

# Epping Anglicans

Parish of Saint Alban's, Epping  
with Saint Aidan's, West Epping

**Our Vision:** To be a city on a hill - a worshipping community,  
loving Jesus and the people around us.

## FIRST SUNDAY IN LENT

9 March 2025

### **8.00am Eucharist**

Reader: Giles Rowling

*President and Preacher: The Reverend Phil Lui*

### **10.00am Sung Eucharist**

**Also available by zoom**

Reader: Rema Gnanadickam

*President and Preacher: The Reverend Phil Lui*

### **10.00am Spark Sunday School in The Loft**

(above the Main Hall)

#### **Join the 10am Service by Zoom:**

[https://us02web.zoom.us/j/82516182389?  
pwd=VGpWNXRMcFilyXVWeVB3N0pzQnpsUT09](https://us02web.zoom.us/j/82516182389?pwd=VGpWNXRMcFilyXVWeVB3N0pzQnpsUT09)

**Passcode 389867** if required.

If you are dialling in, the number is: 8015 6011

Meeting ID: 825 1618 2389 followed by # (and another # - there isn't a participants number).

**Please keep your computer or phone on "mute" during the service.**

To mute/unmute your phone, press \*6. Please stay on line for a time of fellowship.

**Morning tea:** Let us continue our fellowship commenced during our service by joining together over morning tea in the Main Hall after each of the 8am and 10am Services. Everyone is very welcome.

### **St Alban's is open during the week**

for prayer and reflection, when the office is open.

*In Covenant with the communities of  
the Roman Catholic Parish of Epping & Carlingford, Epping Uniting Church  
and West Epping Uniting Church*

## Lenten Devotion

This year I would like to invite every member of our church to participate in doing a shared Spiritual journey over the season of Lent. This season, starting from Ash Wednesday, covers 40 days (which traditionally excludes Sundays), to commemorate Jesus' 40 days of temptation in the wilderness. Considering this I would like each of us to commit to a Spiritual discipline, to try and PUT OFF an area of sin and to commit to PUTTING ON an area of righteous living (I suggest something from Colossians 3).

In this respect, choose things you know you need to Spiritually work on. As this season is meant to be a time of Godly devotion and introspection, I wish to steer us away from secular or simply a health orientated part of our lives. If the physical giving up of say sugar complements your Spiritual devotion by all means. However I would like this season to foremost grow our love, our faith and appreciation of the work and life of Jesus.

As part of this time of devotion, my expectation is that I and all of us will fail. As we move towards Holy Week and Easter, I hope that our failures magnify our delight, hope and confidence in the conviction that Jesus lived the perfect and righteous life for us, that though He was tempted as we are tempted, He did not sin.

To remind us of this I would like us to commit to praying the following prayer throughout Lent, so that we would give honour to God and so that we also might not lose heart over the next 40 days:

*God of righteousness, justice and grace, we praise you that although we fail, Our Lord Jesus Christ has succeeded. And that he lived the perfect sinless life, for me. In His name I pray. Amen*

In addition, as Jesus said to the devil in the wilderness, *"Man shall not live on bread alone, but on every word that comes from the mouth of God."* (Matt 4:4). I have provided a 40 day Bible reading plan that, takes you through the Gospel of Matthew to help you meditate on the person of Jesus Christ and to strengthen you for your Lenten Journey.

I hope you take the invitation to participate in this Lenten Journey. Let us do this together.

### **40 Days of Reading through the Gospel of Matthew**

*(Break up was based from <http://www.penningtonpark.com>)*

#### **Week 1**

"Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" (4:4)

Day 1, 5 March:	1,1-25	Day 3, 7 March:	3.1-17
Day 2, 6 March:	2.1-23	Day 4, 8 March:	4.1-25
Sunday, 9 March: Rest day.			

