



# Beaumaris Anglican Parish

St Michael & All Angels Church

Sunday  
5<sup>th</sup> July  
2020

Fifth  
Sunday  
after  
Pentecost

making  
connections  
for life with  
God and  
with each  
other



‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest,’ says the Lord. ‘Take my yoke upon you, and

learn from me; for I am gentle and humble in heart.’  
Matthew 11.28–29

## Prayer of the Day

Almighty God,  
your Son Jesus Christ has taught us  
that what we do  
for the least of his brothers and sisters  
we do also for him:  
give us the will to serve others  
as he was the servant of all,  
who gave up his life and died for us;  
yet lives and reigns with you and the Holy Spirit,  
one God, now and for ever. Amen.



## Reopening on Sunday 12<sup>th</sup> July!

Services are planned to resume next Sunday 12<sup>th</sup> July at 10am. The service will be Holy Communion, but of necessity will be different from usual. There will be a maximum attendance of 20 people. So first, you should register to reserve a seat.



### Register for the Service

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Contact the church office by 12 noon on Thursdays.

1. Leave a message on the answering machine during the week or speak to Libby on Thurs. mornings: 9589 3094
2. Email Libby by 12 noon: [beaumarisanglican@westnet.com.au](mailto:beaumarisanglican@westnet.com.au)  
After 12 noon on Thurs, please call Faye Murphy, 0410 200 321.

**Please Note:** Without a reservation you may not be assured of a seat.

### Wait List

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A wait list will hold names of those outside the first 20 in case of cancellation.

### Unwell or Need to Cancel?

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If you reserve a seat and subsequently feel unwell in any way, please **DO NOT COME**. And please call Faye Murphy (0410 200 321) to let her know in case we have people on the wait list.

### Social Distancing & Hygiene

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Distancing will be required inside the church and outside. We will have seating spaces marked, so please be sure to sit where indicated. Traffic flow is also marked with arrows on the carpet. And it's a condition of entry into the building that everyone uses hand sanitiser.

### Newsletters

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Our printed pew sheet will be handed out at the door as you enter. You will continue to receive the emailed weekly newsletter as well.

### Giving

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The offering bowl cannot be passed around. It will be on the small table next to the font instead. Please leave your offering there as you enter.

### Prayers

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The paper prayer list can no longer be used. If you have a prayer request for the service, please contact Rob McUtchen, 0423 192 603, or Faye Murphy, 0410 200 321 by Saturday.

## **Unfortunately, No Cuppa!**

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When the service concludes you will be asked to leave the building immediately. If you wish to stay and chat, you may of course do so outside while socially distanced. We are unable to offer a cuppa after church while restrictions remain. And our monthly sausage sizzle is still suspended.

**Questions?** Our COVIDSafe Officer is Faye Murphy: 0410 200 321.

## **Worshipping with Friends**

We understand that some are not comfortable yet with coming back to services in person. Online worship is still possible!

**Mentone Anglican Church** (St Augustine's) is commencing in person Sunday worship on the 19<sup>th</sup> July, and will also continue to have worship online.

<https://mentoneanglican.org.au/>

**Sundays with Bishop Paul:** At St David's Anglican Church Moorabbin.

<http://www.stdavidsmoorabbin.com/>

## **Exercise Ladies**

Our exercise group on Thursday mornings is keeping fit at home. They hope to resume meeting in the church hall in term 4.

### **Prayer Points**

- For nations that are overwhelmed with the incidence of COVID-19.
- For good government and honest elections globally.
- For patience and resilience for those in the locked-down postcodes in suburban Melbourne.
- For flourishing at St Michael's as we reopen our Sunday service and thanksgiving as we resume.

### **Asylum Seekers Centre**

It's a really difficult time for refugees who need support with groceries and other daily needs. Grocery donations cannot be accepted yet. Monetary donations will be gratefully received by our friends at the ASC in Dandenong. Please call David Spitteler at 0409 416 744 to make a donation.



