

ANGLICAN PARISH OF KINGSCLIFF
BULLETIN

Higher

“as it is in heaven”

VOL 73 AUGUST 9 2026

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Higher

Welcome stranger! If you are visiting St James in Kingscliff or St Marks in Pottsville, this page is especially for you. We are the two Anglican Churches in this part of the world and are delighted to welcome you to our growing Parish. You can learn more by leafing through this magazine, HIGHER, our weekly bulletin, which keeps our Christian community informed and updated about all that is going on.

If you are curious to know more about our Christian faith please contact our Rector, Rev. Constantine Osuchukwu whose details can be found at the back of this bulletin. Give him a call and invite him for coffee. We are all about hospitality and the love of God here and would love you to join us. You can also get a better idea of who we are what we are about by attending worship on Sundays (8.30 – 9.30 am at St James, 10.30 – 11.30 am at St Marks) and staying on for morning tea afterwards.

Recycling

Letter from Constantine

Living the Full Life: *Accepting Jesus' invitation to thrive*

Dear Sisters and Brothers in Christ,

As we journey through our daily routines—juggling work, family, and the many demands on our time—it is easy to fall into a mindset of mere survival. We often find ourselves praying for strength just to get through the week, or for peace amidst the chaos.

But is that all God has in store for us? Are we called simply to endure life?

In the Gospel of John, Jesus offers us a radically different vision. He tells us plainly and clearly: “I came that they may have life and have it abundantly.” (John 10:10)

These are not just comforting words; they are a promise and a mission statement for our faith. An “abundant” life doesn't necessarily mean a life free of problems or filled with material wealth. Instead, it points to a life overflowing with purpose, joy, and deep connection—a life where we experience God's grace in every moment, both the bright and the challenging.

So, how do we move from just “getting by” to truly living this abundant life? Neuroscience and theology agree more than we might think. Anne Kertz Kernion, a neuroscientist and theologian, offers us seven practical, grace-filled tips to help us not just survive, but ‘flourish—aligning our beliefs, body, brain, and bonds’:

1. Connect with others. We are made for community. A quick phone call, a smile after Sunday Eucharist, or a shared cuppa can rewire our hearts for joy.

2. Go outside and look at nature. Get the light in your eyes. God's creation is a daily sacrament—whether it's the morning sun or the vibrant kangaroo paws that we saw at Kings Park, Perth, nature draws us out of ourselves and into His presence.

3. Be grateful. Find things in your life to be grateful for. They are there. Even on hard days, a single "thank you" lifts the soul and shifts our focus to God's faithfulness.

4. Come into the present. A wandering mind is an unhappy mind. The present moment is the only place we can meet Jesus—right here, right now.

5. Talk to yourself like you would talk to a good friend. Stop the harsh inner critic. Speak to yourself with the same compassion Christ extends to you.

6. Pause, and take a few deep breaths. Lengthen your exhalations to calm the body and brain. This simple act is a prayer of surrender, inviting the Holy Spirit to still our anxious hearts.

7. Actively notice new things in your world every day. Like the Villers-Bretonneux Cross (1918) I saw in the side chapel at St George Cathedral in Perth—a reminder of sacrifice and hope. When we look with fresh eyes, we see God's hand at work in the ordinary and the historic.

These simple practices are not about adding more to our to-do list. They are about shifting our perspective. They are the keys that unlock the fullness of the life Christ promises. When we intentionally seek God in the ordinary—in a flower, a breath, a sand, a rock, a pet, a kind word—we discover that God's grace is not a limited resource. It is a well that never runs dry.

As we move through our daily lives, let us challenge ourselves to stop merely surviving. Let us accept Christ's invitation to thrive. Let us open our eyes to the abundance that is already around us, and let us be conduits of that abundance for others.

May we all experience the deep, abiding joy of the life Jesus came to give, Amen. Thank you for who you are and for all you do.

Your brother in Christ,
Constantine

“The Merton Prayer”

My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.
But I believe that the desire to please you
does in fact please you.
And I hope that I have that desire in all that I am
doing.
I hope that I will never do anything apart from that
desire.
And I know that if I do this you will lead me by the
right road,
though I may know nothing about it.
Therefore will I trust you always though
I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.
Amen.

