



# BALLINA & LENNOX HEAD ANGLICANS

An inclusive Christ-centred community, growing in our  
relationship with God and the wider community

We acknowledge the traditional custodians of this land, the Bundjalung nation,  
and pay respects to their elders past and present.

## THE ASCENSION OF THE LORD 24 MAY 2020

### Pastoral message from the Rector


Have you ever wondered what would have happened if Jesus had just resurrected and not ascended? I know it probably sounds a bit silly but sometimes I wonder what this would be like, especially for us when we die. When Jesus resurrected, he appeared to many people and they were able to converse with him and even eat with him. This makes me think that in the resurrection, Jesus retained an earthly presence. However, the way his ascension is described, Jesus disappeared from our earthly presence and was not able to be seen any more. I wonder what that would mean for us if he had not ascended. Would that mean that when we die, we would share in the resurrection but hang around in some earthly sense? It sort of sounds a bit like a movie about ghosts or something doesn't it! As I said, I know this sounds silly, but sometimes the thoughts that enter our heads can seem a bit silly:

So, what really is the Ascension all about, and what does it mean for us? I love the Ascension because for me it means that Jesus left our earthly presence and opened the door to heaven. In John's gospel Jesus said he was going to prepare a place for us and then he would come and take us there (John 14:1-3). In today's gospel, Jesus reminds his disciples that he will be with them until the end of the age, but this is in a spiritual way, not physically.

Two thousand years later, this same Jesus who shared in our humanity, invites us to share in the presence of his divinity. What an amazing God we have who wants to be with us always and wants us to be with him always.

Whatever your thoughts are about the Ascension, I hope that one thing can be of comfort to you, and that is that where ever Jesus has gone, he wants you to be with him always, now and at the end of your earthly life. This is enough for me and gives me great peace, and I hope it can be the same for you.

Every blessing



Matthew

**Birthdays:** Maisie Stratton, Abbey McQueen, Ken Delany, Tyson Black, and Ron Kerr.

### **News: SPECIAL COVID-19 APPEAL**

To help maintain Parish ministry and the jobs of paid churchworkers through this crisis, the Diocese has opened a special appeal. Contributions to this fund will go first to maintaining paid roles of churchworkers across the Diocese, whether located in Parishes, the Registry or special ministries such as chaplaincies. Click here to find out more and learn about ways to donate: [The Anglican Diocese of Grafton COVID-19 Support Fund](#)

**COVID Safe App:** Matthew and Cathy encourage all parishioners with a Smart Phone to download the government's COVID Safe App. If you have any questions, please contact Cathy who is happy to help.

### **PACT Prayer: -**

All powerful God, we pray constantly that you will send your power to us through your Holy Spirit. You freely offer us your peace, hope and joy. Help us to accept these gifts given in love for us. Give us your peace while the world around us seems to be in turmoil. Give us your hope for better times and your joy in the small things that happen to us and around us. When we lean on your strength, our anxieties will no longer be ours. You are the God of all grace who restores, supports, and strengthens us. You will give our lives a purpose and fulfilment. Then in gratitude and love we can be your body in the world and bring your message to others we meet in our lives, that they too may be one as we are one, so they too will feel your love and find their purpose. **Amen**

### **EAC Prayer Points:-**

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Here are the prayer points for EAC for next weekend. :

- We continue to pray for the safety and wellbeing of all our staff and students as they return to school;
- We pray particularly for those who are very anxious and find it hard to adjust to the changes that Covid 19 has brought with it;
- We pray for those in our school community whose work and livelihood have been negatively impacted by the pandemic;
- We give thanks for the sounds of children and learning that once again fills our schools.

## **Financial Giving to the Parish**

During this difficult time we continue to minister to our people and our community, although in different ways. Expenses still need to be met. To cover these expenses we will shortly be drawing cash from long term deposits. Our major sources of income to cover expenses are normally provided by the giving of Parishioners and the Op Shop. The Op Shop has ceased operating and giving by Parishioners has been by the various electronic transfer methods only. A small amount of cash has been received but this method is now not to be used.

