



St Philip's
Come & See

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Sunday 31 January 2021
Fourth Sunday after Epiphany

While the COVID19 restrictions are in place St Philip's is delighted to be celebrating the Eucharist online on [Facebook](#) at 8.00am this morning. It will then be available on either our [YouTube channel](#) or [Facebook](#). All links and details are on our web page www.stphilipsoconnor.org.au



Front Cover: Jesus casts out the Unclean Spirit. From Très Riches Heures du duc de Berry a manuscript painted by Herman, Paul, and Johan Limbourg between 1412 and 1416.

Dear Friends,

I mentioned in a sermon recently driving my parents to distraction with loud rock music emanating from my bedroom. It was as I said my own form of protest! I'm not too sure what I was protesting about but perhaps simply being a teenager was enough, I didn't need a reason! Music is a valid and powerful form of protest, perhaps the best form, as it is non-violent, creative and it binds us together in a common cause.

A few Sunday's ago, Colin played Beethoven's 'Für Elise' during communion, one of the best known and loved piano works in the repertoire. At the time I enjoyed it very much, it is very familiar but I hadn't listened to it for a while and it seemed fresh. I thought no more about it and then during the

week I heard this piece again. It was a news item, the Russian police were raiding the homes of opposition leader Alexei Navalny's family. While the police in riot gear, broke down the front door and moved around this small apartment a young woman sat at the piano and played Fur Elise. It was an act of passive defiance in the face of hostility. Something of simple beauty in the face of ugliness and I thought about the Last Supper and our Eucharist in that light and why we do what we do and the manner in which we do it.

In the summer of 1866 the Bishop of London sent the Dean of Westminster to St Albans, Holborn one Sunday morning. He had heard rumours of outrageous worship. The Dean returned to the Bishop's palace 'I saw three men in green' and wisely added 'and you will find it hard to put them down!' What those three were doing is common to many Anglican churches today including our own they were celebrating the Eucharist in such a way to capture and transform the hearts and minds of those they were seeking to serve. The congregation was largely poor, working class folk living in London's slums. The Eucharist was an act of protest against the drudgery, the poverty, the inequality, the disease of 19th century London (and the Bishop)!!

I doubt that many of you think of yourselves as activists, I doubt that Colin does! But this is what we are doing as we celebrate together as we enjoy fine music and beauty – capturing hearts and minds. I look forward to the day we can once again sing our songs of protest!

Every blessing *Martin*

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Entrance Antiphon [Introit]

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

Blessed be God: Father ✕ Son and Holy Spirit.

Blessed be God's kingdom, now and forever

The Lord be with you.

And also with you.

Let us pray.

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Christ our Lord. Amen.

Christ the Son of God has been revealed as a light to the nations.

Let us bring our darkness to his light, confessing our sins in penitence and faith.

Merciful God, our maker and our judge, we have sinned against you in thought, word, and deed, and in what we have failed to do: we have not loved you with our whole heart; we have not loved our neighbours as ourselves; we repent, and are sorry for all our sins. Father, forgive us. Strengthen us to love and obey you in newness of life; through Jesus Christ our Lord. Amen.

Almighty God, who has promised forgiveness to all who turn to him in faith: pardon you ✕ and set you free from all your sins, strengthen you in all goodness and keep you in eternal life, through Jesus Christ our Lord.

Amen.

Kyrie eleison

Christe eleison

Kyrie eleison

Glory to God in the highest, and peace to God's people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

Prayer of the Day

Let us pray:

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.

Today's Readings

A reading from the book of 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. ¹⁶This 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 any more, or ever again see this great fire, I will die.' ¹⁷Then the Lord replied to me: 'They are right in what they have said. ¹⁸I 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. ¹⁹Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. ²⁰But 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.'

Psalms 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.

A reading from the first letter of Paul to the 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. ²Anyone who claims to know something does not yet have the necessary knowledge; ³but anyone who loves God is known by him. ⁴Hence, 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.' ⁵Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—⁶yet 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. ⁷It 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. ⁸'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. ⁹But take care that this liberty of yours does not somehow become a stumbling-block to the weak. ¹⁰For 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? ¹¹So by your knowledge those weak believers for whom Christ died are destroyed. ¹²But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. ¹³Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

The Gradual

Alleluia, **Alleluia!** The people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned. **Alleluia!**

Matthew 4:16

The Lord be with you.

