

**Welcome to worship at Holy Trinity, Terrigal  
Eighth Sunday after Epiphany  
27<sup>th</sup> February, 2022**



**8.00am – Sung Eucharist *Presiding & Preaching – Fr Mark Watson***

**Organist – *Chris Sillince***

**Hymns: TIS 204, 597, 525, 613**

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

**Trinity Band and Singers**

**Hymns: TIS 156, 650, 256, 658**

**11.00am – Holy Baptism**

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

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.

## **BAPTISM**

We welcome Archer Ronnie Gray to the Sacrament of Baptism this morning at 11am. Welcome also to Archer's parents, Michael and Lianne, to Godparents and to family members and friends. May God bless you as you nurture Archer in the Christian faith and encourage him as a member of the Church.

## **KEEPING A HOLY LENT**

Lent arose out of the period before Easter during which candidates (called catechumens) prepared for baptism by being instructed in their new faith. They spent time in prayer and fasting. At Easter they were baptised by the Bishop in the context of a joyful celebration of the Eucharist. The Great Vigil of Easter, which we observe on Holy Saturday night, has its origins in this celebration. Later, the whole church observed the 40 days before Easter as a time of prayer and fasting in preparation for the joyful celebration of the resurrection.

Lent is not just a time of personal devotion and "giving up" something. That is certainly important, but that approach may neglect the corporate aspect of joining together in the Lenten period. Lent is a journey or pilgrimage. A journey involves movement, going somewhere, shifting from where we are. The Church and the Christian faith are not simply another way of confirming what we think we already know, of maintaining the status quo. Church then becomes a means of worshipping ourselves rather than God, a source of comfort without challenge, a way of keeping God distant instead of allowing God to draw near.

Lent is a dynamic journey which is more challenging and far more interesting! It becomes an adventure. A journey also involves luggage. During Lent we 'take up' certain things. A journey also means leaving some things behind, 'giving up' certain things. We pack our bags with items we'll need, and we

leave other things behind. A trip forces us to think of the essentials. So Lent is a time of both 'taking up' and of 'giving up'.

The Prayer Book of the American Episcopal Church provides the faithful with a helpful and simple list:

**Self-examination and repentance**

**Prayer, fasting and self-denial**

**Reading and meditating on God's Holy Word.**

These are not meant as impossible standards that only especially holy or devout people can attain to. Lent is a means of helping us reach this goal all year round. The death and resurrection of Christ is accomplished in us by the Spirit of Christ at work within us, not by our earnest efforts.

### **Self-Examination and Repentance**

Shrove Tuesday is called such because it is the day to be *shriven*. To be *shriven* means to be absolved by the priest. Our Ash Wednesday liturgies include a rite of penitence, confession and absolution. Also, for those who feel the need, there is also sacramental confession to the priest. This is an opportunity to make a full, personal confession, and to receive absolution and counsel from the priest. This is not a requirement, but is left to the individual conscience. The Anglican guideline has always been, "all may, some should, none must". Those who do take advantage of this sacrament testify to its renewing and healing power. I can certainly attest to that myself.

Reconciliation is about restoring broken relationships. The notes before the order for *Reconciliation of a Penitent* in our Prayer Book say, "Reconciliation not only involves our relationship with God, but also with the fellowship of the faithful, the Church. The priest exercises this ministry on behalf of the whole Christian community by declaring God's forgiveness, and may,

at the request of the penitent, offer guidance, counsel and encouragement" (*A Prayer Book for Australia*, p.774).

## **Prayer, Fasting and Self-Denial**

Imagine talking with your spouse, son, daughter or friends only when you desperately needed something from them. Were that true, we would probably draw the conclusion that the relationship was in a sorry state! Relationships can't exist without communication. Yet many talk to God only when they're desperately in need. Relationships break down when communication breaks down.

We spend time with those we love because we *want* to. Even if it's inconvenient we'll make the effort because we want the relationship to flourish and blossom. Spending time together, talking, walking, sharing – these are the vital ingredients of good relationships. So too is it in our relationship with God. Our relationship with God cannot flourish without prayer. Many treat their relationship to God a bit like the way they re-charge their mobile 'phone battery. They see it as important, necessary, as something to be done regularly, but darned inconvenient!

