

Welcome to worship at Holy Trinity, Terrigal
FIFTH SUNDAY AFTER EPIPHANY
4th February, 2024



9.00am – Holy Eucharist

*Presiding and Preaching – **The Fr Bruce McAteer***

Organist – *Sharon Sandstrom*

Hymns: TIS 93, 448, 527, 609

[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

Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles.

Isaiah 40.31

Prayer of the Day

Saving God,
whose Son, Jesus Christ, healed the sick
and brought them wholeness of body and mind:
inspire us, his disciples,
so that we may constantly proclaim his gospel
by our words
and by the dedication and integrity of our lives;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

A Reading from Isaiah Chapter 40, verses 21 – 31

- ²¹ Have you not known? Have you not heard?
Has it not been told you from the beginning?
Have you not understood from the foundations of the earth?
- ²² It is he who sits above the circle of the earth,
and its inhabitants are like grasshoppers;
who stretches out the heavens like a curtain,
and spreads them like a tent to live in;
- ²³ who brings princes to naught,
and makes the rulers of the earth as nothing.
- ²⁴ Scarcely are they planted, scarcely sown,
scarcely has their stem taken root in the earth,
when he blows upon them, and they wither,
and the tempest carries them off like stubble.
- ²⁵ To whom then will you compare me,
or who is my equal? says the Holy One.
- ²⁶ Lift up your eyes on high and see:
Who created these?
He who brings out their host and numbers them,
calling them all by name;
because he is great in strength,
mighty in power,

not one is missing.
27 Why do you say, O Jacob,
and speak, O Israel,
'My way is hidden from the LORD ,
and my right is disregarded by my God'?
28 Have you not known? Have you not heard?
The LORD is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
29 He gives power to the faint,
and strengthens the powerless.
30 Even youths will faint and be weary,
and the young will fall exhausted;
31 but those who wait for the LORD shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

Hear the word of the Lord.

Thanks be to God.

Psalm 147.1-11

1 O praise the Lord,
for it is good to sing praises to our God:
and to praise him is joyful and right.
2 **The Lord is rebuilding Jerusalem:
he is gathering together the scattered outcasts of
Israel.**
3 He heals the broken in spirit:
and binds up their wounds.
4 **He counts the number of the stars:
and calls them all by name.**
5 Great is our Lord, and great is his power:
there is no measuring his understanding.
6 **The Lord restores the humble:
but he brings down the wicked to the dust.**

⁷ O sing to the Lord a song of thanksgiving:
sing praises to our God upon the harp.

⁸ **He covers the heavens with cloud,
and prepares rain for the earth:
and makes the grass to sprout upon the mountains.**

⁹ He gives the cattle their food:
and feeds the young ravens that call to him.

¹⁰ **He takes no pleasure in the strength of a horse:
nor does he delight in anyone's legs,**

¹¹ But the Lord's delight is in those that fear him:
who wait in hope for his mercy.

**A reading from The First Letter of Paul to the Corinthians
Chapter 9, verses 16 – 23**

¹⁶ If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe betide me if I do not proclaim the gospel! ¹⁷ For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. ¹⁸ What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. ¹⁹ For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ²⁰ To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. ²¹ To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. ²² To the weak I became weak, so that I might win the weak. I have become all things to all people, so that I might by any means save some. ²³ I do it all for the sake of the gospel, so that I may share in its blessings.

Hear the word of the Lord.

Thanks be to God.

Alleluia, **alleluia!**

He bore our sickness,
and endured our suffering.

Alleluia!

**The Gospel of our Lord Jesus Christ
according to Mark, Chapter 1, verses 29 – 39**

²⁹ As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰ Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹ He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. ³² That evening, at sunset, they brought to him all who were sick or possessed with demons. ³³ And the whole city was gathered around the door. ³⁴ And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. ³⁵ In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶ And Simon and his companions hunted for him. ³⁷ When they found him, they said to him, 'Everyone is searching for you.' ³⁸ He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' ³⁹ And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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

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.

PLEASE PRAY FOR:

Lynette Brennan, Carolyn Gibbs, Angarad O'Malley, John Sorensen, Emma Horton, Gloria & Albert Townsend, Margaret Lewis, Jackie Davidson, Robyn Smith, Tania Howlett, Sam Margery, Lyn Richardson, Fay. C, Wendy McKellar, David Lamb, Pam Flegg, Bruce Clarke and John.

