

**Welcome to worship at Holy Trinity, Terrigal**  
**THIRTEENTH SUNDAY AFTER PENTECOST**  
**18<sup>th</sup> August, 2024**



**8.00am – Sung Eucharist**

*Presiding and Preaching – Fr Mark Watson*

**Organist – Cliff Bingham**

**Hymns: TIS 246, 140, 526, 569**

**9.30am – Holy Eucharist**

*Presiding and Preaching – Fr Mark Watson*

**Organist – Sharon Sandstrom**

**Hymns: TIS 246, 140, 526, 569**

[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**

Jesus said, 'Those who eat my flesh and drink my blood abide in me, and I in them.'

*John 6.56*

## **Prayer of the Day**

Everliving God,  
your Son, Jesus Christ, gave himself as living bread  
for the life of the world:  
give us such a knowledge of his presence  
that we may be strengthened and sustained by his risen life  
to serve you continually;  
through Jesus Christ our Lord,  
who lives and reigns with you in unity with the Holy Spirit,  
one God, now and for ever. **Amen.**

## **A reading from Proverbs Chapter 9 verses 1 – 6**

- <sup>1</sup>Wisdom has built her house,  
she has hewn her seven pillars.  
<sup>2</sup> She has slaughtered her animals, she has mixed her wine,  
she has also set her table.  
<sup>3</sup> She has sent out her servant-girls, she calls  
from the highest places in the town,  
<sup>4</sup> 'You that are simple, turn in here!'  
To those without sense she says,  
<sup>5</sup> 'Come, eat of my bread  
and drink of the wine I have mixed.  
<sup>6</sup> Lay aside immaturity, and live,  
and walk in the way of insight.'

Hear the word of the Lord.

**Thanks be to God.**

## **Psalm 34.9-14**

9 Fear the Lord, all you his holy ones:  
for those who fear him never lack.

**10 Lions may suffer want and go hungry:  
but those who seek the Lord lack nothing good.**

11 Come, my children, listen to me:  
and I will teach you the fear of the Lord.

**12 Which of you relishes life:  
wants time to enjoy good things?**

13 Keep your tongue from evil:  
and your lips from telling lies.

**14 Turn from evil and do good:  
seek peace and pursue it.**

**A reading from the Letter of Paul to the Ephesians  
Chapter 5 verse 11 – 21**

<sup>11</sup>Take no part in the unfruitful works of darkness, but instead expose them. <sup>12</sup>For it is shameful even to mention what such people do secretly; <sup>13</sup>but everything exposed by the light becomes visible, <sup>14</sup>for everything that becomes visible is light.

Therefore it says,

'Sleeper, awake!

Rise from the dead,  
and Christ will shine on you.'

<sup>15</sup>Be careful then how you live, not as unwise people but as wise, <sup>16</sup>making the most of the time, because the days are evil. <sup>17</sup>So do not be foolish, but understand what the will of the Lord is. <sup>18</sup>Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, <sup>19</sup>as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, <sup>20</sup>giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

The Christian Household

<sup>21</sup>Be subject to one another out of reverence for Christ.

Hear the word of the Lord.

**Thanks be to God.**

**Alleluia, alleluia!**

All who eat my flesh and drink my blood  
live in me and I in them, says the Lord.

**Alleluia!**

**A reading from the Gospel of John**  
**Chapter 6 verses 51 – 58**

<sup>51</sup>I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

52 The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' <sup>53</sup>So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup>Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; <sup>55</sup>for my flesh is true food and my blood is true drink. <sup>56</sup>Those who eat my flesh and drink my blood abide in me, and I in them. <sup>57</sup>Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. <sup>58</sup>This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

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, Dianne, Bruce, Chris, 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,  
you have given your only Son  
to be for us both a sacrifice for sin  
and also an example of godly life:  
give us grace that we may always thankfully receive  
the benefits of his sacrifice,  
and also daily endeavour  
to follow the blessed steps of his most holy life;  
through the same Jesus Christ our Lord. **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:

The life of the whole person is in relationship with God, not static but dynamic always involving a constant movement of transfiguration within.

Prayerfully, Reverend Ann.

### **OFFERTORY ENVELOPES**

The new offertory envelopes have arrived. They will be given out from this week but usage does not start until Sunday 1st September. Thank you.

### **GARDEN WORKING BEE**

Our next working bee will be on Saturday 31st August 2024 at 9am. Please come if you can! We love to add new people to the group.

Thank you.

### **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.

## **DINNER AT TERRIGAL BOWLING CLUB**

Please join us for dinner  
at Terrigal Bowling Club at 'Bec's Kitchen' on  
**Sunday 1<sup>st</sup> September, 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 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 30<sup>th</sup> 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 Church Warden or Cal.  
(Office hours: Tue and Thur 9.30am–2.30pm).

