



ST PAUL'S ANGLICAN COMMUNITY, MANLY

SUNDAY 24th August 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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[www.stpaulsmanly.org](http://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.



- Mark's Musical Musings
- Dementia Workshop This Week
- A Space to Think: *Cherut*
- Recipes, Reflections and much more

## People at the Pantry!



## The people you meet on a wild and wet Wednesday morning in Wynnum.

Despite the rainy dreariness these folk brought sunny smiles as Pete's Pantry bustled to set up for the day. Jo with Charlie from the Men's Ministry group, and Jenny from our MU say g'day to all of us at St Paul's and look forward to the various ways they are going to connect with us real soon. They are part of the morning prayer group at the chapel at St Pete's too.

It was a quiet day at Pete's Pantry as the rain kept some of the regulars away. Things soon got busy with a delivery of 240 frozen pies that needed to be sorted, labelled and dropped in the freezer as soon as possible. Thank God indeed for the generous donations, support and volunteers that keep the pantry running.

**Help with this ministry we share is ALWAYS needed!!**

*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

## What happens at Band Camp....

**Our Music Maestro Mark Austin writes:** Last Sunday you may have noticed my absence from Church, I was attending my brass band's pre state competition practice camp at Currimundi on the Sunshine Coast. We schedule in a couple of rehearsal sessions both morning and afternoon as well as some non music related activities during the evening. This generally involves going to the local pub but I can't say too much about that as what happens on band camp stays on band camp! There was also some marching practice and I was busy drilling the band and trying to keep everyone in line. I'm usually the one with the big stick. You may also find me hiding behind a tuba (large silver coloured instrument) in the line up of our bass section.



The idea of the weekend is to have some intensive practice time, much like a sports team would before a big game, so that we gel together as a unit. The brass band sound has been likened to a church organ where the organist's fingers press the required keys at the same time so too should the musicians in the band all play together. There is also a social bonding aspect to the weekend which is important if your work as a team is going to be a success.

Oh... we also experienced the earthquake that rocked the Sunshine Coast and hinterland on Saturday morning. It was centered on Kilkivan, just north of Gympie. Some of the staff thought we were just playing very loudly!!

**You will have an opportunity to gauge for yourself how well the band is playing when we present our "Sound of the States" concert at Carindale Salvation Army church on Saturday 30th August from 4.00 till 5.00 where we will be playing our contest music and perhaps some other pieces. Come and have a listen!**





In Australia, there are an estimated 433,300 people living with dementia. A diagnosis of dementia changes things. But life goes on.\*



Learn more about dementia and what you, your family and friends can do to stay safe, connected, healthy and active.

**Dementia Awareness Workshop**  
**With Dementia Australia**  
**Tuesday 26<sup>th</sup> August 2025**  
**St Peter's Anglican Church Hall**  
**77 Charlotte Street, Wynnum**  
**10am-12.00pm**

Organised by Manly Wynnum Mother's Union Social Responsibilities Group  
and welcoming Dementia Australia.

Call Ailsa on 0432 152 400 for more information.



\* [www.dementia.org.au](http://www.dementia.org.au)



ANGLICAN  
MOTHERS UNION  
AUSTRALIA



# PEACE WITH CREATION

## SEASON OF CREATION 2025

**Our hope:** Creation will find peace when justice is restored. There is still hope and an expectation for a peaceful Earth. *Isaiah 32:14-18.*

### 7<sup>th</sup> September *Stare at the Sea*

Lota Foreshore Park, The Esplanade, Lota

### 14<sup>th</sup> September *Gaze at the Garden*

Bethania Street Community Garden, Lota

### 21<sup>st</sup> September *Pause in the Park*

Torrens Crescent Park, Margaret Crescent, Wakerley

### 28<sup>th</sup> September *Be in the Bush*

Melaleuca Environment Park, Clifton Street, Manly West

**4.30 pm — 6pm**

Short creation centred reflections and prayer followed by something refreshing and nibbles. Bring your refreshments, a folding chair and appropriate clothing. Contact Fr Andrew [priest@stpaulsmanly.org](mailto:priest@stpaulsmanly.org)

*The Season of Creation is a time to renew our relationship with our Creator and all creation through celebration, conversion, and commitment together.*

## Chris's Culinary Corner

Recently we had the chance to sample Chris's Mount Gravatt Show prize winning Gluten Free Apple and Feta Loaf. The Vicar asked for the recipe and here it is!

### FETA APPLE CAKE

Serves: 6-8 | Preparation time: more than 30 minutes

#### Ingredients

- 1 cup milk (cow or almond, etc.)
- 1 x 200 g packet dried apples, chopped
- 85 g butter
- 100 g feta cheese (or Bulgarian sheep's cheese)
- ½ cup honey
- 2 tablespoons caster sugar
- 3 eggs
- 1½ cups self-raising flour (wheat or gluten free)
- 1 teaspoon lemon rind, grated (optional)

#### Method

1. Heat milk until hot and add chopped apples. Leave until milk has been absorbed.
2. Cream butter and cheese together and beat in the honey and sugar.
3. Combine thoroughly. Beat in one egg at a time.
4. Fold in half the flour, then the lemon rind and apples.
5. Add the remaining flour.
6. Spoon mixture into a buttered and lined 20 cm cake pan and bake at 180°C for 45-50 minutes until cooked.
7. Turn onto a cooling rack.

