

open doors ... open hearts ... open minds

# 17 March 2019

# **Second Sunday in Lent**

We are a generous faith community—centred on Jesus, seeking wisdom for life and acting with compassion—in the heart of Grafton since 1842.

The Cathedral is open every day. You are always welcome to use the Cathedral and its grounds for prayer and reflection, and we encourage you to make this a place of pilgrimage and prayer for our City.

Setting Parish Eucharist – Michael Dudman

Introit God with us – Gabrael StClair

Entrance Hymn Like the murmur of the dove's song [419 TIS]

Prayer of the day God of our ancestors,

whose chosen servant Abraham was given faith to obey your call and go out into the unknown: endow your Church with such faith that we may follow you with courage; for the sake of Jesus Christ our Lord,

who lives and reigns with you and the Holy Spirit, Amen.

Offertory Hymn Begin, my tongue, some heavenly theme [116 TIS]

Communion Anthems Holy Spirit, truth divine – Andrew Carter

Put peace into each other's hands – John Barnard

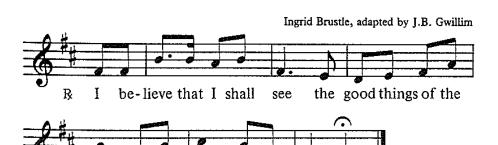
Mission Hymn When pain and terror strike by chance [262 TIS]

Organ Postlude Fantasia in C BWV 570 – J S Bach

First Reading

[Genesis 15.1-12, 17-18]

After these things the word of the Lord came to Abram in a vision, 'Do not be afraid, Abram, I am your shield; your reward shall be very great.' But Abram said, 'O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?' And Abram said, 'You have given me no offspring, and so a slave born in my house is to be my heir.' But the word of the Lord came to him, 'This man shall not be your heir; no one but your very own issue shall be your heir.' He brought him outside and said, 'Look towards heaven and count the stars, if you are able to count them.' Then he said to him, 'So shall your descendants be.' And he believed the Lord; and the Lord reckoned it to him as righteousness. Then he said to him, 'I am the Lord who brought you from Ur of the Chaldeans, to give you this land to possess.' But he said, 'O Lord God, how am I to know that I shall possess it?' He said to him, 'Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtle-dove, and a young pigeon.' He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away. As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him. When the sun had gone down and it was dark, a smoking fire-pot and a flaming torch passed between these pieces. On that day the Lord made a covenant with Abram, saying, 'To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates, Psalm 27



of the

1. The Lord is my light and my help;

Lord in the land

whom shall I fear?

the Lord is the stronghold of my life;

before whom shall I shrink?

(R/.)

2. There is one thing I ask of the Lord, for this I long,

to live in the house of the Lord, all the days of my life,

liv - ing.

to savour the sweetness of the Lord:

to behold his temple.

(R/.)

3. O Lord hear my voice when I call;

have mercy and answer. Of you my heart has spoken: Seek his face.

(R/.)

Second Reading

[Philippians 3.17 - 4.1]

3 Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ. He will transform the body of our humiliation so that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself. 4 Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

Gospel Reading [Luke 13.1-9]

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, 'Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.' Then he told this parable: 'A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, "See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?" He replied, "Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down."

#### WORSHIP AND MINDFULNESS DURING LENT



Services during Lent have a special tone as we reduce the celebratory aspects of the liturgy during Lent. As we get closer to Holy Week, this sombre tone will become more pronounced, but it is noticeable from the very first day of Lent as we cease saying "Alleluia" and stop singing the *Gloria in excelsis*.

There is a subtle spiritual 'balancing act' at play in all this, as we do not want to reinforce any idea that we are unworthy individuals who do not already enjoy the blessings that God offers everyone. We are loved by God and that makes us profoundly 'good' people even if we mess up from time to time. Rather than think of Lent as a disciplinary period, we might think of it as a time for a spiritual workout as we seek to improve our personal and collective practice as people of faith.

