

**Welcome to worship at  
Holy Trinity, Terrigal**

**Twelfth Sunday after Pentecost  
23rd August 2020**



**9.00am – Holy Eucharist**

**Presiding and Preaching - Fr Mark Watson  
Organist - Chris Sillince**

## **SOME VALUABLE INSIGHTS IN ANXIOUS AND TROUBLED TIMES**

Anxiety of mind is not so much an abstract temptation, as the source whence various temptations arise. Sadness, when defined, is the mental grief we feel because of our involuntary ailments; --whether the evil be exterior, such as poverty, sickness or contempt; or interior, such as ignorance, dryness, depression or temptation. Directly that the soul is conscious of some such trouble, it is downcast, and so trouble sets in. Then we at once begin to try to get rid of it, and find means to shake it off; and so far, rightly enough, for it is natural to us all to desire good, and shun that which we hold to be evil.

If anyone strives to be delivered from his troubles out of love of God, he will strive patiently, gently, humbly and calmly, looking for deliverance rather to God's Goodness and Providence than to his own industry or efforts; but if self-love is the prevailing object he will grow hot and eager in seeking relief, as though all depended more upon himself than upon God.

Anxiety arises from an unregulated desire to be delivered from any pressing evil, or to obtain some hoped-for good.

Nevertheless, nothing tends so greatly to enhance the one or retard the other as over-eagerness and anxiety. Birds that are captured in nets and snares become inextricably entangled therein, because they flutter and struggle so much.

Therefore, whensoever you urgently desire to be delivered from any evil, or to attain some good thing, strive above all else to keep a calm, restful spirit, --steady your judgment and will, and then go quietly and easily after your object, taking all fitting means to attain thereto. By easily I do not mean carelessly, but without eagerness, disquietude or anxiety; otherwise, so far from bringing about what you wish, you will hinder it, and add more and more to your perplexities. "My soul is always in my hand, yet do I not forget Thy Law," David says. (Ps. 109)

Francis de Sales (1567 –1622) "Introduction to a Devout Life"

Fr Mark

## **Sentence**

Jesus said to them, 'Who do you say that I am?' Simon Peter answered, 'You are the Messiah, the Son of the living God.'

Matthew 16.15-16

## **Prayer of the Day**

O God, fount of all wisdom,  
in the humble witness of the apostle Peter  
you have shown the foundation of our faith:  
give us the light of your Spirit,  
that, recognising in Jesus of Nazareth  
    the Son of the living God,  
we may be living stones  
    for the building up of your holy Church;  
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.**

## **A reading from Isaiah chapter 51, verses 1 - 6**

Listen to me, you that pursue righteousness,  
    you that seek the LORD.  
Look to the rock from which you were hewn,  
    and to the quarry from which you were dug.  
Look to Abraham your father  
    and to Sarah who bore you;  
for he was but one when I called him,  
    but I blessed him and made him many.

For the LORD will comfort Zion;  
he will comfort all her waste places,  
and will make her wilderness like Eden,  
her desert like the garden of the LORD;  
joy and gladness will be found in her,  
thanksgiving and the voice of song.

Listen to me, my people,  
and give heed to me, my nation;  
for a teaching will go out from me,  
and my justice for a light to the peoples.  
I will bring near my deliverance swiftly,  
my salvation has gone out  
and my arms will rule the peoples;  
the coastlands wait for me,  
and for my arm they hope.  
Lift up your eyes to the heavens,  
and look at the earth beneath;  
for the heavens will vanish like smoke,  
the earth will wear out like a garment,  
and those who live on it will die like gnats;  
but my salvation will be for ever,  
and my deliverance will never be ended.

Hear the word of the Lord

**Thanks be to God**

### **Psalm 138**

1 I will give you thanks, O Lord, with my whole heart:  
even before the gods will I sing your praises.

2 **I will bow down toward your holy temple  
and give thanks to your name:  
because of your faithfulness and your loving-kindness,  
for you have made your name and your word  
supreme over all things.**

3 At a time when I called to you, you gave me answer:  
and put new strength within my soul.

**4 All the kings of the earth shall praise you, O Lord:  
for they have heard the words of your mouth;**

5 And they shall sing of the ways of the Lord:  
that the glory of the Lord is great.

**6 For though the Lord is exalted, he looks upon the lowly:  
and he comprehends the proud from afar.**

7 Though I walk in the midst of danger,  
yet will you preserve my life:  
you will stretch out your hand against the fury of my enemies,  
and your right hand shall save me.

