



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."*

16th July 2023
Pentecost 7

Sentence of Scripture

The words you have spoken are spirit and life, O Lord;
you have the words of eternal life. *John 6.63, 68*

Prayer of the Day

Bountiful God,
we thank you for planting in us
the seed of your word:
by your Holy Spirit,
help us to receive it with joy,
and to live according to it,
that we may grow in faith and hope and love;
through Jesus Christ our Lord,
who lives and reigns with you in the unity of the Holy
Spirit,
one God, for ever and ever.. **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 & 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.

Mission Prayer for Ministry in Gippsland among First Nations People

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.

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, Saviour of the world and all its peoples. **Amen.**

A Reading from The Book of Genesis

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean.

Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived.

The children struggled together within her; and she said, 'If it is to be this way, why do I live?' So she went to inquire of the Lord .

And the Lord said to her,

'Two nations are in your womb,

and two peoples born of you shall be divided;

one shall be stronger than the other,

the elder shall serve the younger.'

When her time to give birth was at hand, there were twins in her womb.

The first came out red, all his body like a hairy mantle; so they named him Esau. Afterwards his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skilful hunter, a man of the field, while Jacob was a quiet man, living in tents.

Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished.

Esau said to Jacob, 'Let me eat some of that red stuff, for I am famished!'

(Therefore he was called Edom.)

Jacob said, 'First sell me your birthright.'

Esau said, 'I am about to die; of what use is a birthright to me?'

Jacob said, 'Swear to me first.' So he swore to him, and sold his birthright to Jacob.

Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright. *Genesis 25.19-34*

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

Psalm 119.105-112

Your word is a lantern to my feet:

and a light to my path.

I have vowed and sworn an oath:

to keep your righteous judgements.

I have been afflicted beyond measure:

Lord, give me life according to your word.

Accept, O Lord, the freewill offerings of my mouth:

and teach me your judgements.

I take my life in my hands continually:

yet I do not forget your law.

The wicked have laid a snare for me:

but I have not strayed from your precepts.

Your commands are my inheritance for ever:

they are the joy of my heart.

I have set my heart to fulfil your statutes:

always, even to the end.

A Reading from a Letter to the Romans

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but

those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you. *Romans 8.1-11*

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.

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!' 'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.' *Matthew 13.1-9, 18-23*

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

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

The book of Genesis presents the epic narrative of the founding of the people of Israel. It begins with the creation of life, the universe and everything, especially humankind. Then God makes a promise to Abraham that he will be the father of a great nation and possess a land. The question then throughout the narrative is: how can God keep his promise in the face of this particular calamity which has just

happened? Isaac's wife is barren, how will Isaac produce descendants? Isaac prays, then Rebekah conceives. But with twins, who fight. Will Rebekah survive? Will her babies survive? Will the right twin be born first? Then there is parental rivalry: one loves one, the other the other. Will the family survive? Then the most terrible thing: the older son despises his birthright and throws it away to the younger brother who steals it. How will the family heritage survive? To be continued.

- We pray that God will continue to work in the world to establish his kingdom in a secular world in which injustice prevails.
- Give thanks for the work and witness of the Church of Bangladesh

Text: Michael D© Anglican Board of Mission,
<https://www.abmission.org/resources/pew-reflections/>



16th July 2023 Today's hymns are brought to you by...		
Hymn	Name	It's my favourite because...
Praise, my soul the king of Heaven	Iain Nicolson Cynthia Grove	Good, uplifting, easy to sing. The school song for each of Downlands Primary School and Whyteleafe County Grammar School for Girls. Very special to me
There is a green hill far away	Michael Down	It expresses Christ's work of redemption and provokes an emotional response. It was important to me as a child.
I, the Lord of sea and sky (Here I am, Lord)	Alan Rowe Marion Hector	I feel the presence of the Lord when singing this hymn. It says I'm ready when you are, Lord.
Yours be the glory	Susan Robinson Kaye Harrington	Because it is uplifting. Sung at our wedding 58 years ago as we walked down the aisle.

Congratulations and welcome to Grace and Asher Kennedy who are being baptised at 11.30 this morning.

Chapter news – June and July

At the Chapter meeting in June, Dean Keren presented 12 disciplines from *A Celebration of Discipline* by Richard Foster. Each member of Chapter selected one or two disciplines from the list to work on over the coming month. We reported back at the July meeting and also reflected on Colossians 2:16-23.

News:

- Kilmany had a joyful celebration of St Alban's Day on Sunday 18th June.
- Loch Sport is down to 1 or 2 people at services and the Catholic and Anglican leaders are discussing ways forward, including possible ecumenical prayer services.

- Following on from the Parish Visioning Day, Hymn Lovers started on Sunday 11th June and is going well. A Back to Church Sunday is being planned for later in the year.
- Chapter is developing plans and practices for safe ministry at the Cathedral, with reference to the Safe Ministry Authority material. We are currently working on the first Child Safe Standard, to create a culturally safe environment so that those from diverse identities are respected and valued.

Donations for Cathedral solar now tax deductible

St Paul's Cathedral is currently seeking donations for the rooftop solar system which was installed in January. The Sustainability Victoria grant covered about half the cost.

We still have a shortfall of about \$3000 to replenish Cathedral funds, which were used on a temporary basis to pay the remainder. When the decision to install the panels was made, Chapter made a commitment not to use Cathedral funds, but to seek donations to pay for the half that our grant did not cover. Can you help?

Tax deductible donations can now be made to Anglican Earthcare Gippsland. In the bank transfer reference, please identify as 'Cathedral Solar'. AEG bank details are: Anglican Earthcare Gippsland Inc. Public Gift Fund BSB 013 795 Account number 206078399.

Money can still be placed in our offering bag appropriately marked.

Envelopes are available for donations towards covering the cost of TGA – The Gippsland Anglican. Please take a copy, even if you can't donate, there's fantastic articles to read!



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 [Register at https://www.gippslandanglicans.org.au/calendar/acting-webinar-practical-pro-climate-actions-for-home](https://www.gippslandanglicans.org.au/calendar/acting-webinar-practical-pro-climate-actions-for-home) to register. This webinar is brought to you by ACTinG and supports the Diocesan Vision 2021-2024.



WATCH ANYTIME on YouTube SEARCH: Yarning About The Referendum.

<https://www.youtube.com/watch?v=Zyo5rP6esPM&t=4361s>

Meetings:

Safe Ministry group this Wednesday 3.30pm Chapter House

Art show meeting 31st July 2pm

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; Nov 25th

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, @the Wedge at 10am. Jan Lear 0421605461

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.

Abbey Feast Saturday 26th August If you would like to go, we need to know numbers asap. You might be able to get a lift!

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).

Repair Cafes – Climate Clip #1 repaircafe.org

There are over 2,500 Repair Cafes worldwide, with volunteers helping people to repair things they might otherwise have thrown out. This is a great way to reduce greenhouse gases from landfill, have some fun, save money and resources. Darebin Repair Cafe has saved 2.3 tonnes from going into landfill in the last few years!

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



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:

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