



St Paul's Cathedral, Sale

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

*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.*

Dean: The Very Rev'd Susanna Pain 0418 637 469 susanna.pain@gmail.com

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

12 August 2018

Pentecost 12

Sunday Bulletin

Hymn 8am TiS 100 All creatures of our God and King.

10am TiS 152 Joyful Joyful

Sentence from Scripture

Be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us. *Ephesians 5.1–2*

Prayer of the Day

Grant, O Lord,
that we may see in you the fulfilment of all our need,
and may turn from every false satisfaction
to feed on the true and living bread
that you have given us in Jesus Christ;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever.

Amen.

Holy Communion Services at St Paul's:

Sundays - 8.00am and 10.00am (including Sunday Club for primary aged children)

Wednesdays – 10.00am in the Lady Chapel

<i>Sunday</i>	Healing Eucharist	<i>1st Sunday of the month at 5.00 pm</i>
<i>Evenings</i>	Q&A	<i>Occasionally 2nd Sunday of the month 3.30pm to 5pm</i>
	Messy Church	<i>3rd Sunday of the month at 4.00 pm</i>
	Contemplative Service	<i>Last Sunday of the month at 5.00pm</i>

Out Centre Services:

St Anne's Golden Beach 10.30am 1st Sunday 2.00pm 3rd Sunday of the month

St Alban's Kilmany 11.00am 3rd Sunday of the month

St Mark's Loch Sport 10.30am 2nd and 4th Sundays of the month **TODAY**

Hon. Priest: Rev'd Nikolai Blaskow 0428 167 724 nikolai@nikolaiblaskow.com

Hon. Deacon: Rev'd Brian Norris 0418 633446 BrianN@gippsanglican.org.au

Associate Priest/Hospital Chaplain: Rev'd Heather Toms 0400 512 217

Cathedral Organist: Anthony Hahn 0437 569 608

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 Second Book of Samuel

The king gave orders to Joab and Abishai and Ittai, saying, 'Deal gently for my sake with the young man Absalom.' And all the people heard when the king gave orders to all the commanders concerning Absalom. So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. Joab said, 'I will not waste time like this with you.' He took three spears in his hand, and thrust them into the heart of Absalom, while he was still alive in the oak. Then the Cushite came; and the Cushite said, 'Good tidings for my lord the king! For the Lord has vindicated you this day, delivering you from the power of all who rose up against you.' The king said to the Cushite, 'Is it well with the young man Absalom?' The Cushite answered, 'May the enemies of my lord the king, and all who rise up to do you harm, be like that young man.' The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, 'O my son Absalom, my son, my son Absalom! Would that I had died instead of you, O Absalom, my son, my son!' *2 Samuel 18.5-9, 14, 31-33*

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

Psalm 130

Out of the depths have I called to you, O Lord:

Lord, hear my voice;

O let your ears consider well:

the voice of my supplication.

If you, Lord, should note what we do wrong:

who then, O Lord, could stand?

But there is forgiveness with you:

so that you shall be feared.

I wait for the Lord, my soul waits for him:

and in his word is my hope.

My soul looks for the Lord:

more than watchmen for the morning,

more, I say, than watchmen for the morning.

O Israel, trust in the Lord, for with the Lord there is mercy:

and with him is ample redemption.

He will redeem Israel:

from the multitude of their sins.

A Reading from The Letter to the Ephesians

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. *Ephesians 4.25 - 5.2*

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

Gospel Hymn 8am TIS 576 (tune 35) O for a close walk with God.

10am The Summons - will you come and follow me

The Gospel of our Lord Jesus Christ according to John

Glory to you Lord Jesus Christ.

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

John 6.35, 41-51

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

Offertory Hymn 8am TIS 648 (tune 457) Help us accept each other.

