

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

**FIFTH SUNDAY AFTER EPIPHANY  
7<sup>th</sup> February 2021**



**9.00am – Holy Eucharist**

**Presiding and Preaching – Fr Mark Watson**

**Organist – Sharon Sandstrom**

## IT'S YOUR CHOICE

Our society offers us variety and choice. We are led to believe the more choices we have, the greater our freedom. Studies show that the greater our range of choices, the harder we find it to decide. But the seemingly endless variety gives us the *illusion* of greater freedom. Many people are deliberately choosing to narrow their options, downsizing and living more simply, and thereby finding greater, not less, freedom.

Religion is frequently criticised (and therefore rejected) on the basis of its supposed limitation of our range of choices and, consequently of our freedom. "It's *my* life, *my* body, *my* decision how I choose to live. But the church, the Bible, God, all want to limit my freedom by placing restrictions on me; telling me what to do with my time, my money and my relationships."

That is a misunderstanding. St Paul wrote to the Galatians (5:1) that it was for freedom that Christ has set us free. He then went on to urge them not to use their freedom as a means of self-gratification. Freedom then becomes slavery to those things our freedom allows us to do and to acquire. Rather, "through love become slaves to one another. For the whole law is summed up in a single commandment, 'You shall love your neighbour as yourself'" (5:13).

As we begin a new year, let us consider how we use our God-given gift of freedom. God has given us an abundance of provision and resources. The way we use our time, our relationships, our gifts and abilities, our finances demonstrate our priorities. For example, in our stewardship commitment in giving to the Parish this year, we are free to give little or nothing. We are under no compulsion. We are also free to allow our stewardship to be guided by the Spirit of God who gave everything. "Freely you have received, freely give" said Jesus to the disciples as he sent them out on a mission.

I ask you to pray as you consider how much the Lord would have you give of your time, talents and treasure for the next 12 months: "God, show me how much to give." As American novelist, poet, preacher, theologian and Presbyterian minister, Frederick Buechner said, "Go where your best prayers take you."

Fr Mark

### **Sentence**

Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles.

Isaiah 40.31

### **Prayer of the Day**

Saving God,  
whose Son, Jesus Christ, healed the sick  
and brought them wholeness of body and mind:  
inspire us, his disciples,  
so that we may constantly proclaim his gospel  
by our words  
and by the dedication and integrity of our lives;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

### **A reading from Isaiah Chapter 40 verses 21-31**

Have you not known? Have you not heard?  
Has it not been told you from the beginning?  
Have you not understood from the foundations of the earth?  
It is he who sits above the circle of the earth,  
and its inhabitants are like grasshoppers;  
who stretches out the heavens like a curtain,  
and spreads them like a tent to live in;  
who brings princes to naught,  
and makes the rulers of the earth as nothing.  
Scarcely are they planted, scarcely sown,  
scarcely has their stem taken root in the earth,

when he blows upon them, and they wither,  
and the tempest carries them off like stubble.

To whom then will you compare me,  
or who is my equal? says the Holy One.

Lift up your eyes on high and see:

Who created these?

He who brings out their host and numbers them,  
calling them all by name;

because he is great in strength,  
mighty in power,  
not one is missing.

Why do you say, O Jacob,  
and speak, O Israel,

'My way is hidden from the LORD,  
and my right is disregarded by my God?'

Have you not known? Have you not heard?

The LORD is the everlasting God,  
the Creator of the ends of the earth.

He does not faint or grow weary;  
his understanding is unsearchable.

He gives power to the faint,  
and strengthens the powerless.

Even youths will faint and be weary,  
and the young will fall exhausted;

but those who wait for the LORD shall renew their strength,  
they shall mount up with wings like eagles,

they shall run and not be weary,  
they shall walk and not faint.

Hear the word of the Lord.

