

Prayer Points

Thanksgiving

- That we can cast ALL our cares on God.
- For the fellowship we have enjoyed with Martin, Annabel, Katie, Eleanor and James.

Petitions

- Peter, Summer, Sylvia, Helen, Lorna, Debbie, Kaye, Chris, Rita, Julia & John, Bernie, June and Michael and their families.
- Those affected by COVID 19 and all those struggling with current regulations.
- For our Federal and State leaders and healthcare professionals
- For the Tunley family as they move to Perth.

The Breath Prayer

Written by Sheridan Voysey

Lord God, fill me with your Holy Spirit

I receive your *love* & release my *insecurity*

I receive your *joy* & release my *unhappiness*

I receive your *peace* & release my *anxiety*

I receive your *patience* & release my *impulsiveness*

I receive your *kindness* & release my *indifference*

I receive your *goodness* & release my *ungodliness*

I receive your *faithfulness* & release my *disloyalty*

I receive your *gentleness* & release my *severity*

I receive your *self-control* & release my *self-indulgence*

Artwork by @jodie888



Anglican Parish of the Otways Newsletter

19th Sunday after Pentecost

11th October, 2020

Priest in Charge — Rev'd Jenny Brandon

Contact Details

Phone: 0488 433 023

Email: otwayanglicans@gmail.com

Web: otwayanglicans.com



**Anglican Parish of the
Otways**

Greetings in the name of Jesus.

I wish to begin this week with a huge thank you to you all for the care you are taking of each other. It is so lovely to hear reports of the little caring things people are doing for each other during these unusual times.

I do have some sad news for you. The Tunley family are leaving the bay to live in Western Australia, primarily to care for family over there. They leave their place here in the bay this week and will live in alternate accommodations until they can actually enter WA. Martin, Annabel, Eleanor, Katie and James, we will miss you and wish you all the very best in this new chapter of your lives. We are sorry we could not farewell you properly but be assured of our love and prayers at this time. And stay in touch! We would love to hear news of you.

I have also had the pleasure of chatting (Socially distant of course!) with people discussing questions raised by some of the bible reflections. Please don't forget that I am here to chat with you, be that via phone or internet, over anything that may be on your mind. Please don't hesitate to get in touch.

May the Lord bless you with peace and joy.
Jenny



Prayer of the Week

O God,
whose beauty is beyond our imagining
and whose power we cannot comprehend:
show us your glory,
as far as we can grasp it,
and shield us from knowing more than we can bear,
until we may look upon you without fear,
through Jesus Christ. Amen.

Reading. Philippians 4:4-9

Reflection

One of the most well-known passages from Paul on prayer, and one of my favourites, is Philippians 4:6-7.

Every time I read the first part of verse 6 – “Do not be anxious about anything” – I confess that I feel a tingle of guilt over my tendency to become anxious about things. However, if there’s one thing I have discovered, it’s that feeling unnecessarily guilty about the things of God often kills the growth that God wants to bring. I deliberately say “**unnecessarily** guilty” because there are certainly things we should feel guilty about, such as wilful sin, disobedience to God’s expressed commands, or lack of love toward others. Guilt should lead us to repentance and restoration through the kindness of God’s grace. However, when we start to feel false guilt over feeling anxious based on this verse, it doesn’t help us do what Paul is really after here in his words to the Philippians. He is most concerned with calling the believers to prayer, to seeking God’s will and plan in any particular situation. The Greek word, translated here as “anxious about anything,” literally means to be anxious or troubled by many cares. Paul is encouraging the believers not to be weighed down with their worries (or even guilt about having those worries), but to turn toward the presence of God in prayer, to present to God those sources of care and worry, thankfully trusting in God’s answer and provision.

To put it in practical terms, when cares and worries are overtaking us we should immediately reach out to God in prayer. That is the sort of mental and spiritual activity that is most beneficial; much more than agonizing over the sources of worry, let alone being guilty about worrying. When the stresses of life – relationships, work, school, health, the future – reach out to grab us and hold us within their grubby hands, we should turn immediately and run into the arms of our good God. With Him we find open arms to receive us, hands capable of holding our troubles and worries, and divine peace that inexplicably enables us to find gratitude even in the midst of our stormy lives.

What anxieties or worries do you need to release into the hands of God today?

What would it look like now to turn to God in prayer to experience His provision, peace, and care?

The Lord be with you.