



Anglican Diocese  
of Bendigo

# The Spirit

monthly

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**Learning:** Melissa Clark, Bishop Matt Brain, Dr Paula Gooder, Heather Marten and Elizabeth Dyke

## Jumping on theological roundabouts with Dr Paula Gooder

Melissa Clark

**T**he Diocese of Bendigo was privileged to host renowned theologian Paula Gooder in Bendigo on 6 August at St Paul's Cathedral.

As well as being the Chancellor Canon of St Paul's Cathedral London, Paula is the author of many popular theological books, including her most recent 'Phoebe'. She is currently writing a new book on the parables of Jesus and the people who gathered to hear her speak were able to get a sneak preview of the main points of her new work.

Paula led the group in three sessions relating to the parables and how they shape the way that Jesus taught his disciples, and how they continue to be valuable for us two thousand years later.

The complex nature of parables; their style, their various interpretations, and the way in which Paula approached them, kept the crowd very engaged and interested.

A particular focus on "The Kingdom of God is like..." parables in particular encouraged us to think about the ways that we approach parables when we preach, pray, or listen to them. Paula

reminded us that there is no one right answer because Jesus tells us that, "the kingdom is a bit like this, a bit like that, and a bit like something else". Paula was keen for us to hold all those ideas equally as she led us through the parables of the mustard seed, the yeast, and the treasure.

The enduring idea from the day was that parables are dynamic and we should not be afraid to enter the "theological roundabouts" that they offer us. We should be willing to get out of our comfort zones and open ourselves up to new ways of reading the psalms. Paula definitely helped us to do that.

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# The Bishop writes

....and tweets  @MattBrain1

The Spirit

Monthly newsmagazine  
of the Anglican Diocese  
of Bendigo

**Address:** The Spirit, PO Box 2, BENDIGO VIC 3552  
Member, Australian Religious Press Association

**Telephone:** 03 5443 4711

**General:** thespirit@bendigoanglican.org.au

**Publishing Editor:** Sarah Crutch

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**October issue:** Contributions due **Friday 20 September.**

Nike used to have a catchy tag line to all of their advertising ... 'Just do it!' It wove a basic truth about activity (that is we rarely feel like getting up and exercising, so need to 'just do it') with a product they want us to believe would make the activity enjoyable. It seems that the basic truth is now unnecessary for Nike and it can rely on the brand alone to sell its shoes.

Yet for many of us the tag line remains as an echo whenever we spot a Nike shoe. I suspect that this is because of the reality that they hooked into. Exercise is hard – we need to simply resolve to do it – but (and here is the magical bit) once we get started we feel really good about it! Their shoes were sold because exercise actually makes us feel good when we 'just do it!'

Like athletes some of us are natural pray-ers. Our spiritual muscles are tuned just right to pray easily and frequently. Many more of us are not so naturally attuned to the day-to-day application of prayer. Even if we acknowledge that it is good for us and at the heart of the Christian life.

This is where the Nike principle comes in. 'Just do it!' A forced start to get us moving will repay the effort and leave us grateful that we did the work. Just like the exercise. So for us non-natural pray-ers how can we 'just do it?' What is the equivalent to the pair of shoes that gets us out and at it?

## Here's a few tips to help you pray...



### Use the 'Diocesan Prayer Adventure' bookmarks

But make sure that you place them in a spot that you will see! There is no point buying an expensive pair of running shoes if they stay in their box in the bottom of the cupboard. If you do not use book marks in your daily read, blu tac it to the bathroom mirror, or attach it to the fridge, or even tape it to the kitchen window at your eye height above the kitchen sink. The point is, keep it in front of your eyes each day ... and when you see it pray!



### Do a little bit often

In other words don't let the perfect become the enemy of the good. Just like exercise the way to grow in our praying capacity is to 'get off the couch' and do something even if it is not the equivalent of praying a marathon straight up. Five 2-minute prayers each day sounds much more achievable to me than 10 minutes of solid intercession. I know I can concentrate for 2 minutes (even if 10 might be hard).



### Identify the things (or people) you're praying for by name

It is much easier to begin an exercise if you are clear on what it is. Start with clear, distinct and specific prayer points. It means you can get to the point straight away rather than having to 'pray your way into' the task. It also means that you can stop without feeling guilty – you have done what you set out to do. I suspect that other things will begin to occur to you that will add to the prayers – but start specific.