Lent provides the opportunity to **waste time** with God! Beginning each day with God in the quietness of the church, meeting Jesus in the Blessed Sacrament and carrying the awareness of him in your heart throughout the day is a precious gift. Another possibility is to set aside time each day to pray in a special place in your home or garden. Buy a crucifix or icon and use it as an aid to devotion. Make up with someone from whom you are estranged. Visit a local scenic spot and take in the beauty. Visit or call someone who's sick, or bereaved or lonely.

Fasting from certain foods or pleasures is not the same as dieting. It's for the benefit of our *spiritual* not physical, health. Fasting can be more than abstaining from food. Try fasting from consumerism, shopping, worry, gossip, criticism, TV, the

computer, shallow thinking. Don't try too much at once. For example, you could go without caffeine for a day. For one week, you could avoid situations where you may be tempted to spend too much.

The reason we fast or abstain from certain things has nothing to do with them being evil. We shouldn't be doing those in the first place! We fast from something good and necessary like some foods as way of getting rid of some of the clutter in our lives, of things that have the potential to distract, and to focus our hearts and minds on God. It also helps us maintain discipline in our lives. It also helps us identify more closely with the poor.

### **Reading and Meditating on the Word of God**

Lent is a good opportunity to spend more time reading the Bible. Follow a plan, like the lectionary. Join a Lenten study group. They are not only a good way to study the Bible, they also provide support, encouragement, learning and growth, a way of growing closer to Jesus *and* to our brothers and sisters. Spiritual reading or *lectio divina* is also a valuable Lenten practice.

Fr Mark

### **ASH WEDNESDAY and LENT 2022**

Our Lenten journey begins on Ash Wednesday which this year is the 2nd March. With Christians around the world, we go into the wilderness, a place of clarification, of stripping down to the essentials, of refocusing our lives on God. Jesus was in the tradition of holy people who spent time in the loneliness and harshness of the desert - Moses, Elijah, John the Baptist - where they were able to focus on God without material comforts and other distractions, in order to pray and spend time with God.

Various practices assist us in doing this: studying and meditating on the scriptures, prayer, fasting and abstinence, giving to the poor and needy, being more dedicated in receiving the sacraments, especially penance and the Eucharist, as we seek to live out and renew our baptismal calling to daily die to sin and be raised to new life in Christ.

The Eucharist, including the Imposition of Ashes and a penitential litany, will be celebrated on Ash Wednesday 2nd March at **8.00am, 12 midday, and 5.00pm** in the Church.

Every blessing,  
Fr Mark.

### **Sentence**

'My word shall not return to me empty,' says the Lord, 'but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.'

*Isaiah 55.11*

### **Prayer of the Day**

Almighty God,  
you have sent the Spirit of your Son into our hearts  
and freed us from bondage to sin:  
give us grace to dedicate our freedom to your service,  
that we and all people may be brought  
to the glorious liberty of the children of God;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. **Amen.**

### **A reading from Sirach Chapter 27 verses 4-7**

When a sieve is shaken, the refuse appears;  
so do a person's faults when he speaks.  
The kiln tests the potter's vessels;  
so the test of a person is in his conversation.  
Its fruit discloses the cultivation of a tree;  
so a person's speech discloses the cultivation of his mind.

Do not praise anyone before he speaks,  
for this is the way people are tested.

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

**Psalm 92.1-4, 12-15**

1 How good to give thanks to the Lord:  
to sing praises to your name, O Most High,

**2 To declare your love in the morning:  
and at night to sing of your faithfulness,**

3 Upon the lute, upon the lute of ten strings:  
and to the melody of the lyre.

**4 For in all you have done, O Lord, you have made me  
glad:**

**I will sing for joy because of the works of your hands.**

12 The righteous shall flourish like the palm tree:  
they shall spread abroad like a cedar in Lebanon;

**13 For they are planted in the house of the Lord:  
and flourish in the courts of our God.**

14 In old age they shall be full of sap:  
they shall be sturdy and laden with branches;

**15 And they will say that the Lord is just:  
the Lord my Rock, in whom is no unrighteousness.**

**A reading from the First Letter of Paul to the Corinthians,  
Chapter 15, verses 51 – 58**

Listen, I will tell you a mystery! We will not all die, but we will all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. For this perishable body must put on imperishability, and this mortal body must put on immortality. When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled:  
'Death has been swallowed up in victory.'

'Where, O death, is your victory?

Where, O death, is your sting?'

