

**Welcome to worship at Holy Trinity, Terrigal**  
**FIFTH SUNDAY AFTER EPIPHANY**  
**9<sup>th</sup> February, 2020**



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

**Organist – *Chris Sillince***

**Hymns: TIS 153, 409, 498, 469**

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

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

**Trinity Band and Singers**

**Hymns: TIS 474, 477, 511, 643**

[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**

Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Matthew 5.16

## **Prayer of the Day**

Faithful God,  
you have appointed us your witnesses,  
to be a light that shines in the world:  
let us not hide the bright hope you have given us,  
but tell everyone your love,  
revealed in Jesus Christ the Lord,  
who lives and reigns with you  
in the unity of the Holy Spirit, one God,  
for ever and ever. **Amen.**

## **Isaiah Chapter 58 Verses 1-9a**

Shout out, do not hold back!  
Lift up your voice like a trumpet!  
Announce to my people their rebellion,  
to the house of Jacob their sins.  
Yet day after day they seek me  
and delight to know my ways,  
as if they were a nation that practised righteousness  
and did not forsake the ordinance of their God;  
they ask of me righteous judgements,  
they delight to draw near to God.  
'Why do we fast, but you do not see?  
Why humble ourselves, but you do not notice?'  
Look, you serve your own interest on your fast-day,  
and oppress all your workers.  
Look, you fast only to quarrel and to fight  
and to strike with a wicked fist.

Such fasting as you do today  
will not make your voice heard on high.  
Is such the fast that I choose,  
a day to humble oneself?  
Is it to bow down the head like a bulrush,  
and to lie in sackcloth and ashes?  
Will you call this a fast,  
a day acceptable to the LORD?

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?  
Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?  
Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the LORD shall be your rearguard.  
Then you shall call, and the LORD will answer;  
you shall cry for help, and he will say, Here I am.

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

### **Psalm 112**

O praise the Lord. Blessed are they that fear the Lord:  
and greatly delight in his commandments.

**Their children shall be mighty in the land:  
an upright race who will be blessed.**

Riches and plenty shall be in their house:  
and their righteousness shall stand for ever.

**Light arises in darkness for the upright:  
gracious and merciful are the righteous.**

It goes well with those who act generously and lend:  
who guide their affairs with justice.

**Surely they shall never be moved:  
the righteous shall be held in everlasting remembrance.**

They will not fear bad tidings:  
their hearts are steadfast, trusting in the Lord.

**Their hearts are confident and will not fear:  
they will see the downfall of their enemies.**

They give freely to the poor:  
their righteousness stands for ever,  
their head is uplifted in glory.

**The wicked shall see it and be angry:  
they shall gnash their teeth and consume away;  
and the hope of the wicked shall fail.**

## **The first letter of Paul to the Corinthians**

### **Chapter 2 Verses 1-13**

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

'What no eye has seen, nor ear heard,  
nor the human heart conceived,

what God has prepared for those who love him'—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God.

For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual. Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are discerned spiritually. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

'For who has known the mind of the Lord  
so as to instruct him?'  
But we have the mind of Christ.

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

Alleluia, **alleluia!**

I am the light of the world, says the Lord;  
the one who follows me will have the light of life.

**Alleluia!**

**The Gospel according to Matthew**  
**Chapter 5 Verses 13-20**

**Glory to you Lord Jesus Christ**

'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

'You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

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

**Please pray for**

Barb Matthews, Joan, Sarah & Chloe, Wendy Rogers, Norm Williams, Isabel Horsley, Joyce Taylor, Emma Horton, Gloria Townsend, Ken Hope, Paul C., Maureen H., Jean Easey, Margaret Willard, Joel, Jean Hilton, Charlie and Jean K.

We prayerfully remember  
Mary Abberton and Joan Monico.

***'Whispers of Love' Meditation –***

**Reflection**

Prayer fastens the soul to God...When we come to heaven, our prayers shall be waiting for us as part of our delight with endless joyful thanks to God.

Prayerfully Reverend Ann

## **The World Day of Prayer**

The World Day of Prayer for 2020 will be held at

**Gosford Uniting Church  
129 Donnison Street, Gosford**

on

**Friday 6<sup>th</sup> March at 10.00am.**

## **Market Day - 15<sup>th</sup> February**

Once again, we will need all the help we can get when setting up on Friday 14<sup>th</sup> February and especially when packing away and clearing up on Saturday. Your help is always appreciated. If you can come at 12.30pm for an hour on Saturday to pack up, we would love to see you. Thank you.

## **CURSILLO and ULTREYA**

Cursillo is a movement of the church that helps to equip and inspire Christians to be active apostles for Christ.

It began in Spain in the 1940's and has spread all over the world, coming to Australia in 1979. Because of the Spanish origin, a lot of Spanish words are still used. It came to Newcastle Diocese in 1990. Since then over 2,000 from the Diocese have attended a 3-day weekend (Cursillo). This means short course.

On February 29th our parish is hosting an Ultreya, another Spanish word meaning 'Onward- keep on going'.

The purpose of this is to meet together with other Christians to pray, sing and be encouraged, ending with afternoon tea.

YOU ARE MOST WELCOME TO COME,  
EVEN IF YOU HAVE NOT DONE A CURSILLO!  
I would love to see you there and make you welcome.

