



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

KerenT@gippslandanglicans.org.au

Cathedral Office: 149 Cunninghame Street P.O. Box 691 Sale Vic 3850

Phone: 5144 2020 **email:** stpaulssale@wideband.net.au

Website: stpaulssale.org.au **Facebook:** www.facebook.com/StPaulsCathedralSale

YouTube: St Paul's Cathedral Sale

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

8th February 2026
Epiphany 5

Sentence from Scripture

Let your light shine before others, so that they may see your good works and give glory to your Father in heaven. *Matthew 5.16*

Prayer of the Day

Faithful God,
you have appointed us your witnesses,
to be a light that shines in the world:
let us not hide the bright hope
you have given us,
but tell everyone your love,
revealed in Jesus Christ the Lord,
who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever. **Amen.**

Year of Prayer 2026

Lord, teach us to pray.
Teach us to listen to your voice
and to hear your word.
Teach us to offer our hearts to
you in love and to know your
love. Teach us to forgive and be
forgiven. Teach us to give our
lives in your service and to do
your will. Teach us to pray, and
pray in us, Lord Jesus. **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 *No Services*

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 Will Kepolo at Newton College PNG.

A Reading from the Prophet Isaiah

Shout out, do not hold back!

Lift up your voice like a trumpet!

Announce to my people their rebellion,
to the house of Jacob their sins.

Yet day after day they seek me

and delight to know my ways,

as if they were a nation that practised righteousness
and did not forsake the ordinance of their God;

they ask of me righteous judgements,
they delight to draw near to God.

‘Why do we fast, but you do not see?

Why humble ourselves, but you do not notice?’

Look, you serve your own interest on your fast-day,
and oppress all your workers.

Look, you fast only to quarrel and to fight
and to strike with a wicked fist.

Such fasting as you do today
will not make your voice heard on high.

Is such the fast that I choose,
a day to humble oneself?

Is it to bow down the head like a bulrush,
and to lie in sackcloth and ashes?

Will you call this a fast,
a day acceptable to the Lord ?

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?
Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the Lord shall be your rearguard.
Then you shall call, and the Lord will answer;
you shall cry for help, and he will say, Here I am.
If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,
Hear the word of the Lord. **Thanks be to God.**

Isaiah 58.1-9a

Psalm 112

O praise the Lord. Blessed are they fear the Lord:
and greatly delight in his commandments.
Their children shall be mighty in the land:
an upright race who will be blessed.
Riches and plenty shall be in their house:
and their righteousness shall stand for ever.
Light arises in darkness for the upright:
gracious and merciful are the righteous.
It goes well with those who act generously and lend:
who guide their affairs with justice.
Surely they shall never be moved:
the righteous shall be held in everlasting remembrance.
They will not fear bad tidings:
their hearts are steadfast, trusting in the Lord.
Their hearts are confident and will not fear:
they will see the downfall of their enemies.
They give freely to the poor:
their righteousness stands for ever,
their head is uplifted in glory.
The wicked shall see it and be angry:
they shall gnash their teeth and consume away;
and the hope of the wicked shall fail.

A Reading from The First Letter to the Corinthians

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom.

For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling.

My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power,

so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish.

But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory.

None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory.

But, as it is written,

‘What no eye has seen, nor ear heard,
nor the human heart conceived,

what God has prepared for those who love him’—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God.

For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God.

Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual. *1 Corinthians 2.1-13*

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

The Gospel of our Lord Jesus Christ according to Matthew

Glory to you Lord Jesus Christ.

‘You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. ‘You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. ‘Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of

heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven. *Matthew 5.13-20*
For the Gospel of the Lord. **Praise to you Lord Jesus Christ**

Reflection

Salt was regarded in the ancient world as currency, more valuable than gold or silver, for its properties in enhancing the taste of food, and in preservation of food. We need salt in our diet - though not too much, just the right balance, for good health. When Jesus says in the today's gospel reading, a portion of the Sermon on the Mount, "you are the salt of the earth," he's suggesting that his followers have a really significant role to play in shaping the society we live in. We have a gospel to proclaim - and if we don't proclaim it, if it somehow loses its saltiness, where does that leave us? Salt also aggravates, stirs things up. It suggests a different quality to the life Jesus' followers live, a life of courageously following the commandments to love God with all that we are and have, and love neighbour as self. We're about to enter Lent, an opportunity for us to take stock and prayerfully review our discipleship - our following of Jesus, our habits and patterns. How salty is your life?