Please note: This prayer list will be updated next week. If you wish someone to stay on the list, please legibly print their name in the prayer book. Thank you.

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' – MEDITATION

'Whispers of Love' meditation ecumenical community begins our weekly meetings for 2024 on Monday 5th February at 10.00 am
A warm welcome is extended to join us each Monday.

Reflection:

As we begin our meditation meetings this year, we pray that we may be people of complete integrity, that we may be filled with truth and sincerity, so that people see in us is what we truly are and wish to be disciples of Jesus.

Prayerfully, Reverend Ann.

NOTIFICATION OF AGM

Our AGM will be held at Holy Trinity, Terrigal on Sunday 17th March, 2024 at 11.00am.

DINNER AT TERRIGAL BOWLING CLUB

Please join us for dinner at Terrigal Bowling Club at 'Bec's Kitchen' tonight, Sunday 4th February, 2023 from 6pm.

If you would like to attend, please add your name to the sign-up sheet on the small notice board in the foyer immediately after today's service. Thank you.

ASH WEDNESDAY CROSSES

Ash Wednesday is on 14th February, 2024. This is a reminder to bring in your Ash Wednesday crosses by next Sunday 11th February. Thank you.

WORLD DAY OF PRAYER 2024

**The World Day of Prayer will be held at Holy Trinity,
Terrigal at 10.30am on Friday 1st March, 2024**

Morning tea will follow. Contributions greatly appreciated.

All are welcome.

The ladies of Palestine have asked us to pray with them:

God of Peace and Justice,

We cry out to you with broken hearts and deep anguish for what is unfolding in Israel and Palestine. It is difficult to find the words to express the weight of this moment. We rest on your Spirit, who intercedes with sighs too deep for words. We ask that you heal every wound, and you give us wisdom for how to stop this cycle of violence. We pray especially for women who are particularly vulnerable in times of war. Move our world quickly towards peace and justice. Amen.

MARKET DAY - 17th FEBRUARY

Market day is coming up on the 17th February. Once again, we will need all the help we can get when setting up on Friday 16th 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. Thank you.

Ian Wolstenholme.

THANK YOU BOXES

Please take a Thank You box and put a coin in it when one receives a blessing. In 2023-2024 we are supporting the Newcastle Diocesan Domestic Abuse Project. Thank you.

SAMARITANS

Thank you to the congregation for being excellent givers of donations for the Samaritans. Items needed now include tinned vegetables and fruits, pasta & sauce and cereal. Thank you. Margaret Maclachlan.

ATTENTION ALL VOLUNTEERS

It is a requirement from the Newcastle Diocese and the NSW Office of the Children's Guardian that all volunteers complete the first nine modules of the Safe Ministry course and have a current police check done. **These requirement needs to be met by 24th February, 2024 in order for you to be able to continue to volunteer.**

No matter where you volunteer e.g. a band member, a volunteer in the kitchen, an Op Shop volunteer, a Market Day volunteer, a flower arranger etc, you need to complete this training.

The **Safe Ministry training** can be accessed by following this link: <https://ocg.nsw.gov.au/training-and-resources/elearning>
The course you need to complete is called: ***OCG – Child Safe – Keeping children safe in organisation e-Learning modules.***

Volunteers need to complete the first 9 modules, not all 11 modules. Once you have completed the training, please either email the letter of completion to me at: admin@terrigalanglican.org.au or bring a hard copy into the office so that I can update your record with the new date of completion.

Your co-operation with this matter is urgent now.

I am here to assist you if needed, so please contact me.
Thank you. Cal Priest – Administration Assistant.

ASH WEDNESDAY LITURGIES

As we have done the last few years, three liturgies will be celebrated on **Ash Wednesday 14th February**, this year. The Eucharist is celebrated and includes the Imposition of Ashes as a reminder of our mortality. We also pray a special penitential litany and receive God's forgiveness once again. The times will be **8.30am** in the Chapel, **12 midday** in the Church, and **5.00pm** in the Chapel.

The ashes used on Ash Wednesday are made by burning the palm crosses from last year's Palm Sunday liturgies. Could you please bring those palm crosses with you to church next Sunday if you haven't already, and place them in the plate marked at the door to the church.

