

**Welcome to worship at
Holy Trinity, Terrigal
Thirteenth Sunday after Pentecost
22nd August, 2021**



**There will be no services at Church until the
NSW Government Stay at Home Order is lifted.**

Sentence

Jesus said, 'It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life.'

John 6.63

Prayer of the Day

Everliving God,

by whose Spirit the whole body of the Church
is governed and sanctified:

hear the prayers we offer for all your faithful people,
that in ministry to which you have called them
each may serve you in holiness and truth;
through our Lord and Saviour Jesus Christ. **Amen.**

A reading from Joshua Chapter 24, verses 1 – 2a, 14 – 18

Then Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, 'Thus says the LORD, the God of Israel:

'Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD. Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD.'

Then the people answered, 'Far be it from us that we should forsake the LORD to serve other gods; for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God.'

Hear the word of the Lord.

Thanks be to God.

Psalm 34 verses 15 – 22

15 The eyes of God are on the righteous:
and his ears towards their cry.

**16 The Lord sets his face against wrongdoers:
to root out their memory from the earth.**

17 The righteous cry; the Lord hears it:
and frees them from all their afflictions.

**18 The Lord is close to those who are broken-hearted:
and the crushed in spirit he saves.**

19 The trials of the righteous are many:
but our God delivers us from them all.

**20 He guards all our bones:
so that not one is broken.**

21 Evil will slay the wicked:
and those who hate the righteous will be destroyed.

**22 The Lord ransoms the lives of his servants:
and none who hide in him will be destroyed.**

**A reading from the Letter of Paul to the Ephesians
chapter 6, verses 10 – 20**

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness,

against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Hear the word of the Lord.

Thanks be to God.

Alleluia, **alleluia!**

Your words, Lord, are spirit and life:
you have the words of eternal life.

Alleluia!

The Gospel of Our Lord Jesus Christ according to John
chapter 6, verses 56 - 59

Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

Glory to you Lord Jesus Christ.

For the Gospel of the Lord.

Praise to you Lord Jesus Christ.

Please pray for:

John Hart, Tania Howlett, David Lamb and Gloria Townsend and Margaret Hassall.



ARE YOU PAYING ATTENTION?

THIRTEENTH SUNDAY AFTER PENTECOST - 22nd August 2021 Readings: Joshua 24:1-2a, 14-18; Psalm 34:15-22; Ephesians 6:10-20; John 6:56-69

"Mark Watson, you are asleep my boy! You're not paying attention!" There are many reasons we don't pay attention, not only in school, but in life generally. There may be things we find hard to comprehend. Or the subject may be one we are not interested in. Or we are tired and find it hard to concentrate. Or it may simply be that the room is stuffy, and our brain needs oxygen. Some things we may find threatening or overwhelming and we simply switch off.

A man who every morning for twenty-four years woke up with his wife beside him, found her dead one morning. Over the next few days his system seemed to just shut down. His mental processes, his feelings, his connection to the world around him, just switched off. He became silent and unresponsive. After a time, he became unaware of the world around him.

We could say his grief was abnormal in that most people recover over time to some extent. The sense of loss is always there. There is such a thing as post-traumatic stress disorder. On one level we could say it is an extreme form of an inability to pay attention.

Years ago, American psychiatrist Robert Jay Lifton coined the phrase “psychic numbness” to describe the reaction of society to the threat of nuclear war. The COVID-19 Pandemic weighs on our minds right now. So does the threat of rapid climate change. So do the scenes of terrified citizens in Afghanistan trying desperately to escape. Anxiety levels are high. It’s a form of psychic numbness. We human beings can only take so much. Many are experiencing psychic overload. To cope, some people withdraw and shut down, like the man who suffered the shock of his wife’s death.

We can easily become hardened and bitter over time without noticing. In a world like ours, it takes guts to pay attention. To look up and take notice is an act of courage. And that runs the risk of pain. Virginia Woolf in her autobiography says that life is not really lived unless it is lived in a state of consciousness. She then adds that in the past decade of her life, she was conscious only two hours!

Philosophers talk of the development of “the onlooker consciousness” – an attitude of detachment and disengagement, passing through life like a tourist seeing the sights but with no commitment to anything beyond the self.

Our culture of selfishness and acquisition conditions us to keep our distance, remain aloof, detached, and untouched. We call it “keeping things in perspective.” That’s quite inaccurate because perspective means to see through something. We use it keep distant, to *not* see. To really see runs the risk of loving. To love runs the risk of losing, and that’s painful.

There's a saying, "Ignorance is bliss." Don't bother trying to learn, to discover, to explore, to question. Frederick Buechner says we could say the one who believes in God believes that when the bear climbs the mountain there's something on the other side. The atheist says that when the bear climbs the mountain there's nothing on the other side. The agnostic believes that when the bear climbs the mountain there may or may not be something on the other side. But what do you call someone who is too lazy or too cowardly to even climb the mountain and dare to look?

Many of you have said you miss being in church during lockdown. Part of the reason for being in church is to pay attention. We are part of a minority of Australians who take the time and effort to think about and to love and to risk being loved by God. To pay attention in church means more than looking and listening, praying, and singing, receiving communion, offering our gifts, sharing peace with our brothers and sisters, welcoming the stranger. We know all that. They are obvious things.

The kind of paying attention we're talking about is the kind that looks beyond the surface. To recognise it's not about you, it's about God. When the priest holds up a piece of bread and tells you it's the Body of Christ, you see below the surface to a new and deeper reality because you're seeing with the eyes of faith. To have the courage to stick at this faith when there are so many other things on offer, so many attractions. To say with Jesus' disciples in today's Gospel, "This teaching is difficult, who can accept it?" yet not be turned off by it.

