



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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Cathedral Parish Vision: *To lead the Cathedral*

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

15th March 2026

Lent 4

Sentence from Scripture

'I am the light of the world,' says the Lord; 'those who follow me will have the light of life.' *John 8.12*

Prayer of the Day

Gracious God,

in order that we children of earth
might discern good from evil
you sent your Son to be the light of the
world: as the light of Christ shines upon us,
may we learn what pleases you,
and live in truth and goodness;
through the same Jesus Christ our Lord,
who is alive and reigns with you and 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

A Reading from the First Book of Samuel

The Lord said to Samuel, 'How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.' Samuel said, 'How can I go? If Saul hears of it, he will kill me.' And the Lord said, 'Take a heifer with you, and say, "I have come to sacrifice to the Lord ." Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you.' Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, 'Do you come peaceably?' He said, 'Peaceably; I have come to sacrifice to the Lord ; sanctify yourselves and come with me to the sacrifice.' And he sanctified Jesse and his sons and invited them to the sacrifice. When they came, he looked on Eliab and thought, 'Surely the Lord 's anointed is now before the Lord .' But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.' Then Jesse called Abinadab, and made him pass before Samuel. He said, 'Neither has the Lord chosen this one.' Then Jesse made Shammah pass by. And he said, 'Neither has the Lord chosen this one.' Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, 'The Lord has not chosen any of these.' Samuel said to Jesse, 'Are all your sons here?' And he said, 'There remains yet the youngest, but he is keeping the sheep.' And Samuel said to Jesse, 'Send and bring him; for we will not sit down until he comes here.' He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, 'Rise and anoint him; for this is the one.' Then Samuel took the horn of oil, and anointed him in the presence of his

brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah. *1 Samuel 16.1-13*
Hear the word of the Lord. **Thanks be to God.**

Psalm 23

The LORD is my shepherd:

I shall not want.

In green pastures he gives me rest:

beside still waters he leads me.

He restores my soul:

he guides me in right paths for his name's sake.

Even though I walk through the valley of the shadow of death, I fear no evil:

for you are with me, your rod and your staff, they comfort me.

You prepare a table before me

in the presence of my enemies:

you anoint my head with oil

and my cup overflows.

Surely goodness and mercy

will follow me all the days of my life:

and I shall dwell in the house of the LORD forever.

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A Reading from The Letter to the Ephesians

For once you were darkness, but now in the Lord you are light. Live as children of light—

for the fruit of the light is found in all that is good and right and true.

Try to find out what is pleasing to the Lord.

Take no part in the unfruitful works of darkness, but instead expose them.

For it is shameful even to mention what such people do secretly;

but everything exposed by the light becomes visible,

for everything that becomes visible is light. Therefore it says,

‘Sleeper, awake!

Rise from the dead,

and Christ will shine on you.’ *Ephesians 5.8-14*

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

The Gospel of our Lord Jesus Christ according to John

Glory to you Lord Jesus Christ.

As he walked along, he saw a man blind from birth. His disciples asked him,

‘Rabbi, who sinned, this man or his parents, that he was born blind?’ Jesus

answered, ‘Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him. We must work the works of him who sent me