Libby Harvey

# ULTREYA

You are invited to *Gather with Cursillo*  
at Holy Trinity  
Serpentine Rd, Terrigal  
Saturday 29th February  
1.30 for 2 to 4pm

Please bring: A plate of afternoon tea to share  
Card, Mission Praise, Cross & Tag, A donation,  
A friend,  
And your will to be encouraged;  
Reunion of the Groups  
Sponsor Forms available for W49 and M49



**Sunday 16<sup>th</sup> February, 2020**

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

## **The February Messy theme is What Would Jesus Do**

We have exciting craft for the children:

- Making bracelets with WWJD included in the beads.
- Designing cards that will be sent by our Pastoral Care Team to Parishioners
- Covering a large shape of a bottle with 5 cent coins (even 10c coins) to go to WIRES to help the animals injured in bush fires.

### **WE NEED YOUR HELP!!**

FIRSTLY, to mention to children/grandchildren/neighbours' children to come join us!

SECONDLY, do you have any spare 5 cent or 10 cent pieces to put in our Messy money box (on the welcome table) to help cover the bottle shape?

THANKS IN ADVANCE.

The Messy Team



## **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.**

## **BEING**

We mostly spend our lives conjugating three verbs:  
to *Want*, to *Have*, and to *Do*.  
Craving, clutching and fussing,  
on the material, political, social, emotional, intellectual -  
even on the religious plane.  
We are kept in perpetual unrest:  
forgetting that none of these verbs  
have any ultimate significance,  
except in so far as they are transcended by  
and included in,  
the fundamental verb to *Be*:  
and that *Being*,  
not wanting, having, and doing,  
is the essence of a spiritual life.

But now, with this widening of the horizon,  
our personal ups and downs,  
desires, cravings, efforts,  
are seen in scale;  
as small and transitory facts,  
within a vast, abiding spiritual world,  
and lit by a steady spiritual light.

And at once a new coherence comes into our existence,  
a new tranquillity and release.

Like a chalet in the Alps, that homely existence  
gains atmosphere, dignity, significance  
from the greatness of the sky above it,  
and the background of the everlasting hills.

Evelyn Underhill "*The Spiritual Life*" (pp. 30-31)

Fr Mark



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

**Pew Reflections**  
**Fifth Sunday after Epiphany**  
**– Sunday 9<sup>th</sup> February 2020**

- Isaiah 58.1-9a (9b-12); Psalm 112;  
1 Corinthians 2.1-13 (14-16); Matthew 5.13-20

Jesus calls us to be salt and light to the world. Both salt and light are good things. How can the Church be a benefit to society?

- Pray that your parish can be a blessing to the community around it. Work towards that goal.
- Give thanks for the work and witness of the Anglican Church of Kenya.

*Text:* © Anglican Board of Mission, 2020

## Rosters for next week

### 16<sup>th</sup> February – Sixth Sunday After Epiphany

#### 7.30am

Greeter	Sidesperson	Readers	Servers
Terry Rowe	Ulla Finlay	Margaret Maclachlan Kath Connor- Brown	Neil Margaret

#### 9.30am

Greeter	Sidesperson	Readers	Servers
TBA	Julie Rowe Terry Rowe	Neil Ewer Irene Neville	Margaret Coralie
Morning Tea	Counting Roster		Flowers
Julie and Terry Rowe	Terry Rowe Trica Gray		Jackie Davidson

### **Next Sunday 16<sup>th</sup> February, 2020 – Sixth Sunday After Epiphany**

#### **Sixth Sunday After Epiphany**

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

***Organist – Chris Sillince***

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

***Organist – Libby Harvey***

**Readings: Deuteronomy 10.12-22, Psalm 119.1-8, 1 Corinthians 3.1-9**

**Gospel: Matthew 5.21-37**

## **This Week**

### **Monday 10<sup>th</sup> February**

**10.00am** – Whispers of Love – a meditation [*Revd. Ann*]  
**1.00pm** – Women's Fellowship Meeting

### **Tuesday 11<sup>th</sup> February**

**8.00am** – Morning Prayer  
**7.00pm** – Trinity Band Rehearsal  
**7.30pm** – Parish Council

### **Wednesday 12<sup>th</sup> February**

**8.00am** – Morning Prayer  
**10.00am** – Eucharist at Tarragal House [*Fr Mark*]  
**5.00pm** – Eucharist [*Fr Roy*]  
**5.30pm** – Sacred Reading [*Fr Roy*]

### **Thursday 13<sup>th</sup> February**

**8.00am** – Morning Prayer  
**10.00am** – Pastoral Care Meeting

### **Friday 14<sup>th</sup> February**

*Cyril (d. 869) and Methodius, bishop (d. 885) missionaries to the Slavs*

**8.00am** – Morning Prayer  
**10.30am** – Holy Eucharist [*Fr Mark*]  
Readings – 1 Kings 11.29-32 (33-43) 12.1-9, Psalm 81.10-16, Mark 7.31-37  
Morning Tea  
**11.45am** – Bible Study

### **Saturday 15<sup>th</sup> February**

**8.00am** – Market Day

**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

Hymns are reproduced from *Together in Song*, Harper Collins Publishers, East Melbourne, 1999. with permission. CCLI 89783.

## **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 – Bev Broadley – 4367 6066**

**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**