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Tips for Building Resilience



Photo by Stephen Walker on Unsplash.com

In June this year Dr Emma Glanville, a psychiatrist at Canberra Hospital, spoke at a women's evening at Good Shepherd, Curtin, on the topic of *Resilience*. We thought the tips for building resilience might be of benefit to the well-being of readers, as they serve Jesus where he has placed them, so here provide a summary of Emma's presentation:

Resilience has been defined as the ability to bounce back after hardship.

We often hear a criticism of people 'they're not very resilient are they?', or people say of themselves 'other people have it so much harder, so why can't I cope?'

To this I would say –

Sometimes the latest difficulty comes last in a long line of hardships, or you may have had particular experiences that amplify the impact of this experience.

What do we know about the people who are resilient? There seems to be a genetic component. Some people do seem to be born with better coping or problem solving skills, with more 'bounce'. However this is only a small part of the story.

Resilience isn't fixed. People can become more or less resilient as they grow and change. Resilience also may be context specific – so I might cope really well with the death of a

loved one, but really struggle with a serious financial setback or a major physical illness. And the good news is that some of the things that make us more resilient are within our control, habits we can cultivate and skills we can learn.

Resilience starts before you experience hardship. There are some things you can do, to build up your reserves, to become mentally tougher.

So my suggestions fall broadly into 4 areas:

1. Look after your body

Things like getting regular exercise can have a big impact on people's mood and anxiety.

Try to get enough, but not too much, sleep and foster habits that support healthy sleep.

Eat well – eat your vegies, get enough fibre.

Minimise alcohol, caffeine and other drugs. People in this town love their caffeine. Just about the easiest thing you can do if you are struggling with anxiety is to cut down or cut out caffeine and increase the amount of exercise you do.

These are the basics that your grandmother was probably telling you, and in a sense they are so simple that I feel a little silly saying them. However there is a strong and growing body of evidence for these things as protective factors.

These can have a big impact on your emotional vulnerability, your mood, your levels of anxiety and your capacity to problem solve and keep perspective when things are going wrong. They are often the first things to go when we find ourselves a little busy. Self care is not so much wine and chocolate but a long walk and an early night.

2. Look after your mind

There are some ways of thinking that are healthier than others. We all know people who are worriers – who seem to be waiting for the next disaster. Or people for whom life happens to them rather than their having a sense of some control over their own destiny. And it is of course true, that there are many things in our life that are totally outside our control, but how we respond is something we can control. The good news is that you can change the way you think and the impact your thoughts have on you.

Learning to manage strong emotions in a healthy way is really important. It may sound trite but it is useful to be in touch with your emotions. Identifying your emotions and accepting them as legitimate is the first step in being able to manage them.

Stretch yourself just a little. Take some risks – do some things that make you a little anxious or put you out of your comfort zone.

These can be areas where seeing a psychologist can really help; help you to take a step back from your thoughts and look at whether they are helping you lead the life you want, help you identify and manage your feelings and help you overcome anxiety, among other things.

3. Look after your relationships

Everyone knows a story-topper. If you had a strange uncle at your wedding, their uncle was weirder. If your kids had gastro, their kids had cholera. If you broke your arm, they needed an amputation. Don't be that person. Try to find some

friends who aren't like this either.

We all also know the compulsive advice-giver. I don't want some tips on household cleanliness or handwashing after I talk about the latest round of gastro at my place.

What I want to hear when I tell my story about the kids with gastro is some sense that the other person understands what this is like, that they hear me. Sometimes people think that if they validate someone's feelings they will amplify them. I think the opposite is true. Listening to someone and confirming what they feel in a situation as legitimate can be really powerful, and can ease their distress. In many instances, it is the only thing you can do. So really listen to your friends and seek to understand what they are feeling. And find some people who can do this for you too.

4. Look after your community

Making a positive contribution is actually great for your mental health. Helping others, in big ways or small, feels good and helps build relationships. It also builds capacity in the community.

Pitch in where you can. And be gracious enough to accept assistance when you need it.

Emma used the story of Joseph from Genesis, chapters 37-50, as an example of resilience, and how his unshakeable belief in the goodness of God, and that God's purposes in the world were working as he intended, sustained him. For Joseph, his trust in God enabled him to persevere through some great difficulties. It also provided the possibility of forgiveness and reconciliation with his family, which without his trust in God would have been impossible.

by Dr Emma Glanville

Listen online here: <http://www.goodshepherdcurtin.org/talks-1/>

Headline: 131144
 Head to health: headtohealth.gov.au
 Relationships Australia: 1300 364 277
 ACT Mental Health Triage: 1800 629 354

NSW Mental Health Line: 1800 011 511

Bishop Trevor writes...

