



ANGLICAN PARISH OF BOX HILL  
Ninth Sunday after Pentecost  
2 August, 2020

# Parish Link

## Our Vicar writes...

Welcome to our online worship today. I continue to thank God for the work and energy and support of so many parishioners over the course of the last four months. It is staggering to realise we have been forced to be online for 19 Sundays! I am aware many are feeling this second lock-down has affected them more than the first but as I continue to say – we are forced to rely more on the providence of God: to savour each day and live in the moment and to endeavour to do the best we can. We also need to understand that compared to many in more difficult and challenging places we are richly blessed. Our Gospel reading today highlights a problem disciples have always had since the beginnings of the church. We only look at our feeble resources without considering what Jesus can do with them. We only look at our limited ability to *witness* without considering what Jesus can do with that ability and we only look at our limited ability to *serve* without considering what Jesus can do with that ability. May we today bring all that we are and all that we have and surrender it to God who works the miracles!



### Mission Statement

Sharing the Good News  
Telling the story afresh  
Expressing God's love  
Nurturing and sharing faith  
Equipping to serve  
Serving the community

### Vision

To ensure that there continues to be a living, committed, communal Anglican presence of liturgical celebration, nurture and outreach in Box Hill.

### FOR YOUR INFORMATION

**FIRST AID KIT** – Located in the office and kitchen.

**TOILETS** – Located in the Church Hall and in the church building through the church doors front right.

**WHEELCHAIR** – Located in the toilet for the disabled upstairs.

**FIRE & EMERGENCY** – Please make yourself aware of the nearest escape route in the event of an emergency or fire.

**OH&S** – Please ensure that any incidents/accidents are reported to the Vicar or Wardens and incident report completed.

## Sentence

The Lord is near to all who call on him in truth. He fulfils the desire of all that fear him, hears their cry, and saves them. Psalm 145.18–19

## Prayer of the Day

O God, giver of life and health, whose Son Jesus Christ has called us to hunger and thirst for justice: refresh us with your grace, that we may not be weary in well-doing, for the sake of him who meets all our needs, Jesus Christ our Saviour; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## Readings

First Reading: Genesis 32.22-31

<sup>22</sup> The same night he got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. <sup>23</sup> He took them and sent them across the stream, and likewise everything that he had. <sup>24</sup> Jacob was left alone; and a man wrestled with him until daybreak. <sup>25</sup> When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. <sup>26</sup> Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.' <sup>27</sup> So he said to him, 'What is your name?' And he said, 'Jacob.' <sup>28</sup> Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.' <sup>29</sup> Then Jacob asked him, 'Please tell me your name.' But he said, 'Why is it that you ask my name?' And there he blessed him. <sup>30</sup> So Jacob called the place Peniel, saying, 'For I have seen God face to face, and yet my life is preserved.' <sup>31</sup> The sun rose upon him as he passed Penuel, limping because of his hip.

For the word of the Lord, **thanks be to God**

Psalm: 17.1-7, 17.16

- <sup>1</sup> Hear my just cause, O Lord, give heed to my cry:  
listen to my prayer, that comes from no lying lips.
- <sup>2</sup> **Let judgement for me come forth from your presence:  
and let your eyes discern the right.**
- <sup>3</sup> Though you search my heart, and visit me in the night-time:  
though you try me by fire, you will find no wickedness in me.
- <sup>4</sup> **My mouth does not transgress, like the mouth of others:  
for I have kept the word of your lips.**
- <sup>5</sup> My steps have held firm in the way of your commands:  
and my feet have not stumbled from your paths.
- <sup>6</sup> **I call upon you, O God, for you will surely answer:  
incline your ear to me, and hear my words.**

<sup>7</sup> Show me the wonders of your steadfast love,  
O saviour of those who come to you for refuge:  
who by your right hand deliver them from those that rise up against them.