And also with you.

The Gospel of our Lord Jesus Christ according to Mark (1:21-28)

Glory to you Lord Jesus Christ.

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²²They were astounded at his teaching, for he taught in their synagogue a man with an unclean spirit, ²⁴and 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.' ²⁵But Jesus rebuked him, saying, 'Be silent, and come out of him!' ²⁶And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. ²⁷They 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.' ²⁸At once his fame began to spread throughout the surrounding region of Galilee.

For the Gospel of the Lord,

praise to you Lord Jesus Christ.

The Sermon

The Nicene Creed

Let us affirm the faith of the church

We believe in one God, the Father, the almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, ✠ and the life of

the world to come. Amen.

Prayers of the People

In our prayers we remember those in need, particularly: Ros, Ben, Gage, Hugh, Denise, Sarah, Tien, Myrle, Marian, Margot, Philippa, Dawn and David those unable to gather with us, those in hospital, residential or home care and those from whom we are isolated.

We commend to God the recently departed, those whose anniversaries fall at this time: Jean Cousins (31/01/1987), Stanley Morton (31/01/1999), Douglas Hobson, *Priest* (1/02/1969), Gudrun Whalley (2/02/2000), Sydney Bovis (03/02/1993), Harry Cousins (03/02/1974) and all those whose memories are dear to us.

The Greeting of Peace

We are the body of Christ.

His Spirit is with us.

The peace of the Lord be always with you.

And also with you.

Offertory

Blessed are you, Lord, God of all creation.

Through your goodness we have this bread to offer,
which earth has given and human hands have made.

It will become the bread of life.

Blessed be God for ever.

Blessed are you, Lord, God of all creation.

Through your goodness we have this wine to offer,
fruit of the vine and work of human hands.

It will become our spiritual drink.

Blessed be God for ever.

The Great Thanksgiving

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

After the Preface:

Holy, holy, holy Lord, God of power and might,

Heaven and earth and full of your glory.

Hosanna in the highest. Blessed ✕ is he who comes

in the name of the Lord. Hosanna in the highest.

The Great Thanksgiving continues:

Great is the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

The Great Thanksgiving concludes:

...we worship you, Father eternal, in songs of never-ending praise:

Blessing and honour and glory and power are yours

for ever and ever. Amen.

As our Saviour Christ has taught us, we are confident 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.

The Breaking of Bread and Communion

As this broken bread was once many grains, which have been gathered together and made one bread:

**so may your Church be gathered from
the ends of the earth into your kingdom.**

Jesus, Lamb of God, have mercy on us.

Jesus, bearer of our sins, have mercy on us.

Jesus, redeemer of the world, grant us your peace.

The Gifts of God for the People of God. Come let us take this holy sacrament of the body and blood of Christ in remembrance that he died for us, and feed on him in our hearts by faith with thanksgiving.

Communion Antiphon

'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are the meek, for they will inherit the earth.'

Matthew 5:3,5

A Prayer of Spiritual Communion

[When the clergy make their communion if you are watching from home you may like to privately make the following prayer. It was believed from earliest times that Christians could receive the benefits of Holy Communion even if they were unable to be present at the Eucharist. This teaching was of particular comfort to so-called Confessors of the Faith, who were imprisoned and deprived of access to the sacraments].

Jesus, you have given us in the Holy Eucharist
your Body and Blood to be our spiritual nourishment
through which we may have life everlasting.

I desire, with all my heart, to receive this living Bread
which came down from Heaven.

Send your Spirit upon me, come and refresh my soul.

That, whilst I may be isolated from your sacramental presence
and from your Body, gathered;

I may know the peace and joy of communion with you
and your body the Church, in my heart.

Increase my faith,

strengthen my hope,

kindle my love,

that I may die to self and live but for you. Amen.

[If you are interested in the history and the theology behind Spiritual Communion this YouTube clip is helpful.

<https://www.youtube.com/watch?v=9uBiqbTY7oA&feature=youtu.be>]

The Sending out of God's People

Let us pray:

God of the nations,

we thank you for nourishing us with this holy sacrament.

Guide us by your presence,

that we may bring your light to those who dwell in darkness,

and establish your justice in the earth.

Father, **we offer ourselves to you as a living sacrifice through Jesus Christ our Lord.**
Send us out in power of your spirit to live and work to your praise and glory.

