

15th June
7.00 pm House Group Teesdale

17th June
12.00 pm Deanery Meeting
Christ Church Little River

18th June
5.30 pm Fremantle v Geelong
Optus Stadium

22nd June
7.00 pm House Group Teesdale

24th June
7.00 pm Parish Council
Parish Ministry Centre

29th June
7.00 pm House Group Teesdale

1st July
11.00 am Communion
Estia Health Bannockburn

2nd July
7.40 pm Geelong v Brisbane
GMHBA Stadium

6th July
7.00 pm House Group Teesdale

11th July
8.30 am Men's Breakfast
Parish Ministry Centre

13th July
2.30 pm Chaplaincy Supervision
Vicar's Study

7.00 pm House Group Teesdale

Parish Roster for 21st June

Church Cleaning:

Inverleigh: Luanne Thornton
Bannockburn: Carol Newlands
Lynette Oates

Reader:

Bannockburn: Lynette Oates

Communion Assistants:

Inverleigh: Bruce McDonald
Bannockburn: Carol Newlands

Parish Directory

Parish Office 5281 2553
Vicar
Revd Timothy Smith
0412 673 152
revdrtim@hotmail.com

Wardens
Darrell Blackman 0457 338 678
Carol Newlands 0409 654 527
David Bannister 0477 564 268

Parish Council Secretary
Carol Newlands 0409 654 527

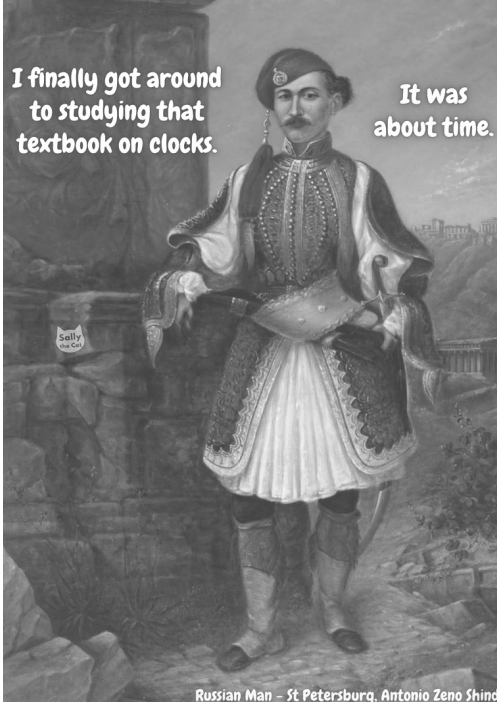
Parish Treasurer
David Osborne 0419 398 455

Assistant Treasurer
Luanne Thornton 0437 667 011

St John's Op Shop
Naomi Peel 0418 346 484

Surprise Op Shop
Luanne Thornton 0437 667 011

Pastoral Care
pastoralcare.gpas@gmail.com



Golden Plains Anglican News

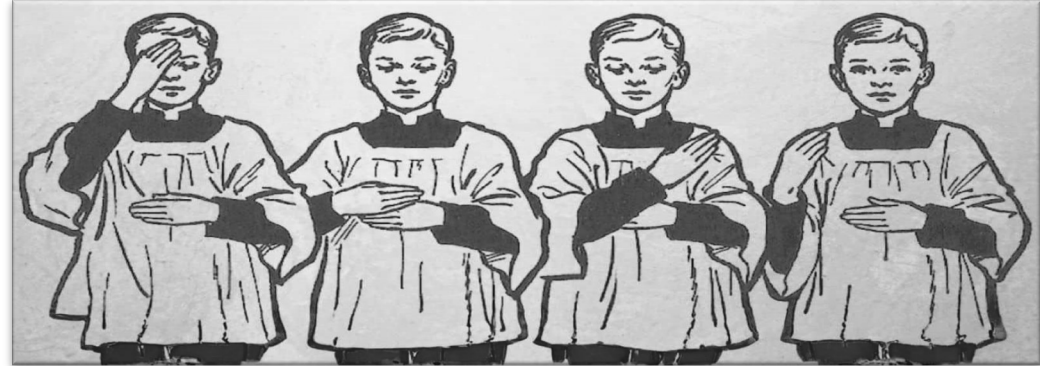
Living the Gospel in Our Community

†Inverleigh†Bannockburn†Meredith

14th June 2026—THIRD SUNDAY AFTER PENTECOST

THE SIGN OF THE CROSS: A ROOKIE ANGLICAN GUIDE

Why do Anglicans make the Sign of the Cross?



