



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

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YouTube: St Paul's Cathedral Sale

Cathedral Parish Vision: *To lead the Cathedral*

8th February 2026

parish in being God's beating heart for our communities. **Transfiguration Sunday**

Sentence from Scripture

Suddenly a bright cloud overshadowed them, and from the cloud a voice said, 'This is my beloved Son, with whom I am well pleased; listen to him!' *Matthew 17.5*

Prayer of the Day

O God, in the transfiguration of your Son
you confirmed the mysteries of the faith
by the witness of Moses and Elijah,
and in the voice from the cloud
you foreshadowed our adoption as your
children: make us, with Christ, heirs of your
glory, and bring us to enjoy its fullness;
through the same Jesus Christ our Lord,
who lives and reigns with you in the unity of
the Holy Spirit, one God, now and for 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 book of Exodus

The Lord said to Moses, 'Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.' So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, 'Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.' Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the Lord settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the Lord was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights. *Exodus 24.12-18*

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

Psalm 2

Why are the nations in tumult:

and why do the peoples cherish a vain dream?

The kings of the earth rise up

and the rulers conspire together:

against the Lord and against his anointed, saying,

'Let us break their bonds asunder:

let us throw off their chains from us.'

He that dwells in heaven shall laugh them to scorn:

the Lord will hold them in derision.

Then will he speak to them in his wrath,
and terrify them in his fury:

‘I, the Lord, have set up my king on Zion my holy hill.’

I will announce the Lord’s decree,
that which he has spoken:

‘You are my son, this day have I begotten you.

‘Ask of me,

and I will give you the nations for your inheritance:

the uttermost parts of the earth for your possession.

‘You may break them with a rod of iron:

and shatter them in pieces like a potter’s vessel.’

Now therefore be wise, O kings:

be advised, you that are judges of the earth.

Serve the Lord with awe,

and govern yourselves in fear and trembling:

lest he be angry, and you perish in your course.

For his wrath is quickly kindled:

blessed are those that turn to him for refuge.

A Reading from The Second Letter of Peter

For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honour and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, ‘This is my Son, my Beloved, with whom I am well pleased.’ We ourselves heard this voice come from heaven, while we were with him on the holy mountain. So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one’s own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God. *2 Peter 1.16-21*

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.

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, ‘Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.’ While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, ‘This is my Son,

the Beloved; with him I am well pleased; listen to him!’ When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, ‘Get up and do not be afraid.’ And when they looked up, they saw no one except Jesus himself alone. As they were coming down the mountain, Jesus ordered them, ‘Tell no one about the vision until after the Son of Man has been raised from the dead.’ *Matthew 17.1-9*

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

Reflection

There's a fabulous cartoon:

And Jesus said unto the theologians,
"Who do you say that I am?"

They replied, "You are the
eschatological manifestation of the
ground of our being, the kerygma of
which we find the ultimate meaning in
our interpersonal relationships."

And Jesus said "...What?"



It always makes me laugh, because it uses language of several theologians that takes more interpretation than the original passage it's referring to: Jesus asking his disciples who people say that he is.

I thought of it this week, because today's gospel reading follows on from that revelation, in which the disciples say, "Elijah or one of the prophets", and Peter finally lands on "Son of God, Messiah". It's as if Peter recognises who Jesus is, names something he's glimpsed and for which the disciples have struggled to find the right words. And then, as happens in many exchanges in the gospels, the response is an overwhelming revelation in return: Jesus, talking to Moses and Elijah (law and prophets), in the shining cloud, as the disciples have never seen him before, radiating light.

It recalls the idea of Moses talking to God face

to face, up the mountain, and his face shining with reflected glory. In other words: this is about God meeting creation, meeting us, in the face of Jesus Christ. Who is he to us? And if we are able to name it, then what will his gracious response be?

Dean's Desk

Lent is almost upon us! Do come along on Tuesday evening at 6:30pm for our Shrove Tuesday pancakes and liturgy of burning the palm crosses for Ash Wednesday! And try to get along, if you can, to Ash Wednesday at 10am or 7pm, to receive the ashes, and to start the journey of prayer through Lent.

This coming week I'll be on medical leave for a week from Thursday following a small procedure. In that time, please reach out to Heather or Kate if you have any urgent matter.

Next Sunday is Chapter, which will be chaired by Kevin Cameron, and Evensong at 5pm, at which the Bishop will be officiating, and the Reverend Dave Perryman will be preaching. Wine and cheese will be shared after the service.

Keren

Prayer - continued

A couple of weeks ago, we included a summary about prayer scribed by our lay canon Kevin Cameron. In the below, he goes on to outline some of the different types of prayer there are - a good reminder as we come into Lent.

