



ST PAUL'S ANGLICAN COMMUNITY, MANLY

SUNDAY 29th June 2025

ST PAUL'S NEWS

JESUS CHRIST | SPIRITUALITY | COMMUNION | TRADITION

WELCOME

At St Paul's "we love because God first loved us" (1 Jn. 4:19).

We believe in the inherent goodness of all people - that the divine dwells at the heart of all living things. We believe the whole world is sacred and so we seek to celebrate God's presence among us with joy.

As such, we are committed to the spiritual growth and wellbeing of all who seek a place to belong.

St Paul's is an inclusive church, welcoming all and offering equal opportunities for those seeking an authentic spiritual community.

Rev Andrew Cooper - Parish Priest

Contacts

PARISH PRIEST

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We acknowledge the traditional custodians of this land, the Quandamooka people and their elders past, present and emerging. We honour the connection the traditional custodians have with this land.



- Patronal Pics
- Quiet Day Details
- Managing the big stuff in the world
- Prayer filled people

Together is Good!!!



Patronal Partnering a Pleasure!!

A joyous morning celebrating our shared call to follow Jesus and collaborate in ministry in the Bayside.

The combined congregations of St Paul's Manly and St Peter's Wynnum continued a long tradition of sharing worship for the Feast of Saints Peter and Paul. Fr Sam and his team lovingly prepared the liturgy with starring roles by our Mel and Craig Lawrence.

Rev Andrew got to preach this year which must have been a blessed relief for Fr Sam as he manages sleepless nights as he and Minnie adjust to brand new babe Natalie. It was great to meet the proud grand dad as well!

More pictures of the day inside.

St Paul's Anglican Community, Manly gathers for worship every Sunday at 9.30am in the Chapel, Lota House 162 Oceana Terrace, Lota. We welcome you!

Community Matters

Mingling, meeting and munching meaningfully!!

Some of the great pictures of our shared Patronal Day giving a sense of the spirit of deep friendship and fellowship that flowed through the event. Thank to all who helped things run smoothly with technology, choreography and sharing word and prayer. We are so grateful to the folk of St Peter's for welcoming us into their space and laying on an excellent morning tea.

We look forward to replicating the hospitality when its our turn next year. Hopefully the parlour and deck will be back in action so we can enjoy the gathering for prayer and praise in pleasant surroundings. Until then we are chuffed at the generosity of St Peter's in sharing their facilities for special events.





Green shoots of hope and life



July Quiet Morning
Torrens Crescent Park, Wakerley
Saturday 12th July
9.30am – 12.30pm

We invite you to join us
 in a shared morning of respite, calm and peace
 in the crispness of a July morning...
 ...to ponder the signs of life and hope in our lives.
 Shared prayer, times of silence,
 guided reflection and optional gentle discussion.

RSVP Fr Andrew priest@stpaulsmanly.org
 Coffee and Tea available.

Please bring something simple to share for morning tea.





The Work of Ian's Hands.

It was great to drop into the Wynnum Manly Men's Shed the other day to pick up a box of beautiful holding crosses. They are made from the same wood from the former pews in the Chapel at Lota House as our Easter standing cross.

It was great to hear about maker Ian Patens work with preparing the slabs of timber, creating templates and the process of loading it all into the laser cutting machine. The bulk of time though is in the hand sanding as he took all the rough edges off to create the smooth tactile finish. These crosses will join the beautiful ones made by Col from the St Paul's pews to be given to folk in times of ill-health or struggle. Thanks to Ian, David and all the crew!!

Coping with anxiety in times of conflict

Stephanie Collier, MD, MPH from the Harvard Medical School writes:

The past few months have not been kind to us. It seems almost impossible to turn on the news or scroll through social media without encountering a disturbing image. Whether it's viewing a photo of a child injured through a bombing in Ukraine or the Middle East, reading a gruesome description of assaults on innocent women and children, or listening to a survivor recount her story, the emotions stirred by media may remain with us all day.

Coping tools that work

When your mind is preoccupied by the war, or when you experience muscle tension or other physical symptoms, there are some strategies can help you break the anxiety cycle.

Limit your media exposure. Emotionally gripping news sells, and news that affects you negatively is more likely to be addictive. Breaking the habit of checking the news regularly may be the single most effective change in combating war anxiety. Attempt to limit your exposure (including social media) to less than 30 minutes daily, and try to avoid exposure before bed.

Reach out to others. Channelling anxiety into meaningful connection may lower your sense of helplessness. If you have a friend or acquaintance from Ukraine or the Middle East, consider checking in to offer support.

Cultivate compassion. War anxiety can trigger anger, which also has its roots in loss of control. Anger can be directed toward populations or ethnic groups, or it may be displaced onto family members or friends with a different view. In addition to interventions such as mindfulness, physical activity, and breathing exercises, anger can be effectively challenged with compassion. Start by paying more attention to kindness around you, attempt to limit your judgments, and try to appreciate other perspectives.

