



# 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

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**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.*

**23<sup>rd</sup> March**  
**Lent 3**

## Sentence of Scripture

‘As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts,’ says the Lord. *Isaiah 55.9*

## Prayer of the day

O God, the fountain of life,  
to a humanity parched with thirst you offer the  
living water that springs from the Rock,  
our Saviour Jesus Christ:  
stir up within your people the gift of your  
Spirit, that we may profess our faith with  
freshness and announce with joy the wonder of  
your love.

We ask this through our Lord Jesus Christ,  
who lives and reigns with you in the unity of  
the Holy Spirit, one God, for ever and ever.

**Amen**

## Hope 25

God of hope,  
you fill those who trust in you  
with peace and joy:  
give us the gift of your Spirit  
so that we may overflow  
with the hope we have in Jesus,  
shine with his presence,  
and share the good news with  
others. Amen

## Holy Communion Services at St Paul's:

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

*Sunday Evenings* 3<sup>rd</sup> Sunday of the month @ 5pm **Contemplative Service**

Morning Prayer 9am on Fridays

## Outcentre Services:

**St Anne's Golden Beach** 10.30am 1<sup>st</sup> Sunday & 3<sup>rd</sup> Sunday of the month

**St Alban's Kilmany** 2.00pm 3<sup>rd</sup> 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](mailto:mhtoms@westnet.com.au)**

**Honorary Deacon Rev'd Kate Campbell 0402514829 [khcampbell55@gmail.com](mailto:khcampbell55@gmail.com)**

***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](mailto: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.

### **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 Moses Baiduduga at Newton College PNG.***

### **A Reading from the Prophet Isaiah**

Ho, everyone who thirsts,  
come to the waters;  
and you that have no money,  
come, buy and eat!  
Come, buy wine and milk  
without money and without price.  
Why do you spend your money for that which is not bread,  
and your labour for that which does not satisfy?  
Listen carefully to me, and eat what is good,  
and delight yourselves in rich food.  
Incline your ear, and come to me;  
listen, so that you may live.  
I will make with you an everlasting covenant,  
my steadfast, sure love for David.  
See, I made him a witness to the peoples,  
a leader and commander for the peoples.  
See, you shall call nations that you do not know,  
and nations that do not know you shall run to you,  
because of the Lord your God, the Holy One of Israel,  
for he has glorified you.  
Seek the Lord while he may be found,  
call upon him while he is near;  
let the wicked forsake their way,

and the unrighteous their thoughts;  
let them return to the Lord , that he may have mercy on them,  
and to our God, for he will abundantly pardon.  
For my thoughts are not your thoughts,  
nor are your ways my ways, says the Lord .  
For as the heavens are higher than the earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts.    *Isaiah 55.1-9*

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

### **Psalms 63.1-9**

O God, you are my God:  
**eagerly will I seek you.**  
My soul thirsts for you, my flesh longs for you:  
**as a dry and thirsty land where no water is.**  
So it was when I beheld you in the sanctuary:  
**and saw your power and your glory.**  
For your unchanging goodness is better than life:  
**therefore my lips shall praise you.**  
And so I will bless you as long as I live:  
**and in your name will I lift my hands on high.**  
My longing shall be satisfied as with marrow and fatness:  
**my mouth shall praise you with exultant lips.**  
When I remember you upon my bed:  
**when I meditate upon you in the night watches,**  
How you have been my helper:  
**then I sing for joy in the shadow of your wings,**  
Then my soul clings to you:  
**and your right hand upholds me.**

### **A Reading from The First Letter to the Corinthians**

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness. Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, ‘The people sat down to eat and drink, and they rose up to play.’ We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them

did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it. *1 Corinthians 10.1-13*  
Hear the word of the Lord. **Thanks be to God.**

The Gospel of our Lord Jesus Christ according to Luke

### **Glory to you Lord Jesus Christ.**

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, ‘Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.’ Then he told this parable: ‘A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, “See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?” He replied, “Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.”’ *Luke 13.1-9*

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

### **Reflection**

Today’s Gospel reading tells us two things: that without repentance we will all perish, just as certainly as those who were killed when the tower of Siloam fell on them; and that the Lord wants us to have one extra chance to bear fruit. After that, if we are still fruitless we will be accounted for as being utterly worthless.