Our spiritual health relies on how well we rest on God, so 'just do it!'

*Matt*





**Ride:** Thembi Musvamhiri tries out one of the motorbikes

## Rev up for blessing of the bikes

**Helen Musvamhiri**

**A**fter a grey misty morning the sun burst through revealing a glorious winter's afternoon for the Blessing of the Bikes at All Saints Tatura on 28 July.

Our special guests, the Northern Victoria Spyder Ryders, had made their way from towns beyond Bendigo to attend the special service. Can-Am-Spyders are a unique three-wheeler motorcycle which make the open road accessible to anyone who wants to experience the thrill of a twist-grip throttle and a stretch of highway.

Simba Musvamhiri opened with a reading from Ezekiel 1 demonstrating to all that wheels are very much a part of God's Word. Ezekiel 1 repeatedly and vividly describes the amazing wheels on a chariot, emphasising that wherever the wheels went God's Spirit was present. Simba reflected on this and encouraged the riders to acknowledge God's presence when they are riding, to understand that God cares for them and desires for them to know him.

The service consisted of several prayers for road safety and a call to remember God on the open road. A moment of silence was granted to remember those who have lost their lives or been injured in motor vehicle incidents recognising the ongoing emotions of grief and loss. Simba and Simon Robinson (Mooroopna) concluded the service with a blessing of holy water over all bikes and riders.

The local police joined the event and stayed for a lovely time of fellowship with homemade scones, jam and cream. A friendly offer from the Northern Victoria Spyder Ryders to ride their bikes around the town rounded off a beautiful Sunday afternoon.

Following the successful event, Northern Victoria Spyder Ryders Leader, Dennis McKenzie announced that he would like to make this an annual event for families and bike enthusiasts with a continued focus on road safety and spirituality. We're looking forward to a wonderful missional opportunity for 2020.

## New ministry for Central Mallee district

**Sarah Crutch**

**T**he Rev'd Jeremy Morgan will be the new Priest in Charge of the Parishes of Central Mallee and Sea Lake/Tyrell.

Jeremy is currently the Priest in Charge at St Phillip's, Mount Waverley in Melbourne along with Chaplain at Monash University. Jeremy has also served at St Philip's, Collingwood and All Saints' Newtown and Geelong West. Before being ordained in 2011 Jeremy completed a Bachelor of Applied Science and held several roles in areas of town planning, economic development and strategic planning.



**Welcome:** Jeremy Morgan

Jeremy is married to Claire, who is also ordained and currently serves for St Vincent de Paul as well as assisting with children's ministry in the parish. Claire will be licensed as a deacon to assist Jeremy as he works to plant new ministries in the small communities along the Calder and Mallee highways.

Jeremy and Claire will base themselves in Ouyen, but will travel extensively to the various communities throughout the Mallee area, with an intention to return to a ministry in which the pastor will travel to minister to Christians in their own locality rather than centralising ministry in larger centres.

It is hoped that through Jeremy and Claire a network of relationally linked local congregations will be grown, and the capacity of local lay leaders built up.

Jeremy and Claire will begin the week of 11 November 2019.



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## Go M.A.D. with MU

**Mothers' Union Retreat  
16 and 17 September  
in Rochester**

**Theme:**

*M.A.D: Making A Difference*

Adults of any age welcome

Accommodation available at the Rochester Motel or you can attend as a day visitor.

*"There'll be times of worship, quiet contemplation and reflection but be prepared also for a bit of fun and relaxation and perhaps to be challenged,"*

- Revd Linda Osmond

Bookings need to be made by Sunday 8 September

Enquiries to Jenny Rainsford  
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Just search for 'Anglican Diocese of Bendigo'.



**Celebrate:** Bishop Matt presiding with local grown bread from the wheat crop

## Freshly baked home grown bread served as bishop visits Birchip

**Judi Bird**

The church was aglow with excitement as we welcomed Bishop Matt Brain to St Paul's, Birchip on Friday 16 August. The thirty in number who gathered together, joined in worship and song.

