



# ANGLICAN PARISH OF BALLINA

*“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.*

## SUNDAY 4 FEBRUARY 2024

### THE FIFTH SUNDAY AFTER EPIPHANY

Loving Lord, thank you for the gift of prayer. Teach us the value of being able to pray for each other and to receive prayers for our own healing and encouragement. Jesus sought the presence of you, his Father, for conversation and support. Help us to understand that we are able to have these conversations with you and with each other. Give us the courage to seek prayer when things are tough, to understand there is no right or wrong way to pray, short or long, silent or spoken, all are acceptable to you. Amen.

**Parish Prayer**

#### PARISH PRAYER POINTS

**We pray for those who have asked for healing prayer:** Joy Swinbourne, Ros Rowe, Alex & Myra Arrighi, Gerri White's granddaughter, Phil and Felicity Ross, Ramin Nairyzi, Mavis McDonald, Betty Missingham, Damien Bourke, Josh Stanley, Margaret Saul, and Maisie Stratton.

**Birthdays:** Vicki Goulding, Sindisiwe Malaba, Thandiwe Malaba, and Judy Weir

#### Readings for this week:

**Ps 147:1-11; 1 Cor. 9:16-23; Mark 1.29-39**

#### Readings for next week:

**Ps 50:1-6; 2 Cor. 4:3-12; Mark 9:2-9**

**Bring in your old palm crosses** - Ash Wednesday is 14 February. Please bring in your old palm crosses and leave them in the box at each centre. We will burn the old palm crosses to make ashes for use on Ash Wednesday.

**Marking Shrove Tuesday (Pancake Day) in a different way** It is customary in many cultures to feast on Shrove Tuesday before the Lenten fast begins. In our Anglican tradition this is how it came to be known as Pancake Day. But Shrove Tuesday is not only about feasting. It is also the day when Christians traditionally prepare for Lent by making their confession. That's where the name 'Shrove Tuesday' comes from: to shrove yourself is to make your confession to a priest. This year you're invited to mark Shrove Tuesday with both pancakes and confession:

**Pancake morning tea at Ballina McDonalds** - 10.30 am Tuesday 13 February: add your name to the sign-up sheet to give us an idea of numbers.

**Individual confession: Tuesday 13 February.** St John the Baptist - 8 - 10:15am; St Mary's - 12 - 5:15pm. Book yourself into an available time slot on the sign-up sheet, or turn up on the day and check which slots are still open.

**Ash Wednesday 'Imposition of ashes' - 14 February, 10am, St Mary's; 11.30am Palm Lake Resort.** Lent is a time to reflect deeply on the ways that we don't live and behave as God wants us to, and to ask God's help to change. Begin your Lent with the imposition of ashes: an outward sign of your commitment to change, with God's help.

**MISSION FOR FEBRUARY: Bible Society** Bible Society Australia exists to impact and influence Australia and the World by Opening The Bible to all people everywhere by all means possible. Early in the life of Australia, passionate community leaders like Mrs Macquarie created the Bible Society. They knew it wasn't just government that could build a nation.

Today, we're Australia's longest-living organisation. For more than 200 years, the Bible has done Australia a lot of good. And there's a lot more good it will do yet. So we're creating new ways to advocate for the Bible, to promote it, and offer people new ways to engage with it.

Projects include: Australia: Indigenous Audio Bibles, Bible for Bubs, Bibles for Schools, Bibles for ADF; PNG: Bibles and Maternal Health Care, Rebuilding Bible Society; Cambodia: Literacy by Listening; South Africa: Hope for Prisoners.

**THIS FORTNIGHT TOGETHER**

<b>Monday - Friday</b>		9.00am - 3.30pm	Op Shop-OPEN
<b>Saturday</b>		9.00am - 1.00pm	Op Shop-OPEN
<b>Sunday</b>	4 February	8.00am	Holy Communion-St John the Baptist
<b><i>Fifth</i></b>		10.00am	Holy Communion-St Mary's
<b><i>Sunday after Epiphany</i></b>			
<b>Tuesday</b>	6 February	9.00am	Craft Group-Admin Building
<b>Wednesday</b>	7 February	10.00am	Holy Communion-St Mary's
<b>Thursday</b>	8 February	10.30am	Coffee 'n' Chat-Gallery Café, Ballina
		2.00pm	Singing Group-St Mary's
<b>Sunday</b>	11 February	8.00am	Holy Communion-St John the Baptist
<b><i>Transfiguration</i></b>		10.00am	Holy Communion-St Mary's
		3.00pm	Syrinx & Cello Concert-St Mary's
<b>Tuesday</b>	13 February	8.00am	Private Confession-St John the Baptist
<b><i>Shrove</i></b>		9.00am	Craft Group-Admin Building
<b><i>Tuesday</i></b>		10.30am	Pancake Morning Tea-McDonalds
		12.00pm	Private Confession-St Mary's
<b>Wednesday</b>	14 February	10.00am	Holy Communion-St Mary's
<b><i>Ash Wednesday</i></b>		11.30am	Holy Communion-Palm Lake Resort
<b>Thursday</b>	15 February	10.30am	Coffee 'n' Chat-Gallery Café, Ballina
		2.00pm	Singing Group-St Mary's
<b>Sunday</b>	18 February	8.00am	Holy Communion-St John the Baptist
<b><i>First Sunday in Lent</i></b>		10.00am	Holy Communion-St Mary's

**PREPARATION FOR THE ANNUAL GENERAL MEETING: Sunday 25 February 2024**

Nominations are called for the following positions:

Parish Churchwarden- two positions	Parish Council members- multiples of 3, maximum of 9
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**Compliance Requirements: Churchwardens and Parish Council Member:** Working With Children Check (every five years), Safe Ministry Check (every three years) , Safe Ministry Training (every three years), Faithfulness in Service training (every three years)

**Nomination Forms-** back of each church or Parish Office

**Nominations to Parish Council Secretary or Parish Office by COB Thursday 15 February 2024.** No nominations can be accepted at the meeting. **Any vacant positions are filled by Parish Council.**

Incumbent	The Rev'd Cathy Ridd	<b>Parish Office Administrator</b>	Cathie Guest
	Days off: Monday and Friday	<b>Parish Office Hours</b>	9.00am to 1.00pm, Mon - Fri
Assist. Curate	The Rev'd Mandy Larkin	<b>Rev Cathy Ridd Email</b>	<a href="mailto:revridd@gmail.com">revridd@gmail.com</a>
	Days off: Friday and Saturday	<b>Rev Cathy Ridd Mobile</b>	0427 836 988
Parish Phone	6686 2094	<b>Rev Mandy Larkin Email</b>	<a href="mailto:mandylarkin08@gmail.com">mandylarkin08@gmail.com</a>
Email	office@anglicanballina.com.au	<b>Rev Mandy Mobile:</b>	0460 872 944
Op Shop Phone:	6686 0868		

**Bank Account: BSB 705077 / Account 00040134**

**EFTPOS is available for any payments in the Parish Office.**

*The Anglican Parish of Ballina in the Diocese of Grafton is committed to protecting your privacy.*