



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

5th March 2023

Lent 2

Sentence of Scripture

God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. *John 3.16*

Prayer of the Day

God of mercy,
you are full of tenderness and compassion,
slow to anger, rich in mercy,
and always ready to forgive:
grant us grace to renounce all evil
and to cling to Christ,
that in every way we may prove
to be your loving children;
through Jesus Christ our Lord,
who lives and reigns with you
and the Holy Spirit,
one God, for ever and 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**

Outcentre Services:

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

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

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

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 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

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.' So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. *Genesis 12.1-4a*

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

Psalm 121

I lift up my eyes to the hills:

but where shall I find help?

My help comes from the Lord:

who has made heaven and earth.

He will not suffer your foot to stumble:

and he who watches over you will not sleep.

Be sure he who has charge of Israel:

will neither slumber nor sleep.

The Lord himself is your keeper:

the Lord is your defence upon your right hand;

The sun shall not strike you by day:

nor shall the moon by night.

The Lord will defend you from all evil:

it is he who will guard your life.

The Lord will defend your going out and your coming in:

from this time forward for evermore.

A Reading from the Letter to the Romans

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? ‘Abraham believed God, and it was reckoned to him as righteousness.’ Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, ‘I have made you the father of many nations’)—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Romans 4.1-5, 13-17

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

The Gospel of our Lord Jesus Christ according to John

Glory to you Lord Jesus Christ.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, ‘Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.’ Jesus answered him, ‘Very truly, I tell you, no one can see the kingdom of God without being born from above.’ Nicodemus said to him, ‘How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?’ Jesus answered, ‘Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, “You must be born from above.” The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.’ Nicodemus said to him, ‘How can these things be?’ Jesus answered him, ‘Are you a teacher of Israel, and yet you do not understand these things? ‘Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. ‘For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

‘Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. *John 3.1-17*

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

Reflection:

One can feel for Nicodemus seeking out Jesus for enlightenment, understanding, only to be confronted with the idea of being ‘born again? Today we’d ask Google only to be given thousands of options to choose from. My choice of explaining Born Again, would be Kintsugi – the Japanese art of repairing a broken pot by joining the pieces together with gold, with us as the pot, and the Spirit of God being the gold that holds us together.

- Pray for understanding and welcoming being born again – the Holy Spirit into our lives.
- Give thanks for the work and witness of the Anglican Church of Japan, the Nippon Sei Ko Kai.

Text: Bob Randle Holy Hermits Online St John’s Cathedral, Brisbane

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ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

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

We urgently need more people to help cater for funeral wakes. We need people to help in the kitchen as well as provide slices and cakes etc. Contact Nancy Schmack or Ann Miller.

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 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 the now available envelope marked "ABM LENT" in the collection bags, or by offertory EFT similarly referenced.

Coming up!

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

Gippsland Grammar Tour Concert - 2pm Sunday 26th March at St Paul's - 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 their tour.

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. More helpers needed, see Kathy J or phone her on 0400 444 416

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



As referred to in the ABM reflection,
Kintsugi is the Japanese art of putting
broken pottery pieces back together with gold
(Photo of Rev Susanna’s pot Leo W fixed)

Be still MP 50

1 Be still for the presence of the Lord, the Holy One is here;

come bow before him now with reverence and fear: in him no sin is found –

we stand on holy ground.

Be still, for the presence of the Lord,

The Holy One, is here.

2 Be still, for the glory of the Lord,

is shining all around;

He burns with holy fire,

with splendour he is crowned:

how awesome is the sight – our radiant king of light!

Be still, for the glory of the Lord is shining all around.

3 Be still, for the power of the Lord is moving in this place;

He comes to cleanse and heal, to minister his grace- no work too hard for him.

In faith receive from him.

Be still, for the power of the Lord

is moving in this place.

David J Evans CCL 84410