

**Welcome to worship at Holy Trinity, Terrigal**  
**FIRST SUNDAY IN LENT**  
**1<sup>st</sup> March, 2020**



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

**Organist – *Chris Sillince***

**Hymns: TIS 591, 463, 515(ii), 580**

*Baroque Organ Postlude: Fugue - Sonata No 6 (Felix Mendelssohn)*

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

**Organist – *Sharon Sandstrom***

**Hymns: TIS 591, 463, 515(ii), 580**

[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**

We do not live by bread alone, but by every word that comes from the mouth of God.

Matthew 4.4

## **Prayer of the Day**

Almighty God,  
whose Son fasted forty days in the wilderness,  
and was tempted as we are, yet did not sin:  
give us grace to direct our lives in obedience to your will,  
that, as you know our weakness,  
so we may know your power to save;  
through Jesus Christ our Redeemer,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

## **Genesis 2.15-17; 3.1-7**

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die." ' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.'

So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate.

Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

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

### **Psalm 32**

Blessed are those whose sin is forgiven:  
whose iniquity is put away.

**Blessed are those to whom the Lord imputes no blame:  
and in whose spirit there is no guile.**

For whilst I held my tongue:  
my bones wasted away with my daily complaining.

**Your hand was heavy upon me day and night:  
and my moisture was dried up like a drought in summer.**

Then I acknowledged my sin to you:  
and my iniquity I did not hide;

**I said 'I will confess my transgressions to the Lord': and so  
you forgave the wickedness of my sin.**

For this cause shall everyone that is faithful  
make their prayer to you in the day of trouble:  
and in the time of the great water-flood,  
it shall not come near them.

**You are a place to hide me in,  
you will preserve me from trouble:  
you will surround me with deliverance on every side.**

'I will instruct you, and direct you in the way that you should go:  
I will fasten my eye upon you, and give you counsel.

**'Be not like horse or mule, that have no understanding:  
whose forward course must be curbed with bit and bridle.'**

Great tribulations remain for the ungodly:  
but whoever puts their trust in the Lord,  
mercy embraces them on every side.

**Rejoice in the Lord, you righteous, and be glad:  
and shout for joy, all you that are true of heart.**

## **A reading of the first letter of Paul to the Romans 5.12-21**

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous. But law came in, with the result that the trespass multiplied; but where sin increased, grace abounded all the more, so that, just as sin exercised dominion in death, so grace might also exercise dominion through justification leading to eternal life through Jesus Christ our Lord.

Hear the word of the Lord

**Thanks be to God**

Praise to you, Lord Jesus Christ, king of endless glory!

**Praise to you, Lord Jesus Christ, king of endless glory!**

No one lives on bread alone,

but on every word that comes from the mouth of God.

**Praise to you, Lord Jesus Christ, king of endless glory!**

## The Gospel according to Matthew 4.1-11

### **Glory to you Lord Jesus Christ**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written,

"One does not live by bread alone,  
but by every word that comes from the mouth of God." '

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written,

"He will command his angels concerning you",  
and "On their hands they will bear you up,  
so that you will not dash your foot against a stone." '

Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test." '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.'

Jesus said to him, 'Away with you, Satan! for it is written,  
"Worship the Lord your God,  
and serve only him." '

Then the devil left him, and suddenly angels came and waited on him.

For the Gospel of the Lord

### **Praise to you Lord Jesus Christ**

#### **Please pray for**

Barb Matthews, Graeme Patterson, Ken Hope, Emma Horton, Wendy Rogers and Isobel Hargraves.

#### **AGM**

Our Annual General Meeting will be held on Sunday 15<sup>th</sup> March, 2020 at 11.00am in the Worship space here at the Holy Trinity. If anyone is interested in nominating someone for Parish Council, please see Terry, Neil or Kyara for a form. Please seek the nominee's permission first.

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

### **Reflection**

Let nothing disturb you,  
let nothing frighten you,  
all things are passing;  
God only is changeless.  
Patience gains all things,  
who has God wants nothing.  
God alone suffices.

