

Welcome to worship at Holy Trinity, Terrigal
ELEVENTH SUNDAY AFTER PENTECOST
4th August, 2024



8.00am – Sung Eucharist

Presiding and Preaching – Fr Mark Watson

Organist – Chris Sillince

Hymns: TIS 153, 628, 516, 456

9.30am – Holy Eucharist

Presiding and Preaching – Fr Mark Watson

Organist – Sharon Sandstrom

Hymns: TIS 153, 628, 516, 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.

Sentence

Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Eat what is good, and delight yourselves in rich food.

Isaiah 55.2

Prayer of the Day

Living God,
whose Son Jesus fed the hungry
with the bread of his life
and the word of his kingdom:
renew your people with your heavenly grace,
and in all our weakness
sustain us with your true and living bread,
Jesus Christ our Lord;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

A reading from Exodus Chapter 16 verses 2 – 4, 9 – 15

2 The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. 3 The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' 4 Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. 9 Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining." ' 10 And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. 11 The Lord spoke to Moses and said, 12 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God." ' 13 In the evening quails came up and covered the camp; and

in the morning there was a layer of dew around the camp. 14 When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. 15 When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.

Hear the word of the Lord.

Thanks be to God.

Psalm 78.22-28

22 Then he commanded the clouds above:
and opened the doors of heaven.

**23 He rained down manna for them to eat:
and gave them the grain of heaven.**

24 So they ate the bread of angels:
and he sent them food in abundance.

**25 He stirred up the south east wind in the heavens:
and guided it by his power.**

26 He rained down meat upon them thick as dust:
and winged birds like the sands of the sea.

**27 He made them fall into the midst of their camp:
and all about their tents.**

28 So they ate and were well-filled:
for he had given them what they desired.

A reading from the Letter of Paul to the Ephesians Chapter 4 verses 1 – 16

1 I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called,

2 with all humility and gentleness, with patience, bearing with one another in love,

3 making every effort to maintain the unity of the Spirit in the bond of peace.

4 There is one body and one Spirit, just as you were called to the one hope of your calling,

5 one Lord, one faith, one baptism,

6 one God and Father of all, who is above all and through all

and in all.

7 But each of us was given grace according to the measure of Christ's gift.

8 Therefore it is said,

'When he ascended on high he made captivity itself a captive; he gave gifts to his people.'

9 (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth?

10 He who descended is the same one who ascended far above all the heavens, so that he might fill all things.)

11 The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers,

12 to equip the saints for the work of ministry, for building up the body of Christ,

13 until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

14 We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming.

15 But speaking the truth in love, we must grow up in every way into him who is the head, into Christ,

16 from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Hear the word of the Lord.

Thanks be to God.

Alleluia, alleluia!

No one lives on bread alone,
but on every word that comes from the mouth of God.

Alleluia!

A reading from the Gospel of John
Chapter 6 verses 24 – 35

24 So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. 25 When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' 26 Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. 27 Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' 28 Then they said to him, 'What must we do to perform the works of God?' 29 Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' 30 So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing?' 31 Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' 32 Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. 33 For the bread of God is that which comes down from heaven and gives life to the world.' 34 They said to him, 'Sir, give us this bread always.' 35 Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PLEASE PRAY FOR:

Carolyn Gibbs, Angarad O'Malley, John Sorensen, Emma Horton, Gloria & Albert Townsend, George, Robyn Smith, David Lamb, Colleen Cronin, Ian, Dianne, Bruce, Pam Flegg and Libby Fink.

Please note: This prayer list will be updated at the beginning of each month. Please legibly print prayer recipients names in the prayer book. Please get their permission first. Thank you.

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

Almighty God,
whose beloved Son for our sake
willingly endured the agony and shame of the cross:
give us courage and patience
to take up our cross daily and follow him;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

'WHISPERS OF LOVE' – MEDITATION

Our 'Whispers of Love' meditation meets each Monday at 10.00am. A warm welcome is extended to join us.

Reflection: Richard Rohr reflection continues:

Love is not something you can buy, nor something you can gain or attain or achieve, because you already have it; it is your deepest identity.

It is quite simply the presence of God within you. Our word for that has been the Holy Spirit, uncreated grace, or the Divine Indwelling.

God always loves and is forever united to this love within you. It is this that God sees in you, loves in you, and cannot reject.

Prayerfully, Reverend Ann.

A DATE FOR YOUR DIARY

This year's Spring Celebration Service for Anglican Women in the Diocese of Newcastle will be held on Tuesday, 3rd September, 2024.

Limited transport can be arranged for those wishing to attend. This is a lovely day of worship and celebration with many other women from the Diocese of Newcastle. Please consider attending.

For enquiries please call Elsa Sorensen on 0417 063 286.

SAMARITANS

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

Items needed now include winter food, such as soup, and also tinned vegetables and fruits, pasta & sauce and cereal.

Thank you.

Margaret Maclachlan.