**8 The Lord will complete his purpose for me:  
your loving-kindness, O Lord, endures for ever;  
do not forsake the work of your own hands.**

**A reading from the letter of Paul to the Romans  
Chapter 12, verses 1 – 8**

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

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

**Alleluia, alleluia!**

You are Peter, the rock on which I will build my Church;  
the gates of hell will not hold out against it.

**Alleluia!**

The Gospel of Our Lord Jesus Christ according to Matthew  
Chapter 16, verses 13-20

**Glory to you Lord Jesus Christ**

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, 'Who do people say that the Son of Man is?' And they said, 'Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.' He said to them, 'But who do you say that I am?' Simon Peter answered, 'You are the Messiah, the Son of the living God.' And Jesus answered him, 'Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.' Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

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

**Prayer for those suffering severe illness** (adapted from *A Prayer Book for Australia*, p. 692)

Healing Spirit,

we pray for those suffering from serious diseases  
and for those who are terminally ill,  
and those living with the COVID-19 virus.

We pray for skill and patience for the doctors and nurses who  
care for them. We pray that their relatives and friends may be  
strengthened and comforted.

May their faith not falter as they support each other through  
testing times.

We pray for those engaged in research  
that by your inspiration and their skill  
the scourges of this generation may be overcome.

Help us to live in your way

and to seek health in body, mind and spirit. **Amen.**

Direct debit details of account:

ASDF Account

Parish of Terrigal

BSB: 705-077

Account number: 00040934

**Please pray for**

Barb Matthews, Graeme Patterson, Ken Hope, Norm Williams,  
Emma Horton, Isobel Hargraves, Gail Lyndon, Jean Jackson,  
Marian French, Aaron Lane, Pat Lindsay, Toby Lindsay,  
Gloria Townsend, Margaret Willard, Mark Hancock.

## ***'Whispers of Love' Meditation***

### **Reflection this week:**

John Main writes "in meditation, by learning to say your mantra, you learn to trust, you learn to be".

Indeed the joy of meditation is that it is a celebration of being, a celebration of sheer joy in receiving your life as a gift.

Prayer is not possessing, not controlling but sheer celebration of being.

Prayerfully Reverend Ann

### **Reminder to social distance**

Please do not forget the requirement to social distance. Unless you are from the one family, only a maximum of two people per four seat pew applies. If there are two people already seated in a pew, please look for another seat. The seats you can sit in have signs on them. Thank you.

### **Dinner at Terrigal Bowling Club**

Please join us for dinner at Terrigal Bowling Club at 'Bec's Kitchen' on **Sunday 6<sup>th</sup> September from 6pm.**

If you are interested, please let us know by email to the office

[admin@terrigalanglican.org.au](mailto:admin@terrigalanglican.org.au),

calling the office on 4365 1115

or asking to have your name added to the sign-up sheet upon entry to the service on Friday or Sunday.

## Prayer of the Week

Creator God,  
You have made us for yourself,  
and our hearts are restless  
until they find their rest in you:  
teach us to offer ourselves to your service,  
that here we may have your peace,  
and in the world to come may see you face to face;  
through Jesus Christ our Lord. **Amen**



**ANGLICAN BOARD OF MISSION**  
*Working for Love, Hope & Justice*

### **Ordinary Sunday 20 [Pentecost 12] – Sunday 23 August 2020**

- Exodus 1.8 – 2.10; Psalm 124;  
Romans 12.1-8; Matthew 16.13-20

As we all know, government sentiments change and the story we now read is one where the Israelite people found themselves surrounded by prejudice and hostility in Egypt. History repeats itself when Moses is born: like Joseph, he, a Hebrew, will come to live with the Egyptian royal family.

- Pray for those who are subject to prejudice and hostility because of their ethnic background. May God's Spirit support and encourage them in the face of racism and other forms of irrational hatred.
- Give thanks for the Anglican Church in Aotearoa, New Zealand and Polynesia

Text: Robert McLean

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## **Parish Directory**

**The Church of the Holy Trinity – 92 Serpentine Rd, Terrigal, 2260**

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

**Office Telephone - 4365 1115.**

**Parish Email – [admin@terrigalanglican.org.au](mailto:admin@terrigalanglican.org.au)**

**Website - [www.terrigalanglican.org.au](http://www.terrigalanglican.org.au)**

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

**Email - [cyprian7@bigpond.com](mailto: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**