*St Teresa of Avila*

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.**

The World Day of Prayer is a world-wide movement led by Christian women who call the faithful together to observe a common day of prayer. The worship service has a special annual theme. This year's theme is:

**"Rise, Take Up Your Mat and Walk!"**  
**Pray for Zimbabwe.**

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

Please join us for dinner at Terrigal Bowling Club at 'Bec's Kitchen' tonight, Sunday 1<sup>st</sup> March, from 6pm. If you are interested in joining us, please add your name to the sign-up sheet on the notice board this morning. Thank you.

### **Found in Church Car Park**

A bracelet was found in the Church car park on the 16<sup>th</sup> February. If this belongs to you, please contact Cal Priest in the office on Tuesday or Thursday (10am-2pm).

## **GUIDANCE ON RECEIVING COMMUNION – CORONAVIRUS (COVID-19)**

Coronavirus (COVID-19) is a respiratory illness with symptoms ranging from a mild cough to pneumonia. Some people recover easily, others may get sick very quickly. The Australian Government does not identify a risk for the Australian population unless someone has been in mainland China or been in close contact with someone who has a confirmed case of the virus.

Good hygiene practices prevent the spread of infection, including:

- Washing your hands often with soap and water
- Using a tissue to cover your mouth when you cough or sneeze
- Avoiding close contact with others, such as touching

Churches have been advised to follow best-hygiene practices. If you have a cough or sneeze you are advised to refrain from handshaking during the Greeting of Peace.

Priests presiding at the Altar and Chalice Assistants will wash their hands with an alcohol-based hand sanitiser. Communion vessels (chalice, paten and ciborium) are scalded with boiling water before use at each Eucharist.

If you have an infection, please receive only the Host in Holy Communion and refrain from receiving the Chalice. To receive Communion under the species of bread alone is still a valid communion.

Intinction (dipping the Host in the Chalice) is to be avoided as it has the potential to transmit an infection.

### **Sign In/Out Books**

If you volunteer for Market Day or any other volunteer role outside our usual Sunday services, which is on church premises, please sign in and out of the Sign In/Out Book located on the reception front area as you first come into church.

There is also a separate book for contractors and other visitors to sign when they are on the premises. Thank you.

Cal Priest

## **Volunteers Needed**

We have a need for some back-up Greeters for Terry Rowe for the 7.30am service. In addition, we also have a need for a couple of permanent volunteers for Morning Tea on the 4<sup>th</sup> Sunday of the month for the 9.30am service.

If you would like to fill any of these roles, please call Cal Priest in the office on Tuesday or Thursday 10am-2pm on 4365 1115 or by email any time at: [admin@terrigan Anglican.org.au](mailto:admin@terrigan Anglican.org.au). Thank you.

Cal Priest

## **Prayer of the week**

O Lord, who for our sake fasted forty days and forty nights:  
give us grace to use such abstinence,  
that, our flesh being subdued to the spirit,  
we may ever obey your godly will  
in righteousness and true holiness;  
to your honour and glory,  
who live and reign with the Father and the Holy Spirit,  
one God, world without end. **Amen.**

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

Lent arose out of the period before Easter during which candidates (called catechumens) prepared for baptism. They were instructed 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.

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. The Great Vigil of Easter on Holy Saturday night has its origins in this celebration.

Many 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 means moving, going somewhere. The Christian faith is not a way of staying put, of confirming what we think we already know, of avoiding movement. The Church then becomes a means of worshipping ourselves rather than God. Lent is a dynamic journey. That's not only more challenging, it's also more interesting. Taking Lent seriously moves us out of our comfort zones.

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**

Our Ash Wednesday liturgies include a rite of penitence, confession and absolution. Also available is 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, children or friends only when you desperately needed something from them. The relationship (if you could call it that) would quickly be in a pretty sorry state!

Communication is vital in relationships – they can't exist without it. When communication breaks down, relationships break 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 value the relationship. Spending time together is integral to good relationships. It's the same in our relationship with God. It cannot flourish without prayer.

Lent provides the opportunity to **waste time** with God! Try coming to weekday Morning 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 to use as an aid to devotion. Visit a local scenic spot and enjoy the beauty. Make up with someone from whom you are estranged. Visit or call someone who's sick, bereaved or lonely.

Fasting is not 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.

