



WINTER  
EDITION

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NO. 3  
2025

# CARE MINISTRY AT ST PAULS HEARTNOTES NEWSLETTER

## From the Care Minister

Many of us grew up in churches where liturgy and written prayers were a regular part of worship. Some of you may still find deep meaning in these practices. For others—like myself—your experience may have been quite different. In my teenage and young adult years, I attended a church that had completely moved away from liturgy and written prayer. As a result, I had very little exposure to them.

It wasn't until more recently, during my time at college, that I rediscovered the richness of written prayer and liturgy. Historically, written prayers have played a vital role in the life of the church—particularly among the early monks who prayed the hours throughout the day and night.

I've come to love certain prayers, especially those meant for evening, as they help me hand over the day and rest in the presence of the God who "neither slumbers nor sleeps." Often, these prayers speak to my heart in ways my own words cannot, especially in seasons when it's hard to express how I feel.

Written prayers can also serve as a springboard into our own spontaneous, heartfelt prayers. As ministers, we've have sometimes found them especially comforting alongside scripture during hospital visits or at the bedside of someone in their final hours, when words can be difficult to find.

There are many beautiful resources available today—modern collections like Every Moment Holy as well as timeless classics such as The Valley of Vision, a collection of Puritan prayers. These writings offer depth, reflection, and a renewed way of connecting with God. In this issue, I'll be reviewing two of these prayer books and encouraging you to consider exploring—or revisiting—written prayers as a way to enrich your walk with Jesus.

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## Coming up this Quarter

- Help@Home 21<sup>st</sup> June 8am at church.
- Pastoral Care Training Afternoon- Stephen Dinning from Anglicare will take us through some Basic Pastoral Care skills useful for all areas of Ministry or relationships. Saturday 28<sup>th</sup> June 2-4pm CEC.
- Heart and Pastoral Lay Team, Half Yearly Lunch 29<sup>th</sup> June 12pm in the Church office. RSVP to Vanessa by the 23<sup>rd</sup> June.



## Mental Health First Aid

In May, a small group of people from our church community invested their time to learn how to better care for those in their lives and in our church who are struggling with mental health issues.

Jess Ferguson, a trained facilitator from our congregation, led the group through the course over three Sunday afternoons.

If anyone is interested in doing this vital course in the future, please contact Vanessa Turner. We'd love to run it again if we have enough interest.

## Testimony from Jenny

*'I recently completed the Mental Health First Aid Course. I found it so helpful to learn about the signs and symptoms and to learn how to best provide support. For me it was invaluable to feel better equipped to recognise symptoms and practically respond with helpful communication and resources.'*

*The course was thorough, sensitive and held in a very relaxed environment. I loved how Jess gave us so many practical examples of how to approach and communicate.'*



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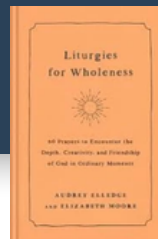
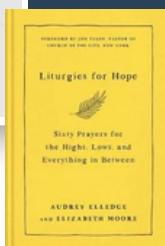
## Book Review

### Liturgies for Hope and Liturgies for Wholeness

In recent years, there has been a noticeable resurgence of interest in liturgy and written prayers, with many people rediscovering their beauty and depth after a time when liturgy had been removed from many of our churches. Among the many wonderful liturgical and prayer books emerging at the moment, *Liturgies for Hope* and *Liturgies for Wholeness* stand out.

These two modern collections are written by two women from New York and offer accessible, relatable language while addressing deeply meaningful topics such as health, vocation, community, the world, and relationships. One feature I particularly appreciate is how each prayer is paired with a relevant Bible passage that inspired it.

Rich in theology and grounded in Scripture, these prayers are not only valuable for personal reflection and communion with God, but they also serve as a thoughtful resource for pastoral care.



## Step Into Serving

I was so encouraged to see so many people expressing interest in joining our Care Ministry teams at St Paul's! It was a real joy to welcome several new sign-ups to the Heart Teams across all services—what a blessing to see these teams growing.

