

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.

THIRD SUNDAY IN LENT
23 March 2025

8.00am Eucharist

Reader: Ron Arnold

President and Preacher: The Reverend Michael Robinson

10.00am Sung Eucharist

Also available by zoom

Reader: Sue Armitage

President and Preacher: The Reverend Michael Robinson

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.

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

Today: Thank you to the Reverend Michael Robinson who is presiding and preaching at both services this morning. We are thankful for his ministry to us.

The Rector is here and will spend time with the children and youth.

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 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

¹⁸ Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹ 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, ²⁰ 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:

Lunch to follow AGM next Sunday (30 March)

Please join us for a potluck lunch after the Annual General Meeting next Sunday in the church hall.

Please bring a dish to share and join us for a time of food and fellowship.

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.

You are hereby notified that the

ANNUAL GENERAL MEETING for the Parish

will be held

Sunday 30 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 2026) except where a casual vacancy has occurred as it has this year. *
- (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.

* We will elect one Synod Representative

Nomination forms are available at the back of the church and are required by TODAY 23 March 2025.

Financial and parish reports are available at the back of the church today.

Church:

Wahroonga - St Andrew and St Paul; Abbotsleigh School; Waitara - All Saints;
Cremorne - St Peter; Greenwich - St Giles; SCECGS Redlands School
Epping Presbyterian Church; Epping Church of Christ
The Bishop of Bathurst and his Diocese
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 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 for a cessation of destruction, violence, injustice and the death of the innocent in the places of war and conflict. Pray that leaders will work for the common good and justice rather than for their own power; and that there will be peace so that people can rebuild their lives.

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 on 30 March may we prayerfully consider how we might best serve our faith community, and who we might nominate to the positions to be filled.

Pray for God's guidance for our Rector in his leadership; and pray for our search for an Assistant Minister. Pray for our Student Ministers, Kari and Doris, in their work within the parish, and in their studies. Pray for Carol in the ministry apprenticeship at Macquarie University.

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 our friends in our ecumenical partner parishes, particularly our Catholic friends at this time. Pray for a prayerful time of fellowship at our Lenten Service and Lunch on Thursday 27 March.

Pray for patience, grace and healing for those from our parish community who are undergoing surgery, rehabilitation or who are ill, and all who are suffering in mind, body or spirit. Give them comfort in knowing God's grace and the compassion and kindness of all who care for them.

Prayer for the Week:

Jesus, the night before your death you asked your friends to remain with you. This Lent, in the midst of all the busyness, remind me to be present with you, and stay with you, to remain with you, as you remain with me, here, now. Amen

Those being married today at 1.30pm:

Ciara Harvie and Raimond Coletta

Anniversary of Death:

Bruce Martin 23/3; John Bellamy 26/3; James Poole 27/3; Denis Barrett 27/3;
Bill Carr-Boyd 28/3; Catherine Rutherford 28/3

St Alban's is open during the week

for prayer and reflection, when the office is open.

Developing and Supporting Women in Ministry

From the Rector:

Last week I 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 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.

Prayer for Peace and Hope in the Middle East, Ukraine, and Myanmar

As war, violence and unrest continue in many areas of the world including the Middle East, Ukraine and Myanmar as a parish we remain committed to pray for all those caught up in the misery and dislocation caused, suffering the loss of loved ones, homes and livelihoods. We pray for the soldiers and citizens drawn into wars not of their making; and we pray for the children traumatised and suffering from disease and hunger. We pray for leaders who will seek the cessation of war, the restoration of peace and the rebuilding of community.

Prayer

Almighty and Everlasting God, our days are in your hands; we lift up all those who are victims of violence and injustice, that you might surround and uphold the men, women and children caught up in war, violence and unrest. Empower your Church and all humanitarian workers to bring hope and healing to the wounded, relief to the suffering, and comfort to those who mourn. We pray that you would soften the hearts of all those leaders involved in these conflicts, that they would be led to work for justice and lasting peace for their people, these things we ask in the name of Jesus Christ. Amen.



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/

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/
- 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.