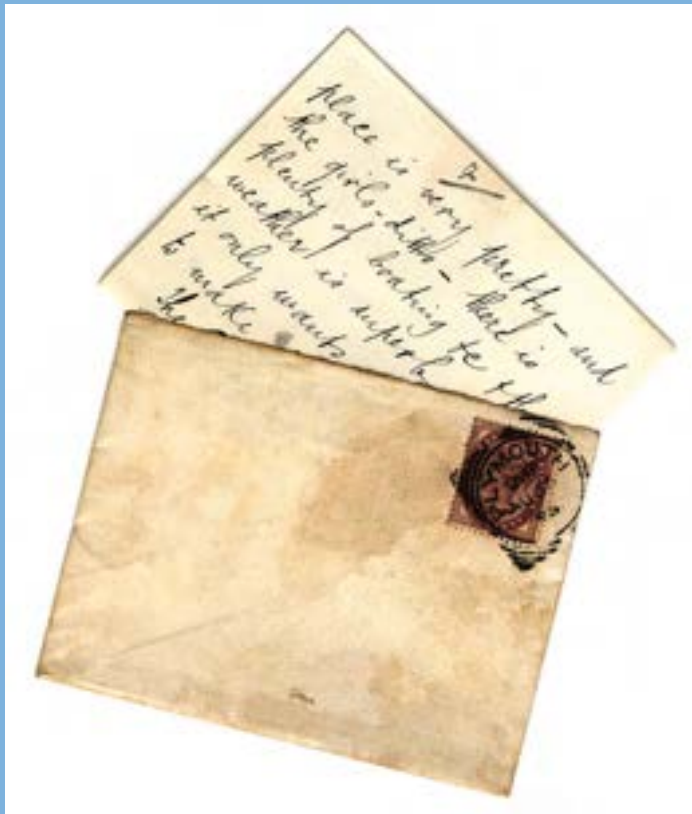
By Thomas Merton, Thoughts in Solitude



Constantine returns to lead Sunday services.

After almost a month of leave Rev. Constantine is back in the saddle. He returns to lead Sunday worship at both centres, from this Sunday, August 9th God is good – all the time!

Stewardship Letters



If you still have letters to return in response to our Stewardship Pledges, please return them to the office ASAP. If you haven't yet received a letter from Rev. Constantine, please let him know and you'll get one. Thanks for all your support and generosity.

Call for Ministry Descriptions

The SP3 Group formed following the Discernment Day last year is developing a brochure outlining all the ministries of the Parish so that newcomers and visitors can see what goes on and where they might like to join in. Could all Ministry and Church activity leaders please send an e-mail with a brief outline (i.e. 50 words) of the nature of their groups activities to Kaz in the Parish office at calendar@apok.org.au. We look forward to receiving them.

Invitation to Contemporary Worship Service

The CWS returns to St James at 5pm on Sunday 9th. This month's theme is "Why and How we Pray" and comes from one of our Alpha sessions.

If you haven't been to one of these services yet, please feel free to come and check it out. The accessible format and relaxed atmosphere of CWS might inspire you to finally invite that person you know, who may be needing more Jesus, connection and hope in their life.

Spiritual Gym in the Lindisfarne Chapel

The Spiritual Gym service is on in the Lindisfarne Chapel at 5pm preceded by afternoon tea followed at 4.30 pm. Come and worship with people from all over the Tweed in this uplifting service which often features musical accompaniment and other contributions by students.

Please Donate to the Pre Loved/Sustainable Pop Up Shop

The Pre-loved Sustainable Pop Up Shop will take place on Nov . . . Save the date in your diary and spread the word to your family and friends. The wonderful event is a fundraiser to support the ongoing improvements to our Church properties so as to make them more welcoming and accessible to the community. See the Poster in this edition. If you have "cat walk" worthy clothes to donate please contact Kaz at calendar@apok.org.au or see Kerrie Duval at St. James. WE ARE TAKING DONATIONS NOW PLEASE. Also, please let us know if you have lace tablecloths or fine napery needing a new home.

