

Welcome to worship at Holy Trinity, Terrigal
THIRD SUNDAY IN LENT
15th March, 2020



7.30am – Sung Eucharist - Presiding & Preaching – Fr Mark Watson

Organist – Chris Sillince

Hymns: TIS 131, 546, 533 (Tune: St Botolph 233), 502

English Organ Postlude: *Trumpet Tune in A* (David Johnson)

9.30am – Holy Eucharist - Presiding & Preaching – Fr Mark Watson

Organist – Libby Harvey

Hymns: TIS 131, 546, 533 (Tune: St Botolph 233), 502

[All hymns are from Together in Song unless otherwise specified.]

3.30pm – Messy Church

Prayer and anointing for healing are available at each Eucharist. If you would like prayer and anointing, please move in front of the step, at the left side of the altar, after receiving communion and a priest will come and minister to you.

Sentence

'The water that I will give,' says the Lord, 'will become in you a spring of water welling up to eternal life.'

John 4.14

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.**

Exodus 17.1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.'

Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

Hear the word of the Lord

Thanks be to God

Psalm 95

O come, let us sing out to the Lord:
let us shout in triumph to the rock of our salvation.
**Let us come before his face with thanksgiving:
and cry out to him joyfully in psalms.**

For the Lord is a great God:
and a great king above all gods.
**In his hand are the depths of the earth:
and the peaks of the mountains are his also.**

The sea is his and he made it:
his hands moulded dry land.
**Come, let us worship and bow down:
and kneel before the Lord our maker.**

For he is the Lord our God:
we are his people and the sheep of his pasture.
**Today if only you would hear his voice
— ‘Do not harden your hearts as at Meribah:
as on that day at Massah in the wilderness;**

‘When your forebears tested me:
put me to proof, though they had seen my works.
**‘Forty years long I loathed that generation and said:
“It is a people who err in their hearts,
for they do not know my ways”;**

‘Of whom I swore in my wrath:
“They shall not enter my rest.””

A reading of the letter of Paul to the Romans 5.1-11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Hear the word of the Lord

Thanks be to God

Glory to you, Word of God, Lord Jesus Christ!

Glory to you, Word of God, Lord Jesus Christ!

Lord, you are truly the Saviour of the world;

give me living water, that I may never thirst again.

Glory to you, Word of God, Lord Jesus Christ!

The Gospel according to John 4.5-42

Glory to you Lord Jesus Christ

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.)

The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.'

The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five

husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.'

The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.' Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him. Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

For the Gospel of the Lord

Praise to you Lord Jesus Christ

Please pray for

Barb Matthews, Graeme Patterson, Ken Hope, Norm Williams, Emma Horton, Wendy Rogers, Isobel Hargraves, Daniel Kristensen, Gail Lyndon, Joyce Taylor, Jason Newton, Sue Wilkinson, Jean Jackson, Marian French, Aaron Lane, Pat Lindsay, Toby Lindsay, Gloria Townsend and Kath Connor-Brown.

We prayerfully remember
Gordon Milne.

'Whispers of Love' Meditation –

Reflection

Christian Meditation

Stilling the mind in meditation

The Desert fathers had a saying, "If you cannot catch the wind, neither can you prevent distracting thoughts from coming into your head". (How true!)

Prayerfully Reverend Ann

AGM

Our Annual General Meeting will be held today, 15th March, 2020 at 11.00am in the Worship space here at the Holy Trinity.



Sunday 15th March 2020

Please join us this afternoon at 3.30pm for Messy Church. Invite a family with young children to come along with you!

Market Day - 21st March

Market day is coming up on the 21st March. Once again, we will need all the help we can get when setting up on Friday 20th March and especially when packing away and clearing up on Saturday. If you can come at 12.30pm for an hour on Saturday to pack up, we would love to see you. Your help is always appreciated. Thank you.

New Daylight

There are a few copies of the New Daylight book available for \$13 each in the bookshop.

CORONAVIRUS (COVID-19) CHURCH PRACTICES UPDATE

The Bishop has issued the following guidelines – updated March 10th – for churches to follow during the Coronavirus threat.

Good hygiene practices prevent the spread of infection, including:

- **Washing your hands often with soap and water**
- **Using a tissue and covering your mouth when you cough or sneeze**
- **Avoiding close contact with others, such as touching**

In addition to the above the Bishop has also authorised and requested the suspension of:

- **Physical contact during the greeting of peace**
- **Physical contact during a blessing or “laying on of hands”**
- **The administration of the chalice to the congregation which means Holy Communion will be administered in one kind only**

Priests and servers will wash their hands with hand sanitiser before setting up the communion vessels containing the elements and prior to administering the elements.

