



St Paul's Cathedral, Sale

St Alban's Kilmany, St Anne's Golden Beach & St Mark's Loch Sport

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***Cathedral Parish Vision: "People of Christian faith –
Encouraging connection between the Divine and the everyday.***

***4th February
Epiphany 5***

Sunday Bulletin Welcome ! - Wuman njinde

We acknowledge the Gunaikurnai people as the original custodians of this region.

All churches of the parish stand on the lands of the Gunaikurnai people.

Hymn 8am TiS 102 Praise to the living God

Sentence from Scripture

Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles. *Isaiah 40.31*

Prayer of the Day

Saving God,
whose Son, Jesus Christ, healed the sick
and brought them wholeness of body and mind:
inspire us, his disciples,
so that we may constantly proclaim his gospel
by our words
and by the dedication and integrity of our lives;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Prayer for St Paul's

Come Holy Spirit breathe through us:

Enable us to know and make known the connection between You and the everyday.

Help us to be relevant and approachable to the community, to engage inclusively with them and each other, and to stay connected with you.

Enable us to show Christ's unconditional love in action.

This we ask in Jesus name, Amen.

A Reading from the Book of Isaiah

Have you not known? Have you not heard?

Has it not been told you from the beginning?

Have you not understood from the foundations of the earth?

It is he who sits above the circle of the earth,

and its inhabitants are like grasshoppers;

who stretches out the heavens like a curtain,

and spreads them like a tent to live in;

who brings princes to naught,

and makes the rulers of the earth as nothing.

Scarcely are they planted, scarcely sown,

scarcely has their stem taken root in the earth,

when he blows upon them, and they wither,

and the tempest carries them off like stubble.

To whom then will you compare me,

or who is my equal? says the Holy One.

Lift up your eyes on high and see:

Who created these?

He who brings out their host and numbers them,

calling them all by name;

because he is great in strength,

mighty in power, not one is missing.

Why do you say, O Jacob, and speak, O Israel,

'My way is hidden from the Lord,

and my right is disregarded by my God'?

Have you not known? Have you not heard?

The Lord is the everlasting God,

the Creator of the ends of the earth.

He does not faint or grow weary;

his understanding is unsearchable.

He gives power to the faint,

and strengthens the powerless.

Even youths will faint and be weary,

and the young will fall exhausted;

but those who wait for the Lord shall renew their strength,

they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint. *Isaiah 40.21-31*
Hear the word of the Lord. **Thanks be to God.**

Psalm 147.1-11

O praise the Lord, for it is good to sing praises to our God:

and to praise him is joyful and right.

The Lord is rebuilding Jerusalem:

he is gathering together the scattered outcasts of Israel.

He heals the broken in spirit:

and binds up their wounds.

He counts the number of the stars:

and calls them all by name.

Great is our Lord, and great is his power:

there is no measuring his understanding.

The Lord restores the humble:

but he brings down the wicked to the dust.

O sing to the Lord a song of thanksgiving:

sing praises to our God upon the harp.

He covers the heavens with cloud,

and prepares rain for the earth:

and makes the grass to sprout upon the mountains.

He gives the cattle their food:

and feeds the young ravens that call to him.

He takes no pleasure in the strength of a horse:

nor does he delight in anyone's legs,

But the Lord's delight is in those that fear him:

who wait in hope for his mercy.

A Reading from Paul's First Letter to the Corinthians

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe betide me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission.

What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, so that I might by any means save some. I do it all for the sake of the gospel, so that I may share in its blessings. *1 Corinthians 9.16-23*

Hear the word of the Lord. **Thanks be to God.**

Gospel Hymn 8am TiS 282 (T 411) The voice of God

The Gospel of our Lord Jesus Christ according to Mark

Glory to you Lord Jesus Christ.

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sunset, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, 'Everyone is searching for you.' He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons. *Mark 1.29-39*

For the Gospel of the Lord. **Praise to you Lord Jesus Christ**

Offertory Hymn 8am TiS 181 Come O God of all the earth

Prayers:

- For missionaries/agencies: ABM, CMS, BCA, Rich & Julie, 123 Project
- For Archbishop elect Kay Goldsworthy and family as she commences her new ministry this week, and safety for all who travel to Perth to support her.
- The Eastern Region of the Diocese, Archdeacon Edie Ashley, Regional Dean Rev'd Lyndon Philips
- For Aboriginal Ministry, Rev'd Phyllis Andy & Kathy Dalton
- For Dean Susanna Pain and Rev'd Nikolai Blaskow
- For Hospital and Nursing Home Ministries in Sale: Chaplain The Rev'd Heather Toms and pastoral visiting teams.
- For the congregation and ministry of St Anne's Golden Beach

For those in special need: Lisa C, Andrew G, Heather C, Henry, Xavier & Matthew K, Leeanne, Loz., Libby

For those who mourn.

