



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

Cathedral Office: 149 Cunninghame Street P.O. Box 691 Sale Vic 3850

Phone: 5144 2020 **email:** stpaulssale@wideband.net.au

Website: stpaulssale.org.au **Facebook:** www.facebook.com/StPaulsCathedralSale

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

19 August 2018

Pentecost 13

Sunday Bulletin

Hymn 8am TiS 671 Forth in your name

10am TiS 474 Here in this place

Sentence from Scripture

Jesus said, 'Those who eat my flesh and drink my blood abide in me, and I in them.' *John 6.56*

Prayer of the Day

Everliving God,
your Son, Jesus Christ,
gave himself as living bread for the life of the world:
give us such a knowledge of his presence
that we may be strengthened and sustained by his risen life
to serve you continually;
through Jesus Christ our Lord,
who lives and reigns with you in unity with the Holy Spirit,
one God, for ever and 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>	TODAY
	Contemplative Service	<i>Last Sunday of the month at 5.00pm</i>	

Out Centre Services:

St Anne's Golden Beach	<i>10.30am</i>	<i>1st Sunday 2.00pm</i>	<i>3rd Sunday of the month</i>	TODAY
St Alban's Kilmany	<i>11.00am</i>	<i>3rd Sunday of the month</i>		TODAY
St Mark's Loch Sport	<i>10.30am</i>	<i>2nd and 4th Sundays of the month</i>		

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 First Book of Kings

Then David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned for seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established. Solomon loved the Lord, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt-offerings on that altar. At Gibeon the Lord appeared to Solomon in a dream by night; and God said, 'Ask what I should give you.' And Solomon said, 'You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart towards you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?' It pleased the Lord that Solomon had asked this. God said to him, 'Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honour all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life.' *1 Kings 2.10-12; 3.3-14*

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

Psalm 111

O praise the Lord. I will praise the Lord with my whole heart:
in the company of the upright and among the congregation.

The works of the Lord are great:
and studied by all who take delight in them.

His deeds are majestic and glorious:
and his righteousness stands for ever.

His marvellous acts have won him a name to be remembered:
the Lord is gracious and merciful.

He gives food to those that fear him:
he remembers his covenant for ever.

He showed his people the power of his acts:
in giving them the heritage of the heathen.

The works of his hands are faithful and just:
and all his commandments are sure;

They stand firm for ever and ever:
they are done in faithfulness and in truth.

He sent redemption to his people,
he ordained his covenant for ever:
holy is his name and worthy to be feared.

The fear of the Lord is the beginning of wisdom,
and of good understanding are those
that keep his commandments:
his praise shall endure for ever.

A Reading from The Letter to the Ephesians

Take no part in the unfruitful works of darkness, but instead expose them.
For it is shameful even to mention what such people do secretly;
but everything exposed by the light becomes visible,
for everything that becomes visible is light. Therefore it says,
'Sleeper, awake!

Rise from the dead,
and Christ will shine on you.'

Be careful then how you live, not as unwise people but as wise,
making the most of the time, because the days are evil.

So do not be foolish, but understand what the will of the Lord is.

Do not get drunk with wine, for that is debauchery; but be filled with the Spirit,
as you sing psalms and hymns and spiritual songs among yourselves, singing and
making melody to the Lord in your hearts,
giving thanks to God the Father at all times and for everything in the name of our
Lord Jesus Christ.

Be subject to one another out of reverence for Christ. *Ephesians 5.11-21*
Hear the word of the Lord. **Thanks be to God.**

**Gospel Hymn 8am TiS 599 (ii) Take my life and let it be
10am TiS 538 Feed us now**

The Gospel of our Lord Jesus Christ according to John
Glory to you Lord Jesus Christ.

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.' The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' *John 6.51-58*

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

**Offertory Hymn 8am TiS 96 Sing praise to the Lord
10am TiS 137 For the beauty of the earth**

Final Hymn 10am TiS 547 Be thou my vision

Prayers:

- For missionaries/agencies: ABM, CMS, BCA, Rich & Julie, 123 Project
- Bishop Richard, Leanne, Rachel and Nicholas.
- The Southern Region of the Diocese, Archdeacon Graham Knott, Regional Dean Canon Geoff Pittaway
- For the Defence Forces and all who serve overseas, for ministry at Sale RAAF Base
- For Dean Susanna Pain and Rev'd Nikolai Blaskow
- For Chapter Members, Lay and Clerical Canons
- For the congregation and ministry of St Albans Kilmany and Rev'd Thelma Langshaw.
- For ministry in the nursing homes, hospitals and Fulham Correctional Centre, and chaplain The Rev'd Heather Toms
- For members of the Sale community who are thinking of attending Messy church today

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

Welcome to Bishop Richard, Leanne, Rachel and Nicholas.

We are thrilled to welcome you to your cathedral and ours, and we continue to pray for you all and embrace you as part of our community.

Thank you to everyone who made yesterday possible. What a fabulous effort. Heartfelt thanks.

Wisdom and discerning between good and evil.

No doubt Bishop Richard and his family have been through a deep time of discernment before coming here.

As a spiritual director, I sometimes spend time with people who are trying to make wise decisions. We take time to listen. We listen to what God is saying, what our head is saying, what our heart saying, what our gut is saying. Is there a 'yes' or a 'no' in what you hear? We listen to the call that is life giving.

We may list the pros and cons of choosing one option, and the pros and cons of not choosing that option, and compare them. For example the pros and cons of moving and the pros and cons of not moving, of beginning a new enterprise, of not beginning.. Seeing them written down helps.

You might take a week, imagining that you will, for example, take this job, how does it feel living as if you take the job. Then spend some time, maybe a week, living as if you say no to the job. How does it feel? Discernment is a process. It takes time.