#### **Week 2**

"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (6:33-34)

Day 5, 10 March:	5.1-12	Day 8, 13 March	6.16-34
Day 6, 11 March:	5.13-6.4	Day 9, 14 March:	7.1-29
Day 7, 12 March:	6.5-15	Day 10, 15 March:	8.1-22
Sunday, 16 March: Rest day			

### Week 3

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (11:28-30)

Day 11, 17 March:	8.23-34	Day 14, 20 March:	10.26-42
Day 12, 18 March:	9.1-38	Day 15, 21 March:	11.1-30
Day 13, 19 March:	10.1-25	Day 16, 22 March:	12.1-37
Sunday, 23 March: Rest day			

### Week 4

Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. (16:24)

Day 17, 24 March:	12.38-50	Day 20, 27 March:	14.1-36
Day 18, 25 March:	13.1-23	Day 21, 28 March:	15.1-39
Day 19, 26 March:	13.24-58	Day 22, 29 March:	16.1-28
Sunday, 30 March: Rest day			

### Week 5

The crowds that went ahead of him and those that followed shouted, “Hosanna to the Son of David!” “Blessed is he who comes in the name of the Lord!” “Hosanna in the highest heaven!” (21:9)

Day 23, 31 March:	17.1-27	Day 26, 3 April:	19.13-30
Day 24, 1 April:	18.1-34	Day 27, 4 April:	20.1-16
Day 25, 2 April:	19.1-12	Day 28, 5 April:	20.17-34
Sunday, 6 April: Rest day			

### Week 6

But this has all taken place that the writings of the prophets might be fulfilled. “Then all the disciples deserted him and fled”. (26:56)

Day 29, 7 April:	21.1-22	Day 32, 10 April:	23.1-39
Day 30, 8 April:	21.23-46	Day 33, 11 April:	24.1-28
Day 31, 9 April:	22.1-46	Day 34, 12 April:	24.29-51
Sunday, 13 April: Rest day			

### Week 7 – Holy Week

<sup>18</sup> Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. <sup>19</sup> Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” (28:18-20)

Day 35, 14 April:	25.1-30	Day 38, 17 April:	26.36-75
Day 36, 15 April:	25.31-46	Day 39, 18 April:	27.1-66
Day 37, 16 April:	26/1-35	Day 40, 19 April:	28.1-20

*Easter Sunday, 20 April: Celebration Day.*

### Four questions to help God’s Word dwell richly in you each day:

- What stands out from God’s Word today?
- How does this passage help me to know or follow Jesus better?
- What is God calling me to think, pray or do today?
- How might I share and bless others (however small)? [Ideally from the reading]

### Lenten Commitment

Lord over these 40 days of Lent I commit to PUTTING OFF: .....

Lord over these 40 days of Lent I commit to PUTTING ON: .....

**Church:**

St Ives - Christ Church; Asquith/Mt Colah/Mt Kuring-gai; Berowra - St Mark;  
Chaplains at Hornsby Kuring-gai Hospital; Barker College  
LifeWay Lutheran Church Epping  
Parish of St John the Baptist, Epping, UK  
Fr Paul and the people of the Parish of St George's Paddington  
Anglican Board of Mission (Mission of the Month)

**In our World and Community:**

Pray for the people and places in our country being impacted by adverse weather. Pray that the most vulnerable in communities will be cared for, and impacted communities will receive the assistance they require.

Pray for tolerance and respect in our country. Pray that we as followers of Christ might be an example of love, and a blessing to others.

Pray that there will be peace in the places where there is war, destruction, violence and injustice. Pray that leaders will work for the common good, peace and justice rather than for their own power.

Pray for our parish, and give thanks for the Treasurer, Wardens and members of the Parish Council who have served over the past 12 months. As we approach our annual general meeting may we prayerfully consider how we might best serve our faith community, and who we might approach to nominate to the positions to be filled.

Pray that we will be open to God and allow for his word and wisdom to be revealed to us, so that we can see the paths ahead for our parish community, accept his challenges, and in all we do seek to further his kingdom. Pray for God's guidance for our Rector in his leadership; may our parish activities flourish, and may we be open to new opportunities and challenges. Pray for our search for an Assistant Minister.

Pray for our friends in our ecumenical partner parishes, particularly our Catholic friends at this time.

**Prayer for the Week:**

Jesus, help us to put off our old selves and be renewed in the spirit of our minds. As we embrace our new selves, created in your likeness, may we live in true righteousness and holiness. Transform us during this Lenten season to reflect your image more clearly. Amen.

**Anniversary of Death:**

Gertrude Howe 10/3; Robert Carson 13/3; Eleanor Hogan 14/3; Clarice Armstead 15/3; Marshall D'Souza 15/3; Walter Munn 15/3; Cliff Snyman 15/3

---

**Annual General Meeting for the Parish: Sunday 30 March at 11.30am**

Next Sunday there will be more details for the AGM and the list of positions for which we will be seeking nominations, and the forms, will be available.

