



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 FIFTEENTH SUNDAY AFTER PENTECOST 13 SEPTEMBER 2020

Pastoral message from the Rector

Do you have trouble forgiving people who have hurt you? I know I sometimes struggle with this. I also struggle with forgiving myself if I have done something that has hurt another person. I think the main reason is because I can still remember the event so I find it hard to forgive when I can't forget. I wonder if this is something you can relate to.

In today's Gospel, Peter thinks he is being generous by being prepared to forgive someone seven times. However, Jesus says, "Not seven times, but, I tell you, seventy-seven times." Some translations record this as "seventy times seven" which is four hundred and ninety times. I think Jesus is really saying, just keep on forgiving, and don't stop. This is quite a challenge for people like me who can struggle to forgive when the remembrance is so clear.

Jesus goes on to tell a rather long but powerful parable about forgiveness. I love this parable because it reminds me that we all have the capacity to offer, or withhold, forgiveness. If we can truly offer forgiveness, the receiver and the giver will feel better. If we withhold forgiveness, the person to whom the forgiveness could have been given, and the person who could have given it, will feel worse. There is no release by hanging on to negative issues when forgiveness could create so much positive energy.

If you struggle to be forgiving of others, and perhaps of yourself also, then this is a Gospel story for you. God wants us to let go of the negative things that can weigh us down. All humans make mistakes and we often hurt people in our interactions. Hanging on to the pain is not healthy and leads to all sorts of worry and anxiety. Jesus encourages us to forgive and move on. We may not be able to 'forgive and forget', but we can certainly do the first thing. Forgiveness is very healing for everyone. I encourage us all to try and be more forgiving of each other, and ourselves.

Every blessing

A handwritten signature in black ink, appearing to read 'Matthew', written in a cursive style.

Matthew

Birthdays: Robert Josey, and Ivy Delaney.

News: Prison Fellowship Week of Prayer 6-13 September 2020. The week of prayer is an annual event where each day, for eight days, we are invited to pray about a particular theme which is listed on the insert. Prison Fellowship is also hosting an National online prayer event today, 13 September at 2pm which can be joined through the zoom link <https://us02web.zoom.us/j/83129068231>.

PARISH PHONE MINISTRY- Response to COVID-19 Suspension of Services In mid March 2020 when church services were suspended for an indefinite period and the Parish Office was closed a Phone Ministry team was formed to keep in regular contact with our parishioners. Each person agreed to phone a number of people on a regular basis.

We express our appreciation to each team member for accepting the invitation and for the regular contact made with parishioners since March. A small number have needed to withdraw. There have also been some changes to the people being contacted and the regularity of calls as a result of feedback received from parishioners. This has been a very effective ministry for keeping in contact with parishioners.

It was implied this ministry would continue while services were suspended. It was a temporary measure in response to the lockdown. The Executive Committee of Parish Council has reviewed the need for this phone ministry to continue as the means for keeping in contact with parishioners now that church services have re-commenced, and the Parish Office has re-opened. Couch Church is continuing and the weekly Mailout is available online and is posted to those without access to email. In one form or another weekly connection is being made with members of the parish family. As a result, it has been decided to conclude the phone ministry.

We are aware that some very positive pastoral relationships have developed during this time. Members of the team are encouraged to continue this connection if they would like to do so.

Parishioners are now encouraged to phone the Parish Office or contact the clergy for any pastoral needs.

We are very grateful to the positive response to the request and for the regular 'keeping in touch' to ensure connections with parishioners have been maintained during the early months of COVID-19.

With thanks. Blessings Kerry Johnston, John Phillips and John Bryen, Churchwardens.

The Every Day With Jesus books have been received by the office and are available now. Please contact Cathie in the office on 6686 2094, or by email at office@anglicanballina.com.au to let her know if you would like one of these books?

