



St Paul's Cathedral, Sale

St Alban's Kilmany, St Anne's Golden Beach & St Mark's Loch Sport

*We acknowledge the Gunaikurnai people as the original custodians of this region.
All churches of the parish stand on the lands of the Gunaikurnai people.*

Dean: The Very Reverend Keren Terpstra 0438 220 878

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YouTube: St Paul's Cathedral Sale

Cathedral Parish Vision: *"People of Christian faith –
Encouraging connection between the Divine and the everyday."*

19th March 2023

Lent 4

Sentence of Scripture

'I am the light of the world,' says the Lord; 'those who follow me will have the light of life.' *John 8.12*

Prayer of the Day

Gracious God,
in order that we children of earth
might discern good from evil
you sent your Son
to be the light of the world:
as the light of Christ shines upon us,
may we learn what pleases you,
and live in truth and goodness;
through the same Jesus Christ our Lord,
who is alive and reigns with you and the
Holy Spirit,
one God, now and for ever. **Amen.**

Prayer of the Season

Almighty and everliving God,
you hate nothing that you have made,
and you forgive the sins of all
who are penitent:
create and make in us
new and contrite hearts,
that we, worthily lamenting our sins,
and acknowledging our wretchedness,
may obtain of you,
the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord. **Amen**

Holy Communion Services at St Paul's:

Sundays - 8.00am and 10.00am Wednesdays - 10.00am in the Lady Chapel

Sunday Evenings 3rd Sunday of the month @ 5pm **Contemplative Service**

Outcentre Services:

St Anne's Golden Beach 10.30am 1st Sunday 2.00pm 3rd Sunday of the month

St Alban's Kilmany 2.00pm 3rd Sunday of the month

St Mark's Loch Sport 10.30am 4th Sunday of the month

Zoom Links: Evening Prayer: **Daily at 5.30pm - 6.00pm**

Meeting ID: 879 3927 8803 Passcode: Prayer

Meditation:

Weekdays: silent Christian Meditation, 8.15am-8.45am

Meeting ID: 809 497 711 Passcode: 600361

Associate Priest/Hospital Chaplain: Rev'd Heather Toms 0400 512 217

mhtoms@westnet.com.au

Associate Priest: Rev'd Lyn Williams 0476 285 697 redlandsoasis@protonmail.com

Honorary Deacon Rev'd Kate Campbell 0402514829 khcampbell55@gmail.com

Honorary Canon, Rev'd Canon David Head davidrhead51@gmail.com 0412 273 678

Honorary Associate Priest: Rev'd Dr Tim Gaden 0488 110 415

Tim.Gaden@gippslandgs.vic.edu.au

Cathedral Prayer Chain Requests

Please contact Trish Broadbear 0418 104 840

The prayer chain is for anyone in need of prayer

Please pray for our supported student Hemirose Igo at Newton College PNG.

A Reading from the First Book of Samuel

The Lord said to Samuel, 'How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.' Samuel said, 'How can I go? If Saul hears of it, he will kill me.' And the Lord said, 'Take a heifer with you, and say, "I have come to sacrifice to the Lord ." Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you.' Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, 'Do you come peaceably?' He said, 'Peaceably; I have come to sacrifice to the Lord ; sanctify yourselves and come with me to the sacrifice.' And he sanctified Jesse and his sons and invited them to the sacrifice. When they came, he looked on Eliab and thought, 'Surely the Lord 's anointed is now before the Lord .' But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.' Then Jesse called Abinadab, and made him pass before Samuel. He said, 'Neither has the Lord chosen this one.' Then Jesse made Shammah pass by. And he said, 'Neither has the Lord chosen this one.' Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, 'The Lord has not chosen any of these.' Samuel said to Jesse, 'Are all your sons here?' And he said, 'There remains yet the youngest, but he is keeping the sheep.' And Samuel said to Jesse, 'Send and bring him; for we will not sit down until he comes here.' He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, 'Rise and anoint him; for this is the one.' Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah. *1 Samuel 16.1-13*
Hear the word of the Lord. **Thanks be to God.**

Psalm 23

The Lord is my shepherd:

therefore can I lack nothing.

He will make me lie down in green pastures:

and lead me beside still waters.

He will refresh my soul:

and guide me in right pathways for his name's sake.

Though I walk through the valley of the shadow of death,

I will fear no evil:

for you are with me, your rod and your staff comfort me.

You spread a table before me

in the face of those who trouble me:

you have anointed my head with oil,

and my cup shall be full.

Surely your goodness and loving-kindness

will follow me all the days of my life:

and I shall dwell in the house of the Lord for ever.

A Reading from The Letter to the Ephesians

For once you were darkness, but now in the Lord you are light. Live as children of light—

for the fruit of the light is found in all that is good and right and true.

Try to find out what is pleasing to the Lord.

Take no part in the unfruitful works of darkness, but instead expose them.

