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NEXUS

Issue 16

February 2012



The Transfiguration of
Jesus

**A magazine
for the
Anglican Parish of the Copper
Coast
Diocese of Willochra**

*****NOTICES*****

Congregations are reminded that their Annual Vestry meetings take place this month:

Wallaroo: February 5th following 9AM
Eucharist

Moonta: February 12th following 10AM
Eucharist

Kadina: February 19th following
9:30AM Morning Prayer

††††††††

CHRIST CHURCH

GARAGE SALE

25TH FEBRUARY

8AM TO 1PM

COME ALONG & SEE WHAT
TREASURES YOU CAN FIND!

HAVE A CUPPA, A BISCUIT & A CHAT WHILE YOU'RE
THERE.

††††††††

****Planning Meeting for****

Something On Sunday

&

Anglicare fundraiser

Monday Feb 6th

St Mary's



Prayer Corner

The Daily Office

What is the Office?

The Daily Office is a form of liturgical prayer which takes psalms, readings from the Bible and prayers, and uses them as short acts of worship at fixed times during the day. The vast majority of the Daily Office comes from the Bible, or is a direct response to readings from the Bible.

Monastics and clergy have an obligation to say the Daily Office, or part of it (depending on their circumstances). It is a wonderful prayer for all Christians, because it enables us to participate in the unending prayer of the Church. It is a form of discipline which can help us to pray even when we don't feel like it.

Saying the Office involves praying words which can be found in a number of books or on websites.

In modern times liturgical renewal within the Anglican Communion has resulted in new, contemporary forms of the daily office – both the 'public' offices of Morning and Evening Prayer, and the 'daily offices' which appear in books such as *An Australian Prayer Book* (1978) and *A Prayer Book for Australia* (1999).

The Daily Office has a variety of names and forms, depending on the tradition from which it comes. Some of these include: Divine Office, Liturgy of the Hours, Breviary and Matins and Evensong.

Why say the Office?

Regardless of whether or not the fixed-hour prayers

(Continued on Page 7)

LENTEN RETREAT

LIVING THROUGH SATURDAY: OH WHEN WILL SUNDAY COME ?



**2 – 4 March 2012
at Burra**

Led by Sr. Sandra Sears CSBC

MELODIES CONCERTS RETURN FOR 2012

by Julie Ayles

The one hour concerts at Christ Church return for 2012 on Friday February 10th at 10am. The program will be provided by country music singer, Graeme Hugo.

Graeme has made a base at Kadina, from which he tours nationally. He began his career in the Country Music Industry in 1972 and has continued till this day, touring Australia solo and with many high profile artists.

Graeme has helped raise money for many charities, particularly those that benefit country people. Since 2008 he has been entertaining coach tours at the local Sunnyvale church. Graeme is acclaimed as “SA’s favourite son” and known in the country music industry as “The Voice”. He has been the recipient of many music awards.

Christ Church is pleased to be able to present such a prestigious musician for the February Melodies concert. Entry is still \$10 with a home-made morning tea to follow.

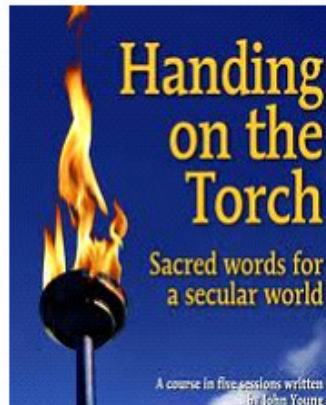
Discussion groups are meeting each week during Lent.

Please feel welcome at any venue.....

Wallaroo : at St. Mary's
12noon Wednesdays (BYO lunch)

Kadina : at Christ Church
5:30pm Wednesdays (BYO tea)

Moonta : at All Saints
7pm Thursdays



How Does Your Garden Grow? By

John Roberts



The sign in my garden states ‘Welcome to the “Garden of Weedin”’. Weeds are plants for which floral artists have not found a use, so get rid of them; they only compete for moisture and rob your special plants of precious nutrients.

We live in a difficult area soil-wise and water-wise, so improve your soil and water retention by mulching. “Pea straw” is excellent material for mulch, but keep it away from the main trunks of shrubs and roses – it can cause collar rot.

Remember that watering in the early morning is best, down by the root system, not overhead, especially with roses, as this can cause black spot particularly in humid weather.

