



## Welcome to worship at Holy Trinity, Terrigal Second Sunday in Lent 17<sup>th</sup> March, 2019



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

**Organist – Chris Sillince**

**Hymns: TIS 212, 234, 519, 238**

Postlude: English Organ Postlude: **Gavotte** (Matthew Camidge)

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

**Organist – Libby Harvey**

**Hymns: TIS 212, 234, 519, 238**

**3.30pm – Messy Church**

[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.

## **Sentence**

Our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ.

*Philippians 3.20*

## **Prayer of the Day**

O God, glorious and faithful,  
you reveal the beauty of your face  
to those who seek you with a sincere heart:  
strengthen us in faith  
to embrace the mystery of the cross,  
and open our hearts to its transforming power,  
so that, clinging in love to your will for us,  
we may walk as followers of your Son,  
Jesus Christ our Lord,  
who lives and reigns with you, and the Holy Spirit,  
one God, for ever and ever.   **Amen**

## **A reading from Genesis chapter 15,**

### **verses 1 – 12, 17 – 18**

After these things the word of the Lord came to Abram in a vision, 'Do not be afraid, Abram, I am your shield; your reward shall be very great.' But Abram said, 'O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?' And Abram said, 'You have given me no offspring, and so a slave born in my house is to be my heir.' But the word of the Lord came to him, 'This man shall not be your heir; no one but your very own issue shall be your heir.' He brought him outside and said, 'Look towards heaven and count the stars, if

you are able to count them.' Then he said to him, 'So shall your descendants be.' And he believed the Lord; and the Lord reckoned it to him as righteousness.

Then he said to him, 'I am the Lord who brought you from Ur of the Chaldeans, to give you this land to possess.' But he said, 'O Lord God, how am I to know that I shall possess it?' He said to him, 'Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtle-dove, and a young pigeon.' He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away.

As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him.

When the sun had gone down and it was dark, a smoking fire-pot and a flaming torch passed between these pieces. On that day the Lord made a covenant with Abram, saying, 'To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates,

Hear the word of the Lord.

**Thanks be to God.**

## **Psalm 27**

The Lord is my light and my salvation;  
whom then shall I fear?:  
the Lord is the stronghold of my life;  
of whom shall I be afraid?

**When the wicked, even my enemies and my foes,  
come upon me to devour me:  
they shall stumble and fall.**

If an army encamp against me,  
my heart shall not be afraid:  
and if war should rise against me, yet will I trust.

**One thing I have asked from the Lord,  
which I will require:  
that I may dwell in the house of the Lord  
all the days of my life,**

To see the fair beauty of the Lord:  
and to seek his will in his temple.

**For he will hide me under his shelter  
in the day of trouble:  
and conceal me in the shadow of his tent,  
and set me high upon a rock.**

And now he will lift up my head:  
above my enemies round about me.

**And I will offer sacrifices in his sanctuary with exultation:  
I will sing, I will sing praises to the Lord.**

O Lord, hear my voice when I cry:  
have mercy upon me and answer me.  
**My heart has said of you, 'Seek his face':  
your face, Lord, I will seek.**

Do not hide your face from me:  
or thrust your servant aside in displeasure;

**For you have been my helper:  
do not cast me away or forsake me,  
O God of my salvation.**

Though my father and my mother forsake me:  
the Lord will take me up.

**Teach me your way, O Lord:  
and lead me in an even path,  
for they lie in wait for me.**

Do not give me over to the will of my enemies:  
for false witnesses have risen against me,  
and those who breathe out violence.

**But I believe that I shall surely see  
the goodness of the Lord:  
in the land of the living.**

O wait for the Lord;  
stand firm and he will strengthen your heart:  
and wait, I say, for the Lord.

**A reading from the Letter of Paul to the Philippians**

**chapter 3. verse 17 – Chapter 4. Verse 1**

Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ. He will transform the body of our humiliation so that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself.

Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

Hear the word of the Lord.

**Thanks be to God.**

Glory and praise to you, Lord Jesus Christ!

**Glory and praise to you, Lord Jesus Christ!**

From the shining cloud the Father's voice is heard:

this is my beloved Son, hear him.

