

# Anglican Parish of Grovely

THE COMMUNITY OF ST MATTHEW'S & ALL SAINTS'



Turrbal and Jagera Country

*Parish Vision: To personally and corporately know God in our lives more deeply and to live truthfully, creatively, honestly and lovingly.*

If you are visiting today, please make yourself known to the Priest and Welcomers; they will be able to help you with information about the parish.

- ♦ **Holy Communion** is available for all those whose practice it is to receive the sacrament, whatever denomination.

*From Fr Stephen*

We may think that we have chosen to follow Christ but just as the disciples were chosen by Jesus so were we. It is in God working through us by the power of the Holy Spirit that we can truly bear lasting fruit thereby fulfilling God's mission for us in the world. May we each radiate the love of Christ to those around us, so that each person we meet encounters Christ in us, hears God's call on their life and in response contribute to the peace for which we all yearn? Amen.

*Blessings*

*Fr Stephen*





# News & Notices

*Please take your Pew Sheet with you after the service*



## A GENTLE REMINDER WORSHIP AT 9 AM SERVICE

At around 3 minutes before 9 am, a bell will be rung and we ask for silence in the church after the bell, as we intentionally prepare to be present to our Lord.



### MAY

- 15 MU Meeting
- 18 Working Bee at All Saints
- 26 Parish Brunch
- 28 Service at Regis Nursing Home

Fr Stephen will be away from 5-23 May in Sydney on a Navy course . Fr Robert will be presiding at all services.



### Mothers Day Stall

Today after the 9 am service Come and buy your gifts Proceeds to go to the Baptism and Sunday School Ministries. Next Meeting for Grovely Mothers Union is on Wednesday 15 May, commencing with Church Service at 10.00 am. Possible Guest Speaker, Bring Toiletry Packs.



**Cake Stall: Today** after the 9 am service.



Parish Brunch 26 May after the 9 am service at All Saints. Please RSVP on the sheets in the foyer for catering purposes. Cost is \$15 per adult, kids eat free! Hope to see you there!

Grovely Mothers Union is once again getting together Toiletry Pack for Anglicare's "Home Away from Homelessness" Centre. Items are required by 15 May; The Toiletry Packs List is as follows: **1x Toothpaste, 1x Tooth Brush, 1 Body wash, 1x Deodorant, 1x Body Lotion, 1x Washer, 1 Roll of Toilet Paper, 1x Shampoo, 1x conditioner, 1x pack of Sanitary Pads or Tampons, 1x Brush. Only this list, nothing else.**



There is no Parish Council meeting this week.

We are asking the parish to help us with this cause; please give to Kathryn, MU President at All Saints; for St Matthew's Church, leave at back of church to be collected.

Copies of the Rosters from May to July are on the table in the back of the church for collection.

# Around the Parish



ALL SAINTS ROSTER	5 May	12 May	19 May
LAs	Peter H	Gordon D	Norm H
Welcomers	Melissa B	Julie B	Ann E
1st Reader	Pam M	Kathryn L	Andrew S
2nd Reader	Clare C	John D	Lynn R
Sidesperson/s	Ros T & Helper	Peter M & Helper	Ros T & Helper
Intercessions	Deborah H	Danny A	Julie B
Sacristan	Peter M	John D	Jan D
Counters	Les M & Bev R	Tara P & Narelle B	Danny A & Clay B
Morning Tea	Ann Ellis & Julie B	Kathryn L & Helper	Trish S & helper
Friday Helper	Bev R (10/5)	Dawn S (17/5)	Ann T (24/5)

ST MATTHEWS ROSTER	5 May	12 May	19 May
LA	Arian M	Melanie D	Arian M
Welcomers	Harold G	Sue H	Dale G
1st Reader	Arian M	Melanie D	Arian M
2nd Reader	Cheryl P	Dawn S	Stuart M
Intercessions	Arian M	Melanie D	Arian M

## Offerings

### Account details for Grovely Parish

#### Electronic transfers:

BSB: 704-901 Account: 00000910

### ST MATTHEW'S MEMORIAL GARDEN

Available for the interment of ashes of loved ones. Inquires to the Priest.

### ST MATTHEW'S GRAVEYARD

Grave plots for burials and interments of ashes are available. Inquires to the Priest.

### PARISH FOOD BANK

If you are aware of someone in need of a meal please contact the Parish Office.

## Parish Projects

### Electronic transfers:

BSB: 704-901 Account: 00015552

### STAMPS FOR ABM

ABM sells used stamps to assist community projects in Australia and overseas. Boxes at All Saints and St Matthews are provided to collect them.