If you can, install a dripper system connected to a tap timer - you will have a good, functioning watering system, remembering that water is precious and expensive.

Remember to protect plants in pots during hot weather, especially plastic pots; the roots of the plant can ‘cook’ with the heat. Planting in the hot weather is not the best time, but if you can protect with shade cloth – the heavier the better and removing in the evenings – your plants will thank you. ‘Til next time –

‘A Beautiful Garden is the Work of Heart.’



Prayer Corner (continued from Page 3)

were said alone or in community, however, they were never individualistic in nature. Rather, they employed the time-honoured and time-polished prayers and recitations of the faith. Every Christian was to observe the prayers; none was empowered to create them.

Christians today, wherever they practice the discipline of fixed-hour prayer, frequently find themselves filled with a conscious awareness that they are handing their worship, at its final “Amen,” on to other Christians in the next time zone. Like relay runners passing a lighted torch, those who do the work of fixed-hour prayer do create thereby a continuous cascade of praise before the throne of God. To participate in such a regimen with such an awareness is to pray, as did the Desert Fathers, from within the spiritual community of shared texts as well as within the company of innumerable other Christians, unseen but present, who have preceded one across time or who, in time, will follow one.

What you will need:

- * A prayer book (any of the ones from the list above will do)
- * A Bible (a clear modern version such as NRSV, NIV, ESV or NLT will be best)
- * The Lectionary (a booklet containing tables of readings for each day of the year – you will want this if you want to pray the same psalms and readings as others in the church – alternatively you can choose your own)
- * Bookmarks for the Bible (and prayer book if it doesn't have it)

(Continued on Page 8)

Prayer Corner (Continued from page 7)

- * Time – around 15-20 minutes for Morning Prayer or Evening Prayer
- * Space – somewhere you can be undisturbed by people and the phone
- * Quiet – somewhere you can concentrate on being with God.

Some suggestions:

- *Begin* by marking the psalm/s and collect (prayer for the day) in the prayer book, the readings in the Bible.
- *Settle* down by breathing quietly.
- *Pray* – offer the time to God, and ask God to help you hear.
- *Read* the office aloud, even if you're by yourself. At least form the words with your mouth, even if you say them silently. This helps a great deal to keep your concentration and commitment to the practice.
- *Read* the Bible readings aloud, meditatively. Don't worry if you miss something, do something 'wrong' (like saying 'Alleluia' in Lent) or are confused to start off with. It will become clearer with time and practice.
- *Stick* with it for a month – perhaps saying just Morning Prayer or just evening prayer, or alternating them. If you alternate them, use the readings for one or another consistently (e.g. always use the morning readings, whether you say Morning Prayer or evening prayer), so you get a flow of scripture.
- *Try* to say it at the same time each day. This helps to establish the practice and your commitment to it.
- *Ask* for help – your parish priest will be able to help

(Continued on Page 17)

RECIPE CORNER

ZUCCHINI AND CORN MUFFINS

2 cups (300g) SR Flour	1 small (80g) zucchini, grated
1/2 tspn mild paprika	coarsely
1 cup (250ml) buttermilk	125g can corn kernels, rinsed,
1 egg, beaten lightly	drained
80g olive oil margarine	1 green onion (shallot), sliced
2/3 cup grated low fat	thinly
Cheddar cheese	2 tspns finely chopped fresh
	parsley

Preheat oven to 200°C (180°C fan-forced). Grease a 12 hole muffin pan and line holes with free form baking paper cases. Sift flour and paprika into a medium bowl and make a well in the centre. Combine buttermilk, egg, margarine, cheese, zucchini, corn, onion and parsley. Add to flour mixture and stir gently with large metal spoon until just combined. Mixture should still be slightly lumpy—do not over mix. Spoon mixture into the pan holes. Bake for about 20 mins or until slightly golden and cooked when tested with a skewer. Stand for 5 mins before turning onto a wire rack to cool.

To make free form cases, cut 10cm squares from baking paper and press into each greased pan hole. Muffins can be stored in an airtight container for up to 2 days. Muffins can also be placed in an airtight container and frozen for up to one month.



