

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.

FOURTH SUNDAY OF LENT

Mothering Sunday

19 March 2023

8.00am Eucharist

Reader: Elizabeth Jenkins
Preacher: The Reverend Phil Lui

10.00am Eucharist

Also available by zoom
Reader: Sue Armitage
Preacher: The Reverend Phil Lui

4.30pm 'All in church'

The Reverend Phil Lui

Join Zoom Meeting:

<https://us02web.zoom.us/j/82516182389>

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). *A password isn't required.*

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

To mute/unmute your phone, press *6

Please stay online for a time of fellowship.

Morning Tea - Please stay for morning tea in the Main Hall after each of the 8am and 10am services.

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

Phil's Letter

Today's sermon will be on our Ephesians 5:8-14 reading. To ready yourself for today, I'd like to point you to reflect on a verse from our Old Testament reading which reveals to us that "... *the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.*" (1 Samuel 16:7b)

What emotions and thoughts come to your mind, knowing that God can see straight through to your inner most thoughts and desires?

Mothering Sunday and the Simnel Cake

During the 1600's, England celebrated a day called "Mothering Sunday" on the 4th Sunday in Lent.

Mothering Sunday was a time put aside for relaxation and enjoyment during the long Lenten fast. Young servant girls who worked away from home were given time off by their masters to visit their mothers. They would bake a simnel cake to present as a gift. This was often the only day in the whole year that they got to visit their families, and when the whole family would be reunited.

Another explanation stated that it was also important that they visit their Mother church once a year. So each year in the middle of Lent, everyone would visit their Mother church or the main church or Cathedral in their area. Mothering Sunday was also referred to as Refreshment Sunday due to the relaxing of the rules of Lent on that day.

The name simnel is derived from an old French word. It was a rich fruit cake made with finest of flour and covered with a layer of almond paste and decorated with 11 small balls of almond paste to signify all of the apostles except Judas.

St Alban's MU makes Simnel Cakes each year to be blessed and given out to the congregations on Mothering Sunday at the end of each service.

It is 12 months since the full-scale invasion of Ukraine and we remain committed to pray for the people of Ukraine, and all those caught up in the misery and dislocation of this war.

Prayers for the people of Ukraine, Russia, Turkey and Syria

God of peace and justice, we pray for the people of Ukraine today. We pray for peace and the laying down of weapons. We pray for all those who fear for tomorrow, that your Spirit of comfort would draw near to them. We pray for those with power over war or peace, for wisdom, discernment and compassion to guide their decisions. Above all, we pray for all your precious children, at risk and in fear, that you would hold and protect them. We pray in the name of Jesus, the Prince of Peace. Amen.

We also recognise the suffering of Russian soldiers and citizens who have been drawn into a war not of their making. May they display courage in their convictions and calls for peace. May they look to you as a source of comfort in the face of tyranny and the hardships that will flow from their government's actions. Amen.

Lord we pray for all affected by the earthquake in Turkey and Syria: for those working to rescue and make safe we pray for your strength; for those seeking loved ones in the rubble we pray for your hope; for those bereaved or injured we pray for your comfort; for those made homeless we pray for your provision. Just as you heard the Psalmist's cries for rescue, please answer our prayers for your people in crisis. In your mercy and grace. Amen

Church:

Chatswood - St Paul; East Lindfield - St Peter; Bush Church Aid;
Gordon - St John the Evangelist
Epping Uniting Church;
The Catholic Parish of Epping and Carlingford
Anglican Board of Mission (*Mission of the Month*)

In our World and Community:

Pray for God's guiding of our parish as we seek to do his will in our community, and to use the resources bestowed on us for his glory and for the furthering of his kingdom.

As we approach our AGM and parish elections next week, pray that as God speaks to us we will listen, and give us a desire to serve our parish community; give prayerful thought and encouragement to those who seek to serve the parish community. "The human mind plans the way, but the Lord directs the steps." *Proverbs 16:9*

Give thanks for the faithful service of all who have represented the parish over the past twelve months as Wardens, Parish Councillors, Synod Representatives, Nominators, and the Honorary Treasurer.

Pray for the sick, and those in hospital or undergoing procedures, from our parish community and families. Pray for those suffering in mind or body or spirit, or close to death; ask God to be with them and with their families and carers.

