

**Welcome to worship at
Holy Trinity, Terrigal
Tenth Sunday after Pentecost
1st August, 2021**



**There will be no services at Church until the
NSW Government Stay at Home Order is lifted.**

Fr. Roy writes: I am writing these words on the day we learnt that our lockdown has been extended for a further four weeks. Many parishioners have expressed how much they miss our public worship in Holy Trinity Church each week. We are a parish where worship at the Eucharist and receiving Holy Communion is an integral part of our devotional life. This is not a new experience in the life of the Church through the ages. In times of plague, pestilence and warfare people have been deprived of worshipping during the Eucharist and receiving the Holy Communion of the Body and Blood of Christ as sustenance in their spiritual life. The Church at these times made provision for what has been termed "Spiritual Communion". The first Church of England Prayer Book in the English language published in 1549 contained a service of Spiritual Communion for those who for some reason were not able to attend the Eucharist, or the Holy Communion or the Mass (by which the service was known) in the Parish Church.

To make a Spiritual Communion is open to all who offer themselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves.

My suggestion for you is that you search the internet using one of the search engines available on your computer to where the Eucharist is being live streamed on a Sunday morning and join the Eucharist as though you were at Holy Trinity Church and when the Communion of the people comes up you use the following prayer that I have taken from the Church of England Diocese of Chelmsford in England.

"O loving God, in union with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood of your dear Son, I offer you praise and thanksgiving.

Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us.

Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence”.

If you are unable to find a Eucharist on the computer, copy the address

https://www.chelmsford.anglican.org/uploadsnew/pages/Spiritual_Communion.pdf and enter the address into your search engine and pray the service for Spiritual Communion as shown on that website.

Remember that every time you pray, you are joining with the millions of people who are part of the Body of Christ in this world and beyond. You are never alone. The Lord is with you.

Keep well, keep safe, keep social distancing and wear a mask and the blessing of God be upon you and on all who you love and pray for and may your days and nights be holy, good, and peaceful. AMEN.

Sentence

Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Eat what is good, and delight yourselves in rich food.

Isaiah 55.2

Prayer of the Day

Living God,
whose son Jesus fed the hungry
with the bread of his life
and the word of his kingdom:
renew your people with your heavenly grace,
and in all our weakness

sustain us with your true and living bread,
Jesus Christ our Lord;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

A reading from Exodus
Chapter 16 verses 2 - 4 and 9 – 15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.'

Then the LORD said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.

Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining." ' And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God." '

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they

did not know what it was. Moses said to them, 'It is the bread that the LORD has given you to eat.

Hear the word of the Lord.

Thanks be to God.

Psalm 78.22-28

22 Then he commanded the clouds above:
and opened the doors of heaven.

**23 He rained down manna for them to eat:
and gave them the grain of heaven.**

24 So they ate the bread of angels:
and he sent them food in abundance.

**25 He stirred up the south east wind in the heavens:
and guided it by his power.**

26 He rained down meat upon them thick as dust:
and winged birds like the sands of the sea.

**27 He made them fall into the midst of their camp:
and all about their tents.**

28 So they ate and were well-filled:
for he had given them what they desired.

A reading from the Letter of Paul to the Ephesians

Chapter 4 verses 1 – 16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

But each of us was given grace according to the measure of Christ's gift. Therefore it is said,
'When he ascended on high he made captivity itself a captive;
he gave gifts to his people.'

(When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Hear the word of the Lord.

Thanks be to God.

Alleluia, **alleluia!**

No one lives on bread alone,
but on every word that comes from the mouth of God.

Alleluia!

The Gospel of our Lord Jesus Christ according to John
Chapter 6 verses 24-35

Glory to you Lord Jesus Christ.

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." '

Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

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.'

For the Gospel of the Lord.

Praise to you Lord Jesus Christ.

Please pray for:

John Hart, Norm Williams, Tania Howlett, David Lamb and Gloria Townsend, Helen Quinn and Margaret Hassall.



IT'S NOT ABOUT YOU

TENTH SUNDAY AFTER PENTECOST 1st AUGUST 2021

Readings: Exodus 16.2-4, 9-15; Psalm 78.22-28;
Ephesians 4.1-16; John 6.24-35

Last weekend in Sydney CBD we saw scenes of people, many of them waving placards, protesting the lockdown and vaccinations. The slogans were very revealing. "My Body, My Freedom, My Choice." "Salvation, not Vaccination." "The Blood of Christ is my Vaccine." It would be pointless to respond to these one-liners. The protesters were not interested in reasoned discussion. A distorted and twisted understanding of freedom turns freedom into a weapon used to prevent the implementation of measures designed for public safety and well-being.

