



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

KerenT@gippslandanglicans.org.au

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

YouTube: St Paul's Cathedral Sale

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

9th July 2023
Pentecost 6

Sentence of Scripture

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest,' says the Lord. 'Take my yoke upon you, and learn from me; for I am gentle and humble in heart.' *Matthew 11.28–29*

Prayer of the Day

Almighty God,
your Son Jesus Christ has taught us
that what we do for the least of his
brothers and sisters
we do also for him:
give us the will to serve others
as he was the servant of all,
who gave up his life and died for us;
yet lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen**



2023 National NAIDOC Week
theme is
For Our Elders.

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 & 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

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

Our parish is committed to ensuring our centres of worship and outreach are safe places for all, especially children and vulnerable people.

We have a duty of care to protect all who participate in the life of the church from abuse. We have zero tolerance for abuse of any kind.

Please pray for our supported student Moses Baiduduga at Newton College PNG.

A Reading from the book of Genesis

So he said, 'I am Abraham's servant.

The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has.

My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live;

but you shall go to my father's house, to my kindred, and get a wife for my son."

'I came today to the spring, and said, "O Lord, the God of my master Abraham, if now you will only make successful the way I am going!

I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' and who will say to me, 'Drink, and I will draw for your camels also'—let her be the woman whom the Lord has appointed for my master's son."

'Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink."

She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels.

Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms.

Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of

my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son.

Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.'

And they called Rebekah, and said to her, 'Will you go with this man?' She said, 'I will.'

So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men.

And they blessed Rebekah and said to her,

'May you, our sister, become
thousands of myriads;
may your offspring gain possession
of the gates of their foes.'

Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way.

Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb.

Isaac went out in the evening to walk in the field; and looking up, he saw camels coming.

And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel,

and said to the servant, 'Who is the man over there, walking in the field to meet us?'

The servant said, 'It is my master.' So she took her veil and covered herself.

And the servant told Isaac all the things that he had done.

Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

Genesis 24.34-38,42-49,58-67

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

Psalm 45.10-17

Hear, O daughter, consider and incline your ear:

forget your own people and your father's house.

The king desires your beauty:

he is your lord, therefore bow down before him.

The richest among the people, O daughter of Tyre:

shall entreat your favour with gifts.

The king's daughter is all glorious within:

her clothing is embroidered cloth-of-gold.

In robes of many colours she is led to you, O king:

and, after her, the virgins that are with her.

They are led with gladness and rejoicing:

they enter the palace of the king.

In place of your fathers you shall have sons:

and make them princes over all the land.

And I will make known your name to every generation:
therefore the peoples shall give you praise for ever.

A Reading from a letter to the Romans

For we know that the law is spiritual; but I am of the flesh, sold into slavery under sin. I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin. *Romans 7.14-25*
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.

Let anyone with ears listen!

‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

“We played the flute for you, and you did not dance;
we wailed, and you did not mourn.”

For John came neither eating nor drinking, and they say, “He has a demon”;
the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’

At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will.

All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.

For my yoke is easy, and my burden is light.’ *Matthew 11.15-19, 25-30*

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

Reflection: (by members of St Paul's during May – July)

Abraham, of course, is the one whom God has chosen and promised to bless, and God does bless him even through tough times. As we read in Romans Paul is sharing his personal struggle with sin and one that all Christians face. Part of our struggle is that we stand with one foot in this world and one foot in the Kingdom of God. 'Take my yoke upon you and learn from me, for I am gentle and lowly in heart and you will find rest for your souls'. Rest!

- Pray that we burdened by many things learn to find rest for our souls.
- Give thanks for the work and witness of the Church of Pakistan.

Text: The Reverend Heather, Associate Priest St Paul's

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ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

9th July 2023 Today's hymns are brought to you by...		
Hymn	Name	It's my favourite because...
God be in my head	Cynthia Grove	A sung prayer of commitment that speaks strongly to me and was learnt at Whyteleafe Grammar School.
Nearer my God to thee	Selvam Chelliah	
I vow to thee my country	Stuart Asquith	Due to service in the armed forces as an aviator and chaplain this hymn evokes my passion for service and our country, also the homeland of my ancestors.
The power of your love	May Jenkins	Important times of my life.

I Vow to Thee, My Country, tells the tale of two domains – a patriotic Britain that stands united in devotion, and a heaven that seeks peace above all else.

Spring Rice originally wrote the words between 1908 and 1912, as a poem called *Urbs Dei* (The City of God) or *The Two Fatherlands*.

The tune is from taken from the middle section to Holst's own 'Jupiter', the fourth movement of his suite *The Planets*.

Morning tea The stimulating aroma of freshly made coffee assails your nostrils; a choice of tempting teas awaits you, accompanied by hot buttered toast. Sound scrumptious? Please join us for breakfast and conversation after the 8 AM service, every Sunday.

Fortune favours the fantastic finger food being offered after the 10 o'clock service, accompanied by coffee and tea. Tempting? Welcome to our little feast in the hall every Sunday.

