



St Paul's Cathedral, Sale / Wayput

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.*

**2nd March
Transfiguration**

Sentence of Scripture

And the Word became flesh and dwelt among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. *John 1.14*

Prayer of the day

O God, glorious and faithful,
you reveal the beauty of your face to those
who seek you with a sincere heart:
strengthen us in faith to embrace the mystery
of the cross, and open our hearts to its
transforming power,
so that, clinging in love to your will for us,
we may walk as followers of your Son,
Jesus Christ our Lord, who lives and reigns
with you and the Holy Spirit,
one God, for ever and ever. **Amen**

Hope 25

God of hope,
you fill those who trust in you
with peace and joy:
give us the gift of your Spirit
so that we may overflow
with the hope we have in Jesus,
shine with his presence,
and share the good news with
others. **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**

Morning Prayer 9am on Fridays

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

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

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.

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 Moses Baiduduga at Newton College PNG.

A Reading from the Book of Exodus

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterwards all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

Exodus 34.29-35

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

Psalm 99

The Lord is king, let the nations tremble:

he is enthroned upon the cherubim; let the earth quake.

The Lord is great in Zion:

he is high above all nations.

Let them praise your great and terrible name:

for holy is the Lord.

The Mighty One is king and loves justice:
**you have established equity,
you have dealt righteousness and justice in Jacob.**

O exalt the Lord our God:
and bow down before his footstool, for he is holy.

Moses and Aaron among his priests,
and Samuel among those who call upon his name:
they called to the Lord and he answered.

He spoke to them from the pillar of cloud:
they kept to his teachings and the law that he gave them.

You answered them, O Lord our God:
**you were a forgiving God to them,
and pardoned their wrongdoing.**

O exalt the Lord our God:
**and bow down towards his holy hill,
for the Lord our God is holy.**

A Reading from The Second Letter to the Corinthians

Since, then, we have such a hope, we act with great boldness, not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit. Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practise cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

2 Corinthians 3.12 - 4.2

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

The Gospel of our Lord Jesus Christ according to Luke

Glory to you Lord Jesus Christ.

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they

were leaving him, Peter said to Jesus, ‘Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah’—not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, ‘This is my Son, my Chosen; listen to him!’ When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen. *Luke 9.28-36*

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

Reflection

In the first part of today’s Gospel reading, we learn of a profoundly spiritual experience – the Transfiguration – witnessed by Peter, John and James, where they see Jesus in the midst of Moses and Elijah, the two great Old Testament prophets, and hear the voice of God commanding them to listen to his Son. Peter tries to capture and constrain the experience, ‘not knowing what he had said’. [Once down from the mountain, Jesus is back to the mundane work of dealing with people and their problems.]

- May we not try to capture the spiritual as an end to itself, but rather use it to empower us to be getting on with what Christ would have us do.
- Give thanks for the work and witness of the Church of South India

Text: Robert McLean

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Dean's Desk

Alpha is coming up fast, beginning this week! Please be praying for the 8 or so folk who are registered to come, for the helpers and leaders. On Thursday evening three of us gathered to run through some training. I came away from the evening greatly impressed, having enjoyed the session we sampled. While the language might not be that which I use regularly to talk about faith, Alpha presents an excellent basic summary of Christian faith. I can't recommend it highly enough - do take a flyer and pass it on to anyone you may have tapped on the shoulder already and who might be humming and hawing about whether to give it a shot.

Lent starts this week: Shrove Tuesday 6.30pm we'll be eating pancakes and burning the palm crosses in preparation for Ash Wednesday's two services at 10am and 7pm. Today I'll be handing out the Lenten Study books, which were prepared by the national bishops for Hope 25. I've had a bit of a look - there's a bible reading, reflection and prayer suggestion for each day, so even if you don't join one of our two Lenten study groups, you can still follow through each day of Lent. The cost of the book is \$10 if you are able to afford it - please put it in the offertory with a note that it's for the Lenten study.

I'll also be gifting each of you a Gospel of Luke - please pray about who you might give this good news to in the coming weeks - read it for yourself, and then pass on to someone who either has never read it, or whose faith might be refreshed by reading it anew.

It's also not too late to record your Hope video - come and see me and we can make a time; it doesn't take long!

Lastly, do prayerfully consider how you're going to observe Lent this year. Is there some discipline you're being invited to take up or start, or recommit to? Is there something you are being invited to stop? Some bad habit? One year I gave up road rage - that was a challenge! And much more difficult than giving up chocolate... When we give something up for Lent it should always be for a deeper spiritual purpose: mend your hearts and not your garments, as the passage from Joel says. What kind of journey is God inviting you on over the next 40 days?

