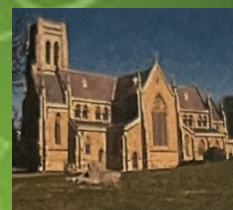




The Cathedral Church of St Saviour's, Goulburn  
Mother Church for  
the Anglican Diocese of Canberra & Goulburn



16 th of July Seventh Sunday after Pentecost

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**8am and 10am Preacher: Canon Roberta Hamilton**

**8am and 10am Celebrant: Canon Anne Wentzel**

### Readings

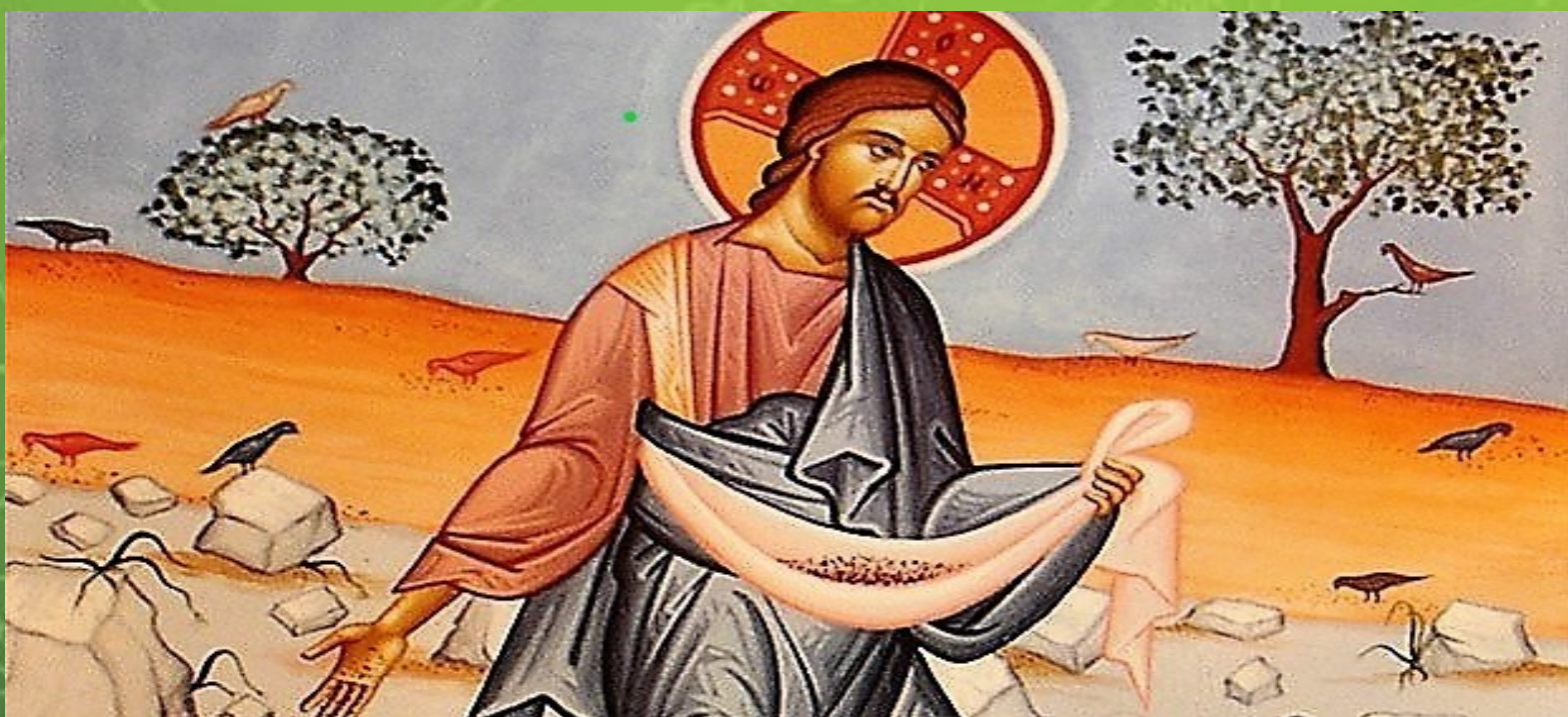
Genesis 25. 19-34

Psalms 119. 105-112

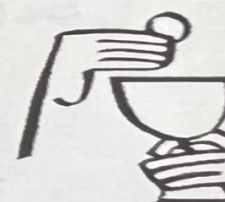
Romans 8. 1-11

Matthew 13.1– 9, 18-23

We acknowledge the Traditional Owners as the custodians of this land, recognising their connection to land, waters and community. We pay our respects to Australia's First Peoples, and to their Elders, past present and emerging.



