

**Welcome to worship at Holy Trinity, Terrigal**  
**FIFTH SUNDAY AFTER EPIPHANY**  
**5<sup>th</sup> February, 2023**



**9.00am** – *Holy Eucharist Presiding and Preaching –*  
*Fr Bruce McAteer*

**Organist** – *Sharon Sandstrom*

**Hymns:** TIS 152, 427, 495, 547

[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.

## **Sentence**

'Is not this the fast that I choose,' says the Lord: 'to loose the bonds of injustice, and to let the oppressed go free?'

*Isaiah 58.6*

## **Prayer of the Day**

Faithful God,  
you have appointed us your witnesses,  
to be a light that shines in the world:  
let us not hide the bright hope you have given us,  
but tell everyone your love,  
revealed in Jesus Christ the Lord,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. **Amen.**

### **A Reading from Isaiah Chapter 58, verses 1 – 9a.**

- <sup>1</sup> Shout out, do not hold back!  
Lift up your voice like a trumpet!  
Announce to my people their rebellion,  
to the house of Jacob their sins.
- <sup>2</sup> Yet day after day they seek me  
and delight to know my ways,  
as if they were a nation that practised righteousness  
and did not forsake the ordinance of their God;  
they ask of me righteous judgements,  
they delight to draw near to God.
- <sup>3</sup> 'Why do we fast, but you do not see?  
Why humble ourselves, but you do not notice?'  
Look, you serve your own interest on your fast-day,  
and oppress all your workers.
- <sup>4</sup> Look, you fast only to quarrel and to fight  
and to strike with a wicked fist.  
Such fasting as you do today  
will not make your voice heard on high.
- <sup>5</sup> Is such the fast that I choose,  
a day to humble oneself?

Is it to bow down the head like a bulrush,  
and to lie in sackcloth and ashes?  
Will you call this a fast,  
a day acceptable to the Lord ?  
<sup>6</sup> Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?  
<sup>7</sup> Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?  
<sup>8</sup> Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the Lord shall be your rearguard.  
<sup>9</sup> Then you shall call, and the Lord will answer;  
you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,

Hear the word of the Lord.

**Thanks be to God.**

## **Psalm 112**

<sup>1</sup> O praise the Lord. Blessed are they fear the Lord:  
and greatly delight in his commandments.

<sup>2</sup> **Their children shall be mighty in the land:  
an upright race who will be blessed.**

<sup>3</sup> Riches and plenty shall be in their house:  
and their righteousness shall stand for ever.

<sup>4</sup> **Light arises in darkness for the upright:  
gracious and merciful are the righteous.**

<sup>5</sup> It goes well with those who act generously and lend:  
who guide their affairs with justice.

- 6 Surely they shall never be moved:  
the righteous shall be held in everlasting  
remembrance.**
- 7 They will not fear bad tidings:  
their hearts are steadfast, trusting in the Lord.
- 8 Their hearts are confident and will not fear:  
they will see the downfall of their enemies.**
- 9 They give freely to the poor:  
their righteousness stands for ever,  
their head is uplifted in glory.
- 10 The wicked shall see it and be angry:  
they shall gnash their teeth and consume away;  
and the hope of the wicked shall fail.**

**A Reading from the First Letter of Paul to the Corinthians,  
Chapter 2 verses 1 – 13**

- 1 When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom.
- 2 For I decided to know nothing among you except Jesus Christ, and him crucified.
- 3 And I came to you in weakness and in fear and in much trembling.
- 4 My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power,
- 5 so that your faith might rest not on human wisdom but on the power of God.
- 6 Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish.
- 7 But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory.
- 8 None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory.
- 9 But, as it is written,  
'What no eye has seen, nor ear heard,  
nor the human heart conceived,  
what God has prepared for those who love him'—

<sup>10</sup> these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God.

<sup>11</sup> For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God.

<sup>12</sup> Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

<sup>13</sup> And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Hear the word of the Lord.

**Thanks be to God.**

Alleluia, **alleluia!**

I am the light of the world, says the Lord;  
those who follow me  
will have the light of life.

**Alleluia!**

The Gospel of Our Lord Jesus Christ according to Matthew  
Chapter 5, verses 13 – 20

**Glory to you Lord Jesus Christ.**

<sup>13</sup> 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. <sup>14</sup> 'You are the light of the world. A city built on a hill cannot be hidden. <sup>15</sup> No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. <sup>16</sup> In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. <sup>17</sup> 'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. <sup>18</sup> For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. <sup>19</sup> Therefore, whoever breaks one of

the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. <sup>20</sup> For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

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

**PLEASE PRAY FOR:**

John, Ray MacLachlan, Michael Hort, Lynette Brennan, Shirley Kearns, Angarad O'Malley, Tania Howlett, David Lamb, Gloria and Albert Townsend, Irene Neville, Michelle Davies, Jo, Ray Wilmot, Steve Taylor, Di. M, Jeannie Hilton, Colleen Wells, Harvey Boardman, Neil Ewer, Carmen McGee, Keith Carden, Emma Horton, Merv Singh, Melissa Moore, John Sorenson, P. Thomas, Bob Morgan, Julie Rowe and Pam Flegg.

**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.

**Prayer of the Week**

Father of all,  
who gave your only-begotten Son  
to take upon himself the form of a servant  
and to be obedient even to death on a cross:  
give us the same mind that was in Christ Jesus,  
that, sharing in his humility,  
we may come to be with him in his glory;  
where he lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

## **'WHISPERS OF LOVE' A MEDITATION**

Meditation 'Whispers of Love' is on each Monday at 10am in the church. All are welcome to join.