Pray for the forthcoming State elections – as we consider our vote, may we seek to understand the issues and concerns that confront our State, and pray for discernment that we may choose leaders who will see all in our community as equal, and govern with humility, integrity, and compassion – seeking the welfare and dignity of all in this State. (*See 1 Timothy 2.1-2*)

Pray for those suffering the misery and impact of war, the devastation of earthquakes, cyclones and storms, and other humanitarian crises. As they seek to rebuild their lives, pray that aid will be available where needed.

Prayer for this week

Almighty and everlasting God, you hate nothing that you have made, and you forgive the sins of all who are penitent: create and make in us new and contrite hearts, that we, worthily lamenting our sins, and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

Anniversary of Death:

Max Boyley 19/3; Merrilee Artur 21/3; Stanley Evans 22/3; Bruce Martin 23/3



The flowers in the church today
are in loving memory of
Max Boyley
from his wife Jan and the family.

ABM Lent and Good Friday Appeal 2023 **Anglican Board of Mission**

The [Lent and Good Friday Appeal](#) this year by ABM (Anglican Board of Mission – Australia) and AID (Anglicans in Development) supports the work of the **Anglican Diocese of Jerusalem** through the community outreach of the Ahli Arab Hospital in Gaza, as well as through a [Youth Empowerment project](#).

The Youth Empowerment project aims to empower Anglican children and youth in the Diocese by providing them with leadership skills, and by strengthening connections to their Palestinian Christian cultural roots. Part of this project has already seen young people taken to some of the holy sites where Jesus walked and preached and prayed during his earthly life.

Your support of the ABM/AID appeal will also empower many vulnerable women in Gaza and improve the nutrition of their children, through the courageous work of the Ahli Hospital.

For further details, please refer to the Missions display on the narthex board, or visit www.abmission.org/Lent2023

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

- Donate funds directly at www.abmission.org/Lent2023
- 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 and Good Friday 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.



2023 Chrism Eucharist

This year's Chrism Eucharist is to be held at Christ Church St Laurence, George St, Sydney, at 11.00am on Wednesday 5 April (Wednesday in Holy Week). Bishop Michael Stead will be the celebrant.

A general invitation is extended to clergy, parish readers and parishioners to attend the service. All clergy and parish readers are invited to robe and renew their vows during the liturgy.

A light lunch will be served following the service. Please RSVP (with any specific dietary requirements) to office@ccsl.org.au for catering purposes by Wednesday 29 March.

**Ecumenical Lenten Services
Tuesdays at 7.45pm**

THIS TUESDAY 21 March at Epping Uniting Church

Cnr Oxford Street and Chester Street Epping

Preacher: The Reverend Phil Lui

This service will be accessible by zoom using the following link:

[https://us02web.zoom.us/j/969005918?
pwd=ZktPVE1mcXJNVVFJWVG9oejZGZWMzQT09](https://us02web.zoom.us/j/969005918?pwd=ZktPVE1mcXJNVVFJWVG9oejZGZWMzQT09)

Meeting ID: 969 005 918 Passcode: 000560

28 March at St Alban's Anglican Church

3 Pembroke Street Epping

Preacher Fr Jim McKeon

St Alban's will be hosting the Ecumenical Service on **Tuesday, 28 March**, where there will be a supper afterwards.

We are in need of assistance with plates of food (slices/cakes), serving in the kitchen and setting up tables.

Volunteers are also needed for the breakfast/party on **Easter Sunday** after the 5.30am service.

If you can help with one or both, kindly let Elizabeth Jenkins know
elizabethjenkins86@yahoo.com.au

Making of Palm Crosses

On **Friday 31 March** from 7 pm, in the Seminar Room, there will be a working bee to make Palm Crosses.

We would be most grateful to those who can assist. No experience necessary – tuition given. Enquiries: Margaret Cummins 9680-4865

Upcoming Services

2 April

8am Palm Sunday Eucharist

10.00am Blessing of the Palms,

Ecumenical Procession followed by Choral Eucharist

Monday 3, Tuesday 4, Wednesday 5 April

7.45pm Holy Week Eucharist with Reflection

Thursday 6 April

7.45pm Maundy Thursday Eucharist with Serving One Another

Friday 7 April

9.30am Good Friday - 'Friday' with Eucharist

Sunday 9 April

5.30am Easter Day The Service of Light and Eucharist

8.30am Easter Day Festival Choral Eucharist

You are hereby notified that the

ANNUAL GENERAL MEETING for the Parish

will be held NEXT Sunday 26 March at 11.30am
in the Church

Business of the Annual General Meeting of Parishioners

All business of an annual general meeting of parishioners is to be transacted by resolution of a majority of persons present at and entitled to take part in the annual general meeting.

