



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.*

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Cathedral Parish Vision: *"People of Christian faith –* **25th July 2021**
Encouraging connection between the Divine and the everyday. **9th after Pentecost**

Sentence from Scripture

'I am the living bread that came down from heaven,' says the Lord. '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 6.51*

The Prayer of the day

Gracious God,
you have placed within the hearts of all
your children
a longing for your word
and a hunger for your truth:
grant that, believing in the one
whom you have sent,
we may know him to be
the true bread of heaven
and the food of eternal life,
Jesus Christ our Lord,
to whom with you and the Holy Spirit
be glory and honour for ever and ever.
Amen.

A Prayer for the Parish of Sale

Come Holy Spirit
breathe through us:
Enable us to know and make
known the connection
between You and the every day.
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.

Associate Priest/Hospital Chaplain: Rev'd Heather Toms 0400 512 217
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Honorary Canon, Rev'd Canon David Head davidrhead51@gmail.com 0412 273 678

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Cathedral Organist: Anthony Hahn 0437 569 608

Cathedral Prayer Chain Requests

Please contact Naomi McDonald 5144 5922

The prayer chain is for anyone in need of prayer

A Reading from the Second Book of Samuel

In the spring of the year, the time when kings go out to battle, David sent Joab with his officers and all Israel with him; they ravaged the Ammonites, and besieged Rabbah. But David remained at Jerusalem. It happened, late one afternoon, when David rose from his couch and was walking about on the roof of the king's house, that he saw from the roof a woman bathing; the woman was very beautiful. David sent someone to inquire about the woman. It was reported, 'This is Bathsheba daughter of Eliam, the wife of Uriah the Hittite.' So David sent messengers to fetch her, and she came to him, and he lay with her. (Now she was purifying herself after her period.) Then she returned to her house. The woman conceived; and she sent and told David, 'I am pregnant.' So David sent word to Joab, 'Send me Uriah the Hittite.' And Joab sent Uriah to David. When Uriah came to him, David asked how Joab and the people fared, and how the war was going. Then David said to Uriah, 'Go down to your house, and wash your feet.' Uriah went out of the king's house, and there followed him a present from the king. But Uriah slept at the entrance of the king's house with all the servants of his lord, and did not go down to his house. When they told David, 'Uriah did not go down to his house', David said to Uriah, 'You have just come from a journey. Why did you not go down to your house?' Uriah said to David, 'The ark and Israel and Judah remain in booths; and my lord Joab and the servants of my lord are camping in the open field; shall I then go to my house, to eat and to drink, and to lie with my wife? As you live, and as your soul lives, I will not do such a thing.' Then David said to Uriah, 'Remain here today also, and tomorrow I will send you back.' So Uriah remained in Jerusalem that day. On the next day, David invited him to eat and drink in his presence and made him drunk; and in the evening he went out to lie on his couch with the servants of his lord, but he did not go down to his house. In the morning David wrote a letter to Joab, and sent it by the hand of Uriah. In the letter he wrote, 'Set Uriah in the forefront of the hardest fighting, and then draw back from him, so that he may be struck down and die.' *2 Samuel 11.1-15*

Psalm 14

Fools have said in their hearts 'There is no God':

**they have all become vile and abominable in their doings,
there is not one that does good.**

The Lord looked down from heaven upon the children of Adam:

**to see if there were any who would act wisely
and seek after God.**

But they have all turned out of the way,
they have all alike become corrupt:

there is none that does good, no not one.

Are all the evildoers devoid of understanding:

**who eat up my people as they eat bread,
and do not pray to the Lord?**

They shall be struck with terror:

for God is with the company of the righteous.

Though they frustrate the poor in their hopes:

surely the Lord is their refuge.

O that deliverance for Israel might come forth from Zion:

when the Lord turns again the fortunes of his people,

then shall Jacob rejoice and Israel be glad.

A Reading from The letter to the Ephesians

For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen. *Ephesians 3.14-21*

The Gospel of our Lord Jesus Christ according to John

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.' When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But he said to them, 'It is I; do not be afraid.' Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going. *John 6.1-21*

Dear all,

How are you faring?

Today I share with you some gentle offerings that came to me this week. Some I discovered on the internet then were sent to me by Leisa Harper, Principal of Gippsland Grammar, a lovely synergy. Others were shared by others at our morning meditations. I hope some of them resonate with you, and provide nourishment to your days.

Loving God,

Help us to focus on what we have
not on what is removed or changed.

Strengthen us
when we feel discouraged
or overwhelmed.

Embrace us
so that us we know your loving presence
within us and among us.

Walk with us
as we bring your love,
and carry your light,
into our world. Amen. - *Sandra Lucas, MDiv., BCC*

Loving Creator,

We asked for strength, and you gave us difficulties to make us strong.