# Beaumaris Anglican Parish

## St Michael & All Angels Church

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Minister	Rev. Robert McUtchen, 0423 192 603
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Office	Libby Paddle, 9589 3094 Thursdays, 9am – 2pm
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Wardens	Julie-Ann Naughton, 0423 278 222 Rob Tueno, 9589 1384
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Website	<a href="http://beaumarisanglican.net">beaumarisanglican.net</a>
Email Us	<a href="mailto:beaumarisanglican@westnet.com.au">beaumarisanglican@westnet.com.au</a>
Address	28 Dalgetty Rd Beaumaris 3193

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### Donations

Thanks for supporting our children's or church ministries:  
BSB 633-000  
Acct. 139-566-459  
Please add your name to the deposit description.

# Reflection for Pentecost 5

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Rev. Rob McUtchen

## Matthew 11.28

A (very old) cartoon shows a zebra watching in horror as his stripes fall off. The caption – “I think it’s stress”. Life in the 21<sup>st</sup> Century is subject to many pressures unknown only a few decades before, but which seem to get bundled together as stress - which can seriously impact a person’s wellbeing. Few reading this would be unfamiliar with varying degrees of stress such as fear, anger, loss, pain and suffering, or the pressure to “do the right thing”, or perform, to reach the unrealistic expectations of others or just to retain your job.

The focus text today is Matthew 11: 28: “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest”. These words will be remembered by some as part of the “comfortable words” in the Book of Common Prayer communion service.

The words were spoken by Jesus, and follow a distinctly stress-filled monologue in which Jesus alludes to some of the stresses and pressures that afflicted the people of his time. I am not sure they had a word like it – but when he referred to those “weary and carrying heavy burdens”, it was a pretty good approximation to what we call stress.

A particular stress was surviving the expectations of others who set themselves as guardians of behaviour and religion. Even St Paul, a Jew, referred to the pressure of living under “the Law”. So Jesus complained of the judgement against John the Baptist – an ascetic and pure life damned as demonic because it contrasted the ordinary life of the times - then his own life of moderation in eating and drinking, but condemned as a glutton and drunkard. Added to this was the harsh life of the poor in an occupied country, ruled by corrupt self-serving puppet dynasties and led by hypocritical, judgemental religious elites. Jesus described their condition – “weary and carrying heavy burdens”.

Jesus calls people to himself, promising rest. He will take upon himself the burdens we have carried. Immediately he offers another, different burden - his yoke - to learn from him, and to discover his yoke is easy and his burden light. A yoke was a wooden bar carried across the shoulders of the oppressed. Jesus’ yoke is not a symbol of subjugation and oppression – his invitation is to take up a different kind of burden, living under his

teaching, and finding life-giving service and caring for others, in tandem and joined to God.

The pressure of the unending judgement of others can be wearisome. I remember a person once complaining, "If I walked on water they would complain I couldn't swim properly!" Jesus' invitation is to separate ourselves from such judgement and focus on learning from him, and in serving other people, discover that which is truly life-giving. As we lay down our burdens at his feet, the direction of life ceases to be what people think of us, and we concentrate on what we are able to do for other people, in the strength of the Holy Spirit.

Jesus said "Come to me ... and I will give you rest". Rest is an image of salvation, of what will be when the world is finally ordered to God's purposes and enjoys its full Sabbath. When the world's pressures, expectations and judgements fall behind us, as we become lost in learning and serving, so we shall discover the peace and perfect rest in God.