GARDEN WORKING BEE

The next Working Bee will be on Saturday 24th February, 2024. at 8.30am at Holy Trinity. Please come if you can. We need as many people as possible as we haven't had one for a while.

Thank you.

Jackie Davidson.



ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

Ordinary Sunday, Epiphany 5 – Sunday 4th February 2024

Isaiah 40.21-31; Psalm 147.1-11; 1 Corinthians 9.16-23
Mark 1.29-39

Healing Hands Our hands can be used for many things, including healing and prayer. Dr Ben Carsons is a brilliant and renowned neurosurgeon with Gifted Hands, but without the love of his mother and her faith in him, his life would have been very different. Without Jesus using his hands for healing and prayer, Simon's mother-in-law and those who are sick or possessed by demons would not have been healed of the things that afflicted them. How can we use our hands to bring comfort and healing to others? How can we use our hands for prayer? In the words from Jesus' hands were kind hands by Margaret Cropper, "Take my hands, Lord Jesus, let them work for you ... till my hands are kind hands, quick to work for you."

- Pray for all who use their hands to bring healing and wholeness to others or to pray for others.
- Give thanks for the work and witness of the Church of the Province of Myanmar.

Text: The Rev Nicole Baldwin,
Cessnock Parish, Diocese of Newcastle
© Anglican Board of Mission, 2024

Next Sunday – 11th February, 2024

SIXTH SUNDAY AFTER EPIPHANY

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

Organist – Chris Sillince

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

Organist – Sharon Sandstrom

Readings: 2 Kings 5.1-14, Psalm 30, 1 Corinthians 9.24-27

Gospel: Mark 1.40-45

This Week

Monday 5th February, 2024

Martyrs of Japan, crucified at Nagasaki (d. 1597)

10.00am – Whispers of Love – A Meditation

– Rev'd Ann Watson

Tuesday 6th February

Trinity Band rehearsals will recommence on 27th February.

Wednesday 7th February

2.00pm – Ecumenical Service at The Manor, Tarragal Glen
Retirement Village – Rev'd Ann Watson

Thursday 8th February

Friday 9th February

10.30am – Eucharist – Fr Mark Watson

1 Kings 11.29-12.9, Psalm 81.10-16, Gospel: Mark 7.31-37

Saturday 10th February

Rosters for next week

Friday 9nd February – 10.30am

Reader
Jill Ross

Sunday 11th February - 8.00am and 9.30am

Readers	Intercessions	Servers
8.00am 1 st – Chris Sillince 2 nd – Terry Rowe	8.00am -	8.00am - & Ronda
9.30am 1 st – Libby Harvey 2 nd – David Harvey	9.30am -	9.30am - & Ronda

Sunday 11th February

Flowers	Morning Tea
Ann Watson	Anna Holt
	Help needed.

We need a fill in for morning tea on Sunday 11th February and also someone to help out on Sunday 18th February. If you can help on either of these dates, please let Cal in the office know at admin@terrigalanglican.org.au or on 4365 1115 on Tuesday or Thursday 9.30am to 2.30pm. Thank you very much.

***Please note: If you are unable to serve, please arrange someone to take your place. If you can't find someone, please contact the person in charge of your roster or a church warden to help you.**

Thank you.

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 & Thursday 9.30am – 2.30pm)

Parish Email – admin@terrigan Anglican.org.au

Website – www.terrigan Anglican.org.au

Facebook – <https://www.facebook.com/Terrigan Anglican>

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 Dr Richard Harvey – 0422 109 262

The Reverend Bruce McAteer - 0417 229 296

Parish Executive

Rector's Warden – Ronda Kiss 0419 989 526

People's Warden – Terry Rowe 0427 788 308

People's Warden – Neil Ewer 0412 640 477

Parish Secretary – TBA

Parish Treasurer - Terry Rowe 0427 788 308

Parish Ministries

Parish Organist - Chris Sillince 0422 225 849

Sacristan – C. Taylor

Office Administration – 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 0427 788 308

Parish Bookshop – Ronda Kiss 0419 989 526

Women's Fellowship – June Timms 4384 2280

Market Day Co-ordinator – Ian Wolstenholme 0424 135 214

Parish Opportunity Shop

Phone - 4365 1280

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