exhausted by overwork or the responsibility of care: for carers of young children, for carers of people with disability, for carers of the aged and vulnerable. We pray for those unable to continue to provide for their families or themselves. Father, lighten their loads, that they may know your encouragement and support.

Father, in your mercy, **hear us.**

We pray for those burdened by guilt, self-doubt, anxiety or despair: for those unable to leave behind the past; for those afraid of the present and without hope for tomorrow. Lift these weights from them, that they may let go of their fears.

Father, in your mercy, **hear us.**

We pray for those worn down by pain, grief or by a sense of uselessness; for those whom society does not value or want; for the lonely, the friendless, and the sick. We pray for all in need of healing, especially:

Ria Mars, Joy Swinbourne, Lucy van Eck, Neil Maclean, Norma Meehan, Malcolm Streher, Josh Stanley, Bonnie Kerkenezov, Margaret Leadbeatter, Margaret Waller, Maureen Colburt, Lynda Garde, Rachael Hampton, Alton Rowe, Ros Rowe, Elaine Frederiksen, Karen and Ben Shaw, Pauline Suffolk, Marj Roder, and Rose Fox.

Father, soothe their hurt and calm their distress, that they may find their peace in you.

Father, in your mercy, **hear us.**

We remember all who have died in your love, John Fisher and Thomas More, martyrs, and especially those dear to us and those from this parish whose anniversary falls at this time. In life teach us to follow the example of your Son, that we may learn to share one another's burdens, and in death bring us into your presence, that our souls may find eternal rest in you.

Father, in your mercy, **hear us.**

Accept our prayers through Jesus Christ our Lord who taught us to pray-

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.

Give us today our daily bread.

Forgive us our sins
as we forgive those who sin against us.

Save us from the time of trial
and deliver us from evil.

For the kingdom, the power, and the glory are yours now and for ever.

Amen.

Hymn: Jesus Christ is Waiting.

Jesus Christ is waiting,
waiting in the streets;
no-one is his neighbour,
all alone he eats.

Listen Lord Jesus,
I am lonely too.
Make me, friend or stranger,
fit to wait on you.

Jesus Christ is raging,
raging in the streets;
where injustice spirals
and real hope retreats.
Listen Lord Jesus,
I am angry too.
In the Kingdom's causes,
let me rage with you.

Jesus Christ is healing,
healing in the streets;
curing those who suffer,
touching those he greets.
Listen Lord Jesus,
I have pity too.
Let my care be active,
healing just like you.

Jesus Christ is dancing,
dancing in the streets;
where each sign of hatred
he, with love, defeats.
Listen Lord Jesus,
I should triumph too.
Where good conquers evil,
let me dance with you.

Jesus Christ is calling,

calling in the streets;
'Who will join my journey?
I will guide their feet.'
Listen Lord Jesus,
let my fears be few.
Walk one step before me;
I will follow you.

John L. Bell (1949 -)
TIS 665

Sending Out Prayer:

Jesus has called us to come to him
and blessed us with his richness.
Now he calls us to make sure people see him,
and listen to him, through us.
What a responsibility, what a joy, what a privilege.
We are yours, Lord, use us as you will.
Amen.

Blessing

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