The business of the annual general meeting of parishioners of a church is –

- (a) to receive the declarations of those persons then present, and
- (b) to determine whether a quorum is present, (*seven persons*) and
- (c) to elect a minute secretary, and
- (d) to receive apologies, and
- (e) to give directions as to the confirmation of the minutes of the meeting at or after its conclusion, and
- (f) to receive reports about ministry within the parish from –
 - (i) the minister, and
 - (ii) with the minister's consent, a superintendent, teacher, leader or other officer appointed under rule, and
- (g) to receive and pass or otherwise determine on the financial statements of the wardens and to receive any report from the wardens about the exercise of their other functions, and
- (h) to receive and pass or otherwise determine on any separate financial statements of any organisation of the church or parish, and
- (i) to receive notification of the name of the person appointed by the minister as a warden, and
- (j) to elect 2 qualified persons to be wardens, and
- (k) to elect a qualified person or persons to the office of auditor of the financial statements and accounts of the wardens, and
- (l) to determine whether or not qualified persons should be elected as members of the parish council and if in the affirmative –
 - (i) to resolve that there be 3, 6 or 9 elected persons, and
 - (ii) to elect qualified persons to be those members, and
- (m) to elect 5 parish nominators, and
- (n) every 3 years, to elect 2 representatives to diocesan Synod (in 2023)
- (o) make such recommendations as it may wish on any matter connected with the business of the church or parish, including any matter which it is appropriate for the wardens or parish council to deal with, and
- (p) exercise any other function which may be authorised by any ordinance.

Who can participate in the Annual General Meeting?

Any one who can agree to the following:

I am a member of the Anglican Church of Australia. I have been baptised. I am not less than 18 years of age. I have usually during 3 months within the past 12 months participated in services of public worship within the parish. I do not claim to be a parishioner of any other church or parish of the Anglican Church of Australia.

I have not voted at a general meeting of parishioners of any other parish of the Anglican Church of Australia within the past 3 months and I do not intend to vote at a general meeting of parishioners of any other parish of the Anglican Church of Australia within the next 3 months.

Who can be elected as a Warden?

A parishioner of a church of the parish who is not less than 18 years of age and who is a communicant member of the Anglican Church of Australia is qualified to be elected or appointed as a warden of that church, except as provided by this rule.

The spouse of a person in Holy Orders licensed to the parish is not qualified to be elected or appointed as a warden.

At any one time, a husband and wife may not both be wardens of a church.

A person who is engaged as an employee and who is paid from the funds of the church or parish may not be appointed or elected as a warden.

Who can be elected to the Parish Council?

A person not less than 18 years of age who is a communicant member of the Anglican Church of Australia is qualified to be elected or appointed as a member of a parish council of a parish if the person is a parishioner of a church in that parish.

A person who is – (a) bankrupt, or (b) incapable of acting because of mental illness or other reasons, or (c) a prohibited person within the meaning of the Child Protection (Prohibited Employment) Act 1998), may not be elected or appointed as a warden or member of a parish council or a committee.

The Rector's Appointments

The minister may, at an annual general meeting of parishioners or within 28 days after the meeting, appoint one qualified person to be a member of the parish council for each 3 persons determined by the annual general meeting of parishioners to be elected as members of the parish council.

Who can be elected as a Parish Nominator?

- (1) The parish may elect 5 lay persons of not less than 21 years of age who are parishioners of the parish and communicant members of this Church.
- (2) A person is not eligible for election if -
 - (a) the person is employed within the parish to perform substantially full-time work which is or includes pastoral work, or
 - (b) the person is a prohibited person within the meaning of the Child Protection (Prohibited Employment) Act 1998, or
 - (c) the person is the spouse of a person who is a member of the Nomination Board.

Copies of the financial report are at the back of each church.

Please take one only if you plan to read it yourself.