Let me invite you, to plead with you, to pay attention. There are other ways of describing what that means. Words like "focusing," "mindfulness," "contemplation." At the end of our Gospel reading from John 6 before we return to Mark's Gospel next Sunday, John tells us, "Because of this, many of his disciples turned back and no longer went about with him" (Jn 6:66). Earlier they had said "This teaching is hard. Who can accept it?" When something is

difficult or challenging or stretches our minds or our bodies, or changes our perspective, it's easy to walk away because it's too hard.

Since the lockdown, both this year and last year, many churches have been hard hit numerically and financially. I am grateful to our parishioners for your generosity, your steadfastness in faith and prayer and support and care for one another. I encourage you to keep on and not to give up. There will come a time when we hear the good news that COVID cases are declining.

After many of Jesus' followers withdrew and turned away, John says, "So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life'" (Jn 6:67, 68). One day we will again gather together and listen to the words of an ancient book, call bread and wine the Body and Blood of Christ, sit with a diverse group of people called the Church and call it the Body of Christ, and be reminded that, incredibly, this how God has chosen to save the world. All because, with Peter and the other disciples, "We have come to believe and know that you are the Holy One of God" (Jn 6:69).

Are you paying attention?

Fr Mark

Offertories during the Suspension of Services

I encourage all parishioners to still continue with their weekly offering whilst we are unable to gather. This can be done by continuing to place your offering in the envelopes and keep them aside at home until we are able to again meet and have services. Alternatively, parishioners can move to 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

Reflection: This week I would like to share with you a prayer I was given many years ago. Daily I am finding the prayer a great comfort in this time of lockdown through COVID.

Prayerfully, Reverend Ann.

Prayer at the beginning of the day

O Lord grant me to greet the morning day in peace'

Help me in all things to rely upon your holy will.

In every hour of the day reveal your will to me.

Bless my dealings with all who surround me.

Teach me to treat all that comes to me throughout

the day with peace of soul, and with the firm conviction that your will governs all.

In all my deeds and words guide my thoughts and feelings.

In unforeseen events let me not forget that all are sent by you.

Teach me to act firmly and wisely without embittering and embarrassing others.

Give me strength to bear the fatigue of the coming day with all that it shall bring.

Direct my will, teach me to pray, pray yourself in me.

Prayerfully, Reverend Ann.

Op Shop Closed

The Op Shop is closed until after the NSW Government lifts the Stay-at-Home Order.

Samaritans

When we are able to return to church, some suggestions for donations are clean blankets, roll-on deodorant and shampoo.

Thank you.

Margaret MacLachlan.

The Anglican Women's Spring Celebrations which was scheduled for the 7th of September 2021, at St Peters East Maitland sadly has been cancelled due to the covid .

love Irene Neville (AWA contact)

Prayer of the week

Creator God,
you have made us for yourself,
and our hearts are restless
until they find their rest in you:
teach us to offer ourselves to your service,
that here we may have your peace,
and in the world to come may see you face to face;
through Jesus Christ our Lord. **Amen.**



ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

**Thirteenth Sunday after Pentecost [OS 20] –
Sunday 22nd August 2021**

- *either* 1 Kings 8.22-30, 8.41-43 *or* 1 Kings 8.1, 8.6, 8.10-11, 8.22-30, 8.41-43; Psalm 84; Ephesians 6.10-20; John 6.56-69

We are exhorted by St Paul today to put on the whole armour of God. So he wants us to lead lives that are marked by truth, by righteousness, by whatever will make us ready to proclaim the gospel of peace, by faith, by salvation, and by the Spirit, which is the word of God. He tells us to 'keep alert and always persevere in supplication for all the saints' and so we should pray for all the saints (that is, members of the church) throughout the world

- Remember the Church throughout the world in your prayers this week and beyond by downloading the *Anglican Cycle of Prayer*: www.anglicancommunion.org/resources/cycle-of-prayer/download-the-acp.aspx.
- Give thanks for the work and witness of the Amity Foundation, China

Text: Robert McLean
ABM's Partnerships Coordinator
© Anglican Board of Mission, 2021

Rosters for next week –

29th August – Fourteenth Sunday after Pentecost

There will be no rosters until after services resume when the NSW Government Stay-at-Home Order is lifted.

Next Sunday 29th August, 2021 – Thirteenth Sunday after Pentecost

8.00am – No service

Presiding & Preaching – *N/A*

Organist – *N/A*

9.30am – No service

Presiding & Preaching – *N/A*

Organist – *N/A*

Readings: Deuteronomy 4. 1-2 6-9, Psalm 15, James 1.1-17

Gospel: Mark 7.1-8, 14-23

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. CCU 89783.

This Week

Please note there will be no events until after the NSW Government has lifted the Stay-at-Home Order and Church has resumed.

Monday 16th August

Tuesday 17th August

John Bunyan, preacher and spiritual writer (d.1688)
Aidan of Lindsfarne. Bishop and missionary (d. 651)

Wednesday 18th August

Thursday 19th August

MARTYRS OF NEW GUINEA (d.1942)

Friday 20th August

Gregory of Rome, bishop and teacher (d.604)
Eliza Darling, pioneer and reformer in NSW (d.1868)

Saturday 21st August

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

Website – www.terrigoalnglican.org.au

Rector – The Reverend Canon Mark Watson – 4365 1374 or 0434 431 400

Email – 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 0426 366 565

Parish Opportunity Shop

Carolyn Shields / Christine De Gans - 4365 1280

The Op Shop is closed until after the NSW Government lifts the Stay-at-Home-Order.