You are encouraged to support the Parish through regular giving in the following ways:

**Direct deposits through AfGD (Anglican funds Grafton Diocese) known as Parish**

**Provider:** Application Form is attached. Print, complete and scan it for return as an attachment to AfGD email address: [office@afgd.com.au](mailto:office@afgd.com.au). Alternatively, you can complete the Application Form attached, photo it with your smartphone and send the photo to AfGD email address: [office@afgd.com.au](mailto:office@afgd.com.au) .

To minimise exposure to COVID-19 please do not use the postal system to deliver the form.

**Direct deposit to the Parish of Ballina Working Account:** this method enables you to use your bank to electronically direct transfer funds into the following account.

*Account:* Parish of Ballina Working Account: *BSB:* 705-077 *Account Number:* 00040134.  
*Use Reference:* Offering.

This system enables users to make regular weekly, fortnightly or monthly payments.

**Other ways for you to support the work of the Parish are being investigated.**

Many of you may be unable to use either of these methods in which case we encourage you to make a catchup donation at some time in the future when current restrictions are lifted and you can afford the outlay.

Hugh McIntosh  
Parish Treasurer  
3 April'20

## CONTACT US

<b>Rector</b>	The Ven Matthew Jones: 0458 862 098	
<b>Associate Priest</b>	The Rev Cathy Ridd: 0427 836 988 or <a href="mailto:revridd@gmail.com">revridd@gmail.com</a>	
<b>Office Admin</b>	Cathie Guest is working from home 9.00am to 3.00pm, Mon -Fri	
<b>Parish Mobile</b>	0458 862 098	<b>Parish Phone</b> 6686 2094
<b>Parish Facebook</b>	Ballina and Lennox Head Anglicans	<b>Parish Email</b> <a href="mailto:office@anglicanballina.com.au">office@anglicanballina.com.au</a>
		<b>Website</b> <a href="http://www.anglicanballina.com.au">www.anglicanballina.com.au</a>

**“COUCH CHURCH”: WORSHIPING GOD AT HOME**  
**SUNDAY 24 MAY 2020**  
**THE ASCENSION OF THE LORD**

*Ctrl+Click or Tap on the following for Couch Church Service*

**Call to Worship:**

Glory to God in the highest.

**Glory, glory, glory.**

Glory to God the Father.

**Glory, glory, glory.**

Glory to Jesus the Son.

**Glory, glory, glory.**

Glory to the Holy Spirit.

**Glory to God in the highest.**

Amen.

**Hymn: Hail, Our Once-Despised Jesus**

Hail, our once-despised Jesus,  
hail, our Galilean King!  
By your suffering you released us  
and did free salvation bring.  
Friend and universal Saviour,  
bearer of our sin and shame,  
by your merits we find favour;  
life is given through your name.

Paschal Lamb by God appointed,  
all our sins on you were laid;  
by almighty love anointed,  
you have full atonement made;  
all your people are forgiven  
through the virtue of your blood;  
opened is the gate of heaven;  
reconciled are we to God.

Jesus, hail! enthroned in glory,  
there for ever to abide;  
all the heav'nly host adore you,  
seated at your Father's side:  
there for sinners you are pleading,  
there you now our place prepare,  
ever for us interceding  
till in glory we appear.

John Bakewell (1721-1819)  
TiS 373

## **Gathering Prayer:**

Mighty God, we gather in humility to worship you.  
Caring God, we bring to you our concerns.  
Glorious God, we exalt your holy name.  
Unite us – make us one in you,  
that your love may strengthen and empower us.  
Amen

### *Sentence:*

‘Go and make disciples of all nations,’ Jesus commands; “I am with you always, to the close of the age.’