The sermon was based on the second reading, from the letter of Paul to the Hebrews Chapter 11, beginning at verse 29: "let us run with perseverance the race that is set before us". Perseverance is certainly a quality that thrives in this congregation. The recessional hymn, "I love to tell the story", was a real hit with many having learnt this hymn in Sunday School.

Bishop Matt presided over the Eucharist using freshly baked bread. He spoke about his joy in worshipping with us in Birchip and the parish mission, which is raising funds for goats to be provided for Ugandan clergy to support them in their ministry, with enough funds for sixteen goats at the moment.

The windows and brass sparkled, the tables groaned with food to share and a loaf of bread was presented to all

attending to take home. Bishop Matt took time to meet those gathered and enjoyed a guided tour of the wheat crop, the garden grown to share, recently added downpipes and water storage, and the 'signs of hope' garden bed.

The heart of the congregation was captured by words from one dedicated parishioner.

"Our faith. The wheat we all sowed with the blessing of the plough has grown on fertile ground, producing a good head of wheat. I hope everybody in our church, here at St Paul's, thinks we are on fertile ground and our faith is strong and will last eternally and that we will hear the message from God and understand it."

This was a fitting speech for Bishop Matt to hear from the church with Signs of Hope, faith and perseverance. What a blessing to have him join with us on this day.

*"I love to tell the story!  
'twill be my theme in glory  
to tell the old, old story  
of Jesus and His love"*





**Confirmed:** Jan Harper and Bishop Matt with the confirmands

## Confirmation celebrated in St Arnaud

**Jan Harper**

What a joy to have a Confirmation in St Arnaud. It is such a special time with our bishop as celebrant; and people coming to confirm for themselves the baptismal vows that were made for them by their parents and godparents. It is also a time when they are confirmed by the church in their ministry as part of the priesthood of all believers.

Kyra, Erin, Emily and Dusty Raiyn joined in discussions of their faith and understanding in the month leading up to their Confirmation; studying Luke, and sharing their love of listening to the stories of God and different ways of praying and worshipping.

The Confirmation service was held on 11 August, our St Arnold Day celebration, another highlight of our year. St Arnold, or in the French form, St Arnaud, is not only the name of our town, but also happens to be the patron saint of brewers and hop pickers.

St Arnaud spent most of his life in Belgium so this year we decorated the hall in black red and yellow - the colours of the Belgian flag - and borrowed a couple of magnificent vases of crocheted ANZAC poppies from last year's Remembrance Day centenary with the Flanders Poppy the floral emblem of Belgium. We dined on Stoemp; a Belgian dish of mashed vegetables served with sausages and bacon.

Mal Jones from Farmgate Breweries spoke of his previous knowledge of St Arnaud, the patron saint of brewers, and how that was an added attraction to buying a property in St Arnaud. We were able to taste three of his beers: a Belgian light ale, a dark stout, and his most popular beer (although not technically a beer at all) - ginger beer.

Bishop Matt spoke of his enjoyment of beer, as one of the many delights God provides in creation. Here his sentiment coincides with not only Saint Arnaud, but also Martin Luther, Hildegard of Bingen and many other saints. Once again donations raised at the meal went towards St Arnaud's Tristate Games Team.

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# Around the Diocese

## Confirmation celebrated in Mildura



Six people have confirmed their faith and baptismal vows at St Margaret's Mildura.

Each has experienced a renewal in their faith as they explored and discerned what it means to be an Anglican today. Archdeacon Michael Hopkins presented the candidates with the sponsors at his last Confirmation in the diocese before moving to Geelong.

It was also great to be able to welcome some of the Bishop's family for their first visit to the Mallee region.

- Michael Hopkins

**Confirmed:** The confirmees with Bishop Matt

## Mothers Union embraces Karen community

The founder of Mothers Union, Mary Sumner, was celebrated across the worldwide Mothers Union network in August, with the Bendigo Mothers Union Executive hosting a morning tea at St Paul's Cathedral.

The Revd Baw Mu, the Karen priest at the Cathedral, joined them for the morning and shared some insights about the Karen Mothers Union members, highlighting their love for Mothers Union and their delight in sharing with one another at their meetings. He gave some understanding of Mothers Union as experienced by the Karen members prior to their arrival in Bendigo and since settling among them. The Executive were delighted to have Baw Mu and several Karen members join for Lady Day this year, and they look forward to growing shared activities with them.

