

**Welcome to worship at Holy Trinity, Terrigal
Third Sunday after Epiphany
23rd January, 2022**



9.00am – Holy Eucharist *Presiding & Preaching – Reverend Ann Watson*
Organist – Chris Sillince
Hymns: 227, 430, 517, 456

[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.

Fr. Roy writes: In periods of reflective nostalgia, I have been thinking how quickly humans are subject to change and adapt to it. As a wee boy our family did not have a car and to go anywhere, we used public transport, or we walked or rode a bicycle. At this time there were two words that are in common use now that were rarely used at that time. They are "exercise" and "gym". We did not need to exercise, we had enough of that in daily operations, and the only gymnasium I knew was for boxers.

We know how quickly we adapted to life with a motor car or a motorbike. Now with the current pandemic we are not using the car as much and working from home the two words "exercise" and "gym" have come into their own. The gym has been closed and reopened and people have set up their gym equipment at home.

Part of the exercise programme includes walking; using a walking track in the bush, on the road or on the grass of the footpath, around the house or in the house on a treadmill. But walk you should! to count the required number of steps for your daily exercise. How diligent we are to adapt to changed conditions!

With all the changes we experience in a lifetime, I want to show you how adept we can be to change the circumstances in which we apply meditation. I want you to think about meditative walking. If the place for doing your meditation is in a comfortable chair or sitting cross legged on the floor or the grass or on a yoga mat (that is, if you can sit in this way, I know I can't) I suggest you experiment with meditative walking. This can be done in the house, around the garden, on your daily walk along the street or, if you are at the Op. Shop, you can use the aisles of the worship space.

The church building is not only for worship at the Eucharist. It is a place for other worship, prayer, meditation, other sacraments to give it the atmosphere of a house of prayer.

Here are some of my suggestions for you to consider at places where you stop to reflect in the Church building. With a little

thought you can relate them to a walk through your house or in the garden or any place that is special to you.

At the entrance door: reflection "I will go into the House of the Lord".

Walking down the centre aisle: reflection "The Light of Christ in my life".

Pausing at the Altar: reflection "The mystery of the Eucharist".

Turning to the left and looking out the windows: reflection "The beauty of God's Creation".

Continue down that aisle and stop at the organ: reflection "Joy and praise to God in music and song".

Continue to the font: reflection "Your baptism and being brought into the Light of Christ".

As you leave the worship space: reflection "God, the Holy Trinity"

Conclude with "Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen."

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

Jesus read from the prophet Isaiah: 'The Spirit of the Lord has anointed me to bring good news to the poor, to proclaim release to the captives.'

Luke 4.18

Prayer of the Day

Life-giving God,
who sent your Son Jesus to proclaim your kingdom
and to teach with authority:
anoint us with your Spirit,
that we too may bring good news to the poor,
bind up the broken-hearted,
and proclaim liberty to the captive;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Australia Day - Prayer of the Day

Bounteous God,
We give thanks for this ancient and beautiful land,
a land of despair and hope,
a land of wealth and abundant harvests,
a land of fire, drought and flood.
We pray that your Spirit may continue to move in this land and
bring forgiveness, reconciliation, and an end to all injustice;
Through Jesus Christ our Lord. **Amen.**

A reading from Nehemiah Chapter 8 verses 1-3, 5-6, 8-10

All the people gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the LORD had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law.

And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. Then Ezra blessed the LORD, the great God, and all the people answered, 'Amen, Amen', lifting up their hands. Then they bowed their heads and worshipped the LORD with their faces to the ground.

So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the reading.

And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, 'This day is holy to the LORD your God; do not mourn or weep.' For all the people wept when they heard the words of the law. Then he said to them, 'Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our LORD; and do not be grieved, for the joy of the LORD is your strength.'

Hear the word of the Lord.

Thanks be to God.

Psalm 19

1 The heavens declare the glory of God:
and the firmament proclaims his handiwork;

**2 One day tells it to another:
and night to night communicates knowledge.**

3 There is no speech or language:
nor are their voices heard;

**4 Yet their sound has gone out through all the world:
and their words to the ends of the earth.**

5 There he has pitched a tent for the sun:
which comes out as a bridegroom from his chamber,
and rejoices like a strong man to run his course.

**6 Its rising is at one end of the heavens, and its circuit to
their farthest bound:
and nothing is hidden from its heat.**

7 The law of the Lord is perfect, reviving the soul:
the command of the Lord is true,
and makes wise the simple.

8 The precepts of the Lord are right, and rejoice the heart:

**the commandment of the Lord is pure,
and gives light to the eyes.**

9 The fear of the Lord is clean, and endures for ever:
the judgements of the Lord are unchanging,
and righteous every one.

**10 More to be desired are they than gold,
even much fine gold:
sweeter also than honey,
than the honey that drips from the comb.**

11 Moreover, by them is your servant taught:
and in keeping them there is great reward.

**12 Who can know their own unwitting sins?:
O cleanse me from my secret faults.**

13 Keep your servant also from presumptuous sins,
lest they get the mastery over me:
so I shall be clean, and innocent of great offence.