There was also interest in the Meals Ministry and Help at Home, which is so encouraging. We give thanks to God for these new members and their willingness to serve our church community.

That said, our Meals Ministry is still very much in need of more helpers. If you know someone who might be willing to get involved, please consider tapping them on the shoulder. For more information, contact Vanessa or the church office.



## Meals Ministry

Our freezer is empty again, so we're putting out an urgent call for more meals. Meals with 2 to 4 servings would be ideal.

*"It has been such a gift to be able to support so many people who are going through a tough time lately. What a blessing to walk alongside them in their moment of need."*

A few of you have been asking me what should I cook for the freezer or for Meal Train. Check out this link for some great ideas>><https://www.mealtrain.com/articles/383-classic-italian-pasta-recipes>



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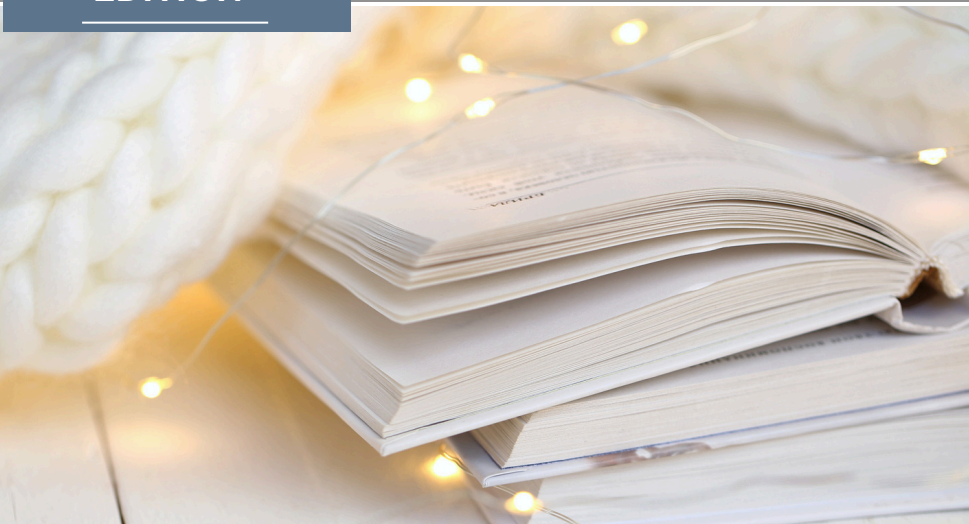




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Helpful Article For those involved in Care ( which is all of us )

Supporting Someone Experiencing Mental Health Challenges:

>><https://mentalhealthinstitute.org.au/mental-health/12-tips-to-support-someone-experiencing-mental-health-challenges/?v=8bcc25c96aa5>



## New Group in Care Ministry

We are hoping to expand our Care Ministry with the addition of a new group over the next couple of months. This new group (yet to be named) will consist of people who are available during the week to occasionally assist with tasks such as:

- Giving lifts to appointments
- Holding or walking babies for new or unwell mums
- Doing light emergency tasks around the house between Help@Home days

If this sounds like something you'd be interested in—or if you know someone who may be a good fit for this team—please contact Vanessa.



*Good news story:* What a gift to be able to create a two week roster in just 24 hours of older mums willing to hold and care for a new baby of a mum and dad who have been very unwell so they can rest and get some space. This is the sign of a healthy caring church community willing to show the love of a Jesus through their actions.



Have you ever thought about deepening your understanding of pastoral care or studying the Bible so you can better support those around you and share the Scriptures in your small group? If so, consider Mary Andrews College. They offer a variety of courses—both online and in-person in the city—designed to equip you in these areas. Whether you're just starting out or already have some experience, there's something for everyone. The college provides women-only classes as well as mixed classes, including options focused on mental health.>>>><https://www.mac.edu.au/courses-overview>

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