



Abbey church epistle

FEB
2018

January has passed and gone already and February brings with it some very interesting feast days in the church from Candlemas its ancient Celtic beginnings so firmly rooted in the cycles of the seasons and of life, through to St Valentine's Day reminding us to love one another, to Ash Wednesday which happens to fall on the same day (14th) which is the commencement of Lent leading us through preparation for Good Friday and Easter Day. So you can see that I have many options to write about this month. St Valentine's Day has always been particularly special for me personally, for it was on that day 66 years ago that a certain infant named George was baptised in Cyprus, thereby commencing a chain of events leading to me writing this message to you today. Perhaps that long past event on that particular day has forever affected how I think, for I still believe that the power of love is the strongest power in the Universe.

And love in action is perhaps what Lent is meant to teach us, for what we say with our lips we must believe in our hearts.

The sacrificial aspect of love is well illustrated by the presence of a candle in the Candlemas ceremony. In the very act of giving light to all who ask for light, the candle sacrifices itself, just as Christ did for us on the Calvary Cross.

So we can see that these special days I have mentioned have a deep underlying and abiding connection, if we but open the eyes of our spirit. What we discover is the greatest truth in the world and yet , paradoxically, one of the simplest. By the simple sincere love in our hearts we can help bring Peace to the world and thereby heal the ills of the world.

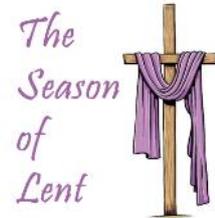
My love & blessings

Father George



FEBRUARY Evening Service now at 6pm

- 4 Sunday Services
- 8 Benediction 7.15 pm
- 11 Sunday Services
- 13 Shrove Tuesday (Pancake day)
- 14 Ash Wednesday Early Communion 5.30 am
- Morning of Prayer 9.30
- 17 Pot Luck Picnic
- 18 Sunday Services
- 20 Lenten Meditation
- 21 Early Communion
- 22 Benediction 7.15 pm
- 24 Abbey Museum Friends Floor Talk 7.30
- 25 Sunday Services
- Evening Church Service 6.00 pm
- Discussion Night 7.00 pm
- 27 Lenten Meditation
- 28 Early Communion
- MARCH Evening Service now at 6pm**
- 4 Sunday Services
- 6 Lent Meditation
- 7 Early Communion
- 8 Benediction 7.15 pm
- 10 AM Friends Trivia Night
- 11 Sunday Services Church BBQ
- 13 Lent Meditation
- 14 Early Communion 5.30 am
- Morning of Prayer 9.30
- 17 Pot Luck Picnic
- 18 Sunday Services
- 20 Lenten Meditation
- 21 Early Communion
- 22 Benediction 7.15 pm
- 25 PALM SUNDAY
- 25 Sunday Services
- Evening Church Service 6.00 pm
- Discussion Night 7.00 pm
- 28 Service of Preparation
- 29 Early Communion
- Maundy Thursday 7.15pm
- 30 Good Friday 9.15, 11.50, 7.15 Meditation
- 31 Quiet Saturday 7.15
- 1 APRIL EASTER SUNDAY



The only thing we never get enough of is love; and the only thing we never give enough of is love.”
— Henry Miller

“Love does not dominate; it cultivates.” – Johann Wolfgang von Goethe

CHURCH NEWS

WE will have holding our annual pot luck picnic at Kalmakuta Park on Saturday 17 February.



Bring something along to share for lunch and afternoon tea, as well as your hat and chair. People generally start to arrive around 11.30am .

Come and share time together in a beautiful location by the sea.

“Love is a friendship set to music.” – Joseph Campbell

KINDNESS

The words of Ella Wheeler Wilcox sums up the kindness of the Saints in these words

**So many Gods, so many creeds
So many paths that wind and wind
While just the art of being kind
Is all the sad world needs.**

Today I choose to live with gratitude for the LOVE that fills my heart, the PEACE that rests within my spirit, and the voice of HOPE that says all things are possible.

7 Stepping Stones on the Path to True Love

Let go of the past. Feeling unworthy and unlovable are illusions of the conditioned minds. What you see as your flaws are just hurts and wounds of the past. You must come to know that you deserve to be happy and fully loved.

Be comfortable with your weaknesses. Every person has positive and negative qualities. Weaknesses make you complete. Instead of using them against yourself, you need to recognize how they can help you grow and empathize with others.

Embrace yourself. By taking time each day to look into the mirror for just a few minutes and embrace the beautiful individual you are, you can grow in self-love.

Love yourself exactly as you are. By loving and embracing your authentic self, you will attract people who love you for who you are. Say to yourself, “I’m a beautiful person. I’m a loving person. I love myself just as I am.”

Be generous with yourself. You can express self-love through a gentle massage with warm oils, a nice meal, or a walk in nature. Nature itself is a true expression of unconditional love and serves as a vibrant, living example of how you should treat yourself.