**<sup>16</sup> And I also shall see your face, because my cause is just:  
when I awake and see you as you are, I shall be satisfied.**

Second Reading: Romans 9.1-8

<sup>1</sup> I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—<sup>2</sup> I have great sorrow and unceasing anguish in my heart. <sup>3</sup> For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. <sup>4</sup> They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; <sup>5</sup> to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen. <sup>6</sup> It is not as though the word of God had failed. For not all Israelites truly belong to Israel, <sup>7</sup> and not all of Abraham's children are his true descendants; but 'It is through Isaac that descendants shall be named after you.' <sup>8</sup> This means that it is not the children of the flesh who are the children of God, but the children of the promise are counted as descendants.

For the word of the Lord, **thanks be to God**

The Gospel of our Lord Jesus Christ  
according to Matthew, Chapter 14, beginning at verse 13

**Glory to you Lord Jesus Christ**

<sup>13</sup> Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. <sup>14</sup> When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. <sup>15</sup> When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' <sup>16</sup> Jesus said to them, 'They need not go away; you give them something to eat.' <sup>17</sup> They replied, 'We have nothing here but five loaves and two fish.' <sup>18</sup> And he said, 'Bring them here to me.' <sup>19</sup> Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. <sup>20</sup> And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. <sup>21</sup> And those who ate were about five thousand men, besides women and children.

For the Gospel of our Lord, **praise to you Lord Jesus Christ**

## Years Mind

Charles Cormick, Charles Herbert, Bert Davis, Charles Bindon, Arthur Cale, Ronald Braybrook, Douglas Murray whose anniversaries occur at this time.



## Prayer Points

*The Church:* Pray for the new Province of Alexandria; Diocese of Perth (Abp Kay Goldsworthy, Asst Bps Jeremy James, Kate Wilmot, Clergy and People); Mentone Grammar School (Mal Cater, Principal; Andrew Stewart, Michael Prabaharan, Chaplains); St Philip's Collingwood (John Raike); Parish of Upwey – pastoral visit (Bp Paul Barker).

*The Parish:* Give thanks for the strength of community spirit in the parish as we are seeking new ways to be the “living communal Anglican presence in Box Hill”.

*The World:* Pray for the people of Syria still experiencing the devastation of war.

*The Nation:* Pray for all those who work in aged care and for those they care for.

*Names of those in our parish who need our prayer:*

## Prayer of the Week

Almighty God, whose beloved Son for our sake willingly endured the agony and shame of the cross: give us courage and patience to take up our cross daily and follow him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## Prayer in time of a pandemic

*Lord Jesus Christ, healer and friend, come and care for all of us through the danger and uncertainty of the coronavirus pandemic. To people who are sick, bring healing. To people who are displaced, isolated, or cut off from family, friends or work, bring comfort and companionship. Work with medical staff as they care for the sick, and protect them from harm. Give skill and fruitful research to scientists as they search for treatments, prevention and a cure. To public health authorities, give wisdom to decide the best ways to manage both this crisis and our anxieties. When communities are fearful, give a calm spirit, and kindness to neighbours and strangers. Through this testing time, and through all the risks we face together, teach us once again how we can love one another as you have loved us. Amen*

## Daily Readings

<b>Monday</b>	Jeremiah 28.1-17	Ps 119.81-88	Matthew 14.22-36
<b>Tuesday</b>	Jeremiah 30.12-22	Ps 102.23-28	Matthew 15.1-2, 10-14
<b>Wednesday</b>	Jeremiah 31.1-7	Ps 72.15-21	Matthew 15.21-28
<b>Thursday</b>	Jeremiah 31.31-34	Ps 51.15-19	Matthew 16.13-23
<b>Friday</b>	Nahum 2.1-12	Ps 106.49-50	Matthew 16.24-28
<b>Saturday</b>	Habakkuk 1.12-2.4	Ps 9.9-14	Matthew 17.14-20