At the time of choosing a bishop

Eternal God, shepherd and guide,
in your mercy give your Church in this diocese
a shepherd after your own heart who will walk in your ways,
and with loving care watch over your people.

Give us a leader of vision and a teacher of your truth.

So may your Church be built up and your name glorified;
through Jesus Christ our Lord. Amen.



Cathedral Prayer Chain Requests

Please contact Naomi McDonald 5144 5922 Kerrie Smith 51456783

The prayer chain is for anyone in need of prayer

From the Dean

Jesus' Healing Ministry

Jesus was a pulsing centre of divine power and energy. Like an electrical transformer, the energy of love flowed from Jesus toward persons in need of physical, relational, emotional, and spiritual healing. The power that emanated from his touch and presence was akin to the power of the big bang and the first light of creation, the primal energy that penetrates the darkness and brings forth life from God's womb of creativity. Grounded in his unity with God, Jesus was the connective "vine" through whom God's life-giving energy flowed abundantly to everyone he touched.

Jesus' healing was profoundly personal and intimate in nature. It embraced the whole of a person's life and not merely her or his physical symptoms. Even those who were troubled by painful physical ailments knew that a physical cure or alleviation of symptoms was not enough to bring them wholeness. Many came to Jesus in search of transformation of their minds as well as their bodies.

In addition, it is helpful to know that Jesus used a variety of healing methods – touch, the spoken word, prayer and distant healing, spittle and mud, exorcism, and personal challenge. Recognizing the uniqueness of each person and the multidimensional nature of health and illness, Jesus used whatever means would be most helpful to the one who stood before him. He did not compel persons to become well, but invited them to claim the healing that was God's will for their lives as reflected in their deepest spiritual desires. Jesus asked questions of persons in need of wholeness, such as "What do you want me to do for you?" or "Do you want to be healed?" Jesus recognized that wholeness cannot be coerced, but must be accepted and embraced, consciously or unconsciously, at the right time and place.

We are fortunate that Jesus did *not* practice, teach, or recommend only *one* method of healing. Jesus' many-faceted style of healing gives us the freedom to seek healing and wholeness by whatever means are appropriate, convenient, and requested by the person in need. As we stated before, wherever there is healing and truth, God is its ultimate source. God, whose creativity and love is manifest in every cell of our bodies and in every loving thought, can use any method to bring wholeness to ourselves or another. Accordingly, followers of Jesus' way of healing can employ surgery, medication, and chemotherapy, but they can also utilize acupuncture, chiropractic, massage, therapeutic touch, and reiki.

Still we can gain much by reflecting on the gospel accounts of Jesus' healing, even though we recognize that the gospels only give a glimpse of the fullness of Jesus' ministry of wholeness and love. As John's gospel notes, "But

there are also many other things that Jesus did; if every one of them were written down, I suppose the world itself could not contain all the books that would be written” (John 21:25). In meditating on Jesus’ healing ministry, we find the inspiration to become vehicles of divine healing in the 21st century.

Reiki Healing Touch and The Way of Jesus *by Bruce G. Epperly, PHD and Katherine Gould Epperly, DMIN. Copyright © 2005 Wood Lake Publishing Inc. Used by permission*

Please pray for Bishop Kay as she is installed as the eighth Archbishop of Perth, and Metropolitan of the Province of Western Australia in St George’s Cathedral, Perth, on Saturday 10 February 2018. Nikolai and I, along with others from Gippsland will be attending. Thank you to Rev’d Chris Shields for taking the services next Sunday.

Susanna

Heather Toms joins us next week as part of the clergy team. *She writes:*

I am looking forward to being part of the Cathedral Team Ministry. I offer my ministry as being true to myself, bringing a strong sense of pastoral care to each person I encounter as my passion is for those on the fringes, those whom Church has been painful and non-accepting. To visit those who are unable to attend mainstream church for a number of reasons, nursing homes and wherever there is a need to serve God in whatever capacity I am able. To support the Dean, the Ministry Team and Parishioners. I am driven to keep my eyes focused and my heart beating for Christ. I see this ministry as both an honour and privilege to be serving God and the people of the Parish. I do all this in faith, trusting God to guide me every step of the way and when God says go, I am willing go. For whatever I do, it is not in my strength but in God’s, for nothing is impossible for God. My prayer is that we continue to journey together as a faithful community.