while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.' When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, 'Go, wash in the pool of Siloam' (which means Sent). Then he went and washed and came back able to see. The neighbours and those who had seen him before as a beggar began to ask, 'Is this not the man who used to sit and beg?' Some were saying, 'It is he.' Others were saying, 'No, but it is someone like him.' He kept saying, 'I am the man.' But they kept asking him, 'Then how were your eyes opened?' He answered, 'The man called Jesus made mud, spread it on my eyes, and said to me, "Go to Siloam and wash." Then I went and washed and received my sight.' They said to him, 'Where is he?' He said, 'I do not know.' They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, 'He put mud on my eyes. Then I washed, and now I see.' Some of the Pharisees said, 'This man is not from God, for he does not observe the sabbath.' But others said, 'How can a man who is a sinner perform such signs?' And they were divided. So they said again to the blind man, 'What do you say about him? It was your eyes he opened.' He said, 'He is a prophet.' The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, 'Is this your son, who you say was born blind? How then does he now see?' His parents answered, 'We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.' His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, 'He is of age; ask him.' So for the second time they called the man who had been blind, and they said to him, 'Give glory to God! We know that this man is a sinner.' He answered, 'I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.' They said to him, 'What did he do to you? How did he open your eyes?' He answered them, 'I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?' Then they reviled him, saying, 'You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from.' The man answered, 'Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.' They answered him, 'You were born entirely in sins, and are you trying to teach us?' And they drove him out. Jesus heard that they had driven him out, and when he found him, he said, 'Do you believe in the Son of Man?' He answered, 'And who is he, sir? Tell me, so that I may believe in him.' Jesus said to him, 'You have seen him,

and the one speaking with you is he.' He said, 'Lord, I believe.' And he worshipped him. Jesus said, 'I came into this world for judgement so that those who do not see may see, and those who do see may become blind.' Some of the Pharisees near him heard this and said to him, 'Surely we are not blind, are we?' Jesus said to them, 'If you were blind, you would not have sin. But now that you say, "We see", your sin remains. *John 9.1-41*

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

Reflection

Today's very long gospel reading is the story of the man born blind, to whom Jesus grants sight (albeit through the unusual method of spitting on the ground to make mud which he places on the man's eyes and then tells him to go wash it off in the pool of Siloam). What's fascinating in this reading is the gradually dawning understanding the man comes to of who Jesus is. And he comes to that understanding through the interrogation and debate among the people around him, and having to tell the story of how he was healed over and over again. Jesus is first "the man who healed me", then "a prophet", then one who "worships God and obeys God's will", then "Son of Man" (that apocalyptic term), and finally, the Lord who is worshiped.

Because of his courage in sticking to his story about Jesus healing someone born blind, the fellow is eventually thrown out of the synagogue. It's at that point Jesus finds him, and the man himself finds the realm to which he now belongs: those who believe in the one whom God has sent.

There are so many threads we could pick up in this reading, so many themes - as is the case with John's gospel which is so rich and full of meaning to be discerned. In the context of our Lenten journey, the invitation to us is to journey from spiritual blindness to sight; to grow in our understanding of who Jesus is; and to bring our weaknesses and infirmities to him for healing.

Dean's Desk

Thank you to those who came to support the harp concert on Friday night. We were delighted by Josh Layne's extraordinary technique and the sound he was able to get from the harp.

This coming week promises to be a busy one. Do keep in your prayers the Kissick family as we look towards Ruth's funeral on Thursday. Of your charity, pray also for the Kryznanowski family as they prepare for Dorothy's funeral on Friday.

Next weekend the Lacemakers will be having their annual gathering here; on Saturday afternoon at 2:30pm there will be a refresher session for liturgical assistants and those who serve in the sanctuary.

Lent is swiftly passing: we'll be making palm crosses again on Saturday 28th from 10am-12noon for anyone interested in learning. And our Palm Sunday service will be a combined one, starting in Victoria Park at **9am** - make sure you put it in your diaries!

Keren

Mothering Sunday or Laetare Sunday or Refreshment Sunday?

Laetare means 'rejoicing'. The name comes from the first words of the Eucharist that have been used down the centuries Laetare, Jerusalem 'Rejoice Jerusalem'. In the midst of our Lenten discipline we are reminded that the purpose of it all is to be in the joy of the Lord. In some churches the vestments change from sombre violet to deep rose signalling the ending weeks of Lent and the approaching joy of Easter. In some parts of Europe the severe fast was broken on this day to include meat and sweets, like the **Simnel cake** we offer today. The word **simnel** comes from the Latin *simila*, meaning a finely ground flour (from which 'semolina' also derives).

