



# St. John's Anglican Church Albany Consecrated 1848.

Sunday, 10th March, 2024  
Fourth Sunday of Lent



## Sentence of the Day

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

**John 3.14–15**

### Collect

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

### Prayer of the Week

**Almighty God, in Christ  
you make all things  
new:**

**transform the poverty  
of our nature by the  
riches of our nature by  
the riches of your  
grace, and in the  
renewal of our lives  
make known your  
heavenly glory;  
through Jesus Christ  
our Lord. Amen.**

### **A WARM WELCOME TO ALL VISITORS**

All are welcome at the Lord's table. Baptised, communicant members of all Christian denominations, are very welcome to receive Holy Communion and any person welcome to come forward to receive a blessing. If you are unable to come to the altar rail and wish to receive the Sacrament in your pew, please speak to a sides person.

### **Today's Readings**

<b>First Reading</b>	Numbers	21.4-9	142
<b>Second Reading</b>	Ephesians	2.1-10	184
<b>Gospel</b>	John	3.14-21	88

### **Next Sunday's Readings**

<b>First Reading</b>	Jeremiah	31.31-34	755
<b>Second Reading</b>	Hebrews	5.5-14	210
<b>Gospel</b>	John	12.20-33	97

### **The Psalm for today is Psalm 107, Verses 1-3 and 17-22.**

- <sup>1</sup> O give thanks to the Lord, for he is good:  
for his loving mercy is for ever.
- <sup>2</sup> Let the Lord's redeemed say so:  
whom he has redeemed from the hand of the enemy,
- <sup>3</sup> And gathered in from every land,  
from the east and from the west:  
from the north and from the south.
- <sup>17</sup> Fools were far gone in transgression:  
and because of their sins were afflicted.
- <sup>18</sup> They sickened at any food:  
and had come to the gates of death.
- <sup>19</sup> Then they cried to the Lord in their distress:  
and he took them out of their trouble.
- <sup>20</sup> He sent his word and healed them:  
and saved their life from the Pit.
- <sup>21</sup> Let them thank the Lord for his goodness:  
and for the wonders that he does  
for the children of Adam;
- <sup>22</sup> Let them offer sacrifices of thanksgiving:  
and tell what he has done with shouts of joy.

**HYMNS – EUCHARIST SETTING  
DUDMAN TIS 756**

	8am	9.30am
Introit		224
Gradual	145	145
Offertory	398	398
Recessional	147	147

**Children's  
Church is  
available at  
our 9:30am  
service.  
"Measuring  
God's Love".**



Hello Dear Friends

I pray you have had a good week. We give thanks for our AMP last week and for our Parish Council, Wardens, and Synod Reps.

As you read this, I will be in the UK having conducted the Funeral service of my Father-in-law, for whom I give thanks. I should return this coming Wednesday.

Our readings this week are a reminder that we all have a great need to live in the light.

Our Numbers reading tells us of further journeys of the Israelites and the threat of snake bites!!!!!!

Here in Australia, a giant rainbow serpent is associated with the creation of life. The Rainbow snake, in aboriginal spirituality, is said to inhabit deep water wells and is understood to be the personification of fertility, of rain and of abundance. Snakes are a very positive image in many cultures, symbolising healing, and life. However, in Judaism and Christianity snakes are almost always symbols of evil.

In the Garden of Eden, it was the serpent that tricked Eve into disobeying God and eating the forbidden fruit thus bringing death as a result. In the Book of Revelation, the devil is called "The Ancient Serpent". Then in our Old Testament Reading for today, because the people spoke against God and

Moses, God sends into the Jewish camp poisonous snakes and we are told, "many were bitten, and many died."

So, snakes, for us, have a very negative image - they symbolise evil and sin.

The Israelites were wandering in the desert because they refused to trust God's leading. They had been led right to the border of the Promised Land, but they were afraid to enter. They didn't believe God would give them victory over the land and so they wandered in the desert. They remained in darkness and their sin was to criticise God. They refused to trust God's love and care. They forgot the miracles God had done for them. In short, they were so focused on themselves and what they thought was best that they began to grumble and criticise God.

And the consequences were immediate. Numbers tells us, "The Lord sent poisonous snakes among the people" and these snakes' bit many of the people and they died. In other words, many people died because of the sins they were committing.

But then we are told that the people recognised that they were sinning. They called to God and said in verse 7, "We have sinned by speaking against God... take the snakes from among us." And God in his mercy heard the people and provided a way for them to be saved from death. to enter into the light. God's answer to the problem of their sin was

rather odd. God told Moses to make a bronze snake and put it on a pole. "Elevate it," God said, "So that it can be seen by all the people in the camp." God told them, "When anyone is bitten by a snake, have them look at the snake and they will live." And sure enough, those who trusted in God were saved from death by looking at the bronze snake that Moses elevated on a pole in the midst of them.

