



Seek you first His Kingdom and His righteousness and all these things will be given to you as well. Matthew 6:33

## NEW YEAR, NEW BEGINNINGS

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*Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. Isaiah 32:18-19*

#### FROM THE ADMINISTRATOR

Most of CQ has had some good rain in recent months. Driving through our outback towns so much has turned to green. Life has sprung forth, where not so long ago, all was dry, dusty and thirsty.

Jesus once stood amongst the people and shouted "Let anyone who is thirsty come to me and drink." (John 7:37) Jesus was echoing the words of Isaiah "Come, all you who are thirsty, come to the waters." (Isaiah 55:1) However, what Isaiah looked forward to some 700 years earlier, Jesus claimed that he came to fulfill! "Whoever believes in me, as the Scripture has said, rivers of living water will flow from within them," (John 7:38) When Isaiah spoke about the thirsty coming to the waters to be satisfied, he used it as a metaphor to describe the effectiveness of the word of God.

"...so is my word that goes out from my mouth; it will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it." (Isaiah 55:11) It is no accident that John later described Jesus, as the Word of God. "In the beginning was the Word, and the Word was with God, and the Word was God." (John 1:1) As we come to Jesus, we come to the Living Word of God who gives us life, life eternal, life abundant.

As I complete the task of leading our Diocese through this interim year between Bishops, and prepare to leave the Diocese for our nation's capital, my hope and prayer is that all readers of CQFirst might come to Jesus, and that having come, that you would build God's Church on his life-giving Word.

May God richly bless you and all the people of Central Queensland under the leadership of our soon to be Bishop Peter. May the grace and love of God be with you all.

The Ven Tom Henderson-Brooks

## WELCOME THE GRICE FAMILY!

We are truly excited to finally welcome Peter, Virginia, Mim & Eddy to Rockhampton and welcome them to our Diocesan family!

God has called Peter to be the 13th Bishop of Rockhampton. Part of the family arrived in Rockhampton in early January leaving Tom, Matt & Freya in Perth at University. Peter has commenced in the Diocesan office familiarising himself with the people, processes and places which make up our Diocese, before he is consecrated as bishop on the 24th of February in Brisbane. We know that the whole family is excited to see what God is doing in this part of the world, and to become part of His mission in this place.



Tom, Eddy, Matt, Virginia, Freya, Peter and Mim Grice  
- a rare time the whole family were together.

To the Grice family, from your new church family, we pray that you will find a home among us, that you will truly feel loved and valued as a part of the Anglican family of Central Queensland, and that God will protect you, guide you and bless you whilst you minister among us.

## THANKYOU ADMINISTRATOR

Please join us to say thanks to  
our Administrator and Archdeacon

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*Farewell  
Tom & Caroline*

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Saturday 20 February, 2021 | 11 am  
St Paul's Cathedral, Rockhampton

RSVP to  
[bishop.pa@anglicanchurchcq.org.au](mailto:bishop.pa@anglicanchurchcq.org.au)  
Wed 17 Feb 2021

PROGRAM  
11.00am music & fellowship  
11.45am service  
12.30-2pm BBQ lunch



How do we say thank you to someone who has walked beside us through a year like 2020? Bishop Elections, Special Synods, COVID-19 and more!

Tom, after all you have done as Administrator of this Diocese "thank you" barely feels adequate; please accept our deep and sincere gratitude for the strength, courage and compassion that you demonstrated as you have lead our Diocesan family through an incredibly difficult time. You have been an integral member of our leadership team since you arrived in 2016, and you will always remain part of the ACCQ family no matter where you are living.

We wish both you and Caroline a well earned break before you take up your next role in the Diocese of Canberra and Goulburn, and may God continue to lead and guide you in your ministry.



# ANGLICARECQ

As we enter 2021 AnglicareCQ would like to give a big THANK YOU to all the local businesses, staff and volunteers who supported our annual Christmas Hamper drive, cent sales and raffles in 2020.