Christ Church, Kadina
In
The Anglican Diocese of Willochra
presents

FEBRUARY MELODIES

A one hour music concert

Friday February 10th at 10am
In
Christ Church, Kadina Anglican Church

GRAEME HUGO

A nationally recognised
Country Music Singer
and
Musician



Morning tea to follow
All Welcome
Entry Donation: \$10



ALL SORTS KADINA

A social gathering with a heavenly twist

hosted by the Anglican Parish of the Copper Coast

will be



on
Tuesday 7th February at 2pm

in The Joyce Olsen Room, Wontama, East Tce

leap something green
wear something green



What are your New Year Resolutions ?



Leap forward in Faith

Share leap year traditions

its a great time of fellowship
enjoy some singing , enjoy sharing your ideas
and then chatting over afternoon tea

Contact

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Serendipity Restarts in February!

Join us in the Christ Church Parish Hall, 1st & 3rd Mondays of each month, 11am until approximately 2pm. Lots of chatting & laughter and some craftwork! Come along , join in our chatter and share a cuppa with us.

Ash Wednesday



February 22nd

12noon at St.Mary's, WALLAROO

Eucharist including imposition of Ashes
followed by BYO lunch and introduction to Lenten Study

5:30pm at Christ Church, KADINA

Eucharist including imposition of Ashes
followed by BYO tea and introduction to Lenten Study

*[Eucharist including imposition of Ashes for Moonta will be at
All Sorts' 'Pancakes and Ashes' service on Tuesday 21st at 2pm]*

PARISH COUNCIL meeting Wed Feb 22nd

*Representatives to PARISH COUNCIL elected at the
Annual Vestry Meetings in February PLEASE NOTE...*

7:30pm at Christ Church, KADINA



Dear Lord, As we enter this Solemn and Holy Season, we pray that you would send your Holy Spirit upon us that we might prepare ourselves for these coming 40 days of Lent. Even though we may no longer wear sackcloth and ashes, we do seek to humble ourselves so that we can understand the magnificence of Your Love for us as You humbled Yourself and gave Your Life on the Cross that we might receive the gift of Eternal Glory with You. AMEN.

jucoolimages.com

All are invited to St. Mary's Wallaroo

Shrove Tuesday - 21st February - 6pm

for a **Parish Pancake Feast**





SEAFARERS CENTRE

NOW LOCATED IN ST MARY'S CHURCH HALL
NEAR THE CORNER HUGHES AND WILDMAN STREETS WALLAROO
(*Opposite Wallaroo Primary School*)

**OPEN DAY
SUNDAY FEB 26
1-5PM**

- ▲ LEARN ABOUT LIFE AT SEA FOR THE MODERN SEAFARER
- ▲ SEE WHATS ON OFFER FOR THE VISITING SEAFARER
- ▲ VARIOUS STALLS FEATURING LOCAL CRAFT
 - ▲ MUSIC AND FOOD
 - ▲ GAMES

CONTACT: MISSION TO SEAFARERS CHAPLAIN
MARTYN: **0439 258 992**



Lenten Retreat (See Page 4)



THE RETREAT

On this retreat Sr. Sandra will be inviting you to experience a part of Easter, hinted at in our Lenten discipline, that is largely overlooked – the period between the pain of Good Friday and Joy of Easter Day. What did it mean for the disciples? What does it mean now, for us, twenty-first century disciples? How can it inform and enrich our lives? Using poetry and times of reflection, as well as activities, we will explore the waiting place between difficulty and pain, and eventual healing and joyful resurrection. Easter Saturday was a difficult time for Jesus' disciples. Everything they had dreamed of

and hoped for had been destroyed, and they were also living with their own guilt in abandoning their friend. There seemed to be no relief. We also experience these times, when there seems to be no end to the pain and uncertainty. And yet this is precisely the place where God meets us with new life. The beautiful surroundings of Burra and St. Mary's Church will be our 'studio' as we walk this hopeful road through Lent towards healing and resurrection.

Cost is \$50 for food. Please book your own accommodation.

Enjoy a wonderful weekend away with God and others deepening your relationship with God and your appreciation of ways of praying.

The weekend begins with dinner at 6.30 pm on Friday evening at the Rectory and finishes Sunday afternoon with afternoon tea at 3 pm. All meals are provided.