For it is shameful even to mention what such people do secretly;

but everything exposed by the light becomes visible,

for everything that becomes visible is light. Therefore it says,

‘Sleeper, awake!

Rise from the dead,

and Christ will shine on you.’ *Ephesians 5.8-14*

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

The Gospel of our Lord Jesus Christ according to John

Glory to you Lord Jesus Christ.

As Jesus walked along, he saw a man blind from birth. His disciples asked him,

‘Rabbi, who sinned, this man or his parents, that he was born blind?’ Jesus

answered, ‘Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him. We must work the works of him who sent me

while it is day; night is coming when no one can work. As long as I am in the world,

I am the light of the world.’ When he had said this, he spat on the ground and made

mud with the saliva and spread the mud on the man’s eyes, saying to him, ‘Go,

wash in the pool of Siloam' (which means Sent). Then he went and washed and came back able to see. The neighbours and those who had seen him before as a beggar began to ask, 'Is this not the man who used to sit and beg?' Some were saying, 'It is he.' Others were saying, 'No, but it is someone like him.' He kept saying, 'I am the man.' But they kept asking him, 'Then how were your eyes opened?' He answered, 'The man called Jesus made mud, spread it on my eyes, and said to me, "Go to Siloam and wash." Then I went and washed and received my sight.' They said to him, 'Where is he?' He said, 'I do not know.' They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, 'He put mud on my eyes. Then I washed, and now I see.' Some of the Pharisees said, 'This man is not from God, for he does not observe the sabbath.' But others said, 'How can a man who is a sinner perform such signs?' And they were divided. So they said again to the blind man, 'What do you say about him? It was your eyes he opened.' He said, 'He is a prophet.' The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, 'Is this your son, who you say was born blind? How then does he now see?' His parents answered, 'We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.' His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, 'He is of age; ask him.' So for the second time they called the man who had been blind, and they said to him, 'Give glory to God! We know that this man is a sinner.' He answered, 'I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.' They said to him, 'What did he do to you? How did he open your eyes?' He answered them, 'I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?' Then they reviled him, saying, 'You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from.' The man answered, 'Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.' They answered him, 'You were born entirely in sins, and are you trying to teach us?' And they drove him out. Jesus heard that they had driven him out, and when he found him, he said, 'Do you believe in the Son of Man?' He answered, 'And who is he, sir? Tell me, so that I may believe in him.' Jesus said to him, 'You have seen him, and the one speaking with you is he.' He said, 'Lord, I believe.' And he worshipped him. Jesus said, 'I came into this world for judgement so that those who do not see may see, and those who do see may become blind.' Some of the Pharisees near him

heard this and said to him, ‘Surely we are not blind, are we?’ Jesus said to them, ‘If you were blind, you would not have sin. But now that you say, “We see”, your sin remains. *John 9.1-41*

For the Gospel of the Lord. **Praise to you Lord Jesus Christ**

Reflection:

A few weeks ago, I got off the tram to walk down to the shops, in his usual spot was a homeless man, whose name I’m ashamed to say I don’t know.

While I gave what change I had I was reminded of Psalm 23 “The Lord is my shepherd; I have everything I need ...” (GNB) is, at times difficult to reconcile when confronted with the problem of homelessness endemic in many large cities. For me, Psalm 23 reminds me that God’s love is for all, pulling me out of the self-absorption and apathy that’s all too easy for us to fall into this time of year and to try to find ways to love my neighbour practically.

For me this reading reminds me that while I’m loved by God, ‘he’ loves all of his creation, and calls on us to act with love for all our neighbours helping them and acting with love and charity for those most in need.

- Give thanks for the love of God, the protection and guidance provided by ‘him’, even if not always obvious and pray that we as a society and church can do more to help those in need
- Give thanks for the work and witness of the Anglican Church of Kenya.

Text: Jeremy Fraser Holy Hermits Online St John’s Cathedral, Brisbane
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ANGLICAN BOARD OF MISSION
Working for Love, Hope & Justice

Mothering Sunday or Laetare Sunday or Refreshment Sunday?

Laetare means ‘rejoicing’. The name comes from the first words of the Eucharist that have been used down the centuries Laetare, Jerusalem ‘Rejoice Jerusalem’. In the midst of our Lenten discipline we are reminded that the purpose of it all is to be in the joy of the Lord. In some churches the vestments change from sombre violet to deep rose signalling the ending weeks of Lent and the approaching joy of Easter. In some parts of Europe the severe fast was broken on this day to include meat and sweets, like the **Simmel cake** we offer today. The word **simmel** comes from the Latin *simila*, meaning a finely ground flour (from which 'semolina' also derives).

Even dating as far back as the Middle Ages, Europeans honoured their mothers on the fourth Sunday of Lent, otherwise known as Mothering (or Simnel) Sunday. This was the one day each year when the European laborers, apprentices, and servants were allowed a holiday to return home and honour their mothers. Their Lenten fast was allowed to be broken, and all children would bake their mothers a special type of cake, a fruit cake with marzipan, that would then be enjoyed by the entire family on their day of rest. This was a special time and often the only time older children would see their mothers all year, which made it all the more important and special.