Sunday School

is on TODAY

at 10am in The Loft

ESL Classes on Wednesdays at 10am

Volunteers are needed to go on a roster to help serve morning tea plus volunteers to have conversations with the students (in English) to help them practice and grow their confidence in conversational English.

Please indicate on your connect cards if you could help in either of these capacities or let Phil know. There is also a sign up sheet on the Church Notice Board.

Foundation Stone Centenary 100 Years Since Commencement of Construction of the Current Church Building

On the 16th June 2023 the Parish will celebrate the Foundation Stone Centenary - 100 Years Since Commencement of Construction of the Current Church Building. Events to mark this anniversary include:

- 6:30 pm Friday 16th June 2023 – Choral Evensong followed by supper. Choral Evensong, The Reverend Dr Daniel Dries, Christ Church St Laurence Sydney NSW will preach.
- 9:30 am Sunday 18th June 2023 – St Alban's Day Choral Eucharist, The Reverend Canon Dr Ben Edwards, St Paul's Manuka ACT will preach. The service shall be followed by lunch.

Further detail around these events will be advised in the coming months.

We are looking at a range of keepsakes that you will be able to purchase to remember the event. We also plan to have some artefacts and other historical items on display. If you have any significant items related to the history of the Parish, please let the committee know.

Please make a note in your diary/calendar of the dates so that you can participate in the celebrations.

If you would like to assist with the celebrations in some way, please contact Bp Ross or David Tait.

BCA Boxes

It is BCA box opening time again. Please bring in your BCA boxes ready for the March count. They may be left at the church office or placed in the offertory box at any service.



If you would like to become a supporter of BCA please contact the parish office and a collection box will be sent to you. Boxes are opened and proceeds forwarded to BCA half yearly.

WORKING BEE

To work on the area around The Shack

This Saturday 25 March

From 9am

Morning tea will be provided

Please bring your own gardening gloves



Recollections and Reflections

As we all know, this year is of special significance to Saint Alban's. On 16 June it will be 100 years since the laying of the Foundation Stone of the current Church. On 20 December it will be 100 years since the first service was held in that new church. This year also marks 100 years of *The Parish Magazine*. The May edition of the Magazine will be highlighting events and people who are part of those 100 years, both recent and long past.

How long have you been a parishioner? Just a few weeks or months? Two years? Ten? Twenty? Forty? The editor of *The Parish Magazine* would welcome contributions of any length in which the writer shares recollections of their time at Saint Alban's or perhaps reflects on the role our church has played, and continues to play, in their life. Please email your contribution to the editor at Julie.evans@ihug.com.au or give your handwritten contribution to Julie Evans or to the Church Office.

For your diaries:

Paul Weaver will be presenting a Piano Concert in the Parish Hall on **Sunday 28 May at 2pm**. Bruce Wilson will join him for a number of piano duets. The concert this year is called "Music Across the Atlantic", with a range of enjoyable pieces from Norway, France, Spain, the British Isles, the Americas, and even Morocco in Africa. Donations will support the "Rough Edges" ministry of St. John's Church, Darlinghurst.

The concert will be repeated on **Sunday 4th June** at Alan Walker Village, Carlingford, with donations supporting the work of Eastwood Christian Community Aid.

"IN THE LOOP" - Communication and Prayer

Many members of the parish will be aware of our system of rapid communication to inform parishioners, by email, when a situation of need has occurred within the parish, such as emergencies, funerals, illness or other significant events. This enables a group of concerned people to pray for members of the congregation and their loved ones, in times of particular need.

If you would like to ask for prayer through "In the Loop", contact Barbara Meintjes as below. If you are sharing information or asking for prayer for someone else, it is important to have their agreement, and to let Barbara know that you have their agreement. If you wish to join the group of parishioners who are "In the Loop", please contact Barbara Meintjes on barbarameintjes@hotmail.com.

Members of "In the Loop" are asked to be discreet in their use of information they receive. At all times the use of information in "In the Loop" will be at the discretion of the Clergy.

“All in Church”

Is on TODAY 4:30pm-5:30pm in the Lower Hall

with casual play and fellowship starting at 4:10pm. Dinner will be included.

All people, from all ages are welcome to participate.

Please be praying this would advance God’s kingdom, by reaching people in our community.

Name Tags ...

With our new staff and new members of the congregation, it would be helpful to wear your name badge. If you don’t have one, there are two styles to choose from. A magnetic badge at a cost of \$10 (those with pacemakers should talk to their doctor beforehand) and a clip style for \$8.