- May we all produce fruit in our lives that Jesus our Lord finds worthy of him.
- Give thanks for the Episcopal / Anglican Church of Alexandria.

Text: Robert McLean © Anglican Board of Mission, 2025



### **Dean's Desk**

This Sunday means we are half way through Lent. I wonder how your Lenten journey so far has been? I wonder what God is doing in and with you in this time? Have you been using the Hope25 Lenten Study book, or engaging in some other discipline? Take a moment to stop and recalibrate and recommit (if necessary) for the next few weeks.

Thank you to those who were thinking of me on leave; I had a lovely week resting and relaxing and cuddling Gabby.

On Thursday we had our first Regional Deanery meeting in about 18 months. The bishop has made a number of new appointments of an Archdeacon, John Webster, who replaces Sue Jacka, and new area deans including Fran Grimes and Daniel Gebert, and an assistant regional dean, Sue Newcombe. Because our region is so vast, extending to Mallacoota, the appointment of Sue means there will be two foci within the region, one based around Sale, and the other around Lakes Entrance/Orbost. This is a good move, extending the team and also meaning we'll have hopefully more opportunities for collegial connectivity.

Thank you everyone who came to support the harp concert on Friday night. Heather Downie shone brilliantly, a very different vibe to our last visiting artist, Esther Swift, who was here in November. Heather led a workshop today in Bairnsdale, which I attended, and will be doing another concert Sunday afternoon at The Abbey. Our next visiting harp artist will be Tasmania harpist Emily Sanzaro who will delight us with her music in July.

Coming up this week is Lady Day, Mothers' Union's annual cathedral service, on Friday at 11am. And on Saturday I'll be leading a Diocesan Songwriting workshop at St James' Traralgon. Anyone into writing poetry/lyrics or music - come talk to me, because this one's for you! The hope is that songs/hymns produced on the day will be used during synod this year, in conjunction with Hope25.

Today after church we'll be having a congregational chat over coffee/tea: your opportunity to feedback anything you feel is important, or to raise some blue sky ideas, or to share how God has connected with you during our worship over the last three months.

Next week Kaye and I will be taking the opportunity to connect with those who regularly welcome people at the door.

Lastly, a plea: Dave Perryman and folk from the Safe Ministry Authority of the diocese will be running a Safe Church Workshop on **Saturday 5<sup>th</sup> April from 9:30am-12:30pm**. If you last did your training prior to 2022, this is your opportunity to do it in person (and get it over with!) instead of doing it online. Details of how to book below.

*Keren*

**Lunch at Lakeside (Bowling Club) 12 noon TODAY, 23rd March.** Please sign on the form at church, we would love to see you there!

**Wanderers:** Lunch: Lakeside noon Friday 4<sup>th</sup> April and Rosedale Hotel 18<sup>th</sup> April.  
Coffee and chat: Shirleys 10am Thursdays 27<sup>th</sup> March and 10<sup>th</sup> April

**All who volunteer in the parish need to attend a safe Church workshop every 3 years.**

**Please attend on Saturday 5 April 2025 in Delbridge Hall Saturday 5 April 9.30am to 12.00pm** if you have not attended one in person, or on line in 2023 or 2024. Online registration is essential: <https://www.trybooking.com/CZTUB> (ask someone to book you in if you can't)

Registrations close Wednesday 1 April 2025 at 5pm

**Mission of the Month: ABM Lent / Good Friday envelopes** out , as well as new regular offering envelopes.

### **Becoming Economically Empowered**

In Kenya, women and teenage girls are the most vulnerable group in the country. Their greater vulnerability to poverty is worsened by gender-based violence and harmful cultural attitudes to gender. Many also have limited control over land and other resources. In the Philippines, women form a large part of the agricultural workforce, but returns on their labour are low.

ABM AID's church partners in the Philippines and Kenya facilitate women's leadership and empowerment as they promote effective livelihood programs in those countries, particularly in rural areas where poverty levels are high.

Sometimes it's the simple things that have the most impact on women's empowerment. Things like shortening the distances women and children need to travel to fetch water for drinking and washing. Martha, from the Kenyan village of Kyua, said, "It only takes a short time now to get water. So, we are very happy." She improves her livelihood by being part of a local women's group.