(More information available at http://www.bushspirituality.org.au/Lenten_Retreat.php)

• The Anglican Parish of the Copper Coast



All Sorts Moonta

Tuesday 21st February 2012
at 2pm

The Vietnam Veterans Clubroom Moonta

Pancakes + Ashes

Everyone Welcome

Come join and the Fellowship,
Worship & Afternoon Tea

Need help with transport? Phone Meredith
88253171



The Anglican Parish of the Copper Coast
All Saints' Moonta
Cr. Milne & Blanche Terrace Moonta

'Jolly Hour'

Everyone Welcome

Tuesday 27th February 2012

10.30 to 11.30 am

Come along and join in the singing
Lots of laughter and Morning Tea
Donation \$5.00

Prayer Corner (continued from Page 8)

(she or he already says the office).

- *Stick* with the one form for a little while, to see if it suits you. Don't jump round too much. By all means try other forms, but try to stick to one consistently, so that the words become your words, and the flow becomes your flow.

- *Remember* – the Holy Spirit prays within you. Even when it seems dry, hurried or pointless – just words – you are sitting before God, within God, and offering your whole self to God.

- *Prepare* your intercessions – make a list of the things you want to pray about.

Say the office with someone else from time to time – it is a wonderful thing to share the office with one or more people, reminding us that we are a praying community.

(Excerpted from <http://www.anamcara-gippsland.org/>)



“*See also the article by Ven. M. Hillier at http://www.bushspirituality.org.au/Using_the_Daily_Office.php”*

February Diary




Wed 1	5:00 PM	Prayers for Mid-week Christ Church Kadina
Thu 2	1:30 PM	Prayer & Song Moonta Nursing Home Moonta
Fri 3	10:15 AM	All Sorts Moonta Planning Henry on George
Sun 5	10:00 AM	Annual Vestry Meeting St. Mary's Wallaroo
Mon 6	11:00 AM	Serendipity Christ Church Kadina
Tue 7	8:30 AM	Eucharist St. Mary's Wallaroo
	9:00 AM	Morning Prayers Annie's Op Shop Moonta
	9:30 AM	Annie's Op Shop All Saints Moonta
	10:00 AM	Church at Home Moonta
	2:00 PM	All Sorts 'Wontama' Kadina
Wed 8	10:30 AM	Anglican Service Star of the Sea
	5:00 PM	Prayers for Mid-week Christ Church Kadina
Fri 10	9:30 AM	Eucharist Christ Church Hall Kadina
	10:00 AM	Melodies Christ Church Kadina
Sun 12	11:00 AM	Annual Vestry Meeting All Saints Moonta
Tue 14	8:30 AM	Morning Prayers St. Mary's Wallaroo
	9:00 AM	Morning Prayers Annie's Op Shop Moonta
	9:30 AM	Annie's Op Shop All Saints Moonta
Wed 15	5:00 PM	Prayers for Mid-week Christ Church Kadina
Sun 19	10:30 AM	Annual Vestry Meeting Christ Church Kadina
Mon 20	11:00 AM	Serendipity Christ Church Kadina

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February 2012

SUNDAY SERVICE TIMES FOR THE ANGLICAN CHURCHES IN THE COPPER COAST

DATE	KADINA	MOONTA	WALLAROO
Feb 5		10:00 AM Eucharist	9:00 AM Eucharist (Annual Vestry to follow)
Feb 12	8:30 AM Eucharist	10:00 AM Eucharist (Annual Vestry to follow)	9:00 AM Morning Prayer
Feb 19	9:30 AM Morning Prayer (Annual Vestry to follow)	10:00 AM Morning Prayer	9:00 AM Eucharist
Tues Feb 21		2:00 PM All Sorts Moonta Pancakes & Ashes	
Ash Wed Feb 22	5:30 PM Ash Wednesday Eucharist Plus Study		12:00 noon Ash Wednesday Eucharist Plus Study
Feb 26	10:30 AM Parish Eucharist (Lunch at Hotel to follow)		

Times placed in Church Notice Boards. Please check for any changes

Prue's Last Service at Christ Church by Doug & Christina Lydeamore

It was Prue's last service as our Parish Priest on January 1st at Christ Church, Kadina. A good representation from all Churches were present and after a wonderful service of worship and music, a lunch for Prue and Bart was held in the Parish Hall.

Having been in this Parish for nine months, we hope to continue to enjoy the expression of our faith which was nurtured and encouraged by Prue and is evident throughout this Parish. Prue certainly lives and shares her faith both personally and throughout the Parish.

On a personal note, we arrived in this Church on Good Friday 2011. We received a very warm welcome from Prue and all parishioners present; we later discovered that this was exactly 100 years since the first service was held in the present church building.