Growing Goodness

Although we often feel we would like to live in a bubble protected from the distresses around us, news of drought, flood, fire, famine and danger screams its way into our homes through television, social media and our direct connections with our neighbours. Certainly natural disasters are in the news as I write: wild-fires in Greece have killed hundreds; flooding in Laos has immersed homes and destroyed lives and 90% of land in NSW is drought-ridden with stock dying and farmers facing impossible debts and loss of livelihood.

Yet alongside the stories of suffering and destruction, go parallel stories of those who give support. Not only those directly affected but global communities come in to rescue, rebuild and comfort. International aid agencies are in the thick of the dirty work of repairing the environment and the emotionally-draining work of healing broken bodies and offering consolation to broken hearts. We saw this most movingly in the rescue of the Thai soccer team, where the

world waited with bated breath as specialist experts from across the world worked together around the clock. And in this case, the prayers and efforts were rewarded with much rejoicing.

We may argue at length philosophically about why a good God allows suffering and natural disasters, but as Job belatedly found out, we do not have the big picture, the final overall understanding. What we do have, though, is the example and command of Jesus Christ. Unlike many Hindus, who may say that such suffering is the karma they deserve, Christians look to Jesus who commanded us to 'love your neighbour as yourself' and so, like our Saviour, we are committed to giving practical loving support to the afflicted.

It is a wonderful demonstration of God's common grace to humanity when we see people of different backgrounds, ethnicities and religions pulling together to help others. That is why the impulse to thank a divinity is the right one in these circumstances.

The message that lives should be protected and help offered



from the strong and capable to the weak and vulnerable, has swept the world so that now it is a commonplace attitude. That concept is firmly rooted in the Christian teaching that each person is made in the image of God and loved by God, so that each life is of worth.

God has put into all people an instinctive sympathy for our fellow humans. This grows and blossoms as we follow Jesus' commandment to love those

around us and to work with them to ameliorate pain. On the other hand, natural sympathy can be extinguished by choosing selfish lifestyles, to our own loss, for, as Jesus says, it is more blessed to give than to receive.

If the common grace of God spurs ordinary citizens to wonderful acts of self-sacrifice, such as the impressively humble service of the Australian doctors and divers in the Thai cave rescue, then how much more should we Christians work together with others in our neighbourhoods and church communities to serve others. We must never let differences, whether of church preferences, age, race or gender, inhibit our service, for when we put ourselves out for others, Jesus says, we are actually doing it for Him. (Matthew 25:40)

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Clergy Moves

The Venerable Dr Brian Douglas has resigned as Rector of Manuka and a farewell will be held for him on 5 August 2018. Archdeacon Brian will continue as Archdeacon South Canberra.

The following clergy have been granted an ATO:

- The Reverend Ken Batterham*
- The Venerable (Emeritus) Peter Dillon AM*
- The Reverend Rick Lewis*
- The Reverend Clifford Stratton*
- The Reverend Amanda Wheatley*
- The Reverend Michael Wheatley*

Update from the EENC

The Episcopal Election Nominations Committee has given much time and prayerful discernment to nominating candidates to the Electoral Synod. From the resulting nominations, the desired outcome is that one person will be elected at the November Electoral Synod, as Bishop of the Anglican Diocese of Canberra and Goulburn.

The Diocesan Profile and the Selection Criteria were completed at the end of June, as a resource for prospective Nominees and the Committee in discerning the candidates that best fit the needs of our Diocese. These documents are available on the Diocesan website.

Synod members were invited to submit the names of prospective candidates for the role of Bishop

from the beginning of July. At the closing date the Committee had received five names. On discussion with each candidate, four have agreed to be considered. As directed by the Governance of the Diocese Ordinance, the Committee approached another nine prospective candidates, of which one has agreed to be considered. The Committee will conduct initial interviews with these prospective nominees in the coming weeks.

The Committee will meet for prayer, listening for the Holy Spirit's guidance and confirmation in late September, to determine the final list of prospective nominees that will be nominated to the Electoral Synod. Each prospective nominee who meets the selection criteria to

the reasonable satisfaction of the Committee will be put forward. The Committee will then present the names to the Electoral Synod with a package on each nominee. Synod members will have the opportunity to ask questions of the Episcopal Election Nomination Committee regarding the respective nominees.