## **Spiritual disciplines**

At the heart of Lent is an invitation to fast, pray and give.

## Fast, or embracing

If we seek better physical fitness we do something extra, while maybe also cutting back on some unhealthy habits. Our spiritual discipline can be much the same. There may be some bad habits we need to give up. These are more likely to be negative attitudes than chocolate or alcohol. Let go of fear and embrace love. Reinforce those personal habits that make you a more loving person and cut back on the habits that make you a mean-spirited person.

### **Pray**, or mindfulness

Prayer is a time to pay attention to life and to the quiet presence of God at the very heart of the universe. Set yourself some goals for praying. It may be time alone to reflect and be mindful of your situation. It might mean a visit to the Cathedral during the week to light a candle for someone you care about. It may be a good time to resume a personal habit of attending Sunday worship, our group spiritual fitness workout session. Just do it ... (as the saying goes)

#### Give, or engagement

The third attribute of a balanced Lent program is that we give to some project beyond our personal life. For most people that means a financial contribution to some worthwhile project, but for some people it may mean getting involved to help make something good happen in our local community. As we give away money or time to help someone else we are engaging in God's own work to make the world a better place. We are becoming part of the answer to our own prayer: 'your kingdom come, your will be done on earth as in heaven ...'

The **Daily Morsels** during Lent will offer a guided series of reflections as we engage with the readings for Sunday and explore their relevance for our own lives. If you have not already downloaded the Cathedral app, this may be a good time to do that. If you bring your smart phone to Church we can help you set up the app.

The Dean also highly recommends a set of 4 short videos that comprise the **@How2Charist** program. This is a digital 'instructed Eucharist" and provides a beautiful way to learn more about the significance of our Holy Communion liturgies. More details at: <a href="www.how2charist.com">www.how2charist.com</a>

The Dean has also prepared a **checklist for prayerfulness** before, during and after the services in the Cathedral. This has been included as an insert in this week's Bulletin so you can easily remove it to keep in a convenient location.

## **ABM | ANGLICAN BOARD OF MISSION**

During Lent we focus our mission offerings on the work of ABM. In addition to a general gift during Lent, on Good Friday we are asked to make a special gift to support the mission and ministry of the Diocese of Jerusalem and the Middle East. The Dean will say more about that special offering closer to Holy Week.

#### LITTLE BROTHERS OF FRANCIS

Please continue to pray for the Brothers as they rebuild their Hermitage after the recent fires. The buildings and livestock were spared, but all the fences and trees were destroyed by the flames. We will pass on any gifts from parishioners who wish to assist the Brothers financially.

#### CATHEDRAL PILGRIMAGE 7-16 DECEMBER

There has been a lot of interest in this pilgrimage to the Holy Land, which the Dean will be leading in December. Information is available on the Cathedral website and a pilgrimage booklet is available in the Cathedral. Please speak with the Dean if you would like more information about the pilgrimage.



# READING WITH SPIRITUAL EYES (CATHEDRAL BOOKCLUB)

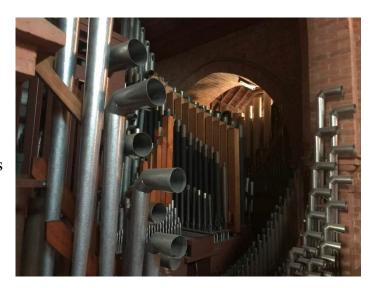
Our book for this school term is *Shell*, a new novel by Kristina Olsson. In this big, bold and hauntingly beautiful portrait of art and life, *Shell* captures a world on the brink of seismic change though the eyes of two unforgettable characters caught in the eye of the storm as Australia moves from the comfort zone of the 1950s into the new world of the 1960s. It reminds us why taking a side matters. The book is still available from the Cathedral Bookshop: opening hours from 9.30am to 4.30pm Tuesday to Friday. Please feel tempted to come and join in. The book club will meet in the Bookshop to discuss this book on Tuesday, April 2 at 6.00pm.