10am TiS 683 God! When human bonds are broken

Final Hymn 10am MP 743 We'll walk the land with hearts on fire

Prayers:

- For missionaries/agencies: ABM, CMS, BCA, Rich & Julie, 123 Project
- Bishop Elect Richard, Leanne, Rachel and Nicholas.
- The Western Region of the Diocese, Archdeacon Philip Muston, Regional Dean Sue Jacka
- For Dean Susanna Pain and Rev'd Nikolai Blaskow
- For ministry with Families and Sunday Club Ministry
- For congregation and ministry of St Mark's Loch Sport
- Gippsland and St Paul's Grammar Schools, and the State Schools in Sale:
Chaplains: The Rev'd Rich Lanham-GG , Russell Ferguson-Sale College
Martin Burnell-545

For those in special need: Judy T, Andrew G, Heather C, Guy M.

For those who mourn.

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

Christine Valters Paintner invites us to regard everything in our life as sacred. “Practice by bringing a sense of reverence to everything you do”, she suggests – “both those things that naturally call forth a sense of holy presence and those things that you perhaps dread or do with a sense of drudgery.”

Joan Chittister suggests living the active life contemplatively. She writes: “Benedictine spirituality brings depth and focus to doing this. It is is as concerned with the way a thing is done as it is with what is done: guests are to be received as Christ; foods are to be selected with care; the goods of the monastery are to be treated reverently; pilgrims and the poor are to be treated with special attention – all for the love of Christ. Life is not divided into parts holy and mundane. All of life is sacred. All of life is holy. All of life is to be held in anointed hands.”

Linda Breitag sings:

Brother, sister take your time- go slowly...
Listen very carefully; simple things are holy.

The shape of a cat and the smile of a stranger,
A loved one asleep in no fear or danger...

The careless glory of the young and the grace of old lovers...
the trail of geese across the sky and the hawk that hovers...
the painful apology- and the welcoming pardon,
the first crocus of the Spring; the overflowing garden...

Brother, sister take your time- go slowly...
Listen very carefully; simple things are holy.

The head sinking in despair, the hand on the shoulder...
the tear of the lonely one, the arms that'll hold her
Good friends wrestling in the park- the wild, shouting laughter...
the low moaning in the dark, the sweet silence after...

The sun on my Winter bones, the slow Summer thunder
A last breath upon this Earth; the eyes wide in wonder

Oh, brother take your time- and sister go slowly...
listen very carefully simple things are holy."

One of the talks at the Deans' Conference was on Resilience and Wellbeing. The speaker, Kirstie Bucknell, proposed seven factors that can improve Spiritual Wellbeing:

1. Meaning- Finding a sense of meaning. A calling is more satisfying than work or a career. Why not write your own life story?
2. Remembering or savouring happy events- create photo albums. Remember. Keep a prayer diary of answered prayer. Journal.
3. Meditation and prayer are important.
4. Gratitude and Thankfulness - Listen to songs and music of praise, look for the good. For 21 days, daily scan for good - Daily, think of three things that you are thankful for, write them down. Be thankful, and you will become less anxious, less depressed.. levels of well being will improve. Be thankful.
5. Forgiveness- forgiving people are happier
6. Build quality relationships
7. Practice random acts of kindness - being other person-centred is good for us.

She also said that research shows that engaging in reading/studying the bible 4x per week is a strong predictor of resilience.

“Life is not divided into parts holy and mundane. All of life is sacred. All of life is holy. All of life is to be held in anointed hands.”

Susanna

I asked a while ago if you'd be interested in being in a small group.

Kate Campbell is following this up for me. She writes:

Small groups can take many different forms and we have a number of small groups already gathering within our parish. Some are long term eg home bible studies, meditation, KYB. Others are “seasonal” – Lent and Advent group studies, Lent and Advent “breathing space”, or focus with a particular book like Artist's Rule, which has recently begun. Kate Campbell would like to hear from you if are interested in being part of a small group, perhaps even beginning a small group or would simply like to have a conversation about what is available or what other areas of focus interest you might want or need to nourish you, to ‘feed your soul’. It might be a particular type of study group, a ‘craft’ group, or ? Please leave your name and a contact number on the sheet or leave a message at the parish office and I will be very happy to chat with you or my number is 0402514829. *Kate Campbell*

We are planning a ‘Stations of the Cross Exhibition’ in Lent next year. If you are interested in being a part of it, there is a meeting on Sunday 26th August at 11.30am in the community room to discuss and plan.