Meditation reflection: When we meditate, we begin to see everything in a new light, because we have become who we really are. *John Main.*

Prayerfully, Reverend Ann.

## **OUR NEW FACEBOOK PAGE**

We have a new Facebook page which can be found here:

<https://www.facebook.com/TerrigalAnglican>

Follow us for up-to-date information about our church services and events, Op Shop sales and happenings and Market Days.

## **SUNDAY EUCHARIST IN FEBRUARY**

The two Eucharists, at 8am and 9.30am, will recommence on Sunday 12<sup>th</sup> February, 2023. Thank you.

## **GARDENING BEE THANK YOU**

Thank you to all who came on Saturday, in the heat, to help. Peter & Betty, Richard & Libby, Sue, Cal, Paul & Monty.

Great effort from you all and moving the bark, a terrific job. Your work is much appreciated.

The garden is looking so much better since we have had our working bees.

Happy Gardening,  
Jackie Davidson.

## **MARKET DAY DATES FOR 2023**

Mark your calendars for the following Saturdays:

18<sup>th</sup> February, 18<sup>th</sup> March, 15<sup>th</sup> April, 20<sup>th</sup> May, 17<sup>th</sup> June,  
15<sup>th</sup> July, 19<sup>th</sup> August, 16<sup>th</sup> September, 21<sup>st</sup> October,  
18<sup>th</sup> November, 9<sup>th</sup> December.

Market Day hours are 8am until 1pm in our new building at the rear of the Church. The Op Shop will also be open this day.

We look forward to seeing you there.

## **SAFE MINISTRY**

All volunteers, please remember to complete the first nine modules of the online Safe Ministry training course as soon as possible. This is a Safe Ministry requirement. The training is only online and is free.

Here is the link: <https://ocg.nsw.gov.au/training-and-resources/elearning>

If you need to search for the course name, it is called: OCG – Child Safe – Keeping children safe in organisation e-Learning modules.

If you don't have a computer or online access, or you need help, please call Cal in the office on 4365 1115 and we will arrange for you to do it at church.

Thank you.

## **DINNER AT TERRIGAL BOWLING CLUB**

Please join us for dinner at Terrigal Bowling Club at 'Bec's Kitchen' tonight, Sunday 5<sup>th</sup> February, 2023 from 6pm. If you are interested, please add your name to the sign-up sheet on the notice board immediately after the service. Thank you.

## **9AM/9.30AM READERS PLEASE NOTE**

Pam Flegg is improving after a fall in Sydney and will be unable to return to the Central Coast for a few weeks. Please contact Reverend Ann if you need to speak with anyone about the Reader's Roster. Thank you.

## **WOMEN'S FELLOWSHIP**

Women's Fellowship meets the second Monday of each month at 1pm in the church foyer. All women are welcome to join us for a shared time of Christian Fellowship. Meetings will resume in February 2023 and we hope to see you there.





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

**Ordinary Sunday 5 [Epiphany 5] –  
Sunday 5 February 2023**

- Isaiah 58.1-9a, [9b-12]; Psalm 112; 1 Corinthians 2.1-13, [14-16]; Matthew 5.13-20

These readings present a call to authenticity, to live our own lives not a copy of others. Trying to meet the points of the law will not help because there is always more on the list; neither will wisdom nor learning do the trick. It is God's gift in each of us that allows us to be authentic: be your authentic self, be one of God's gifts to the world.

- Pray that you might recognise the shimmering diversity of God's people and use that to light a path in unity, not as an opportunity to judge and divide.
- Give thanks for the work and witness of the Church of the Province of Myanmar.

Text: Dr Roderick Rogers  
St John's Cathedral, Brisbane  
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## This Week

### **Monday 6<sup>th</sup> February**

**10.00am** – Whispers of Love – A Meditation [Rev'd Ann Watson]

### **Tuesday 7<sup>th</sup> February**

### **Wednesday 8<sup>th</sup> February**

**5.00pm** – Eucharist [Rev'd Ann Watson]

### **Thursday 9<sup>th</sup> February**

### **Friday 10<sup>th</sup> February**

**10.30am** – Holy Eucharist [Rev'd Ann Watson]

Readings: Genesis 3.1-8, Psalm: 32.1-8

Gospel: Mark 7.31-37

**11.00am** – Morning Tea

### **Saturday 11<sup>th</sup> February**

## Rosters for next week 10<sup>th</sup> and 12<sup>th</sup> February

### Friday 10<sup>th</sup> February 10.30am Eucharist

<b>Reader</b>
Ann West

### Sunday 12<sup>th</sup> February 8.00am Eucharist – Sixth Sunday after Epiphany

<b>Readers</b>	<b>Servers</b>
1 <sup>st</sup> – Chris Sillince 2 <sup>nd</sup> – Terry Rowe	Ronda and Neil

### Sunday 12<sup>th</sup> February 9.30am Eucharist – Sixth Sunday after Epiphany

<b>Readers</b>	<b>Servers</b>
1 <sup>st</sup> – Jen Wolstenholme 2 <sup>nd</sup> – Ian Wolstenholme	Ronda and Neil

<b>Flowers</b>	<b>Morning Tea</b>
Jackie Davidson	Joann Lilly Anna Holt

**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)**  
**Facebook – <https://www.facebook.com/TerriganAnglican>**

**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 Dr Richard Harvey – 0422 109 262**  
**The Reverend Bruce McAteer - 0417 229 296**

**Parish Executive**

**Rector's Warden – Ronda Kiss 43635001**  
**People's Warden – Terry Rowe 4365 0430**  
**People's Warden – Neil Ewer 0412 640 477**  
**Parish Secretary - TBA**  
**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**  
**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/Julie Laird - 4365 1280**

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