Dean's Desk

In the last week or so we received notification that The Melbourne Anglican will no longer be publishing. The Diocese of Melbourne has taken this decision for a number of reasons, chief among which is the cost of production (even just the quarterly editions published over the last year or so). At the moment The Gippsland Anglican will continue, though because we had a partnership with TMA I'm sure this will be the subject of conversation; at synod 2025 a motion was made to establish a communications review group, the findings from which, no doubt will contribute to the deliberation about the future of communications in our Diocese. For now, I hope we can continue to enjoy TGA - do make sure you take the latest edition!

A reminder to please bring your palm crosses in, in advance of Shrove Tuesday (17th February), to make the ash for Ash Wednesday. We'll be doing our usual pancake supper and liturgy at 6pm that day.

And there will be services at 10am and 7pm on Ash Wednesday - excellent ways to begin Lent prayerfully and mindfully.

And do put Evensong on 22nd February in your diaries! Our preacher will be the Rev'd Dave Perryman, with the Bishop officiating.

Keren

Adriano Sangineto Live in 2026

Adriano Sangineto will be performing at The Abbey on Raymond Island on Sunday 15th February at 3pm.

ADRIANO SANGINETO is an Italian harpist and composer known for reinventing the image of the Celtic harp through rhythm, experimentation, and vibrant stage presence. With a background in classical music and a passion for world and folk traditions, Adriano pushes the limits of the harp, transforming it into a dynamic and modern instrument capable of driving groove, improvisation, and connection.



His solo project, Harp Revolution, blends tradition with innovation, drawing from global influences and reimagining the harp as a tool for sonic exploration. Through his powerful live performances - rich in movement, rhythmic complexity, and interaction - Adriano breaks the boundaries of genre, inviting audiences into a deeply immersive musical journey.

Tickets here: [Adriano Sangineto Harp Concert The Abbey Raymond Island Victoria February 15th 2026](#)

Internet Bank Transfer: Cathedral's ministry and mission

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

PARISH CONTACTS

Lay Canons: (*Their Portfolio*)

Dr Iain Nicolson (Processes) 0407447250 Dr Kevin Cameron OAM (Music)

kevincameron560@gmail.com Christine Morris OAM (Property) 0438595056

Chapter St Paul's reps: Nancy Schmack, Steph Broughton, Kathy Jackiw, Kylie Mannix, Maria Iuliano

St Alban Kilmany rep Merryn Stevenson **St Anne Golden Beach rep** Val Kilner

Synod Reps: Jan & Michael Down **Mission Rep:** Maria Iuliano

Music: Dean Keren **Sacristan:** Jan Blake **Catering:** Nancy Schmack

Flowers: Julie Mielke/Lyn Ruff **Craft group:** Jenny Wilson

Opening church / lunches: Kathy Jackiw

Rosters, Hall hire, Book Fair, PA/AV, Emergency food Sunday Bulletin

Web, Facebook: Christine Morris OAM 0438 595 056 cmorris@wideband.net.au

JOSH LAYNE

THE HARP HAS A STORY

MARCH.13 | 7:30PM

ST PAUL'S CATHEDRAL
149 CUNNINGHAME ST, SALE VIC
3850, AUSTRALIA

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A Lenten Quiet Day

An invitation to gather in quiet and prayer as Lent begins.

“I am more and more convicted that without prayer
nothing of any value ever comes into being.” *Bishop John McIntyre.*

“An empty room is silent. A room where people are not moving or speaking is quiet. Silence is a given, quite a gift. Silence is the absence of sound and quiet the stilling of sound. Silence can't be anything but silent. Quiet chooses to be silent. It holds its breath to listen. It waits and is still.”

Frederick Beuchner -



Led by The Revd Kate Campbell

Saturday 21 February 2026

Holy Trinity Anglican Church, Stratford

9.30 /10.00 am – 3.30 pm

What to bring: your lunch, journal/notepad.....

Tea, coffee, water & Morning Tea provided.

Please RSVP, and for further details, contact:

Kate Campbell

kate.campbell@gippslandanglicans.org.au

[0402 514 829](tel:0402514829)

Or David Perryman

davidp@gippslandanglicans.org.au

[0401 035 379](tel:0401035379)