**14 May the words of my mouth and the meditation
of my heart be acceptable in your sight:
O Lord, my strength and my redeemer.**

**A reading from the First Letter of Paul to the Corinthians,
Chapter 12 verses 12 – 31**

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

Indeed, the body does not consist of one member but of many. If the foot were to say, 'Because I am not a hand, I do not belong to the body', that would not make it any less a part of the body. And if the ear were to say, 'Because I am not an eye, I do not belong to the body', that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, 'I have no need of you', nor again the head to the feet, 'I have no need of you.' On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it.

Now you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak in tongues? Do all interpret? But strive for the greater gifts. And I will show you a still more excellent way.

Hear the word of the Lord.

Thanks be to God.

Alleluia, **alleluia!**

The Lord sent me to bring Good News to the poor
and freedom to prisoners.

Alleluia!

The Gospel of our Lord Jesus Christ according to Luke Chapter 4, verses 14 – 21

Glory to you Lord Jesus Christ.

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

'The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.

He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,

to proclaim the year of the Lord's favour.'

And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, 'Today this scripture has been fulfilled in your hearing.'

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

Please pray for:

Tania Howlett, David Lamb, Gloria Townsend, Val Stratford,
Irene Neville, Denise Perry, Anne Fitzgerald, Harvey Boardman,
Sharon Sandstrom and Margaret Hassall.

Prayer of the Week

O God,
the strength of all those who put their trust in you:
mercifully accept our prayers,
and because through the weakness of our mortal nature
we can do nothing good without you,
grant us the help of your grace,
that in keeping your commandments
we may please you both in will and deed;
through Jesus Christ our Lord. **Amen.**

Offertories via Direct Debit

Offering via direct debit. Direct debit details of account:
ASDF Account: Parish of Terrigal, BSB:705-077
Account Number: 00040934
Terry Rowe, Treasurer.

Dinner at Terrigal Bowling Club

Please join us for dinner at Terrigal Bowling Club at 'Bec's Kitchen' on Sunday 6th February from 6pm. If you are interested, please add your name to the sign-up sheet on the notice board.

SUSPENSION OF MORNING TEA

Due to the high numbers of COVID on the Central Coast and changes to our usual services, morning tea on both Friday and Sunday will not be served until further notice.
Fr Mark.

MEDITATION 'WHISPERS OF LOVE'

'*Whispers of Love*' meditation group will be in recess until Monday 7 February 2022. A warm welcome to join our meditation group in 2022.

Prayerfully, Reverend Ann.

Resumption of Wednesday Eucharist and Sacred Reading

Fr. Roy will resume the mid-week Eucharist followed by Sacred Reading of the Gospel for the following Sunday **on Wednesday, 2nd February 2022 at 5.00pm at Holy Trinity**. All are welcome. You may come to the Eucharist without staying for the Sacred Reading. It is your choice. The Eucharist is about 30 minutes and the Sacred Reading finishes at approximately 6.30pm. This is a further opportunity to show your love for God in Jesus.



ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

Ordinary Sunday 3C[Epiphany 3] – Sunday 23 January 2022

- Nehemiah 8.1-3, 5-6, 8-10; Psalm 19;
1 Corinthians 12.12-31; Luke 4.14-21

In today's gospel reading we learn of Jesus' ministry in the Galilee and that he was praised by everyone. We go on to learn that he read from the prophet Isaiah at a synagogue where he announces God's mission to his hearers – a mission of good news to the poor, release for captives, recovery of sight to the blind, liberty to the oppressed, and one where God's favour is proclaimed.

- Lord, loose me from anything that binds me in mind, body or spirit, so that I might share in the glorious freedom you offer to all who listen to your voice.
- Give thanks for the *Daehan Seong Gong Hoe*, the Anglican Church of Korea.

Text: Robert McLean

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DATES FOR THE DIARY – 2022

AGM 13th March, 2022 – 11am.

Next Sunday – 30th January, 2022

Fourth Sunday after Epiphany

9am –Eucharist – *Presiding & Preaching – Dr Richard Harvey*

Organist – Chris Sillince

Readings: Galatians 2.17-21, Psalm 31.19-24, Revelation 2.1-7

Gospel: Matthew 22.34-40

This Week

Monday 24th January

Companions of Paul, including Timothy, Titus, Silas

Meditation – Whispers of Love – *in recess until Feb 2019*

Tuesday 25th January

CONVERSION OF PAUL THE APOSTLE

Wednesday 26th January

AUSTRALIA DAY

Thursday 27th January

John Chrysostom, bishop of Constantinople, teacher (d.407)

Friday 28th January

Thomas Aquinas, theologian (d. 1274)

10.30am - Eucharist [*Reverend Ann Watson*]

Readings – 2 Samuel 11.1-17, , Psalm 51.15-19, Mark 4.26-34

Saturday 29th January

The Anglican Diocese of Newcastle - The Parish of Terrigal
The Church of the Holy Trinity
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Website – www.terrigan.org.au

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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 0424 135 214

Parish Opportunity Shop

Carolyn Shields / Christine De Gans - 4365 1280

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