



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

10th March 2024

Lent 4

Sentence of Scripture

The Son of Man must be lifted up,
that whoever believes in him may have eternal life. *John 3.14–15*

Prayer of the Day

Everlasting God

in whom we live and move and have our being,
you have made us for yourself,

and our hearts are restless until they find their rest in you:

give us purity of heart and strength of purpose,

that no selfish passion may hinder us

from knowing your will,

no weakness prevent us from doing it;

that in your light we may see light,

and in your service find perfect freedom;

through Jesus Christ our Lord,

who lives and reigns with you and the Holy Spirit, one God, now and for ever.

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 & 3rd Sunday of the month

St Alban's Kilmany 2.00pm 3rd Sunday of the month (Not in December or January)

St Mark's Loch Sport *Services only at Easter and Christmas*

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

Our parish is committed to ensuring our centres of worship and outreach are safe places for all, especially children and vulnerable people.

We have a duty of care to protect all who participate in the life of the church from abuse. We have zero tolerance for abuse of any kind.

If you are concerned about your own or somebody else's safety, or have witnessed behaviour that makes you feel uncomfortable you can contact the Deputy Director of Professional Standards in the Gippsland Diocese, Julie Reilly Mobile: 0456 572 589 Email: julie@kooyoora.org.au You may also like to talk to the Dean or the Lay Canons, or if this is a really serious matter, go directly to the police, and then to the above.

Please pray for our supported student Moses Baiduduga at Newton College PNG.

A Reading from the book of Numbers

From Mount Hor they set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, 'Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.' Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, 'We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us.' So Moses prayed for the people. And the Lord said to Moses, 'Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.' So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live. *Numbers 21.4-9*

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

Psalm 107.1-3, 17-22

O give thanks to the Lord, for he is good:

for his loving mercy is for ever.

Let the Lord's redeemed say so:

whom he has redeemed from the hand of the enemy,

And gathered in from every land,

from the east and from the west:

from the north and from the south.

Fools were far gone in transgression:

and because of their sins were afflicted.

They sickened at any food:

and had come to the gates of death.

Then they cried to the Lord in their distress:

and he took them out of their trouble.

He sent his word and healed them:

and saved their life from the Pit.

Let them thank the Lord for his goodness:

and for the wonders that he does

for the children of Adam;

Let them offer sacrifices of thanksgiving:

and tell what he has done with shouts of joy.

A Reading from the Letter to the Ephesians

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness towards us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Ephesians 2.1-10

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.

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. ‘For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. ‘Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.’ *John 3.14-21*

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

Reflection:

The joyous proclamation of the Christian faith is that the reality and capacity of God’s love and grace are not hidden from the world nor beyond our ability to see and know. Jesus, the Saviour, the Messiah, put aside the divinity and glory of heaven to be one of us, to be a visible part of this world and to invite the world into a journey of enlightening us to God and God’s love. Naming Jesus as Lord begins our journey, and if you know nothing or everything of the bible, these words of Jesus recorded by John will continue to invite you, like Nicodemus, to seek to know how his life, death and resurrection is the power of God’s love for our redemption and to eternal life.

- Pray that God’s endless love would transform the darkness of our world to light – transforming hatred to forgiveness and freedom, conflict to peace and joy, fear to hope and faith, death to life.
- Give thanks for the work and witness of CAPA, the Council of the Anglican Provinces of Africa.

Text: Jenny, Diocese of Newcastle

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Welcome Revd Dr Jill Firth, Lecturer in Hebrew and Old Testament at Ridley College Melbourne who is preaching today, following on from her seminar on Lament yesterday. A recording will be available soon.

As you may be aware, **Iain Miller** passed from this life peacefully on Tuesday surrounded by family. There will be a private funeral for the family next week, then an opportunity for us all to celebrate Iain's life in mid April. Please pray for Ann and her family as they lay Iain to rest.

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 Simmel) 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 simmel cake for us all to enjoy.

Happy Birthday to all those having a March Birthday!

Free online courses with Ridley thanks to our guest preacher Jill.
Journey Through the Psalms

30 free enrolments for the Ridley Certificate, suitable for individuals/couples, or for groups such as homegroups. where all receive the link to the videos.