A snake in this story is a symbol of sin. But!! God didn't remove the snakes from the camp. Why? Because the snakes being a symbol of sin is not for God to remove. We are the ones who choose to sin and it is our choice to continue sinning or to stop sinning.

But even if the snake is removed, the snake bites (being a symbol of consequences of sin) remained with the Israelites. They were still bitten – they still felt the poison of sin. But what God did provide was salvation from death. He allowed the Israelites who trusted God to avoid perishing as a result of sin.

The solution God provided was, I think, a challenge to acknowledge sin our lives. God tells Moses to make a bronze snake and place it on a wooden pole. Those who look at it, who hold it up before their eyes – will live. Come to the light and face sin – and we will be healed and forgiven.

John the author of the gospel author applies this well-known event to Jesus' own lifting up on the cross. John has Jesus say, "As Moses lifted up the snake on a pole in the desert, so the Son of Man must be lifted up. Then," said Jesus, "Everyone who believes in him will have eternal life."

So, as we continue our journey through Lent to the cross on Good Friday, we are reminded that Jesus came into the world

to become the real salvation of people - to be raised between heaven and earth on a cross. And just like God promised salvation to those who looked at the bronze snake on the pole – Jesus promises eternal life to those who trust in God and look to the cross for their salvation and light.

We know from experience: anyone who does wrong hates the light and avoids it. But those who do good: love the light and come out into it. How many of our deeds are done in the light? How many of them could bare the scrutiny of the light?

We must accept that there is darkness in our lives and in our world. We have to recognise that darkness: and learn how to bring it into the light. It is futile to wait for the darkness to go away. So often we wish it would. But we have to accept that it is here and will always be here. Therefore, it's up to us to step into the light by doing the right thing.

People who know the love and joy of God do not deny the darkness, but they choose not to live in it. They trust in the light that shines in the darkness and know that a little light can dispel a lot of darkness. And the light of Christ is such that no darkness can overpower it. If we do the right thing, then the light will shine for us.

Blessings

Karen



**Prayers for:**

**The Diocese of Gippsland** - Bishop Richard Treloar, clergy and people.

**The Parish of Collie** - Assisting Clergy - Revd. Terry O'Neill (retired).

**Please pray for :**

- ◆ The tireless efforts of our Op Shop volunteers.
- ◆ Growth in the Parish membership.
- ◆ A part-time priest committed to the care of the people in Collie.
- Diocesan Ministry** - The Northern Harvest Deanery - Revd. Canon James Tabor (Area Dean).
- For the world:**
  - ◆ To be committed to the ending of fossil fuels and a willingness to seek alternative energy sources.
  - ◆ For justice and fair entry policies for all who seek asylum in Australia.
  - ◆ That God may give us patience as we face challenges in this life so that we may not easily

lose hope.

**Anglican Church of Kenya - Diocese of Kapsabet.**

**Emmanuel Kapng'etuny Parish** - Parish Priest - Ven. George Tenai, wife Tecla, Curate - Revd. Ruth Moek and husband Elphas.

**St. Stephen's Tulwo Parish** - Parish Priest - Revd. Henry Yogo and wife Dorcas.

**Please pray:**

- ◆ All those who are serving in institutions of learning at various levels that God may use them to disseminate relevant and right knowledge .
- ◆ Those who are unemployed within our congregations that they may find peace in God as they await their prayers to be answered.
- Diocesan Ministry** - For Christians in the new parishes within our diocese that they may be grounded in the Word of God and that they may prosper and grow holistically.

**Mission of The Month for March is Church Missionary Society**

The following detail can be found on the Church Missionary Society website - <https://cms.org.au/>

In 1799, The Church Missionary Society (CMS -UK) was founded in England by a small group of Anglican evangelicals with a passion for worldwide gospel outreach. They included John Newton, who wrote Amazing Grace, and William Wilberforce, who was a leader in abolishing the slave trade in England. CMS-UK turned its attention to Australia working amongst Aboriginal people a primary focus at the time. A CMS-UK outpost was set up in Sydney in 1825 and the first missionaries arrived from England shortly afterwards to serve in western NSW. CMS associations were set up around Australia and the first Australian CMS missionary, Helen Philips, sailed for Ceylon (Sri Lanka) in 1892. In 1916, the Australian CMS associations came together to form the Church Missionary

Association of Australia and later changed their name to the Church Missionary Society of Australia (CMS). CMS had sent missionaries from Australia to many countries by this time, including China, India, Palestine and Iran. By 1927, CMS had a particular interest in North Australia and Tanganyika (Tanzania). More than 1500 Australians have served with CMS. The stated objectives of the CMS Australia are To proclaim the gospel of Christ throughout the world, in fellowship with the local Churches;

- To send missionaries overseas and to Northern Australia;
- To deepen Christian commitment to Evangelism;
- To support CMS missionaries by prayer, giving and pastoral care;
- To engage in cross culturalism;
- To educate the Australian Church in its responsibilities to this Mission.