- Ronda Gault



**Insight:** Baw Mu shares the experience of the Karen community

## Earth Overshoot Day reminder to care for Earth's resources



**Global emergency:** In 2019 Earth Overshoot Day was 29 July

Earth Overshoot Day is the day when humanity's demands for ecological resources (fish, forests, fresh water etc), exceeds what the Earth can renew in a year. It is driven by our attitudes and disconnect towards the Earth, our common home. We are collectively over consuming and overexploiting our resources.

St Paul's Cathedral recently marked Earth Overshoot Day by gathering on the St Paul's Cathedral steps with the Cathedral bells tolling from 11.48am, for 12 minutes until midday. The 12 minutes reflects the outcomes of a report last October that warned there is only 12 years to dramatically reduce our pollution and avoid catastrophic global heating and climatic changes.

The tolling of the bells was followed by prayers in the Cathedral.

- Contributed



# Around the Parishes

## Daffodils show care and prayer

It's not a message found in a bottle but one displayed on the fences at St Mary's, Kangaroo Flat. The sea of yellow daffodils made by school students and parishoners of St Mary's conveys an important message to all who have been impacted by cancer. It's a simple message; "Our hearts and prayers are with you".

Each year St Mary's holds a Daffodil Service where those who are struggling with cancer are held in prayer. Candles are lit to remember those who have died from cancer and the community gathers to show support and let people know they care.

This year we had musician Kim Ritchie sing at the service and Jan Claridge shared part of her own journey with cancer. As usual it was a very moving service and brings together a community to pray and show compassion and care.

- Tracey Wolsley



**Care:** The congregation with yellow daffodils

## Musical talent at St Paul's Birchip acknowledged



**Recognition:** Judi Bird, Bishop Matt and Val Hogan

Val Hogan has been thanked for her years of dedication, fulfilling an important role in providing nourishing and enhancing music that reaches out to the members of the congregation.

Of note was Val's enthusiasm about life and her faith. It is infectious and has been responsible for many people experiencing the love of God through her work and words. Val also provided support to the clergy past and present, giving them both encouragement and endorsement.

"It is my absolute pleasure, Val, as your Bishop, here in front of your congregation and your family, here in your church, to acknowledge the many years of service and dedication that have been your gift to our Risen Lord. Thank you, Val and well done," Bishop Matt said.

- Judi Bird

## New Vicar General announced

Elizabeth Dyke has been announced as the new Vicar General for the Diocese of Bendigo. Elizabeth has accepted Bishop Matt's offer to take on the role following the departure of Greg Harris earlier in the year.

"Dean Elizabeth has significant experience in diocesan leadership and will not only carry forward the humble and patient leadership that Greg showed but also bring new gifts to the role," Bishop Matt said.

Elizabeth was inducted as Dean of St Paul's Cathedral in May 2018 and has previously been an Archdeacon in the Diocese of Adelaide and Canberra-Goulburn.

"I am in the process of briefing Dean Elizabeth on the role and she will step into it immediately."



**Leadership:** New Vicar General Elizabeth Dyke

# What's your Christian motto?

Peter Blundell

Café Church this month reflected on various mottos and slogans in sport - especially Olympics and football.

What is your team motto? ("Side by side" is an excellent motto don't you think?). Most people know the Scout Motto or the Olympic motto of "Faster, Higher, Stronger", but could we come up with something to spur the Christian on?

We considered some of Paul's use of athletic images in the scriptures to encourage the Christian disciple to focus and excel in Christian life. The biblical images include thoughts on the prize, training, getting rid of what hinders us and importantly where our focus is.

Mottos take a few shapes. Three words in sequence like the Olympic one isn't the only shape for a motto. It can be two ideas, either parallel or contrasting (eg "One Team, One Mission" or one like that used when telling the inspiring story of Kerri Strug at the 1996 Olympics - "pain is temporary, pride is forever"). A longer tag line that I like is "there is no traffic on the extra mile".

We also watched three video clips: Derek Redmond at the 1992 Olympics where his father came out to his injured son on the track in a very moving sporting moment; Kerri Strug as mentioned above and; Lawrence Lemieux who gave up a medal to help a stricken competitor.