The Committee has already met 14 times (11 face to face, and three zoom conference calls). The generosity, diligence and commitment of each of the members has made the task fulfilling and engaging. The Committee has also been blessed in seeing the way the Holy Spirit moves through the particular gifting of its members, as we offer ourselves to discernment. The Lord has blessed our Diocese with fine people who are offering

themselves for consideration as our Bishop. We are grateful for their commitment to the process of mutual discernment with us as we move towards electing our new Bishop.

A reflective piece by the Chair can be read on the Diocesan website.

A day of prayer for the Episcopal Election is being held on 23 August at St Mark's from 9.30am to 3pm and all are warmly invited to attend for some, or all, of the time. Details on the back page.

The Venerable David Ruthven



The Legacy of Burgmann



While readers of Anglican News may be understandably hazy about the stories of some of the previous bishops featured in this series (or indeed even the names of some!), the same is much less likely to be true of Ernest Henry Burgmann. Though it is already more than 50 years since Bishop Burgmann's death (March 1967) and close to 60 years since the end of his episcopate (which spanned from 1934 to December 1960), he is still remembered by many, and his name is commemorated in the Burgmann Anglican School and ANU's Burgmann College.

He was born in 1885, the first bishop of our diocese to be born

in Australia. Growing up on the NSW north coast, he left school at an early age. Despite this background he made opportunities for self-education, including the study of Greek, and completed his formal education somewhat later. He was ordained in 1911 (deacon) and 1912 (priest). The following two decades were mainly spent in several parishes in Newcastle Diocese and as Warden of St John's College Armidale (later Morpeth), before his consecration in 1934 to be our fifth bishop.

His episcopate of more than 26 years covered a significant period in Australian history. He took on the task in the midst of a lengthy economic depression, and continued through the war years and into the post-war reconstruction of Australian society. They were years of significant growth for Canberra, with the bishop's residence moved to Canberra in 1947 (not without controversy) and the diocese renamed Canberra and Goulburn in 1950.

It is impossible in a short article to offer a satisfactory assessment of Burgmann's legacy. Two points of focus will have to suffice. One is his interest in education. This is acknowledged in

the two Canberra educational institutions which commemorate his name. It is also seen in his promotion of St Mark's National Theological Library which opened in 1957 and of which Burgmann was Warden even after the end of his episcopate. At the parish level the Church Mail Bag School flourished in the diocese during Burgmann's time, providing religious education to thousands of children in more remote areas. Methods have obviously changed, but the need of appropriate education at parish level and in ministerial formation remains the same.

A second and well-known element of Burgmann's legacy is his promotion of social justice within a concern for the church's wider role in society. He is known as a polarising figure who was often in the news. He was described as a "meddlesome priest" and a "red bishop", the latter in response to his socialist leanings, including an unfashionable wartime support of the Soviet Union and opposition to the post-war move to ban the Communist Party in Australia. But that issue aside, he was meddlesome in ways which we might consider very appropriate, even if not appreciated by

those who insist that religion and politics must be kept separate. He considered that the church needs to play a significant, even decisive, role in society, in matters such as education and welfare, and in environmental concerns, somewhat ahead of his time. One might criticise a lack of detailed practical programmes or lack of theological depth in some of his positions, or his championing of bishop and diocese rather than parish as the core element of Christian influence in the world. But one reminder we undoubtedly need is that our faith needs to be outward looking, not just a matter of personal piety or preservation of our comfortable parish life, but a concern to make a difference in our world. In the current hostile climate towards religious institutions, we may be tempted to withdraw from wider engagement and seek security within our own circles, but Burgmann would presumably want to encourage us to persevere in our calling to be the salt of the earth and the light of the world.

*Reverend Dr Graham Simpson
Lanyon Valley Anglican Church
NB. This is the third article in the series *Know Your Bishop*, which is not being published in order.*

DUSTY BOOTS

In July 24 year 11 students plus 16 staff with their families arrived on two buses in Cootamundra to serve our community on the Bush Church Aid 'Dusty Boots Program'. This Program sees young people connect with and serve in rural and remote communities. These trips open students' eyes to the needs of rural communities, while also challenging them about their Creator through time in God's word.

