



St Paul's Cathedral, Sale / Wayput

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.*

11th August 2024
12th after Pentecost

Sentence of Scripture

Be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us. *Ephesians 5.1–2*

Prayer of the Day

Grant, O Lord,
that we may see in you the fulfilment of all
our need,
and may turn from every false satisfaction
to feed on the true and living bread
that you have given us in Jesus Christ;
who lives and reigns with you
and the Holy Spirit,
one God, now and for ever.

Amen

Hope25 Collect

God of Hope you call on us to be your
witnesses in this uncertain world;
by your Spirit awaken in us
a true vision of your kingdom,
a greater certainty of our salvation, and
a deeper dedication to your service;
that through our words and actions the
same Spirit may
bring many who are lost to be found,
and for them to celebrate the hope that
we can only have in Jesus Christ,
in whose name we pray. **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**

Morning Prayer 9am on Fridays

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 (Not in December or January)

St Mark's Loch Sport *Services only at Easter and Christmas*

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

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

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

Ministry Project Officer: Rev'd Dr Tim Gaden 0488 110 415

Tim.Gaden@gippslandanglicans.org.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.

If you are concerned about your own or somebody else's safety, or have witnessed behaviour that makes you feel uncomfortable you can contact the Deputy Director of Professional Standards in the Gippsland Diocese, Julie Reilly Mobile: 0456 572 589 Email: julie@kooyoora.org.au You may also like to talk to the Dean or the Lay Canons, or if this is a really serious matter, go directly to the police, and then to the above.

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

A Reading from the Second Book of Samuel

The king gave orders to Joab and Abishai and Ittai, saying, 'Deal gently for my sake with the young man Absalom.' And all the people heard when the king gave orders to all the commanders concerning Absalom. So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. Joab said, 'I will not waste time like this with you.' He took three spears in his hand, and thrust them into the heart of Absalom, while he was still alive in the oak. Then the Cushite came; and the Cushite said, 'Good tidings for my lord the king! For the Lord has vindicated you this day, delivering you from the power of all who rose up against you.' The king said to the Cushite, 'Is it well with the young man Absalom?' The Cushite answered, 'May the enemies of my lord the king, and all who rise up to do you harm, be like that young man.' The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, 'O my son Absalom, my son, my son Absalom! Would that I had died instead of you, O Absalom, my son, my son!' 2 Samuel 18.5-9, 14, 31-33

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

Psalm 130

Out of the depths have I called to you, O Lord:

Lord, hear my voice;

O let your ears consider well:

the voice of my supplication.

If you, Lord, should note what we do wrong:

who then, O Lord, could stand?

But there is forgiveness with you:

so that you shall be feared.

I wait for the Lord, my soul waits for him:

and in his word is my hope.

My soul looks for the Lord:

more than watchmen for the morning,

more, I say, than watchmen for the morning.

O Israel, trust in the Lord, for with the Lord there is mercy:

and with him is ample redemption.

He will redeem Israel:

from the multitude of their sins.

A Reading from The Letter to the Ephesians

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. *Ephesians 4.25 - 5.2*

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.

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn

by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, “And they shall all be taught by God.” Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. 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 6.35, 41-51*

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

Reflection:

How tempting it is to ask Jesus for a ‘sign’, like the disciples, when, as for them, Jesus is with us fully in our life. There is nothing more we need, but to trust him in love.

- May we trust Christ in love and so build his church, the faithful community of love.
- Give thanks for the work and witness of the nation’s Torres Strait Islander clergy, virtually all of whom work for the church without a stipend.

Text: Pamela Davey and the Rev’d Sr Jan Crombie SSA (ABM Board)

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Our new ABM reflection writers are Pamela and Jan who are sisters and are grateful for being raised in a home of faith, with a mother who was a devout Anglican all her life. A fond memory is of her Prayerbook always by her bed. Pamela trained in Hospitality Management and Business, and has worked in Sydney and Brisbane. She is a great believer that there is no excuse for boring food! After completing EfM (Education for Ministry) she changed her life pathway and became a Families and Children Minister, working two parishes in the Diocese of Brisbane.

Jan has been ordained 24 years, and has ministered in parishes and some central Diocesan work, the latter in both Brisbane and Melbourne. In December 2023 she became a Vowed Member of the Society of the Sacred Advent, an Anglican Religious Order. Jan has been a member of the ABM Board for nearly six years, is Deputy Chair She believes that ABM can bring mission renewal to the church in Australia. Life is full with grandchildren and dogs and life!

