



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 Reverend Keren Terpstra 0438 220 878

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YouTube: St Paul's Cathedral Sale

Cathedral Parish Vision: "People of Christian faith – Encouraging connection between the Divine and the everyday." **26th February 2023**
Lent 1

Sentence of Scripture

We do not live by bread alone,
but by every word that comes from the mouth of God. *Matthew 4.4*

Prayer of the Day

Almighty God,
whose Son fasted forty days in the
wilderness,
and was tempted as we are, yet did not sin:
give us grace to direct our lives in
obedience to your will,
that, as you know our weakness,
so we may know your power to save;
through Jesus Christ our Redeemer,
who lives and reigns with you and the Holy
Spirit, one God, now and for ever.
Amen.

Prayer of the Season

Almighty and everliving God,
you hate nothing that you have made,
and you forgive the sins of all
who are penitent:
create and make in us
new and contrite hearts,
that we, worthily lamenting our sins,
and acknowledging our wretchedness,
may obtain of you,
the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord. **Amen**

Holy Communion Services at St Paul's:

Sundays - 8.00am and 10.00am Wednesdays - 10.00am in the Lady Chapel

Sunday Evenings 3rd Sunday of the month @ 5pm **Contemplative Service**

Meditation in person: 4.15pm Mondays except in January

Outcentre Services:

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

St Alban's Kilmany 2.00pm 3rd Sunday of the month

St Mark's Loch Sport 10.30am 4th Sunday of the month

TODAY

Zoom Links: Evening Prayer: Daily at 5.30pm - 6.00pm

Meeting ID: 879 3927 8803 Passcode: Prayer

Meditation:

Weekdays: silent Christian Meditation, 8.15am-8.45am

Meeting ID: 809 497 711 Passcode: 600361

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

mhtoms@westnet.com.au

Associate Priest: Rev'd Lyn Williams 0476 285 697 redlandsoasis@protonmail.com

Honorary Deacon Rev'd Kate Campbell 0402514829 khcampbell55@gmail.com

Honorary Canon, Rev'd Canon David Head davidrhead51@gmail.com 0412 273 678

Honorary Associate Priest: Rev'd Dr Tim Gaden 0488 110 415

Tim.Gaden@gippslandgs.vic.edu.au

Cathedral Organist: Anthony Hahn 0437 569 608

Cathedral Prayer Chain Requests

Please contact Trish Broadbear 0418 104 840

The prayer chain is for anyone in need of prayer

Please pray for our supported student Hemirose Igo at Newton College PNG.

A Reading from the book of Genesis

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.' Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves. *Genesis 2.15-17; 3.1-7*

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

Psalm 32

Blessed are those whose sin is forgiven:

whose iniquity is put away.

Blessed are those to whom the Lord imputes no blame:

and in whose spirit there is no guile.

For whilst I held my tongue:

my bones wasted away with my daily complaining.

Your hand was heavy upon me day and night:

and my moisture was dried up like a drought in summer.

Then I acknowledged my sin to you:

and my iniquity I did not hide;

I said ‘I will confess my transgressions to the Lord’:

and so you forgave the wickedness of my sin.

For this cause shall everyone that is faithful
make their prayer to you in the day of trouble:

**and in the time of the great water-flood,
it shall not come near them.**

You are a place to hide me in,
you will preserve me from trouble:

you will surround me with deliverance on every side.

‘I will instruct you, and direct you in the way that you should go:

I will fasten my eye upon you, and give you counsel.

‘Be not like horse or mule, that have no understanding:

whose forward course must be curbed with bit and bridle.’

Great tribulations remain for the ungodly:

**but whoever puts their trust in the Lord,
mercy embraces them on every side.**

Rejoice in the Lord, you righteous, and be glad:

and shout for joy, all you that are true of heart.

A Reading from The Letter to the Romans

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man’s sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man’s trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man’s trespass led to condemnation for all, so one man’s act of righteousness leads to justification and life for all. For just as by the one man’s disobedience the many were made sinners, so by the one man’s obedience the many will be made righteous. But law came in, with the result that the trespass multiplied; but where sin increased, grace abounded all the more, so that, just as sin exercised dominion in death, so grace might also exercise dominion through justification leading to eternal life through Jesus Christ our Lord. *Romans 5.12-21*

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

The Gospel of our Lord Jesus Christ according to Matthew

Glory to you Lord Jesus Christ.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished.

The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.'