Matthew 28:19-20

## **Prayer of the Day:**

Eternal God  
by raising Jesus from the dead  
you proclaimed his victory,  
and by his ascension,  
you declared him Lord of all:  
lift up our hearts to heaven,  
where he lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

## **Readings:**

### **Acts 1:1-11**

In the first book, Theophilus, I wrote about all that Jesus did and taught from the beginning until the day when he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles whom he had chosen. After his suffering he presented himself alive to them by many convincing proofs, appearing to them during forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. “This,” he said, “is what you have heard from me; for John baptised with water, but you will be baptised with the Holy Spirit not many days from now.” So when they had come together, they asked him, “Lord, is this the time when you will restore the kingdom to Israel?” He replied, “It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”

### **Psalm 47**

O clap your hands, all you peoples:  
and cry aloud to God with shouts of joy.  
For the Lord Most High is to be feared:  
he is a great king over all the earth.  
He cast down peoples under us:  
and the nations beneath our feet.  
He chose a land for our possession:

that was the pride of Jacob, whom he loved.  
God has gone up with the sound of rejoicing:  
and the Lord to the blast of the horn.  
O sing praises, sing praises to God:  
O sing praises, sing praises to our king.  
For God is the king of all the earth:  
O praise him in a well-wrought psalm.  
God has become the king of the nations:  
he has taken his seat upon his holy throne.  
The princes of the peoples are gathered together:  
with the people of the God of Abraham.  
For the mighty ones of the earth  
are become the servants of God  
and he is greatly exalted.

### **Hymn: O What a Gift, What a Wonderful Gift!**

**All sing: O what a gift, what a wonderful gift!  
Who can tell the wonders of the Lord?  
Let us open our eyes, our ears and our hearts:  
it is Christ the Lord, it is he!**

**Cantor:** In the stillness of the night when the world was asleep,  
the almighty word leapt out;  
he came to Mary, he came to us,  
Christ came to the land of Galilee,

**All sing: Christ our Lord and our King.  
O what a gift, what a wonderful gift!  
Who can tell the wonders of the Lord?  
Let us open our eyes, our ears and our hearts:  
it is Christ the Lord, it is he!**

**Cantor:** On the night before he died it was Passover night,  
and he gathered his friends together;  
he broke the bread, he blessed the wine;  
it was the gift of his love and his life

**All sing: Christ our Lord and our King.  
O what a gift, what a wonderful gift!  
Who can tell the wonders of the Lord?  
Let us open our eyes, our ears and our hearts:  
it is Christ the Lord, it is he!**

**Cantor:** On the hill of Calvary the world held its breath,  
for there for the world to see;  
God gave his Son, his very own Son,  
for the love of you and me,

**All sing: Christ our Lord and our King.  
O what a gift, what a wonderful gift!  
Who can tell the wonders of the Lord?**

**Let us open our eyes, our ears and our hearts:  
it is Christ the Lord, it is he!**

Cantor: Early on that morning when the guards were sleeping,  
back to life came he;  
he conquered death, he conquered sin,  
but the victory he gave to you and me,

**All sing: Christ our Lord and our King.  
O what a gift, what a wonderful gift!  
Who can tell the wonders of the Lord?  
Let us open our eyes, our ears and our hearts:  
it is Christ the Lord, it is he!**

Cantor: Some day with the saints we will come before our Father  
and then we shall shout and dance and sing,  
for in our midst for our eyes to see,  
will be Christ our Lord and our King,

**All sing: Christ our Lord and our King.  
O what a gift, what a wonderful gift!  
Who can tell the wonders of the Lord?  
Let us open our eyes, our ears and our hearts:  
it is Christ the Lord, it is he!**

Pat Uhl (1967 - )  
TiS 278

### **Gospel Acclamation with sung Alleluia TIS 51**

**Cantor: Alleluia, Alleluia, Alleluia**

**All: Alleluia, Alleluia, Alleluia**

*Go and teach all people my gospel.  
I am with you always, until the end of the world.*

**All: Alleluia, Alleluia, Alleluia**

### **The Gospel of our Lord Jesus Christ, according to Matthew**

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

Matthew 28:16-20 (NRSV)

### *Sermon*

#### **Reflection**

Lift up your hearts unto the Lord,  
lift up your hearts unto the Lord.  
Sing alleluia, sing alleluia;  
lift up your hearts unto the Lord!