#### Recipe notes

This cake is very moist when hot and is delicious with custard or a dollop of cream as a dessert. It can also be left to cool, sliced and eaten with butter.



Source: Recipe #13376 | Submitted by: vikta [BestRecipes.com.au](https://www.BestRecipes.com.au)



## Some Thinking Space... *Cherut*: Invitation to Sabbath

**Rev Margaret Wesley writes:** Jesus declared in Luke 4:18 that he had been sent to ‘proclaim release to the captives’ and in Luke 13:10-17 we see what happens when he does that. This particular released captive is among the many unnamed women in the Gospels, so I choose to give her the Hebrew name, *Cherut*, which means ‘freedom’.

For eighteen years, *Cherut* has been living with multiple intersecting vulnerabilities. She was a woman in a society that prescribed a subservient role to women, and as a woman with a disability she would probably not have been considered useful for the main thing women were valued for – producing and rearing children... Being unable to stand up straight, she would have trouble making eye contact, so ordinary daily human interactions may have been strained.

Notice, though, that despite – or perhaps because of – all that she must navigate to get there, *Cherut* turns up in the synagogue for sabbath service. She doesn’t let the pity or suspicion of her neighbours stop her from participating in the life of her community, including its religious life. Her presence is an assertion that sabbath rest is her birthright just as much as it is the birthright of any able-bodied, wealthy man.

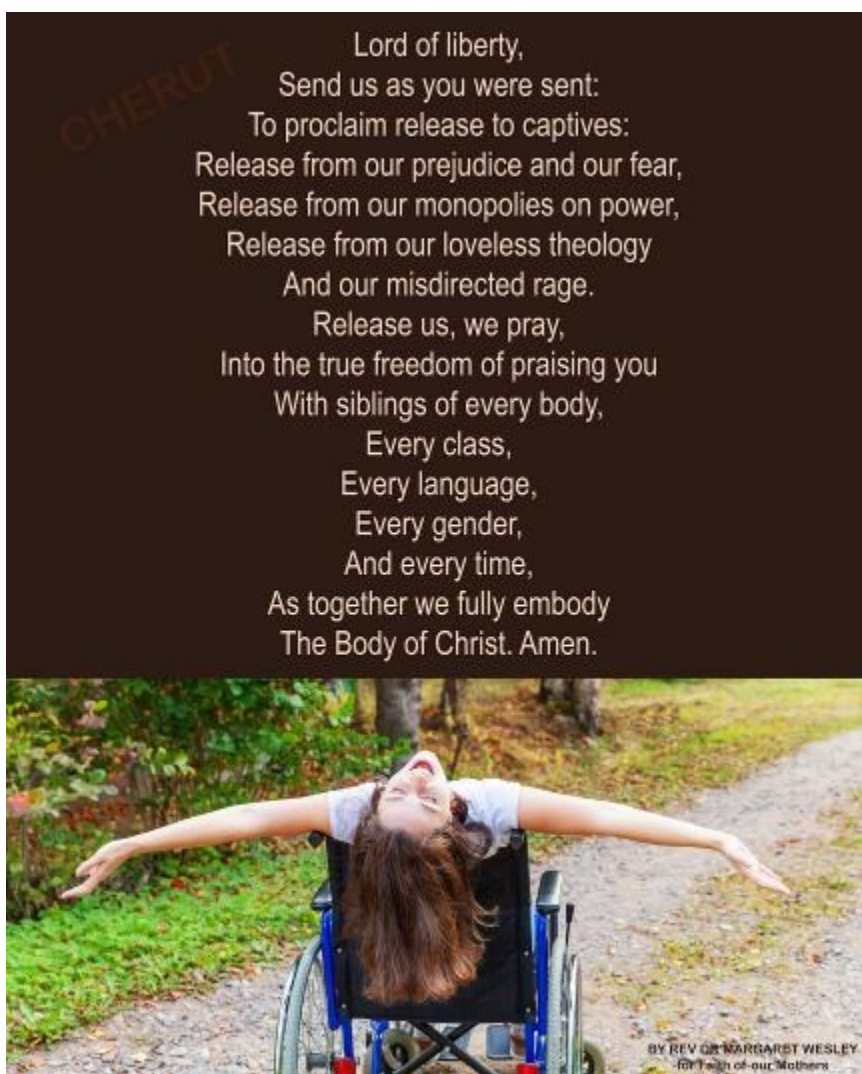
*Cherut* doesn’t seem to have come to the synagogue with any expectation of being healed. It is Jesus who initiates her healing, and he doesn’t even ask her if she wishes to be healed. I wonder if he did this so that he would take full responsibility for doing healing work on the sabbath? If so, the synagogue leader misses the point. Instead of venting his annoyance directly at Jesus he treats the situation as a “teaching moment” for the congregation.