Change your routine. Limiting media exposure, news updates, and political discussions will increase your free time during the day. Unfortunately, unstructured time usually results in more worrying, as our brains are hard-wired to do. Try to incorporate these anxiety-reducing activities instead:

- **Walk in the forest.** Research suggests that as little as 15 minutes in nature can relieve stress and anxiety.
- **Increase the intensity of your physical activity.** Any aerobic activity can reduce anxiety, but the higher the intensity of exercise, the greater the effects on anxiety.
- **Practice deep breathing and mindfulness.** To reap the benefits, try to practice every day. Guided mindfulness can be done in person, or at home with CDs or mobile applications

Adapted from: <https://www.health.harvard.edu/blog/war-anxiety-how-to-cope-202205232748>

Some scripture that might be helpful

Psalm 46, Isaiah 43:1–5, John 16:31–33, Psalm 31:14–24,
2 Corinthians 4:7–10, Psalm 56, Isaiah 2:2–4, John 14:27, Psalm 27:1–7



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Worship-filled Women

Another gathering of the ladies of MU Manly Wynnum. The serene surroundings of the lady chapel at

St Peter's was a great spot for the pause and prayer that shapes each MU meeting. We celebrated the Birth of John the Baptist and reflected on the Benedictus and Magnificat prayers as echoes of the consistent Old and New Testament plan of God that ordinary men and women will prevail when the rich and powerful seem to win. Reassuring in these worrying times and of course nourished not just by word and sacrament but the trusty scone and cup of tea as well.

The next meeting is on Tuesday 22nd July at 9.30 am.

A prayer for PEACE where there is conflict or disaster.

When oppression, cruelty and fear are all that is known, and suffering the daily experience.
When famine, hunger and thirst greet every morning, denying basic sustenance...

How easy to say there is no God, to turn aside and label you an irrelevance,
You who are living water, bread of life, the one who offers deliverance,
who suffered, died and rose, bringing hope that there is more to life than this.

Bless all those who in despair, and dark places, look to you for assurance.

Bring comfort, peace, and where there is neither, bring to them abundance.



©John Birch Source: https://www.faithandworship.com/prayers_peace.htm

Scripture Readings: This Week

2 Kings 2:1-2, 6-14; Psalm 77:1-2, 11-20;
Galatians 5:1, 13-25; Luke 9:51-62

Next week:

2 Kings 5:1-14; Psalm 30;
Galatians 6:(1-6), 7-16; Luke 10:1-11, 16-20

For your prayers:

- ♦ The Church of the Province of Myanmar (Burma)
- ♦ The Parish of Torres Strait Islander Parish:
- ♦ Mission to Seafarers
- ♦ **Yvonne, Coralie, Richard, Ann, Bruce, Judi, Brad, J and J, Chloe and Family, Doreen, Shirley, Maggie, Val, Ella, Vivien, Zoe, Ben, Bev, Desley, Daryl, Michael**

We give thanks for the life of Doreen Sanders and pray for husband Mike and family as they mourn her loss.

A Prayer for Synod

We pray for this important gathering in the life of our diocese, for all clergy, synod reps, diocesan staff and the synod arrangements committee, that we will have fruitful and life-giving opportunities in this governance space for our ministries:

Almighty and ever living God, give wisdom and understanding, to the members of the Synod of this Diocese. Teach us in all things to seek first your honour and glory.

May we perceive what is right, have courage to pursue it, and grace to accomplish it, through Jesus Christ our Lord. **Amen**

Source: <https://holyhermits.com.au>

What's On

Every week

Tuesday 9.30am Bible Reflection/discussion @ the Chapel

Wednesday 7pm Men's Ministry, Wynnum

Sunday 9.30 Parish Eucharist @ Lota House Chapel

We welcome Henry Hardgrave and family for the Anointing of Catechumens and Come to the Water session

Coming up in July

3rd Tatters and Chatters 2pm-4pm

5th Olive Farr Memorial Service 1.30pm

5th Car Boot Sale

6th Baptism of Henry Hardgrave

6th Rev Andrew preaching at Cathedral Evensong

9th EM Tooth Residents' Eucharist 2pm

12th Signs of Hope and Life Quiet Day

12th Cursillo at the Quiet Morning

13th Parish Council 11am-1pm

17th Tatters and Chatters 2pm-4pm

22nd MU Service and Meeting

24th Deanery @ Mt Gravatt

Please let Rev Andrew know of any upcoming events

Stephen and Nadia need lots of prayer!!!



Please hold our Synod Representatives, Nadia Wilson and Stephen Hall in your thoughts as they sit in the crisply cool surroundings of Churchie this coming weekend for our Diocesan Synod.



In the Anglican Church, a diocese is governed by a Synod, that is, a bishop acting with the advice and consent of representatives of the clergy and laity of the diocese.

In the Diocese of Brisbane, the Archbishop calls the Synod to meet at least once in every year,

to discuss, debate and decide on various matters of business such as the Diocesan budget, legislation governing the Church (i.e. 'Canon law'), and other issues that concern the Church.

The Synod also elects people to various committees and boards in the Diocese, as well as choosing General Synod representatives (i.e. diocesan representatives in the nation Synod held at least once every four years, which brings together all the diocese of the Anglican Church of Australia).

Each year the diocese publishes a comprehensive yearbook outlining the many and varied activities of the diocese. This is a great read and expands our awareness of what we actually do. The year book and the Synod papers including notices of motions are available to all on the Diocesan Website.

<https://www.anglicanchurchsq.org.au/synod>

Have a chat to Stephen and Nadia to see what's on the agenda this year!

Support our Ministry

Bank: Anglican Financial Services

Account: Manly Anglican Parish

BSB: 704-901 Account #:00000690

Reference: 'offering'

www.stpaulsmanly.org

Parish of Manly

Anglican
Church Southern Queensland