

Welcome to worship at Holy Trinity, Terrigal
FIRST SUNDAY IN LENT
22nd February 2026



9.00am – Holy Eucharist

Presiding and Preaching – Fr Mark Watson

Organist – Chris Sillince

Hymns: TIS 591, 463, NEH 72, 580

[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

We do not live by bread alone, but by every word that comes from the mouth of God.

Matthew 4.4

Prayer of the Day

Almighty God,
whose Son fasted forty days in the wilderness,
and was tempted as we are, yet did not sin:
give us grace to direct our lives in obedience to your will,
that, as you know our weakness,
so we may know your power to save;
through Jesus Christ our Redeemer,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

A Reading from Genesis

Chapter 2, verses 15 – 17 to chapter 3, verses 1 – 7

¹⁵ The Lord God took the man and put him in the garden of Eden to till it and keep it. ¹⁶ And the Lord God commanded the man, 'You may freely eat of every tree of the garden; ¹⁷ but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.' ¹ Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' ² The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; ³ but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die." ' ⁴ But the serpent said to the woman, 'You will not die; ⁵ for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' ⁶ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. ⁷ Then the eyes of both were opened, and they knew that

they were naked; and they sewed fig leaves together and made loincloths for themselves.

Hear the word of the Lord.
Thanks be to God.

Psalm 32

- ¹ Blessed are those whose sin is forgiven:
whose iniquity is put away.
- ² **Blessed are those to whom the Lord imputes no blame:
and in whose spirit there is no guile.**
- ³ For whilst I held my tongue:
my bones wasted away with my daily complaining.
- ⁴ **Your hand was heavy upon me day and night:
and my moisture was dried up like a drought in
summer.**
- ⁵ Then I acknowledged my sin to you:
and my iniquity I did not hide;
- ⁶ **I said 'I will confess my transgressions to the Lord':
and so you forgave the wickedness of my sin.**
- ⁷ For this cause shall everyone that is faithful
make their prayer to you in the day of trouble:
and in the time of the great water-flood,
it shall not come near them.
- ⁸ **You are a place to hide me in,
you will preserve me from trouble:
you will surround me with deliverance on every side.**
- ⁹ 'I will instruct you, and direct you in the way that you should
go:
I will fasten my eye upon you, and give you counsel.
- ¹⁰ **'Be not like horse or mule, that have no understanding:
whose forward course must be curbed with bit and
bridle.'**
- ¹¹ Great tribulations remain for the ungodly:
but whoever puts their trust in the Lord,
mercy embraces them on every side.

**12 Rejoice in the Lord, you righteous, and be glad:
and shout for joy, all you that are true of heart.**

**A Reading from the Letter of Paul to the Romans,
Chapter 5 verses 12 – 21**

12 Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— **13** sin was indeed in the world before the law, but sin is not reckoned when there is no law. **14** Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. **15** But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. **16** And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. **17** If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. **18** Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. **19** For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous. **20** But law came in, with the result that the trespass multiplied; but where sin increased, grace abounded all the more, **21** so that, just as sin exercised dominion in death, so grace might also exercise dominion through justification leading to eternal life through Jesus Christ our Lord.

Hear the word of the Lord.

Thanks be to God.

Praise to you, Lord Jesus Christ, king of endless glory!
Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone,
but on every word that comes from the mouth of God.
Praise to you, Lord Jesus Christ, king of endless glory!

The Gospel of Our Lord Jesus Christ according to Matthew
Chapter 4, verses 1 – 11

Glory to you Lord Jesus Christ.

- ¹ Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.
- ² He fasted for forty days and forty nights, and afterwards he was famished.
- ³ The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.'
- ⁴ But he answered, 'It is written,
"One does not live by bread alone,
but by every word that comes from the mouth of God." '
- ⁵ Then the devil took him to the holy city and placed him on the pinnacle of the temple,
- ⁶ saying to him, 'If you are the Son of God, throw yourself down; for it is written,
"He will command his angels concerning you",
and "On their hands they will bear you up,
so that you will not dash your foot against a stone." '
- ⁷ Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test." '
- ⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour;
- ⁹ and he said to him, 'All these I will give you, if you will fall down and worship me.'
- ¹⁰ Jesus said to him, 'Away with you, Satan! for it is written,
"Worship the Lord your God,
and serve only him." '
- ¹¹ Then the devil left him, and suddenly angels came and waited on him.