Ecumenical Lenten Service and Lunch

Thursday 27 March 2025 at 12 noon

Epping Uniting Church

Corner Oxford Street and Chester Street, Epping

Please join us. Fr Jim from Our Lady Help of Christians is preaching.

To assist with the numbers for catering,
please add your name to the list in the porch this week.

See the flyer on the noticeboard — all welcome

MAKING OF PALM CROSSES

Date for your diary

On Friday evening 11 April 2025 from 7pm 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

Holy Week and Easter Services

13 April Palm Sunday

8am Palm Sunday Eucharist

10.00am Blessing of the Palms, Ecumenical Procession
commencing from Our Lady Help of Christians

We will conclude our walk and return for the Palm Sunday Eucharist

Monday 14, Tuesday 15, Wednesday 16 April

7.45pm Holy Week Eucharist with Reflection

Thursday 17 April Maundy Thursday

10.30am Eucharist with Prayers for Healing

7.45pm Maundy Thursday Eucharist with Serving One Another

Friday 18 April Good Friday

9.30am Service of Readings and Hymns with Eucharist

Followed by Hot Cross Buns and refreshments

Saturday 19 April Holy Saturday

9am Morning Prayer

Followed by the Easter clean-up and morning tea

Sunday 20 April Easter Day

5.30am Easter Day The Service of Light and Eucharist

Followed by the Easter party

8.30am Easter Day Festival Choral Eucharist

We are planning to have all these services available on Zoom
for those who cannot attend.

BCA Boxes

As one way of raising money for Bush Church Aid – the ministry to grow the church in rural, regional and remote Australia – parishioners take a money box to collect their loose change. At certain times of the year we bring these back and the money is counted and sent to BCA.



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.

Rough Edges/ St John's Darlinghurst

Following a recent phone conversation we are going to be able to once again have St John's Darlinghurst accept our donations of warm rugs/beanies/scarves for the clients of Rough Edges.

This is indeed good news, and we are so grateful that John Griffin-Miller is willing to make the delivery. There were 16 magnificent rugs and 8 warm beanies donated.

Thank you to all parishioners who loyally continue to knit strips and squares to enable the rugs to be assembled.

Margaret Cummins

ABM Lenten Studies

Into the Desert

ABM invites you to journey into the Australian desert during Lent with 40 days of bible readings, reflections, sayings and prayer suggestions.

These Lent resources have a particular focus on Australian landscape, history and writing, Aboriginal reconciliation and the long Christian tradition of desert-shaped theology. The app is available for Apple devices (iPhone and iPad). A free pdf version of the resource is available. <https://www.abmission.org/resources/into-the-desert/>

Other Lenten Studies are available here: <https://www.abmission.org/resources/lent/>

There is also a resource available for Holy Week to Ascension - please see more information on the Noticeboard.

2025 Chrism Eucharist

This year's Chrism Eucharist is to be held at Christ Church St Laurence, George St, Sydney, at 11.00am on Tuesday 15 April (Tuesday in Holy Week). The Right Rev'd Dr Michael Stead, Bishop of South Sydney, will be the celebrant.

A general invitation is extended to clergy, parish readers and parishioners to attend the service.

A light lunch will be served following the service. There is no need to RSVP.

WHAT'S ON...

Monday 24 March

Oscar Romero, archbishop of San Salvador
Office closed

Tuesday 25 March

THE ANNUNCIATION TO THE BLESSED VIRGIN MARY
9.00am Staff Meeting

Wednesday 26 March

10.00am Everyday English Classes
7.30pm Choir practice

Thursday 27 March

10.30am Eucharist with Prayers for Healing
12noon Lenten Ecumenical Service and Lunch at Epping Uniting Church

Friday 28 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

You can also contact the Diocesan Safe Ministry Team on 02 9265 1604 email info@safeministry.org.au or to report abuse 1800 774 945 email 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
FOURTH SUNDAY IN LENT
and Mothering Sunday
30 March 2025

8am Eucharist with Hymns
Preacher: The Reverend Paul Sampson

10am Choral Eucharist
(also available by Zoom)
Preacher: The Reverend Paul Sampson

11.30am AGM followed by lunch



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

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

Website - www.eppinganglicans.org.au