Hi! My name is:

If you would like to purchase one, please contact Denise in the church office.

Pew
Reflections
REFLECTIONS
BGM

1 Samuel 16.1-13; Psalm 23;
Ephesians 5.8-14; John 9.1-41



A few weeks ago, I got off the tram to walk down to the shops, in his usual spot was a homeless man, whose name I’m ashamed to say I don’t know.

While I gave what change I had I was reminded of Psalm 23 “The Lord is my shepherd; I have everything I need ...” (GNB) is, at times difficult to reconcile when confronted with the problem of homelessness endemic in many large cities.

For me, Psalm 23 reminds me that God’s love is for all, pulling me out of the self-absorption and apathy that’s all too easy for us to fall into this time of year and to try to find ways to love my neighbour practically.

For me this reading reminds me that while I’m loved by God, ‘he’ loves all of his creation, and calls on us to act with love for all our neighbours helping them and acting with love and charity for those most in need.

- Give thanks for the love of God, the protection and guidance provided by ‘him’, even if not always obvious and pray that we as a society and church can do more to help those in need
- Give thanks for the work and witness of the Anglican Church of Kenya.

Text: Jeremy Fraser Holy Hermits Online St John’s Cathedral, Brisbane © Anglican Board of Mission, 2023

Bulletin notices -

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

WHAT'S ON...

Monday 20 March

JOSEPH, HUSBAND OF THE BLESSED VIRGIN MARY

Office closed

Tuesday 21 March

Thomas Cranmer, archbishop of Canterbury, martyr and liturgist

- 9.00 am Staff meeting
- 10.00am Ladies Bible Study led by Jenny Nicholson via zoom (*link below*)
- 3.30pm Mandarin classes
- 7.45pm Ecumenical Lenten Service at Epping Uniting Church

Wednesday 22 March

Thomas Ken, bishop of Bath and Wells, teacher

Phil's day off

- 7.15am Prayer meeting via zoom (*link below*)
- 10.00am ESL classes
- 7.45pm Choir practice

Thursday 23 March

- 9.30am Reading, Reflection and Prayers for Healing by Zoom (*link below*)
- 10.30am Eucharist with Prayers for Healing

Friday 24 March

Paul Couturier, ecumenist

Oscar Romero, archbishop of San Salvador, martyr

Rector's day off

Saturday 25 March

- 9.00am Working Bee

Join Zoom Meeting <https://us02web.zoom.us/j/82516182389>



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

Supporting the Victims of Earthquake - A message from Paul Weaver:

You may be interested to know that the city of Antakya, devastated in the recent earthquakes in Turkey and Syria, is on the site of Antioch, an important centre of the Apostle Paul's ministry, and a Christian centre for many generations - the city where the followers first became known as Christians (Acts 11;26).

Perhaps you have been thinking about how you might make a useful donation to assist people suffering because of the earthquakes. Two Christian organisations working through local churches and groups to assist people in Syria, who seem to have had particular difficulty in accessing aid, are **Act for Peace** and **Anglican Aid**. They are easy to access on the internet, or you can give me a ring on 0408-285776 to find out more.

Next Sunday Services
FIFTH SUNDAY IN LENT
26 March 2023

8am Eucharist at St Alban's
Preacher Bishop Ross Nicholson

10am Eucharist at Alban's (also streamed)
Preacher Bishop Ross Nicholson

AGM to follow service

4.30pm 'All in Church'
The Reverend Phil Lui

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, we are including the offertory made to the Parish by direct transfer.

Parish Directory

Parish Office (at St Alban's)

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

Phone - 9876 3362

Rector	Bishop Ross Nicholson 0407 916 603 rossnicholson@eppinganglicans.org.au
Assistant Minister	The Reverend Philip Lui 0433 456 987 phil@eppinganglicans.org.au
Honorary Senior Associate	The Reverend Paul Weaver 0408 285 776 paul@eppinganglicans.org.au
Parish Administrator	Mrs Denise Pigot 98763362 office@eppinganglicans.org.au
Children's Ministry Worker	Amy Taylor youthstalbans@gmail.com
Music Director	Chris Czerwinski 0452 557 695 krzysztof_czerwinski@yahoo.com

Website - www.eppinganglicans.org.au