



Seek you first His Kingdom and His righteousness and all these things will be given to you as well. Matthew 6:33

This Issue

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OVERCOMING ISOLATION

FROM THE ADMINISTRATOR

"We are living in difficult times." I'd like a dollar for every time I've heard someone say that or something like it, in the last six months! By the end of August it was official - "Australia is in a recession." Paul Keating once told us in the 1990s that 'it is the recession we had to have'. Well, these hard economic times also mean for many people - a period of tough personal times, and knowing that we all 'had to have it' doesn't make it much easier to endure.

For me, the holiest day of the year and the day I draw the most comfort from, is Good Friday. From the cross Jesus cried out in total isolation, "My God, my God, why have you forsaken me?" (Matt.27:46) He was, of course, still quoting the Scriptures, even as he died, as he brought Psalm 22 to his lips and mind.

The total abandonment of Jesus, the Son of God, on the cross was so that you and I might never have to go through being totally abandoned by God. "Lo, I am with you always" declared the risen Jesus before he ascended back to the Father. (Matt.28:20)

There's a tiny, little, but super strong Greek word that gets used repeatedly in the New Testament - 'dei' - it simply means 'must'. The Son of Man, 'must' suffer and die. There was no other option. Jesus was, and is, the Saviour that we *had to have*!

When I discovered the truth of what Jesus did for me on the cross, the truth of what his sacrificial death accomplished, for me - I found that my life was transformed. No longer was I alone and isolated, even when I felt really low. As you read stories of overcoming isolation in these pages, I pray you remember Jesus, who went through an eternal isolation on the cross, so you don't have to.

The Ven Tom Henderson-Brooks

MORE FROM THE ADMINISTRATOR

Friends, across Central Queensland, please make a note of the dates below. Firstly, our Bishop-elect Peter will be consecrated at St John's Cathedral, Brisbane, on Wednesday the



24th February at 7pm. The service has been organised for Brisbane to enable as many of the Australian Bishops as possible to be there during these COVID times.

Peter will then be installed as the 13th Bishop of Rockhampton at 11am, Saturday 27th February at St Paul's Cathedral Rockhampton.

You are most welcome to attend and participate. Some specific invitations will be sent out later in the year. Please contact Barbara Smith, the Bishop's PA, in the Diocesan Office, if there are any specific people you would like us to invite.

Finally, if you have any ideas of how we might warmly and appropriately welcome Peter, Virginia and their family, please speak with Barb.

50 YEARS OF SERVING

On Sunday 16 August, in the small, happy church of St Mark's Boyne River, a ground-breaking milestone was quietly celebrated. Canon Janne Whitehead gave thanks to God for 50 years of service in the Sanctuary.

As a teenager, Janne was the first female to be made an Altar Server in the Diocese of Brisbane on what was then known as the Tenth Sunday after Trinity 1970. She was jokingly called a "Serviette" and was required to wear a biretta-style hat with a choir robe while serving in the sanctuary at St. Francis Nundah. A few years later, in 1978, Janne became the first female Liturgical Assistant in the Diocese, and began preaching in the country centres of Caboolture parish. Ground-breaking steps continued as, together with the late Rev'd Lucy Quaife, Janne was Ordained Deacon by Bishop George Hearn in 1987 at St Paul's Cathedral Rockhampton, the first women on the eastern seaboard of Australia to be ordained. Priesthood in 1992, again among the first ordinations of women, Janne served the next 20 years in Rockhampton Diocese and was made Canon Emeritus by Bishop Godfrey Fryar.

She is now "retired", but still serving at the Altar of God at Boyne River with parish priest Revd Beryl Andersen.

Janne said, "The whole journey for me has never been about women's rights or equality. It has always simply been God's call on my life, a call that has been in my soul since early childhood. It is a great joy, privilege and blessing to serve at the Altar, in any and every capacity. I give thanks to God for these 50 years."



and villages like Barcaldine, Muttaborra and Aramac.