Our political leaders, medical and health care workers, police, and others are working hard to keep us safe, and bring us out of the lockdown and the pandemic as safely and as quickly as possible. Yes, mistakes have been made, some actions could have been taken sooner, but only by pulling together will we be able to emerge from this difficult time sooner.

In today's reading from St John's Gospel, Jesus has fed the five thousand with some loaves and fishes. He and his disciples then make their way to the other side of the lake, only to be met by

the same crowd that Jesus had fed the day before. They ask Jesus when he arrived there. Jesus ignores their question and tells them directly, "Very truly, I tell you, you are looking for me, not because you saw signs but because you ate your fill of the loaves." (Jn 6:26). Jesus exposes the underlying motives of the crowd. They follow him, not because they want him, but because they want what he can give them.

Our culture trains us to think it's all about us. As a result, we tend to take everything personally. We are trained to think we are the centre of the universe. We then judge people, life experiences, events, relationships, and organisations (including the Church) on what they can do for *me*. We also react swiftly and sometimes violently to any perceived threat to our freedom.

"Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves." Jesus fed the crowd, to be sure. But their focus was on satisfying their physical hunger. That is important, but it can become a preoccupation. We then become materialistic and solely concerned with accumulating more and more goods and possessions. These can never bring us true satisfaction or assuage the deeper hunger inside us.

Jesus goes on to say, "Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal" (Jn 6:27). There is a restless longing in all of us. We live in a world of abundance and beauty and pleasure and colour and vibrancy. But there will come a time when it will all disappear. It doesn't last.

We have a desire that nothing and nobody in this world can satisfy. We are made for more. We and all the rest of creation will someday be no more. No matter how hard we work, no matter how much we accumulate in terms of houses, cars, food, holidays, friends, achievements, worthy goals, and causes, it will

one day be all gone. None of those things last and none of them will ultimately satisfy the deepest longing of the heart.

Relationships have ups and downs, there are good days and bad days, but even the best relationships will eventually come to an end.

Achievements are very fulfilling. We're lauded and feted and admired and we find fulfillment as we should, but the day will come when it's all gone.

Certainly these things give us an enormous amount of pleasure and fulfillment. One thing I discovered when I first came to the Diocese of Newcastle was a sense that life should be enjoyed. Unfortunately, that has been replaced with a sort of Puritanism in many places.

The Church is not a volunteer service agency or a social club. It is the Body of Christ. The crowd followed Jesus, hoping for another free meal, for their needs to be met on demand. Jesus tells them there's something far more important: the hunger for the bread that is eternal life. "I am that bread of life", says Jesus.

That is why the Eucharist is the central act of Christian worship. The centrality of the altar, the breaking of the bread and the sharing of the cup, remind us repeatedly that the Church is about Jesus crucified, risen and reigning in our midst as the Lamb who was slain.

There is something in us that pushes us beyond anything this world can offer. "Do not work for food that perishes". Jesus Christ himself is the only good that can satisfy us. So we can see now why the Eucharist is an anticipation of heaven. It's an anticipation of the satisfaction we will find in the presence of God. That's why we sing and dance and why lockdown is so difficult. We stand and we sit and we kneel and we gesture in joy and unself-consciousness. That's why it's a tragedy that so many stay away from the Sunday liturgy. We are happy to run

after these things of the world but they're not going to satisfy your heart. Christ alone can do that.

The crowds then, as the crowds today, come fixated on their needs, our needs, "What can Jesus do for us?" "What's in it for me?" but then Jesus re-directs our gaze away from ourselves and our mundane concerns and gives us himself, the bread of life, the true bread from heaven.

Fr Mark

Offertories during the Suspension of Services

I encourage all parishioners to still continue with their weekly offering whilst we are unable to gather. This can be done by continuing to place your offering in the envelopes and keep them aside at home until we are able to again meet and have services. Alternatively, parishioners can move to offering via direct debit. Direct debit details of account: ASDF Account Parish of Terrigal BSB:705-077 Account Number: 00040934
Terry Rowe, Treasurer.

