

# Anglican Parish of Warracknabeal

Warracknabeal, Areegra, Minyip, Hopetoun, Brim

**Lent 3**

**07 March 2021**

## ***Hello Everyone - Greetings!***

The Lenten journey of entering "the desert" has approximately five spiritual stages - solitude, testing, self-emptying, encounter and transformation. From my own experience the stages don't seem to understand the right order in which they *should* occur, but rather seem to interchange with each other - so I'm never entirely sure which one I will face each week or day - and maybe sometimes I experience more than one stage in any particular day.

This is why it's called a 'journey' - and our aim as Christian pilgrims is to 'surrender' to God's will for us - be led where we may not entirely agree God should lead us etc. **HOWEVER**, it is also my experience that God leads us to LIFE - even if it doesn't feel like it at the time. This is the 'sacred way' - to trust and to take bold steps into the known and unknown - expecting that God **WILL MEET US where we are and accompany us** through whatever life has in store.

As I have said in the past - maybe our hearts' desire is also God's hearts' desire for us also. What a wonderful reality or possibility! "Take courage. Be not afraid."

**"God, who is everywhere, never leaves us.**

**Yet, God seems sometimes to be present, sometimes absent.**

**If we do not know God well, we do not realize that God may be more present to us when God is absent than when God is present."**

*Thomas Merton*

**"Act as though everything depended upon you.**

**Pray as though everything depended upon God."**

*St Ignatius*

[*"The Desert"* © 1997 John Moses. Canterbury Press: UK]

As I promised in last Sunday morning's homily, I offer the meditation /reflection below for your own devotion during the coming week. If I was smarter I probably would have led you more gently into this exercise - given you some 'easy' options over the last few weeks, but you know - I reckon you'll manage.

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*Project REGENERATE. Renew PEOPLE. Revive PROJECTS. Restore PLACE*

It is confronting. It is meant to be! However, I hope that you will find Life - and loads of it. It is meant to encourage a love and appreciation of life and of yourself. Before you start I recommend the following:

1. Find a comfortable position in your chair or posture of choice;
2. Notice your breathing rhythm - is it fast or slow?  
Find a rhythm that allows you to relax, and become more aware of your body (*this may take 2-5 mins - maybe more if you want*);
3. Ask God to reveal a 'gift' / insight to you through this exercise;
4. Expect God to reveal something to you.

Once you are ready:

Imagine you see your body in the coffin laid out in church for the funeral rites .... Take a good look at your body, especially at the expression on your face...

Now look at all the people who have come to your funeral ... Go slowly from one pew to another looking into their faces .... Stop before each person and guess what they are thinking and feeling ....

Now listen to the sermon / eulogy. Who is the speaker?... How do you feel when you hear them speak? ... Can you accept all the good things they are saying about you? ... If you cannot, study your resistance to accepting it ...

Look again at the faces of the friends who have come to your funeral ... Imagine the good things they will be saying about you when the funeral is over ... Is there something you would like to say to each of them before they leave, some final farewell in response to all they are thinking and feeling about you, a response which, alas, they will never hear now? ... Say it, all the same, and see what this does to you ...

Now become aware of your existence in the room and realize that you are still alive and still have time at your disposal ...

Do you see your friends differently?

Do you see yourself differently?

Is there anything you would like to do or anyway you would like to respond because of this exercise? (**DO IT!**) [*Sadhana: A Way to God.* © 1987 De Mello]



*"No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet, death is the destination we all share. No one has ever escaped it, and that is how it should be, because death is very likely the single best invention of life. It's life's change agent. It clears out the old to make way for the new." Steve Jobs*

## **LADY DAY – Ballarat, Thursday 25<sup>th</sup> March at 11.00am**

Join the throng and song and fellowship of Lady Day at the Cathedral on Thursday 25<sup>th</sup> March beginning at 11.00am. Bring your own lunch! (due to COVID restrictions etc) Rev James will be guest speaker: “Saws and Soul-bearing: The Alchemy of Oxytocin” *(Please arrange your own transport)*



### **Prayer in the Parish**

#### **In the Parish & Beyond:**

- +Garry; Diocesan Deacons;
- for people in Myanmar;
- Lenten pilgrims in heart, mind and soul;
- Project REGENERATE – for listening to where God guides us;
- Conviction and purpose in all we do and say;
- Boys’ Shed - Mon & Thurs;
- Tony & Julie Tamblin.

