



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: *To lead the Cathedral*

1st March 2026

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

Lent 2

Sentence from Scripture

God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. *John 3.16*

Prayer of the Day

God of mercy,
you are full of tenderness and compassion,
slow to anger, rich in mercy,
and always ready to forgive:
grant us grace to renounce all evil and to
cling to Christ, that in every way we may
prove to be your loving children;
through Jesus Christ our Lord,
who lives and reigns with you and 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 Book of Genesis

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.' So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. *Genesis 12.1-4a*

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

Psalm 121

I lift my eyes to the mountains:

from where shall my help come?

My help comes from the LORD:

maker of heaven and earth.

May he not cause your foot to stumble:

may he who guards you never sleep.

He shall not sleep nor even slumber:

he who is guardian over Israel.

The LORD himself is your guardian:

your ever-present shelter.

By day the sun shall not blind you:

nor shall the moon by night.

The LORD shall protect you from evil:

it is he who defends your life.

The LORD shall safeguard your journeys:

from this time forward for evermore.

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A Reading from the Letter to the Romans

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? ‘Abraham believed God, and it was reckoned to him as righteousness.’ Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, ‘I have made you the father of many nations’)—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Romans 4.1-5, 13-17

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

(St Paul’s 8am and 10am only)

The Gospel of our Lord Jesus Christ according to Mark

Glory to you Lord Jesus Christ

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, ‘Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.’ He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, ‘This is my Son, the Beloved; listen to him!’ Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what this rising from the dead could mean.

Mark 9.2-10

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

The Gospel of our Lord Jesus Christ according to John

Glory to you Lord Jesus Christ.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, ‘Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.’ Jesus answered him, ‘Very truly, I tell you, no one can see the kingdom of God without being born from above.’ Nicodemus said to him, ‘How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?’ Jesus answered, ‘Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, “You must be born from above.” The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.’ Nicodemus said to him, ‘How can these things be?’ Jesus answered him, ‘Are you a teacher of Israel, and yet you do not understand these things? ‘Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. ‘For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. ‘Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

John 3.1-17

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

All are invited to the World Day of Prayer service at 2.30pm Friday 5th March at St Columba’s Uniting Church. All are welcome, and encouraged to come and pray for Nigeria. *If you would like to read something, see Christine.*

Craft Group is whatever people who come want it to be. 10am Thursdays. Come for a cuppa and a chat, stitch, knit, crochet, colour.

Beanie knitting has started ready to donate to the Mission to Seafarers in July.

Prayer Chain

You will be aware no doubt that the Cathedral has a prayer chain whereby anyone who needs prayers rings Trish Broadbear and she processes this and Intercessors offer up prayers. This is done in confidence, with as much or as little information given as the petitioner desires. We are looking for more people from our congregation who would like to be involved. If this interests you or you would like more information, please ring Trish on 0418 104 840.

Celebration of Discipline

Prayer

Prayer draws us deeper into the heart of God. To pray is to be changed. CS Lewis famously said, “Prayer doesn’t change God; prayer changes me!” And all the spiritual writers through the centuries agree. In prayer, God is able to bring to our attention those things that need to change, and through prayer God is able to change and transform them.

Many prominent and famous Christian people have been known for spending hours a day in prayer. Martin Luther at the Reformation talked about how busy he was, and therefore three hours of prayer was essential so he could do it all! In our busy lives and our frantic non-stop world, it’s easy to look on these folk and envy the luxury of time they had to pray. And yet we do need to ask ourselves what would happen if, instead of cutting down the time for prayer in our day, we increased it – what if we were to prioritise prayer above all else?

Then again, let’s be honest. We are somewhat fearful of what might happen when we pray; prayer brings us into the presence of God, where there is nowhere to hide. We don’t really like change, and so to be exposed and vulnerable in the presence of one whose essence is the energy of love is something we fear.

Over the centuries (and it’s enshrined in some of our hymns and prayers) people have chosen to believe that God never changes. Some aspects of God never change: God’s love, mercy, truth, justice etc never change. But there’s a problem when we use the idea of God’s changelessness and “God’s will” to circumscribe our universe. How often have you thought or heard someone else say of their misfortune or pain or suffering, “It must be God’s will” and that therefore prayer for change is useless? We pray, because God has called us to be participants in what happens in our world. The scriptures are full of examples where because someone prays God changes God’s mind.

The fear of change might well be at the root of why it seems our prayers are not answered. If as we pray for Charlie’s (or Josephine’s, or anyone’s) healing, he is healed, what changes might that bring in our lives? Prayer quite literally can change the world.

Prayer is something that we must learn. There will be many failures and fallings-short. But we must persevere in prayer because it is a journey. Foster shares how, in order to learn more about prayer, he chopped out all the bits of Jesus’ teaching in the gospels about prayer and put them all together. He records his shock at his discovery: Jesus was no namby-pamby when it came to prayer. While seeking God’s direction and will in a situation is legitimate, Jesus’ own prayer and prayer as he taught it to his disciples has no “if it be your will” caveat (except in the garden of

Gethsemane where the pathway was clear, and Jesus battled with fear and horror at the thought of it). Jesus taught his disciples to ask with confidence, to present their needs to the Father, because no good parent gives stones to children who ask for bread and so God who loves us more than a parent will not give us stones for bread.