**Glory and praise to you, Lord Jesus Christ!**

**The Gospel of our Lord Jesus Christ according to  
Luke , Chapter 9, verses 28 – 36**

**Glory to you Lord Jesus Christ.**

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, 'Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah'—not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, 'This is my Son, my Chosen; listen to him!' When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

For the Gospel of the Lord

**Praise to you, Lord Jesus Christ**

## **Prayer in time of drought.**

All things look to you, O Lord,  
to give them their food in due season:  
look in mercy on your people,  
and hear our prayer for those whose lives and possessions  
are threatened by drought.  
In your mercy restore your creation and heal our land.  
So guide and bless your people,  
that we may enjoy the fruits of the earth  
and give you thanks with grateful hearts,  
through our Lord Jesus Christ. **Amen.**  
(from *A Prayer Book for Australia*, p. 205).

### **Please pray for**

Barbara Matthews, Maureen H, Joan and Norman Williams,  
Bill Howard, Joel, Paul C, Pat Jessup, Jean Easy, Paul Naylor,  
Sue Wilkinson, Isabel Horsley, Ken Hope, Carmen McGee,  
Bill Moss, David Franklin, Emma Horton, Simon Argue

We prayerfully remember  
**George Jessup** who died on Tuesday and pray for Pat and  
members of George's family who mourn his passing.

Rest eternal grant to him O Lord,  
and let light perpetual shine upon him

George's funeral service will be held at Holy Trinity on  
Wednesday 20<sup>th</sup> March 2019, at 11:00am.

### **HOW TO KEEP A HOLY LENT**

Lent arose out of the period before Easter during which candidates (called catechumens) prepared for baptism. They received instruction in their new faith and spent time in prayer and fasting. Then 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-day period before Easter as a time of prayer and fasting in preparation for the joyful celebration of the resurrection. Many Anglicans see Lent as a time of personal devotion and “giving up” something. Personal acts of prayer and other spiritual exercises are important but Lent also has a corporate as well as an individual aspect.

Lent is a journey or pilgrimage. A journey requires movement; it means going somewhere. The Church and the Christian faith are not simply another way of confirming what we think we already know, of maintaining the status quo, of *preventing* change. The 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. That’s not only more challenging, it’s also more interesting. It becomes an adventure. A journey also involves luggage. During Lent we ‘take up’ certain things. A journey requires that we leave some things behind. In Lent, we also ‘give up’ certain things. 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. Holy living is the goal of every Christian, and not only in Lent. The Lenten discipline is a means of helping us reach this goal all year round. Besides, the effort is not all ours; 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**

The day before Ash Wednesday is Shrove Tuesday. It's associated with pancakes. This comes from the practice of using up all the foods that were given up for the Lenten fast. Years ago when visiting an elderly parishioner in another parish, I mentioned that Lent was coming up soon. She said, "Oh, are you going to have a pancake supper?" I said "Yes. Then on Ash Wednesday we have the Liturgy of Ashes." "Oh, I've always loved the pancake suppers." She had always attended the pancakes but never gone to church on Ash Wednesday. Talk about missing the point!

Shrove Tuesday is the day to be *shriven* or absolved by the priest. Our Ash Wednesday liturgies include a rite of penitence, confession and absolution. But there is also sacramental confession to the priest, an opportunity to make a full, personal confession, and to receive absolution and counsel from the priest. 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).

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.

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

Imagine talking with your spouse, son, daughter or friends only when you desperately needed something from them. We could safely say that the relationship (if you could call it that) was in a pretty sorry state! We can't imagine it lasting very long. Communication is vital in relationships – they can't exist without it. Relationships break down when communication breaks down. Yet many talk to God only when they're desperately in need.

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 is integral to good relationships. It's the same in our relationship with God. It 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 a regular necessity, but darned inconvenient!

Lent provides the opportunity to **waste time** with God! Making an effort to come to weekday Morning Prayer is one way we can give more emphasis to prayer during Lent. Beginning each day with God in the quietness of the church and carrying the awareness of Jesus 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, the mobile phone, 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. Be imaginative.

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. Lenten study groups are not only a good way to study the Bible, they also provide an environment of support, encouragement, learning and growth. It's a way of growing closer to Jesus *and* to our brothers and sisters. There are also books that are produced especially for Lent that can help us. Choice of such books is a more personal thing. Spiritual reading is also a valuable Lenten practice.

Fr Mark

## **WHY WE DO WHAT WE DO – VEILING CROSSES IN LENT**

The practice of veiling crosses during Lent is an old custom in the church, in fact as early as the tenth century in England. In continental Europe the practice goes back to the ninth century. In many places it was the practice to veil the altar and the reredos (the sculptured, carved or painted panel behind the altar). This meant that they were screened off from the nave of the church so they couldn't be seen.