## ABM Pew Reflections

Today we read of Jacob's strange wrestling match and subsequent renaming as Israel. Having tricked his father-in-law Laban into giving him the best flocks as he took his polygamous family back to his own home in Canaan, Jacob finds himself left on one side of the river wrestling with a man he later realizes is God. The river, Jabbok (Wadi Zerqa), flows into Jordan about 40 km north of the Dead Sea. There is word-play here on the name of the river: 'abaq' in Hebrew sounds much like *Jacob*. The match is won by God who causes Jacob to limp, as a sign of God's power over humans, but spares his life, as a sign of mercy. God's renaming of Jacob means that he is to give up his life as a shyster and become the father of the Jewish people. Pray that God would reward those who wrestle with their faith with a clearer vision of all things that appear to be mystical or incomprehensible. Give thanks for the Episcopal Church of Sudan.



*If you have anything you would like included in the Parish Link Notices, please let Cecilia know in writing **before** Thursdays or email [anglicans.boxhill@bigpond.com](mailto:anglicans.boxhill@bigpond.com)*

## CHURCH CLOSED

With the new coronavirus restrictions, there will **be no attendance at services at St Peter's** until further notice. The Sunday morning service will be streamed on YouTube as usual at 9.30am each Sunday morning.



[Sunday service August 2](#)

(Control and click)

OR go to

<https://www.youtube.com/watch?v=WkjK03qyo1Y&feature=youtu.be>

## JAN'S BISCUITS

All Jan's biscuits have sold, but she has made a new supply for those who missed out or may want more.

There are different varieties and sizes which are for sale for \$5 and \$7 per tub as a parish fundraiser.

The containers are in the office and you can help yourself or come in on a Tuesday or Thursday. Correct money would help!



If you would like some biscuits but can't come in want or a special batch, then please ring Jan. Ph: 9890 6528

*Much appreciated, Jan!*

## NEW DONATIONS SUGGESTIONS

Thanks to all those who are donating items to our Sudanese families. Here is a list of updated items which are now also requested.

**Foods:** Peanut Butter, crunchy. Biscuits, eg. Milk arrowroot, Teddy bear or Savoys. Full cream milk. Milo.

**Household needs:** Toothpaste. Soft toothbrushes. Paper towel. Toilet paper. Spray cleaner, home brand. Dishwashing liquid.

Drop off time:10.00-11.00am

## MOTHERS UNION FUNDRAISING

As we will not be able to have our annual fund raiser service on 9th August it would be a good idea if all members could make a small donation (no work involved).

As well I have crocheted a single bed rug in rainbow colours to raffle, with a knee rug as 2nd prize. \$2 per ticket.

Any donations from parishioners would be well received.

This will go towards our current Australian projects, eg, supporting parenting programmes in PNG, and northern outreach, which facilitates people going to remote communities to share the Word of God.

If you have been transferring your Free Will Offering to the church account, then donations and raffle money can be transferred this way also, with the reference MU donation or raffle. Or money can be left at the office. Tickets will be done for you or talk to Jan, 98906528.

Thank you. Jan Gunst, MU Leader.



## SAMARITANS PURSE



I have collected boxes and brochures, also a DVD to view this week. Anyone wanting a box and a starter bag (\$10), please let Jan know and these can be left in church office if you are visiting with food or envelopes. Or I can drop it off. Alternately give me a ring to arrange for me to "do" a box for you. More information in "Good News". Jan Gunst 98906528

## BREAD DELIVERY

St Peter's is still receiving deliveries of bread, and as usual, some weeks there is more bread than others. If you would like to pick some up, ring Alasdair (0438 323 059) on Saturday mornings to find out if any bread is available and then come over to St Peter's to get the bread. Social distancing rules, of course, will apply.



**Left over bread will be kept in the Office for collection until Thursdays.**

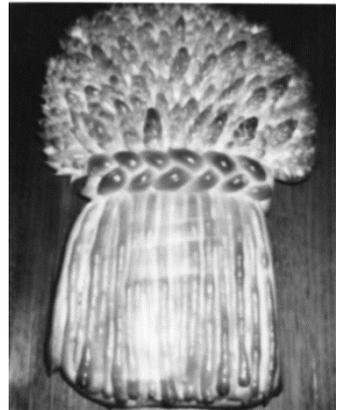
Here is another piece in our new series of writings titled "Journeys at Home" which covers a variety of topics and provides us with thoughtful and encouraging reading.