---

**Ecumenical Lenten Service and Lunch**

**Thursday 27 March 2025 at 12 noon**

**Epping Uniting Church** *Corner Oxford Street and Chester Street, Epping*

See the flyer on the noticeboard — all welcome

**Men's BBQ: Thursday 20 March 2025 6.30pm in The Seminar Room (behind the Parish Office)** BYO meat for the barby, drinks, some salad or sides, to share. Enjoy fine dining, good company and an uplifting time.

---

**Garden Working Bee: Saturday 22 March 2025**

9.30am to 12noon.

Extra hands, of all ages, would be so helpful.

Enquiries: Gill McLennon 0411 957 270.



---

**St Alban's Flower Guild**

**Are you interested in flower arranging or would like to learn?**

We are looking for people to join our Flower Guild.

We usually organise the flowers on Fridays ready for Sunday, but if you are interested in volunteering and aren't available on a Friday, we can easily solve that problem.

We would welcome anyone interested and ask that you phone Jan on 0449 274 876 or speak to Jan Boyley at church. We look forward to hearing from you.

---

**Developing and Supporting Women in Ministry**

*From the Rector:* This week I have proposed to the Wardens about starting an intentional area of focus in our church, dedicated to developing and supporting women in ministry, in encouragement, prayer and financially. I believe that this move is in line with our church values and being apart of seeing the next generation of women serving in ministry, I think would bring our congregation great joy.

The opportunity to provide accommodation for women in the rectory has been well received by the parish and recently we have had another opportunity to participate in this area. One of our rectory tenants, Carol Riyad, is undertaking a Ministry Apprenticeship at Macquarie University with the Christian Union, with a focus on outreach to international students. For this to happen, Carol needs to raise money for a very modest stipend and to raise a committed base of prayer supporters. Because Carol needs to raise money quickly, the Wardens have agreed for us to modestly reduce Carol's rent to help her financially, but as this is a modest amount, I would like those of us who have the capacity to think about supporting Carol individually too.

So you can begin to know what type of person Carol is, prior to this conversation about the future, Carol out of her generosity had already expressed her desire to help us with our children's program when she moved into the rectory. Carol also being from an Egyptian background and having studied linguistics, is hoping to undertake some translation work, increasing the amount of Christian resources for Arabic Christians; I personally think this is a noble ambition for God and I think Carol would be a great person for us to support as a church.

In partnering with Carol, part of the expectation is that Carol will keep us informed about how we can continue to pray and support her, in regular updates in contributions to *The Parish Magazine*, joining us for morning tea after church from time to time and giving us updates in church from time to time too.

So that we can all learn more, Carol will be interviewed by Doris Awad, one of our student ministers, next Sunday.

---

## ABM Lent appeal 2025

# Anglican Board of Mission

ABM AID's Lent Appeal 2025 features their partners and the women they empower through education, livelihoods, and community leadership in Zambia, Papua New Guinea, Kenya, Vanuatu, and the Philippines. Together, they help them transform lives and challenge injustice.

The Anglican Church in **Zambia** is passionate about ending gender-based violence and working towards women's equality in that country. The church works with local communities, especially in rural areas, to form Gender Committees and Gender Action Groups which are trained to prevent and respond effectively to gender-based violence when it occurs in their villages. Both men and women are members of the groups.

Meanwhile, on the other side of the world, the Anglican Churches in **Vanuatu** and **Papua New Guinea** are meeting the challenge of women's empowerment by providing programs in Language, Literacy and Numeracy. The literacy program provides a path to equality and economic empowerment for the women who participate.

In **Kenya**, women and teenage girls are the most vulnerable group in the country. Their greater vulnerability to poverty is worsened by gender-based violence and harmful cultural attitudes to gender. Many also have limited control over land and other resources. In the **Philippines**, women form a large part of the agricultural workforce, but returns on their labour are low.

ABM AID's church partners in the Philippines and Kenya facilitate women's leadership and empowerment as they promote effective livelihood programs in those countries, particularly in rural areas where poverty levels are high.