Abbey Feast is on August 31st

Hosted by The Abbey in conjunction with Parish of St Peters Paynesville.

Always a wonderful celebration, this is a major fundraising event for The Abbey.

Three course meal including accompanying wine.

Book a table – you’re in for a delicious time. \$60per person. Please RSVP by September 16th. Dean Keren is going if you would like a lift

Dean's Doings

On Monday this week I attended the Commemoration Day service at Gippsland Grammar, where the whole school, including the cohorts from Bairnsdale and St Annes campuses filled the sports hall. I was amazed that everyone managed to fit into the hall! A big cake was cut and distributed to everyone present before all the students had to gather on the oval for a group photo. I didn't stay for the group photo (I joined the staff in the staff room for cake!), but I believe the students were corralled to sit in an enormous 100, celebrating the school's 100th anniversary!

On Tuesday evening I went down to the Reverend Canon Dr Fran Grimes' induction as Rector of Corner Inlet parish at Foster. Fran is one of the clerical canons of the cathedral. She was a GP in the area for some years before she was ordained, so there was a great sense in the packed church and among the people of a homecoming. It was a fabulous event, at which the Bishop's sermon was about how we can't step into the same river twice...

Chapter was unfortunately cancelled on Thursday due to illness and absence, but we are in the process of approving the quotes to go ahead with replacing the tiles on the chancel roof (which are literally falling off, thanks to the rusted pyrite in the current tiles 😬). This work should be done in the coming months. There's a great deal of maintenance to do, which is hardly noticed because so much of it happens in out of the way spaces. Thanks to the property team for the work they are doing with all this.

Also this week I met with two new diocesan canons of the cathedral: Jan Misiurka from Moe-Newborough parish, and Daniel Lowe who is the senior chaplain to St Paul's school. Both were elected/appointed at synod this year to fill gaps left by Phil Muston and David Chambers. We congratulate both of them. The installation of canons will take place during Evensong on 24th November. In the mean time, Greater Chapter will be meeting this coming Thursday after Bishop in Council. Please hold us in prayer as we gather.

And lastly, a plug for the Bob Derrenbacker seminar next Saturday. Please circulate this through your networks! Bob is always worth listening to. Last year's Gospel of Matthew session was well attended both in person and online. We'll also look forward to welcoming him as the preacher next Sunday.

Keren

We are saddened by the passing of Judy Tulip. Judy was one of the inaugural mainly music team at St Paul's, as well as on the flower roster. Her Funeral Service and wake (outside catering) is at St Paul's at 12 noon on Wednesday August 14th. Please pray for her family and all who knew and loved her.

Meetings this week Child safety 4.30 Wednesday

11 th August 2024 Today's hymns are brought to you by...		
Hymn	Name	It's my favourite because...
Praise my soul the king of heaven	Brett McCulley	It's my mum's favourite hymn and it's in celebration of her.
Oh the mercy of God - Bullock	Stuart Asquith	
The king of Love my shepherd is	Sally Friend	I find it comforting. Psalm 23 is a favourite of most people who know it.
Yours be the glory	Veena Roberts	I love the rhythm and the words.

Fifty Flecks of Gold

Did you know, our own Kevin Cameron has managed to complete and is publishing a book, *Fifty Flecks of Gold*, due to be released in September?

In *Fifty Flecks of Gold*, music educator and conductor Kevin Cameron shares the most valuable and significant lessons about life and leadership that he has gathered over a long and successful career working through a lens of music, education and leadership now approaching 35 years of active involvement in working with people. This book outlines and reflects on the concepts and principles relating to the effective leadership of people and organisations and the successful management of high-performing teams, where the nurture and development of relationships are critical to success.

Copies of the book may be preordered here: [Fifty Flecks Of Gold - Life Lessons For Those Who Lead - Kevin Cameron \(mattklohs.com\)](https://mattklohs.com)

Congratulations, Kevin!

Wanderers:

Cuppa and chat Thursday 15th at 10am at The Dock Cafe (library)

Thursday 15th at 10am at The Dock.

Wanderers lunch Friday 23rd at 12noon at the Maffra Brewery.

If anyone needs a lift let Jan know on 0421 605 461. Everyone welcome.

Six Strong Steps

An ACTinG webinar on Tues 13th August, 7:00 PM-8:30PM with Dr Cath Connelly

ACTinG presents a webinar that tackles grief and anxiety in the context of the crises our world is facing, including climate change.

Dr Cath Connelly, Director of The Abbey, will base her presentation around the six steps that Claire Dunn outlines, for people to be enablers of hope.