**WEEKDAY EUCHARISTS**  
Monday & Thursday 9.30am  
in the Lady Chapel



## Sentence

The words you have spoken are spirit and life  
O' Lord ,you have the words of eternal life

## Collect

Bountiful God,  
We thank you for planting the seed of your word:  
by your Holy Spirit help us to receive it with joy,  
and live according to it ,  
that we may in faith and hope and love ;  
through Jesus Christ our Lord ,  
who lives and reigns with you in the unity of the  
Holy Spirit , one God now and for ever . Amen.



## Genesis 25.105-112

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the LORD for his wife, because she was barren; and the LORD granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, 'If it is to be this way, why do I live?' So she went to inquire of the LORD. And the LORD said to her,

'Two nations are in your womb,  
and two peoples born of you shall be divided;  
one shall be stronger than the other,  
the elder shall serve the younger.'

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterwards his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skilful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, 'Let me eat some of that red stuff, for I am famished!' (Therefore he was called Edom.) Jacob said, 'First sell me your birthright.' Esau said, 'I am about to die; of what use is a birthright to me?' Jacob said, 'Swear to me first.' So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

## Psalm 119 .105-112

Your word is a lamp to my feet  
and a light to my path.

**I have sworn an oath and confirmed it,  
to observe your righteous ordinances.**

I am severely afflicted;  
give me life, O Lord, according to your word.

**Accept my offerings of praise, O Lord,  
and teach me your ordinances.**

I hold my life in my hand continually,  
but I do not forget your law.

**The wicked have laid a snare for me,  
but I do not stray from your precepts.**

Your decrees are my heritage for ever;  
they are the joy of my heart.

**I incline my heart to perform your statutes  
for ever, to the end.**

## Romans 8. 1-11

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

For the word of the Lord



## Gradual Hymn

O WORSHIP the Lord in the beauty of holiness;  
bow down before him, his glory proclaim;  
with gold of obedience, and incense of lowliness,  
kneel and adore him: the Lord is his name.

- 2 Low at his feet lay thy burden of carefulness:  
high on his heart he will bear it for thee,  
comfort thy sorrows, and answer thy prayerfulness,  
guiding thy steps as may best for thee be.
- 3 Fear not to enter his courts in the slenderness  
of the poor wealth thou wouldst reckon as thine:  
truth in its beauty, and love in its tenderness,  
these are the offerings to lay on his shrine.
- 4 These, though we bring them in trembling and fearfulness,  
he will accept for the name that is dear;  
mornings of joy give for evenings of tearfulness,  
trust for our trembling and hope for our fear.
- 5 O worship the Lord in the beauty of holiness;  
bow down before him, his glory proclaim;  
with gold of obedience, and incense of lowliness,  
kneel and adore him: the Lord is his name.

J. S. B. MONSELL 1811-1875

## The Gospel of Matthew 13. 1-9,18—23

The seed is the word of God; Christ is the sower ; All who come to him will live forever .

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

Glory to you Lord Jesus Christ

## Baptism hymn

Father welcomes all his children  
to his family through his Son.  
Father giving his salvation,  
life forever has been won.

**1.** Little children, come to me,  
for my kingdom is of these;  
life and love I have to give,  
mercy for your sin.

**2.** In the water, in the word,  
in his promise be assured:  
those who are baptised and believe  
shall be born again.

**3.** Let us daily die to sin,  
let us daily rise with him —  
walk in the love of Christ our Lord,  
live in the peace of God.





## Communion Hymn

1 Eternal God, we consecrate  
these children to your care,  
To you their talents to dedicate ,  
for they your image bear

2. To them our solemn pledge we give  
their lives by prayer to shield .  
May they with truth and honour live ,  
And to you guidance yield .

3 Your Spirit's power on them bestow,  
From sin their hearts preserve ;  
In Christ their master may they grow ,  
And him for ever serve .

4 So may the waters of this rite  
become a means of grace ,  
and these your children show the light  
that shone on Jesus face

## Final Hymn

COME down, O Love divine,  
seek thou this soul of mine,  
and visit it with thine own ardour glowing;  
O Comforter, draw near,  
within my heart appear,  
and kindle it, thy holy flame bestowing.