For further details, please refer to the Missions display on the narthex board, and to the website [www.abmission.org/appeals/appeals-major/lent2025/](http://www.abmission.org/appeals/appeals-major/lent2025/)

There are a few ways to financially support ABM and AID and their partners during Lent:

- Donate funds directly at [www.abmission.org/appeals/appeals-major/lent2025/](http://www.abmission.org/appeals/appeals-major/lent2025/)
- Transfer funds electronically to the Saint Alban's account – please ensure that you use the tag 'ABM Lent'.
- Place your gift in an ABM Lent Appeal envelope, or in the 'Beyond the Parish' side of your weekly offertory envelope, or in a plain envelope marked 'ABM Lent' - deposit the envelope in the collection box as you arrive for a service at Saint Alban's.
- Drop off your monetary donation to the Church office on Tuesday or Thursday morning; or leave it in the Church office letterbox any time; or mail a cheque to the church office at PO Box 79 Epping 1710 – please make the cheque payable to the St Alban's account and attach a separate note that the funds are intended for the ABM Lent appeal.



# WHAT'S ON...

## Monday 10 March

Office closed

## Tuesday 11 March

9.00am Staff Meeting

## Wednesday 12 March

10.00am Everyday English Classes

7.30pm Choir practice

## Thursday 13 March

9.30am Reading, Reflection and Prayers for Healing by Zoom (*link on front page*)

10.30am Eucharist with Prayers for Healing

## Friday 14 March

Rector's day off

---

### Bulletin notices:

Please send items to be considered for next Sunday's bulletin by **WEDNESDAY at 2.30pm** to the office.

---

**If you are a NEWCOMER, to St Alban's,  
we would like to make contact with you.**

**To do this please scan the QR code and we will be in touch.**

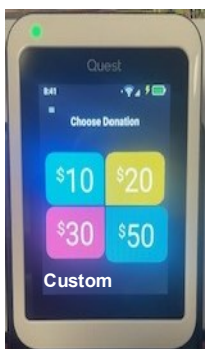


---

## Safe Ministry

The Parish of St Alban's with St Aidan's Epping NSW is committed to the physical, emotional and spiritual welfare and safety of all people, particularly within its own community. If you have any questions or concerns you can contact the Rector, The Reverend Phil Lui on 02 9876 3362 or email [phil@eppinganglicans.org.au](mailto:phil@eppinganglicans.org.au)

You can also contact the Diocesan Safe Ministry Team on 02 9265 1604 email [info@safeministry.org.au](mailto:info@safeministry.org.au) or to report abuse 1800 774 945 email [abuserreport@safeministry.org.au](mailto:abuserreport@safeministry.org.au)



## EFTPOS Terminal

St Alban's has now made it even easier to make a donation by installing a 'Tap and Go' machine which is placed at the back of the church. Simply select an amount for your once-off donation and tap your debit or credit card. There are four set amounts - \$10, \$20, \$30, \$50 or a custom amount where you can choose your own number (up to \$99). If you would like to donate more than \$99, please tap twice.

Pick which amount you would prefer then tap your card.

**Next Sunday Services**  
**SECOND SUNDAY IN LENT**  
16 March 2025

**8am Eucharist with Hymns**

Preacher: The Reverend Michael Robinson

**10am Choral Eucharist**

*(also available by Zoom)*

Preacher: The Reverend Michael Robinson



At the back of St Alban's are enlarged service sheets and bulletins.  
If you would like a copy, please ask the duty parishioners.

**Please consider paying your offertory directly into the church account.**

The details are:- St Alban's Account, BSB No: 032 081, A/c: 000024

Please indicate which service you attend. If you wish some of your giving to go to the Mission of the Month or any other specific cause, please indicate it on your direct transfer.

During the blessing of the gifts of the people, we are including the offertory made to the Parish by direct transfer; handed in to the office, and the offertory made using the EFTPOS Terminal at the back of the church. Otherwise, the offertory box is located in the aisle at each service and brought forward for the blessing of the gifts. We also have an EFTPOS terminal at church for a once-off donation.

**Parish Directory**

**Parish Office**

**Address** - 3 Pembroke Street Epping 2121 (PO Box 79 Epping 1710)

**Phone** - 9876 3362

<b>Rector</b>	The Reverend Philip Lui 0433 456 987 phil@eppinganglicans.org.au
<b>Parish Administrator</b>	Mrs Denise Pigot 98763362 office@eppinganglicans.org.au
<b>Children &amp; Youth Ministry Worker</b>	Kari Hewitt 0402 119 004 kari@eppinganglicans.org.au
<b>Music Director</b>	Chris Czerwinski 0452 557 695 krzysztof_czerwinski@yahoo.com
<b>Student Minister</b>	Doris Awad doris@eppinganglicans.org.au

**Website** - [www.eppinganglicans.org.au](http://www.eppinganglicans.org.au)