

**Anglican Parish of Queenscliff- Point Lonsdale: Readings & News**  
**Holy Communion 10.00am St George's, Queenscliff**  
Morning Prayer Wednesday 10.30am St George's  
**Awakening to share in ministry together**  
**5<sup>th</sup> Sunday after Epiphany 4<sup>th</sup> February 2024**



**CONTACT US:**

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**Readings**

Isaiah 40:21-31; Psalm 147:1-11; 1 Corinthians 9:16-23; Mark 1:29-29 (readings are from NRSV)

**Hymns**

Introit – Tell out my soul AHB 109 tune WOODLANDS

Gradual – We have a gospel to proclaim AHB 189 tune FULDA

Offertory – Christ from whom all blessings flow AHB 364 tune VIENNA

Post Communion – Stand up stand up for Jesus AHB 509 tune MORNING LIGHT

Isaiah 40:21-31

Have you not known? Have you not heard?

Has it not been told you from the beginning?

Have you not understood from the foundations of the earth?

<sup>22</sup> It is he who sits above the circle of the earth,

and its inhabitants are like grasshoppers;

who stretches out the heavens like a curtain,

and spreads them like a tent to live in;

<sup>23</sup> who brings princes to naught,

and makes the rulers of the earth as nothing.

<sup>24</sup> Scarcely are they planted, scarcely sown,

scarcely has their stem taken root in the earth,

when he blows upon them, and they wither,

and the tempest carries them off like stubble.

<sup>25</sup> To whom then will you compare me,

or who is my equal? says the Holy One.

<sup>26</sup> Lift up your eyes on high and see:

Who created these?

He who brings out their host and numbers them,

calling them all by name;

because he is great in strength,

mighty in power,  
not one is missing.  
27 Why do you say, O Jacob,  
and speak, O Israel,  
'My way is hidden from the LORD,  
and my right is disregarded by my God'?  
28 Have you not known? Have you not heard?  
The LORD is the everlasting God,  
the Creator of the ends of the earth.  
He does not faint or grow weary;  
his understanding is unsearchable.  
29 He gives power to the faint,  
and strengthens the powerless.  
30 Even youths will faint and be weary,  
and the young will fall exhausted;  
31 but those who wait for the LORD shall renew their strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint.

**Psalms 147:1-11 (page 377 in the Prayer Book)**

1 O praise the Lord, for it is good to sing praises to our God:

**And to praise him is joyful and right.**

2 The Lord is rebuilding Jerusalem:

**He is gathering together the scattered outcasts of Israel.**

3 He heals the broken in spirit:

**And binds up their wounds.**

4 He counts the number of the stars:

**And calls them all by name.**

5 Great is our Lord, and great is his power:

**There is no measuring his understand.**

6 The Lord restores the humble:

**Be he brings down the wicked to the dust.**

7 O sing to the Lord a song of thanksgiving:

**Sing praises to our God upon the harp.**

8 He covers the heavens with cloud, and prepares rain for the earth.

**And makes the grass to sprout upon the mountains.**

9 He gives the cattle their food:

**And feeds the young ravens that call to him.**

10 He takes no pleasure in the strength of a horse:

**Nor does he delight in anyone's legs.**

11 But the Lord's delight is in those that fear him:

**Who wait in hope for his mercy.**

### **1 Corinthians 9:16-23**

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe betide me if I do not proclaim the gospel! <sup>17</sup> For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. <sup>18</sup> What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

<sup>19</sup> For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. <sup>20</sup> To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. <sup>21</sup> To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. <sup>22</sup> To the weak I became weak, so that I might win the weak. I have become all things to all people, so that I might by any means save some. <sup>23</sup> I do it all for the sake of the gospel, so that I may share in its blessings.