We asked for wisdom, and you gave us problems to solve.

We asked for prosperity, and you gave us purpose and brains to use.

We asked for courage, and you gave us fears to overcome.

We asked for patience, and you gave us situations where we were forced to wait.

We asked for love, and you gave us troubled people to help.

We asked for justice, and you called us to be just and lead with integrity.

Lord, we have received nothing that we asked for or wanted.

And yet, we receive everything that we needed.

For this we give thanks.

- *By Colleen Hanycz, PhD incoming President at Xavier University*

My Mask

Holy God, you see me and you hear me.

Through my mask, you see if I smile or if I scowl.

Through my mask, you hear me if I whisper a brief prayer or mutter a muffled
curse.

My friends don't see or hear or know; nor do my family; nor my colleagues.

But you do.

This mask takes away power – the power of clear communication but also the possibility to infect. But it also grants a freedom to be with.

My smiles, my thoughts, my mumbles, though – these I know, but they are a greater mystery to others now.

But not to you, Lord. You see past my mask, you hear through it, you know.

But your mask, Lord, what about your mask? Who can see through your mask? Hear through it?

I cannot.

I cannot see if you smile or if you scowl.

I cannot hear if you whisper an answer to my prayer or brush off my curse.

I cannot sense if you are pleased with me or if you are waiting for me to do much better.

Can we all take off our masks, Lord? Put them away?

When the disease that moves us to mask our faces for safety fades away, will our eyes and our ears be stronger, better able to see and to hear the smiles and the frowns, the cries and the whispers of those who fill our lives? Who make our lives worth living?

Will we see, Lord, that what we think of as your mask is really also our own, our inability to find you in the rush of our lives, our failure to see you in all the wonders you show us, our incapacity to hear your gentle voice in the tumult that surrounds us.

Can we know, Lord, that we put on many masks so we can cope, avoid, pretend, be acceptable? (What scar did the Phantom's mask hide? "Who was that masked man?")

Help us, Lord, to move beyond our masks. You are here for us to see and to hear. Help us. Let us take off our masks.

- *By Fr. Edward Schmidt S.J.*

I also found this retreat:

<https://www.pray.com.au/with-jesus-in-the-desert-a-retreat-for-a-time-of-isolation/>

An Examen of our Pandemic Year adapted- a time of reflection

It does not always feel good to reflect on challenging times, suffering, or loss, but our Ignatian tradition constantly reminds us that reflection is a practice that can impact our present. This has been a peculiar year, and so taking some moments, over a year from when the World Health Organisation declared Covid-19 to be a global pandemic, may give you insight on how to keep moving forward.

PREPARE & GIVE THANKS

Make actual room—set up your physical space, make time on your calendar.

Get supplies—writing supplies, your phone, music, whatever you need.

Pray: God of love and God beyond time, give me the clarity of mind and strength of heart to reflect on the last year. Give me wisdom to see my life as you do. Thank you for your presence through it all.

If you don't pray, use a favourite centring technique, like focusing on your breath.

REVIEW

With gratitude, consider the whole last twelve months. Note your feelings. When were you drawing closer to God or to the good? When were you moving farther away from God or the good?

Where were you at Christmas, or Easter or in early March of 2020?

How did the transition unfold?

Where and with whom did you spend the earliest locked down weeks?

What was your winter like?

How has the struggle for racial justice impacted you?

Walk through the ups and downs of the last year.

What are you grieving?

What has brought you joy?

LOOK DEEPER

Having reviewed all that time, look back again, with honesty.

Pray: Sovereign God, remind me with grace what I could not have changed, but challenge me with love to see how I might acknowledge and repair what wrong I have done.

Ask yourself

What did you learn?

What would you have done differently knowing what you know now? When did you operate out of fear?

When did you operate out of love? Whom have you hurt?

LOOK AHEAD

The pandemic is not over, whether you have had Covid or not, whether you have been vaccinated or not. The struggle for racial justice is certainly not over.

Ask yourself

What do you need to sustain myself in the year ahead?

Ask God for that, or if you don't pray, consider how those needs might be met. Ask yourself

What spirit do you want to bring with you into the rest of the year?

Pray

God of all people, remind me that it is not I alone who has suffered in the last year. Our world has been rocked by many crises. As I learn from where I have been, as I take stock of how far I have come, challenge me to also bring others along with me. Show me a way forward that walks in the knowledge of our intertwined futures.

Remind me of the kinship of all people every day. Nourish my soul with your Spirit and open my eyes to your Movement around me. Amen.

If you don't pray, articulate the values you seek to live by in the days to come, and close with a final centring moment.