Here are some of the most common types of prayer (there are others) and how they might be applied:

Praise and Worship – recognising God’s power and majesty. Although He asks us to call him ‘Father’ we should remember that He is, first and foremost, an almighty and awesome God who is holy. We must approach Him with reverence and exalt Him for who He is. This is what is meant by ‘fearing’ God.

1. Address God with words and adoration
2. Reflect on his attributes, His holiness, love, majesty, grace – all the things you love about Him.
3. Express your admiration

Contrition/Confession – repenting of sin and recognising the distance that sin creates between us and God, and seeking forgiveness.

1. Recognise specific sins, or ask the Holy Spirit to reveal them to you
2. Express genuine remorse and sorrow
3. Ask for forgiveness and cleansing
4. We should do this every day – we commit sins against God and our neighbours, but sometimes unknowingly.

Thanksgiving – thanking God for what He has done – blessings, provision, kindness, goodness, and grace.

1. Reflect on the specific blessings you have received, and express gratitude
2. Thank God for His love, grace and provision, and especially for prayers answered.
3. We can also thank Him in advance for blessings that are not yet seen but will come tomorrow or at another point in the future – we can thank Him by sight, or thank Him by faith.

Petition/Supplication - presenting personal needs, desired, requests.

1. Clearly articulate requests to God. Be very specific
2. Trust that He hears and answers prayers
3. Acknowledge and surrender to His will. Your request must be in accordance with His plan and His will.

4. Try not to have a shopping list of wants. Start by bringing others before Him, and then add a few of your personal petitions.
5. Better to use this style of prayer in the evening.

Intercessions – praying on behalf of others, and seeking God’s intervention and blessings when others face challenges

1. Identify those who need prayer
2. Make specific requests for wellbeing, guidance, healing
3. Ask God to work in the situation in accordance with His plan

Lament – bringing your fears, doubts, and despair to God, casting these on Him and expressing how we feel.

1. Express your feelings to God, and don’t hold back
2. Seek comfort and solace and lean into His strength and power – invite Him to be near.
3. Words are not needed – the Holy Spirit can take on your emotions and express these to God.

Contemplation – this is a type of prayer that is about deeper communion and spiritual growth. It requires quiet reflection, no distractions, and listening to the Holy Spirit’s voice and suggestions.

1. Find a quiet place with no distractions
2. Meditate on a bible verse or a truth
3. Wait on the Lord.
4. Listen for the intuitive promptings and insights. Be open to receive.

Benediction – invoking God’s blessings upon individuals and situations.

1. Speak audibly of the blessings of favour, peace, and God’s presence
2. Pray for his grace to be upon those people and situations
3. God loves to bless – it is in His nature!

Surrender – yielding our desires and will to God’s plan and purpose. This type of prayer is very good for seeking direction, making decisions, and facing challenges.

1. Acknowledge God’s sovereignty and His wisdom
2. Surrender your desires, plans, and decisions to God’s will

Faith – seeking God’s intervention and provision with unwavering trust in His power, goodness, and grace. God answers prayer according to His will and promises.

1. Approach God with confidence in His ability to answer prayer
2. Declare your faith in His goodness and promises

Corporate – praying in a group context. Fellowship is powerful!

1. Try this with a friend at a regular time
2. I do this with a friend at school – we talk about our day and what’s happening, read some Word, and pray.

Consecration – at communion, asking for the bread and wine to be holy.

Holy Spirit – the Holy Spirit is within us and is our advocate and our guide. Ask the Holy Spirit to help provide suggestions when you don’t know what to pray for, or how to pray.

1. The Holy Spirit can refresh, protect, renew, and convict us.
2. The Holy Spirit will never at contrary to the Word of God.
3. You might be amazed at what the Holy Spirit knows!

If you look at the Lord’s Prayer as He taught it to His disciples, you will recognise many of the types of prayer listed here. God is an awesome and powerful God who holds the universe in the palm of His hand - and yet knows each of us by name, everything about us, and all the desires of our hearts and minds before we ask Him anything. As James says:

The prayers of the righteous are powerful and effective (James 5:16)

May the Lord bless your prayers!

Kevin Cameron

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

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.*

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

Or David Perryman davidp@gippslandanglicans.org.au
0401 035 379



JOSH LAYNE
THE HARP HAS A STORY

MARCH.13 | 7:30PM

ST PAUL'S CATHEDRAL
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3850, AUSTRALIA

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QR CODE

CAMAC HARPS
FRANCE

CARTER HARPS
AUSTRALIA

Shrove Tuesday Pancakes

As Yoga is meeting in the foyer,
entry will be from **6.20pm**.
(catering team can enter anytime
from the back of the hall)

Also, there will only be sweet
toppings – lemon, jam, cream etc.
Nothing savoury.
Please let us know if you are
coming.