Heather

News and Events

We **welcome Malachi Solomon Loveless** and his family and friends today as Solomon is baptized during the 10am service.

At both services this morning we commission Tadpoles leaders, mainly music leaders, youth group leaders, Sunday Club leaders, and Messy Church leaders.

Today there is a **Lay Readers** meeting at 3pm and our monthly **Healing Service** at 5pm. Please come with your own or other people’s prayer needs.

Pancakes: Tuesday 13 February is Shrove Tuesday or Pancake Day! Join us for pancakes at Delbridge Hall at **6pm** Put your name on the list if you’re coming so we know how many to cater for and if you can help Nikolai cook on the day, or prepare any beforehand.

Ash Wednesday Services 10am and 7.30 pm 14th February

During Lent we will be holding daily '**Breathing Space**' for prayer and reflection, Monday to Thursday at 5.30pm - 6pm in the Lady Chapel.

Lenten studies - Susanna will be leading a **Lenten Study 3pm – 4.30pm Wednesdays in Lent from 21 February to 28 March** using the ABM Lent study 2018 written by Dr Julie and Stewart.

'Hear the stories stories indeed reflect our common humanity and bind us to one another in a common destiny, apparently even beyond time and space'. William Bausch

The study focuses on the United Nations sustainable development goals (SDG) and the words from the prophet Isaiah

Is not this the fast that I choose: to lose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless pour into your house; when you see the naked, to cover them, And not to hide yourself from your own kin? Isaiah 58:6-9

These Lenten studies use the SDGs, scripture, and stories from around the world to unpack the call of Isaiah 58 and to encourage us to respond to the challenges posed by the goals as we seek to answer Isaiah's call to us all, as God's people.

There will be a Sides people's meeting for those who welcome and collect the offertory in church and a **Readers Meeting** for those who read or are interested in reading in church – *in March*.

Chapter planning day - **Saturday 24 February 9.30am to 3pm** at Delbridge Hall and Chapter meets this Tuesday evening.

Tadpoles Playgroup start back at 9.30am Tuesday Feb 6th and *mainly music* Thursday 8th at 9.30am.

St Paul's Wanderers start back on Friday Feb 9th and we are meeting at the Gippy (opposite MacDonald's) for lunch at 12 noon. Contact Jan for more details

St Paul's Mens' Breakfast Group will meet on Saturday February 10th at 8.00am at the Triple F Cafe for their fellowship meeting, then on Saturday March 10th in the Delbridge Hall with guest speaker The Rev. Nikolai Blaskow.

The **Friday Afternoon group** has room for more members. We meet at 73 Lansdowne St each Friday during term time to read and discuss the readings for the following Sunday. Time 1.45. Ro 51444514

Mission Helpers are collecting (used) **stamps**, Christmas Cards, Birthday Cards and any other type of card for CMS to help raise funds for their aid to Medical Mission Auxiliary. Could you please leave cards at the Cathedral office or give to Robyn. Thanks for your help. *Robyn Bruhn*

Internet Bank Transfer: Cathedral's ministry and mission
BSB 013-795 Account no: 4962-98866 Ref: Offering or ? ?? guttering!!??
Internet Bank Transfer: St Paul's Building Fund (new for 2017)
BSB 705 077 Acc no: 000 409 69 NO reference needed
Cheques made out to Anglican Diocese of Gippsland

VOLUNTEER ROSTERS for the coming week
Morning Tea: 8am: R Weir /H Harrap **10am:** L Glover/C Grove
February Flowers: Lyn Ruff
Readings for 11th February - Transfiguration
1st- 2 Kings 2.1-12 **2nd** - 2 Corinthians 4.3-12 **G** - Mark 1.29-39

Weekly Diary of Church Activities

- 5th Monday**
5.15pm Evening Prayer and Intercession meeting in the cathedral
- 6th Tuesday**
9.30am Tadpoles Playgroup
7.30pm Chapter Meeting
- 7th Wednesday**
7.45am Meditation Group in Lady Chapel *'pre' stretching at 7.30*
1.45pm *Service at Opal Nursing Home*
- 8th Thursday** *Susanna away - Perth*
9.30 am *mainly music*
5.30 pm Meditation Group in Lady Chapel
- 9th Friday** *Susanna away - Perth*
12noon St Paul's Wanderers lunch at the Gippy
- 10th Saturday** *Susanna away - Perth*
8.00am Mens' Breakfast at Triple F Café

Out Centre Services

Today: 10.30am St Anne's Golden Beach
Next Sunday: 2.30pm St Mark's Loch Sport

Sunday Bulletin: Christine Morris 51444979 cmorris@wideband.net.au

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