There are 12 x 20 minute videos.

No homework required unless people want to use the unit as part of the Ridley Certificate (not accredited).

<https://certificate.ridley.edu.au/courses/journey-through-the-psalms>

This link is to Jill's Psalms course but actually will work for any unit, like Isaiah or Romans. People are welcome to use the code for any unit.

There are already some free units like domestic violence, a bible intro, and youthwork. No code needed for the free units.

Eventually hopefully the whole certificate will be free, maybe around mid year.

The code which will work for the first 30 enrolments is **sale 2024**.

Feel free to use it yourself and pass it on to anyone you like.

Please wear your namebadge, to the services as well as to morning tea, so we can all get to know your names. If you don't have one, see Christine.

Morning prayer

Please join Dean Keren in the Cathedral for Morning Prayer every Friday at 9am. We'll pray for our parish and diocese, and any other concerns pray-ers may have!

Meetings:

Ministry Team meeting Wednesday 2pm

Chapter this Thursday 7pm

Pastoral Care team 3pm

Wanderers: Bus trip to Walhalla Friday 5th April. Pay only for your meals, etc as bus payment is covered. I need to know approximately how many going so I know what size bus to book. Please let Jan Lear know on 0421605461. Everyone welcome, I can pick you up if you can't drive to any of these events.

ABM LENT APPEAL Envelopes available

Unfortunately, in many parts of the world, deprivation and vulnerability are not an option, but are the continuing reality of life. We invite you to support our Lent and Good Friday Appeal, which continues the Lenten tradition of sacrificial giving and compassion.

Almost two-thirds of households in the Gaza Strip experience food insecurity. Providing even basic food requirements for the family can be challenging. Among other concerns, this can result in malnutrition or stunting in children.

Prior to the current conflict in Gaza, the Al Ahli Hospital ran a longstanding Child Nutrition Program for children aged 6 months to 3 years to help address malnutrition. A partner program, called 'Woman-to-Woman', saw trained women from a mother's own community going into their home to provide essential training in nutrition, self-esteem, communication skills and gender.

Coming up at The Abbey



March 14th – *Hush Quiet Day: Spirituality from the Desert.* Facilitator: Dr Cath Connelly

10.00am – 3.00pm. BYO lunch. \$20 donation. Please RSVP by March 1st.

March 23rd – *Stitch 'n Time*

Bring your Unfinished Projects (UFOs), sewing, knitting, crochet etc. Bring your friends and have a laugh, a great lunch, and a never-ending morning and afternoon tea, a display of quilts, some trade tables and a goodie bag.

10.00am – 3.00pm. \$40.

Please RSVP 5156 6580 info@theabbey.org.au

The (10am) service each week is live streamed. (Search *St Paul's Cathedral Sale when in* YouTube) <https://www.youtube.com/@stpaulscathedralsale/streams>

Internet Bank Transfer: Cathedral's ministry and mission

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

Sunday Bulletin / Web/Facebook contact:

Christine Morris OAM 0438 595 056 cmorris@wideband.net.au

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SCE 914 Oh, the mercy of God, the glory of grace

1. Oh, the mercy of God, the glory of grace,
that you chose to redeem us, to forgive and restore,
and you call us your children chosen in him to be holy
and blameless to the glory of God.

*To the praise of his glorious grace,
to the praise of his glory and power,
to him be all glory, honour and praise,
for ever and ever and ever, amen.*

2. Oh, the richness of grace, the depths of his love,
in him is redemption, the forgiveness of sin.
You called us as righteous, predestined in him
for the praise of his glory, included in Christ.

*To the praise of his glorious grace,
to the praise of his glory and power,
to him be all glory, honour and praise,
for ever and ever and ever, amen.*

3. Oh, the glory of God expressed in his Son,
his image and likeness revealed to us all;
the plea of the ages completed in Christ,
that we be presented perfected in him.

*To the praise of his glorious grace,
to the praise of his glory and power,
to him be all glory, honour and praise,
for ever and ever and ever, amen.*

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