2 O let it freely burn,  
till earthly passions turn  
to dust and ashes in its heat consuming;  
and let thy glorious light  
shine ever on my sight,  
and clothe me round, the while my path illuming.

3 Let holy charity  
mine outward vesture be,  
and lowliness become mine inner clothing:  
true lowliness of heart,  
which takes the humbler part,  
and o'er its own shortcomings weeps with loathing.

4 And so the yearning strong,  
with which the soul will long,  
shall far outpass the power of human telling;  
for none can guess its grace,  
till he become the place  
wherein the Holy Spirit makes his dwelling.

BIANCO DA SIENA *d.* 1434  
*tr.* R. F. LITTLEDALE 1833-1890



## DIARY DATES



Monday 17 July at 12 noon, Parish Council meets.

Monday 14 August at 12 noon, Wardens meet.

Monday 21 August at 12 noon, Parish Council meets.

Christ Church : Anglicare walkathon 30th of July

BBQ Lunch and Devonshire tea provided .

### At the time of choosing a new Dean

Bountiful God ,

Give this parish a faithful Dean

who will faithfully speak your word

and minister your sacraments ;

an encourager who will equip you people for ministry

and enable us to fulfil our calling .

Give to those who choose ,wisdom, discernment and patience ,

and give to us warm generous hearts

for Jesus Christ's sake. Amen .



*St Saviour's Cathedral*  
*Children's Choir Information Day*  
*Thursday August 3<sup>rd</sup> 4pm*  
*Cathedral Hall*

Parents and carers with their children are invited to attend an information session on St Saviours Cathedral children's choir. The choir will be for children in year 3 to year 9.

Rehearsals would be each Thursday 4pm to 5pm during school term. Fee Free.



## A RELECTION

One of the themes that courses through the New Testament is that your walk with God is designed by God to be a community project. Anonymous, consumerist, isolated, independent, self-sufficient, Jesus and me". Christianity is a distant and distorted facsimile of the faith of the New Testament. You and I were not simply created or recreated in Jesus Christ to live all by our selves. The biblical word pictures of temple (stones joined together to a place where God dwells) and (each member dependent on the function of the other) decimate any idea that healthy Christianity can live outside essential community.

Yet many, many believers live their lives with a huge separation between their public church personas and the details of their private experience. We are very skilled at brief, non personal conversations about weather, sports and politics. We are learned at giving either non answers or spiritually platitudinous answers to people's questions. We live in long term networks of terminally casual relationships. No one really knows us beneath the well-crafted public display, and because they don't know us, they cannot minister to us, because no one can minister to that which he does not know.

Moreover, we think we know ourselves and we think we're okay, forgetting the blinding power of sin. That's why church is for many of us nothing more than a thing to attend on Sunday. Church is a formal set of activities. A Church is a buffet of regularly scheduled, designed religious offerings. Church is a place where music can be enjoyed and sermons heard. Church is what connects to worldwide missions. Church provides wholesome activities for children. But church isn't an interdependent, webbed-together community of personally focused love and grace for us all.

But the Bible is clear. When each part is working properly the body of Christ grows to maturity in Christ. We each need to live intentionally intrusive, Christ-centered, grace driven redemptive community. This community is meant to enlighten and protect. It is to motivate and encourage. It is meant to rescue and restore. It is meant to instill hope and courage. It is meant to confront and rebuke. It is meant to guide and protect. It is meant to give vision and sound warning. It is meant to incarnate the love and grace of Jesus when you feel discouraged and alone. It is meant to be visible a representation of the grace of Jesus that is our hope, It is not a luxury. It is spiritual necessity.



## **CATHEDRAL FOOD PANTRY**

**FOR THOSE IN THE COMMUNITY IN NEED**

The following items are needed

**Weetbix, tinned meals eg: steak and sausage and vegetables, tinned fish, soup, UHT milk etc.**

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### **After Service Fellowship**

1st Sunday 8am in the Mary Thomas Room

2nd Sunday 8am in the Mary Thomas Room

3rd Sunday 8am in the Mary Thomas Room

10am in the Mary Thomas Room

4th Sunday 8am in the Mary Thomas Room =

10am in the Mary Thomas Room

5th Sunday 8am Mary Thomas Room



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### **Mothers Union**

Our Next Meeting is Thursday 20th July

At 1.30pm in the Mary Thomas Room

Please note change of starting time.