We don't fast or abstain from something because it's evil. We should avoid evil anyway! We fast from something good and necessary like some foods as way of getting rid of some of the clutter and distractions in our lives, to focus our hearts and minds on God.

It also helps us to be more disciplined and to 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. Spiritual reading is also a valuable Lenten practice. There are also many aids and suggestions to keeping Lent online.

Fr Mark



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

### **Pew Reflections** **First Sunday In Lent** **– Sunday 1<sup>st</sup> March 2020**

- Genesis 2.15-17; 3.1-7; Psalm 32;  
Romans 5.12-21; Matthew 4.1-11

Jesus shows us to be careful around those whose talk is made up of biblical quotations: even Satan can quote the Bible. Be alert.

- Pray that when you read the Bible the Holy Spirit will lead you to the correct meaning.
- Give thanks for the Church of the Province of Central Africa, remembering especially the work of the Zambia Anglican Council.

*Text:* © Anglican Board of Mission, 2020

## Mission Report 1<sup>st</sup> March 2020



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

### LENT APPEAL



### ENCOUNTER PROGRAM

ABM's Encounter Program has been operating for over 10 years. During that time the Australian church has hosted seven church workers from ABM's partner churches in the Solomon Islands, Vanuatu, Papua New Guinea and Myanmar. The visits are usually around 3 months each but may be longer in certain cases. Encounter visits help us, as members of the church, to realise and develop our respective gifts and to receive the gifts of the visitor. Visitors usually stay with Australian church members and participate in the life of the church, whilst honing their ministry skills.

Mission to Seafarers, school chaplaincy, parish work are just some of the areas of learning.

Snow, a theology lecturer from Myanmar, has almost completed her further studies at Melbourne's Trinity College. When she returns home, she will surely take part of the Australian church with her in her heart. And part of her will remain in the hearts of those who have known her here.

Your gift to the Encounter Program will help to grow more relationships between Australian Anglicans and our sisters and brothers in Christ, across the world.  
(This project is non-tax deductible.)

Coralie Taylor - Mission Secretary.

## **Rosters for next week**

### **8<sup>th</sup> March – Second Sunday in Lent**

#### **7.30am**

<b>Greeter</b>	<b>Sidesperson</b>	<b>Readers</b>	<b>Servers</b>
Terry Rowe	Neil Ewer	Bev Broadley Neil Ewer	TBA

#### **9.30am**

<b>Greeter</b>	<b>Sidesperson</b>	<b>Readers</b>	<b>Servers</b>
Lesley Gosling	June Timms Irene Neville	Mark Timms Maureen Hazlewood	TBA
<b>Morning Tea</b>	<b>Counting Roster</b>		
Anna Holt Judy Thompson	John Holt Betty Hancock		

### **Next Sunday 8<sup>th</sup> March, 2020 – Second Sunday in Lent**

#### **Second 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:** Genesis 12.1-4a, Psalm 121, Romans 4.1-5, 13-17

**Gospel:** Matthew 17.1-9

## **This Week**

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

*Chad, bishop of Lichfield, missionary (d. 672)*

**10.00am** – Whispers of Love – a meditation. Lenten Study. [*Revd. Ann*]

**3.00pm** – Tarragal Manor & Tarragal Glen Eucharist [*Revd. Ann*]

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

**8.00am** – Morning Prayer

**7.00pm** – Trinity Band Rehearsal

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

**8.00am** – Morning Prayer

**5.00pm** – Eucharist [*Fr Roy*]

**5.30pm** – Lenten Study [*Fr Roy*]

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

**8.00am** – Morning Prayer

**7.30pm** – Lenten Study [*Fr Mark*]

### **Friday 6<sup>th</sup> March**

**8.00am** – Morning Prayer

**10.30am** – Holy Eucharist [*Fr Mark*]

Readings – Ezekiel 18.21-28, Psalm 130, Matthew 5.20-26

Morning Tea

**11.30am** – Lenten Study [*Fr Mark*]

### **Saturday 7<sup>th</sup> March**

*Perptua and her companions, martyrs at Carthage (d. 203)*

**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 – 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 Friday from 9.00am to 4.00pm  
and each Saturday from 10.00am to 1.00pm**