The Sign of the Cross is an ancient Christian practice of making the Sign on oneself, another person, or an object. With the hand tracing the form of the Cross over the body, traditionally touching forehead, chest, and shoulders, the Christian quite literally marks themselves with the shape of Christ's saving work. It is a bodily confession of faith. It proclaims, without words, belief in the Triune God, Father, Son, and Holy Spirit, and in the crucified and risen Christ. What the Creed says aloud, the body silently enacts.

Fourth-century Church Father St. Cyril of Jerusalem wrote, *Let us not be ashamed to profess the Crucified One; let us confidently seal our forehead with our fingers, let us make the sign of the cross on everything, on the bread we eat and over the cup we drink. Let us make this sign as we come and go, before sleeping, when we lie down and when we arise, while traveling and while resting.*

Making the Sign is a Prayer in Itself. Prayer often follows it, either aloud or in one's own mind and heart. Usually, the spoken prayer is "in the name of the Father, and of the Son, and of the Holy Spirit." Signing the Cross is an Act of Sanctification, meaning "setting apart." Our souls, our bodies, and our lives are sanctified—set apart for Christ, under and in his Cross. For example, many

(Continued on page 4)

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Worship Today: THIRD SUNDAY AFTER PENTECOST

Sentence: The harvest is plentiful, but the labourers are few; ask therefore the Lord of the harvest to send out labourers into his harvest. *Matthew 9:37-38*

Collect: All-powerful God, in Jesus Christ you turned death into life, and defeat into victory: increase our faith and trust in him, that we may triumph over evil, in the strength of the same Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Readings: Genesis 18:1-15, 21:1-7; Psalm 116:1-2,11-18, Romans 5:1-11
Matthew 9:35-10:8-23

Hymns:

Inverleigh: 638 – O Christ, the healer, we have come; 573 – A charge to keep I have; 275 – Hail to the Lord's anointed; 234 – How good Lord to be here

Bannockburn: *Come as you are*; Days of Elijah; I believe in Jesus; Here I am; Praise is rising; *Here for you*; Bless the Lord O my soul; *For I'm building a people of power*

Meredith: *Come as you are*; O Christ, the healer, we have come; A charge to keep I have; Here I am; Bless the Lord O my soul; *For I'm building a people of power*

Intercessions: *Jesus, friend of..., in your mercy, hear our prayer.*

World: all nations in war or conflict, those who perpetrate war and those who defend their nations; South Sudan and all developing nations: wherever there is terror, violence, injustice, oppression, racism, hunger, displacement, and homelessness; all national leaders and law makers to have a spirit for the building up of their own citizens and unity in the global community.

Church: unity of the Anglican Communion, Abp Sarah Mullaey; our Diocese and Abp Ric Thorpe, our region and Bp Genieve, raise up a new Archdeacon of Geelong; our own Parish and our outreach ministries: Youth and Family Community Cinema, Thursday Lunch, Men's Breakfast, Op Shops, all community groups our members participate in; to pray that we will share our faith with empathy and think critically about the faith others are expecting of us.

Community: the Wadawarrung people, custodians of country on which we live, work, play, and the work of reconciliation and treaty; all who feel marginalised; the communities in our Parish especially Inverleigh, Bannockburn, and Meredith; all living with mortgage and rental stress, increasing costs of fuel, and insurances; where there is food insecurity, anxiety and depression; that we will be witnesses to a community that is welcoming, gives belonging, in diversity, and meets peoples' needs.

Those in need: Matt Bellchambers, Shirley Musgrove, Melinda Gregory, Karen Schulze, Jenny Bannister, Margaret McLaren, Sarah Rees, Jayden Rees, Fay McFarlane, Jesse Osborne, Phil Dickson, Paul Duke, Josie Andrews, Josie Harvey, Steve and Stacey Copland, Timothy Deng's brother Weng, Judith Palmer-Howlett, and all others on our heart and mind.

Entertainment during school holidays



Meredith Youth and Family Community Cinema

Presented by
Golden Plains Anglicans and
Melbourne Anglican Foundation



Shark Tale June 30



Paddington July 7

3.00 pm

Church of the Epiphany, Meredith Refreshments Included

(Continued from page 1)

people sign themselves before receiving communion. They are set apart to God. When we mark our children with the Cross, we tangibly set them under Christ's Cross. When we sign our food, our house, or another object, we set it apart as holy in Christ and give thanks to God.