Accommodation urgently required for refugee settling in Ballina. Ballina Region for Refugees (BR4R) is supporting a refugee to settle in Ballina from the start of October this year. He is a single man in his early 30s from Sri Lanka who is likely to take up a year-long horticultural traineeship with Ballina Shire Council. He will be looking to rent accommodation for himself or to share with other(s). As such accommodation is scarce in our region, BR4R would greatly appreciate members passing the word around to anyone who can assist. Please contact Stanley Yeo for more information: email: s.yeo@br4r.org.au; ph: 0421 955186

National Council of Churches in Australia are encouraging us to join a time of National Prayer regarding the COVID-19 pandemic 26 & 27 September. We all know the continuing impact of this pandemic, overseas and here. It is comforting to know that we can offer our prayers together to our Saviour for an end to this pandemic, trusting Jesus' word to us – God wills to "give good things to those who ask". (Matthew 7:11). Here is a prayer that may be helpful in the lead up to September 26-27:

"Gracious God, entrusting in your providence and presence, we bring our prayer for an end to this pandemic.

We pray for your strengthening of those offering costly leadership during this crisis.

We pray for all who are ill.

We pray for those anxious about getting ill.

We pray for those full of grief.

We remember those who have died.

We pray for your grace to sustain us as we do what we can in our context.

We ask these things, as you encourage us so to do. "Ask and it will be given to you." (Mtt 7:7)

In resurrection faith, we offer our heartfelt prayer through Jesus Christ our Lord. Amen.

Intensive Journal® Life Context Workshop hosted by St James Anglican Parish, 122 Marine Parade, Kingscliff, NSW 17-18 October 2020 and led by Kate Scholl. Bookings essential by 12 October at <https://www.trybooking.com/BHBSH>, more details on the flyer on the noticeboards or at <https://www.eremos.org.au/intensive-journal--workshops>.

Wearing of Face Masks As expected, the advice from the NSW Chief Health Officer Dr Kerry Chant (dated Sunday 2 August) is now specifically recommending the wearing of face masks in NSW during attendance at Places of Worship. Wearing a mask in this setting is not mandatory but it is highly recommended. Given that it is highly recommended Bishop Murray has suggested that face masks should be worn by all those attending a place of worship for the purpose of worship or other group activities. This applies to ministers, worshippers, staff, volunteers, contractors or visitors, where there may be other people present; remembering that they are mainly intended to protect other people, not the wearer, from COVID-19 and that they are not a replacement for physical distancing and regular hand washing. It may not be long before we do have community transmission in our area, so the wearing of face masks will not only be a responsible action to protect the vulnerable, but it will ensure that we are ready if they should become mandatory.

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](#)

PACT Prayer Loving Father, thank you for the peace and comfort your word has given us and for helping our hearts to not be troubled or fearful as we pray. We thank you for the beauty each morning that surrounds us. We live a resurrection life reflected in the new life springing up around us. Thank you, Lord, for the hope that you bring, the renewal that you bring, both to this world and to our hearts and lives. Amen.

ABM Pew Reflection We read of the Exodus – the way out of the Hebrew people through the Red Sea. We cannot really know what happened that day (indeed there is scant archaeological evidence that Egypt was home to the Hebrews). But that is of little consequence to the meaning of the text: the writer(s) of this story want us to know of God's final victory in a dire situation. The Israelites' liberation from Egypt is described in terms of a birth – through a path, out of water. The theme strongly influenced later biblical tradition for both the Hebrew people as well as for Christians.

- Pray that we might see where God is leading us, so that we might cast off our shackles and walk towards freedom.
- Give thanks for the Anglican Communion Office, and for all the work they do on behalf of Anglicans worldwide.

Robert McLean

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Thought for the Week from Mothers Union Australia

Fruitfulness

Human life is varied and unpredictable. The sweet, adorable child becomes a tyrant as an adult. Those whom we taught about Jesus don't care anymore. What went wrong? Yet it is God alone who works great marvels and our fruitfulness is not ours to count. We pray that God will send down the

healthful spirit of his grace and pour down the continual dew of his blessing. We may glimpse the fruit of our labours in Christ and are thankful.

Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. John 15: 4-5

In the Province of Eastern Cape, Sth Africa, MU responded to the Department of Education news of an 8 year old girl needing a prosthetic leg. Local members worked with the municipality to provide her family with proper shelter. A parish now donates groceries monthly. State and local government, parish and MU members: all working together to bring to fruition God's love.