Some people have asked for explanation of the meaning of some terms, i.e., “Host” which is the name of the consecrated bread. It comes from the Latin *hostias* which means “victim”. “Intinction” refers to the practice of dipping the Host in the consecrated wine. This is to be avoided as it represents an infection transmission route.

Please consume the Sacrament as soon as you receive it and do not take it away with you.

Care needs to be taken about food service. Consideration should be given to serving food rather than food being offered for self-service. Good hygiene practices must be followed in the kitchen.

Thank you again for your consideration and co-operation.

Dinner at Terrigal Bowling Club

Please join us for dinner at Terrigal Bowling Club at ‘Bec’s Kitchen’ on Sunday 5th April from 6pm. If you are interested, please add your name to the sign-up sheet on the notice board.

Women's Fellowship

Ladies, we need your support!

We encourage and welcome ladies from all services, including both the 7.30 and 9.30 services, to join us in Women's Fellowship.

We generally meet on the second Monday of the month at 1pm, finishing with afternoon tea. Please note, the April meeting will be held on the 20th which is the third Monday, due to Easter.

Please join us. We would love to see some new faces.

Spirituality in the Pub (SIP CENTRAL COAST) Second Tuesday 7th April, 2020, 7.30pm - 9.00pm

The Grange Hotel Function Room

Corner Renwick St & Pacific Hwy, WYOMING

Bistro opens at 5-30pm.

"Influences on my Spiritual Journey"

John West: A school teacher, then Anglican minister until retirement in 2016, John presently looks after a Parish part-time, while leading Bible Study Groups, and assisting with preaching and ESL classes locally. He has an MA (theol.), has written one book on Bible themes and is writing a second on making sense of faith.

Judi Tracey: Growing up in an ethnic Catholic family, Judi attended Church regularly with her siblings and followed all the traditions - although she never really understood the full extent of Catholicism. It wasn't until she met Andrew that she could see his family had something she didn't have. She now attends Erina EV church.

SIP Central Coast is an Ecumenical & Interfaith Speakers Forum with Q's & A's.

The focus is on developing understanding & encouraging conversation about Spirituality through sharing one's life journey. We meet 1st Tuesday in the month from March to October and 2nd Tuesday in November.

Enquiries: Maryke – 4365 9197 or 0498 588 261

Prayer of the week

Lord God, our Redeemer,
who heard the cry of your people
and sent your servant Moses to lead them out of slavery:
free us from the tyranny of sin and death
and, by the leading of your Spirit,
bring us to our promised land;
through Jesus Christ our Lord. **Amen.**

THE MUSIC IS ALL AROUND US

The movie *As it is in Heaven* is about Daniel, a middle-aged, world famous musician. He works so intensely he needs a sabbatical. So he returns to his childhood village in the far north of Sweden. The locals persuade him to take the very mediocre Lutheran Church choir in hand and see what he can do with it. He says, "the music is there. It is all around us. All we have to do is 'take it down.'" They don't understand that pure, true sound can only emerge and fill them if they're open and empty enough to trust and receive it. **The film recounts the long process and the hard struggle to find the courage and the inner freedom to find their real voice.** It turns out to be a messy and painful process.

Mozart said music fills the world. Part of the Christian understanding of God is that God fills the world. And like the way music emerges in us, we only become inwardly transformed by God's grace by allowing ourselves to be open and transparent and to gain the inner freedom to enable that. Lent is a good discipline to help us in that transformation.

We're reluctant by instinct to let go, to surrender, to be free. To do that requires relinquishing control and dethroning our ego. Even the holiest of saints found this almost impossible to accomplish. English priest Daniel O'Leary says, "Suffering has been described as that state when, for whatever reason, we no longer have control over our lives or our future. We are terrified, for instance, when our health is beyond healing, when a love is beyond rekindling, when a damage done is irreparable, when our good name is irretrievable. To surrender, we fear, is to lose our sense of self, our self-sufficiency, our sense of worthiness – to become unbearably at the mercy of others" ('Unblocking the light,' *The Tablet*, 9 April 2011, p. 17).

Thomas Merton wrote, "If we take our vulnerable shell to be our true identity, if we think our mask is our true face, we will protect it with fabrications even at the cost of violating our own truth." **Lent is time to strip away all the pretenses and fabrications we've accumulated to hide our true selves.** Other terms are purification, penance, self-mortification, self-denial that help us do this and to turn around, to change, to repent.

When a couple stands at the altar and make life-changing promises to one another, they're surrendering control. What normally fills us with fear and repulsion is done happily and willingly because those two people have at last found someone they're happy to surrender to. They know, if theirs is a healthy relationship, that they can do this without losing themselves. We're all searching for someone to surrender to, not specifically in marriage, but someone in whom we can define who we are, without losing ourselves. Franciscan priest Richard Rohr writes, "God is the only one we can surrender to without losing ourselves." The strange irony is that it's through that very act of surrender that we find our true selves.

