

FOR YOUR INFORMATION

NOTICES: All notices for inclusion are subject to approval and must be received by 12 noon Wednesday for publication the following Sunday.

Sunday Services from 7th Feb 2021:

Starting with Sunday 7th Feb there will be two services, 7.30am and 9.30am.

Services This Week:

Sunday 31st Jan: 8.30am Eucharist

Readings for 7th February 2021:

Isaiah 40:21-31

Psalms 147:1-11

1 Corinthians 9:16-23

Mark 1:29-39

PARISH CONTACTS

Dean

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Bank details (for offering):

BSB: 014-690

Account: Cathedral Parish General

Account Number: 2987-20958

Office hours – the office is currently open on Wednesday and Friday mornings from 9am to 12noon.

7th Feb: We will have a guest preacher, Philip Vant Spyker, the Diocesan Families Minister. Also there will be two Baptisms at the 9.30 service.

15th Feb. 7.00pm: Parish Council meeting in Nathaniel Dawes Hall.

17th Feb 7.15pm Wed: MU Annual meeting of St Paul's Branch in Nathaniel Dawes Hall

27th Feb 11.00am: installation of the Right Reverend Peter Grice as 13th Bishop of Rockhampton. If you wish to attend, please put your name on the sheet in the narthex or see Bev or Lewis.

5th March: World Day of Prayer 2021 at St David's, North Rockhampton. See the notice board for additional information.

7th March: The AGM will be held after the 9.30 service on Sunday 7/3. All annual reports for the AGM must be in the office by Sunday 31 January.

Pew Reflection:

Unclean spirits, and demons also recognise Jesus while the people around him do not. Help us to recognise the one true God. Pray that we will recognise the idols of our age, money, status and power, and work and live to overcome them with the help of Jesus who is the only Holy One.

☺ Sunday Smile:



WELCOME TO ST PAUL'S CATHEDRAL 31 JAN. 2021 – 4TH SUNDAY AFTER EPIPHANY



It is lovely to share in worship this morning.
A very warm welcome to any newcomers or visitors.

SENTENCE: Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news of the kingdom, and curing every disease and every sickness.

Matthew 9.35

PRAYER OF THE DAY: God of compassion, you have shown us in Christ that your love is never ending: enable us both to love you with all our heart and to love one another as Christ loved us. Grant this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

IN OUR PRAYERS TODAY

The Church in Australia: Religious orders for women: Sisters of the Incarnation – Adelaide, Community of the Sisters of the Church - Sydney, Kempsey, Melbourne, Community of the Holy Name (CHN) – Melbourne, Society of the Sacred Advent (SSA) - Brisbane, Crows Nest, Community of Christ the King – Wangaratta. **Religious orders for men:** The Society of St Francis (SSF) - Brisbane, Stroud, Society of the Sacred Mission (SSM) - Melbourne, Adelaide, Little Brothers of Francis (LBF) – Tabulam. **Mixed communities:** The Order of St Benedict (OSB) – Camperdown, The Franciscan Third Order (TSSF), The Community of the Transfiguration - Teesdale, Geelong, The Community of St Barnabas & St Cecilia-Willochra.

People in the parish and beyond: Renewal of the Church, Christians in counselling, Those who feel rejected.

Partner diocese-Popondota (PNG): Anglican Board of Mission-Australia (ABM-A) Community Development programs in PNG, ABM-A representatives in PNG

Those known to us:

In Need: Brian and Jacqueline, Carmel, Ray.

In Memoriam: Norma Peterson, Glenys Lorroway, Paul Hage, Hazel Walsh.

Recently Departed: Rhys, who died in a traffic accident in Yeppoon.

We care about you, so please let Dean Melusi or the Wardens know if you, a family member or someone you know, needs pastoral care or wants to be included in our prayers for healing.

31 January 4TH Sunday After Epiphany

1st Reading - Deuteronomy 18:15-20

The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: 'If I hear the voice of the Lord my God anymore, or ever again see this great fire, I will die.' Then the Lord replied to me: 'They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak - that prophet shall die.'

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

Psalm 111

O praise the Lord. I will praise the Lord with my whole heart:

in the company of the upright and among the congregation.

The works of the Lord are great:

and studied by all who take delight in them.

His deeds are majestic and glorious:

and his righteousness stands for ever.

His marvellous acts have won him a name to be remembered:

the Lord is gracious and merciful.

He gives food to those that fear him:

he remembers his covenant for ever.