### **Mark 1:29-39**

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. <sup>30</sup> Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. <sup>31</sup> He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

<sup>32</sup> That evening, at sunset, they brought to him all who were sick or possessed with demons. <sup>33</sup> And the whole city was gathered around the door. <sup>34</sup> And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

<sup>35</sup> In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. <sup>36</sup> And Simon and his companions hunted for him. <sup>37</sup> When they found him, they said to him, 'Everyone is searching for you.' <sup>38</sup> He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' <sup>39</sup> And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

### **WHAT'S ON ....**

Annual Leave for our Vicar – Monday 29<sup>th</sup> January – Monday 12<sup>th</sup> February inclusive  
**Parish Council** Wednesday 14<sup>th</sup> February 5.00pm at the vicarage

**Tuesday, 13<sup>th</sup> February:** Shrove Tuesday pancake dinner at the Old School, 6.00pm  
Please invite your friends to this enjoyable evening of delicious pancakes and company.  
Fiona and Jill Jackson will prepare sweet and savoury pancakes and welcome your help on the evening to serve and hand around food and drinks. Please let Fiona know if you plan to attend.

**Wednesday, 14 February:** There are two services for Ash Wednesday - 10.00am at St George's and 4.00pm at St James.

#### **Commencement of Lenten Studies**

Wednesday 11.00am St George's with Mthr Jo

Thursday 15<sup>th</sup> 5.00pm Point Lonsdale with Ros Myer (Meeting Wednesdays there after)



**LENT IS COMING** – With Ash Wednesday we begin the season of Lent. We are preparing two Lenten Study Groups: Wednesdays 11.00am after Morning Prayer at St George’s, Queenscliff and Wednesdays 5.00pm at the home of Ros Myer in Point Lonsdale. (Meeting Thursday 15<sup>th</sup> for the first week only) Please add your name to the clipboard at church and collect your booklet from Ros Myer for private study or to join one of our groups. The studies, “Safetynet Discipleship”, have been prepared by Bishop Peter Stuart of the Diocese of Newcastle and are described as “challenging”, “down to earth and practical”.

“Do you need a lift to church?”

Each week there are parishioners who would like to attend church but need a lift to join us on Sunday mornings. There are also many other parishioners who are happy to pick up a fellow parishioner on their way to church each Sunday. If you fall into either of these camps, please contact Fiona [0428 322208] or Sally [0427651038] so we can help to make a “match”.

**Parish Prayer List** – If you would like prayer for yourself or another who have given their permission and would appreciate prayer as part of our time of worship, please direct your prayer request to Mthr Jo 0458 523 754 or [vicar@queenscliffionsdaleanglican.org](mailto:vicar@queenscliffionsdaleanglican.org)

**Friday, 1 March: World Day of Prayer.** We are hosting the World Day of Prayer in 2024 and are convening a planning meeting with the Uniting Church and the Catholic Church on Thursday, 8 February, 10.am in the Old School. Please contact Fiona if you would like to help with this special day.

The country in focus is Palestine and the World Day of Prayer will be held at St James, Friday, 1 March.

**Music at the Basilica for February, March & April:** There are wonderful concerts planned for Sunday afternoons at 5.00pm over the next three months. Some concerts are free. The programme is pinned to the porch noticeboard in both St George’s and St James. The Lenten concerts conclude with Gabriel Faure’s inspiring Requiem on Sunday 24 March. The Basilica of St Mary of the Angels is at 136 Yarra Street, Geelong.

**PARISH BANK DETAILS:** BSB 633 000 [Bendigo Bank] Acc #157 443 508  
Account name: Anglican Parish of St George’s

**MORNING PRAYER on Zoom**  
Monday – Saturday 9.15am [www.us02web.zoom.us/j/83936429814?pwd=SIJCRE5WNXRZZUxRa0dHVk1vL2w3dz09](https://www.us02web.zoom.us/j/83936429814?pwd=SIJCRE5WNXRZZUxRa0dHVk1vL2w3dz09)  
**EVENING PRAYER Zoom**  
Monday – Saturday 5.00pm [www.us02web.zoom.us/j/87628164461?pwd=cEF6K1E1Yjh6TEFKa25laG4vUDdMQT09](https://www.us02web.zoom.us/j/87628164461?pwd=cEF6K1E1Yjh6TEFKa25laG4vUDdMQT09)  
**MEDITATION on Zoom**  
Monday, Wednesday & Friday 8.30am – 9.00am [www.us02web.zoom.us/j/81733909876?pwd=WHI4QVNENHRJVFZyWXNLSFJ5cjdrdz09](https://www.us02web.zoom.us/j/81733909876?pwd=WHI4QVNENHRJVFZyWXNLSFJ5cjdrdz09)