The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

Therefore, my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labour is not in vain.

Hear the word of the Lord.

**Thanks be to God.**

Alleluia, **alleluia!**

Shine on the world like bright stars;  
you are offering it the word of life.

**Alleluia!**

## **The Gospel of our Lord Jesus Christ according to Luke Chapter 6, verses 39 – 49**

**Glory to you Lord Jesus Christ.**

He also told them a parable: 'Can a blind person guide a blind person? Will not both fall into a pit? A disciple is not above the teacher, but everyone who is fully qualified will be like the teacher. Why do you see the speck in your neighbour's eye, but do not notice the log in your own eye? Or how can you say to your neighbour, "Friend, let me take out the speck in your eye", when you yourself do not see the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbour's eye.

'No good tree bears bad fruit, nor again does a bad tree bear good fruit; for each tree is known by its own fruit. Figs are not

gathered from thorns, nor are grapes picked from a bramble bush. The good person out of the good treasure of the heart produces good, and the evil person out of evil treasure produces evil; for it is out of the abundance of the heart that the mouth speaks.

'Why do you call me "Lord, Lord", and do not do what I tell you? I will show you what someone is like who comes to me, hears my words, and acts on them. That one is like a man building a house, who dug deeply and laid the foundation on rock; when a flood arose, the river burst against that house but could not shake it, because it had been well built. But the one who hears and does not act is like a man who built a house on the ground without a foundation. When the river burst against it, immediately it fell, and great was the ruin of that house.'

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

**Please pray for:**

Sharon Sandstrom, Angarad O'Malley, Tania Howlett, David Lamb, Gloria Townsend, Val Stratford, Irene Neville, Denise Perry, Anne Fitzgerald, Harvey Boardman, Ron Langley, Sam Mulcahy, Michelle Davies and Jo.

**Prayer of the Week**

Almighty God,  
you have given your only Son  
to be for us both a sacrifice for sin,  
and also an example of godly life:  
give us grace that we may always thankfully receive  
the benefits of his sacrifice,  
and also daily endeavour to follow  
the blessed steps of his most holy life;  
through the same Jesus Christ our Lord,  
who is alive and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

### **Offertories via Direct Debit**

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**

'Whispers of Love' Meditation Group meets each Monday at 10am at Holy Trinity Church.

**Reflection:** A word with power is a word that comes out of silence. A word that bears fruit is a word that emerges from the silence and returns to it.

*From The way of the heart - Henri Nouwen Reader.*

Prayerfully, Reverend Ann.

### **Market Days at Holy Trinity are on the third Saturday of the month**

Mark your calendars:

19<sup>th</sup> March/9<sup>th</sup> April/21<sup>st</sup> May/18<sup>th</sup> June/16<sup>th</sup> July/20<sup>th</sup> August/  
17<sup>th</sup> September/15<sup>th</sup> October/19<sup>th</sup> November/10<sup>th</sup> December.

**8am to 1pm in our new building at the rear of the**

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

Please join us for dinner at Terrigal Bowling Club at 'Bec's Kitchen' on Sunday 6<sup>th</sup> March, 2022 from 6pm.

If you are interested, please add your name to the sign-up sheet on the notice board.

### **RESUMPTION OF MORNING TEAS**

Morning Tea after Friday services can now resume. We will advise with regard to Sunday services asap.

Please be aware that we still need to use single serve tea, coffee, sugar and biscuits and disposable cups.

Thank you.

## **SIP - Spirituality in the Pub**

### **The Grange Hotel Function Room**

**Cnr: Renwick St & Pacific Hwy, WYOMING**

1<sup>st</sup> Tuesday of the month March – October

2<sup>nd</sup> Tuesday in November

**Bistro opens at 5-30pm**

**Tuesday 1st March, 2022, 7.30pm - 9.00p**

**Mark Trevaskis:** A qualified Social Worker, Mark has worked in the community sector for more than 25 years. Having held senior management roles over the past ten years, he holds significant experience and knowledge in child protection, disability, housing and out-of-home care. Growing up in Wagga, Mark's first real engagement with the community started with volunteering and helping out with St Vincent De Paul youth camps. This soon led him to studying Social Work and a career driven by purpose and connection. Currently Operations Manager at Coast Shelter, Mark's core responsibilities include leading the client services team as well as supporting the Executive team to deliver positive outcomes for our community.