#### **ORGAN RECITAL**

This Wednesday (20 March) we have our Cathedral organ recital for March beginning at 12.30pm.

Please come and hear our Music Director, Robert Eather in another display of organ music by celebrated composers played on this magnificent instrument.

Bring your friends, your lunch and take time out in your busy schedules – tea and coffee provided.



Cathedral Parish Directory www.graftoncathedral.org.au					
The Dean	The Very Revd Dr Gregory Jenks dean@graftoncathedral.org.au	0426 067 344			
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Director of Music	Mr Robert Eather music@graftoncathedral.org.au	0458 093 292			
Parish Office	Mr Roger Millard parishoffice@graftoncathedral.org.au	02 6642 2844			
Cathedral Bookshop	graftoncathedralbookshop@gmail.com	02 6642 3958			
Cathedral OpShop	opshop@graftoncathedral.org.au	02 6642 1906			

Prayers for those in need	<b>Prayers</b>	for	those	in	need
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Joy Baldwin	Brian Holley	Jan Pitt
Cheryl Cook	Fay Kelly	Eileen Rogan Muriel Shepherd Tammy Uren Jessie Usher Keith Zietsch
Candice	Ruth Kingsley	
Kathryn Douglas	Doris Lee	
Roy Ford	Joan Marr	
Gail Gilmore	John McAnally	
Gladys Gray		Kettii Zietseii

# Remembering those who have died

Recently departed: Bruce Smith, Margaret Johnson

Year's Mind: Olive Beazley, Ian Robinson

# **Cathedral Prayer**

Living and eternal Christ bless the ministry of this Cathedral as a place of pilgrimage and prayer. May our doors always be open to pilgrims, may our hearts always be open to one another, and may our minds always be open to new truth. Draw us deeply into the mystery of your life, your death and your resurrection, now and always. Amen.

# **Around the Parish this Week**

**Today Second Sunday of Lent: CONFIRMATIONS** 

9.00am – Sung Eucharist (Christ Church Cathedral)

11.00am – Holy Eucharist (Holy Apostles, Copmanhurst)

**Monday** 8.30am – Morning Prayer (Chapel of the Epiphany)

Tuesday St Joseph, Husband of the Mary, mother of the Lord

8.30am – Eucharist (Chapel of the Epiphany)
9.30am – Holy Communion (St Catherine's Villa)
5.15pm – Evening Prayer (Chapel of the Epiphany)

**Wednesday** 8.30am – Morning Prayer (Chapel of the Epiphany)

10.00am – Holy Eucharist (Cathedral) 12.30pm – Organ Recital (Cathedral)

5.15pm – Evening Prayer (Chapel of the Epiphany)

7.00pm – Parish Council (Edwards Hall)

**Thursday** 7.00am – Produce Markets (Op Shop Car Park)

8.30am – Morning Prayer (Chapel of the Epiphany) 5.15pm – Evening Prayer (Chapel of the Epiphany) 7.00pm – Living the Questions (Edwards Hall)

7.00pm – Choir Practice (Cathedral)

Friday 8.30am – Morning Prayer (Chapel of the Epiphany)

5.15pm – Evening Prayer (Chapel of the Epiphany)

**Saturday** 8.30am – Morning Prayer (Chapel of the Epiphany)

Next Third Sunday of Lent: Lady Day Celebration Sunday 9.00am – Sung Eucharist (Christ Church Cathedr

9.00am – Sung Eucharist (Christ Church Cathedral) 11.00am – Holy Eucharist (All Saints, Lawrence)

Next Sunday's roster: Ted & Pat Mair (sidespeople), Robyn Higham (Reader 1), Cathy Eggins (Reader 2 & Prayers), Bryce & Betty Gilbert (Morning Tea)



Please visit the Cathedral web site for the latest news, additional information, and the text of sermons as well as video recordings of many special moments in our life as a faith community.

www.graftoncathedral.org.au