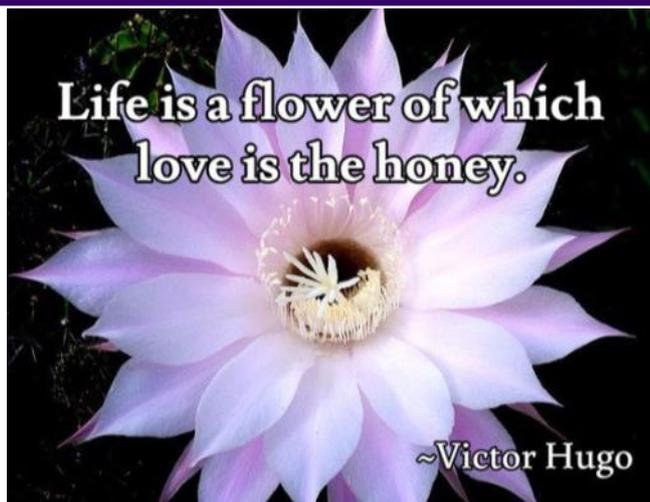
Stop looking for the right person. Become the right person. All relationships are mirrors. When you fall in love with someone, you can write down what you admire about him or her and express those traits in yourself. This way you will not be using that individual to complete your needs, but rather as inspiration.

Don’t ask for more love. Be in love. Love is a state of awareness where you are connected to your spirit. When you express unrestrained, unconditional love for others and yourself, you light up the world around you. The more you put your attention on love, the more expansive it will become.

By Nirmala Raniga

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage”

“We are shaped and fashioned by what we love.” – Johann Wolfgang von Goethe



JOIN US IN PRAYER

Prayers at this time particularly for those suffering in our congregation and extended Church families, especially Kathleen Watterson, Craig Burkhardt, Frank Cliffort, Evie Moffati, Jodie Permewan, Patrick Goos, Rowan Foster, Archie Griffiths and Sr Anne

We send our love, comfort and sympathy to all those families who have lost loved ones in the month of February, especially remembering these anniversaries

Dora Loi and Sr Ursula. WE thank God for them in our lives and all they did for us.



WORLD DAY OF PRAYER

World Day of Prayer is being held at the Transformational Church on Bribie Island on Friday 2nd March at 9.30am, 195 First Avenue, Bongaree.

This is an ecumenical event shared with the other Churches in the Bribie area. Everyone is welcome to come along and join in praying for those in Suriname. It's a wonderful morning of prayers and songs as well as meeting many other like minded and compassionate Church goers.

On jealousy

When she was eleven years old, Anita went to her mother to complain. “I can’t manage to have friends. They all stay away from me because I’m so jealous.”

Her mother was taking care of newly-born chickens, and Anita held up one of them, which immediately tried to escape. The more the girl squeezed it in her hands, the more the chicken struggled.

Her mother said: “try holding it gently.”

Anita obeyed her. She opened her hands and the chicken stopped struggling. She began to stroke it and the chicken cuddled up between her fingers.

“Human beings are like that too,” said her mother. “If you want to hold onto them by any means, they escape. But if you are kind to them, they will remain for ever by your side.



**DISCUSSION EVENINGS ON
THE LAST SUNDAY OF
EACH MONTH AT 7PM**

HAPPY BIRTHDAY

We extend our well wishes to all the congregation members who celebrating their birthday in February,

Love is...

...99... 100...
...101...102 ...103...104...
...105...



...counting your blessings.

“Sometimes people think that calling on God means inviting a force into our lives that will make everything rosy. The truth is, it means inviting everything into our lives that will force us to grow—and growth can be messy. The purpose of life is to grow into our perfection. Once we call on God, everything that could anger us is on the way. Why? Because the place where we go into anger instead of love, is our wall. Any situation that pushes our buttons is a situation where we don’t yet have the capacity to be unconditionally loving. It’s the Holy Spirit’s job to draw our attention to that, and help us move beyond that point.”

Marlanne Williamson



The quieter you become the more you are able to hear
Rumi



It was with sadness that we commenced the New Year farewelling our dear friend Les Harris at a funeral Service held in our Church on 18th January. We continue to send our prayers and condolences to Elsa and all Les’ family during this difficult time. May Les rest in peace and his memory burn brightly in our hearts.

TIME FOR MEDITATION

Time for meditation is a deep necessity
To those who seek for spiritual peace and harmony
Time for contemplation of the world beyond our sight
Presences that walk within our darkness clothed in light
Love, the mystery of life—the beauty of the word!
Ancient music of the wind—the sea—the tree—the bird
All the starry Universe too vast for us to trace
God—and all the whirling planets—held in boundless space
Meditate upon these things and earthly cares will seem
Like the unsubstantial little shadows of a dream
Draw apart from mental stress in prayer and quietude
Then go forth into the world
With faith and strength renewed.

One kind word can change someone’s entire day—The golden Rule