Luke and Julia Collings (with their children) live and minister in the coal mining town of Moranbah. The Parish's Op Shop is an important community hub, providing needed goods, genuine care, and the good news of Jesus, to locals often remote from functioning home situations. The Collings' are connecting with many locals through friendship, shared interests, church ministries, Bible reading, and online outreach. Philip and Jessica van't Spyker (with their children) are in the Parish of Keppel. Philip is the Families Minister and will also help train youth and children's leaders across the Diocese. It is our hope that these ministries will result in many families and young people, be they remote from the coast and/or remote from God, being connected with Jesus and his Church.

You can be a part of what God is doing through BCA. Your church could Link with one of our ministry families or send a short-term mission team to one of our locations. You might consider becoming a BCA Nomad, combining your road trips with lending a hand in BCA ministry locations. You could use our Prayer Notes to "stand in the gap" for our workers and their ministries. You and your church could also support BCA financially. This supports our workers on the field and enables us to go into new fields of opportunity; and there are many! Go to our website for all the details. God knows that "the bush" is a tough place – the struggle to survive, the mental illness, the suicides and domestic violence, high youth unemployment, the remoteness from key services, the brokenness within Indigenous Australia, and the secularization and attendant spiritual drought, not to mention under-resourced and overlooked churches, all underline the importance of the Bush Church Aid Society. Thank God for BCA! And help us ensure that the love and gospel of Jesus Christ survive and thrive in the bush, for the good of the bush and for the glory of God.

Rev David Rogers-Smith
 BCA Regional Officer QLD/NNSW

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The Bush Church Aid Society started from a deep desire to go beyond where the railway line ends; to reach pioneer settlers isolated from the cities and from God and his gospel. "Never too Far. Never too Few" is the title of BCA's centenary book. For 101 years, BCA has sent out over 1000 ministry workers; brave, sacrificial men and women, married and single, often with young families, who have gone out to live and minister amongst the few and the many.

Remote mining towns like Port Hedland NWA and Mt Isa (NWQLD), isolated rough and tough places like Coober Pedy (SA) and Lightning Ridge (NNSW), remote island communities such as Norfolk and Kangaroo Islands, hugely disadvantaged Aboriginal communities like Wilcannia (WNSW) and the Gulf country (FNQLD), remote towns like Winton (CWQLD) and Quilpie (SWQLD), have all known the love and gospel of Jesus through BCA ministry workers.

In partnership with Anglican Bishops and Dioceses, BCA's enduring mission has been to reach Australia for Christ. We send and support ministry workers for four year terms with the possibility of extensions. We support them financially, with pastoral care, and with one of the most extensive and effective prayer networks in the country. At the present time, BCA supports well over 30 ministry families across the country.

Graeme and Susan Liersch have been ministering in CWQLD to farmers and graziers burdened by drought and debt, to seekers and drifters on the fringe, remote from the local culture, to grieving families affected by suicide, to young people in the schools, remote from the knowledge of God, and of course to God's people, in remote towns

ISOLATING TOGETHER

How have you been surviving through this time of isolation? For some in Central Queensland, things have returned to normal. Back to work, back to school, back to the shops. Yes, perhaps they are a little fearful of COVID re-entering our region, but generally they are finding things are okay.

For others, the fear of COVID keeps them staying away from the rest of the world, isolating at home. They might do some shopping now things are safer. They might hear the news each night and become more anxious. But what effect does it have on them being separated from their Christian friends at Church and mid-week gatherings?

Ecclesiastes 4:9-10 tells us, 'Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!'

This feels like it is written for today. Isolation is difficult because God made us to be like him, people who are made to relate to each other.

Recently, I met an older lady who fell while she was walking along the footpath by Main Beach here in Yeppoon. A stranger saw her situation. He saw her falling only 20 meters ahead of him. He rushed over to try and help, checked on how she was doing, and called an ambulance who took her to the hospital. She remembered him asking the question, "Is there anyone I can call who can come and be with you?" There wasn't. Her daughter worked and didn't live nearby. Here we have one human helping another human in their time of need. Walking together, and when one falls over, another assists them and walks with them. If this is what strangers can do for one another, imagine what a church can do!

Not everyone has the privilege of having someone else at home. In our church, we have a large group of people who live alone at home. In a time of isolation, who do they have to talk to? Who can bring them a meal? Who do they have to turn to? Who will ask?