So here are some suggestions from the Café Church folk for us to live by:

“Be Friends and love Jesus

God's way is the best way

Go Forth with Courage

Praise, Pray, Proclaim”

# YOUTH CAMP INSIDE OUT

18 - 20 October  
Camp Kookaburra, Corop

For details visit the diocesan website:  
Events > Diocesan Youth Camp

## Youth Camp kicks off in Corop

**The diocese is holding its first Youth Camp on the weekend of 18-20 October.**

This is designed for high school aged young people and will be run by the Youth and Families Ministry Development Officer with the help of other youth group leaders from across the diocese.

Should you know any young people who might need someone to financially sponsor them to be able to attend, please get in contact with Trev Bell: [yym@bendigoanglican.org.au](mailto:yym@bendigoanglican.org.au) or 0400748007.

There is an opportunity for individuals and parishes to consider sponsoring the costs of a young person to be able to attend the camp.

Please advertise both the 'sponsor a camper' and the camp enthusiastically, and personally encourage individual young people to come. This will be an amazing weekend - please pray for us as we prepare for this time.

Registrations can be processed online with all details available from the diocesan website under *Events > Diocesan Youth Camp*.

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canoeing gaga ball a movie flying  
fox more games and more food.**



Steve Geyer



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**Gift:** Bishop Matt presents a chalice and paten for the priest in Bago



**Music:** The Karen band

## Refugees and migrants remembered at worship services

Elizabeth Dyke

**D**id you know that according to the United Nations High Commissioner for Refugees there are 70.8 million refugees and displaced persons around the world?

Here at the Cathedral, we have a significant number of members who have recently settled in Bendigo from other countries. So to remember all refugees and migrants, we dedicated each act of worship on Sunday 25 August to their stories and experience.

At the three morning services, we had Karen individuals speak about their experience, some needing our Karen Community Worker, Reverend

Baw Mu Htoo Bleh Dah Moo to interpret for them.

Everyone was moved by their stories, and hardly a dry eye when we sang 'Beauty for Brokenness' afterwards:

*God of the poor, friend of the weak,  
give us compassion we pray;  
melt our cold hearts, let tears fall like rain;  
come change our love  
from a spark to a flame.*

The Cathedral Karen Singers also sang two songs: We are the world, we are the children, and a worship song in Karen.

At the evening service, Bishop Matt spoke about the parable of the

mustard seed and challenged us about making room for the new thing, the God thing, to grow in our well-ordered gardens.

He presented a chalice and paten to Reverend Luther, a Karen priest in the congregation, to be taken back to the villages and camps along the Thai-Burma border for use by the Anglican community there, led by Reverend James Si Thu Aung, Holy Trinity Church, Bago.

Altogether a very worthwhile focus to our day, for building relationships and understanding within our Cathedral community and with the wider Karen community.

### "Chortle and Converchino"

*Celebrating 50 years of chaplaincy in schools*

**Friday 27 September at 2.00 pm**  
**St Mary's Kangaroo Flat**

Sharing their experiences in chaplaincy:  
Tracey Wolsley  
Megan Haddon  
Bishop Matt Brain

RSVP by 20 September to Marg Peach 5449 6744

### St John's Heathcote 150th Anniversary

*A Community Celebration*

Dressing in period costume optional

**Saturday 19 October from 10am-3pm**  
Community fete, plant & clothes stalls, music,  
sausage sizzle, devonshire teas, historical  
displays, fellowship & more

**Sunday 20 October at 10am**  
1869 Ecumenical Service  
With Guest Speaker Bishop Matt Brain

# Faith, cancer and parkrun

*This article originally appeared on 'Focus' - the online news website from the Anglican Diocese of Brisbane*

**“I** know some Christians believe everything happens for a reason. It is good that no-one actually said that to my face, as I probably would have felt like punching them,” reflects Frances Thompson on her cancer diagnosis and recovery.

**I**n August 2017, I was a high school Strings Director and my husband Bishop John was Dean of the Anglican Cathedral in Bendigo. It was a Wednesday, the day before 24 Australian Deans and a number of spouses were arriving for the annual five-day Deans' Conference. There is never a good time to receive a cancer diagnosis, but shocking news received less than 24 hours before a busy weekend of activities is difficult to deal with.