Tweed Anglican Network Meeting

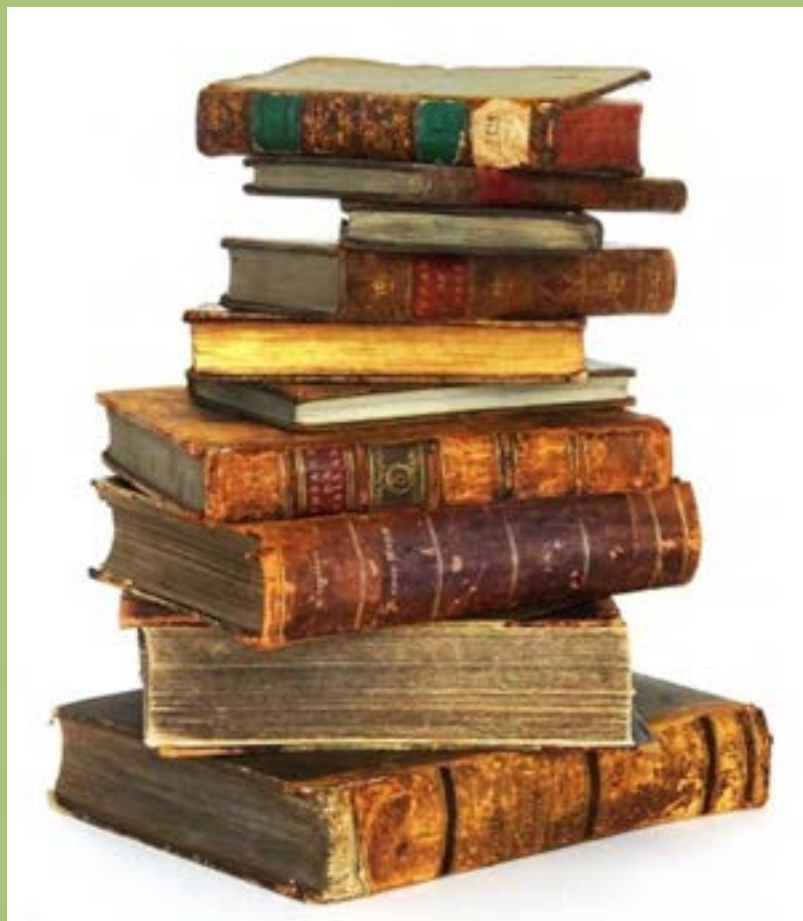
The Tweed Anglican Network Meeting, is taking place in the chapel at **Lindisfarne Anglican Grammar School from 11.30am on Sat Aug 8th**. Lunch will be provided. To assist us with catering, could you please advise Rev. Constantine if you will be attending as well as any dietary requirements.

Connect and Welcome Cards

The Parish's new Welcome and Connect cards are now in the foyer so please direct any newcomers you meet to them so that we can be in touch with them and put them on the mailing list for Higher, the Parish's weekly Bulletin. These cards are also a convenient way of getting a message to the Parish Admin team, if you need to.

Free Christian Books in the Foyer

A stocktake of the Parish's book resources has yielded a selection of books to be made available to parishioners. The are in the foyer, being given away for free.



Courage to Care

On Thursday Aug 27th we will host the '**Courage to Care**' Group – presenting a talk on how we can create communities of love and harmony where discrimination is challenged and respect thrives. See flyer attached. Anyone who is available to help prepare, serve, and share a meal from 5.00pm on this evening please contact Kaz at calendar@apok.org.au.

COURAGE TO CARE



courage
to care
An initiative of Orsi Smith

Become an Upstander in Your Community

Come and discover the power of standing up against discrimination

Courage to Care is Australia's largest provider of **evidence-based Upstander and anti-discrimination education**. We deliver programs to primary schools, secondary schools and adult groups throughout NSW, Queensland, ACT and Victoria.

For more than **33 years**, Courage to Care has been building the values, language and practical skills that help people recognise and respond to discrimination in all its forms.

- ✓ Reached **500,000+** students across Australia since inception
- ✓ **40,000+** reached last year
- ✓ Delivered **free of charge** to schools
- ✓ Apolitical and non-religious
- ✓ Supported by **180+** trained volunteers, including Holocaust Survivors and their descendants

Join Us

Come and listen to what Courage to Care is all about and learn the value of being an **Upstander** in your community.

Venue	St James Anglican Church 122 Marine Parade, Kingscliff
Date	Thursday, 27 August
Time	5:30 pm – Shared Meal 6:30 pm – 7:30 pm – Courage to Care Presentation

Learn • Reflect • Take Action

Together we can create communities where discrimination is challenged and respect thrives.

Everyone Welcome

Cursillo began in Spain in the Roman Catholic Church in the early 1940s. From there it spread to the USA and Canada, and arrived in Australia in 1979.

Currently the Cursillo Weekend is offered every second year.

The goal of Cursillo is the same as the mission of the Church; to restore all people to unity with God and with each other through Jesus Christ.