### RECYCLING

Spent batteries, CFL's and ink cartridges, pens, including casings, texters and pencils can be left at both churches for recycling.

### CONTAINERS FOR CHANGE

We collect containers with the 10c recycle sign. Remove lids and leave these in bags in the containers at both churches.



### **Enable Me To Abide In Your Love**

Dear Lord, I know that I am commanded to abide in You and I desire to live my life day by day, simply resting and abiding in You. Teach me Lord how to abide in You, so that all that is of myself will melt away as the Spirit of Christ pulses through my being.

Give me the strength to be a fruitful branch, for You alone are my sufficiency. Enable me to abide in Your love so that I may produce much fruit, out of the abundance of Your grace. In Jesus' name I pray,

Amen.

*"If you keep My commands you will remain in My love, just as I have kept My Father's commands and remain in His love."*

*(John 15:10)*





Plastics are made from [oil](#), and are therefore a part of the fossil fuel industry. The vast majority of plastic is never recycled but instead contributes to an epic waste crisis as well as [killing wildlife](#). Now, there's [growing evidence](#) we are inhaling and [ingesting](#) tiny particles of plastics, known as microplastics, as well as toxic chemicals leaching out of them. We will likely never be able to limit ingesting and inhaling plastics completely but here are some tips to help mitigate your intake:

Avoid eating too much [red meat](#). There's growing evidence red meat contains plastic particles and [shellfish](#) consume microplastics which then remain in their digestive tracts! Try to sweep or vacuum as much as possible in your home because [dust](#) is full of plastic fibers and particles.

We all know [single-use](#) plastic water bottles are bad for the environment. But, now there's new evidence the water in single use plastic bottles can contain up to [240 000](#) nano particles of plastic per bottle.

Try to avoid [microwaving](#) your food in plastic containers because the heat releases plastic chemicals, like BPA, into your food.

Use as few toiletries as possible because they often contain [plastic chemicals](#) like phthalates. Plus, the plastic packaging used in the beauty and personal-care market creates vast amounts of plastic pollution. In 2018, [7.9 BILLION](#) rigid units of plastic packaging were created in the US alone!

Some [studies have found](#) leafy vegetables contain less microplastics than root vegetables, so opt to include them in your recipes.

Finally avoid wearing [polyester](#), it's a textile made of plastic which sheds microplastic fibers you will end up breathing in.

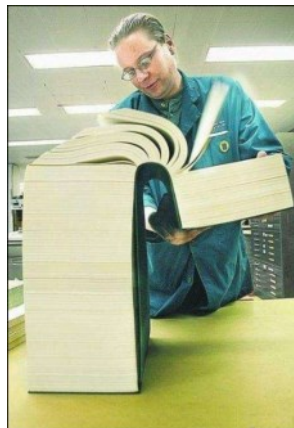
The one key thing ALL of us can do to ensure we ALL cut back on our plastic consumption is to [call](#) for governments around the world negotiating on the [UN Global Plastic Treaty](#) to drastically limit plastic production by 60% by 2040.



## CONTAINERS FOR CHANGE

*Please ensure that all bottle donations are provided in plastic bags and the lids of all bottles have been removed.*

Only those bottles/containers with the 10c refund marked on them can be donated. Please leave these in the marked containers at both churches.



The book on  
"Understanding  
Women" -  
Now available  
in stores.



# This Week Around the Parish

## SUNDAY 5

**7:00 am** Eucharist - St Matthews

**9:00 am** Sung Eucharist and Sunday School - All Saints  
*MU and Cake stall*

## MONDAY 6

*Labour Day*

ACTS 16.11-15

PSALM 149

JOHN 15.26-16.4

**Parish Office Closed**

## TUESDAY 7

ACTS 16.22-34

PSALM 138

JOHN 16.5-11

## WEDNESDAY 8

ACTS 17.15-18.1

PSALM 148.7-15

JOHN 16.12-15

*Parish Office Open*

**10:00 am** Eucharist - St Matthews

## THURSDAY 9

*Ascension Day*

ACTS 1.1-11

PSALM 93

EPHESIANS 1.15-23

MARK 16.15-20

## FRIDAY 10

ACTS 18.9-18

PSALM 47

JOHN 16.20-23

*Parish Office Open*

## SATURDAY 11

ACTS 18.23-28

PSALM 47

JOHN 16.23-28

**6:00 pm** Vigil Eucharist - St Matthews

## SUNDAY 12

ACTS 1.15-17,21-26

PSALM 1

1 JOHN 5.9-13

JOHN 17.6-19

**7:00 am** Eucharist - St Matthews

**9:00 am** Sung Eucharist and Sunday School - All Saints