'Whispers of Love' Meditation

Reflection:

Thomas Merton a Trappist monk wrote:

It is God's love that warms me in the sun and God's love that sends the cold rain.

It is God's love that feeds me in the bread I eat and God's love that feeds me also by hunger and fasting...

It is God who breaths on me with light winds of the river and in the breezes out of the wood.

As we go about the world everything we meet and everything we see and hear and touch.....plants in us.....

something of heaven.

Prayerfully, Reverend Ann.

Op Shop Closed

The Op Shop is closed until after the NSW Government lifts the Stay-at-Home Order.

Samaritans

When we are able to return to church, some suggestions for donations are clean blankets, roll-on deodorant and shampoo.

Thank you.

Margaret MacLachlan.

Prayer of the week

Almighty God,
whose beloved Son for our sake
willingly endured the agony and shame of the cross:
give us courage and patience
to take up our cross daily and follow him;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**



ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

Tenth Sunday after Pentecost [OS 18] – Sunday 1 August 2021

- 2 Samuel 11.26-12.13a; Psalm 51.1-12;
Ephesians 4.1-16; John 6.24-35

Today St Paul teaches us about unity. 'I [...] beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in

the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.' May we all work to build up the Church in our parish, diocese and country.

- Pray that Christ's Church will not be riven by schism.
- Give thanks for the work and witness of the Church of Ceylon.

Text: Robert McLean
ABM's Partnerships Coordinator
© Anglican Board of Mission, 2021

Rosters for next week –

8th August – Eleventh Sunday after Pentecost

There will be no rosters until after services resume when the NSW Government Stay-at-Home Order is lifted.

Next Sunday 8th August, 2021 – Eleventh Sunday after Pentecost

8.00am – No service

Presiding & Preaching – *N/A*

Organist – *N/A*

9.30am – No service

Presiding & Preaching – *N/A*

Organist – *N/A*

Readings: 1 Kings 19.4-8, 9-15, Psalm 34.1-8, Ephesians 4.25-5.2

Gospel: John 6.35, 41-51

The liturgical text we are using for this service is from *A Prayer Book for Australia* (Sydney: Broughton Books, ©1995, The Anglican Church of Australia Trusts Corporation, 1996) and used with permission ePray licence No. 230. Hymns are reproduced from *Together in Song*, Harper Collins Publishers, East Melbourne, 1999, with permission. CCU 89783.

This Week

Please note there will be no events until after the NSW Government has lifted the Stay-at-Home Order and Church has resumed.

Monday 2nd August

Tuesday 3rd August

STEPHEN, DEACON AND FIRST MARTYR

Wednesday 4th August

John Baptist Vianney , parish priest of Ars, France (d. 1895)

Thursday 5th August

Oswald, king and martyr (d. 642)

Friday 6th August

THE TRANSFIGURATION OF OUR LORD

Saturday 7th August

The Anglican Diocese of Newcastle - The Parish of Terrigal

The Church of the Holy Trinity

92 Serpentine Rd, Terrigal, 2260

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

Office Phone: 4365 1115 (Closed during Stay-at-home order)

Please call Cal Priest on 0404 155 409 for any office enquiries during lockdown.

(Please leave a message if not answered and your call will be returned ASAP.)

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 –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

Rector's Warden – Neil Ewer 0412 640 477

People's Warden – Terry Rowe 4365 0430

People's Warden – Kyara Newport 0400 994 779

Parish Secretary - Kyara Newport 0400 994 779

Parish Treasurer - Terry Rowe 4365 0430

Parish Ministries

Parish Organist - Chris Sillince 0422 225 849

Sacristan - Coralie Taylor

Office Co-Ordinator – Cal Priest 4365 1115

Messy Church Convenor - Rhonda Kiss 4363 5001

Pastoral Care - contact 4365 1115

Trinity Band & Cursillo – Libby Harvey 0431 315 085

Safety Officer - Mike Keaney 0412 370 716

Copyright Compliance Officer – Terry Rowe 4365 0430

Parish Bookshop – Ronda Kiss 4363 5001

Women's Fellowship – Pam Flegg 4384 5326

Market Day Co-ordinator – Ian Wolstenholme 0426 366 565

Parish Opportunity Shop

Carolyn Shields / Christine De Gans - 4365 1280

The Op Shop is closed until after the NSW Government lifts the Stay-at-Home-Order.