Jesus said, 'that you love one another as I have loved you'. John's Gospel even repeats these words of Jesus, appearing in both John 13:34 and John 15:12.

We are made to live in community and connect with one another. Relationship is part of life, we are made for relationship, committing to care for each other, and working together in life. Church should be where this is expressed well because through Jesus, we are family.

In Mark 3:34-35, Jesus said, "And looking about at those who sat around him, he said, "Here are my mother and my brothers! For whoever does the will of God, he is my brother and sister and mother." Jesus is being called by his brothers to leave those he was teaching and go home with them. But Jesus reminds them that they can't use the biological family card on him. That his family and our family include everyone who follows Jesus. Jesus is our brother, and our family is anyone else who calls him their brother.

Families in isolation

*With the closure of the Queensland border, our parish has people who have been separated. Grandparents from grandchildren. Mothers from daughters. As fellow members of the body of Christ, we are family. We now have great opportunities to be family to each other. For one lady, her birthday provided the opportunity to invite a family from church over for dinner. She was able to celebrate this special occasion while her own family could not be there.
(Philip van't Spyker)*

Why does this matter to us? Family cares for one another. When a family member is not doing well, the family helps them. They rejoice when someone in the family has good news. Family supports one another when they struggle. We are family. As Anglicans, we are brothers and sisters. As fellow believers in Jesus.

How can we help one another? One way our Parish has sought to connect everyone, is through Connect Groups. Everyone has been placed in a Connect Group, and these all function differently.



Some Connect groups meet by Zoom over the internet. Some Connect groups meet in person. Some Connect groups have a leader who calls up each person in the group each week to see how they are going. Some people have been so encouraged by this that they have begun calling other people in their group, as well.

Life is easier, life is better when we do it together. Let us follow Jesus' instructions and treat each other as family with the love, patience, time, and grace that they deserve from us. It is so important, especially in this time of isolation.

Rev Rob Stanley
Keppel Parish

Working together

In our church the chairs need to be cleaned after each service. We have two young children who love to use a spray bottle. So, they go around and spray the chairs and an adult follows with a cloth to wipe over the chairs. The job is so much faster with more than one person. Plus, we have the added advantage of God's people working together, getting to know the very people they'll be spending eternity with.
(Philip van't Spyker)

Christmas families

As Christmas approaches, some will find this pandemic particularly difficult. We can help each other by opening-up our homes to create a family Christmas. You might use your gifts of cake-making, present buying or reading a favourite book to a young child. Perhaps you can think of even more ways to share God's love with our isolated church family?
(Philip van't Spyker)



Prayer vigil in Biloela for their Tamil family

LIFE IS SAFER IN A TRIBE

Our brains are wired to seek connection. It is a basic survival instinct for humans because life is safer if we have a tribe. When connections are disrupted or not available for people at all, they can experience isolation, which in time invites a host of other complex needs. Helping others to stand when they fall, and accepting help to get up when we fall is an important part of being connected.

Four years ago I met a young Tamil family seeking Asylum in Australia, living in Biloela. I was inspired by their stories of courage and bravery having endured shocking treatment and unspeakable trauma in their country of origin. They had come to Australia individually and found each other in the refugee camps. Once in Biloela they wanted to become part of the community. They supported local groups by volunteering at a charity and joining church craft and play groups. They were supported in turn by local agencies such as Anglicare CQ and the many friends they were making along the way. When any of their friends were having a hard time, they would offer a home cooked curry and a smile. They lifted us up as much as we lifted them up.

Then the time came to stand up for our friends in a flawed refugee system. It started with just a few of us, but we knew we would be at risk of falling on our own. So when we needed more help our community gathered, and then supporters throughout Australia gathered, and in turn allies from around the world were helping to hold our friends up. A global campaign to bring our friends "home to Bilo" was born because my friends had the strength to reach out, and the community had the heart to accept them. I dread to think what may have happened had that solid connection not been formed.

The opportunity to connect with others presents itself to us every day, in big and small ways. A smile, a home cooked meal or making a friend at craft group can establish a relationship that helps someone else, and ourselves, overcome isolation. It can help us form a tribe and satisfy that basic need for safety and connection.