In my strongest memory from that weekend, I am standing in the kitchen of our house, where we were hosting a dinner for countless people — Deans, spouses as well as parish people organising the food. I was standing there thinking — No one knows I have breast cancer. My life is about to be turned upside down and no one knows. Sometimes you have to just keep going, you keep smiling, and you deal with the impending chaos a few days later when everyone has gone home. Fast forward to 2019, I am now heading for the second anniversary of being cancer-free, I have reached the milestone of 100 parkruns, and I am reflecting on where I have been and where I am heading.

A double mastectomy quickly followed the diagnosis, then months of chemo. Recovery from mastectomy was physically not too bad, but emotionally it was tough. Chemo treatment was grim, affecting your whole life and those around you. The awful side effects are like a combination of extreme morning sickness, a heavy hangover, too many late nights and flu. Neuropathy (numbness of fingers and toes) commonly occurs, which is really not good for a strings player who values their finger-tips. During treatments each hand was encased in several tight surgical gloves topped by a bag of ice to reduce neuropathy.

**B**ut I remember holding onto the fact that it could have been worse. We could have been living somewhere without supportive friends and a great church community. Our youngest was now at university. Diagnosis could have happened during her Year 12, which would have caused greater impact. Instead I had a steady stream of young people and their friends coming to visit, distracting me with games of Settlers of Catan.

One Bendigo friend regularly made me green sludgy smoothies to boost my immune system; a Muslim friend



**Recovery:** Frances Thompson

**“As a Christian I am supposed to say that my faith upheld me and kept me strong. But the reality was that faith did not stop the tears and the anger”**

came with me to appointments; and another Muslim friend decorated my bald head with henna, after my hair fell out. My school students requested I wear my purple wig for concerts, and not my sensible brown one. I got some kick-ass cancer T-shirts for those days when I felt like shouting at the world.

I shared my story on Facebook, along with humour to help distract me from my misery. Knitted knockers (prosthetics) arrived in the post. Then swimming knitted knockers arrived — did they self-propel I wondered? Regular eBay parcels arrived — mad headwear ordered by friends and family to try and make me smile. And our dogs provided great comfort — they somehow knew I was unwell.

But there were still a lot of tears, feelings of Why me?; anger and frustration. I had been in charge of a

school overseas music tour, and after two years of planning; my Strings students had to go without me, whilst I had chemo. I felt betrayed and cheated. As a Christian I am supposed to say that my faith upheld me and kept me strong. But the reality was that faith did not stop the tears and the anger. I know some Christians believe everything happens for a reason. It is good that no-one actually said that to my face, as I probably would have felt like punching them. I don't believe in a God that gives people cancer in order to test their faith.

Week by week, John and I received support from the people of St Paul's Cathedral in Bendigo. Meals, visits, gifts, flowers, messages of support, prayers. Crucially there was huge support not just for me, but for John as well. The Cathedral didn't make demands on his time, giving him time to care for me.



**C**ancer changes your priorities and makes you realise what is important, and what is now simply irrelevant. I am not usually known for being a potty-mouth, but I amused myself working out which swear words fit the tune of 'Frere Jacques' (which my beginner Strings students played a great deal). I asked Facebook friends to write me their own versions. This was one of my favourites, written by Bishop Cameron Venables:

*In the darkness, in the darkness,  
God is there, God is there  
Holding you so closely,  
and the ones beside you,  
love is near, do not fear.*

If I felt well enough, I went to Saturday parkrun. Chemo gives you a brain fog and you feel lethargic; I was also bald and felt self-conscious. But walking in the park generally made me feel a bit better and it helped distract me from the misery of chemo. John and I were regulars at Bendigo parkrun before cancer, and the team members were always supportive and encouraging whilst I was unwell. Whether I was walking or doing a slow jog or volunteering as the tailwalker, I was always cheered on to the finish line.

Whilst all this was happening to me, discussions were underway, and John and I travelled to Brisbane for a weekend of meetings with Diocesan people. God's mad idea was that I could deal with cancer and move interstate all at the same time. Looking back, I am not sure how I got through that weekend of Bishop discussions in between chemo treatments. But you do - you keep going.

