



# CHRIST CHURCH CATHEDRAL GRAFTON

open doors ... open hearts ... open minds ...

## Fifth Sunday After Epiphany

5 February 2023

*St Thomas Mass – David Thorne (1950-)*

**Introit** *Let the words of my mouth – Dulcie Holland (1913-2000)*

**Entrance Hymn** 408 TIS *O breath of God, breathe on us now*

**Gathering in God's name** *Page 119 (Green "A Prayer Book for Australia")*

### **Sentence**

'Is not this the fast that I choose,' says the Lord: 'to loose the bonds of injustice, and to let the oppressed go free?'

Isaiah 58.6

### **Invitation to Confession**

Christ the Son of God has been revealed as a light to the nations.

*Silence may be kept*

Let us bring our darkness to his light, confessing our sins in penitence and faith.

**Confession** Page 120

### **The Collect of the day**

Faithful God,  
you have appointed us your witnesses,  
to be a light that shines in the world:  
let us not hide the bright hope you have given us,  
but tell everyone your love,  
revealed in Jesus Christ the Lord,  
who lives and reigns with you  
in the unity of the Holy Spirit, one God,  
for ever and ever. **Amen.**

## THE MINISTRY OF THE WORD

### First Reading

Isaiah 58.1–9a

Shout out, do not hold back!  
Lift up your voice like a trumpet!  
Announce to my people their rebellion,  
to the house of Jacob their sins.  
Yet day after day they seek me  
and delight to know my ways,  
as if they were a nation that practised righteousness  
and did not forsake the ordinance of their God;  
they ask of me righteous judgements,  
they delight to draw near to God.  
'Why do we fast, but you do not see?  
Why humble ourselves, but you do not notice?'  
Look, you serve your own interest on your fast-day,  
and oppress all your workers.  
Look, you fast only to quarrel and to fight  
and to strike with a wicked fist.  
Such fasting as you do today  
will not make your voice heard on high.  
Is such the fast that I choose,  
a day to humble oneself?  
Is it to bow down the head like a bulrush,  
and to lie in sackcloth and ashes?  
Will you call this a fast,  
a day acceptable to the Lord?

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?  
Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?  
Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the Lord shall be your rearguard.  
Then you shall call, and the Lord will answer;  
you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,

Hear the word of the Lord, **thanks be to God.**

## **Psalm 112**

- 1 O praise the Lord. Blessed are they that fear the Lord:  
and greatly delight in his commandments.*
- 2 Their children shall be mighty in the land:  
an upright race who will be blessed.*
- 3 Riches and plenty shall be in their house:  
and their righteousness shall stand for ever.*
- 4 Light arises in darkness for the upright:  
gracious and merciful are the righteous.*
- 5 It goes well with those who act generously and lend:  
who guide their affairs with justice.*
- 6 Surely they shall never be moved:  
the righteous shall be held in everlasting remembrance.*
- 7 They will not fear bad tidings:  
their hearts are steadfast, trusting in the Lord.*
- 8 Their hearts are confident and will not fear:  
they will see the downfall of their enemies.*
- 9 They give freely to the poor:  
their righteousness stands for ever,  
their head is uplifted in glory.*

## **Second Reading**

1 Corinthians 2.1-13

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, 'What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him'—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

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

## **The Gospel**

Matthew 5.13-20

*Alleluia, alleluia, alleluia.*

*Jesus says, I am the light of the world;  
whoever follows me will have the light of life.*

***Alleluia, alleluia, alleluia.***

The Lord be with you.

**And also with you.**

The Gospel of our Lord Jesus Christ according to St Matthew  
**Glory to you Lord Jesus Christ.**

'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

'You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

This is the Gospel of the Lord. **Praise to you Lord Jesus Christ.**

<b>Creed</b>	Page 123
<b>Offertory Hymn</b>	474 TIS <i>Here in this place</i>
<b>The Great Thanksgiving</b>	Thanksgiving 1 on page 128 (Preface P 150)
<b>The Lord's Prayer</b>	Page 141
<b>Communion Anthem</b>	<i>Teach me O Lord</i> – Thomas Attwood (1765-1838 ) <i>Panis Angelicus</i> – Claudio Casciolini (1697-1760)
<b>Post Communion &amp; Blessing</b>	Page 150
<b>Mission Hymn</b>	626 TIS <i>Lord of creation, to you be all praise</i>
<b>Organ Postlude</b>	<i>Toccata in G minor P.468</i> – Johann Pachelbel (1653-1706)

The order of service is adapted from *A Prayer Book for Australia* © 1995, the Anglican Church of Australia Trust Corporation, supplemented with materials from Season of Creation website. Hymns are from *Together in Song*, and are reproduced with permission under CCLI Licence No. 1966.