Just looking at the list of activities from month to month we could not work out if Prue ever had a day off! (*Not too many!* - Ed)

We were also privileged to share our social and faith life with Bart, and enjoyed reading his 'Prayer Corner' in the Nexus. I know we all wish Prue and Bart all the best for the future as they settle into their new home in Evanston Park, and

we wish Prue every success in her new position as Ministry Development Officer (MDO) for our Diocese.



A little humour!

2 More Reasons Not To Mess With Children!

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head.

She looked at her mother and inquisitively asked, 'Why are some of your hairs white, Mum?'

Her mother replied, 'Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white'

The little girl thought about this revelation for a while and then said, 'Mummy, how come ALL of grandma's hairs are white?'

!!!!!!!

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray:

'Take only ONE. God is watching.'

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note, 'Take all you want. God is watching the apples.'



February Diary *(Continued from Page 18)*

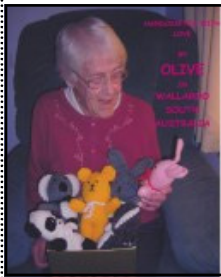
Tue 21	8:30 AM	Morning Prayers	St. Mary's Wallaroo
	9:00 AM	Morning Prayers	Annie's Op Shop Moonta
	9:30 AM	Annie's Op Shop	All Saints Moonta
	11:00 AM	Set up for	All Sorts Moonta
	2:00 PM	All Sorts Church	Vietnam Vets Hall Moonta
Wed 22	12 noon	Ash Wednesday	Eucharist St. Mary's Wallaroo
	5:30 PM	Ash Wednesday	Eucharist Christ Church Kadina
Thu 23	9:45 AM	Anglican Service	Parkview Moonta
Fri 24	9:30 AM	Eucharist	Christ Church Hall Kadina
	10:00 AM	Morning Tea & Kerensa	Craft & Drop In Christ Church Hall Kadina
Sat 25	8:00 AM	Garage Sale	Christ Church Hall Kadina
Sun 26	10:30 AM	Parish Service with Ven. Michael Hillier	Christ Church Kadina
	1:00 PM	Open Day	Seafarers Mission St. Mary's Hall Wallaroo
Tue 28	8:30 AM	Morning Prayers	St. Mary's Wallaroo
	9:00 AM	Eucharist	Annie's Op Shop Moonta
	9:30 AM	Annie's Op Shop	All Saints Moonta
	10:30 AM	Jolly Hour	All Saints Moonta
Wed 29	12 noon	Lenten Studies	St. Mary's Wallaroo
	5:00 PM	Prayers for Mid-week	Christ Church Kadina
	5:30 PM	Lenten Studies	Christ Church Kadina

LOCAL LOVE TRAVELS TO SOUTH INDIA

INDIA by Bro. Martyn

Venoth is the Chief Engineer of the Lake Dahlia, a bulk carrier which recently loaded grain for Bari in Italy. He comes from South India (Tamel Nadu) & his wife and daughter live with his parents. When his daughter, Tabitha, heard that Dad was coming to Australia she asked (well nearly 3 year olds 'require') her father to bring her back a Penguin. Venoth was rather mystified by this request as this is not the animal most associate with Australia. When he mentioned that he would go to Kadina searching for a Penguin I laughed and said that there is one in Wallaroo.

Last year a very generous supporter of the Seafarers Centre responded to my enquiries about producing hand made soft toys of Australian wild life. She obtained a pattern, knitting needles, various colours of wool and



stuffing. This I took across to the Star of the Sea & located a resident who was interested in knitting. She was Olive, and she created beautiful toys which included a penguin. Venoth and the Fourth Engineer, Prasath came to my place & cooked up a curry. After we had shared the meal I presented a gift wrapped Penguin to Venoth. We went on the internet & Skyped his family in India. This is the where Tabitha gets the first look at her new penguin.





CLOSING DATES

for material for

March NEXUS:- Fri 17th February 2012

April NEXUS:- Mon 26th March 2012

May NEXUS:- Mon 23rd April 2012

Send in your articles, photos, recipes, prayers, events that have occurred or are about to occur, to be included in future editions of the NEXUS.

This is your magazine - you can cut out the Diary Pages or the ads & place them on your fridge as reminders, cut out the recipe and try it out! BUT please don't forget to send in your contributions!

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