In some places, vestments and altar frontals made of unbleached linen were used. Veils were made of the same stuff. This continues as the practice in a number of churches. Later, violet vestments and hangings, including the veils, were used as is the practice here at Terrigal.

Eventually, not only crosses and crucifixes were veiled, but also pictures, statues of Christ and the Virgin and icons as well. Lenten veils and omitting the Gloria and the Alleluia during Lent emphasise the penitential character of the season. Veils were often worn by women during periods of mourning and at funerals. So there is a connection between Lenten veils and the grief and penitence of Lent.

Lenten veils also present a dramatic reminder of the separation of sin. It has been suggested that it also symbolises the shroud of sin, its deception and shame. The veil recalls the fig leaves of Adam and Eve. They were afraid to stand before their Creator because of the spoiling of the goodness of creation brought about by sin. Sin distorts and deceives. It causes us to run, to hide, to be secretive. The veil silently reminds us that "the light has come into the world, but people loved darkness rather than light, because their deeds were evil" (John3:19).

It could also be that the veil hides a glory we are not yet able to bear. Remember when Moses had to put a veil over his face after speaking with God on the mountain? In a figurative sense the

disciples had a veil over their eyes when they walked with the Lord to Emmaus. They didn't recognise him until he broke the bread. St Paul says we see though a mirror, dimly. One day we will see face to face. The veil will be removed.

Ultimately, the veils may teach us to recognise the glory of the cross. The veils will finally be removed for the Easter Vigil. We come to see the cross clearly only in the light of the resurrection.

Fr Mark

## **Pastoral Care on the Central Coast**

### **2019 Clinical Pastoral Education (CPE) Training Programmes**

#### **Equipping the Saints. Eph. 4:12**

An enhanced training programme in Pastoral care will be offered on the Central Coast in 2019. Starting on May 1 students can train in Wyong and Gosford Hospitals. This training can be used towards formal chaplaincy qualifications with the Sydney College of Divinity. What you learn will develop your pastoral ability and equip you for ministry within a public or church setting.

If you would like to know more please contact Ms Gwen Vale, Acting Centre Director at **gwenvale@idl.net.au**

or

Rev. Peter Wakeley,  
Senior Chaplain, Wyong Hospital  
[peter.wakeley@health.nsw.gov.au](mailto:peter.wakeley@health.nsw.gov.au)

## **Mission Report – 17th March 2019**

**ABM LENT APPEAL : Your generosity will help ABM provide a brighter future for our partners.**

### **THE ABORIGINAL AND TORRES STRAIT ISLANDER MISSION FUND**

Aboriginal and Torres Strait Islander Mission Grants support missional activities led by Aboriginal and Torres Strait Islander people.

With guidance from the National Aboriginal and Torres Strait Islander Anglican Council (NATSIAC), ABM makes small grants available to projects which express the marks of mission and benefit Aboriginal and Torres Strait Islander people.

Last year, grants from the Aboriginal and Torres Strait Islander Mission Fund were used to strengthen youth ministry in Cape York, establish a new Aboriginal church, support young expectant mothers, and host a reconciliation art exhibition.

Your gift will support the Aboriginal and Torres Strait Islander Anglican church in work that seeks to build flourishing communities of love, hope and justice.

“When we have power over our destiny our children will flourish. They will walk in two worlds and their culture will be a gift to their country.” - Statement from the Heart

Next Week: **GENDER & GOVERNANCE INITIATIVE IN ZAMBIA**

Coralie Taylor – Mission Secretary.

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

Reflection: *Whispers of Love'*

### **The present moment**

Do not worry about tomorrow, Jesus tells us.

In meditation we stop thinking of the past and future and learn to live fully in the present moment.                   *Laurence Freeman*

Prayerfully Reverend Ann

### **Work Health and Safety – Defibrillator Machine**

We have been fortunate to receive funding from the Local State Member for Terrigal, Adam Crouch for the purchase of a defibrillator machine for the Church. The unit has been ordered and should be here in the next week or so.

Adam Crouch may be attending Holy Trinity today to present the unit to us.