About the author

Bronwyn Dendle serves as a director on the Board of Anglicare CQ. Bronwyn is a social worker with over 20 years of experience working in rural communities. She lives in Biloela with her husband Matt and 5 children.

MUSIC AND MEDITATION

ST PAUL'S CATHEDRAL
PARISH ARE VERY EXCITED TO ANNOUNCE A NEW MINISTRY.



What is it you ask?

Music and Meditation is an unstructured time of meditation and contemplation with the Lord. Set in our magnificent Cathedral, music will help you leave the distractions behind and concentrate on the Lord Jesus. The music is aimed at praising God and drawing us deeper into a relationship with Him. Silence is recommended.

The first session was held on Wednesday August 12 and all of those who attended enjoyed the experience.

From September the session will be held on the first Wednesday of each month, from 5.30pm til 6.15pm. Everyone is welcome to pop in for solitary reflection and contemplation.

At this stage no RSVP is required, though other COVID guidelines do apply and social distancing is mandatory.

Mainly music (outside) was the solution to restarting our beloved mainly music session coming out of lockdown. Under our little big top, the kids can still enjoy all of the singing and dancing and learning about how much God loves them while their families are socially distanced on their own picnic rug. If your kids are not yet at school, bring them along and enjoy the fun.

9:30am every Tuesday of school term

Bring a picnic rug and water bottle

Only \$4 per child or \$6 for a family

All Saints Community, 134 Simpson St, North Rockhampton



CHILDREN'S MINISTRY

Hello, my name is Philip van't Spyker and I have just begun as the Families Minister at Keppel Anglican Church. I will be involved in ministry to the families, kids and teenagers in our parish. I will also be involved in helping churches across the Diocese of Central Queensland to share Jesus with the families and young people in their areas.

Sadly I have no silver bullets that I can send your way. It would be nice to have the perfect program that can be downloaded, plugged in, turned on and just worked, and produce many volunteers and thriving kids' and youth ministries in our diocese who know and love our Lord Jesus Christ. This is not how God's Kingdom grows. As we read the scriptures there is no mention of children's ministry or youth groups. But what we do read a number of times is the idea from Psalm 78 above of one generation passing the deeds that the Lord has done onto the next generation. Each generation sharing the gospel with the next generation. We can be tempted to leave this work to the minister, the young people, the Sunday School teacher, the RI teacher, the Youth camp leaders and perhaps in this century – the internet.

Passing the gospel on to the next generation is not a one-off event, this is an all of life process that starts right from a young age. Do you remember in 2 Timothy 1? Paul writes of how the young church leader Timothy has known the holy scriptures since birth, he was taught by his mother Eunice and his grandmother Lois.

I imagine this involved reading the scriptures with him each day. Visiting the synagogue each week, even if it interrupted his sleep or his football games.

At our Synod in July, Administrator Tom Henderson-Brooks gave a very bleak report on our diocese. He shared of how our churches are missing many generations. Our churches have not passed the gospel onto the next generation.

*What we have heard and know,
and what our fathers have
declared to us, we will declare to
the generation to come
The glorious
deeds of the
LORD and his
strength.*

Psalm 78:3-4



We need to work very hard, perhaps in new ways as a church to pass Gospel this onto the next generation. As the Bishop-Elect Peter Grice told us, we need to begin with prayer. Pray for the young people we have and for those in our community that don't yet know the Lord.

Work firstly with the children and youth that we have. Each child or young person will do well to have 5 older Christians investing into their lives. Praying for them, greeting them by name every week saying: 'hello, it's great to see you in our church'. They need older generations, modelling what it means to follow Jesus, taking responsibility to grow as a Christian – church, Bible reading, praying, sharing our faith with others. Appropriately doing ministry with them – sanitizing chairs after church together, with parents' involvement mowing the church lawns and going for a milkshake afterwards.

It's a big job that our all-powerful God has given us and by his Spirit he is working in us to do it.

Rev Phillip van't Spyker
Families Minister, CQ Diocese

KEPPEL ANGLICAN CHURCH PRESENTS

CENTRAL QUEENSLAND

SONFORCE KIDS

SPECIAL AGENTS

HOME DELIVERED

SONFORCE KIDS IS A FUN PROGRAM FOR KIDS ACROSS CENTRAL QUEENSLAND.