News and Events

THANK YOU so much to the very hardworking women who helped serve and clean up at the CWA lunch on Friday. Amazing Job! Well done! And thanks also to those who have attended the working bees – or cleaned at other times.

Bishop elect Richard will be **Installed as Bishop of Gippsland at 11am on Sat 18th August St Paul's Sale**. *Please fill in list if intending to attend asap.*

We are also needing people to help set up the hall/cathedral with chairs on Thursday afternoon or Friday 17th, See Christine if you can help in any way.

Anam Cara Quiet Day will be held on Saturday 25th August 2018, 9.30am – 3.30pm. Leader: The Rev'd David Head

NAIDOC celebrations reminds us that it is the **month to donate money to support our local Aboriginal Ministers**. Small marked Brown envelopes available on side table.

We also need to top up our **Food Cupboard money** as we have needed to top up some items. Bean can money tin in cathedral on Sunday.

We are running our winter raffle-nearly \$600 in prizes. If you can take a packet of 10 tickets to sell to your friends, or just buy some, it will be **drawn on the 19th August**. So far nearly \$800 raised! Thanks you to all who have helped sell tickets down the street.

'**The Artist's Rule**' **Book Group** continues on Wednesday 22nd August at 11.30am.

Men's Retreat at St Paul's Cathedral, 9:30am to 3:00pm, on Saturday, Sept 1st, 2018. Led by Nikolai Blaskow.

The St Paul's Men's Breakfast Group "**Garage Sale**" is on **Saturday October 6th**. *Small items can now go into the youth hut. See pamphlet*

St. Paul's Mission Helpers is a group of ladies collecting items for mission either in Sale, Gippsland and overseas. We meet bi-monthly on the 3rd Monday of the month where we enjoy a get together, and we plan any help we can give to local or overseas missions. Each meeting people from outside our group send in items to be forwarded to mission, and these are distributed along with any money received. We don't do large scale donations just small things that mean a lot to those receiving them. Every meeting is followed by a cup of tea, cake and a very friendly chat. We would welcome new members into our group as our average age rises, and young or old are most welcome. The next meeting is on **Monday 27th August at 1.30pm in the meeting room**.

Defibrillator. Chapter has decided to purchase a defibrillator for the Cathedral. We are sourcing it through St John's Ambulance so that ten parishioners can be trained in its use. Anyone who would like to be trained or who is already trained please let Susanna or the office know. Very generous donations towards the purchase and training have been received already, but we still need about \$1,000 to finalise the purchase. Donations can be made via the bank or plate.

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
 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 / ?
Flowers: J Mielke
Readings for 19th August
 1st – 1 Kings 2.10-12;3.3-14 2nd – Ephesians 5.11-21 G - John 6.51-58

Weekly Diary of Church Activities

13th Monday	5.30pm	Intercessory Prayer Meeting
14th Tuesday	9.30am 3.00pm	Tadpoles Playgroup Service at Royal Freemasons
15th Wednesday	7.45am 10.00am 1.30pm	Meditation Group in Lady Chapel <i>'pre' stretching at 7.30</i> Holy Communion in the Lady Chapel Service at Opal Nursing Home
16th Thursday	9.30am 11.00am 1.00pm 5.30pm	<i>mainly music</i> Service at Ashleigh House Funeral Service for Danny Elliman Meditation Group in Lady Chapel
17th Friday		Set up for Installation
18th Saturday	11.00am	The Installation Of The Right Reverend Dr Richard Treloar As The Thirteenth Bishop Of Gippsland

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