

**Welcome to worship at Holy Trinity, Terrigal
Second Sunday in Lent
13th March, 2022**



8.00am – Sung Eucharist *Presiding & Preaching – Bishop Charlie Murry*
Organist – Chris Sillince

Hymns: TIS 143, 234, 585, 238

9.30am – Holy Eucharist *Presiding & Preaching – Bishop Charlie Murry*
Trinity Band and Singers

Hymns: TIS 242, 477, 259, 717

[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.

Something that has been valued as a spiritual exercise is the Daily Examen, which is a form of prayerful reflection on the events of the day in order to discern God's presence and direction in our lives. It is an ancient practice of the Church that enables us to see God's hand at work in our whole life experience.

The following is an adaptation of the Daily Examen from the *Spiritual Exercises* of Ignatius Loyola. It is a habit that not only Jesuits, but many other Christians practice, especially during Lent. I hope you find it helpful.

Fr Mark

DAILY REVIEW OF LIFE

(Also called 'The Examen of Conscience')

In this kind of prayer, I am not trying to "achieve" anything. I am not trying to change the world or change God. I am simply wanting to PAY ATTENTION. God has been with me all through the day, but much of the time I have not been aware of this fact.

God has been trying to guide me, but I haven't always been listening. This type of prayer is about waking up.

This kind of prayer assumes that God is constantly trying to call me to deeper life in Christ and that I can become more sensitive to that call by paying careful attention to my feeling responses throughout the day.

Step 1: Become present to the moment

Wherever I am (under a tree; at home; sitting in the train), become aware of the present moment. Observe what I can taste, smell, see, hear, touch. Become aware of any tension in my body (without trying to change or "fix" it). Become aware of the fact that, by God's grace, I am breathing.

Step 2: Placing myself within the “big story”: the Paschal Mystery

Begin by reading and reflecting on a passage of scripture such as from Daylight Reading notes or a lectionary.

Step 3: Recollection

Think over what I have done today, since I woke up – all the various activities that I have done and people I have met.

Step 4: Thanksgiving

For what today do I feel most grateful? For example:

- When did I feel especially connected to God or to another human being? Where was Christ today?
- Were there moments when I felt fully alive?
- Were there moments when I felt joy: peace; or compassion (which might have included tears)?
- Were there any moments when I felt really good about loving myself or another person?
- Were there moments when I made a difficult but loving decision?

Step 5: Confession

For what today do I feel least grateful? For example:

- When did I feel especially disconnected from God or from another person?
- Were there moments when I was aggressive or abusive of another person?
- Were there moments when I felt disproportionate/non-productive anger, stress, or agitation?
- Were there moments when I avoided a necessary action?

In relation to any of the above, ask myself:

- a) What was the unmet need in me?

b)What underlying assumptions/values were operating in me?

Thank God for these feelings as opportunities to allow God's grace to work in me.

Step 6: Intention/reorientation of desire.

What might these reflections lead me to do? For example:

What do I desire to do more of?

(Laying aside "shoulds/oughts")

What do I desire to do less of?

What do I desire to do differently?

How do I desire for God to help me?(see Romans 7:14-20)

Step 7: Absolution

Finish by making a personal statement which reminds me of God's forgiveness, mercy, and absolute love for me and God's world. An example is given below, along with Psalm 139.

God loves me. God wants me to have abundant life. I can do nothing to earn or achieve this love. Nothing I have done or could ever do can separate me from God's love in Christ. This love does not depend on what I think of myself or what other people think of me. My entire value depends on the fact that I am made in God's image and am God's creation. In God's eyes, I am the one who God made and loved before I ever uttered a word or thought a thought. God loves me.

Sentence

Our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ.

Philippians 3.20

Prayer of the Day

O God, glorious and faithful,
you reveal the beauty of your face
to those who seek you with a sincere heart:
strengthen us in faith
to embrace the mystery of the cross,
and open our hearts to its transforming power,
so that, clinging in love to your will for us,
we may walk as followers of your Son,
Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

A reading from Genesis Chapter 15 verses 1-12 and 17-18

After these things the word of the LORD came to Abram in a vision, 'Do not be afraid, Abram, I am your shield; your reward shall be very great.' But Abram said, 'O Lord GOD, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?' And Abram said, 'You have given me no offspring, and so a slave born in my house is to be my heir.' But the word of the LORD came to him, 'This man shall not be your heir; no one but your very own issue shall be your heir.' He brought him outside and said, 'Look towards heaven and count the stars, if you are able to count them.' Then he said to him, 'So shall your descendants be.' And he believed the LORD; and the LORD reckoned it to him as righteousness.