The students and staff have



been coming to Cootamundra for the past 10 years from Penrith Anglican College. They have had a profound impact in our community as well as in the school community from where they come. Each year they go home and share their stories in chapel and the younger students are encouraged and inspired and keen to sign up as soon as they are old enough.

They started their week assisting with our 11.15am all-age family service. They then spent the week at Bimbadeen campsite where they also dug out stumps, worked in the garden and did simple maintenance. The students and staff have worked hard, at community centres and also in homes of elderly people who just needed a helping hand, garden-



ing and cleaning windows. They assisted with delivering meals on wheels, entertaining residents at the retirement village, nursing home and Elouera Day centre for the disabled. The students demonstrated their ability to cook by baking delicious morning tea for our 9am service as well as for the retirement village. They served at the aviation museum, Bethungra Tea House and taught card making at the Nursing Home.

It was a week of hard work, with lots of laughs and conversations

and the forming of new friendships. Thanks to Penrith Anglican College for serving. Thanks to BCA for partnering with us, and for The Reverend Lyn Forsyth for organising the program. We were richly blessed and can't wait till the students return next year!

*Cootamundra
Anglican
Church*



St Barnabas, St Michael and All Angels Farewell Reverend Mark Beresford



On a bright and crisp Sunday morning in early July, the congregations of St Barnabas, Charnwood, and St Michael & All Angels, Hall, farewelled our Priest-in-Charge Reverend Mark Beresford. Mark, his wife Katie de Veau, and their children, have been with the Hall/Charnwood parish for just over four years. In this time, we have come to know and love Mark and his family. Mark has a wonderful ease and compassion about him that touches all who cross his path. Always available to share a cup-

pa, offer a shoulder, or reignite a spark of faith, Mark has been a shining light towards God's love and hope in our world.

Over the last four years, Mark has been dedicated to building relationships with the surrounding communities. A wonderful example of this has been the partnership he has forged with the Tongan community. The Tongan Methodist Church shares St Michael & All Angels church, and the Wesleyan Methodist Church shares St Barnabas church. A truly ecumenical community! If you happen to be walking by St Michael & All Angels in the early afternoon on a Sunday, you might be treated to their wonderful singing that stirs the soul and lifts the spirits.

The farewell service saw St Barnabas church with standing room only! The Tongan Choir blessed us with beautiful singing in their traditional style. This was a wonderful celebration of the partnership and friendship that has developed between the churches. As a farewell gift to

the parish, Mark and Katie sang a duet of an Irish blessing that is very dear to their hearts. There was not a dry eye in the house!

Mark leaves us to take up the position of Creative Director at Mosaic Baptist Church, Page. This is a great opportunity for Mark's incredible musical talents and pastoral heart to shine.

On behalf of the communities at Charnwood and Hall, we would like to sincerely thank Mark for his shepherding of our flock! We pray every blessing on

Mark and his family as they embark on this exciting next chapter in their ministry.

Until a new Priest-in-Charge is appointed, our congregations will be guided by our Assistant Priest, Reverend Helen Dean. Helen is a dedicated, compassionate, wise and loving minister, ever-present to bless us with her ministry. We are so fortunate to have her, and pray God's blessing on her as we transition to a new season.

by Angie Hazlehurst



What's On

Day of Prayer for the Episcopal Election

On Thursday August 23rd from 9.30am-3.00pm there will be Day of Prayer for the Episcopal Election process. Everyone is warmly invited to join for some, or all, of the time.

The day will be held at St Mark's in Barton, joining the Morning Prayer in the chapel (10.30am) and the morning tea break that follows it. The gathering will pause again to eat lunch (either bring or buy) for an hour at 12.30pm.



Join us for a screening of *For the Love of God*, followed by Q&A with two of the film-makers: John Dickson and Natasha Moore.

Tuesday 18 September
6.30pm - 8.30pm

Capitol Cinemas, Manuka, Canberra
citybibleforum.org/city/canberra/event/love-god-canberra

A

Service of Remembrance and Thanksgiving

will be held in on Saturday 13th October at 11am, in St Saviour's Cathedral, Goulburn, for those soldiers from the Diocese who served in World War 1.

On the walls of the Chapel of St Michael and St George, the Soldiers Chapel, in the Cathedral are carved the names of 920 men from 41 parishes across the Diocese and from the Royal Military College, Duntroon, who lost their lives in World War 1.

Further information will be sent to all Rectors, parishes and Mission Districts.



Contacts

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