**Thanks be to God.**

### **Psalm 147.1-11**

1 O praise the Lord,  
for it is good to sing praises to our God:  
and to praise him is joyful and right.

**2 The Lord is rebuilding Jerusalem:**

**he is gathering together the scattered outcasts of Israel.**

3 He heals the broken in spirit:  
and binds up their wounds.

**4 He counts the number of the stars:  
and calls them all by name.**

5 Great is our Lord, and great is his power:  
there is no measuring his understanding.

**6 The Lord restores the humble:  
but he brings down the wicked to the dust.**

7 O sing to the Lord a song of thanksgiving:  
sing praises to our God upon the harp.

**8 He covers the heavens with cloud,  
and prepares rain for the earth:  
and makes the grass to sprout upon the mountains.**

9 He gives the cattle their food:  
and feeds the young ravens that call to him.

**10 He takes no pleasure in the strength of a horse:  
nor does he delight in anyone's legs,**

11 But the Lord's delight is in those that fear him:  
who wait in hope for his mercy.

### **A reading from the First Letter of Paul to the Corinthians Chapter 9 verses 16-23**

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe betide me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win

those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, so that I might by any means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

Hear the word of the Lord.

**Thanks be to God.**

Alleluia, **alleluia!**

He bore our sickness,  
and endured our suffering.

**Alleluia!**

The Gospel of our Lord Jesus Christ according to Mark  
Chapter 1 verses 29-39

**Glory to you Lord Jesus Christ.**

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sunset, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, 'Everyone is searching for you.' He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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.**

**Please pray for**

Graeme Patterson, Ken Hope, Norm Williams, Emma Horton, Isobel Hargraves, Jean Jackson, Marian French, Aaron Lane, Pat Lindsay, Toby Lindsay, Gloria Townsend, Margaret Willard, Pat Stokes, Kathy Oakes, Tania Howlett, Ian Kidson, Maureen Hazlewood, Patricia Bailey, Shirley Taylor and Adrian Baldwin.

**Direct Debit details of account:**

ASDF Account

Parish of Terrigal

BSB: 705-077

Account number: 00040934

**'Whispers of Love' Meditation**

'Whispers of Love' Meditation is usually on each Monday at 10am but please note **the Meditation meeting will be in recess on Monday 8th February and Monday 15th February.**

We will begin again on Monday 22nd February at 10am beginning with a Lenten reflection and meditation.

Reflection:

The fullness of joy is to behold God in everything.

*Julian of Norwich*

Prayerfully Reverend Ann

## **THANK YOU**

My sincere and heartfelt thanks to the Reverends Roy Hazlewood, Ann Watson and Richard Harvey for providing ministry supply during my recent annual leave and before that over the Christmas period. I appreciate your generous assistance and faithful service in the gospel.

Also, thank you to Parish Wardens Terry Rowe, Kyara Newport and Neil Ewer, to our servers, readers, organists, gardeners, Op Shop staff and volunteers and others who have offered such faithful and loyal service.

Fr Mark

## **Dinner at Terrigal Bowling Club**

Please join us for dinner at Terrigal Bowling Club at 'Bec's Kitchen' tonight, **Sunday 7<sup>th</sup> February, from 6pm.**

If you are interested, please let us know **today** on your entry or exit from the church.

## **Women's Fellowship – Monday 8<sup>th</sup> February at 1pm**

We look forward to welcoming new members to our group for a relaxed time of fellowship and fun. Due to COVID restrictions we will be meeting in the foyer to allow for spaced seating. This meeting, the first for 2021, will include a brief AGM.

Pam Flegg.

## **Samaritans**

We have our basket for food donations available for those wishing to bring items. Some suggestions are tins of baked beans, spaghetti, soup, salmon, tuna, fruit and vegetables. Also, long life milk, pasta, soap and toilet paper. Please NO nappies at this stage. Thank you.

Margaret MacLachlan.

## Plant Stall

The next plant stall will be on:  
**Saturday 20<sup>th</sup> February from 9am to 12 noon.**



## Lent Study Book for 2021

Bishop Jeremy Greaves

This series of Lenten studies will lead participants in a journey through the Year 'B' Gospel.

In an interview the American poet and author Maya Angelou once said, "I'm always amazed when people walk up to me and say, 'I'm a Christian,' I think, 'Already? You already got it?' I'm working at it, which means that I try to be as kind and fair and generous and respectful and courteous to every human being."

