

WEEKLY NEWS

THE OFFICIAL NEWSLETTER OF
DAPTO ANGLICAN CHURCH

SURVIVING LOCKDOWN

REV DAVID RIETVELD

I don't know about you, but I feel that I am suffering from pandemic fatigue. The news of another four weeks of lockdown was a hard pill to swallow. I will move away from my regular social commentary, to provide a few practical tips on how to survive lockdown, for those of you that are struggling.

OFFICE PHONE - 4261 1001

WWW.DAPTO.CHURCH

OFFICE@DAPTOANGLICAN.ORG.AU

PO BOX 25, DAPTO NSW 2530

THE CAFÉ - 4260 9278

1. Get outside every day and get some fresh air, sunshine, and vitamin D.
2. Exercise. Walk, run, garden, whatever, but exercise is a great anti-depressant.
3. Set a small goal, then achieve it. Having a sense of purpose about every day.
4. Keep routines. Eat meals at the table. Get up and go to bed on time. Have devotions at the same time. Limit your vices (x-box, online shopping, internet surfing).
5. Connect with at least one person each day. Phone, zoom, social media – any medium.
6. Have something to look forward to. Maybe buy a special dessert, or drink and nibbles once per week, or a date night, or games night.
7. Get creative. Cook something exotic from scratch once per week. Get out an unfinished sewing project, cross-stitch or crochet. Buy a paint by numbers artwork, or an adult colouring-in book.
8. Use the internet to connect. Play JackBox TV, or an online scrabble or chess game you can play with friends.
9. If you work from home, get dressed, walk around the block before you start work, and at the end of the day before you clock off.
10. Be easy on yourself, and others. It's normal to feel low on energy at the moment.





Community Dinner

Community Dinners are back! You will be able to order your family dinner for Wednesdays or Fridays through our Cafe. The best way to order is to email thecafe@daptoanglican.org.au or alternatively, you can text 0414 935 643. You will be able to pick up your meals from 5:45 pm. When you arrive to pick up your meals please ensure:

- Only ONE person enters the building to collect your order.
- They are masked.
- They sign in using the QR code.
- Physical distance of 1.5m is maintained at all times.
-

We will have your meal ready when you arrive and you will be able to pay, collect and leave swiftly. Please do not stay longer than is needed to pick up your meal.

Wednesday 4th of August

\$12 for Roast Lamb, rosemary potatoes, pumpkin, peas & carrots, gravy & condiments

Friday 6th August

\$12 for Roast Pork, mashed potatoes, roast vege medley, gravy & condiments

Deliveries to St Lukes Village - Other deliveries on special request.



Offertory Envelopes

I know that some church members have been holding onto their offertory envelopes and waiting for an opportunity to drop them into the Church Office.

If you are planning to order meals from The Café for collection on Wednesday or Friday evening next week I will be at The Café on both evenings and you will be able to drop off your envelopes off when you come to collect your meals.

Even if you do not have meals to collect you can still drop off envelopes between 6:00pm and 6:30pm on those evenings.

Jim Bailey
Treasurer

Prayer Walk

How great is it to get outside and go for a walk? What could be even better than to call out to God while we walk? We'd like to invite you to join us in doing a Prayer Walk.

A Prayer Walk is a form of intercessory prayer, praying for the needs of others around you, even if you don't know them or their needs. You simply walk around a location and pray for each person, each house, each seat, each need your heart hears. This could be a great way to practice listening to the Holy Spirit.

We'll be tracking the streets and areas we pray for and building up a map. Please join us in compiling the streets and areas that have been prayed for. To be a part simply:

1. Go for a walk.
2. Pray for the area you are WALKING AROUND
3. Email your walking track to office@daptoanglican.org.au. If you use a walking app you can download your route and send the file to the office (file types GPX/TCX/FIT/IGC/SKIZ). If you don't use an app, you can simply list the streets or locations you've walked.
4. We'll add your Prayer walk to our map.

SAFE MINISTRY



Dapto Anglican Church is committed to Safe Ministry Practices.

If you have a question or concern, we are here to help.

Please contact:

- Julie Houghton, Parish Safe Ministry Representative, by confidential email safeministry@daptoanglican.org.au or through our church office on 42611001
- Anglican Abuse Report line on 1800 774945

PRAYER FOR TODAY

Raise up your great power, Lord and come among us to save us; that, although through our sins we are seriously hindered in running the race that is set before us, your abundant grace and mercy may speedily help and deliver us; through the merit of your Son our Lord, to whom with you and the Holy Spirit be honour and glory, now and for ever. Amen



PRAY FOR OUR CHURCH FAMILY

PREGNANT WOMEN

Amy S (10am)

MOURNING:

Please pray for the family of Barbara B who died peacefully on Sunday night. Her service was held today, Thursday.

HOSPITAL

Blake M - in Randwick Children's Hosp, struggling following the bone marrow transplant. Please pray that the new marrow cells are waking up and starting to work. Pray for Blake as he struggles with all that is happening to him, pray also for Janelle and Ken. Phil P - in hospital today, Thursday, for bowel cancer surgery. Was postponed from last Friday. Pray for freedom from anxiety and peace of mind. Graham S - in Bulli Hospital, waiting to go to St. Lukes Village.

VILLAGES/NURSING HOMES

Molly B, Diana M, Kath H, Barbara L, Reg B (all of St. Lukes Village); Robyn K (Diggers Rest, Corrimal); Helen S (Marco Polo, Unanderra); Ella H (Warrigal Care, A.P.); Jean D (Farm Grove).

8AM/2PM

Lyn R - pray for good health; Pat W and son, Antony - please pray for family concerns and health issues; Daphne C's neighbour - Leukemia plus another rare cancer; Daphne C's daughter, Joanne - waiting for Covid to be over so that she can have her surgery; Arthur S - continuing with his radiation; Wendy R - please continue to pray for relief from pain in her back and leg.

10AM

Marianne R - thanks you for your prayers following her problems with her migraines. Following some medical help and medications, she is feeling a lot better; Joan D - home from hospital, still not well, having help to get her walking properly; Michael T - recovering at home following surgery; Gwyn D - seeing his specialist in August; Sue B - coping following her treatment; Paul B - home dialysis; Elizabeth L - thanks you all for your prayers following her months of ill health.

7PM

Shaina J's son, Roman - continue praying for Roman as they wait for Covid to be over so that he can have his scans; Gary M - ongoing health problems.

CAFE CHURCH/CREATIVE CONNECTION

Virginia C - recovering well following a knee replacement; Beryl B - pray for continued recovery from recent health issues.