EACH MORNING WE'LL START TOGETHER ON THE COMPUTER USING ZOOM.
WE'LL WORK ON OUR SPY SKILLS.
SING LOUD MUSIC, MEET JESUS IN THE BIBLE.
WE'LL GO OFFLINE TO MAKE SOME SPY EQUIPMENT, EAT SOME GREAT FOOD
AND TALK ABOUT WHAT WE LEARN'T.
WE'LL COME BACK TOGETHER ON ZOOM TO SHARE WHAT WE'VE DONE.

FOR MORE INFORMATION: PHILIP VAN'T SPYKER, 0416 258 292
FAMILIES MINISTER AT KEPPEL ANGLICAN CHURCH.

28 SEP - 2 OCT 2020 9:00-12:00PM
FOR KIDS IN PREP-6

Register at www.keppelanglican.org
Rego closes 13 September 2020
Cost: \$10 donation per family.

SCAN ME

HOW BIG IS YOUR HEART?



Gladstone
Jaclyn Rideout
4970 6106
jrideout@anglicarecq.org.au

Emerald
Beth Carpenter
4897 0203
bcarpenter@anglicarecq.org.au

Rockhampton
Di Cooper
4837 5334
dcooper@anglicarecq.org.au

Currently there are nearly 2000 children in care across Central Queensland, and a shortage of Foster Carers.

If you or somebody you know can provide a safe and caring their home for a child in need, please contact the AnglicareCQ Foster Care Team. It is a very special job and there is a desperate need for more people to help.

All you need is a generous heart. AnglicareCQ provide all the training and support needed.

Anglicare
Central Queensland

working with people to make the best of their lives

SUPPORTING SEAFARERS

Isolation can be interpreted in many different ways – sometimes although we are surrounded by people we find that we don't have any meaningful connections and so internally we are isolated and alone. This is often the case for Seafarers who crave human interaction, as simple as a warm smiling face to create that sense of belonging in them. So often we find a concept of Pity and Sorrow around those isolated in our communities – be it Seafarers or locals in Gladstone. Organisations want us to feel sorry for the downtrodden and the isolated and they use our emotions and our pity to generate support for them. It's an effective tool, but it doesn't encourage social role valorisation or respect for these men and women and so they continue to feel downtrodden.

At GSC we are combating isolation by working to integrate Seafarers into our community as respected, brave, essential workers.

Ask yourself this question – would you live away from your families with very little contact for 9 months of the year? Would you be willing or able to work a physically demanding job 12 hours a day, 7 days per week for this 9 month period? Could your body run on a \$7/day budget for your food? I know I couldn't and so I respect the Seafarers for their hard work and dedication to their work. I admire their willingness to provide for their families by sacrificing the time they have to spend with them. I admire their tenacity to continue working months and months longer past the end of their agreed contracts with no idea of when they are returning home. The amazing thing about identifying Seafarers' loneliness is that the deeper we dig the more we begin to recognise that our community of volunteers and members are often in the same boat...

For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer him, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'

Matthew 25:35-40 (NRSV)

The best way we can combat the loneliness of the Seafarer and our members who sometimes feel disconnected and isolated from those around them is to sit and listen to them. Amongst all the hustle and bustle or today's world and all the additional strain put on our systems by COVID restrictions we find that stopping and having a cup of coffee make the world of difference. Having a chat and asking someone to tell you a bit of their story, what brought you to our centre seems like a great question to start with. No matter if it's a volunteer or a Seafarer, making that connection, however fleeting it may be is a simple step we can take to combating our own isolation.

Jess Mullhall
GSC Manager





KAREEN'S KITCHEN

Hi there, Kareen again.

This month I thought I would share with you a meatless meal. A delicious, hearty, belly filling stew, that in my experience, has had meat lovers asking for seconds!

This recipe comes from English chef, Hugh Fearnley-Whittingstall, and my kids love it. I hope you do as well!

NORTH AFRICAN PUMPKIN AND CHICKPEA STEW

Serves 6

From the book "River cottage veg everyday".