John was appointed Assistant Bishop, and we moved to Brisbane.



**Parkrun:** Bishop John Roundhill with wife Frances at Parkrun

My mastectomy wounds healed, I recovered from chemo and my hair grew back. 2018 was dominated by reconstruction and surgery for me. Four general anaesthetics in six months is a lot to deal with, but John and I were very grateful for the love, support and prayers from new friends, old friends and the wider community of St John's Cathedral and the Diocese.

We found a new parkrun in Mansfield, in the south of Brisbane. After major surgery you are not allowed to walk far, so I did a lot of volunteering on Saturday mornings. You can scan barcodes, be the timekeeper or hand out place tokens as people finish. This helped me get to know the area and make new friends. It took me three years to reach the milestone of 100 parkruns, and during my various 2018 surgeries it was then Mansfield volunteers who knew I was not well. Week by week I was cheered on and I got to the finish line and it was a great feeling.

**I** have now recovered from all the surgeries, the cancer is gone and I am doing well, both mentally and physically. Faith does help you make sense of your reality. It is irrelevant whether I walk, run or shuffle around a parkrun course on a Saturday morning, but it is good to get off the sofa and get out into the park. I joined the Brisbane Symphony Orchestra as well as the Cathedral Singers, who sing Evensong at St John's Cathedral. Glorious music and the challenge of learning your part helped in my recovery and gave me a great sense of well-being.

My doctor said there is a reason why my body grew several cancerous tumours, they just don't yet know what that reason is; maybe cancer research will one day solve that. Life is so often like Forrest Gump's box of chocolates; you never know what you are going to get. When I married John he was a curate in the North-west of England, and we had no idea that Hong Kong, Australia and life as a Bishop were on the cards for us.

During the darkest of days during chemo there were always people looking after our family; church folk bringing dinner round, people contacting us from church communities we were a part of years ago; the arrival of gifts, cards, flowers, emails, Facebook messages, gift vouchers to enjoy when I was recovered. The wider church community makes connections across the world, via 21st century technology, and through messages, love, support and prayers I found there was always something to be thankful for.



**Chemo Ninja:** Frances during the Bendigo Fun Run



YOUTH CAMP

# INSIDE OUT

18 - 20 October  
Camp Kookaburra, Corop

Details page 8  
or visit the diocesan website



## MINISTRY IN THE TOP END 2019 BCA Victoria Spring Lunches

Hear from BCA Field Staff The Revd Kristan Slack  
about the joys and challenges of ministry in the Top End

**Monday 23 September** Glen Waverley Anglican Church 12-2pm

**Tuesday 24 September** St George's Wonthaggi 12-2pm

**Wednesday 25 September** Holy Trinity, South East Bendigo (Flora Hill) 12-2pm

**Wednesday 25 September** Young Adults Evening, St James' Ivanhoe (7pm)

**Thursday 26 September** All Saints' Greensborough 12-2pm

Only \$20 per person

RSVP by 18 September on 03 9457 7556 or vic@bushchurchaid.com.au

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*In Loving Memory...*



### Diocesan Executive

Monday, 9 September

### Rural Ministry Conference

12 - 15 September

### St Martin's Charlton 130th Anniversary

Sunday, 29 September at 11.00 am

### Diocesan Executive

Monday, 30 September

### Senior Staff

Monday, 7 October at Clergy Retreat

### Clergy Retreat

7 - 10 October at Rutherford Park

### Parish Leaders Workshop

Saturday, 19 October at Woodend

### Got an event coming up?

Send the details to  
thespirit@bendigoanglican.org.au

## Caring at a time of need



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*A tradition that continues...*

# Bible in the Bush

St Mark's Anglican Church  
25 Heath Street, Red Cliffs

For details and registration  
email: office@aposs.org.au

www.bibleinthebush.org.au

1 - 3 November 2019

**Luke's insight into discipleship -  
Following Jesus to Jerusalem**  
With Bishop Paul Barnett

Also Bishop Matt Brain on:  
**Developing a Discipling Culture**

New National BCA Director Greg Harris on:  
**BCA Past, Present, Future**

**Music by Greg and Karen Harris**



ANGELICAN PARISH OF SUNRAYSIA SOUTH