I think that is why Jesus’ language is so strong here – not only because the synagogue leader is wrong about the sabbath but because he is hurting people. Jesus will do nothing to prevent the violence that will be directed against himself in his future, and he steps in now to redirect a strong person’s aggression away from vulnerable people and back onto himself.

Today, *Cherut* continues to turn up in our churches in many guises. We may not have the gift of physical healing, but that does not excuse us from the sabbath work of proclaiming release to all who are in any sort of captivity. People who live with disabilities often experience disadvantage across several domains: financial, social, familial, vocational, etc. If we listen and care, we may find that “fixing” their bodies isn’t what they most need or want. Perhaps what they need is an accessible worship space, friendship, respect and trust.

**As the Body of Christ, we continue to be called to the sabbath work of releasing people into full participation in life and in the church. There will always be people like the synagogue leader who will shame and scold us, but there will also always be great joy in seeing people like *Cherut* step forward, enter sabbath and lead congregations in praising God!**

**Rev Dr Margaret Wesley** serves as parish priest at St Paul’s, Ashgrove, and Area Dean in Brisbane North West. You can read the full article here: <https://faithofourmothers.substack.com/p/cherut-invitation-to-sabbath>



### Scripture Readings: This Week

Jeremiah 1:4-10; Psalm 71:1-6;  
Hebrews 12:18-29; Luke 13:10-17

### Next week:

Jeremiah 2:4-13; Psalm 81:1,10-16;  
Hebrews 13:1-8,15-16; Luke 12:1-14

### For your prayers:

- ♦ The Church of the Province of South East Asia
- ♦ The Diocese of The Murray
- ♦ The Parish of Gold Coast South
- ♦ People who are homeless and those out of work
- ♦ Anglican Schools Australia Management Committee and Member Schools

**Yvonne, Coralie, Richard, Ann, Bruce, Judi, Brad, J and J, Chloe and Family, Shirley, Maggie, Val, Vivien, Zoe, Ben, Bev, Desley, Daryl, Michael, Peter, Jean, Marilyne, Georgia**

We pray for Jen Crisp who will be at Cursillo #83, the joint Women's and Men's Weekend at Coolum, Friday 22 through Sunday 24, as one of the Team's proctors.

### Prayer For World Leaders and Peace

Lord, we pray for world peace . We pray for leaders of countries to find diplomatic solutions that will bring harmony between nations. We pray for the will of leaders to ensure wars end. We give thanks for your promise that one day there will be no more death or mourning or crying or pain. Until that day, we pray for your continued grace and goodness to overflow in this world so that humans can live alongside one another with respect, allowing for mutual flourishing. Amen.

<https://www.compassionuk.org/blogs/prayers-for-the-world/>

## What's On

### Every week

**Monday 10.30am** EM Tooth Prayer and Praise  
**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 August

26th MU Morning Prayer 9.30am  
26th MU Dementia Awareness Workshop 10am

### Coming up in September

1st Season of Creation begins  
1st Aveo Community Eucharist  
4th Tatters and Chatters @ Wynnum 2pm  
5th Car Boot Sale  
7th Stare at the Sea, Lota Foreshore 4.30pm  
10th E M Tooth Residents Eucharist 2pm  
13th Cursillo 10.30am  
14th Anglicare Sunday with Stephen Harrison  
14th Parish Council 11am-1pm  
14th Gaze at the Garden, Bethania Street Community Garden

## The Vicar's Voice

### Some Staring and Thinking Space for me this week too!

After the flurry of travel to do great stuff, it was pleasant to have a quieter week to breathe, catch up with some folk and have a bit of a think. Some folk get nervous when they hear I've been thinking as it often means possible work for others!

My thinking this week hasn't really been that deep or profound. A few opportunities to clear the mind as I stare at the sea along our beautiful bayside and some musing time listening to the rain on the roof. These are moments I find soothing and a refreshing gift from our creator God. I'd really like you to consider putting one or more of our **Season of Creation Sunday** afternoon reflection events in your diary and even better inviting someone who doesn't regularly come to church to join us. Folk from last year spoke of how the refreshing moment of quiet together outside fed them so well for the week ahead.

**What else refreshes you?** I get a lot from our Tuesday Morning catch up to unpack one of the readings of the Sunday before. Our group is often small as Phyll and Heidi have journeyed elsewhere. How about dropping up any Tuesday except for MU day and stop me taking over the chat with my obviously wise opinions.

**I wonder what other faith formation things would feed you? There are so many great resources out there. We will be having a fun Advent Study but perhaps there's something you'd like to delve into a bit more deeply. Let's chat.**

Every blessing

Andrew



### Support our Ministry

Bank: Anglican Financial Services  
Account: Manly Anglican Parish  
BSB: 704-901 Account #:00000690  
Reference: 'offering'

[www.stpaulsmanly.org](http://www.stpaulsmanly.org)

**Parish of Manly**

**Anglican**  
Church Southern Queensland