Rev. Abby King-Kaiser March 11, 2021

<https://www.xavier.edu/jesuitresource/online-resources/prayer-index/an-examen-of-our-pandemic-year-002.pdf>

Brother Lawrence (a 15th century monk) wrote that the secret of living the kingdom of God here on earth was simply "practising the presence of God in one single act that does not end."

Some words from Nikos Kazantzakis:

I remember frequently sitting on the doorstep of our home, when the sun was blazing, the air on fire, grapes being trodden in a large house in the neighbourhood, the world fragrant with must. Shutting my eyes contentedly I would hold out my palms and wait. God always came, as long as I remained a child- He never deceived me, He always came, a child like myself, and deposited His toys in my hands: sun, moon, wind. "They're gifts" " He said "they're gifts". Play with them. I have lots more.

I would open my eyes. God would vanish, but his toys would remain in my hands.

The Abbey feast has been cancelled, but I know they would be grateful for any donations to help survive these very tough times. Acct Name: The Abbey Raymond Island Bendigo Bank BSB: 633 000 Acct # 152 047 650

There are so many wonderful offerings coming up there.

InterPlay is on online again next Saturday afternoon. 2pm 31 August

Lay Readers Meeting 1pm 1st August

Healing Service 5pm 1st August if we are not locked down.

Confirmation Classes are happening online.

Dear friends, my prayers are with you at this time. Feel free to call or email anytime for a check in or a chat. Susanna

St Paul's Men's Breakfast Group will meet for their August meeting on Saturday August 14th in the Delbridge Hall. Our guest speaker is Mr, Gary Hipwell.

We extend an invitation not only to the men of this congregation but also to those outside of St Paul's who would like to join us for breakfast.

Wanderers are having lunch at the Greyhounds on Friday 30th July (Covid willing) at 12-30pm, all welcome, please let me know as I will have to book. Jan 0421605461

DIOCESAN RETREAT The Anglican Diocese of Gippsland 5pm Fri 27 August – 3pm Sat 28 August 2021 Retreat Leader Dr Richard Treloar

‘Apocryphal stories as unlikely good news in a time of exile’

Come on retreat and savour the beauty and peace of The Abbey on Raymond Island There will be times for silence, prayer and reflection, times for learning together, times to walk, to share, to create, to be

Cost per person Residential: Inc dinner Friday, breakfast and lunch Saturday

Twin share - \$135 Single accommodation: additional \$35.00

Non residential: Inc dinner, breakfast and lunch - \$85.00 For all bookings, please contact The Abbey Phone: (03) 5156 6580 or Email: info@theabbey.org.au

Spiritual Direction Day @ The Abbey

Discerning the presence of God - the gentle voice of God’s spirit in our lives, is at the heart of Christian life and ministry. Sometimes all is clear, at other times less so. From time to time, many of us long for the opportunity to be with someone, gifted in spiritual discernment, for support and companionship... a ‘Spiritual Director’. And some of us long to walk in support of others.

The Abbey in partnership with The Living Well Centre offers a ‘Spiritual Direction Taster Day’ at The Abbey on Friday 13 August 2021. 10am - 3.00pm. No cost for the day.. BYO lunch. Dr Cath Connelly and The Rev John Stewart will be with us as we together explore all that Spiritual Direction offers. Confirm your attendance with Anna – at The Abbey – 03 51566580 or info@theabbey.org.au.

A walking group is continuing on Tuesdays at 9.30 am at St Pauls, **however not this week during lockdown.** - Contact Irene on 0429 887 998 for more information.

Sing a New Song

A workshop for clergy, choir leaders, choir members and anyone interested in extending their knowledge of church music in local parishes and communities.

Conducted by Stuart Connew Organist and director of music at the Anglican Parish of the Parks, St Silas and St Anselm, Albert Park in Melbourne.

on **Saturday, 7 August, 10:30 am to 2.30pm** at **St Paul's Cathedral, Sale**, 149 Cunningham Street Sale BYO lunch Cost: cash only \$20, \$15 concession

Internet Bank Transfer: Cathedral’s ministry and mission

BSB 013-795 Account no: 4962-98866 Ref: Offering etc.

Internet Bank Transfer: St Paul’s Building Fund (‘Fill the gap’)

BSB 705 077 Acc no: 000 409 69 NO reference needed

Filling the gaps fundraiser to repoint the brick work. *End of June 21* **Total:\$24, 245.15**

Sunday Bulletin / Web/Facebook contact:

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Zoom Links:

Monday to Saturday: silent **Christian Meditation**, 8.15am - 8.45am

via Zoom: <https://us04web.zoom.us/j/809497711> Meeting ID: **809 497 711** **Passcode: 600361**

Daily: Evening Prayer at 5.30pm - 6.00pm

via zoom: <https://us04web.zoom.us/j/894354836> Meeting ID: **894 354 836**

For Passcode: ask Susanna

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