



Welcome to worship at Holy Trinity, Terrigal

FIFTH SUNDAY AFTER EPIPHANY

8th February 2026



9.00am – Holy Eucharist

Presiding and Preaching – Fr Mark Watson

Organist – Chris Sillince

Hymns: TIS 133, NEH 360 (Tune: Shipston), TIS 501, 217 (i) (Tune: Blaenwern 590)

[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

Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Matthew 5.16

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

1 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.

2 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.

3 '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.

4 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.

5 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 ?
6 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?

7 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?

8 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.

9 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

1 O praise the Lord. Blessed are they that fear the Lord:
and greatly delight in his commandments.

2 Their children shall be mighty in the land:
an upright race who will be blessed.

3 Riches and plenty shall be in their house:
and their righteousness shall stand for ever.

4 Light arises in darkness for the upright:
gracious and merciful are the righteous.

5 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 1 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'—

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

11 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.

12 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.

13 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!

The heavens were opened and the Father's voice was heard:
This is my beloved Son, hear him.

Alleluia!

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

Glory to you Lord Jesus Christ.

13 '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. **14** 'You are the light of the world. A city built on a hill cannot be hidden. **15** 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. **16** 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. **17** 'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. **18** 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. **19** 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. **20** 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:

Kevin Thomas, Angarad O'Malley, Gloria Townsend, Janice Clark, Jackie Davidson, Sharon and Malcolm Sandstrom, Lynette Brennan, Robert, David Lamb, Jean Carden, Charlotte Christie, George, Ben & family, Elsa & Peter Sorensen, Maureen Alais, Richard Gosling, Roberta Henderson, Lorraine Fisher, Robyn Morgan, Jessica, Judy, George, Carmen McGee, Jessica Robert, Wendy & Alan Eades and Ken, Peter Hancock, Sue James, Peter Bosley, Scott, Neil Ewer, Robyn Patterson, Diana M, Jo and Liz E.

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.

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.**

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.

LENTEN STUDIES

There will be two different times for Lenten Studies –
Thursday at 7.30pm starting on 19th February and Friday
11.45am starting on 20th February, 2026. If you would like to
attend, please add your name to the sign-up sheet on the
small noticeboard in the foyer. The cost will be \$5 for the
study book. If you can't attend but would like the study book,
please also add your name to the sign-up sheet. Thank you.

WHISPERS OF LOVE – A MEDITATION

Our 'Whispers of Love' meditation meets each Monday at 10.00am. All are welcome.

Reflection:

Fill your mind with all that is joyful,
all that is noble, authentic and beautiful.

Then God's peace will stand guard
At the doorway of your heart. *Philippians 4:4-9*

Prayerfully, Reverend Ann.

GARDEN BEE

A heartfelt thank you to everyone who came along to our Garden Bee on Saturday, 7th February. Your time, effort, and care helps keep our church gardens looking beautiful and welcoming. Every pair of hands made a difference, and your contribution is truly appreciated.

With gratitude,

Suzanne George – Garden Captain

OP SHOP

Please visit and follow our Facebook page at:

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

Blessings, The Op Shop Team.

WYOMING EMERGENCY RELIEF CENTRE

Thank you for your generous giving.

Items needed now include coffee (not tea), sugar, 2-minute noodles, toilet rolls, laundry powder, canned goods such as tinned vegetables and fruits, cereals, pasta & sauce and baby items. Also needed are toiletries such as toothpaste, soap, shampoo and conditioner.

Thank you.

SERVICES IN FEBRUARY

There will be **one service at 9am throughout February**. Both 8am and 9.30am services will recommence on 1st March 2026. The band will recommence on Sunday 8th March 2026.

THANK YOU BOXES

Thank You boxes are now available for collection.

Please take one.

For the next twelve months the money from the Thank You boxes will go to the ABM (Anglican Board of Mission) for the "Jerusalem Project". The Episcopal (Anglican) Church in Jerusalem supports and funds the Hospital in Gaza City which primarily serves Palestinian people who need medical help, especially Mothers and Children at this critical time.

For more information, contact Elsa Sorensen.

WOMEN'S FELLOWSHIP

We encourage and welcome ladies from all services, including both the 8.00am and 9.30am services, to join us in Women's Fellowship.

Our next meeting will be on
Monday 9th February 2026 at 1.00pm at church.

We look forward to seeing you there.

DINNER AT TERRIGAL BOWLING CLUB

Please join us for dinner at
Terrigal Bowling Club at 'Bec's Kitchen'
on Sunday 1st March 2026 from 6.00pm.

If you want to attend, please add your name and any family member's names, if they are attending, to the sign-up sheet on the small notice board in the foyer.

Thank you.

Rosters for Next Week

FRIDAY 13th February - 10.30am

Reader
Catherine Taylor

SUNDAY 15th February - 9.00am

Readers	Servers	Flowers
1 st – Anna Holt 2 nd – John Holt	Ronda and –	Reverend Ann

Morning Tea
Elsa Sorensen Help needed

Next Sunday – 15th February 2026

SIXTH SUNDAY AFTER EPIPHANY

9.00am – Holy Eucharist – Presiding & Preaching – Fr Mark Watson

Organist – Chris Sillince

Readings: Deuteronomy 10.12-23, Psalm 119.1-8,

1 Corinthians 3.1-9

Gospel: Matthew 5.21-37

This Week

Monday 9th February

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

1.00pm – Women's Fellowship Meeting

Tuesday 10th February

4.00pm – Parish Council Meeting

Wednesday 11th February

2.00pm – Interdenominational Chapel service at the Manor, Tarragal Glen – Fr Mark Watson

Thursday 12th February

Friday 13th February

10.30am – Holy Eucharist – *Fr Mark Watson*

Readings: 1 Kings 11.29-32 and 12.1-9, Psalm 81.10-16

Gospel: Mark 7.31-37

Saturday 7th February

Cyril (d. 869) and Methodius bishop (d. 885) missionaries of the Slavs

**The Anglican Diocese of Newcastle
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 9.30am – 2.30pm)**

Parish Email – admin@terrigalanglican.org.au

or admin.terrigal@newcastle.org.au

Website – www.terrigalanglican.org.au

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

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 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 – TBA

Parish Opportunity Shop – Julie Laird 4365 1280