EAC Prayer Points

As we move into week 9 - we continue to pray for:

- our community, especially the other schools in the area as we have dealt with tragedy in the past week;
- the ongoing assessment task, thinking especially of the the HSC Music and Japanese exams;
- the Primary and Secondary chapels; and
- we give thanks for the local area inter-school sport competitions this week.

CONTACT US

Rector	The Ven Matthew Jones: 0458 862 098	
Associate Priest	The Rev Cathy Ridd: 0427 836 988 or revridd@gmail.com	
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Parish Facebook	Ballina and Lennox Head Anglicans	Website www.anglicanballina.com.au

“COUCH CHURCH”: WORSHIPPING GOD AT HOME

13 SEPTEMBER 2020

FIFTEENTH SUNDAY AFTER PENTECOST

Don't forget to click on the link in your email to watch this service online.

Call to Worship

Come to the God who knows us,
to the God who created our being,
to the God who knows our frailty,
to the God who loves and cherishes us beyond measure.
Come as you are and worship God.

Hymn: Come, God's People, Sing for Joy

Come, God's people, sing for joy,
shout your songs of gladness,
for the hope of Easter day
overcomes our sadness.
Come with all God's people here,
who with true affection
join again to celebrate

Years before, as Moses led
Israel's sons and daughters
from their bonds to exodus
through the Red Sea waters:
so the living Lord of life
speaks through our baptism
of the new life which we share
with him who is risen.

That first Easter he arose,
his disciples greeting:
Christians now in every place
still their Lord are meeting.
Christ, who died for all the world,
in his death brings healing;
and his rising from the grave
is God's power revealing.

Keith David Pearson (1925 -)
TiS 391

Gathering Prayer:

Our desire, our need, our yearning
draws us together to worship God.
Unexplainable, unimaginable,
unbelievable, incomprehensible love,
pulls at our heart strings,

tugs at our emotions,
turns our eyes beyond the seeing.
All-encompassing God, just as we are, we come. **Amen.**

Confession:

In this week when we focus on God's call for us to be people who forgive, let us pause and remember our need for forgiveness.

We come before God seeking forgiveness. (Keep silence)

And we join in singing or saying these words together:

'Forgive our sins as we forgive,
you taught us Lord to pray,
but you alone can grant us grace
to live the words we say.

How can your pardon reach and bless
the unforgiving heart
that broods on wrongs and will not let
old bitterness depart?

In blazing light your cross reveals,
the truth we dimly knew,
what trivial debts are owed to us,
how great our debt to you.

Lord, cleanse the depths within our souls
and bid resentment cease;
then bound to all in bonds of love,
our lives will spread your peace.

Rosamond Eleanor Herklots (1905 – 87)
TIS 635

Absolution

Sentence:

If you, O Lord, should note what we do wrong, Lord, who could stand? But there is forgiveness with you, so that you may be revered.

Psalm 130: 3-4

Prayer of the Day:

O God,
you call your Church to witness
that in Christ we are reconciled to you:
help us so to proclaim the good news of your love,
that all who hear it may turn to you;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Readings:

Alleluia, alleluia, alleluia, alleluia.

TiS 702

The Gospel of our Lord Jesus Christ, according to Matthew

Peter came and said to Jesus, "Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?" Jesus said to him, "Not seven times, but, I tell you, seventy-seven times. "For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to him; and, as he could not pay, his Lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. So the slave fell on his knees before him, saying, 'Have patience with me, and I will pay you everything.' And out of pity for him, the Lord of that slave released him and forgave him the debt. But that same slave, as he went out, came upon one of his fellow slaves who owed him a hundred denarii; and seizing him by the throat, he said, 'Pay what you owe.' Then his fellow slave fell down and pleaded with him, 'Have patience with me, and I will pay you.' But he refused; then he went and threw him into prison until he would pay the debt. When his fellow slaves saw what had happened, they were greatly distressed, and they went and reported to their Lord all that had taken place. Then his Lord summoned him and said to him, 'You wicked slave! I forgave you all that debt because you pleaded with me. Should you not have had mercy on your fellow slave, as I had mercy on you?' And in anger his Lord handed him over to be tortured until he would pay his entire debt. So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart." Matthew 18: 21-35 (NRSV)

Sermon including the Old Testament reading

Exodus 14:19-31

The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night. Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left. The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. At the morning watch the Lord in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, "Let us flee from the Israelites, for the Lord is fighting for them against Egypt." Then the Lord said to Moses, "Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers." So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the Lord tossed the Egyptians into the sea. The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left. Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.