But he answered, 'It is written,

“One does not live by bread alone,

but by every word that comes from the mouth of God.” ’

Then the devil took him to the holy city and placed him on the pinnacle of the temple,

saying to him, 'If you are the Son of God, throw yourself down; for it is written,

“He will command his angels concerning you”,

and “On their hands they will bear you up,

so that you will not dash your foot against a stone.” ’

Jesus said to him, 'Again it is written, “Do not put the Lord your God to the test.” ’

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour;

and he said to him, 'All these I will give you, if you will fall down and worship me.'

Jesus said to him, 'Away with you, Satan! for it is written,

“Worship the Lord your God,

and serve only him.” ’

Then the devil left him, and suddenly angels came and waited on him.

Matthew 4.1-11

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

Reflection:

The fall of humanity into the sin of disobedience was engineered by Satan through the temptation to acquire the forbidden power of knowledge and wisdom.

The psalmist tells us that the burden of sin is relieved by prayer and trust in God, accepting instruction and counselling obediently, but humanity is still doomed to live as sinners. The gift of grace is offered by the one man who was able to resist the temptation to power and whose obedience to God's will ensured that death no longer had dominion.

- Pray for the humility to live in obedience to God's will, and to accept with gratitude the gift of grace offered by our Saviour.

- Give thanks for the work and witness of the Anglican Church of Melanesia.

Text: S Z Hadgraft St John's Cathedral, Brisbane

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Lent

As you look around St Paul's you'll find a number of changes which are all about the fact we're in Lent: the altars are draped with purple fabric, there's a bowl of stones, and there are some changes to the words we use in the service and to the order of the pattern in which we use them. This is all about setting the tone and pace for the season of Lent, a time for reflection and contemplation and going deeper in our relationship with God.

ABM reflections

Through the seasons of Lent and Easter and into Pentecost there's a change: I'm not going to be writing my usual pew sheet blurbs because we'll be drawing on the Pew Reflections provided by Anglican Board of Missions. These Pew Reflections are used in many Anglican churches across the country to aid people's thinking and praying about the Sunday readings. This year, we've been invited to contribute to the ABM reflections. From May-July you'll see the names of people known across the parish who will be contributing to the reflections! An exciting project for us to be invited to contribute to! Through Lent we journey with reflections written by folk from St John's Cathedral, Brisbane.

Your Dean, Keren

Meditation at the Cathedral

We're looking for feedback about how we offer the ministry of meditation in the Cathedral parish. Currently meditation is available online at 8:15am Monday-Friday, and in person at the Cathedral at 4:15pm on Mondays. If you are passionate about continuing to meet in person for meditation please have a chat with Keren or Kate.

MISSION HELPERS met last Monday in St. Paul's Community Room under the leadership of Robyn Bruhn with Dean Keren presenting actions to possibly add to our past work.

St. Paul's Mission Helpers is a group of interested parishioners or others who support organisations locally, in Australia and world-wide by financial or other means, such as goods for those in need of assistance, and by prayer.

If you would like to join this group in friendship or special skill, you are most welcome to attend the next meeting on Monday 20th March @ 1.30pm in the Community Room. Bring a small plate for afternoon tea and a donation, which is our way of fundraising.

Mission Helpers has been in existence at St. Paul's for over 90 years, a splendid history.

It has been decided by the group to support one organisation a month, the first being the:

**ANGLICAN BOARD OF MISSION AUSTRALIA (ABM)
LENT & GOOD FRIDAY APPEAL 2023**

This year your monetary gift will help support vulnerable women, youth and children in the Diocese of Jerusalem. Go to <https://www.abmission.org/appeals/appeals-major/lent2023/> to read the story of Shorouq, a young mother and her mission to support her family.

Donate by placing cash in an envelope marked “Missions” or “ABM” in the collection bags, or by offertory EFT similarly referenced.

Today at the 8.00 and 10.00 am services, *Michael Down, Missions Secretary for St. Paul's Chapter*, will address the congregation of this specialised role.

Coming up!

World Day of Prayer 2023 will be held on Friday March 3 at 7pm. The venue is The Salvation Army Church, Cunningham Street. The service is compiled by the women of Taiwan. Supper. All welcome

Holy Week and Easter coordination meeting - 2-3pm Saturday 4th March (for some clergy, lay readers, sacristans and anyone who's got anything to do with planning for the services from Palm Sunday to Easter Day.

Children's Ministry conversation - 3-4:30pm Saturday 4th March - in which we'll contemplate the future of ministry with children and youth here at the cathedral and explore where God's leading us in this.