## **“Just a moment” – with The Very Reverend Rod MacDonald**

Unlike some words we find in the church lexicon like the service, the “Churching of Woman”; or the feast called the “Manifestation of Christ to the Gentiles”; or a term such as “Prevenient Grace” - unlike these the word Retreat conveys exactly what it means! And also, unlike the other terms (and quite a few more) it doesn't need to be ‘unpacked’ a bit for a basic understanding. A Retreat is a deliberate ‘going aside’ like Jesus did, at least for several days in the modern tradition. Some older traditions, such as making an Ignatian Retreat, last longer and in that particular example, deliberately span 28 days.

And they can well be held at a sea-side location, or at a mountain lodge, at least along the Eastern sea-board of Australia.

With a good view, open spaces, and catering organized for you.

Ah yes! He/she is going away, and taking a break in lovely surroundings, no household chores, and leaving all ‘job’ contact such as emails and mobile phones behind! Yes - they may call that a ‘retreat’ professionally, but I call it a holiday, if it comes my way!

Welcome to my world this week. Or any other clergy or lay person going on ‘retreat’. After 6 lectures in 3 days on deeper and more meaningful prayer (as much for others as for ourselves), nearly a dozen small group discussions with reporting back, then evening ‘spiritual companion’ groups with relative strangers, nine formal prayer services, four eucharists and then a journal to keep ..... yes, I have found it both professionally and personally very enervating. The leadership of Dr

Robyn Wrigley- Carr, Associate Professor in Spirituality and Theology from Sydney Diocese, together with presentations on Holiness, individual and corporate from Archdeacon Dr Rosemary Dunn (retired lecturer at JCU in medieval spirituality) was challenging to say the least, but very carefully directed at active and busy parish priests.

And like a good holiday for 3 days at a coastal resort or mountain lodge at \$1000+, it was very good value for money. But Bishop Murray has the last word, when he affirmed in front of some parishioners, that this was 'work' not just 'going away' but some of the most important that a priest can do. Not just for themselves, but most importantly for the community of faith that they lead.

I am glad I went.

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Every 3<sup>rd</sup> Thursday of the Month 12.30 – 2.30 pm

Contact Parish office 6642 2844 [parishoffice@graftoncathedral.org.au](mailto:parishoffice@graftoncathedral.org.au)

**Grafton Cathedral - Edwards Hall.**

**12-14 Duke Street, Grafton**

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**SUNDAY** 5 February 9.00am Eucharist Christ Church Cathedral

10.45am Parish Council Meeting, Edwards Hall

**Wednesday** 8 February 10.00am Eucharist Christ Church Cathedral

AGM reports due

**Thursday** 9 February CVAS Leaders Induction Service

Christ Church Cathedral

**SUNDAY** 12 February 9.00am Eucharist Christ Church Cathedral

**Wednesday** 15 February Eucharist Christ Church Cathedral

**Thursday** 16 February Card Making, all welcome Edwards Hall

**SUNDAY** 19 February 9.00am Eucharist Christ Church Cathedral,

followed by Pancake brunch

**Wednesday** 22 February **ASH WEDNESDAY**

7.30am Eucharist Christ Church Cathedral

10.00am Eucharist Christ Church Cathedral

6.00pm Eucharist Christ Church Cathedral

**Saturday** 25 February Cursillo Diocesan Ultreya, Cathedral complex

**SUNDAY** 26 February 9.00am Eucharist Christ Church Cathedral

10.30 Parish AGM Christ Church Cathedral

## Cathedral Parish Directory

[www.graftoncathedral.org.au](http://www.graftoncathedral.org.au)