VOLUNTEER'S DINNER AT TERRIGAL BOWLING CLUB

Please join us for the

Volunteer's Dinner

**at Terrigal Bowling Club at 'Bec's Kitchen' tonight,
Sunday 4th August, 2024 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 straight after the service this morning. Thank you.

WOMEN CELEBRATING OUR FAITH 2024

Saturday 7th September

Saint John's Anglican Church

45 Sturgeon St Raymond Terrace

9am registration and morning tea.

10:00 am start and concluding at 3:00 pm

Cost \$40 (paid by 30th August).

See flyer on notice board in the foyer for more details.

If you have any further questions, please contact

Elsa Sorensen on 0417 063 286.

Limited transport may be arranged. Thank you.

HELP NEEDED

Help is needed in the following areas:

- Set-up and greeting on Sunday mornings.
- Audio visual/video recording of Eucharists on Sunday.
- Morning Tea on Sunday.

If you are able to help out, please see a Warden or Cal. (Office hours: Tue and Thur 9.30am–2.30pm). Thank you.

WOMEN'S FELLOWSHIP

We encourage and welcome ladies from all services, including both the 8.00am and 9.30am Sunday services and the Friday 10.30am service, to join us in Women's Fellowship. We generally meet on the second Monday of the month, finishing with afternoon tea.

Our next meeting will be held on **Monday 12th August, 2024 at 1.00pm** at church, followed by afternoon tea. Our guest speaker will be Margot Bilston whose talk is "A Visit to the Holy Land". We look forward to seeing you there.

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.

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.*

Once you have completed the training, please either email the letter of completion to me or bring a hard copy into the office.

The police check can be accessed at the following link.

[crimcheck.org.au/check/newcastleanglican](https://www.crimcheck.org.au/check/newcastleanglican)

Please read the ID requirements and have them uploaded prior to commencing the check. There is no charge for this check as the Diocese will pay for it but only if you follow the link provided.

I am here to help if you need it by calling me on 4365 1115 on either Tuesday or Thursday between 9.30am – 2.30pm.

Thank you. Cal Priest – Administration Assistant.

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.

MORNING TEA

All parishioners are invited to bring a small plate of morning tea, on occasion, to help supplement the Morning Tea rostered volunteers' contributions each Sunday. Your help is very much appreciated. Thanking you in advance.

SIP – SPIRITUALITY IN THE PUB

The next meeting of **Spirituality in the Pub** is 7.30-9.00pm on **Tuesday** 6th August at the Grange Hotel, Wyoming.

Guest speakers are **Adrian Cohen** as a General Surgeon has seen the wonders of the Creator's hand in his work and **Margie Cohen** as a high school teacher has experienced God's grace and healings in relationships she has worked with.

Hotel bistro opens at 5.30pm.

SIP enquiries: 0415 129250 or 0439 678608.



ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

Ordinary Sunday 18 B – Sunday 4th August 2024

- 2 Samuel 11.26 – 12.13a; Psalm 51.1-12; Ephesians 4.1-16; John 6.24-35

How tempting it is to ask Jesus for a 'sign', like the disciples, when, as for them, Jesus is with us fully in our life. There is nothing more we need, but to trust him in love.

- May we trust Christ in love and so build his church, the faithful community of love.
- Give thanks for the work and witness of the nation's Torres Strait Islander clergy, virtually all of whom work for the church without a stipend.

Text: Pamela Davey and
the Rev'd Sr Jan Crombie SSA (ABM Board)

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Next Sunday – 11th August, 2024
TWELFTH SUNDAY AFTER PENTECOST

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

9.30am – Holy Eucharist – *Presiding & Preaching – Fr Mark Watson*
Trinity Band and Singers

Readings: 1 Kings 19.4-8, Psalm 34.1-8, Ephesians 4.25-5.2
Gospel: John 6.35, 41-51

This Week

Monday 5th August

Oswald, king and martyr (d. 642)

10.00am – Whispers of Love – A Meditation - Rev'd Ann Watson

Tuesday 6th August

THE TRANSFIGURATION OF OUR LORD

7.00pm – Trinity Band rehearsals

Wednesday 7th August

Thursday 8th August

Dominic, priest and friar (d. 1221)

Friday 9th August

Mary Sumner, founder of the Mothers' Union (d. 1921)

10.30am – Eucharist – Fr Mark Watson

Readings: Nahum 3.1-7, Psalm 106.49-50

Gospel: Matthew 16.24-28

Saturday 10th August

Laurence, deacon and martyr at Rome (d. 258)

Rosters for next week

Friday 9th August – 10.30am

Reader
Jill Ross

Sunday 11th August - 8.00am and 9.30am

Readers	Servers
8.00am 1 st – Margaret Maclachlan 2 nd – Terry Rowe	8.00am Ronda and Margaret
9.30am 1 st – Anna Holt 2 nd – John Holt	9.30am Ronda and Margaret

Flowers	Sunday Morning Tea
Ann Watson	Anna Holt Elsa Sorensen

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

Julie Laird – Ph 4365 1280

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