Ingredients

- 2 tbs oil
- 1 large onion diced
- 2 cloves garlic finely chopped
- 1 celery stalk diced
- 1 tsp pepper
- 1 tsp ground turmeric
- ½ tsp cinnamon
- ½ tsp ginger
- 100g red lentils
- 400g tin chickpeas drained
- 500ml passata
- A good handful roughly chopped parsley
- Same of coriander (*though I never have as I personally can't stand the stuff!*)
- 300g pumpkin
- 3-4 dried dates chopped
- 1.2 litres vegetable stock/water (*chicken stock if no need to be vegetarian*)
- 1 bay leaf, optional
- 50g small pasta (macaroni, rissoni)

Method

1. Heat the oil in a large pot over medium heat.
2. Add the onions and sauté until just starting to turn golden.
3. Turn the heat down to medium low and add garlic, celery and spices. Cook for a couple of minutes.
4. Now add the lentils, chickpeas, passata, parsley and ½ the coriander. Cook on low heat for about 15 minutes.
5. Meanwhile cut the pumpkin into large cubes. Add to the pot with the stock, bay leaf and dates. Cover and simmer gently for about 30 minutes.
6. Now add the pasta and simmer till cooked, approximately 8 minutes more. Season with salt and pepper to taste.
7. Serve with the remaining coriander leaves and a few extra dates if you like.
8. And to stretch it further serve with naan bread.



"Remind me never to ask the Youth Group to help fold the church bulletins again."





COVID SAFE UPDATE

The Queensland Government continues to monitor the spread of the Coronavirus and adjusts the restrictions as applicable. The Administrator issued the following advice, via an AdClerum, on Saturday 22 August.

Effective from 22 August

- **Parishes WITHOUT a COVID Safe Plan**
Full force of the new QLD restrictions apply including meetings limited to 30 people.
- **Parishes WITH a COVID Safe Plan**
Restrictions remain unchanged
- **Re-Evaluate Your Risk**
Community transmission is of concern so regions with greater tourist numbers need to rethink current exemptions and have regard for those who are more vulnerable.
- **Social Gatherings and Outdoor Events**
ALL functions/events restricted to maximum 30 people. Children count as people! Physical contact is only permissible with those you live with.
- **Activities in Church Halls**
Unchanged providing there is an Industry COVID Safe Plan in place
- **Op Shops and Bargain Shops**
Unchanged providing there is an Industry COVID Safe Plan in place
- **Contact Tracing is a MUST**
Keeping records to enable immediate Contact Tracing is a legal requirement! Details must be collected and retained for 56 days.

• Aged Care/Hospital/Disability Visiting

Entry is **prohibited** if you have: been overseas; been in a COVID hotspot; had contact with a known COVID case in the previous 2 weeks; have a temperature of 37.5 degrees or higher; or have symptoms of acute respiratory infection.

Volunteers and contractors will not be allowed to enter if they have not had the 2020 flu vaccine.

All Parish Visitors, Church Pastoral Carers or anyone visiting care facilities must provide evidence of their 2020 Flu Shot to the Safe Ministry Coordinator, via the Diocesan Office.

All clergy/pastoral visitors must wear an approved mask when visiting.

Please Remember!

- **Flu-like Symptoms**→ stay at home, get tested.
- **Physical Distancing**→ is to the extent possible. Maximise if you can. Minimum 1.5m.
- **Hand Hygiene**→ continue to wash hands thoroughly or use alcohol-based sanitiser.
- **Respiratory Hygiene**→ continue to cough/sneeze into elbow.
- **Tracking, Tracing, Rapid Response**→ must keep attendee contact lists for 56 days/event.
- **Frequent Environmental Cleaning + Disinfection**→ must clean between events/use.

Please contact the Diocese Office or the Safe Ministry Coordinator, Rev Jen Hercott and ask questions if you are unsure of anything.

We heartily thank this month's contributors and welcome your contributions.

CQFirst is the monthly online publication of the Anglican Diocese of Rockhampton, QLD.

Barb Smith - Production/Layout
Tom Henderson-Brooks - Editor/Layout
Next Edition Deadline: Wed 16 September
Next Edition Theme: 'Prayer Changes....'

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