The duty of all Christians is to follow Christ, to come together week by week for corporate worship, and to work, pray and commit oneself to the task of spreading the good news of the Kingdom of God.

The Three Day weekend focuses on what it means to be an active Christian and experiencing an active Christian community. It is a springboard into a life of Christian Living.

Post-Cursillo or Fourth day, is the focus of the Cursillo movement. It represents a life time of living one's Baptismal promises. This is assisted with Group Reunions, Ultreyas and continued Spiritual Direction. These terms will be explained to you on the weekend.

We encourage all Christians to attend a "cursillo", a short course in their faith.



There are a couple of joyful surprises on the Three Day Weekend which are designed to encourage you. Normally these involve the prayers of other Cursillistas and their desire for your spiritual journeying.

Diocesan Cursillo Contacts:

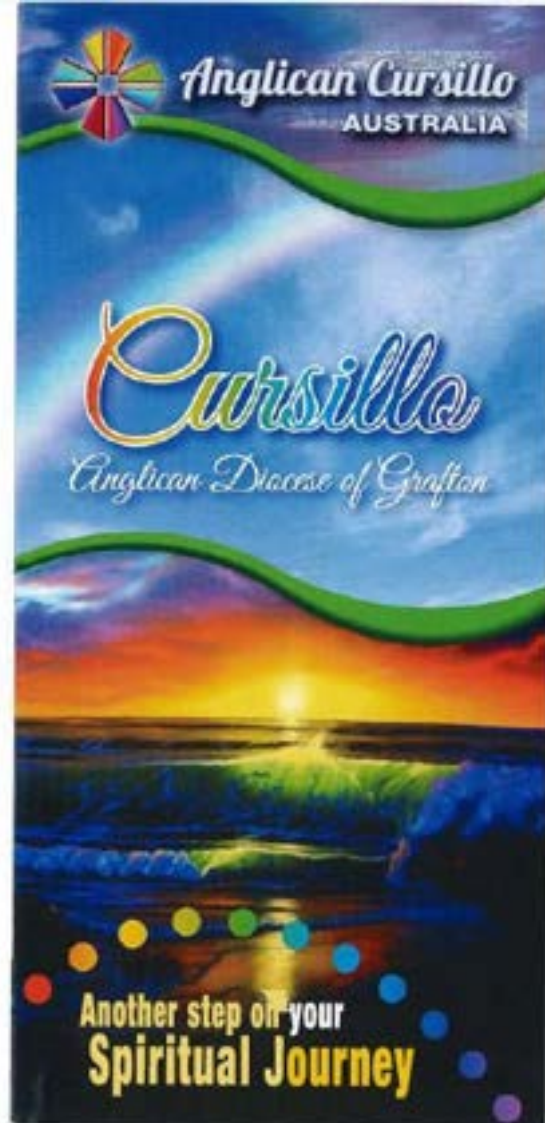
Grafton Diocesan Lay Co-ordinator:

Grafton Diocesan Spiritual Director/s:

Parish Care Person:

March 2020

Mid Coast Printing: 6552 1633



What is Cursillo?

Cursillo is a Spanish word for a 'short course'.

It has become the name of a worldwide movement in several denominations of the Christian Church.

Within the Anglican tradition, it seeks to deepen the spiritual awareness and commitment of involved members of our Church.

Cursillo involves:

- A three day "live-in" course in Christian living
- Ongoing support, and encouragement for growing in the faith
- A challenge to live an active Christian life wherever we find ourselves.

Who's involved?

The movement is a ministry of the whole Church with Lay people and Clergy working together, under the guidance of the Diocesan Bishop.

An Executive Team plan the 3 Day weekends and co-ordinate the various Diocesan events.

Cursillo aims to provide support and encouragement within the existing Church organisations and does not try to supplement or supplant them.

Cursillo provides many opportunities for lay leadership development and training.

What will the "Cursillo" Three Days be like?