Then he said to him, 'I am the LORD who brought you from Ur of the Chaldeans, to give you this land to possess.' But he said, 'O Lord GOD, how am I to know that I shall possess it?' He said to him, 'Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtle-dove, and a young pigeon.' He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in

two. And when birds of prey came down on the carcasses, Abram drove them away.

As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him.

When the sun had gone down and it was dark, a smoking firepot and a flaming torch passed between these pieces. On that day the LORD made a covenant with Abram, saying, 'To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates.

Hear the word of the Lord.

Thanks be to God.

Psalm 27

1 The Lord is my light and my salvation;
whom then shall I fear?:
the Lord is the stronghold of my life;
of whom shall I be afraid?

**2 When the wicked, even my enemies and my foes,
come upon me to devour me:
they shall stumble and fall.**

3 If an army encamp against me,
my heart shall not be afraid:
and if war should rise against me, yet will I trust.

**4 One thing I have asked from the Lord,
which I will require:
that I may dwell in the house of the Lord
all the days of my life,**

5 To see the fair beauty of the Lord:
and to seek his will in his temple.

**6 For he will hide me under his shelter
in the day of trouble:**

**and conceal me in the shadow of his tent,
and set me high upon a rock.**

7 And now he will lift up my head:
above my enemies round about me.

**8 And I will offer sacrifices in his sanctuary with
exultation:**

I will sing, I will sing praises to the Lord.

9 O Lord, hear my voice when I cry:
have mercy upon me and answer me.

**10 My heart has said of you, 'Seek his face':
your face, Lord, I will seek.**

11 Do not hide your face from me:
or thrust your servant aside in displeasure;

**12 For you have been my helper:
do not cast me away or forsake me,
O God of my salvation.**

13 Though my father and my mother forsake me:
the Lord will take me up.

**14 Teach me your way, O Lord:
and lead me in an even path,
for they lie in wait for me.**

15 Do not give me over to the will of my enemies:
for false witnesses have risen against me,
and those who breathe out violence.

**16 But I believe that I shall surely see
the goodness of the Lord:
in the land of the living.**

17 O wait for the Lord;
stand firm and he will strengthen your heart:
and wait, I say, for the Lord.

**A reading from the Letter of Paul to the Philippians,
Chapter 3 verse 17 – Chapter 4 verse 1.**

Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ. He will transform the body of our humiliation so that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself. Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

Hear the word of the Lord.

Thanks be to God.

Glory and praise to you, Lord Jesus Christ!

Glory and praise to you, Lord Jesus Christ!

From the shining cloud the Father's voice is heard:
this is my beloved Son, hear him.

Glory and praise to you, Lord Jesus Christ!

**The Gospel of our Lord Jesus Christ according to Luke
Chapter 9, verses 28 – 36.**

Glory to you Lord Jesus Christ.

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared

in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, 'Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah'—not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, 'This is my Son, my Chosen; listen to him!' When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

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

Please pray for:

Sharon Sandstrom, Angarad O'Malley, Tania Howlett, David Lamb, Gloria Townsend, Val Stratford, Irene Neville, Denise Perry, Anne Fitzgerald, Harvey Boardman, Ron Langley, Michelle Davies, Jo, and Jan McLeod.

Prayer of the Week

Remember, O Lord,
what you have wrought in us
and not what we deserve,
and, as you have called us to your service,
make us worthy of our calling;
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.

'Whispers of Love' Meditation

'Whispers of Love' Meditation Group meets each Monday at 10am at Holy Trinity Church.

Reflection: The deeper our prayer becomes, the closer we come to the mystery of God's love. And the closer we are to this mystery the better we can live it out in our daily life. May our prayer continue for peace.

A Prayer for Ukraine

God of peace and justice,
we pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for all those who fear for tomorrow,
that your Spirit of comfort would draw near to them.
We pray for those with power over war or peace,
for wisdom, discernment and compassion to guide their decisions.
Above all, we pray for all your precious children, at risk and in fear,
that you would hold and protect them.
We pray in the name of Jesus, the Prince of Peace.
Amen.

Prayerfully, Reverend Ann.

DATE FOR THE DIARY – 2022

AGM 20th March, 2022 – 11am.

THANK YOU BOXES AND POUCHES

These are available to everyone, so please take one and place a coin in it whenever you receive a blessing.

Money collected by the Anglican Women will go toward Numeracy and Literacy Programs in New Guinea late in 2022.
Thank you.