## JOURNEYS AT HOME

### Bread

**Isaiah 55:2** *Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food.*

Reportedly one of the popular occupations during lockdown has been making bread, especially sourdough, and recipes abound. Sourdough relies on cultivating a "starter" leaven by feeding the microorganisms, including yeast, which occur naturally in flour – and in the air, hence the poetic formula "capturing the wild yeast." Whether using "wild" or "tame" (the cultivated baker's yeast available either wet or dry) the visibly dynamic action of this fungus-like single cell plant when it comes in contact with moisture remains absolutely astonishing and mysterious.



**Matthew 13:33** *He told them another parable: "The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened."*

Fr Robert Farrar Capon comments "This is no slip of a girl making tiny loaves for pleasure. This is a *baker*, folks. Three measures (*sata*) is a bushel of flour, for crying out loud! That's 128 cups! That's 16 five-pound bags! And when you get done putting in the 42 or so cups of water you need to make it come together, you've got a little over 101 pounds (46Kg) of dough on your hands."

In the 15<sup>th</sup> c another name for yeast or barm was goddisgoode "bicause it cometh of the grate grace of God." While its effects were known at least 5000 years ago it remained somewhat suspicious – what produced fermentation was unknown until the experiments of Louis Pasteur, and the process itself was thought to suggest corruption. The association of leaven with decay – hence with sin – is one of the underlying reasons for the use of unleavened bread for the Eucharist.

Traditional ways of making bread involve long periods of "rest" time to allow the fermentation to take place, and develop the elastic structure of the flour which characterizes raised loaves (produced, as Fr Capon notes in detail, by air, or "breath"). It is also a highly empathetic procedure, requiring a series of judgements about the status of this living object to achieve the best possible result. For example, Diana Kennedy, who apprenticed herself to a Mexican baker, relates that he could tell the amount of liquid required for the mixture by feeling the flour. Bakers were apprenticed, as for other highly skilled trades; the final demonstration of their skill enabling them to become a Master might include baking a wheatsheaf loaf.

As bread was so essential to the diet of European countries its composition and weight were strictly regulated in most areas until the nineteenth century. Some "specialty" loaves and rolls were exempt. Does anyone remember "Bermaline" and "Hovis" bread? These were made incorporating malted grain, giving a sweeter taste and possibly enhanced nutrition. As commercially branded products they were baked in specially shaped oval tins, with the name in raised letters. Enriched breads – sweetened, spiced and incorporating dried fruit and additional fat – were, however, under strict controls. A decree of 1592 states "That no bakers...make, utter or sell by retail...unto any of the Queen's subjects any spice cakes, buns, biscuits, or other spice bread...except it be at burials, or on the Friday before Easter, or at Christmas, upon pain of forfeiture of all such spiced bread to the poor."



However in 1961 the British Baking Industries Research Association based at Chorleywood in Hertfordshire developed a high speed heavily industrialized process which used chemical additions and specialized mixing techniques to

produce loaves from start to finish in around an hour. This is the method used for around 80% of bread in Australia, including many varieties sold as “organic” etc.

Varieties of grain can be used to make bread, often depending on local agricultural possibilities in the past. However, there was for a long time prejudice in favour of finely milled flour with the bran removed to produce a white crumb. The bran was considered unwholesome, and fed to animals. Although from the 19<sup>th</sup> c the benefits of “wholemeal” flour were argued, the taste for white bread continues, with flour usually bleached to achieve the desired look.