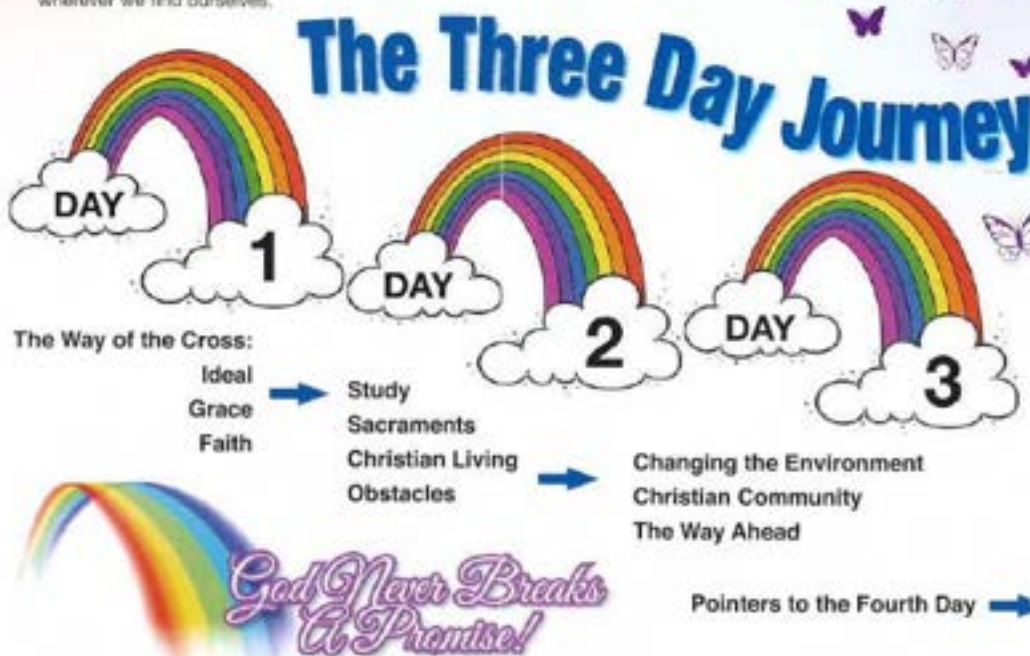
The "live-in" weekend provides:

- An experience of living in a Christian community supported by prayer and practical instruction.
- Informative talks and discussion time.
- Worship Services and times of reflection.
- Small table groups for prayer and fellowship.
- Singing, fun and lots of laughter.
- Weekends are staged for men and women.

After the weekend - The 4th Day

- Continued support with a small group (Group Reunion)
- Diocesan gatherings of the small groups for worship, witness and fellowship

The aim of the 3 days is for people to return to their lives with a greater commitment to serve God in their normal lives, supporting one another with prayer and a caring community.



Pointers to the Fourth Day →



The Fourth Day marks the rest of our lives - trying to live the Christian way. To love and share with each other, support each other, and challenge each other to bring the Christian life to our environment.



Pre-Loved "Sustainable" Pop Up Shop

**Clothing, shoes, bags, lace,
cards and other treasures
Cuppa and Cake available.**



Saturday, 19th September, 2026

8am to 1pm

**St. James Church Hall,
41 Pearl Street, Kingscliff**



St James & St Marks Anglican Parish

KINGSCLIFF & POTTSVILLE

SUPPORT OUR 2026

Festive Christmas Market



SATURDAY
28 NOVEMBER
2026



8:00AM – 12:00PM



ST JAMES
ANGLICAN CHURCH,
KINGSCLIFF

WE'RE SEEKING RAFFLE PRIZE DONATIONS

Our annual Festive Christmas Market is one of our parish's major community fundraising events, bringing together families, local businesses and visitors for a wonderful morning of festive fun.

Following the success of last year's market, which raised **over \$15,000** to support our parish's outreach and community ministries, we are once again asking local businesses to partner with us by donating a prize for our **Major Christmas Raffle**.

WE WOULD BE GRATEFUL FOR DONATIONS SUCH AS:



GIFT
VOUCHERS



HAMPERS



PRODUCTS



EXPERIENCES



SERVICES



CHRISTMAS
GIFTS

Every donation, large or small, helps make our raffle a success.

AS A THANK YOU

Businesses donating prizes will be acknowledged:

- ★ At the Festive Christmas Market
- ★ On our raffle displays
- ★ Through our parish and social media channels where possible

PRIZE DONATIONS

If you are able to support us, we would appreciate receiving your donation by:

FRIDAY 2 OCTOBER 2026

To: _____

CONTACT

Raewyn McAuley

Festive Market Coordinator

☎ 0419 423 742

✉ raewyn.mcauley@gmail.com

Additional Contact (Optional)

☎ _____

✉ _____

Thank You

FOR SUPPORTING
OUR COMMUNITY

Your generosity helps us continue supporting our local community through the outreach and ministry of the Anglican Parish of Kingscliff & Pottsville.