SAMARITANS

Thank you to the congregation for being excellent givers of donations for the Samaritans.

Items are urgently needed now and include, soups, tinned vegetables, spaghetti & sauce, and items for the coming winter. Thank you.

GARDEN BEE

Do you like to potter in the garden? We would love your help at our next Garden Bee on Saturday, 2nd April at 8.30am. All are welcome. Any questions, please call our office on Tuesday or Thursday on 4365 1115 to leave your name and contact number so our garden captain, Jackie Davidson, can get back to you. Thank you.

WOMEN'S FELLOWSHIP

We encourage and welcome all ladies of the parish, to join us for our next meeting on Monday 14th March, 2022 at 1pm. It is always a relaxed time, meeting and chatting with other women, and finishing with afternoon tea.

At our next meeting Stephanie Browning is speaking about serving Christ both here and abroad. She is using the verse, "If the Son shall set you free you shall be free indeed". She intends to speak about their work in Africa. Andrew Browning is currently on a trip to Tanzania, Ethiopia and South Sudan where he works as a missionary doctor operating on poor ladies with childbirth injuries.

Copies of her husband's book, 'A Doctor in Africa', will also be available for sale for \$35 after her talk. Otherwise, it is available at most book shops, online and Big W. The profits go towards the work of the Barbara May Foundation in Ethiopia.

MARKET DAY – 19TH MARCH

Market day is coming up on the 19th March. Once again, we will need all the help we can get when setting up on Friday 18th March, and especially when packing away and clearing up on Saturday. If you can come at 12.30pm for an hour on Saturday to pack up, we would love to see you. Your help is always appreciated.

Mark your calendars for Market Days this year:

19th March/9th April/21st May/18th June/16th July/20th August/
17th September/15th October/19th November/10th December.

8am to 1pm in our new building at the rear of the Church.

Thank you.

Ian Wolstenholme.



ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

Lent 2C

– Sunday 13 March 2022

- Genesis 15.1-12, 15.17-18; Psalm 27;
Philippians 3.17 – 4.1; Luke 13.31-35 or Luke 9.28-36

For those using the reading about the Transfiguration today, please use the reflection for the Last Sunday after the Epiphany, above

Today's gospel reading sees some Pharisees come to warn Jesus that Herod Antipas is out to kill him and they warn him away from Jerusalem. Jesus is not at all deterred by their caution, and tells the Pharisees to tell 'that fox' Herod about how he is casting out demons and healing the sick for the next three days.

Despite knowing that being in Jerusalem will result in his death, Jesus remains utterly committed to playing his part in God's mission.

- Lord, like you may I play my part in working for God's kingdom, never shying away from it even when difficulties and worries abound.
- Give thanks for the work and witness of the Anglican Church of Papua New Guinea

Text: Robert McLean
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Next Sunday – 20th March, 2022

Third Sunday in Lent

8.00am – Sung Eucharist – *Presiding & Preaching – Fr Mark Watson*

Organist – Chris Sillince

Hymns: TIS 131, 464, 585, 684

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

Organist – Chris Sillince

Hymns: TIS 131, 464, 585, 684

Readings: Isaiah 55.1-9, Psalm 63.1-9, 1 Corinthians 10.1-13

Gospel: Luke 13.1-9

[All hymns are from Together in Song unless otherwise specified.]

This Week -

Monday 14th March

10.00am - Meditation – Whispers of Love – [*Reverend Ann Watson*]

1.00pm – Women’s Fellowship

Tuesday 15th March

7.00pm – Trinity Band and Singers rehearsal

Wednesday 16th March

2.00pm – Tarragal Glen Chapel Service, The Manor [*Reverend Ann Watson*]

5.00pm – Eucharist and Sacred Reading [*Fr Roy Hazlewood*]

Thursday 17th March

Patrick, bishop, missionary in Ireland (d. 461)

7.30pm – Lenten Studies [*Fr Mark Watson*]

Friday 18th March

Cyril of Jerusalem, bishop and teacher (d.386)

10.30am – Eucharist and Morning Tea [*Fr Mark Watson*]

Readings – Genesis 37.3-28, Psalm 105.16-22, Matthew 21.33-46

11.30am – Lenten Studies [*Fr Mark Watson*]

Saturday 19th March

JOSEPH, HUSBAND OF THE BLESSED VIRGIN MARY

8.00am – Market Day

The Anglican Diocese of Newcastle - The Parish of Terrigal
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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

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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 - 4365 1280

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