<b>Locum Dean</b>	The Very Reverend Rod MacDonald <a href="mailto:rod.macdonald@graftoncathedral.org.au">rod.macdonald@graftoncathedral.org.au</a>	0400 499 616
<b>Canon Pastor</b>	The Revd Canon Camellia Flanagan <a href="mailto:priest@graftoncathedral.org.au">priest@graftoncathedral.org.au</a>	0417 928 914
<b>Deacon</b>	The Reverend Grant Sparks <a href="mailto:deacon@graftoncathedral.org.au">deacon@graftoncathedral.org.au</a>	0418 995 535
<b>Director of Music</b>	Mr Robert Eather <a href="mailto:music@graftoncathedral.org.au">music@graftoncathedral.org.au</a>	0458 093 292
<b>Parish Office</b>	Ms Linda Butler <a href="mailto:parishoffice@graftoncathedral.org.au">parishoffice@graftoncathedral.org.au</a>	02 6642 2844
<b>Cathedral Bookshop</b>	<a href="mailto:bookshop@graftoncathedral.org.au">bookshop@graftoncathedral.org.au</a>	02 6642 3958
<b>Cathedral OpShop &amp; Pantry</b>	Ms Linda Butler (OpShop) Mrs Moe Jones (Cathedral Pantry)	02 6642 2844 02 6642 1906

### Cathedral Prayer

**Living and eternal Christ bless the ministry of this Cathedral as a place of pilgrimage and prayer. May our doors always be open to pilgrims, may our hearts always be open to one another, and may our minds always be open to new truth. Draw us deeply into the mystery of your life, your death and your resurrection, now and always. Amen.**

### Prayers for those in need

Joy Baldwin Cheryl Cook Sue Cotter Kathryn Douglas Gail Gilmore Allen Madden	Fay Kelly Ruth Kingsley Joan Marr John McAnally Elaine Stephenson Margaret Kay	Kay Metcalfe Eileen Rogan Val Rogers Tammy Uren Jessie Usher Mervyn Kingsley
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### Remembering those who have died

**Year's Mind:** Annie Ayres, Alma McLachlan, Freddie Millard & Marie Quilty

**Around the Parish this Week**

<b>Today</b>	<p><b>FIFTH SUNDAY AFTER EPIPHANY</b>  <b>9.00am – Cathedral Live &amp; Online:</b>  <a href="http://www.graftoncathedral.org.au">www.graftoncathedral.org.au</a>  <b>10.45am_Parish Council Meeting – Edwards Hall</b></p>										
<b>Birthdays this week</b>	<p><b>Happy birthday to:</b> Victoria Moorhead, Violet Rogan &amp; Rita Johnson</p>										
<b>Weekdays</b>	<p><b>Morning Prayer &amp; Evening Prayer</b> will continue to be said at 8.30am and 5.30pm. <b>You are welcome to join us any time, either in person or via Zoom: Simply use the link on the Cathedral web page CALENDAR</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Cathedral Office</td> <td style="text-align: right;">9.00am–4.00pm(9-7 Tues)</td> </tr> <tr> <td>Cathedral Bookshop</td> <td style="text-align: right;">9.30am–3.30pm(Tues-Fri)</td> </tr> <tr> <td>Cathedral OpShop</td> <td style="text-align: right;">10.00am–4.00pm</td> </tr> <tr> <td>Cathedral Pantry</td> <td style="text-align: right;">Mon, Tue &amp; Thur</td> </tr> <tr> <td>Wednesday Worship</td> <td style="text-align: right;">at 10.00 am</td> </tr> </table> <p><b>Please ensure that we have your email address and mobile number so we can reach out to you with information, news and pastoral support. If you need pastoral care or other support, please call either Father Rod, Canon Camellia or Deacon Grant.</b></p> <p><b>PLEASE MAINTAIN HIGH LEVELS OF VIGILANCE AND PERSONAL HYGIENE AS WE SEEK TO LIMIT THE SPREAD OF THE COVID-19 VIRUS</b></p>	Cathedral Office	9.00am–4.00pm(9-7 Tues)	Cathedral Bookshop	9.30am–3.30pm(Tues-Fri)	Cathedral OpShop	10.00am–4.00pm	Cathedral Pantry	Mon, Tue & Thur	Wednesday Worship	at 10.00 am
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<b>Next Sunday</b>	<p><b>SIXTH SUNDAY AFTER EPIPHANY</b>  <b>9.00am – Cathedral Live &amp; Online:</b>  <a href="http://www.graftoncathedral.org.au">www.graftoncathedral.org.au</a></p>										
<b>Bank Details</b>	<p><b>BSB: 705 077</b>  <b>Acc: 00033630</b>  <b>Name: Anglican Parish of Grafton</b></p>										

**Prayer for a New Dean**

**Bountiful God, give to this parish a loving leader and generous pastor who will faithfully speak your word and minister your sacraments; an encourager who will equip your people for ministry and enable us to fulfil our calling.**

**Give to those who will choose, wisdom, discernment and patience, and to us give warm and generous hearts, for Jesus Christ's sake. Amen.**