Following Jesus is dying and rising with him. In baptism we die to our false self in order to be our true self. The very act of being baptised requires surrendering control to someone else. Whether it's by immersion or aspersion, we trust that the one baptizing us won't drown us or drop us. Daniel O'Leary says, "Once we die enough to our need to control, to be independent; once we allow the utterly transforming love of God to invade the deepest levels of our complicated souls, then we notice that we are moving to another place where many things begin to matter much less to us, and a few things begin to matter much more" (*ibid.*).

With the world and society the way they are, negative emotions can start to take over. Resentment and frustration at feeling helpless to do more to make the world better can have a corroding effect on the spirit. I felt this Lent a call to draw upon the grace of God through prayer and spiritual reading and meditation – something with which I struggle enormously – to make me open and ready for the graces God desires to give me. That can't happen while what St Thomas Aquinas called the *anima pusilla*, the small self, the false soul is in control. Lent is a season to discover the *anima magna* or large soul. **That's when the music comes down and we find ourselves free to sing.**

Another challenge of Lent is discerning the excess in our lives, the desire for more. Fr Ronald Rolheiser writes: "When excess enters, enjoyment departs, as does freedom. Compulsion sets in.

Now we begin to seek a thing, not because it will bring us joy, but because we are driven to have it. Excess is a substitute for enjoyment." That's the complete opposite of what we're told which is that it's through excess we experience enjoyment. We just don't call it that. We call it other things like having the latest to make us more efficient or economical or whatever.

There's a story about Joseph Heller, author of *Catch 22*, who was told about a fund manager who made more money that very day than Heller did from all his books combined. Heller replied, "Then I have something he will never have. Enough." At some point in Lent it would be good to say and mean and live, as spiritual writer Mary Jo Leddy said, "It's enough. I have enough. I am enough. Life is enough. With all my heart I thank you."

Fr Mark



ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

Pew Reflections

Third Sunday In Lent

- Exodus 17.1-7; Psalm 95;
Romans 5.1-11; John 4.5-42

Jesus breaks all his peoples' traditions by talking to a Samaritan woman. He uses this moment to teach that he himself is the Living Water, a spring which will provide life-giving water and give eternal life.

- Pray for all who visit and worship at the Church of Jacob's Well, in Nablus in the Occupied Territories and for the Samaritans who live nearby, that God will bless each community.
- Give thanks for the work and witness of the Church of the Province of South East Asia.

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Mission Report 15th March 2020



ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice



ASSET-BASED COMMUNITY DEVELOPMENT PROGRAM

Jesus tells us that the words of Isaiah 61.1, "the Lord has anointed me to bring good news to the poor", have been fulfilled in him (Luke 4:21). When you support ABM's Lent appeal for the Asset-based Community Development Program in the Philippines, you are helping the local church to support families to lift themselves out of poverty.

ABM's two Philippines church partners, IFI-VIMROD and E-CARE, work closely with local communities in many parts of the country to help them understand what assets they have, and how to use them to grow small businesses. The people organise themselves into small groups or cooperatives to plan their business ventures and to become eligible to receive a small grant or revolving loan to help achieve their goals. Since many of the businesses are in agriculture, participants also learn improved farming methods, use of organic fertilisers, marketing skills etc.

Adora, who lives with her husband and two children in a remote community in the Eastern Visayas region of the Philippines, has already benefitted from this project. She is now able to provide healthy food for her family from her own vegetable garden using the techniques she has learnt.

Your gift to this project will help other families like Adora's to leave poverty behind.

(This project is tax deductible.)

Coralie Taylor - Mission Secretary.

Rosters for next week

22nd March – Fourth Sunday in Lent

7.30am

Greeter	Sidesperson	Readers	Servers
Colleen Cronin	Adrienne Baldwin Margaret Maclachlan	Charlotte Martin Lorraine Zahra	Ronda Neil

9.30am

Greeter	Sidesperson	Readers	Servers
Carolyn Shields	Duncan Piper Margaret Piper	Evelyn White Marie Partier	Margaret Coralie
Morning Tea	Counting Roster		
Pat Stokes Evelyn Murphy	Audree Dash Ellie Murphy		

Next Sunday 22nd March, 2020 – Fourth Sunday in Lent

Fourth Sunday in Lent

7.30am – Sung Eucharist and Blessing of Simnel Cake –

Presiding & Preaching – Fr Mark Watson

Organist – Chris Sillince

9.30am – Holy Eucharist and Blessing of Simnel Cake –

Presiding & Preaching – Fr Mark Watson

Trinity Band & Singers

Readings: 1 Samuel 16.1-13, Psalm 23, Ephesians 5.8-14

Gospel: John 9.1-41

This Week

Monday 16th March

10.00am – Whispers of Love – a meditation. Lenten Study. *[Revd. Ann]*

Tuesday 17th March

Patrick, bishop, missionary to Ireland (d.461)