Because of your amazing generosity and support, many Central Queensland families and their children celebrated and enjoyed Christmas without worrying about the cost of basic necessities, a holiday meal, or gifts.

We were able to provide 350 hampers in Rockhampton, 35 in Gladstone and 22 in Biloela and the Banana Shire. Thanks to the dedication of our volunteers – the Christmas wrapping stall at the City Centre Plaza raised just shy of \$7,000.

Thank you for brightening the Christmas season for so many.



Did you know the AnglicareCQ Bargain Store has been in operation serving the people of CQ since 1964? During the Christmas season our volunteers at the store have welcomed a heap of fresh stock to the store. You can support the store in two ways – by making a donation or picking up a bargain for yourself.

The bargain store is at 193 Denison Street in Rockhampton. Opening hours are Monday – Friday 9am to 3pm. We encourage everyone to head over to our recently establish Facebook Page – AnglicareCQ Bargain Store and give it a like and a share.

## QUICK FACTS FOR BUSY PEOPLE

### DATES TO REMEMBER

**Farewell** the Henderson-Brooks'  
11am Saturday 20 February @ the Cathedral

**Consecration** of Bishop elect Peter Grice  
7pm Wednesday 24 February  
@ St John's Cathedral, Brisbane

**Installation** of 13th Bishop of Rockhampton  
11am Saturday 27 February @ St Paul's.  
This service is now fully booked and will be livestreamed on the Anglican Church Central Queensland facebook page.

**PARISH AGMs** need to be held not later than the second Sunday in March.

**ANNUAL RETURNS** are due to Diocesan office by 17 March. Updated annual return forms will be out to parishes shortly.

**Synod 2021**  
22-24 October

**Clergy Retreat 2021**  
24-27 October

## FUNERAL NOTICE

Rev. Dr John Quaife passed away on Tuesday 9 February aged 96 years. John had been a church warden at St Paul's Cathedral, a chorister and a working priest in various parishes around CQ.

John's funeral will be held at 10am on Monday 15 February at St Paul's Cathedral, Rockhampton.



# CHRISTMAS SNAPS



Community Christmas lunch



Outdoor carols



Christmas worship



Candlelight service



Fellowship lunch on Christmas day



Birthday party for Jesus



Family Christmas service



# CMS SUMMER MELT CAMP 2021

A review by Anna Brown.

WOW!! What a fantastic time I had at this year's Summer MELT at Mt Tamborine. MELT means 'Mission Exposure, Laughter and Bible Teaching'.

I flew down to Brisbane by myself and the Van't Spyker family picked me up. I was so excited but nervous at the same time about this camp but, wow - I was very impressed by how many Christian teenagers attended this camp - around 70 to 80. I made heaps of new friends and they helped me and encouraged me to walk in Christ's words and to spread the word of the Lord around. I keep in contact with them through instagram and snapchat.

Each day we had time slots for different activities. At Bible teaching and small groups we learnt about 1 Samuel. There is so much to learn and so much I didn't know. I met some Missionaries who work overseas and taught children, teenagers and adults about the word of the Lord.



We played some amazing games like Jurassic park, bible missionary, nerf gun, campfire and so much more. When we had the campfires we all had turns to reflect and talk about how we felt, saw and discovered about that day. The food was amazing and one missionary made a Nepal Chai Tea which made you feel warm and cosy as it was cold up on the mountain.

The view on the mountain was amazing but it was cold. All the leaders were so wonderful and amazing and you could talk to them about anything.

I enjoyed this camp so much that I would recommend it to all teenagers to learn about the Lord and become closer to God and I can't wait to go to one next year.





# A FRESH LOOK AT STEWARDSHIP

I've been to enough funerals to know there is truth in the old saying 'you can't take it with you'. However, that has often made me wonder whether we would be even less generous throughout this life if we were able to take it with us. The fact that we can't should not be our motivation for being generous, but instead the fact that it all comes from God in the first place. Our generosity should come from our hearts, not our circumstances.