Mothers' Union Lady Day Celebration - 11am Saturday 25th March - more info soon

Gippsland Grammar Tour Concert - 2pm Sunday 26th March - a concert featuring the young performers who'll be touring and representing the school's musical accomplishments in Europe in April. Entry by donation to support our tour bursary fund.

Palm Cross making - 10:30am Saturday 1st April (day before Palm Sunday)

Throughout Lent we'll be running **Lenten studies** using resources Tim Gaden, Chaplain at Gippsland Grammar and an Honorary Associate at the Cathedral, has written.

Community Room : Rev Lyn: Midday Sundays.

Ro Verspaandonk on Tuesdays at 10am. Rev Heather on Wednesdays 3pm.

Please note we have new posters with the new contact details for the **Office of Professional Standards** as Cheryl Russell has retired. Kooyoora Ltd. has now been appointed to provide support services. See the February TGA for more information.

The Cathedral is open every Wednesday to Saturday 2 – 4pm

ACTinG webinars from 2022 are available on <https://www.youtube.com/@AnglicanDioceseofGippsland> Last week's coming soon. For more info you are invited to belong to the ACTinG group and receive updates directly. <https://www.gippslandanglicans.org.au/acting/acting-group>

Anglican Hospital Chaplaincy – Central Gippsland Hospital Sale

If you would like to have the Hospital Chaplain visit you, a family member or a friend please contact the Revd Heather Toms, Hospital Chaplain on 0400 512 217'.

The (10am) service each week is live streamed. (Search *St Paul's Cathedral Sale when in* YouTube)

<https://www.youtube.com/channel/UCrLG94vHT28kEG4Ghd80PhQ/videos?view=57>

Internet Bank Transfer: Cathedral's ministry and mission and SOLAR

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

Sunday Bulletin / Web/Facebook contact:

Christine Morris OAM 0438 595 056 cmorris@wideband.net.au

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Lenten Pilgrimage The Abbey Raymond Island Monday 20 – Friday 24 March 2023

**Walking the land – listening to Spirit – reflecting together
BOOKINGS ARE OPEN ... You are invited!**

Come away ...

- leave behind the everyday 'clutter' and make your Lenten Pilgrimage at The Abbey on Raymond Island
- with Dr Cath Connelly and Russell Smith to guide and others with whom you will share the journey
- times for reflection, contemplation, and moments of silence
- time to appreciate creation - the land, the lake, the sea and sky: our growing awareness that the environment is to us friend and partner on the journey
- together as one - blessed by the God of all creation.

More information:

The Abbey Raymond Island: Email - info@theabbey.org.au Phone – The Abbey (03) 51566580

Dear Friends and Supporters of The Abbey Raymond Island



Let me introduce you to **The Abbey Chapel of St Barnabas**, standing tall waiting for its long-time needed coat of paint.



Colours have been chosen and the painters will be here soon! From Bundalaguah in the parish of Maffra, some 30 years ago - what a gift this 110 year old chapel has been to The Abbey and to those who pray and worship here! We are so grateful that we are able to give The Chapel its new coat of paint ... retaining red for the doors of course!

Painting of The Abbey Chapel will commence in the first week of March 2023

Sitting beside the Chapel, 'crying out for its coat of paint', is our much loved and used older Abbey building, originally known as 'The Bunk House' and more recently as **Illawarra**. It was built in the early 1960's with concrete bricks made, on site, by boys camping on Raymond Island as part of The Diocesan Youth Program. I remember Bishop John McIntyre telling stories of the 'Bunk House' when, as a school student, he was brought down to camp on Raymond Island. It was straw filled palliases. Just one big room – and the kitchen in Illawarra was a much later addition! The 'Illawarra Renovation Project' has seen some key improvements and the external painting will be the 'Last Update Job' for this project.

In tribute to Peter Down and Brian Turner we would also like to be able to paint the external walls of Illawarra at this time.

As many of you are aware I will be resigning from the role of Abbey Priest after Easter this year. I would love for us to be able to complete the 'Illawarra Renovation' in honour of Peter and Brian. If you would like to contribute that would be so wonderful! The details for contribution are below.

Contributions are Tax Deductible

Direct Deposit: Anglican Earthcare Gippsland ANZ Bank, BSB 013795, Acct # 2060 78399.

please use surname and the letter IPP as reference when making a direct deposit

For Tax Receipt, information or contribution: email Anna Esdaile,
info@theabbey.org.au; phone 03 51566580

**Chapter has decided to give \$500 to this,
you can also put a marked envelope in the offering bag.**