Linda Stassen-Benjamin (1951 - )  
TiS 732

## **Creed**

I BELIEVE in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, God's only Son, our  
Lord,  
who was conceived by the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose from the dead;

he ascended into heaven,  
and is seated at the right hand of the Father;  
from there he will come to judge  
the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

## **Intercessions:**

Lord Jesus Christ, risen and ascended, we sing your praise and give thanks for our salvation. Hear the prayers which we raise to you. We pray for the nations of the world: give your spirit of wisdom, truth and guidance to all who hold positions of civic responsibility; so that all people may enjoy good government.

Risen and ascended Jesus, **we lift our prayer to your heavenly throne.**

As we sing your praise, enflame us with your power to proclaim to the world that you are the King of kings and Lord of lords. Ascended Jesus, teach us to have tolerance, respect, and unity, so that the world may see you in us. We give thanks for the ministry we share here within our Parish, for the resources we have been blessed with to enable us to step out in mission and faith formation.

Risen and ascended Jesus, **we lift our prayer to your heavenly throne.**

We bring before your throne all who are without work, food, or shelter; the abandoned, and the forgotten, who live within our communities of Ballina and Lennox Head and beyond. We pray that the organisations that reach out with love, care, and practical help will find new ways to offer their much-needed services during this time of social isolation.

Risen and ascended Jesus, **we lift our prayer to your heavenly throne.**

Loving and compassionate Lord, we bring before you all who are experiencing the loss of a loved one, for those whose lives are shattered by violence, for the sick in mind or body, remembering those of our parish, and we silently bring to you, by name, those who are in need of your healing touch, especially:

Ria Mars, Joy Swinbourne, Lucy van Eck, Neil Maclean, Norma Meehan, Malcolm Streher, Josh Stanley, Fran Shepherd, Bonnie Kerkenezov, Anne Marie Troutman, Margaret Leadbeatter, Margaret Waller, Maureen Colburt, Lynda Garde, Sue Hurford, Rachael Hampton, Alton Rowe, Ros Rowe, Elaine Frederiksen, Karen and Ben Shaw.

Lord Jesus, cast out our fears and fill us with your hope, that in confidence and faith we may entrust our loved ones, and ourselves, to your unfailing love and care

Risen and ascended Jesus, **we lift our prayer to your heavenly throne.**

Risen and ascended Jesus, we thank you for your promise to be with us always. We give you thanks for all your saints, who have trusted in your promise to be with them. May we follow their example of faith and trust. Jesus raise us up to meet you in your heavenly throne.

Risen and ascended Jesus, **we lift our prayer to your heavenly throne.**



Accept our prayers through Jesus Christ our Lord who taught us to pray-  
Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power, and the glory are yours now and for ever. Amen.

**Confession:**

When our actions are not loving,  
and we think of just ourselves –  
your name is not glorified.

**Forgive us, God of Glory.**

When our words bring hurt to others  
and we do not even notice –  
your name is not glorified.

**Forgive us, God of Glory.**

When the way we live is selfish  
and we find no time for you –  
your name is not glorified.

**Forgive us, God of Glory.**

When we do not see you or reveal your love –  
your name is not glorified.

**Forgive us, God of Glory.**

Amen.

*Absolution*

**Hymn: Lord, Enthroned in Heavenly Splendour.**

Lord, enthroned in heavenly splendour,  
first-begotten from the dead,  
you alone our strong defender,  
lifting up your people's head:  
alleluia, alleluia,  
Jesus, true and living bread.

Here our humble homage pay we,  
here in loving reverence bow;  
here for faith's discernment pray we,  
lest we fail to know you now:  
alleluia, alleluia,  
you are here, we ask not how.

Great High Priest of our profession  
through the veil you entered in;  
by your mighty intercession  
grace and mercy you can win:  
alleluia, alleluia,  
only sacrifice for sin.

Life-imparting heavenly manna,,  
stricken rock with streaming side,  
heaven and earth with loud hosanna  
worship you, the Lamb who died,  
alleluia, alleluia,  
ris'n, ascended, glorified!

George Hugh Bourne (1840 - 1925)  
TIS 520

### **Final Blessing:**

Go into the world to show God's glory,  
and may you always know God's blessing  
and God's peace.

**Amen.**

*Blessing*

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