



ST PAUL'S ANGLICAN COMMUNITY, MANLY

SUNDAY 20th July 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

Rev Andrew Cooper
0447 409 188

priest@stpaulsmanly.org

PEOPLE'S WARDEN

Dr Jennifer Crisp
0423 782 646

PRIEST'S WARDEN

Mr Rob Wilson
0414 270 006

Parish Mobile 0491 062 877

office@stpaulsmanly.org

www.stpaulsmanly.org



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.



- Quirky Quiet Day Bits and Pieces
- Pimms and Hymns... Sing and Sip
- Involvement Opportunities
- A Prayer for Midwinter.

Wasting time with God!



The Holy Spirit certainly whispered gently at Torrens Crescent Park, Wakerley for our July Quiet Day reflecting on the theme "Green Shoots of Hope and Life".

The sky was clear blue, the breeze so so soft, birds a plenty and green all around us. We enjoyed the faint sounds of a children's party in the distance with the apt refrain of "Let It Go" in its Disney Frozen themed loveliness.

Rev Andrew chose the theme "Green Shoots of Life and Hope" to build on the 2024 theme of "The Holy Pause". The day and indeed the year ahead is all about noticing where new life and hope are emerging... in our own lives, in the life of our community and in the world at large.

Wasting time with God was at the core of the day and participants took the time just to breathe, walk, wander and wonder.

There's much more about the day inside.

GOD OFTEN
WORKS IN THE
unseen. JUST
BECAUSE WE
CAN'T SEE IT
OR FEEL IT
DOESN'T MEAN
HE ISN'T working.

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

Quiet Day Green Shoots of Life and Hope!



A space to breathe and wonder about the work of God in us.

12 folk from St Paul's and beyond gathered with Rev Andrew to engage in some intentional time wasting last weekend.

We could not have asked for a more enchanting space and indeed weather. The subtropical mid winter was just delightful with a cool crisp start gradually warming up to encourage walking, sitting and sometimes dozing in the sun.

The morning had a fairly simple format. Gathering for morning prayer then unstructured time to just be, Rev Andrew provided some material but they were opportunities. He said *"Wasting time with God is a precious gift. Today you don't have to do anything... you can sit in a shady space, snooze, cogitate whatever comes into mind... sing to yourself, wander, wonder... there's no rules other than give others the space and quiet to be too."*

Most folk walked at least a little to explore our beautiful spaces of grass, gardens, bush and ponds. Many chose a spot to pause in and one or two allowed the gentle sunshine to sooth the soul and body. Sun smart of course!

We gathered for morning tea and offered some of the fruits of our reflection in a gentle way. One of the lovely things was to be given one of the twig crosses we placed at the foot of the Cross on Good Friday which remained under our resurrection cross in the chapel through the Easter season. Folk took those on a guided reflection walk and placed them in the spot they were drawn to around the park as a sign of life and hope in that place.

We gathered again to share a thought or two then offered any hurts or worries to God with a simple but moving anointing with the Oil for Healing. We had already shared God's word so our eucharist took us straight into the peace and thanksgiving praises as we shared bread and wine together.

Some left to enjoy other activities but there was sharing of bbq lunch goodness and lots more chats to end off a pretty special morning.

We share with you some of the material we were offered and hope it inspires you to join us when we Quiet Morning again!



Some Quiet Day Ponderings

Ana Dawson writes: Thank you for the wonderful July Quiet Morning. Especially wonderful for me was the anointing given to each of us at the end of the day. That was so very special and much needed.

I have written some *senryus*. A *senryu* is similar to a *haiku*. *Haiku*, which you probably know, is a form of non-rhyming Japanese poetry with five, seven, five syllables. *Haiku* is supposed to be only about nature but a *senryu* can be about anything. Some of my *senryus* are actually *haikus*.