The scriptures are filled with teachings about the foolish and wise ways in which we can spend what God has given us. From the widow's offering of her two small copper coins (Luke 21:1-4) to the parable of the Rich Fool (Luke 12:13-21). When the rich man in Jesus' parable was blessed was 'an abundant harvest', he was faced with a choice. What to do with his abundance? He chose to 'Take life easy; eat, drink and be merry.' Many of his neighbours, then and now, might have agreed with him and thought that this was a wise choice. This seems to be our default cultural response in Australia as well, as we're encouraged to either accumulate wealth or to spend it on a 'good retirement'. As Christians who listen to and follow Jesus however, we need to see life from God's perspective, not the world's. In the parable God called the man a fool because he stored things up for himself but was not 'rich toward God'.

When we meet God face to face, how would you answer him if he asked you, 'I've given you so much so you could love me and love your neighbour, so how did you use what I entrusted into your care?' The answer we give will depend on where our heart is.

Jesus said in Matthew 6:19-24 that we should not store up for ourselves treasures on earth, but instead we should store up for ourselves treasures in heaven. He said, 'For where your treasure is, there your heart will be also'. He finishes that thought by warning us that we cannot serve both God and money. This is why Jesus praised the widow for her sacrificial giving.



## 2 NON-EXECUTIVE BOARD DIRECTORS

Anglicare Central Queensland seeks 2 (two) independent voluntary Non-Executive Directors with knowledge of Central Queensland to join our Board.

The Board meets approximately 11 times per year to set the organisation's strategic direction, monitor performance and proactively manage risk.

We would highly regard applicants with expertise in one or more of the following fields:

Financial Performance and Risk Management

Community Services

Strategy and Policy

To obtain an application pack please visit

[www.anglicarecq.org.au/JoinOurTeam](http://www.anglicarecq.org.au/JoinOurTeam)

*AnglicareCQ actively encourages and invites applications from Aboriginal and Torres Strait Islander people.*

For more information please call (07) 4837 5394

To submit your application please email to

[boardchair@anglicarecq.org.au](mailto:boardchair@anglicarecq.org.au)

Closing Date:

COB Wednesday 10 February 2021

The same application to our money goes towards the talents or gifts that God's given us. We ought to be challenged in how we use our gifts to build God's kingdom, instead of just using them to build our own. God has given us 168 hours in every week. How many of these do we dedicate to his worship and his service? If we are to be good stewards of what God entrusts to us, then we are to use his resources to serve him and his people.

Jesus said that by doing this our treasure is stored up for us in heaven.

So it looks as though we can take it with us after all.

Matthew Taylor  
North Rockhampton Parish



# THE PRAYER BOOK—OUR PRAYER BOOK

Before the 1549 Prayer book.

Henry the eighth broke away from Rome at an administrative level, but the services of worship, theology and internal administration remained much the same. Yet, Henry was happy for his son Edward, to be educated in Europe at the feet of the Reformers. It appears obvious to me, that when Edward became king, things would change dramatically, and they did!

It would seem that Cranmer had been working on the concept of a common prayer book for a while, and maybe the timing was right to get sanction to go ahead from Edward, soon after his coronation. I am guessing (because I am hopeless at the machinations of politics) that Edward would also have a sense of urgency with Mary snapping at his toes! She, quite rightly, saw this common prayer book as preparing the English Church to join with the national churches of the continent and become a truly reformed church, with the one difference – the change came from the top down, where as in Europe the change came from the people, ie, bottom – upwards. For the Anglican church this has always been either a blessing or a curse – depending on circumstances.

So, what was in this book?

A basic lectionary, morning and evening prayer and Introits, collects, epistles and Gospels for the year. These were gleaned from a wide variety of sources, some of which were reforming Roman Catholic theologians.