## Readings for This Sunday, 5<sup>th</sup> July, 2020

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### **The First Reading: Genesis 24.34-38, 24.42-49, 24.58-67 (NRSV)**

<sup>34</sup> So he said, 'I am Abraham's servant. <sup>35</sup> The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. <sup>36</sup> And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. <sup>37</sup> My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live;

<sup>38</sup> but you shall go to my father's house, to my kindred, and get a wife for my son." <sup>42</sup> 'I came today to the spring, and said, "O Lord, the God of my master Abraham, if now you will only make successful the way I am going! <sup>43</sup> I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' <sup>44</sup> and who will say to me, 'Drink, and I will draw for your camels also'—let her be the woman whom the Lord has appointed for my master's son." <sup>45</sup> 'Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink." <sup>46</sup> She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels. <sup>47</sup> Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms. <sup>48</sup> Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. <sup>49</sup> Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.' <sup>58</sup> And they called Rebekah, and said to her, 'Will you go with this man?' She said, 'I will.' <sup>59</sup> So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. <sup>60</sup> And they blessed Rebekah and said to her, 'May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.' <sup>61</sup> Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way.

<sup>62</sup> Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb.

<sup>63</sup> Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. <sup>64</sup> And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, <sup>65</sup> and said to the servant, 'Who is the man over there, walking in the field to meet us?' The servant said, 'It is my

master.' So she took her veil and covered herself. <sup>66</sup> And the servant told Isaac all the things that he had done. <sup>67</sup> Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

### **Psalms 45.1-10 (NRSV)**

- <sup>10</sup> Hear, O daughter, consider and incline your ear:  
forget your own people and your father's house.
- <sup>11</sup> The king desires your beauty:  
he is your lord, therefore bow down before him.
- <sup>12</sup> The richest among the people, O daughter of Tyre:  
shall entreat your favour with gifts.
- <sup>13</sup> The king's daughter is all glorious within:  
her clothing is embroidered cloth-of-gold.
- <sup>14</sup> In robes of many colours she is led to you, O king:  
and, after her, the virgins that are with her.
- <sup>15</sup> They are led with gladness and rejoicing:  
they enter the palace of the king.
- <sup>16</sup> In place of your fathers you shall have sons:  
and make them princes over all the land.
- <sup>17</sup> And I will make known your name to every generation:  
therefore the peoples shall give you praise for ever.

### **The Second Reading: Romans 7.14-25 (NRSV)**

<sup>14</sup>For we know that the law is spiritual; but I am of the flesh, sold into slavery under sin. <sup>15</sup>I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup>Now if I do what I do not want, I agree that the law is good. <sup>17</sup>But in fact it is no longer I that do it, but sin that dwells within me. <sup>18</sup>For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. <sup>19</sup>For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup>Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. <sup>21</sup>So I find it to be a law that when I want to do what is good, evil lies close at hand. <sup>22</sup>For I delight in the law of God in my inmost self, <sup>23</sup>but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. <sup>24</sup>Wretched man that I

am! Who will rescue me from this body of death? <sup>25</sup>Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

### **The Gospel Reading: Matthew 11.15-19, 11.25-30 (NRSV)**

<sup>15</sup> Let anyone with ears listen! <sup>16</sup> 'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, <sup>17</sup> "We played the flute for you, and you did not dance; we wailed, and you did not mourn." <sup>18</sup> For John came neither eating nor drinking, and they say, "He has a demon"; <sup>19</sup> the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.'

<sup>20</sup> Then he began to reproach the cities in which most of his deeds of power had been done, because they did not repent. <sup>21</sup> 'Woe to you, Chorazin! Woe to you, Bethsaida! For if the deeds of power done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes.

<sup>22</sup> But I tell you, on the day of judgement it will be more tolerable for Tyre and Sidon than for you. <sup>23</sup> And you, Capernaum, will you be exalted to heaven? No, you will be brought down to Hades. For if the deeds of power done in you had been done in Sodom, it would have remained until this day. <sup>24</sup> But I tell you that on the day of judgement it will be more tolerable for the land of Sodom than for you.' <sup>25</sup> At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <sup>26</sup> yes, Father, for such was your gracious will.

<sup>27</sup> All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. <sup>28</sup> 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.'

### **Next Week's Readings, Sunday 12<sup>th</sup> July, 2020**

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Genesis 25.19-34

Psalm 119.105-112

Romans 8.1-11

Matthew 13.1-9 (10-17) 18-23