Our **Stations of The Cross Service** will be held in our gardens on Good Friday 29th March 2024 at 12noon. You are welcome to bring a poem, piece of prose, a prayer or a piece of artwork that you may wish to read or reflect upon. These should be appropriate to one of the Stations listed below. Please contact Revd. Karen if you wish to choose a particular "Station".

***The First Station - Jesus is condemned to die***

***The Second Station- Jesus accepts his cross***

***The Third Station - Jesus falls the first time***

***The Fourth Station - Jesus meets his mother***

***The Fifth Station - Simon helps Jesus***

***The Sixth Station - Veronica wipes the face of Jesus***

***The Seventh Station - Jesus falls the second time***

***The Eighth Station - Jesus speaks to the women of Jerusalem***

***The Ninth Station - Jesus falls the third time***

***The Tenth Station - Jesus is stripped of his garments***

***The Eleventh Station - Jesus is nailed to the Cross***

***The Twelfth Station - Jesus dies on the Cross***

***The Thirteenth Station - Jesus is taken down from the Cross***

***The Fourteenth Station - Jesus is laid in the tomb***

***The Fifteenth Station - Jesus rises from the Dead***





## HOLY WEEK AND EASTER SERVICES 2024

Palm Sunday 24th March	8:00am	Holy Communion
	9.30am	Holy Communion
Tuesday 26th March	6.00pm	Tenebrae Service
Maundy Thursday 28th March	6.00pm	Commemoration of The Last Supper, Foot Washing, Stripping of the Altar and The Watch.
Good Friday 29th March	9.00am	Solemn Service
	12.00pm	"Stations of the Cross" service in the church gardens. Followed by Hot Cross Buns.
Saturday 30th March Vigil	6.00pm	The Great Easter Vigil
Easter Day 31st March	8.00am	Holy Communion
	9.30am	Holy Communion

Morning and Evening Prayers will be live streamed as usual at 8am and 5pm and Compline at 6pm on Sunday. During Holy Week the Gospel of the Day will be live streamed at 10am

### Mothering Sunday

This Sunday the 10th March 2024, being the fourth Sunday in Lent, is Mothering Sunday.

Centuries ago it was considered important for people to return to their home church or 'mother' church once a year. So each year in the middle of Lent, everyone would visit their 'mother' church - the main church or cathedral of the area. Scripturally, the idea of returning to one's Mother Church comes from Galatians 4:26 which speaks of Jerusalem as the mother of us all.

Now most of us will not travel back to our Mother Churches wherever that might be in the world, so The Dean of our Cathedral, asks please that on Mothering Sunday we all say a prayer for the Mother Church of our Diocese, St. Boniface Cathedral.

**Loving and Gracious God,**  
**As your Son Jesus hung on the cross,**  
**his thoughts and concern were for Mary his Mother,**  
**and he asked his disciple John to care for her.**  
**We pray for our Mother-Church of St. Boniface Cathedral.**  
**Fill her with your Holy Spirit of Love;**  
**Wash her with the joy of forgiveness;**  
**Bathe her in the delight of your presence.**  
**May she prosper and grow into being a beacon of Light,**  
**that she might be a blessing to our Diocese.**  
**We pray this through Jesus Christ our Lord.**  
**Amen.**

And for Mothers on Mothering Sunday:

**Loving God,**

**On this day of celebrating your love, we lift to you those who have given us life, those who have loved us, those who have blessed us, and those who have taught us - our mothers.**  
**May your blessing pour out upon the woman who give us birth, and to those beautiful, strong women of faith who have been mothers to us along our journey.**  
**We praise you, O God, for your gift of motherly love, both gentle and fierce, both strong and humble, both kind and true.**  
**Where we have been so blessed, we give our grateful praise, for you have provided loving hands that have worked so hard in raising us, cared enough to correct us, blessed us in ways we cannot have fully known as children.**  
**We call forth your compassion upon every mother who has unknowingly caused pain and suffering. And so we lift to you our mothers, so imperfect, also so wounded by this world.**  
**We lift to you the heart of every mother who has watched a child die from hunger or been the victim of abuse. We lift to you the prayer of every mother who has ever loved and lost.**  
**We give thanks for our mothers. Amen**