8.00am – Morning Prayer

7.00pm – Trinity Band Rehearsal

Wednesday 18th March

Cyril of Jerusalem, bishop and teacher (d.386)

8.00am – Morning Prayer

5.00pm – Eucharist *[Fr Roy]*

5.30pm – Lenten Study *[Fr Roy]*

Thursday 19th March

JOSEPH, HUSBAND OF THE BLESSED VIRGIN MARY

8.00am – Morning Prayer

8.30am – Eucharist *[Fr Mark]*

10.30am – Eucharist at The Pod (Aurrum) *[Fr Mark]*

7.30pm – Lenten Study *[Fr Mark]*

Friday 20th March

Cuthbert of Lindisfarne, bishop and missionary (d. 687)

8.00am – Morning Prayer

10.30am – Holy Eucharist *[Fr Mark]*

Readings – Hosea 14.2-9, Psalm 81.13-16, Mark 12.28-34

Morning Tea

11.30am – Lenten Study *[Fr Mark]*

Saturday 21st March

Thomas Cranmer, archbishop of Canterbury, martyr & liturgist (d. 1556)

8.00am – Market Day

The Parish of Terrigal warmly welcomes you.

We offer many opportunities for meeting together ...

to worship and pray; to study Scripture and theology; to share fellowship, caring and support; and to celebrate real relationships which are divinely life-giving.

These opportunities normally include ...

Sunday Worship at Holy Trinity

7.30am - Sung Eucharist and 9.30am – Holy Eucharist

3rd Sunday in the month - Messy Church

between 3.30pm and 5.30pm

Weekly Worship at Holy Trinity

Tues to Friday - 8.00am - Morning Prayer

Friday at 10.30am – Eucharist

1st Monday at 3.00pm Monday Tarragal Manor & Tarragal Glen Eucharist

Every Wednesday at 5.00 pm - Eucharist

3rd Thursday at 10.30am - Eucharist at The Pod [Aurrum]

4th Friday – 11.00am – Eucharist at Woodport Aged Care

VARIOUS PARISH MINISTRIES

'Whispers of Love' - a meditation (*Monday at 10.00am*); **Women's Fellowship** (*2nd Monday at 1.00pm*); **Parish Council** (*2nd Tuesday at 7.30pm*); **Trinity Band** (*Rehearsal - Tuesday at 7.00pm*) (*Playing at the 9.30am Service - 2nd and 4th Sundays*); **Sacred Reading** (*Wednesday at 5.30pm*); **Pastoral Care** (*2nd Thursday at 10.00am*); **Bible Study** (*Friday at 11.45am*); **Messy Church Planning Meeting** (as arranged) ; **Gardening** (*2nd Saturday from 8.00am*); **Market Day** (*3rd Saturday from 8.00am*)

Parish contact - (02) 4365 1115 or mobile 0427 135 771

Holy Trinity Opportunity Shop ... contact (02) 4365 1280

Parish Website – www.terrigalanglican.org.au

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Parish Directory

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Parish Postal Address – P.O. Box 167, Terrigal, 2260

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Parish Email – admin@terrigalanglican.org.au

Website - www.terrigalanglican.org.au

Rector – The Reverend Canon Mark Watson – 4365 1374 or 0434 431 400

Email - cyprian7@bigpond.com

Associate Priests

The Reverend Ann Watson – 4365 1065 or 0427 135 771

The Reverend Roy Hazlewood – 0418 290 192

The Reverend Dr Richard Harvey – 0422 109 262

The Reverend Bruce McAteer - 0417 229 296

Parish Executive

Neil Ewer (0412 640 477) – Rector’s Warden

Terry Rowe (4365 0430) - People’s Warden

Kyara Newport (0400 994 779) - People’s Warden

Parish Secretary - Kyara Newport (0400 994 779)

Parish Treasurer - Terry Rowe (4365 0430)

Parish Ministries

Parish Organist - Chris Sillince - 0422 225 849

Sacristan and Mission Secretary - Coralie Taylor

Messy Church Convenor - Rhonda Kiss – 4363 5001

Pastoral Care - contact - 4365 1115

Trinity Band & Cursillo – Libby Harvey – 0431 315 085

Safety Officer - Mike Keaney

Copyright Compliance Officer – Terry Rowe

Parish Bookshop – Kyara Newport

Women’s Fellowship – Pam Flegg – 4384 5326

Market Day Co-ordinator – Ian Wolstenholme

Parish Opportunity Shop

Carolyn Shields / Christine De Gans - 4365 1280

The Op Shop is open Tuesday to Friday from 9.00am to 4.00pm

and each Saturday from 10.00am to 1.00pm