Thank you.

## **THANK YOU BOXES**

Please return all Thank You Boxes by **Sunday 25<sup>th</sup> August**, or  
earlier, so that the money can be counted and forwarded to  
support Newcastle Diocesan Domestic Abuse Project. The  
boxes may be placed in the offertory plate during the service.  
There will be a new project for the next 12 months in  
September.

## **MISSION NEWS**

Wow..... 329 beanies were delivered as well as boxes of socks, toiletries, Bibles and other precious items of care.

Richard and I delivered these to The Mission to Seafarers at the Port of Newcastle on your behalf last Friday. We arrived with a car full and were greeted by two volunteers who assisted us to unload the car. "What ideal timing," the woman exclaimed, "we are down to our last few beanies and one Bible!"

God's timing is always perfect!

They were overwhelmed by your generosity and gifts of love. We also delivered a huge bag of clothing from the Parish of Harrington.

Once again, thank you all.

Libby Harvey

MISSIONS SECRETARY

## **ANGLICAN WOMEN ANNUAL SPRING CELEBRATION FOR THE DIOCESE OF NEWCASTLE**

This year the Celebration is in **St Peter's Church Hall, Banks St, East Maitland, on Tuesday 3<sup>rd</sup> September, commencing at 9.30am and concluding at 2pm.** BYO lunch. Morning tea is provided on arrival. The guest speaker is Dr Andrew Browning who is one of the world's leading fistula surgeons. Please refer to the flyer on the large notice board in the foyer for more information.

Transport can be arranged for those wishing to attend and men are most welcome also. This is a lovely day of worship and celebration with others from churches in the Diocese. Please consider attending. Should you require transport please contact me on 0417 063 286 as soon as possible so that a place in a vehicle can be allocated to you.

Elsa Sorensen.

## **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.

## **MARKET DAY THANK YOU**

Thank you to everyone who helped set up and clean up market day yesterday. Your help is always very much appreciated. The next market day will be on 21<sup>st</sup> September.

Thank you.

Ian Wolstenholme.



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

### **Ordinary Sunday 20 B – Sunday 18<sup>th</sup> August 2024**

- 1 Kings 2.10-12; 3.3-14; Psalm 111; Ephesians 5.11-21 [22-31]; John 6.51-58

Wisdom (and humility) cannot be earned or learned. To be deemed wise in God's eyes is the coming together of good choices in life – to live in the light of Christ, seeking always the understanding of God's will.

- Gracious God, may we give our love and life to you everyday, all our days.
- Give thanks for the work and witness of the *Nippon Sei Ko Kai*, the Anglican Church of Japan.

Text: Pamela Davey and  
the Rev'd Sr Jan Crombie SSA (ABM Board)  
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**Next Sunday – 25<sup>th</sup> August, 2024**  
**FOURTEENTH SUNDAY AFTER PENTECOST**

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

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

**Readings:** Joshua 24.1-2a, 14-18, Psalm 34.15-22, Ephesians 6.10-20  
**Gospel:** John 6.56-69

**This Week**

**Monday 19<sup>th</sup> August**

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

**3.00pm** – Eucharist at Terrigal Manor – Rev'd Ann Watson

**Tuesday 20<sup>th</sup> August**

*Bernard of Clairvaux, abbot and teacher (d. 1153)*

**7.00pm** – Trinity Band rehearsals

**7.00pm** – Parish Council Meeting

**Wednesday 21<sup>st</sup> August**

**Thursday 22<sup>nd</sup> August**

**Friday 23<sup>rd</sup> August**

**10.30am** – Eucharist – Fr Mark Watson

**Readings:** Ezekiel 37.1-14, Psalm: 107.1-9

**Gospel:** Matthew 22.34-40

**11.00am** – Eucharist at Woodport – Rev'd Ann Watson

**Saturday 24<sup>th</sup> August**

**BARTHOLOMEW, APOSTLE AND MARTYR**

## **Rosters for next week**

### **Friday 23<sup>rd</sup> August – 10.30am**

<b>Reader</b>
Margaret Blanch

### **Sunday 25<sup>th</sup> August - 8.00am and 9.30am**

<b>Readers</b>	<b>Servers</b>
<b>8.00am</b> 1 <sup>st</sup> – Terry Rowe 2 <sup>nd</sup> – Terry Rowe	<b>8.00am</b> Ronda and Margaret
<b>9.30am</b> 1 <sup>st</sup> – Elsa Sorensen 2 <sup>nd</sup> – Evelyn White	<b>9.30am</b> Ronda and Margaret

<b>Flowers</b>	<b>Sunday Morning Tea</b>
Libby Harvey	Betty Hancock Audree Dash

**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](mailto:admin@terrigan Anglican.org.au)**  
**Website – [www.terrigan Anglican.org.au](http://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](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 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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