White bread, the food of the rich, was also desirable for Communion. In many Orthodox churches it is customary for bread (prosphora, “offering”) to be baked in turn by members of the congregation. It is leavened bread, symbolizing the Resurrection, which may only be made with white flour, pure water, yeast, and salt. Ideally the baker fasts before the preparation and, as for icon painting, uses special prayers during the process. The loaves are shaped as two superimposed disks, symbolizing – like the mixing of water and wine – the humanity and divinity of Christ. The upper disk is stamped with a special “seal” (*sfragida*). A typical example incorporates the symbols IC XC NI KA standing for “Jesus Christ, Victor”. This section is known as the Lamb. It is cut out by the priest and consecrated as the bread for communion. The rest of the loaf is distributed to the congregation to take home.

## PUZZLING...

Anagram answers from last week: truth, bible, stories, promises, teaching, testaments, verses, books, authors, chapters.

L	O	V	E	O	B	T	O
A	P	S	I	A	S	T	N
T	R	T	D	I	T	I	S
I	D	I	O	S	N	O	E
E	N	S	E	E	D	T	O
N	I	N	O	T	U	P	D
T	K	S	I	E	O	R	T
L	O	V	E	N	V	Y	I

In the array here is a hidden saying of Paul. It begins in the upper left corner and continues through the array, one letter at a time, moving horizontally or vertically.

## TO MAKE YOU SMILE...

The 98-year-old Mother Superior from Ireland lay dying. The nuns gathered around her bed, trying to make her last moments on earth more comfortable. They gave her some warm milk to drink but she refused, so one of the nuns took the glass back to the kitchen. Then, remembering a bottle of Irish whiskey received as a gift the previous Christmas, she opened it and poured a generous amount into the warm milk. Back at Mother Superior's bed, she held the glass to her lips. Mother drank a little, then a little more and, before they knew it, she had drunk the whole glass down to the last drop. 'Mother,' the nuns asked earnestly, 'Please give us some final wisdom before you die.' Mother Superior raised herself slowly up in bed and, with a pious look on her face, said: 'Don't sell that cow!'





## This Week

**SUN 2.8.20**

**Ninth Sunday after Pentecost**

9.30am Streamed live service  
(Go to our website for services and reflections.)

**MON 3.8.20**

**TUES 4.8.20**

8.30am-12.30pm **Office open**

**WED 5.8.20**

**THU 6.8.20**

10.00-2.00pm **Office open**

**FRI 7.8.20**

**SAT 8.8.20**

Food drop off and bread delivery

**SUN 9.8.20**

**Tenth Sunday after Pentecost**

9.30am Streamed live service



## Vicar

The Reverend Shane Hübner

T 0432 681 177

E [vicar@anglicansboxhill.org.au](mailto:vicar@anglicansboxhill.org.au)

## Honorary Clergy

The Rt Rev George Hearn,

T 9840 7816

Reverends:

Betty Bracken 9939 5881

John Stockdale 0418 536 284

Harry Kerr 9893 4946

Alasdair MacKinnon-Love

0438 323 059

E [alsadair@mackinnonlove.com](mailto:alsadair@mackinnonlove.com)

## Sudanese Ministry

Reverend Joseph Arou

T 0431 541 535

E [lokagai@hotmail.com](mailto:lokagai@hotmail.com)

## Chinese Ministry

The Reverend Esther Zhang

T 0405 602 439

## Family Minister

Barbara Plumridge

T 0405 193 122

E [barbara.plumridge@gmail.com](mailto:barbara.plumridge@gmail.com)

## ST PETER'S

1038 Whitehorse Rd, Box Hill.

**Parish Office:** 9899 5122

## Email

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## Website

[www.anglicansboxhill.org.au](http://www.anglicansboxhill.org.au)

## Office Hours:

Tues 8.30am – 12.30pm

Thu 10.00am – 2.00pm

## Wardens:

Margaret Dooley 0438 129 161

Sophia Errey 9878 6297

Garry Plumridge 9898 5193

*Baptism, marriage & funeral by arrangement. Clergy are available for confession / counselling by appointment.*

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