#### **Community:**

- Give thanks for Aged Care Facilities;
- All experiencing financial pressures;
- for all those feeling disconnected with loved ones and family;
- all small business owners and staff;
- All affected by COVID.

**Years Mind:** Beryl Hooper, Judith Marshman, Coral Panter, John Menzel, Murray Moloney

## **Service Times March/April**

### **Lent 3 – 07 March**

9.30am & 5.00pm Warracknabeal  
11.00am Areegra

### **Lent 4 – 14 March**

9.30am & 5.00pm Warracknabeal  
8.30-12.30 – Coffee Van

### **Lent 5 – 21 March**

9.30am & 5.00pm Warracknabeal  
2.00pm Dunmunkle Lodge  
6.00-8.00pm SHINE Youth Group

### **Palm Sunday 28 March**

9.30am & 5.00pm Warracknabeal  
8.30-12.30 – Coffee Van

### **Walk of the Cross**

30 March - 01 April

### **Easter Bonfire – Sat 03 April**

From 5.00pm at Areegra



**Kilometres  
travelled**

**3,327.43**

**Pledged & Donated**

**\$15,204.69**

# TODAY'S READINGS

## THIRD SUNDAY IN LENT

First Reading:

Exodus 20:1-17

### ***A reading from the book of Exodus***

And God spoke all these words: 'I am the Lord your God, who brought you out of Egypt, out of the land of slavery. 'You shall have no other gods before me. 'You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments. 'You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name. 'Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. 'Honour your father and your mother, so that you may live long in the land the Lord your God is giving you. 'You shall not murder. 'You shall not commit adultery. 'You shall not steal. 'You shall not give false testimony against your neighbour. 'You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his male or female servant, his ox or donkey,

or anything that belongs to your neighbour.'

*This is the word of the Lord*

**Thanks be to God**

Psalm:

19:8-11

**Response: *Lord, you have the words of everlasting life.***

1. The law of the LORD is perfect, refreshing the soul;  
The decree of the LORD is trustworthy, giving wisdom to the simple. **(R)**
2. The precepts of the LORD are right, rejoicing the heart;  
the command of the LORD is clear, enlightening the eye. **(R)**
3. The fear of the LORD is pure, enduring forever;  
the ordinances of the LORD are true, all of them just. **(R)**
4. They are more precious than gold, than a heap of purest gold;  
sweeter also than syrup or honey from the comb. **(R)**

Second Reading:

1 Corinthians 1:18-25

### ***A reading from the first letter of Paul to the Corinthians***

For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: 'I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate.' Where is the wise person? Where is the teacher of the law? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not know him, God was pleased through the



foolishness of what was preached to save those who believe. Jews demand signs and Greeks look for wisdom, but we preach Christ crucified: a stumbling-block to Jews and foolishness to Gentiles, but to those whom God has called, both Jews and Greeks, Christ the power of God and the wisdom of God. For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.

This is the word of the Lord

**Thanks be to God**

**Gospel Acclamation:**

**Praise to you, Lord Jesus Christ,  
king of endless glory!**

God so loved the world that he gave his only Son, so that everyone who believes in him might have eternal life.

**Praise to you, Lord Jesus Christ,  
king of endless glory!**

**Gospel:**

**John 2:13-22**

***A reading from the Holy Gospel  
according to John***

When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the

**Bishop Garry's youTube message**

**Intercessions (Lent 2)**

[https://youtu.be/KG6EqI\\_lpSY](https://youtu.be/KG6EqI_lpSY)

**Rev's youTube message - Lent 3**

**Chaos or Calm?**

<https://youtu.be/zh2VAzdEHQE>

temple courts, both sheep and cattle; he scattered the coins of the money-changers and overturned their tables. To those who sold doves he said, 'Get these out of here! Stop turning my Father's house into a market!' His disciples remembered that it is written: 'Zeal for your house will consume me.' The Jews then responded to him, 'What sign can you show us to prove your authority to do all this?' Jesus answered them, 'Destroy this temple, and I will raise it again in three days.' They replied, 'It has taken forty-six years to build this temple, and you are going to raise it in three days?' But the temple he had spoken of was his body. After he was raised from the dead, his disciples recalled what he had said. Then they believed the Scripture and the words that Jesus had spoken.

