

**Welcome to worship at  
Holy Trinity, Terrigal  
Fourteenth Sunday after Pentecost  
29<sup>th</sup> August, 2021**



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

**Fr Roy writes:** What crazy times in which you are living with the COVID-19 pandemic? The health rules by which you are living seem to be changing daily and are a full-time job keeping up with them. You are told to follow the rules of wearing a mask when you are walking in the street, of social distancing, with no visitors to the house and do not leave the house unless it is absolutely necessary. Like in most other things where you are to live under rules, there are people who think it does not apply to them and consequently they break the rules. This is the society in which you live.

What, then, has this to do with your spiritual life or your spirituality generally?

**1. You are to live by God's law** where the Ten Commandments tell of your duty to God and to your neighbour. This was later interpreted by Jesus as "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.....and you shall love your neighbour as yourself."

**2. You know that you are a sinner** along with everyone else. You all fall short of the mark, in thought, word and deed, sometimes deliberately, and other times unknowingly to yourself, but known to God. This calls for repentance to receive God's forgiveness, through Jesus' sacrifice on the cross.

**3. You know of the presence of God** in your everyday life and God's influence in your life.

I have found the daily use of the Daily Examen helps me to cover these three issues in my spiritual life. "More than 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness by proposing what has been called the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day to detect God's presence and to discern his direction for us. Try this version of St. Ignatius's prayer.

**1. Become aware of God's presence.** Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

**2. Review the day with gratitude.** Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

**3. Pay attention to your emotions.** One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

**4. Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

**5. Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings

to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Our Father." (I found this explanation on a page on the internet and thought it to be good for our purpose). Try it for any number of weeks and see what it does for your relationship with God, with others and with yourself.

Keep well, keep safe, keep social distancing, and wear a mask and the blessing of God be upon you and on all who you love and pray for and may your days and nights be holy, good, and peaceful. AMEN.

## **Sentence**

Every generous act of giving, with every perfect gift, is from above coming down from the Father of lights, with whom there is no variation or shadow due to change.

James 1.17

## **Prayer of the Day**

Cleanse our consciences, O Lord,  
and enlighten our hearts  
through the daily presence of your Son Jesus Christ,  
that when he comes in glory to be our judge  
we may be found undefiled and acceptable in his sight;  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

## **A reading from Deuteronomy Chapter 4 verses 1-2 and 6-9**

So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the Lord, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the Lord your God with which I am charging you.

You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, 'Surely this great nation is a wise and discerning people!' For what other great nation has a god so near to it as the LORD our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today?

But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children.

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

### **Psalm 15**

1 Lord, who may abide in your tabernacle:  
or who may dwell upon your holy hill?

**2 Whoever leads an uncorrupt life  
and does the thing which is right:  
who speaks the truth from the heart,  
and has not slandered with the tongue;**

3 Who has done no evil to a friend:  
nor vented abuse against a neighbour;

**4 In whose eyes the worthless have no honour:  
but who makes much of those that fear the Lord;**

5 Whoever has sworn to a neighbour:  
and will not go back on that oath;

**6 Who has not put money to usury:  
nor taken a bribe against the innocent.**

7 Whoever does these things:  
shall never be overthrown.

**A reading from the Letter of James  
Chapter 1 verses 17 – 27**

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that

is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

Hear the word of the Lord.

**Thanks be to God.**

Alleluia, **alleluia!**

The Father gave us birth through his message of truth,  
that we might be as the first fruits of his creation.

**Alleluia!**

The Gospel of Our Lord Jesus Christ according to  
Mark Chapter 7 verses 1-8 and 14-23

**Glory to you Lord Jesus Christ.**

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written, "This people honours me with their lips,

but their hearts are far from me;  
in vain do they worship me,  
teaching human precepts as doctrines."

You abandon the commandment of God and hold to human tradition.'

Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.'

When he had left the crowd and entered the house, his disciples asked him about the parable. He said to them, 'Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, since it enters, not the heart but the stomach, and goes out into the sewer?' (Thus he declared all foods clean.) And he said, 'It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.'

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.



**FOURTEENTH SUNDAY AFTER PENTECOST –  
29<sup>th</sup> August 2021**

Readings: Deuteronomy 4:1-2, 6-9; Psalm 15; James 1:17-27;  
Mark 7:1-8, 14-23

A young man came to a great rabbi and asked how he, too, could become a rabbi. It was wintertime. The young man said, "Rabbi, I always wear spotless white like the wise men of old. I never drink alcoholic beverages; only water passes my lips. I live a plain and simple life. I keep my toe-nails sharp inside my shoes to keep me humble. Even in the coldest weather, I lie naked in the snow to subdue my flesh. Daily, I receive 40 lashes on my bare back for penance.

As this young man was speaking, a white horse was led into the yard and taken to the water trough. It drank, then it rolled in the snow as horses sometimes do. "Just look!" cried the rabbi. "That animal, too, is dressed in white. It also drinks nothing but water, has nails in its shoes and rolls naked in the snow. And be assured,

it gets its daily ration of 40 lashes from its master. Now I ask you, is it a saint or is it a horse?"

Today's Gospel addresses the question of what it takes to make a person holy, pure, clean, righteous, saintly and good. The Pharisees complain to Jesus that his disciples failed to live according to the "tradition of the elders" by not washing their hands before eating. This was not a concern about hygiene. It was a ritual washing without which their hands were considered "defiled."

The Pharisees sincerely tried to live out their religion in a hostile environment. Israel had gone through exile and captivity; the old Temple had been destroyed and replaced by Herod's Temple; now they were ruled by the Romans. How were they to live in this hostile regime?