David's son Solomon asked for wisdom so that he could govern well. Each of us makes decisions many times each day. Most of them are small: What shall I wear? What shall I eat? Who shall I call? But sometimes there are much larger questions to consider: do I have this treatment? Do I know when to move to assisted-living accommodation? Do I join Rotary? How will I vote? How do I reconcile with this person?

All of life is so crowded. All of life is connected. God is part of everything. In our Gospel reading Jesus speaks of bread and wine, the nourishment that he is and gives for the life of the world. Our lives are intertwined with his. We are here today to connect, to feed on him, to be nourished, to rest in him. This sacrament of the Eucharist feeds us physically and mentally and spiritually, as Jesus abides, makes his home in us and we in him and if we're to make any impact for God on the life of the world, even our own small bit of it, like Jesus, we have to become bread for the world. Give our humanity for it. ('Flesh' translates very adequately as 'humanity', suggests Mark McGowan.)

'Eat eat my body drink my blood'. This all sounds very revolting and cannibalistic. It is shocking! And yet, we hear it every Sunday. We become immune to its power. Jesus' listeners were aghast. This is abomination, and yet, and yet, it comes to the heart of the mystery itself, God closer than breath, God in

our bones, and our blood, God in us through Jesus. So we say it again and again each Sunday. We do it again and again each Sunday, eat and drink and are nourished and are tangibly joined to the divine. Here is wisdom.

Mirboo North Parish is joining us on 9th September for a a tour of the cathedral, a service at 3pm and then a shared meal. Let's make them welcome.

How can we help with drought relief? There is an retiring offertory for the ABC Drought Relief Fund today.

Susanna

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

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

Diocesan Retreat Retreat Leader: Bishop Garry Weatherill Bishop of the Anglican Diocese of Ballarat 7-8 September 2018 Come on retreat and savour the beauty and peace of **The Abbey on Raymond Island**. Bishop Garry is an experienced retreat leader, greatly loved and respected among many who appreciate his teaching and spiritual wisdom. There will be times for silence, prayer and reflection, times for learning together, times to walk, to share, to create, to be. ALL ARE WELCOME 5pm Fri 7 September 2018 to 3.30 pm Sat 8 September 2018 Cost etc see poster To book or further information contact The Abbey on (03) 5156 6580 or info@theabbey.org.au

Thank you to those who have helped donate to the **Food Cupboard** as we have needed to top up some items. Bean money can in cathedral still needs more.

August 26th Sunday 2.30pm -4.30pm **Interplay Workshop** *Playing with a balanced life* with Dean Susanna. All welcome!

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

We are serving tea/coffee and child friendly food for a 'Festival of the little people on Saturday 1st September 9am -1pm at Sale Botanical Gardens. We need small cup cakes, decorated iced biscuits and other creative food. This more for ministry and outreach than fundraising. See Christine if you can help.

We have been invited to the Sept 1st **Opening of the Golden Beach Community Open Garden** at 11am. This is watered by the run off from our Church there.

Defibrillator. Very generous donations have raised ALL we need 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 Christine know.* Thankyou so much for all the donations.

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*

'**The Artist's Rule**' **Book Group** continues on Wednesday 29th August at 11.30am.

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.**

Weekly Diary of Church Activities

20th Monday	5.30pm	Intercessory Prayer Meeting
21th Tuesday	9.30am	Tadpoles Playgroup
22nd Wednesday	7.45am	Meditation Group in Lady Chapel <i>'pre' stretching at 7.30</i>
	10.00am	Holy Communion in the Lady Chapel
	1.30pm	Service at Wilson Lodge Nursing Home
23rd Thursday	9.30am	<i>mainly music</i>
	5.30pm	Meditation Group in Lady Chapel
	7.30pm	Chapter Meeting
24th Friday		<i>Susanna's day 'off'</i>
25th Saturday		

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: B & B Jones **10am:** Y. McPherson, O. Elkin
Flowers: J Mielke
Readings for 26th August
1st – 1 Kings 8.22-30,41-43 **2nd** – Ephesians 6.10-20 **G** - John 6.56-69

Coming up

August 26th Sunday 2.30pm -4.30pm **Interplay Workshop** *Playing with a balanced life* with Dean Susanna

Sept 1st Saturday 9.30am -3pm **Mens' Retreat** with Nikolai Blaskow

Sept 1st **Catering** at Lion's 'Festival of the little people' Sale Botanical Gardens

Sept 1st Opening of the Golden Beach Community Open Garden 11am

Sept 9th **Mirboo North Parish visit to the Cathedral** and 3pm Service together

Sept 23rd Sunday 2.30pm – 4.30pm **Interplay Workshop** *Freshness and New Life* with Dean Susanna

Sept 30th 1.30pm - 4pm **Contemplative Quiet Afternoon at Gippsland Gallery** with Dean Susanna

Oct 6th **Giant Garage Sale**

Oct 7th **Blessing of the Pets** at 10am Service

October 27th 2.30pm – 4.30pm **InterPlay Workshop** with Peter Batten

Nov 11th 1.30pm - 4pm **Contemplative Quiet Afternoon at Sale Botanic Gardens** with Dean Susanna

Sunday Bulletin contact: Christine Morris 51444979 cmorris@wideband.net.au
Web/Facebook contact Karena King 0438 446 488 webmaster@stpaulssale.org.au

Copyright 1995 the Anglican Church of Australia Trust Corporation. From the text of A Prayer Book for Australia, published under the imprint of Broughton Books. Reproduced with permission.
. The New Revised Standard Version, Nashville, TN Thomas Nelson Publishers 1989.
Unauthorised copying is prohibited.