He showed his people the power of his acts:

in giving them the heritage of the heathen.

The works of his hands are faithful and just:

and all his commandments are sure;

They stand firm for ever and ever:

they are done in faithfulness and in truth.

He sent redemption to his people, he ordained his covenant for ever:

holy is his name and worthy to be feared.

The fear of the Lord is the beginning of wisdom, and of good understanding are those that keep his commandments:

his praise shall endure for ever.

2nd Reading 1 Corinthians 8.1-13

Now concerning food sacrificed to idols: we know that 'all of us possess knowledge.' Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him. Hence, as to the eating of food offered to idols, we know that 'no idol in the world really exists', and that 'there is no God but one.' Indeed, even though there may be so-called gods in heaven or on earth - as in fact there are many gods and many lords - yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. 'Food will not bring us close to God.' We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling-block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

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

Gospel – Mark 1.21-28

The Gospel of our Lord Jesus Christ according to Mark, chapter 1 reading from verse 21 to 28.

Glory to you Lord Jesus Christ

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching - with authority! He commands even the unclean spirits, and they obey him.' At once his fame began to spread throughout the surrounding region of Galilee.

For the Gospel of the Lord

Praise to you Lord Jesus Christ

AMUA QUIET DAY FRIDAY 5TH FEBRUARY 2021

Programme outline for AMUA Quiet Morning at Keppel Parish on 5th February:

- Quiet time will commence 10am
- Chaplain Rob Stanley's base and theme: Pss.22-23, "God with Us", "God Supporting Us.
- Conclude with Holy Communion 11.30am.

Please bring your Bible and M.U. Prayer Book. We have laminated communion service sheets and hymns will be on the screen.

Morning tea will be available at 9.30: disposable cups, and pre-packaged biscuits.

If desired you can BYO eats but they must not be shared.

Followed by lunch at the Tavern at 12.30 for those who wish to partake.

- RSVP by Monday 1st February so that we have an idea of approximate numbers for photocopying, setting up etc. Also, for lunch at the Tavern.

Please let Noelle or Jan Plumb know if you wish to attend, or email janrobinson155@gmail.com

A Quiet Morning is a great way to set our spiritual focus for the year, with Lent just around the corner.

NOTICES THAT DON'T FIT

Anyone who wishes to contribute to Religious Education in state schools please see the notice board in the narthex or speak to Bev Russell.

ABM deductions are going to those suffering due to COVID 19. Those who give via direct debit can contact Cheryl Haughton to have part of their deduction go to ABM - OR - You can get a bundle of envelopes from the wardens/office and use the ABM half.

Name Badges: Individual St Paul's Cathedral name badges cost \$11 each. Please place your order on the sheet in the narthex or speak to Bev Russell.

ABM deductions are going to those suffering due to COVID 19. Those who give via direct debit can contact Cheryl Haughton to have part of their deduction go to ABM - OR - You can get a bundle of envelopes from the wardens/office and use the ABM half.

1st Reading - 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? 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; who brings princes to naught, and makes the rulers of the earth as nothing. 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. To whom then will you compare me, or who is my equal? says the Holy One. 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. 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'? 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. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; 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.

Hear the word of the Lord,

Thanks be to God.

Psalm 147:1-11

O praise the Lord, for it is good to sing praises to our God:
and to praise him is joyful and right.

The Lord is rebuilding Jerusalem:

he is gathering together the scattered outcasts of Israel.

He heals the broken in spirit:

and binds up their wounds.

He counts the number of the stars:

and calls them all by name.

Great is our Lord, and great is his power:

there is no measuring his understanding.

The Lord restores the humble:

but he brings down the wicked to the dust.

O sing to the Lord a song of thanksgiving:

sing praises to our God upon the harp.

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

and makes the grass to sprout upon the mountains.

He gives the cattle their food:

and feeds the young ravens that call to him.

He takes no pleasure in the strength of a horse:

nor does he delight in anyone's legs,

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

who wait in hope for his mercy.

2nd Reading - 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! 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. 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. 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. 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. 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. 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. I do it all for the sake of the gospel, so that I may share in its blessings.

Hear the word of the Lord,

Thanks be to God.

Gospel – Mark 1:29-39

The Gospel of our Lord Jesus Christ according to Mark, chapter 1, reading from verse 29 to 39.

Glory to you Lord Jesus Christ

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sunset, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. 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. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, 'Everyone is searching for you.' 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.' And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

For the Gospel of the Lord,

praise to you Lord Jesus Christ