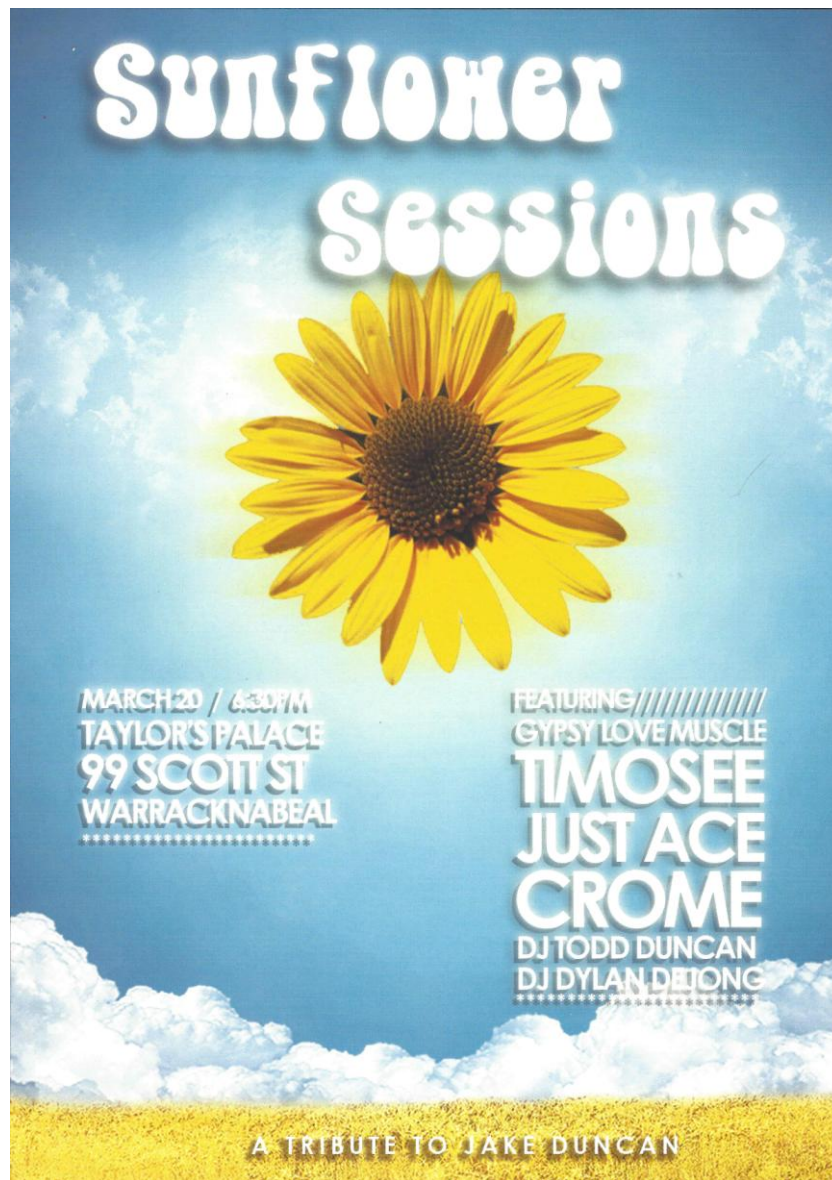
This is the gospel of the Lord

**Praise to you Lord Jesus Christ**

### **THE PROPERS**

**Sentence:** God spoke these words and said, 'I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.'

**Collect:** Lord our God, by your Holy Spirit write your commandments upon our hearts and grant us the wisdom and power of the cross, so that, cleansed from greed and selfishness, we may become a living temple of your love; through Jesus Christ our Lord. **Amen.**



“Thus we have everything in Christ.

Let every soul go to him, whether it be sick from sin of the body, or pierced with the nails of some desire of this age; or still imperfect – provided that it goes forward in persevering meditation, or is already perfect in many virtues; everything is within Christ’s power, and Christ is everything to us.

If you wish to be healed of your wound, he is the healer; if you burn with fevers, he is the fountain; if you are laden with inequity, he is justice; if you have need of help, he is strength; if you fear death, he is life; if you desire heaven, he is the way to it; if you flee from darkness, he is the light; if you seek food, he is nourishment. “Taste, then, and see how good is the Lord: happy are those who hope in him.” Ambrose, *De virginitate*

[Rivers in the Desert. © 1991. Rowland Croucher ed.]

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Another technique to calm (or focus) the mind is to colour. While you are doing so, notice the thoughts that come and go without judgement ... let them pass, let them wander - notice if there is a pattern, or a distant memory or something you may need to attend to ...

*mindful colouring*