*Together we can make Christmas brighter
for our community.*

Prayer of the Week

Grant to us, Lord, we beseech you, the spirit to think and do always such things as are right, that we, who cannot do anything that is good without you, may by you be enabled to live according to your will; through Jesus Christ our Lord. Amen.



Bank Account Details

If you would like to contribute financially to the life and mission of both churches in the Parish of Kingscliff by electronic means, our bank account details are:

BSB: 062-673

Account: 1001 5155

Account Name: Anglican Parish of Kingscliff

Thank you for your support, we appreciate your generosity.

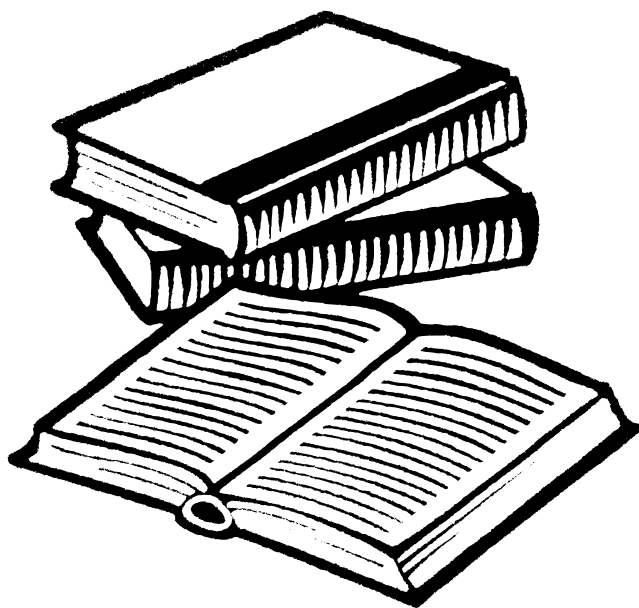
Parish Food Ministry

The Parish would like to thank all who helped distribute the meals through the Food Ministry this week, add both St Marks and St James. Well done all for keeping this vital long running ministry alive.

St James - 55 meals

St Marks - 47 meals

Praise be to God!



Sunday Worship Readings

Sunday 9 August 2026

Genesis 37. v 1- 4,12 -28

Psalms 105. v1- 6, 1 6-22

Romans 10. 4 -15

Matthew 14 v 22-36

Sunday 16 August 2026

Isaiah 61 v 10 - 62 v 3

Psalms 113 or Song of Mary

APBA p 31 or page 425

Galatians 4. v 4-7

Luke 2 v 1-7

Service Schedule

St James @ 8.30am

Sunday 9th August 2026

Officiant & Preacher:

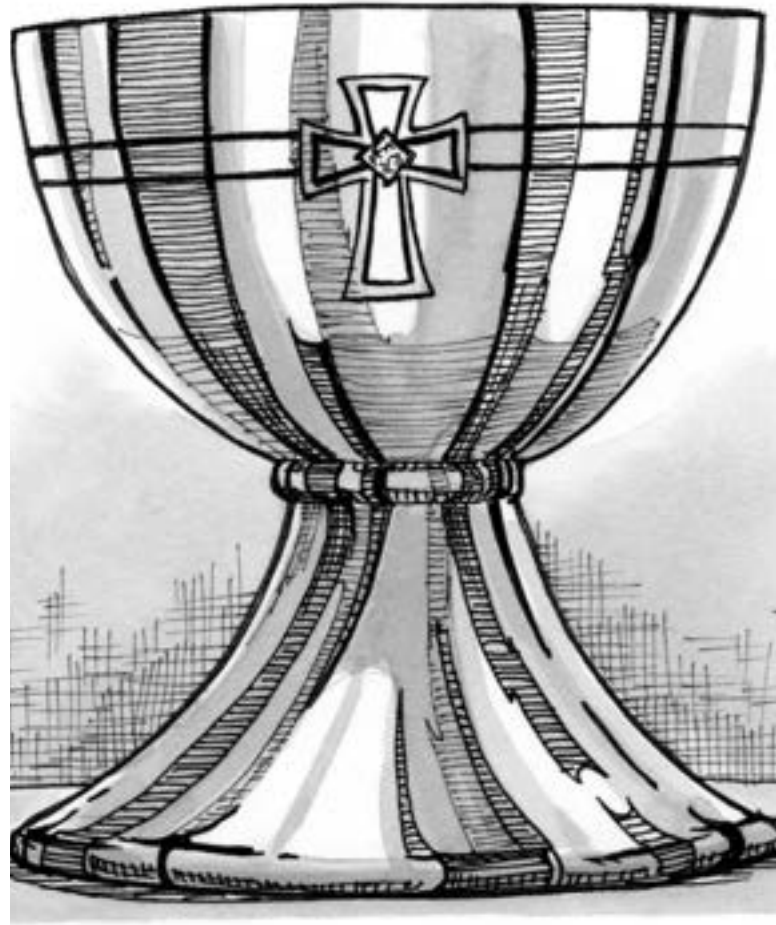
Rev. Constantine Osuchukwu

St Marks @ 10.30am

Sunday 9th August 2026

Officiant & Preacher:

Rev. Constantine Osuchukwu



Contacts

Parish Office

www.apok.org.au

p: 02 6674 1513

e: office@apok.org.au

Rector

Reverend Constantine Osuchukwu

0435 750 155

rector@apok.org.au

Wardens

Stephen Elworthy

0408 757 876

Jason Saltearn

0406 450 056

jsaltearn@gmail.com

Brian Wyver

0412 324 161

Grievance Officers

Graeme Hodgkinson

0407 209 819

Marg Dephoff

0437 400 429

Parish Calendar for August 2026

Mondays

- U3A Art Group – St Mark's Pottsville, 9:00am–12:00pm
- Evening Prayer – St James Kingscliff, 5:15pm–5:30pm
- Community Meal, St James Kingscliff from 6:00 pm to 7:00 pm

Tuesdays

- Meals Handout – St Mark's Pottsville 11:00am–1:00pm
- Justice of the Peace -St Mark's Pottsville 9:00am -12:00pm
- AA Meeting – St James Kingscliff, 7:30pm
- Pottsville Community Association – Last Tuesday of the month, 6:00pm
- Holy Communion Service 12.30pm at St Mark's

Wednesdays

- Holy Communion/Eucharist – St James Kingscliff, 10:00am
- *Lectio Divina*, (Holy Reading of the Bible) St. James Hall, 11:30 am to 12 noon
- Ecumenical Bible Study -St Mark's Pottsville 10:00am, Fortnightly
- Christian Meditation -St James Kingscliff, 4pm, Zoom Link:

<https://us02web.zoom.us/j/89184784092?pwd=TFI3eWc1UXM0b3VVZnR5bkMxUIM1Zz09>

Meeting ID: 891 8478 4092 Passcode: 516345

- ZOOM in to pray with fellow parishioners for peace and for the material and spiritual needs of all in our communities. Join Zoom Meeting

<https://us05web.zoom.us/j/84084825835?pwd=aPSm1tk4mn4GW9BiAHTkIIBNBfHFfaE.1>

Meeting ID: 840 8482 5835 **Passcode:** K9D1Z4

Thursdays

- Ladies Craft Group – St Mark's Pottsville, 9:00am–12:00pm
- Meals Handout – St James Kingscliff, 11:00am–1:00pm
- AA Meeting – St Mark's Pottsville, 6:00pm

Fridays

- Making Art Group – St. Mark's, Pottsville, 10:00am to 2:00pm
- **Sing to Connect Choir** 9.30 - 10.45. In the church. All welcome. Wendy Hawkins 0421651524

Saturdays

- Community Garden Club – St Mark's Pottsville, 9:00am–11:00am
- Sister Suzie's Sewing Circle – 10 Guilfoyle Plc, Cudgen, 1:00pm–3:00pm
- Seven-Day Adventist Church at St Mark's, 9.00am -1.00pm
- Healing Service (Book of Common Prayer) -St James Kingscliff, 5pm (1st Saturday)

Sundays

- Holy Communion/Eucharist, St James Kingscliff, 8:30am
- Holy Communion/Eucharist, St Mark's Pottsville, 10:30am
- Contemporary Service, 5pm, St James Kingscliff, every second Sunday of the month

Upcoming Events:

- **Tweed Network Meeting**, Saturday Aug 8th at 11:30am at Lindisfarne Anglican Grammar School Chapel.
- **Contemporary Worship Service**, Sunday 9 August at 5:00pm, St James
- **Parish Council Meeting**, Wednesday 12 August at St Mark's Pottsville at 5:30pm
- **Pop Up Shop**, Saturday 19 September at St James from 9:00 am to 1:00 pm