How Do I Make the Sign of the Cross?

First, place your hand in a position with your forefinger and middle fingers touching your thumb. You'll notice that this places three fingers together, with two fingers folded down toward the palm. The three fingers together symbolize the three Persons of the Trinity, Father, Son, and Holy Spirit. And the two fingers together symbolize the divine and human natures of Jesus Christ. With your hand in position, trace Christ's Cross in the following fashion. Taking your fingers as previously described, trace from the centre of your forehead to the centre of your chest, to your heart, where your devotion for Christ lives. Next, trace from the heart to the left shoulder, the right shoulder, and back to the heart. Our Eastern Orthodox brothers will reverse the direction.

In the Roman Catholic tradition, a person kisses their hand after making the Sign. Anglicans usually return their hands to their hearts after the second shoulder. The "little" Sign of the Cross is the marking of small crosses, using the thumb, on the forehead, mouth, and heart. We use the Sign at the reading of the Gospel during the liturgy. It signifies the sanctification of our thoughts, speech, and affections for God. Often, a cross is signed upon the forehead during anointing or laying on of hands, typically with the thumb.

In the Anglican tradition, the Sign of the Cross has never been rejected outright, nor universally mandated. Instead, it's seen as an adiaphoron—a practice permitted, meaningful, and pastorally useful, but not compulsory. However, the practice of signing the Cross goes back to the earliest centuries of the Church.

During our most common service worship and prayer experienced on a Sunday, the liturgy of Holy Communion, we often make the Sign of the Cross whenever we say the Trinitarian formula ("the Father, the Son, and the Holy Spirit"), before the Gospel reading (with the "little" Sign of the Cross on our foreheads, mouths, and hearts), at the prayer for absolution/forgiveness, and before receiving the bread and wine at communion. Items such as the communion bread and wine are also signed, as are other articles set apart for sacred use.

Some people also sign themselves at the end of the Creed (usually when we mention the resurrection), at the name of Jesus Christ, at the second part of the Sanctus ("Blessed is he who comes in the name of the Lord"), and at the prayer for sanctification in the Prayer of Consecration.

It's actually very simple, really. The Sign of the Cross is an act of marking Christ's Cross upon oneself and life, or upon the people and basic elements of life (food, homes, children, people). But no Anglican is expected to make the Sign of the Cross. However, some choose to, and all can. The Sign of the Cross is a powerful and tangible reminder that we are Christ's.

Bible Readings

Prayer for the week:

Lord, we beseech you to keep your family, the Church, in continual godliness, that through your protection it may be free from all adversities, and devoutly given to serve you in good works, to the glory of your name; through Jesus Christ our Lord. **Amen.**

Monday

Evelyn Underhill, (d.1941) *Ascetic*
Spiritual writer

Morning: Ps 104:1-25

2 Chronicles 6:12-31
2 Corinthians 11:7-15

Evening: Ps 104:26-37

Proverbs 12:1-14
Acts 9:32-43

Tuesday

Morning: Ps 105:1-22

2 Chronicles 6:32-7:6
2 Corinthians 11:16-29

Evening: Ps 105:23-45

Proverbs 12:15-28
Acts 10:1-16

Wednesday

Morning: Ps 106:1-24

2 Chronicles 7:7-22
2 Corinthians 11:30-12:5

Evening: Ps 106:25-50

Proverbs 13:1-14
Acts 10:17-33

Thursday

Morning: Ps 107:1-22

2 Chronicles 8
2 Corinthians 12:6-13

Evening: Ps 107:23-43

Proverbs 13:15-14:6
Acts 10:17-33

Friday

Morning: Pss 110 & 111
2 Chronicles 9:1-12
2 Corinthians 12:14-21

Evening: Pss 112 & 113
Proverbs 14:7-19
Acts 11:1-18

Saturday

Morning: Pss 114 & 115
2 Chronicles 9:13-31
2 Corinthians 13

Evening: Pss 116 & 117
Proverbs 14:20-35
Acts 11:19-30

The Church is a hospital,
and not a courtroom,
for souls. She does not
condemn on behalf of sins,
but grants remission of sins.

- St John Chrysostom



Next Sunday 14th June
PENTECOST 4 [12]

8.30 am Holy Communion
Inverleigh

10.00 am All-Age Communion
Bannockburn

5.00 pm Holy Communion
Meredith

Readings

Genesis 21:8-21
Psalm 86:1-10, 16-17
Romans 6:1-11
Matthew 10:24-39