Claire Dunn is a writer, speaker and re-wilding facilitator, helping people to

reconnect with nature. The webinar will explore each of these steps:
Know your neighbours. Know your place. Get skills. Grieve. Create. Celebrate.
The link for joining in the webinar is: <https://us02web.zoom.us/j/86776821367>

Launch of the Prayer Trees St Paul's Cathedral, Sale 3pm on Sunday 1st Sept
With guest speaker, Tony Rinaudo, agriculturalist, missionary, and author of *The Forest Underground: Hope for a Planet in Crisis*, Christian Book of the Year, 2022
Come along on Sunday 1st September, when the Cathedral will be hosting a diocesan-wide event: the launch of the Prayer Trees. If churches across the diocese plant a tree, or dedicate an existing one, they will become a forest, dispersed across Gippsland.

This day also marks the beginning of the Season of Creation, when we praise God for creation and pray and commit to addressing the things that threaten its wellbeing. Light refreshments will be provided following the service at the Cathedral. The launch will also be live-streamed for parishes across the diocese and any who need to watch from home.

On Saturday 31st August, the day before, Bishop Richard will bless the grandmother Prayer Tree at The Abbey, before The Abbey's Winter Feast begins. See also: <https://www.theabbey.org.au/communion-forest>

You're invited to a: **Seminar on the Gospel of Mark** Presented by
The Revd Canon Dr Robert Derrenbacher
Dean, Trinity College Theological School, Melbourne
On Saturday 17th August 2024 2:00pm - 4:00pm at St Paul's
This is a free seminar, offered in persona and online via Zoom.
link <https://zoom.us/j/92820310411>



To register: <https://www.trybooking.com/CRYXZ> For more information, please contact: dean@stpaulssale.org.au or (03) 5144 2020. Also list in the hall foyer

Coming up:

- *Seminar on the Gospel of Mark* Presented by The Revd Canon Dr Robert Derrenbacher Dean, Trinity College Theological School, Melb on Saturday 17th August 2024 2:00pm - 4:00pm
- *Evensong* August 25th
- *Prayer Tree Launch* 1st September 3pm
- *Ordination* 14th September
- *140th Anniversary of St Paul's Church* 14th October. 10am *One morning service.*

Mission of the Month: Anglicare Victoria

Four in every 10 families walking through the doors of Anglicare Victoria's emergency relief centres in the last 12 months were new faces that have never needed help before. More private renters and people with a regular income are being forced to seek help as they can't make ends meet. \$2.03m in food, medicine,

clothes and other relief was delivered to people in need in 2023/24, more than double the \$874k pre-COVID for the 2019/20 period.

Anglicare Victoria's Winter Appeal is to 'Take Hunger off the Table'.

Please pray for the Anglicare staff and the families they are assisting. If you would like to make a donation, please put in an envelope marked Anglicare and place in the collection bag on Sunday, or donate online at www.anglicarevic.org.au.

More information about Anglicare's work can be seen on the noticeboard.

At the Abbey: August 24th – Spiritual Direction Taster Day. Facilitators: John Stewart and Cath Connelly.

Have you noticed that people tend to approach you for deep conversation? Do you find that you have the capacity to hear people's stories? Would you call yourself a good listener? Maybe your life-journey has led you to explore the writings and prayer-life of the Christian mystics? These are all the makings of a spiritual director. John Stewart and Cath Connelly, co-directors of the Living Well Centre for Christian Spirituality, offer this day in which the ministry of spiritual direction will be explained and explored. If you have ever wondered whether you might be called to be a spiritual director, we invite you to come to this day.

Morning tea and lunch provided. 10.00am – 3.00pm. Donation - \$40. Please RSVP by August 10th.

Hope25 is a project led by the General Synod that is an intentional season of **sharing hope in Jesus**. More information can be found at <https://www.hope25.com.au/>

If you receive an email from REV Keren, check the email address, as more SPAM emails asking you to do a job for her are doing the rounds again.

Please wear your namebadge, to the services as well as to morning tea, so we can all get to know your names. If you don't have one, see Christine.

Morning prayer every Friday at 9am. We pray for our parish and diocese, and any other concerns pray-ers may have.

The (10am) service each week is live streamed. (Search *St Paul's Cathedral Sale when in* YouTube) <https://www.youtube.com/@stpaulscathedralsale/streams>

<p>Internet Bank Transfer: Cathedral's ministry and mission BSB 013-795 Account no: 4962-98866 Ref: Offering etc.</p>
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Sunday Bulletin / Web/ Facebook contact:

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

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