## Bunbury Diocese Mothers Union

# LADY DAY IN ALBANY

**Saturday 16<sup>th</sup> March 2024**

## St John's Albany

York St, Albany

MORNING TEA  
From 10.15am

EUCCHARIST  
11am

BYO Lunch

**Special Guest Dr. Robin Ray**  
**Australian President**



**Be Salt and Light – Shine Brightly**

RSVP numbers by  
Friday 10th March

Wendy Minchin, Albany Branch Secretary

Phone: 9845 1220

Email: [wendyminchin1@gmail.com](mailto:wendyminchin1@gmail.com)



### Notices

**Pew sheet Notices** - Please be advised that all pew sheet notices must be received by the Parish Administrator via email by 5.30pm Wednesday. Thank you.

#### Please note:

- There will be no P4W on Monday 11th March (tomorrow)
- This month, OSL will be held on Thurs. 21st March (the 3rd Thurs. of the month).

**Mon. 12pm - 1pm** Martha's Soup Kitchen and Wed.

**2:30pm - 4:30pm** Community Soup Kitchen.

**Parish Council March Reporting** due to the Parish Administrator via email by Wed., 13th March. **Parish Council Meeting** will be held on Tues., 19th March at 5.30 pm in the D/W Hall.

**1st Australian Field Hospital** gathering at St Johns Church at 9am on Sat., 16th March.

**Lenten Studies** - Lenten Studies have commenced and will be in 3 formats - Individual Reflection using the Diocesan Study, "Love One Another", written by Bishop Ian, Group sessions in Dorothy Wood Hall using the Diocesan Study on Mondays at 5.30pm and Thursdays at 3pm and daily lectionary reflections online following our Morning Prayer Service. A sign up sheet is available for group studies at the rear of Church. Copies of our Diocesan Study will be available in the porch and will be sent via email too.

### Albany Church Leaders Fellowship

**Prayer Meetings** - The Churches of Albany will again join together to pray for our City. As per last year, we will have 4 prayer sessions in the lead up to Easter on Tuesday Mornings: 6 -7am (5th – 26th March).

Week 1: 5th March: Oceans

Week 2: 12th March: Albany Baptist

Week 3: 19th March: Living Waters

Week 4: 26th March: Church of Christ



**Cruise Ships** - The next cruise ship to dock in Albany the Coral Princess (Sun. 17th March 9am-6pm with 2265

passengers on board). We wish all a very happy visit to Albany and safe sailing.

**2024 Lectionaries** are available from the office for \$12.50.

### 2024 Dates for Tree of Life Weekends

**Programme in Christian Spirituality Spiritual Formation and Spiritual Direction** - May 24-26, Aug. 16-18 and Nov. 15-17. This is a Residential Programme for lay people and clergy using the St. John of God Retreat House, Gloucester Crescent, Shoalwater. Presentation Topics are Holmes' Phenomenology for Prayer, Art & Spirituality, The Beguine Mystics and The Desert Fathers and Mothers. Fees for the year are \$1800 and for each weekend \$450. The fee covers accommodation, meals, tuition and facilities. Fees are due 14 days prior to the commencement of each weekend. Please see church notice board for further detail.

**Alpha at St John's** - Our Alpha Course for this year begins on Thursday 16th May 2024 at 12 noon. It will run for 8 weeks, ending Thursday July 4th. Please begin praying for a fruitful course and who you will invite. Any questions see Jane Sattler or Revd Karen

**Emergency Relief** - Hi everyone Thanks for your previous donations which we very much appreciated. We urgently require the following items:

- \* 1 litre full cream long life milk,
- \* 1kg plain or self-raising flour and,
- \* 1kg white rice.

Thank you and best wishes from the ER team.



**Direct Giving via Electronic Banking -** Thanks again to those who are continuing to support the church in one form or another. Could I please ask that those that are electronically transferring money to the church follow the following instructions.

**Ordinary Direct giving - quote the word "Donation" in the reference section and deposit into Anglican Community Fund**

**BSB: 706-001  
Acc: 3000 3081**

**Mission giving should be deposited into the Parish Holding Account using the word "Mission" as a reference. Banking details are:**

**BSB: 706-001  
Acc: 3000 8763**

**Ministry opportunities -** The Church cleaning team are looking for extra volunteers to join them. Please - The Op Shop team require more volunteers. Please contact our Op Shop Manager, Wardens or Revd. Karen.