Even dating as far back as the Middle Ages, Europeans honoured their mothers on the fourth Sunday of Lent, otherwise known as Mothering (or Simnel) Sunday. This was the one day each year when the European laborers, apprentices, and servants were allowed a holiday to return home and honour their mothers. Their Lenten fast was allowed to be broken, and all children would bake their mothers a special type of cake, a fruit cake with marzipan, that would then be enjoyed by the entire family on their day of rest. This was a special time and often the only time older children would see their mothers all year, which made it all the more important and special.

In our Anglican heritage this Sunday is known as Mothering Sunday as traditionally, Mothering Sunday applied to the pilgrimage to the 'Mother' church of the Diocese - the cathedral, or to the nearest important regional church called *minsters*. These larger *minsters* were staffed by a college of priests. This was when many made their confession in preparation for Easter. It also became a time of family reunion, as people returned to where they were baptised etc.

On Mothering Sunday we must not forget that we belong to a spiritual family. We are not a parish all on our own, we belong to a diocese, (and as the cathedral we are also called the 'Mother Church' of the diocese) and that diocese belongs to a province, and that province to a national Church. In turn that national Church is a sister Church in a world family.

Many thanks to Jan Blake for making the simnel cake for us all to enjoy.

ABM Lent appeal: Give Water, Give Life

Safe drinking water, sanitation and hygiene are crucial to human health and wellbeing. This Lent, let your compassion flow and bring the gift of clean water to a family in need. See the notice board for details – unfortunately it seems they no longer provide specific Lent envelopes, so make your own!

<https://www.abmission.org/lent2026>

Let us hold to the throne of grace those caught up in the midst of the escalating conflict, along with world leaders and the wider human family.

God of the nations,
whose sovereign rule brings reconciliation with justice,
have mercy on our broken and divided world.

Shed abroad your peace in the hearts of all
and banish from us the spirit that makes for war;
that swords may be fashioned into ploughshares,
and spears into pruning hooks.

This we ask in the name of the Prince of Peace,
even Jesus Christ our Lord. **Amen.** *(Adapted from a Collect for Peace, APBA p.202)*

Save the date!

Dr Zachary Dunbar is returning for another **Piano Concert** on August 30th.

Christine is having purple ‘muck’ tipped over to her to raise money for the **Epilepsy** Foundation by children who have their lives ‘mucked up’ by epilepsy. She is selling wrist bands and taking donations, if you would like to contribute.

<https://www.makemarchpurple.org.au/fundraisers/christinemorris/vic-nsw>

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.

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



Psalm 23 Paraphrase

The Lord is the One who cares for me best.

He ensures that I have everything I need.

When I'm tired or burdened, He encourages me to stop and rest,
to take time to sit with Him and His Word so I can find new strength
and refreshment.

Jesus is never in a rush, but takes my hand and leads me away from the
noise to quiet places of solitude and contentment.

As I spend time with my Lord apart from the crowd and the hectic pace of
life, He restores my soul and reminds me of the treasures I will discover
when I quiet myself before Him.

He is happy to guide me in the truth so that I may live a holy life and bring
special delight to His heart through my obedience.

When my Father permits pain, sickness, grief, or hardship of any kind to
enter my life, I will not be afraid. I will ask for deeper faith and trust,
knowing that You are always with me.

My tender Shepherd's rod of discipline and staff of kindness bring comfort
and peace to my heart.

In the heat of fiery trials, You take care of me so well.

You continue to supply all that I need, and You honour me in the face of
my enemies.

You anoint me with the Holy Spirit so that my cup of joy may truly
overflow, even when I don't understand the circumstances of my life.

I'm certain that the goodness and Love of my Father, the mighty Ruler of
this universe, will pursue me each day that I live in this world.

Better yet, my heart rejoices in the promise of living with You forever in
heaven, the home I long for.

~ Hilda Schnell

<https://treasuresmagazine.ca/paraphrase-of-psalm-23/>