Then, "The Supper of the Lord, and Holy Communion commonly called The Masse." (Which was a thinly veiled version of the (Roman)Sarem Rite.)

There was Baptism order – public and private; Confirmation and a catechism. A marriage service, Visitation of the sick with Holy Communion. Burial. Purification of Women. Prayers for Ash Wednesday.



These services were followed by an explanation of 'Ceremonies omitted', and why they were. Cranmer removed anything he saw as contrary to Scripture and as the Epistle and Gospel were now read in English this was a very adept move. Also, anything that smacked of sacrificial offerings was removed. The Jewish regimen of prayer seven times a day was refined to, to what later became, 'Morning and Evening Prayer'. There was no ordinal.

Whatever else may be said of the 1549 book, it appears to be a first step, and a very big step, away from being just a resource book for priests (who at this point in time used a number of sources to create a service, and express their personal theology). It was a first attempt to put a book of 'Common' prayer in common people's hands to clearly define doctrine, worship and a systematic reading of the scriptures. Unfortunately, today, this idea appears to be in reverse, moving back to just being a resource for the priest.

Until next time, blessings on your worship and all who join with you.

Rev Bob Witten



# STARTING FRESH AT SCHOOL

At the end of December, Christmas was over.  
This meant two things at the shops:

1. Hot cross buns go on sale - yum!
2. The 'back to school' sales begin the reminder to children that school will start soon.

The prospect of school starting bring different emotions. For some it is a great joy as school is fun and we have friends. For some is the time for big school to start, they get to use their new drink bottle, bag, shoes and uniform. For some parents it is a relief for life to return to normal.

For others, it is scary starting at a new school, it is sad to send kids off again – life is changing, it is expensive buying shoes for every growing children, new bags, books and seriously how many glue sticks does a year 2 boy need. For some they just want to stay on holidays (not just the teachers).

How do we face the new school year?

We look to our great God.

In Isaiah 40 we read –

The Lord is the everlasting God, the Creator of the whole earth. He never becomes faint or weary; there is no limit to his understanding. He gives strength to the faint and strengthens the powerless. Youths may become faint and weary, and young men stumble and fall, but those who trust in the Lord will renew their strength; they will soar on wings like eagles; they will run and not become weary, they will walk and not faint.

We remember our great God, we remind each other of his character, his strength, his limitless understanding. His ability to strengthen us for whatever 2021 has in store.

Remind yourself of what he did in 2020. He led us, sustained us, he never became faint or weary. At no point was he asleep. He knew all that would happen in 2020, it was all in his complete control.

Remind yourself of what he did for the Lord Jesus Christ. He led him, sustained him at his weakest moments. He raised him from dead.





# KAREEN'S KITCHEN

Hello everyone and welcome to 2021.

Here is a recipe which has been a morning lifesaver in our house. I bake this in the evening and the kids have it at breakfast warmed in the microwave. It can even be cut into slices and go in the lunchbox as a nutrient dense snack. It comes from <https://therootcause.com.au/french-porridge-pie/> I use a blender instead of mashing the bananas, as one of my kids doesn't exactly like them. 😊

## FRENCH PORRIDGE PIE

### Ingredients

- 2 cups of oats
- 1/4 cup coconut
- 1 tblsp chia seeds
- 2 ripe bananas
- 60g melted butter/coconut oil
- 2 tblspns rice malt syrup/honey
- 1/2 tspn ground cinnamon
- 1 1/2 cups of milk
- 2 eggs whisked lightly
- 1 tspn vanilla extract
- 6 strawberries halved (or you could use other berries)
- 1 tblspn pepitas
- Maple syrup to drizzle