In our Anglican heritage this Sunday is known as Mothering Sunday as traditionally, Mothering Sunday applied to the pilgrimage to the 'Mother' church of the Diocese - the cathedral, or to the nearest important regional church called *minsters*. These larger *minsters* were staffed by a college of priests. This was when many made their confession in preparation for Easter. It also became a time of family reunion, as people returned to where they were baptised etc.

On Mothering Sunday we must not forget that we belong to a spiritual family. We are not a parish all on our own, we belong to a diocese, and that diocese belongs to a province, and that province to a national Church. In turn that national Church is a sister Church in a world family.

Many thanks to Jan Blake for making the simnel cake for us all to enjoy.

Welcome to Lace makers meeting in the hall over the weekend, and those attending our services today. They would love to show you their work.

The monthly Contemplative Service is on tonight.

We urgently need more people to help cater for funeral wakes. We need people to help in the kitchen as well as provide slices and cakes etc. Contact Nancy Schmack on 0417 554 435.

Meditation at the Cathedral

We're looking for feedback about how we offer the ministry of meditation in the Cathedral parish. Currently meditation is available online at 8:15am Monday-Friday, and in person at the Cathedral at 4:15pm on Mondays. If you are passionate about continuing to meet in person for meditation please have a chat with Keren or Kate.

MISSION HELPERS is a group of interested parishioners or others who support organisations locally, in Australia and world-wide by financial or other means, such as goods for those in need of assistance, and by prayer.

If you would like to join this group in friendship or special skill, you are most welcome to attend the next meeting on **Monday 20th March @ 1.30pm** in the Community Room. Bring a small plate for afternoon tea and a donation, which is our way of fundraising.

**ANGLICAN BOARD OF MISSION AUSTRALIA (ABM)
LENT & GOOD FRIDAY APPEAL 2023**

This year your monetary gift will help support vulnerable women, youth and children in the Diocese of Jerusalem. Go to

<https://www.abmission.org/appeals/appeals-major/lent2023/> to read the story of Shorouq, a young mother and her mission to support her family.

Donate by placing cash in the now available envelope marked “**ABM LENT**” in the collection bags, or by offertory EFT similarly referenced.

Coming up!

Mothers' Union Lady Day Celebration - 11am Saturday 25th March –

Gippsland Grammar Tour Concert - 2pm Sunday 26th March at St Paul's - a concert featuring the young performers who'll be touring and representing the school's musical accomplishments in Europe in April. Entry by donation to support their tour.

Palm Cross making - 10:30am Saturday 1st April (day before Palm Sunday)

The Cathedral is open every Wednesday to Saturday 2 – 4pm. More helpers needed, see Kathy J or phone her on 0400 444 416

ACTinG webinars from 2022 are available on

<https://www.youtube.com/@AnglicanDioceseofGippsland> Last week's coming soon. For more info you are invited to belong to the ACTinG group and receive updates directly. <https://www.gippslandanglicans.org.au/acting/acting-group>

Anglican Hospital Chaplaincy – Central Gippsland Hospital Sale

If you would like to have the Hospital Chaplain visit you, a family member or a friend please contact the Revd Heather Toms, Hospital Chaplain on 0400 512 217'.

The (10am) service each week is live streamed. (Search *St Paul's Cathedral Sale when in* YouTube)

<https://www.youtube.com/channel/UCrLG94vHT28kEG4Ghd80PhQ/videos?view=57>

Internet Bank Transfer: Cathedral's ministry and mission and SOLAR

BSB 013-795 Account no: 4962-98866 Ref: Offering etc.

Internet Bank Transfer: St Paul's Building Fund ('Fill the gap')

BSB 705 077 Acc no: 000 409 69 NO reference needed

Sunday Bulletin / Web/Facebook contact:

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Diocesan Priority – Climate Action and Care For Creation

In June 2022, the Gippsland Synod met and adopted the following motion:

That this Synod makes action on climate change a major focus for the Diocese of Gippsland over the coming three-year cycle of Synod, with parishes and all Diocesan Bodies making a commitment to:

1. *Learn about climate change, including its current and anticipated future impacts*

Study the theology of creation and other relevant theology

3. *Act to reduce emissions from church buildings and vehicles and to adopt patterns*

of church life that work towards this end

4. *Encourage individuals to reduce household emissions*

5. *Pray for the wellbeing of all creation:*

- *Prayer offered by Archbishop of York Stephen Cottrel, prior to COP26.*

Based on this motion, Gippsland Anglicans will be focussing on climate action for the remainder of this Synod cycle (through to 2024) and no doubt beyond.

If you have any questions, please contact the ACTinG group via hello@gippslandanglicans.org.au

For more info you are invited to belong to the ACTinG group and receive updates directly. <https://www.gippslandanglicans.org.au/acting/acting-group>