To do this the Pharisees sought to apply the Torah, the law of God, to every aspect of life. If God's law was perfect, they reasoned, then it should fit every possible situation. But there were situations they faced that the law didn't seem to cover. So the religious scholars amplified the law, the Torah, with commentaries called the Talmud, and later the Talmud was extended with further commentaries called the Mishnah.

We could say we are in a similar situation. How do we remain faithful in a world that's sometimes hostile, but more often indifferent and apathetic to our faith? How can we live faithful lives? How can we maintain our identity in such a world?

The Pharisees were concerned with purity and separation. What you ate, how you washed before you ate, were some ways of maintaining purity and separation from the defiling influence of the world around them. But Jesus said it's not what you eat and how you eat it that is important but what is in your heart. It's from the heart that all the bad and sinful thoughts and actions come. Don't worry about what goes in but what comes out.

Once the disciples are alone with Jesus in the house, they ask him to explain further. Jesus tells them it is the heart that's important. What you eat doesn't affect the heart but goes through a well-known physiological process. Rather, what comes out of the heart is what makes a person unclean. Evil intentions resulting in all kinds of thoughts and actions of which Jesus lists twelve. It is possible to do and say all the right things that give the impression of being religious and holy, but unless the heart is transformed, it's useless and pointless.

Our relationship to God is more than rules and regulations. God wants us, not our religious duties. God wants the devotion of our hearts, not lip service.

A remote, theoretical, abstract, and detached view of God is far more convenient than the God we meet in scripture who is personal and involved. The Pharisees wanted to keep religion safe and distant. They held to the traditions of the elders to avoid the commandments of God which were given as an expression of love.

This kind of God is not to everyone's liking. A distant deity who minds his own business and leaves us to our own devices is much more convenient. But this God won't give up, even when we killed him by putting him on a cross. Like an insistent lover he will not be thwarted. "If we are faithless, he remains faithful – for he cannot deny himself" (2 Timothy 2:13).

Jesus quotes Isaiah: "This people honours me with their lips, but their hearts are far from me." God yearns for us and longs for the devotion of our hearts.

The letter of James from which our New Testament reading came, is very tough on those whose religion makes no difference to the way they live. He says "... faith by itself, if it has no works, is dead" (2:17).

Today's reading says, "But be doers of the word, and not merely hearers who deceive themselves" (1:17). That's like looking in a mirror, turning around and forgetting what you looked like. Worship must translate into witness and word must become flesh in our lives.

Jesus never asks us, "Do you agree with this?" "Can you assent to this intellectually?" He says, "Follow me." When he said that to the brothers Simon and Andrew, they immediately left their nets and followed him.

Our world, especially in the west, emphasises the importance of the individual. The individual is a recent invention. It comes from the Enlightenment when the individual became the autonomous, sovereign, supreme centre of the universe. The way to be a fully-developed human being was to be found in complete self-sufficiency and self-reliance. Don't let yourself be tied to your social and family connections and your tribe. They only limit your potential. So the thin, shrunken self, self-created by the choices of the moment, responsible to no-one but itself, limited to the projects and aspirations of the self, ended up devoid of the very qualities that used to be regarded as most essential to what it means to be most human.

In that kind of culture, to say that our very salvation comes through a loving God who longs for connection with us, and whose very nature is a Trinitarian community of interrelationships, may sound completely contrary to everything we're told is true every day. The business we're engaged in as the Church is to be encouraged to rebel against the false and illusory world produced by the individualism and consumerism of our age and to draw the world into an awareness of God's love for them, not just by telling them but by loving them the way God loves us.

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:**

### **A prayer for Afghanistan**

For those who are fleeing: sanctuary.

For those who are staying: safety

For those who are fighting: peace

For those whose hearts are breaking: comfort

For those who see no future: hope.

Prayerfully, Reverend Ann.

## **Op Shop Closed**

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

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

love Irene Neville (AWA contact)

### **Prayer of the week**

Lord of all power and might,  
the author and giver of all good things:  
graft in our hearts the love of your name,  
increase in us true religion,  
nourish us with all goodness,  
and of your great mercy keep us in the same;  
through Jesus Christ our Lord. **Amen.**



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

### **Fourteenth Sunday after Pentecost [OS 22]**

**– Day of prayer for refugees**

**– Sunday 29 August 2021**

- Song of Songs 2.8-13; Psalm 45.1-2, 45.6-9;  
James 1.17-27; Mark 7.1-8, 7.14-23

James tells us to 'be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like'. James wants us to let what we have heard impel us into action. No sitting in the pews not letting the Spirit into our lives to disturb us. He wants us to 'welcome with meekness the implanted word that has the power to save [our] souls and then get out and do something for God.

- Send your Spirit to us, Lord, that we might find ourselves disturbed into action for the sake of your kingdom

- Give thanks for the work and witness of the Church of South India.

Text: Robert McLean  
ABM's Partnerships Coordinator  
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### **Rosters for next week –**

#### **5<sup>th</sup> September – Fifteenth Sunday after Pentecost**

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

#### **Next Sunday 5<sup>th</sup> September, 2021 – Fifteenth 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:** Isaiah 35. 4-7a, Psalm 146, James 2.1-10, 14-17

**Gospel:** Mark 7.24-37

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## 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 30<sup>th</sup> August**

**Tuesday 31<sup>st</sup> August**

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

**Wednesday 1<sup>st</sup> September**

**Thursday 2<sup>nd</sup> September**

**MARTYRS OF NEW GUINEA (d.1942)**

**Friday 3<sup>rd</sup> September**

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

**Saturday 4<sup>th</sup> September**

**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@terrigan.org.au](mailto:admin@terrigan.org.au)

Website – [www.terrigan.org.au](http://www.terrigan.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 –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.**