Hymn: We are Your People

We are your people;
Spirit of grace,
you dare to make us
to all our neighbours,
Christ's living voice, hands and face.

Joined in community,
treasured and fed,

may we discover
gifts in each other,
willing to lead and be led.

Rich in diversity,
help us to live
closer than neighbours,
open to strangers,
able to clash and forgive.

Glad of tradition,
help us to see
in all life's changing,
where you are leading,
where our best efforts should be.

Give, as we venture
justice and care
(peaceful, resisting,
waiting or risking)
wisdom to know when and where.

Christ as we serve you
in different ways,
may all we're doing
show that you're living,
meeting your love with our praise.

Brian Arthur Wren (1936 –)
TIS 468

Affirmation of Faith:

We believe in one God,
who made and loves all that is.
We believe in Jesus Christ,
God's only Son, our Lord,
who was born, lived, died and rose again
and is coming to call all to account.

We believe in the Holy Spirit,
who calls, equips and sends out God's people,
and brings all things to their true end.
This is our faith, the faith of the Church:
We believe in one God,
Father, Son and Holy Spirit. Amen.

Intercessions:

We pray for the healing of your wounded world, for an end to ancient feuds, and for the process of reconciliation in our own land. Where there is suspicion, bring trust; where there is hostility, bring peace; where there is injury, bring justice.

Forgiving Father, in your mercy, **hear our prayer.**

We pray for the healing of your wounded church. May your Spirit lead the church here in Australia and within our Diocese of Grafton. May we learn to forgive each other and to accept our different ways of following and serving you.

Forgiving Father, in your mercy, **hear our prayer.**

We pray for the wounded people of our community: for those who have been hurt and cannot forgive, and for those who have caused hurt and long for forgiveness.

Forgiving Father, in your mercy, **hear our prayer.**

We pray for all those who need healing of body, mind or spirit. We remember especially: Ria Mars, Joy Swinbourne, Lucy van Eck, Neil Maclean, Norma Meehan, Malcolm Streher, Josh Stanley, Bonnie Kerkenezov, Margaret Leadbeatter, Margaret Waller, Maureen Colburt, Lynda Garde, Rachael Hampton, Alton and Ros Rowe, Karen and Ben Shaw, Pauline Suffolk, Ron Roder, Rose Fox, Mary Stedman, and Maisie Stratton.

Forgiving Father, in your mercy, **hear our prayer.**

Merciful and gracious Father, we remember your faithful people, who have brought your forgiveness and love to the world. Help us to follow in their footsteps, forgiving as you have forgiven us.

Forgiving Father, in your mercy, **hear our prayer.**

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.

Hymn: Help Us Accept Each Other

Help us accept each other
as Christ accepted us;
teach us as sister, brother,
each person to embrace.
Be present, Lord, among us
and bring us to believe
we are ourselves accepted
and meant to love and live.

Teach us, O Lord, your lessons,
as in our daily life
we struggle to be human
and search for hope and faith.
Teach us to care for people,
for all – not just for some,
to love them as we find them
or as they may become.

Let your acceptance change us,
so that we may be moved
in living situations
to the truth in love;
to practise your acceptance
until we know by heart
the table of forgiveness

and laughter's healing art.

Lord, for today's encounters
with all who are in need,
who hunger for acceptance,
for righteousness and bread,
we need new eyes for seeing,
new hands for holding on:
renew us with your Spirit;
Lord, free us, make us one!

Frederik Herman Kaan (1929 –)
TIS 648

Sending Out Prayer:

Into a world of noise and confusion;
into a world that bewilders and even bemuses us at times;
into a world of delight and regret;
into a world of hope and fear;
into a world that is ever changing,
we go with the message of an unchanging God
who gave his all that we might live life to the best of our ability.
God of all, go with us and within us,
this and every day. **Amen.**

Blessing

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