

**Welcome to worship at  
Holy Trinity, Terrigal**

**FOURTH SUNDAY AFTER EPIPHANY  
31st January 2021**



**9.00am – Holy Eucharist**

**Presiding and Preaching** – The Rev'd Dr Richard Harvey

**Organist** – Sharon Sandstrom

**Fr. Roy writes:** We are aware that the pandemic is not over, even for the states and territories of Australia. The premiers of some states are consistently praising the citizens of their state for their cooperation in being able to declare no new locally transmitted cases within any number of days or weeks. This is good news and we are encouraged to give ourselves a “pat on the back” for our diligence in assisting in the control of the virus.

Last week I wrote about joy as part of our prayerfulness. The “pat on the back” from the premiers led me to think of thanksgiving to God within our prayerfulness. Do not be overwhelmed by the act of prayerfulness. The act of prayer is simple. It is the act of lifting the soul to God by a loving act of the will. There are a number of aspects of lifting up the soul to God including adoration, praise, love, repentance and confession, continued faith for self and others for whom you pray, healing in sickness and thanksgiving for the blessings received from God and other people and issues current in the world to-day. Remember, however, that it is unnecessary to do all this in one prayer time or in every act of prayerfulness where you are lifting the soul to God by a loving act of the will. Ask for the movement of the Holy Spirit to what is important at that time and stay with that aspect until you feel that you should turn to another aspect of prayer.

Offer thanks to God with our Lord, Jesus Christ for the simple things of life, often the things that we take for granted, like the air that we breathe, the food that we eat, the clothes we wear and the shelter we have for our comfort and the love we receive from other people who are known to us and unknown. In addition, we have the birth, life, death and resurrection of Jesus and God, the Father’s redemption of the world through Jesus Christ and for the grace and other blessings we receive from God, Father, Son and Holy Spirit.

Give God a “pat on the back” (figuratively speaking) as you engage in your prayerfulness with your soul lifted willingly to God in thanksgiving.

O taste and see that the Lord is gracious.

Come, Son of God Incarnate, Jesus of Nazareth, come and touch the lives of your people.

Keep well, keep safe and the blessing of God be upon you and on all who you love and may your days and nights be holy, good and peaceful. AMEN.

## **Sentence**

Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news of the kingdom, and curing every disease and every sickness.

Matthew 9.35

## **Prayer of the Day**

God of compassion,  
you have shown us in Christ  
that your love is never ending:  
enable us both to love you with all our heart  
and to love one another as Christ loved us.  
Grant this through our Lord Jesus Christ,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. **Amen.**

## **A reading from Deuteronomy Chapter 18 verses 15-20**

The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: 'If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die.' Then the Lord replied to me: 'They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.'

Hear the word of the Lord.

**Thanks be to God.**

## Psalm 111

- 1 O praise the Lord. I will praise the Lord  
with my whole heart:  
in the company of the upright  
and among the congregation.
- 2 **The works of the Lord are great:  
and studied by all who take delight in them.**
- 3 His deeds are majestic and glorious:  
and his righteousness stands for ever.
- 4 **His marvellous acts have won him a name  
to be remembered:  
the Lord is gracious and merciful.**
- 5 He gives food to those that fear him:  
he remembers his covenant for ever.
- 6 **He showed his people the power of his acts:  
in giving them the heritage of the heathen.**
- 7 The works of his hands are faithful and just:  
and all his commandments are sure;
- 8 **They stand firm for ever and ever:  
they are done in faithfulness and in truth.**
- 9 He sent redemption to his people,  
he ordained his covenant for ever:  
holy is his name and worthy to be feared.
- 10 **The fear of the Lord is the beginning of wisdom,  
and of good understanding are those  
that keep his commandments:  
his praise shall endure for ever.**

## **A reading from the First Letter of Paul to the Corinthians Chapter 8 verses 1-13**

Now concerning food sacrificed to idols: we know that 'all of us possess knowledge.' Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that 'no idol in the world really exists', and that 'there is no God but one.' Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. 'Food will not bring us close to God.' We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling-block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Hear the word of the Lord.

**Thanks be to God.**

Alleluia, **alleluia!**

A people in darkness have seen a great light:  
a radiant dawn shines on those lost in death.

**Alleluia!**

The Gospel of Our Lord Jesus Christ according to Mark  
Chapter 1 verses 21-28

**Glory to you Lord Jesus Christ.**

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.' At once his fame began to spread throughout the surrounding region of Galilee.