Children's Ministry update

The group that's been discerning a direction for ministry with children met on Saturday. Two directions emerged from that meeting:

1. that a group is going to work on having an activity pack and other options for children who come to engage with when in church - activities based around engaging with the cathedral as a building and what it means (eg the windows).
2. After several months of doing some research and prayerful consideration, we've concluded that we're not in a position at this time to offer ministry to children outside of church services. There are multiple reasons for this, including the challenge of forming a committed team, as well as the reality that family life has changed since covid.

Having said this, there continues to be an ongoing desire to offer some kind of Sunday School opportunity for children. If we want to offer Sunday School, we need a team of about eight people who can be committed at least once a month to prepare a lesson and be present to share it. If you feel the Spirit whispering in your heart to step up and be part of this ministry, please talk to Keren.

Grounds: If you are 'out the back' you will notice one container has gone, and the other one has moved. This is in preparation for the footings to be concreted soon, so the one getting a makeover (rust removal and painting) plus the new one to come, will be fixed down and (legally) never blow over!!!! You will also see a spruced up Quiet garden over the holidays, and empty garden waste pile, thanks to work by Julie and Peter M, Lyn R, Doug, Rob T and Christine. Out the front David and Tony have continued weeding and pruning. *Many thanks Busy Bees!*

THIS WEDNESDAY Free Educational **Webinar** for Gippsland Anglicans - **Practical pro-climate action for homes.** You are invited to join in a free educational webinar Practical pro-climate action for homes. Guest presenters, Richard Connelly and Dr Ann Miller will discuss sustainable changes they have made to their homes in Gippsland that support a healthier climate. Wednesday, 19th July, 7-8 PM on Zoom. Visit www.gippslandanglicans.org.au to register. This webinar is brought to you by ACTinG and supports the Diocesan Vision 2021-2024.

Meetings:

Property Team Monday 3.30pm

Pastoral Care Team 3pm this Wednesday

Chapter this Thursday

Events at St Paul's:

Talking Circle 6th August (see back of Bulletin)

An Art Show from 19th August to 1st September.

Plant Sale on 14th October. **Quiet Days** will be held on October 21st; December 2nd

You are invited to **Wanderers lunch** Friday July 14th 12-30pm at the Rainbow Chinese for lunch and Thursday July 21st **Cuppa and Chat** at Shirley's Café and Bar, 100 Foster St Sale (Opposite the Wedge) at 10am. Jan Lear 0421605461

Month of July Mission.. Gippsland Aboriginal Ministry



God of all dreaming,
You created this ancient country, its spirit and its people.

We thank you for the First Nations people of our country, for their knowledge, their laws and their ways. During this NAIDOC week, we pray for those ministering amongst First Nations peoples in Gippsland: the Rev'd Canon Aunty Phyllis Andy and the Rev'd Kathy Dalton.

Fill them to overflowing with wisdom and love as they walk with their people in their joys and their sorrows.

We ask this through Jesus Christ our Lord, Saviour of the world all its peoples,
Amen.

Gippsland Aboriginal Ministry Fund

DIRECT DEPOSIT: Donations can be made by direct giving: BSB: 705 077 A/c: 00040720 Ref: Aboriginal Ministry or in a marked envelope in the offertory bag.

Plant Sale 14th October.

We are looking for potted plants, seedlings, both vegetable and flowers, ornaments, hanging baskets, garden tools, pots and potting mix. It's time to start getting these things ready through the next months.



We have **empty pots on the decking** (or on dirt level or in large pot) for anyone who would like to use them for seedlings or plants for the plant fair.

More pots still needed and also need is your unwanted old or new plastic tablecloths.

Plants for the fair may now be left on the decking. For further details contact Nancy 0417554435.

We will also be looking for volunteers to help on the day (who need to be fully Safe Ministry compliant).

Safe ministry training

A number of parishioners need to update their safe ministry training as it has expired or is about to.

This can be done online at <https://adg.smo.org.au/training>. Or at the face to face workshops which are taking place in various locations: **booking through trybooking only. ENQUIRIES ONLY TO REGISTRY.**

SALE. ST. PAUL'S CATHEDRAL. (Refresher)

FRID 11TH AUGUST 5PM - 8PM

BOOK AT <https://www.trybooking.com/CGDLQ> Booking closes Wed 9 August

Please talk to me on 0427 445866 or tarkaan@bigpond.com Ann Miller

Reminder if you wish to volunteer at the Plant Fair or Book Fair, you need to have completed this training as well as all other safe ministry requirements.

Coming soon at the Abbey



Enneagram Retreat July 14th – 16th 2023. Facilitator – Julia Fullarton

July 21st – 23rd – Celtic spirituality retreat

Abbey Feast Saturday 26th August

August 4th – 6th Yoga and Meditation Retreat 11th – 13th Circle dancing retreat

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/@stpaulscathedralsale/streams>

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