The Lord be with you.

And also with you.

May Christ the Son of God, be manifest to you, that your lives may be a light to the world; and the blessing of God almighty the Father, ✠ the Son, and the Holy Spirit, be among you and remain with you always.

Amen.

Go in the peace of Christ.

Thanks be to God

For Reflection

In the Gospel reading, Jesus heals a man who was possessed. But notice that when the demon-possessed man first talks to Jesus, he uses the first-person *plural* pronoun to refer to himself. He says, "What have you to do with *us*, Jesus of Nazareth? Have you come to destroy *us*?" We know from our own painful experience, being double-minded is a kind of slavery to our worst selves.

Why does he say "us"? Why doesn't he say "me"?

The answer, I think, is that although there is only one human body giving voice to these words, there is more than one mind behind the words. That is why that one man's voice says "us" to refer to himself.

When Jesus heals the man, he does so by ridding him of all minds but one, the man's own. In healing him, Jesus makes him single-minded. And so the Gospel calls to our attention what an affliction it is to be double-minded.

Even just dealing with the double-mindedness of long bad habit can be miserable and devilishly difficult. Someone says to you when you are trying to diet and not doing particularly well, "Do you want another helping of pasta?" And what is the answer? *Do you want more pasta?* You do, you know you do, don't you? And yet somehow you really don't either. And so, as we know from our own painful experience, being double-minded is a kind of slavery to our worst selves.

Real freedom is being able to do what *you* want to do. But if you have two minds about something, which mind is the real you? How can there be one real *you* when you are in two minds about something?

That's why you aren't free when you are double-minded. No matter what you do, you aren't doing what *you* want to do because there isn't just one you.

Like the demon-possessed man in the Gospel, you will be free only when you are single-minded. But the demon-possessed man was single-minded only after Jesus had healed him.

And so here is the lesson for us. In another Gospel text (John 8:32), Jesus tells his disciples that they will know the truth, and the truth will make them free. For those who will come to Jesus to be freed from their demons, he himself is that healing Truth that will make them free.

*Eleonore Stump is Professor of Philosophy,
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News

This year as part of our Lenten journey together we will **assemble for a Quiet Day** at The Gathering Place in Dickson on Saturday, 20 March from 9.30am - 3.30pm. (Watch this space for booking details).

Our reflections will be led by Fr Martin Davies who has recently retired from the Parish of Stroud in the Diocese of Newcastle. Prior to that he was director of the St James Institute the educational

arm of St James, King St, Sydney. The institute initiates events and public discussion around Christianity and contemporary issues. Fr Martin was born in NZ and served parishes there before coming to Australia. He has recently retired to Canberra.

The Diocese in conjunction with Anglicare have produced a Lenten Study simply called **God of Compassion**. The study can be downloaded at the following link: <https://anglicancg.org.au/wp-content/uploads/compassion-lentenstudy-ebook.pdf> can be used individually or in groups. I hope that during Lenten we can set up some virtual 'Home Groups' using our Zoom account where we can journey and pray together through the six sessions. Aware that not everyone has internet access I hope that we can invite one another to our homes to share the journey.

Pandora's has commenced for the year. Many thanks to those who prepared the shop for reopening. We look forward to another successful year reaching out into the community around us and raising valuable funds to enable the mission of the Church to continue and grow. If you'd like to be involved have a chat with Kerry-Anne or one of the Committee.

Our own website www.stphilipsoconnor.org.au is a wonderful resource and the best source of information about our Parish and Diocese. If you'd like to revisit the readings and some of the music from our celebration of Nine Lessons, Music and Carols this is now available on our website.

Leighton is co-ordinating our **Roster**. Please see him or drop him an email at rosters@stphilipsoconnor.org.au if you are keen to have a role. We need readers, folk to offer morning tea, welcomers and sidespeople etc.

As our AGM nears please give some thought too to a role on the Parish Council. This year we will have a number of vacancies to fill. If you have a responsibility for a group in the parish can you please write a short report on your activities during the year and submit it to rector@stphilipsoconnor.org.au as soon as possible, thank you.