Vines climbing up trees
On a quiet retreat day
Seen walking through bush

Observing beauty
Flower has petals of three
Father, Son, Spirit

Rocks and grass and dirt
Green, brown, beige, grey, yellow, black
Creative colour

Sounds are in the park
Birds singing, children laughing
A time to listen

Looking for the bridge
I found it and I crossed it
Saw duck in water



From our reflection resources: The Resurrecting Power of Hope

"Praised be the Abba God of our Saviour Jesus Christ, who with great mercy gave us new birth: a birth into hope, which draws its life from the resurrection of Jesus Christ from the dead" (1 Peter 1:3)

The Australian bush's remarkable regeneration after a bushfire is a testament to the transformative power of hope. From the ashes of devastation, green shoots emerge, reaching towards the sun. Blackened eucalyptus trees sprout fresh leaves, and resilient grass trees send up towering spikes adorned with delicate flowers. This awe-inspiring revival reveals the hidden potential within each seed and the indomitable spirit of life itself, speaking of a profound hope that transcends the apparent finality of death. In the same way, the resurrection of Jesus Christ ignites within us a hope that defies the darkness of despair. Rooted in Abba God's unwavering love and mercy, this hope brings forth new life from the depths of our struggles and challenges. Just as the bush regenerates after the flames, we too are given the grace to rise from life's difficulties, propelled by a living hope towards transformation.

Reflection:

1. How can I cultivate a deeper trust in the transformative power of hope in my life?
2. In what areas of my life do I need to allow the resurrection light to shine, bringing renewal and healing?

Abba God,
fill me with the living hope
that flows from the risen Christ.
Help me to see your resurrecting
love at work in my life
and in the world around me.



Some more snippets from our Quiet Day resources

Walking Slowly

Until you become accustomed to it, walking slowly for more than a few minutes is, paradoxically, stressful. Because the mind and body are a single entity, slowing our body will also calm our mind. . . . The eternal movement of the forest gives our minds something to engage with. Just as with sitting meditation the breath is always there and available for watching, in the forest there are always things in motion. Your mind will drift, and many other thoughts will arise. When they do, gently bring your attention back to noticing what's

in motion. Richard Rohr, CAC Morning Devotion 4/18/20 <https://www.godsaintpath.com/forest-bathing/>



Hold me steady Lord.
Let not winds or storms erode my roots.
Let me be strong, like an oak tree, tall and grace filled,
Budding with expectant shoots.
Bending gently, through each season.
Waiting patiently for change.
Upright, righteous, full of life,
Giving shade and shelter with each bough.
Pushing roots so deep with growth,
Quenching thirst from eternal streams.
Hold me steady Lord, strong and healthy,
Let my mind be close to thee.

www.lords-prayer-words.com



The Green Shoot

The green shoot sprouts up through a crack in the unforgiving concrete
tasting the breeze, restless for growth, yearning for solar comfort.

The little green frond baffles the grey, infertile environment
spreading its green, supple in the wind, smiling in tenacity.

<https://brunsnik.net/poems/the-green-shoot.html>



All are welcome to
Mothers Union
Manly Wynnum
Hymns and Pimm's
at St Peter's
on Tuesday 22nd July.

Eucharist commences at 9.30
in St Peter's Chapel and then
community singing of your
favourite hymns.

A wee tippie available to
warm the heart
and feed the spirit
with a tasty morning tea.
Share widely and bring a
friend for both bits or just the
singing.



PIMM'S
&
HYMNS



ANGELICAN
MOTHERS UNION
AUSTRALIA

Open Call for Photographers, Writers and Artists

2025 Season of Creation Art and Photography Exhibition



Accepting Artworks to be displayed at
St John's Cathedral, Brisbane
throughout September to celebrate Season of Creation

Submission of Artworks:

Upload your creations at www.fb.com/QCEnvNet or email to admin@qct.org.au
Artworks can be posted or delivered to Queensland Churches Together. Please email
admin@qct.org.au or call 07 3369 6792 to arrange delivery
Photos and artworks should be submitted by 4th August 2025

Contact Craig Batty if you have any questions: 0414 744 558



Anglican Mothers Union Australia Social Issues and Action Department presents:

Sustainability Roadmap Workshop

Voices of Resilience
Journeys of Hope

MC: The Rev'd Eleanor Mancini
Social Issues and Action Coordinator
Anglican Mothers Union Australia



The Rt Rev'd
Winston Halapua
Archbishop
Emeritus
Aotearoa,
New Zealand
and Polynesia



Aunty
Rose Elu
Saibai Elder,
NATSIAC
Executive
Member



Peter
Branjerdporn
ACSQ
Justice Enabler



The Very Rev'd
Dr Peter Catt
Dean of Brisbane

Friday
25 July
10am-1.30pm
BYO Lunch

St John's
Anglican Church
Hendra
12 Burilda Street
Hendra



More Info
& Book Now:

Scripture Readings: This Week

Amos 8:1-12; Psalm 52;
Colossians 1:15-28; Luke 10:38-42

Next week:

Hosea 1:2-10; Psalm 85;
Colossians 2:6-15 (16-19); Luke 11:1-13

For your prayers:

- ♦ The Diocese of Newcastle (Church of England, UK)
- ♦ The Diocese of Rockhampton
- ♦ The Parish of Booval
- ♦ Anglicare SQ Nalingu Respite Centre, Zillmere
- ♦ All Saints Anglican School, Merrimac
- ♦ Yvonne, Coralie, Richard, Ann, Bruce, Judi, Brad, J and J, Chloe and Family, Doreen, Shirley, Maggie, Val, Vivien, Zoe, Ben, Bev, Desley, Daryl, Michael, Peter, Jean, Marilyne

A Prayer at Midwinter in the Subtropics

**"We give thanks for the blessing of winter:
Season to cherish the heart.**

To make warmth and quiet for the heart.

To make soups and broths for the heart.

To cook for the heart and read for the heart.

To curl up softly and nestle with the heart.

To sleep deeply and gently

at one with the heart.

To dream with the heart.

To spend time with the heart.

We give thanks for the blessing of winter:

Season to cherish the heart.

Amen."

Michael Leunig from The Prayer Tree

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

Coming up in July

22nd MU Service with Pimms and Hymns, St Peter's Wynnum

24th Deanery @ Mt Gravatt

30th Men's Ministry Community Dinner @ Pera Palace, Wynnum 7pm

Coming up in August

2nd Car Boot Sale, Meadowlands Rd, Carindale Early to 11am

4th Aveo Community Eucharist, 2pm

7th Tatters and Chatters @ Wynnum Library 2pm-4pm

9th Cursillo Meeting

10th Mary Sumner Day Celebration and MU Anglicare Collection

13th MU Deanery Quiet Day Algeester

13th E M Tooth Residents Eucharist

11th -14th Rev Andrew at Regional Clergy Conference

Please let Rev Andrew know of any upcoming events

The Vicar's Voice

This week was a bit more balanced after the flurry of pastoral activities of late. There were some pastoral visits and there was some services to lead, but there was also a chance to catch up on a few of the jobs we generated at our Parish Council meeting last Sunday.



Among the usual reports of ministry and activities your parish council is considering the implications of the state of our finances as the proceeds of the settlement from the sale of Ernest Street reach the end of their cycle. This does have impacts on our income and what paid ministry may look like in the years ahead. I've had a few meetings with our Bishops to consider how we might respond especially given the archbishop's call for more parishes to look creatively at their assets as we have. There's lots more to discuss with you over the next few months.

I was also pleased to be able to connect again with Pete's Pantry with my third Wednesday of the month gig on the registration desk. A couple of pics here... the great offering of donated baked goods and Kate and Mick preparing packs of fresh fruit and veg.

There's always need for your donations. While I was there the bus from Aveo Manly Gardens arrived with a haul of pantry items. You can drop donations directly to the pantry on Monday and Wednesday mornings or if you bring things in to church any Sunday we can make sure its passed on. Small long life milk, pasta, tinned goods and personal care items are always appreciated.

May you know much love and hold much hope in the week ahead. *Andrew*



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