***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 2<sup>nd</sup> Tuesday in November.*

*It would be appreciated if attendees reply a.s.a.p. by email to [maryke.k@bigpond.com](mailto:maryke.k@bigpond.com) if they intend to come and be there well before the 7.30pm start (preferably by 7.00pm).*

## **LOST AND FOUND**

Have you misplaced your red framed reading glasses in a black Vogue case? If so, please contact Cal in the office on 4365 1115 on Tuesday or Thursday (10am to 2pm) or speak with Fr Mark.

## **GARDEN BEE**

Do you like to potter in the garden? We would love your help at our next Garden Bee on Saturday, 2<sup>nd</sup> April at 8.30am. All are welcome. Any questions, please call our office on Tuesday or Thursday on 4365 1115 to leave your name and contact number so our garden captain, Jackie Davidson, can get back to you. Thank you.

## **Women's Fellowship**

Ladies, we need your support!

We encourage and welcome ladies from all services, including both the 8am and 9.30am services, to join us in Women's Fellowship. We generally meet on the second Monday of the month at 1pm, finishing with afternoon tea.

**Our next meeting will be on Monday 14<sup>th</sup> March, 2022.**

Stephanie Hall will give a talk about the important medical work her husband is doing for women in Ethiopia. This will be a very interesting topic indeed, so we hope many will come to hear her speak.

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

## **THANK YOU BOXES AND POUCHES**

These are available to everyone, so please take one and place a coin in it whenever you receive a blessing.

Money collected by the Anglican Women will go toward Numeracy and Literacy Programs in New Guinea late in 2022.

Thank you.

## **DATE FOR THE DIARY – 2022**

AGM 20<sup>th</sup> March, 2022 – 11am.



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

**Ordinary Sunday 8C[Epiphany 8]  
– Sunday 27 February 2022**

- Isaiah 55.10-13 *or* Sirach 27.4-7; Psalm 92.1-4, 12-15; 1 Corinthians 15.51-58; Luke 6.39-49

Today Jesus continues his practical teaching about how to live. We are not to be hypocritical, noticing the speck in our neighbour's eye while ignoring the log in our own. We are to produce fruit from a good heart, and that way we will always speak goodness. And when we listen to the words of Christ, he wants those words to lead to *action*: if they don't it's like our constructing a house without a foundation. That leaves the whole house liable to be swept away when the floods come.

- Lord, help me to shun hypocritical behaviour and give me the grace to fill my heart and mouth with love.
- Give thanks for the work and witness of the *Iglesia Filipina Independiente*, the Philippine Independent Church.

*Text:* Robert McLean

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**Next Sunday – 6<sup>th</sup> March, 2022**

**First Sunday in Lent**

**8.00am** – Sung Eucharist – *Presiding & Preaching – Fr Mark Watson*  
*Organist – Chris Sillince*

**9.30am** – Holy Eucharist – *Presiding & Preaching – Fr Mark Watson*  
*Organist – Chris Sillince*

**Readings:** Deuteronomy 26.1-11, Psalm 91.1-2, 9-16, Romans 10.4-13

**Gospel:** Luke 4.1-15

## This Week -

### **Monday 28<sup>th</sup> February**

**10.00am** - Meditation – Whispers of Love – *Reverend Ann Watson*

### **Tuesday 1<sup>st</sup> March**

**7.00pm** – Trinity Band and Singers rehearsal

### **Wednesday 2<sup>nd</sup> March**

*ASH WEDNESDAY*

**8.00am** – Holy Eucharist – *Fr Mark Watson*

**12.00pm** – Holy Eucharist – *Fr Mark Watson*

**5.00pm** – Holy Eucharist– *Fr Roy Hazlewood*

### **Thursday 3<sup>rd</sup> March**

### **Friday 4<sup>th</sup> March**

**10.30am** – Eucharist and Morning Tea [*Fr Mark Watson*]

Readings – Isaiah 58.1-9a, Psalm 51.15-19, Matthew 9.14-15

### **Saturday 5<sup>th</sup> March**

**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 (Office open Tuesday and Thursday 10am – 2pm)**

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

Website – [www.terrigoalnglican.org.au](http://www.terrigoalnglican.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 – 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 0424 135 214**

#### **Parish Opportunity Shop**

**Carolyn Shields / Christine De Gans - 4365 1280**

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