### **Annual General Meeting – Today**

Nomination forms for people wishing to stand for the positions of Church Warden and Parish Councillor are available from the Office. Please contact Terry Rowe or Kyara Newport if you are interested in nominating for one of these positions. Thanks



**Today 3.30pm**

Please join us today for Messy Church and invite a family with young children to come along with you!

## **Market Day**

Thanks to all who were able to help with the setting up and cleaning up to make Market day a success. Your help is always appreciated.

As you may be aware a new building will soon be built down the back to replace the existing old sheds. There is only 2 Market days left where items can be sold/stored down the back as the area needs to be cleared ready for demolition and construction works. This is an opportunity for people to get some real bargains for tools and other equipment.

## Rosters for 24<sup>th</sup> March 2019 – Third Sunday in Lent

7.30am

Greeter	Sidesperson	Readers	Servers
Terry Rowe	Adrienne Baldwin Margaret MacLachlan	Bev Broadley Kath Connor-Brown	Jan Bolte Neil Ewer

9.30am

Greeter	Sidesperson	Readers	Servers
Carolyn Shields	Irene Neville	Jackie Davidson Jocelyn Mulcahy	Coralie Taylor John Henwood
<b>Morning Tea</b>	<b>Counting Roster</b>		<b>Flowers</b>
Kathy Oaks Margaret & Duncan Piper	Audree Dash Ellie Murphy		

## **Next Sunday – 24<sup>th</sup> March 2019**

### **Third Sunday in Lent**

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

***Organist – Chris Sillince***

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

***Trinity Band and Singers***

**Readings:** Isaiah 55. 1-9, Psalm – 63. 1-9, 1Corinthians 10. 1-13

**Gospel** Luke 13. 1-9

## This Week

### **Monday 18<sup>th</sup> March**

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

Meditation – Whispers of Love – Rev Ann

**3.00pm** – Holy Eucharist for Tarragal Manor and Tarragal Glen – Rev Ann

### **Tuesday 19<sup>th</sup> March**

#### **Joseph, husband of the Blessed Virgin Mary**

**8.00am** – Morning Prayer – Rev Ann

**7.00pm** - Trinity Band and Singers

### **Wednesday 20<sup>th</sup> March 2019**

*Cuthbert of Lindsfarne, bishop and missionary (d.687)*

**8.00am** – Morning Prayer [Fr Mark]

**5.00pm** - Holy Eucharist (Fr Roy)

**5.30pm** - Sacred Reading (Fr Roy)

### **Thursday 21<sup>st</sup> March 2019**

*Thomas Crammer, archbishop of Canterbury, martyr and liturgist (d 1556)*

**8.00am** – Morning Prayer – Fr Mark

**10.30am** – Eucharist at The Pod [Aurum]

**7.00pm** – Lenten Study - Fr Mark Rectory

### **Friday 22<sup>nd</sup> March 2019**

*Thomas Ken, bishop of Bath and Wells, teacher (d.1711)*

**8.00am** – Morning Prayer – Fr Mark

**10.30am** - Holy Eucharist [Fr Mark] and morning tea

Readings – Ezekiel 18. 21-28, Psalm 130; Matthew 5: 20-26.

**11.45am** – Lenten Study – Fr Mark

### **Saturday 23<sup>rd</sup> March 2019**

**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**

**3<sup>rd</sup> 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]**

**4<sup>th</sup> 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** (2<sup>nd</sup> Tuesday at 7.30pm); **Trinity Band** (Rehearsal - Tuesday at 7.00pm) (Playing at the 9.30am Service - 2<sup>nd</sup> and 4<sup>th</sup> Sundays); **Sacred Reading** (Wednesday at 5.30pm); **Pastoral Care** (2<sup>nd</sup> Thursday at 10.00am); **Bible Study** (Friday at 11.45am); **Messy Church Planning Meeting** (as arranged) ; **Gardening** (2nd Saturday from 8.00am); **Market Day** (3<sup>rd</sup> 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](http://www.terrigalanglican.org.au)**

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

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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**

### **Associate Priests**

**The Reverend Ann Watson – 4365 1065 or 0427 135 771**  
**The Reverend Roy Hazlewood - 4393 0114**  
**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**  
**Cursillo – Libby Harvey – 0431 315 085**  
**Safety Officer - Mike Keaney**  
**Copyright Compliance Officer – Terry Rowe**  
**Parish Bookshop – Kyara Newport**  
**Market Day Co-ordinator – George Jessup - 4368 2237**

### **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