Thanks to the increased number of these water structures installed through our Kenyan church partner, Anglican Development Services Eastern, women like Sabina can also now grow a variety of vegetables all year round, both for home consumption and sale. This improves nutrition and health and enables families to contribute more to community life.

In the Philippines, Marietta's income from the sale of food has increased markedly since she joined a project focussed on traditional seeds and natural fertilisers which was offered by IFI-VIMROD. The project has also taught her about stewardship of the land and its precious resources. "Stewardship begins with ourselves. This value is developed through experience, learning, and commitment. When the staff of IFI-VIMROD only gave me six pieces of corn kernel, and two tomato seeds, I did not think it was something silly, rather I saw it as a gift to teach us about developing and sustaining even the smallest things God has given us," she said. Marietta was also elected vice-chairperson of her organisation and appointed its focal person for seed banking and distribution.

ABM AID's other church partner in the Philippines, E-CARE, also works to empower women through improved livelihoods and learning how to protect their environment.



4 MAY 2025  
*Hope & Light*

## Domestic Violence Sunday: Hope & Light. May 4th, 2025 -

This is a day dedicated to building awareness of domestic and family violence, exploring solutions, and contributing to a national giving initiative to resource the church's work. This is a new national Anglican initiative.

**SONGWRITING**  
*Workshop*

Facilitated by the Dean, Keren Terpstra

Share your gifts for lyric and music writing | Collaborate with others in the Gippsland Diocese | Produce a new worship song for Hope25

Saturday  
**29**  
March 2025

**ST. JAMES' TRARALGON**  
100 Gray Street  
Traralgon

**10:00AM**  
—  
**2:30PM**

For more information email:  
[daniel@warragulanglican.org.au](mailto:daniel@warragulanglican.org.au)

**Internet Bank Transfer: Cathedral's ministry and mission**  
BSB 013-795 Account no: 4962-98866 Ref: Offering etc.

**Sunday Bulletin / Web/ Facebook contact:**

Christine Morris OAM 0438 595 056 [cmorris@wideband.net.au](mailto:cmorris@wideband.net.au)

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# Gippsland Camino 2025

Over centuries people have used walking as a way of integrating their mind, heart, body and soul.

This is your invitation to walk with us on a Gippsland Camino from the 1-4 May 2025 along the Gippsland Plains Rail Trail. During this time, the churches along the Gippsland Rail Trail from Traralgon to Stratford will support you spiritually and physically

Please register for this event: <https://events.humanitix.com/gippsland-camino>

Enquiries: Janet Wallis Ph 0417 030 768 or email: [janetwal@bigpond.net.au](mailto:janetwal@bigpond.net.au)

An activity supported by the Uniting, Anglican and Catholic churches along the route

Auspiced by the Anglican Diocese of Gippsland

. They are invited to come as Pilgrims, or as helpers along the way. We need a number of people to be present at major road crossings, to encourage Pilgrims, but also to be an extra set of eyes at road crossings, thus increasing safety for all involved.

## Event description

**Please contact the host by email to receive a copy of the Camino Guide Book for more details or click here: [Gippsland Camino Guide Book](#)**

- We acknowledge that we will be walking on the traditional lands of the GunaiKurnai people.
- PLEASE NOTE: This event offers spiritual guidance and walking support only. You are responsible for your own accommodation, transport and food.
- The route will cover 63 Kms over 3 walking days. We will be walking along the Gippsland Plains Rail Trail <https://gippslandplainsrailtrail.com.au/>
- You are welcome to walk the whole route or parts of the route— each section of the trail will be supported as per a schedule provided.
- The event starts with a blessing of the pilgrims at Traralgon Uniting Church on the evening of 1st May at 4pm and concludes with a celebratory service at St Paul's Anglican Cathedral, Sale on the afternoon of 4th May.
  - Spiritual resources and prayers for your use are included.
  - Registrations close on 4th April 2025.
- Fees for the supported walk are either \$30 per walking day or part thereof, or \$80 for the three days.
- This is a Hope 25 Project and an activity of the Anglican Diocese of

Gippsland

**HOPE25**

HOPE IN AN UNCERTAIN WORLD