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

**Prayer for those suffering severe illness**  
(adapted from *A Prayer Book for Australia*, p. 692)

Healing Spirit,  
we pray for those suffering from serious diseases and for those who are terminally ill, and those living with the COVID-19 virus. We pray for skill and patience for the doctors and nurses who care for them. We pray that their relatives and friends may be strengthened and comforted. May their faith not falter as they support each other through testing times. We pray for those engaged in research that by your inspiration and their skill the scourges of this generation may be overcome. Help us to live in your way and to seek health in body, mind and spirit. **Amen.**

### **Please pray for**

Graeme Patterson, Ken Hope, Norm Williams, Emma Horton, Isobel Hargraves, Jean Jackson, Marian French, Aaron Lane, Pat Lindsay, Toby Lindsay, Gloria Townsend, Margaret Willard, Pat Stokes, Kathy Oakes, Tania Howlett, Ian Kidson, Maureen Hazlewood, Patricia Bailey, Shirley Taylor and Adrienne Baldwin.

### **Direct Debit details of account:**

ASDF Account  
Parish of Terrigal  
BSB: 705-077  
Account number: 00040934

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

The silence in the mind is when we live best,  
within listening distance of the silence we call God.

*R.S. Thomas*

'Whispers of Love' Meditation will resume tomorrow Monday, 1st February, 2021 at 10am.

Prayerfully Reverend Ann

### **Women's Fellowship – Monday 8<sup>th</sup> February at 1pm**

We look forward to welcoming new members to our group for a relaxed time of fellowship and fun. Due to COVID restrictions we will be meeting in the foyer to allow for spaced seating. This meeting, the first for 2021, will include a brief AGM.

Pam Flegg.

## **Dinner at Terrigal Bowling Club**

Please join us for dinner at Terrigal Bowling Club at 'Bec's Kitchen' on **Sunday 7<sup>th</sup> February from 6pm.**

If you are interested, please let us know by email to the office [admin@terrigalanglican.org.au](mailto:admin@terrigalanglican.org.au),  
calling the office on 4365 1115  
or asking to have your name added to the sign-up sheet upon entry to the service on Friday or Sunday.

## **Samaritans**

Lil Bennet thanked the congregation of the Holy Trinity for their generous and continuous support of Wyoming Relief Centre.

We have our basket for food donations available for those wishing to bring items. Some suggestions are tins of baked beans, spaghetti, soup, salmon, tuna, fruit and vegetables. Also, long life milk, pasta, soap and toilet paper. Please NO nappies at this stage. Thank you.

Margaret MacLachlan.

## **Prayer of the week**

O Lord,  
you have taught us  
That all our doings without love are worth nothing:  
send your Holy Spirit,  
and pour into our hearts that most excellent gift of love,  
the true bond of peace and of all virtues,  
without which whoever lives is counted dead before you;  
Grant this for your Son Jesus Christ's sake. **Amen.**





# ANGLICAN BOARD OF MISSION

*Working for Love, Hope & Justice*

## **Ordinary Sunday 4[Epiphany 4] 8]** **– Sunday 31 January 2021**

- Deuteronomy 18.15-20; Psalm 111;  
1 Corinthians 8.1-13; Mark 1.21-28

The first part of the *Shahadah*, the Muslim declaration of faith and the first pillar of Islam, is *there is no god but God*. I think Paul would agree. He recognises the existence of other gods but claims that there is only God, God the Father and the only Son, our Lord Jesus Christ. Unclean spirits, demons and the like recognise who Jesus is while the people around him do not. It takes a devil to recognise its opposite.

- Help us to recognise the one true God. Pray that we will recognise the idols of our age, money, status and power, and work and live to overcome them with the help of Jesus who is the only Holy One.
- Give thanks for the work and witness of the Anglican Church in Aotearoa, New Zealand and Polynesia

*Text:* The Rev Kate Ross,  
St John's Cathedral, Brisbane  
© Anglican Board of Mission, 2021

## **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 Thursday from 9.00am to 4.00pm**

**Fridays open from 9.00am to 10.15am and from 11:15am to 4.00pm**

**(Please note Friday between 10.15am-11.15am the Op Shop is CLOSED)**

**Saturdays open from 10.00am to 1.00pm**