Sarah and Tim Gowty - in training for the walk of a lifetime! We have signed up to walk 64km of the Larapinta Trail to raise funds for the work of the Anglican Board of Mission (ABM). We are walking in memory of our late father David who was a life-long supporter of ABM and advocate for those most disadvantaged around the world. Our fundraising target is \$6,000. Every dollar raised allows ABM create long-lasting solutions to poverty and injustice for overseas and Aboriginal and Torres Strait Islander Communities. For further information, to follow our journey, or to make a tax deductible donation check our fundraising page <https://abm-larapinta-2021.raisely.com/sarah-and-tim-gowty> or contact Sarah at sarahgowty@gmail.com for more information.

Thanks! Sarah

Bridging the Gap – Breaking the Cycle. Each week St Philip's donates non-perishable food items to **St John's Care** in Reid. The baskets at the back of the church are ready to receive your donations! **At the beginning of the year non food items particularly school supplies are much appreciated – these include: back packs, lunch boxes, drink bottles and pencil cases. Also this week there is a need for Sultanias (small lunch box size), Juice poppers, Savoury Biscuits and Weetbix.**

The ACT Chief Health Officer regularly updates information regarding interstate COVID19 outbreaks. The web site offers the latest information on restrictions and regulations. <https://health.act.gov.au/sites/default/files/2021-01/COVID-19%20Advice%20on%20interstate%20COVID-19%20outbreaks-22012021.pdf> [The latest guidance on this site dated 22 January is in the church foyer]. The situation however can evolve and change very quickly and we ask everyone coming to St Philip's to be aware of current restrictions and alerts.

For the latest information from NSW Health go to: <https://www.nsw.gov.au/covid-19/latest-news-and-updates#self-isolate-and-get-tested>

This week @ St Philip's

Today	<i>Fourth Sunday after Epiphany</i>
8am	Eucharist - Livestreamed
10am	Eucharist with Music

Wednesday 3 February 7pm *Feria* Parish Council
 Thursday 4 February 10am *Anskar, missionary bishop in Sweden (d.865)*
Eucharist
 Saturday 6 February 10am - 1pm *Feria* Pandora's – Accessories Sale!
 Sunday 7 February 8am *Fifth Sunday after Epiphany*
 10am **Eucharist** - Livestreamed
Eucharist with Music

Dates for your Diary

Ash Wednesday (Lent begins) – 17 February

Parish AGM – Sunday 21 February

Lenten Quiet Day – Saturday 20 March (see News)

Good Friday – 2 April

Easter Sunday – 4 April

Diocesan Synod – 10-11 April

Rosters

	<u>January</u>	31-Jan-21	
	Sunday of Month	5th	
	Liturgical Season	4th Sunday after Epiphany	
	Flowers	Flower team	
8am	Celebrant	Rev'd Martin	8am
	Preacher (if different to Celebrant)		
	Sidespeople & Welcomer	Margaret or Russell	
	Liturgical Assistant		
	Bible Reader	Margaret or Russell	
10am	Celebrant	Rev'd Martin	10am
	Preacher (if different to Celebrant)		
	Sidespeople & Welcomer	Fred A & helpers	
	Liturgical Assistant	Tim G	
	Musician(s) & Singers/Soloist	Colin F	
	Bible reader	Jeanette DT	
	Additional details/notes	<i>School holidays</i>	

	<u>February</u>	7-Feb-21	14-Feb-21	
	Sunday of Month	1st	2nd	
	Liturgical Season	5th Sunday after Epiphany	Last Sunday after Epiphany	
	Flowers	Flowers Team	Flowers Team	
8am	Celebrant	Rev'd Canon Scott	Rev'd Martin	8am
	Preacher (if different to Celebrant)			
	Sidespeople & Welcomer	Margaret & Russell	Alison & Alistair	
	Liturgical Assistant	Lisa C	Ellie P	
	1st Bible reader - OT	Russell	Alison	
	2nd Bible reader - NT	Margaret	Alistair	
10am	Celebrant	Rev'd Martin	Rev'd Martin	10am
	Preacher (if different to Celebrant)	Rev'd Canon Scott		
	Sidespeople & Welcomer	Denise M, Nirmal F & Laura W	Helen & Hardy P, Richard G	
	Liturgical Assistant	Crucifer/Server: Zara M	Rebecca K	
	Musician(s) & Singers/Soloist	Colin F	Colin F	
	1st Bible reader - OT	Laura W	Tim G	
	2nd Bible reader - NT	Richard G	Ann M	
	Morning Tea	Helen P	Janene B	
	Additional details/notes			