### PEACE OF MIND

Regardless of age, an enduring power of attorney (EPA), an enduring power of guardianship (EPG) and an advanced health directive (AHD) can be accessed at <https://www.wa.gov.au/service/justice/civil-law/enduring-power-of-attorney> and are recommended to be in place to provide peace of mind to our families. Do you have a will?

### AND FUNERALS

Information to assist you make your wishes known re funeral arrangements can be accessed via the Parish Office. The completed information is for your family and/or support persons to ensure your wishes are carried out.

**Prayer Chain -** A parish prayer chain has been re-established. If you have prayer requests **please contact Revd Karen (0434 702 343)**, who will communicate with other members of the team. Prayer requests will not be discussed by prayer chain members and will be kept in confidence. If you wish for prayers to continue for more than one week, please contact Rev. Karen again. The importance and power of prayer is intrinsic in our faith.

Prayer is an act of worship that glorifies God and reinforces our need for God. "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7(NRSV).



### CONTEMPLATIVE PRAYER.

A contemplative prayer service is held in the Lady Chapel on the second, fourth and any fifth Tuesday of the month at 11am. The format is flexible, but follows The Rhythm of Life: Celtic Daily Prayer by David Adam, and includes a time of silent

prayer, up to 20 minutes for regulars. The service is chosen as a result of discussion about matters on the hearts of those attending, and the contemplation based on a mantra taken from the psalm. The service takes less than an hour usually, and it is followed for those who wish to stay, by the regular Tuesday 12.30 Eucharist. The books are supplied, and contemplative time can be modified for those new to this form of prayer. You are most welcome to come and try a new experience! **Cherry O'Donnell**

### Services at St John's.

We have implemented live streaming of services on Facebook - If you use Facebook please "like" the following pages Anglican Parish of Albany and Anglican Parish Albany Service Stream for live services or recordings. We will also put a link on the website [www.anglicanchurchalbany.org.au](http://www.anglicanchurchalbany.org.au) so you can watch the recordings.

#### Usual Worship times:

**Sunday 8:00am**

**Sunday 9.30am**

**Sunday 7.00pm**

**Tuesday 12.30 pm**

**Monday - Saturday**

**Sung Eucharist with Hymns**

**Live streamed sung Eucharist with Hymns**

**Live Streamed Compline**

**Eucharist**

**Morning and Evening Prayer live streamed at 8am and 5pm.**

**Order of St Luke Healing Service. The next service will be held on the 21st March.**

### CONTACT DETAILS

**Priest-in-Charge:** Reverend Canon Karen Cave - Mob: 0434 702 343

Email: [priest@anglicanchurchalbany.org.au](mailto:priest@anglicanchurchalbany.org.au)

**Asst. Priest** Reverend Helen Barnard: Mob: 0427 815 242

Email: [priest2@anglicanchurchalbany.org.au](mailto:priest2@anglicanchurchalbany.org.au)

**Asst. Priest** Reverend John Jones: Ph. 9841 5015

Email: [admin@anglicanchurchalbany.org.au](mailto:admin@anglicanchurchalbany.org.au)

Safe Church email - [safechurch@anglicanchurchalbany.org.au](mailto:safechurch@anglicanchurchalbany.org.au)

#### Wardens:

Email: [wardens@anglicanchurchalbany.org.au](mailto:wardens@anglicanchurchalbany.org.au)

Mike Taylor - Mob: 0417967368

Peter FitzGibbon - Mob: 0427 371 020, (H) 98428226

Georgie Walker - Mob: 0428 425 293

#### Parish Office:

Parish Administrator: [admin@anglicanchurchalbany.org.au](mailto:admin@anglicanchurchalbany.org.au)

Rachel Matthews – 9841 5015

Parish Office Volunteer: Kate Britton.

Office Hours – Mon - Thurs 9am to 12pm and Fri 9am –5pm.

**Op Shop** - Mob: 0474 265 500

**Manager** - Ann Robinson

Trading Hrs are 10am-2pm Mon-Fri.

#### Director of Professional Standards:

Ms Davina Goldthorpe - Ph: 9425 7203. Email:

[safeministry@perth.anglican.org](mailto:safeministry@perth.anglican.org)

#### Mandatory Reporting Service:

Ph: 1800 708 704. Website: [www.mandatoryreporting.dcp.wa.gov.au](http://www.mandatoryreporting.dcp.wa.gov.au)

Please check out our Facebook, Twitter and Instagram pages at Anglican Parish of Albany and encourage your friends to follow us.