Maya Angelou knew that being Christian is always a work in progress – something that requires practice.

When Jesus called the first disciples, he did not have them learn great tomes of doctrine and dogma, he asked them to do something. From the very beginning Christians were known for what they did and how they lived more than for what they believed. The 'people of the Way' knew how to practice the faith.

For Christians, practices are things we do that shape our lives and "narrows the gap between who we are and who we are becoming."

***The journey of Lent invites us to explore what it might mean for us to practice faith in our time.***

This study invites participants to explore six different Christians practices over the course of six weeks to begin that journey that

so many of us find so difficult from head to heart to hands.

WEEK 1 - Walking Path of Discipleship & Prayer

WEEK 2 - Rediscovering the cross

WEEK 3 - Being stirred to action with Jesus the Prophet

WEEK 4 - Living as a people on the Way

WEEK 5 - Practicing a rule of Life

WEEK 6 - Walking the Way of the Cross

A sign-up sheet is on the notice board in the foyer for those wanting to participate in the Lenten studies here at Holy Trinity (including book purchase) or who would only like to purchase a copy of the book. **Please add your name to the sign-up sheet by Tuesday 9th February as we need to order the books asap. If you are unable to sign up via the notice board and would like to, or would like to purchase a Lenten studies book, please call the office on Tuesday 9th February on 4365 1115 or email us at [admin@terrigalnglican.org.au](mailto:admin@terrigalnglican.org.au) Thank you.**

### **Prayer of the week**

Father of all,  
who gave your only-begotten Son  
to take upon himself the form of a servant  
and to be obedient even to death on a cross:  
give us the same mind that was in Christ Jesus,  
that, sharing in his humility,  
we may come to be with him in his glory;  
where he lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

### **Palm Crosses - Ash Wednesday 17th February 2021**

Ash Wednesday, 17th February, marks the beginning of the Season of Lent. This is a Season of penance, contrition, reflection and fasting, a period of 40 days for us to prepare for Christ's Resurrection on Easter Sunday. During this preparation, we are reminded, that **God is gracious and merciful to those who call on Him with repentant hearts.**

Each year the Ashes are prepared using the blessed Palm Crosses from the previous years' Palm Sunday Service.

The symbolic marking of foreheads with ashes, to humble our hearts, remind us that life passes away on Earth. **"Remember that you are dust, and to dust you shall return".** *Gen. 3:19*

**Please return your cross by Sunday, 14th February.** A Bowl has been placed on the Side Table in the gathering space for the collection of the Palm Crosses. Could you please bring your Palm Crosses from last year to place in the bowl, so that they can be prepared and burned as part of the Parish's preparations for this year's Ash Wednesday services? Thank you.

Coralie Taylor - Sacristan.



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

## **Ordinary Sunday 5[Epiphany 5]**

### **– Sunday 7 February 2021**

- Isaiah 40.21-31; Psalm 147.1-11;  
1 Corinthians 9.16-23; Mark 1.29-39

Paul is a chameleon. He is a Jew but is now a follower of Christ. Nonetheless, he is all things for all people. He is like a Jew, one under the law, one outside the law, and the weak. In fact, Paul will turn himself into anything to save souls. And the best part is that salvation is free. The grace of God in Jesus Christ is there in all Jesus' healings and castings out of demons and it costs nothing. In one sense. But in another the cost to us is the call to leave all of this world behind and follow Jesus.

- Jesus our friend, we ask that you give us courage to leave our selves behind and follow you, trusting in you and relying on your faithfulness to us that we may be confident to proclaim the good news we have in you.

Give thanks for the work and witness of the Episcopal Church of Jerusalem and the Middle East.

*Text:* The Rev Kate Ross,  
St John's Cathedral, Brisbane

© Anglican Board of Mission, 2021

## **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 Thursday from 9.00am to 4.00pm**

**Fridays open from 9.00am to 10.15am and from 11:15am to 4.00pm**

**(Please note Friday between 10.15am-11.15am the Op Shop is CLOSED)**

**Saturdays open from 10.00am to 1.00pm**