Keren

Shrove Tuesday Pancakes 4th March at 6.30pm. Book in on sheet in Foyer.
Reminder to return your palm crosses to be burnt for the ash for Ash Wednesday the following evening

Ash Wednesday Services 5th March : 10am and 7pm

Wanderers lunch at Sporting Legends Friday 7th march
Cuppa and Chat at Shirleys Thursday 13th 10am

The 'Noisy' Quiet Garden. Not only was it noisy with the human busy bees gardening this week, but several birds sang in the shower this week; they would fly through the water fountain, shake themselves and do it again, constantly singing their praises with gusto! **Thanks to all those who gardened, more to go/come!**

Have you ever thought about the differences between Joy and Happiness

There are many differences between joy and happiness. For example:

- *Joy transcends. Happiness reacts.*
- *Joy is a practice and a behavior. It's deliberate and intentional. Happiness comes and goes along its way.*
- *Joy is a fruit of the Spirit, while happiness is not.*

Joy and Happiness: One Is a Choice

Happiness depends on external factors. When we hear a favorite joke, we laugh. When someone gives us a gift, we grin. When we hear our favorite song, we dance and smile. Happiness happens to us.

Even though we may seek it, desire it and pursue it, feeling happy is not a choice we make. Joy, on the other hand, is a choice we purposefully make. Even if our day-to-day is filled with hurt and disappointment, we can still choose joy.

Joy can share space with other emotions, such as sadness and fear. But happiness can't. Happiness isn't present in darkness and difficulty. But joy can be. If we choose joy, it can transform our difficult times into blessings and our heartache into gratitude.

Happiness and Joy in the Bible

Did you know that "happiness" only appears in the Bible around 10-30 times (depending on translation)? Joy, on the other hand, appears hundreds of times. Why? God wants us to have life-giving joy that lasts instead of temporary happiness that fades. Here are some examples of Bible verses that show us the power of joy:

- *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. — Romans 15:13, NIV*
- *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. — Galatians 5:22-23, NIV*
- *Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength." — Nehemiah 8:10, NIV*
- *I have told you this so that my joy may be in you and that your joy may be complete. — John 15:11, NIV*

https://www.compassion.com/sponsor_a_child/difference-between-joy-and-happiness.htm

I think the birds were both joyful and happy this week, were you?

Mission of the Month: ABM Lent / Good Friday envelopes out this week, as well as new regular offering envelopes.

Helping Women Break Free From Violence, Injustice And Oppression

The Ash Wednesday penitential psalm cries out, "**Make me hear of joy and gladness: let the bones which you have broken rejoice**" (Ps 51)

Lent can be a time of deep reflection on where we have fallen short, both personally and as communities of faith. Underlying such reflection is a profound desire for the rejoicing that comes when things are put to right.

Many communities with whom our ABM partners work have this same yearning for **joy** and gladness as they seek to remove barriers to the fullness of life of all their members. One such persistent and deep-seated barrier, common to many communities including our own, is the critical need to end gender-based violence and enhance the equality of men and women.

More on the appeal in the following weeks.

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

PRESENTED BY CAMAC HARPS & CARTER HARPS AUSTRALIA

Heather Downie

Renowned Scottish harpist and educator, celebrated for her dynamic performances and innovative approach to traditional music, inspiring and shaping the next generation of harpists.



Wed 19th March | St John's
Camberwell CONCERT 7:30-9:30pm

Fri 21st March | St Paul's Cathedral
Sale CONCERT 7:30-9:30pm

Sat 22nd March | Private House
Bairnsdale *WORKSHOP 2-5pm

Sun 23rd March | The Abbey
Raymond Island CONCERT 2-4pm



*Please Note: Limited Tickets For Workshop So **BOOK EARLY!**

TICKETS ON SALE FOR ALL EVENTS AT [HUMANITIX.COM](https://www.humanitix.com)

~ Debut Solo Studio Album *Nae Sweets for Shy Bairns* Out Now! ~

[MORE INFO HEATHERDOWNIE.CO.UK](https://www.heatherdownie.co.uk)

SCAN FOR



TICKETS

Tickets \$30, and can be paid for at the door.

Is there more to life than this?

Alpha is a safe space to explore life, purpose and the Christian faith, ask questions, and share your point of view.

Alpha is free and everyone is welcome.

Sale and Avon parishes are running this six week course that encourages the asking of questions, the sharing of insights, and the exploration of what it means to follow Jesus.

Sessions will be from 6pm to 8pm, and will include a provided dinner as follows:

Friday March 7th in Sale: Who is Jesus?

Friday March 14th in Stratford: Why did Jesus Die?

Friday March 21st in Stratford: How can I have faith?

Friday March 28th in Sale: Why and how do I Pray?

Friday April 4th in Sale: Why and How should I read the Bible?

Sunday 6th in Sale: What does the Holy Spirit do?

Friday April 11th in Stratford: How can I make the most of the rest of my life?

Try Alpha

Sale and Avon Alpha
Friday nights, 6pm–8pm
starting 7th March.
No cost, dinner provided.
Register at
<https://www.trybooking.com/CYQUS>
Or via Dave – 0401035379