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, Jessica Robert, Wendy & Alan Eades and Ken, Peter Hancock, Sue James, Peter Bosley, Scott, Neil Ewer, John Thompson, 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

O Lord,
who for our sake fasted forty days and forty nights:
give us grace to use such abstinence,
that, our flesh being subdued to the spirit,
we may ever obey your godly will
in righteousness and true holiness;
to your honour and glory,
who live and reign with the Father and the Holy Spirit,
one God, world without end. **Amen.**

WHISPERS OF LOVE – A MEDITATION

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

Reflection:

Lead us, Lord God,
into the deep listening of these Lenten days,
and teach us the way of obedience that we may choose Life.
Prayerfully, Reverend Ann.

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.

OP SHOP

Please visit and follow our Facebook page at:
<https://www.facebook.com/TerrigalOpShop/>

Blessings, The Op Shop Team.

GARDEN BEE 🌱 🌸

Our next Garden Bee will be held on Saturday 7th March, 2026 starting at 8.30am. We welcome everyone to come along and join us in keeping our gardens looking beautiful. With gratitude,
Suzanne George – Garden Captain

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 AND BAND REHEARSAL

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. Band rehearsals start again on Tuesday 24th February.

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 March 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.

WORLD DAY OF PRAYER 2026 – FOCUS NIGERIA

Please join us for the World Day of Prayer at

**The Salvation Army, Gosford Corps
120 Central Coast Highway, Erina
On Friday 6th March 2026**

At 10.00am

If you need transport or would like further information, please speak with either Elsa Sorensen or Audree Dash, or you can contact Major Carole Smith from the Salvation Army on 4367 6200. Thank you.

MARKET DAY SUPER SALE IN BOTH SHED AND OP SHOP

Our next Market Day is a one-off SUPER SALE
on

Saturday 21st February from 8am to 1pm.

We'd love your help setting up on Friday 20th and packing up from 12:30pm on Saturday 21st.

Donations of home-made cakes, slices, jams, or chutneys are very welcome—please label ingredients and collect a Holy Trinity Church sticker to put on them when you drop them off.

Thank you.

Terry Rowe – Interim Market Day Co-Ordinator.

Rosters for Next Week

FRIDAY 27th February - 10.30am

Reader
Ann West

SUNDAY 1st March - 9.00am

Readers	Servers	Flowers
1 st – Malcolm Sandstrom 2 nd – Jocelyn Mulcahy	TBA	No flowers in Lent.

Morning Tea
Jocelyn Mulcahy Evelyn White

Next Sunday – 1st March 2026

SECOND SUNDAY IN LENT

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

Organist – Chris Sillince

Readings: Genesis 12.1-4a, Psalm 121, Romans 4.1-5, 13-17

Gospel: Matthew 17.1-9 (Transfiguration Gospel)

This Week

Monday 23rd February

Polycarp, bishop of Smyrna, martyr (d. c. 155)

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

Tuesday 24th February

MATTHIAS, APOSTLE AND MARTYR

7.00pm – Trinity Band and Singers rehearsal

Wednesday 25th February

Thursday 26th February

Friday 27th February

George Herbert, parish priest, poet (d. 1633)

10.30am – Holy Eucharist – *Fr Mark Watson*

Readings: Ezekiel 18.21-28, Psalm 130

Gospel: Matthew 5.20-26

11.00am – Eucharist at Woodport – *Reverend Ann Watson*

Saturday 28th February

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@terrigan.org.au

or admin.terrigan@newcastle.org.au

Website – 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

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