### Method

1. Pre-heat oven to 180 degrees.
  2. Place oats into a square dish
  3. Add coconut and chia seeds and mix around with your hands.
  4. Add the cooled melted butter, bananas, rice syrup, cinnamon, milk, vanilla and eggs to a blender and blitz till the mix is smooth.
  5. Pour over the oats and use a spoon to push the oats around to make sure they are all wet.
  6. Place the halved strawberries over the top, then sprinkle with the pepitas and drizzle lightly with maple syrup.
  7. Bake in oven for 30-35 minutes until golden.
  8. Take out and allow to rest for 10 minutes before serving warm.
- Allow the pie to cool completely before cutting into bars or slices for the lunchbox (it's easier when it's cooled) Enjoy. ♥

So how do we start well at school in 2021. Here are eight tips:

1. Remind your children and yourselves that school is good for children. Encourage your children to enjoy their time at school, no matter how hard or easy they find the school work.
2. Know that Thank God for school – no matter how we feel about school.
3. Put creative reminders that God is with us at school (Bible verses in lunch boxes).
4. Pray about school each day.
5. Try listening to a psalm on the drive to school (the Bible gateway app, plays audio). There are around 200 school days each year and 150 psalms.
6. Celebrate God sustaining us at school – perhaps a milkshake after first day or week at school and a prayer.

7. Each family member could draw a picture about how they are feeling about school starting. Tuck the picture away and bring it out at a later time (not when the child is tired) and review how God's strength sustained us.
8. Remember the Apostle Paul's words in 2Corinthians 5: We are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, "Come back to God!" For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.

We are his ambassadors wherever we are, including school as kids, parents and teachers.

Rev Phillip van't Spyker  
Families Minister, CQ Diocese





## COVID SAFE UPDATE - FEBRUARY 2021

The Queensland Government continues to remind us that, whilst COVID-19 is currently under control in Queensland, now is not the time to become complacent in our practice and management of this virus. With this in mind, and with the beginning of a new year, it is time for us to have a fresh look at being a COVIDSafe church.

What is covered by our Industry Plan? Our normal church services are covered by the industry plan. This includes baptisms and confirmations. What does this mean for us in practice in Central Queensland?

- All churches are now working to person capacity ratio of 1 person per 2sqm. We must also continue to allow for 1.5m between non-related/household seating.
- Contact tracing must be done for all services and activities - even if it is only regulars who attend.
- All hygiene practices including ministry practices and the preparation and distribution of communion remain unchanged from 2020.
- Gloves should be worn when counting offertory and if possible try and encourage each other to give electronically.
- Churches need to be "light cleaned" with sanitising of high touch areas between services and "COVID cleaned" at the end of each day (unchanged from 2020).
- Wearing of masks remains voluntary in the CQ region at the time of writing.

What is not covered by our industry plan? Weddings and Funerals, Food service, Op Shops, Playgroups, Youth Groups, Fetes, Trivia nights, Garden Parties etc.

What does this mean in practice in Central Queensland?

- Funerals in a church complying with COVID Industry plan may now have up to 200 people attend regardless of the size of the building.
- Weddings in a church complying with COVID Industry plan may now have up to 200 people attend regardless of the size of the building. For weddings seating should allow for 1.5m between attenders where possible.
- All other activities not covered by the Endorsed industry plan require an approved Risk Assessment and COVID plan (and event checklist where appropriate).

What needs a Risk Assessment, COVID Plan, & COVID event Checklist? Anything not covered by our endorsed industry plan.

Do risk assessments and COVID Plans need to be submitted to the Diocese for approval? Yes.

Advice from the Health Department is that these requirements will remain in place unless a local outbreak occurs or herd immunity is achieved.

***Jesus commanded us to love our neighbour as ourselves*** (Mark 12:31); doing all we can to help keep this virus at bay is one practical way in which we can love our neighbour.

Please do not hesitate to contact [safeministry@anglicanchurchcq.org.au](mailto:safeministry@anglicanchurchcq.org.au) should you need any assistance or advice with regards to anything safe ministry.

Grace + Peace  
Rev Jennifer Hercott  
Safe Ministry Coordinator

We heartily thank this month's contributors and welcome your contributions.