Like Meditation, prayer and especially praying for others requires us to be “tuned in” to God. Prayer cannot be just a “shopping list” of requests, but rather needs to include silence and stillness so that we can listen to God. In fact, prayer IS about listening to God rather than talking to God (the common definition given to children). It is only by listening to God that we will know what to pray, especially when praying for others. We don’t need to fear we don’t have enough faith; all the faith that is needed to pray for others is that the size of a mustard seed. Prayer, especially prayer for others, is motivated by love as we hold that person in God’s loving light. Whenever we feel the movement of compassion within us, that’s a sure signal that God wants us to pray for that person or situation about which the feeling of compassion arose.

Prayer doesn’t need to be complicated: it can be as simple as imagining Jesus within you, or in another person. Imagination is important to prayer – not that we manipulate God into doing what we want God to do, but rather allowing God to bring pictures to mind of what might/will be. This is important in helping us to “see” the healing/help God will bring to the situation/person. Sometimes our prayers fail, not because God hasn’t heard or our faith is inadequate, but because we really don’t believe and cannot imagine things being different. We have prayed many times in the past and yet may not have seen an obvious result, so we think as we pray again: is this really going to ‘work’? All the more reason to with God’s inspiration imagine or see the person whole and well, or Jesus touching the person, etc.

Prayer is the sort of thing that is only learned by doing. Often we won’t feel like praying. Like any discipline, once we start praying (even if we don’t feel like it) we often find that we begin to *want* to pray. And it doesn’t have to take up vast screeds of time – Brother Lawrence’s way of prayer was to “practice the presence of God”, striving to know God’s presence and communion in every moment and every activity.

Foster dispels some common prayer “myths”. Prayer is not primarily about presenting God with a shopping list of requests. The aim of prayer is communion with God – and ultimately union with God. Prayer is not meant to be burdensome (though we might wrestle in prayer about something). It should produce the fruit of the Spirit – love, joy, peace, patience, kindness, gentleness, faithfulness, self-control, lightness and laughter. Prayer changes the world; we do not live in a fixed universe, but are co-creators with God in

making the kingdom come. Prayer needs to be persistent. Sometimes people feel like giving up because their prayer is not answered the way they expect it to be. Sometimes situations need lots of prayer over time before change and transformation is seen. We should never be discouraged: take it to the Lord in the prayer which draws us closer to God's heart.

For practice:

- Ask a neighbour or acquaintance (not a close friend) what one thing you can pray for for them. Spend a week praying for them, seeing the transformation and healing God has for them becoming real in your prayer time. Ask them at the end of the week what they noticed about the situation during the week.
- Think of one situation in your life (friends, family, church) which has a tough problem. Bring that to God in silence, asking if this is what you need to pray about. Pray about it if directed to do so.
- Pray for the ministry team each by name (Keren, Kate, Heather, Tim, Christine, Iain, Kaye) and the worship services– bathe them during this coming week with your prayers. Expect that God will do something, and wait in hope in prayer.
- Pray against evil, whatever form it takes (personal, demonic, institutional, corporate, 7 deadly sins, etc).

For reflection:

Scripture passages:

Sunday: The pattern of prayer. Matthew 6:5-15

Monday: The prayer of worship. Psalm 103

Tuesday: The prayer of repentance. Psalm 51

Wednesday: The prayer of thanksgiving. Psalm 150

Thursday: The prayer of guidance. Matthew 26:36-46

Friday: The prayer of faith. James 5:13-18

Saturday: The prayer of command. Mark 9:14-29

Questions:

1. Why is it important to view prayer as a learning process?
2. What is your response to the idea of using the imagination in the work of prayer?
3. Look at someone today and imagine what they could be if they received a double portion of the light of Christ. By faith give it to them and record what you learn from the experience.
4. What should we do when we don't feel like praying?
5. How might you learn to take up the "practice of the present moment" (holding in your heart constantly throughout the day the awareness of God's presence, and returning to it whenever you've been distracted)?

Internet Bank Transfer: Cathedral's ministry and mission
BSB 013-795 Account no: 4962-98866 Ref: Offering etc.

PARISH CONTACTS

Lay Canons: (*Their Portfolio*)

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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

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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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<https://events.humanitix.com/josh-layne-harp-concert-st-pauls-cathedral-sale-march-13th-2026>

Tickets \$30 / \$25

Tickets available on the door, but for numbers, please let us know you are coming!

JOSH LAYNE has been called a 'harp genius' and a 'consummate musician'. He has performed extensively across Canada, the US, Europe, South America, Australia and New Zealand and has been praised for both his virtuosity and the sensitivity of his playing.