## **From the Parish Treasurer for Parish Council**

### **Our Parish Bank Details;**

**Name : ST Saviour's Cathedral Parish**

**BSB : 032 721**

**Account 280 248**

### **REFERENCE "ministry"**

### **Other ways of supporting the Cathedral**

**Envelopes: For those who support the Cathedral via**

**Envelopes. Please continue to place them in the offertory plate .If you are unable to attend please phone me to arrange pick up of your envelopes.**

**Tap— go : Another option now available ,situated inside the Cathedral. Simply use any Debit card to donate to the Cathedral in \$10 Increments.**

**With thanks Pamela Shaw**

**SOWERBY TRUST**

**This Trust is vital to our Cathedral's continuing ministry Should you wish to contribute, please note:**

**BSB: 702389**

**ACCT: 05209886**

**Thank you.**



# Welcome

If you are a visitor to our service today or a new resident to Goulburn, **WELCOME !**

**We hope you are uplifted by the worship and enjoy your time with us .**

## **Cathedral Mission Statement**

**As the mother church of the Canberra Goulburn Diocese and Cathedral of Goulburn**

**St Saviours is a haven for nurturing Christians and fostering new faith in Christ**

**In the love of Christ and the grace of the Holy Spirit the Cathedral community is committed to reinforcing the wisdom of the Anglican tradition and engaging with the ever changing world .**

**We Are Committed to :**

**Prayer and joyful worship**

**The ministry of hospitality**

**Serving the broader community**

**Supporting those from diverse backgrounds including those with special needs**

**Supporting Goulburn and the Diocese in good times and in times of adversity**

## **ABM SUNDAY REFLECTION**

The book of Genesis presents the epic narrative of the founding of the people of Israel. It begins with the creation of life, the universe and everything, especially humankind. Then God makes a promise to Abraham that he will be the father of a great nation and possess a land. The question then throughout the narrative is: how can God keep his promise in the face of this particular calamity which has just happened? Isaac's wife is barren, how will Isaac produce descendants? Isaac prays, then Rebekah conceives. But with twins, who fight. Will Rebekah survive? Will her babies survive? Will the right twin be born first? Then there is parental rivalry: one loves one, the other the other. Will the family survive? Then the most terrible thing: the older son despises his birthright and throws it away to the younger brother who steals it. How will the family heritage survive? To be continued. • We pray that God will continue to work in the world to establish his kingdom in a secular world in which injustice prevails. • Give thanks for the work and witness of the Church of Bangladesh Text: Michael D St Paul's Cathedral, Sale © Anglican Board of Mission, 202

### **Canon Anne writes**

Our Parish Consultations are complete and Canon Carla Archer will feed that information to Bishop Mark. Some of that material will answer the remaining information needed to complete the Cathedral Profile for prospective applicants. For now, we wait and pray. All is in the hands of Bishop Mark for the time being.

Thank you for the wonderful response we had in so many of you participating in the process.

Today is Sea Sunday. Being a seafarer is tough. Crews can spend months away working long hours with little respite or contact with home. On top of the daily pressures, the threat of piracy, shipwreck and abandonment are ever present for the men and women who serve us at sea. In recent years, this challenging job has become even harder. Increased restrictions and lockdowns, due to the global covid-19, saw many seafarers working beyond the end of their contract, facing months of uncertainty and further separation from loved ones. That's months of missed birthdays, anniversaries, funerals and family celebrations.

Amid these challenges, The Mission to Seafarers has been a constant source of practical support and reassurance. Through teams in more than 200 ports worldwide, it has helped the 1.5 million unseen keyworkers who have helped to keep the economy afloat and transport the essentials we need to survive. Our port centres have always been a haven for mentally and physically exhausted seafarers. For those who can't make it into the centres, chaplains give a warm welcome and listening ear onboard. Otherwise email, social media and WhatsApp have been a life-line of support. Do pray for our Seafarers.



## Safe Ministry Training Update

Since 2018 there have been substantial changes in the legislative landscape (such as the Child Safe Standards, and updates in both civil and criminal law) that have resulted in the course being updated. Therefore, as a matter of importance can I ask that all clergy and senior parish leaders (ie: Wardens and Parish Counsellors, etc) have attended a Level 3 Course either in person or through Zoom as soon as it practicable.

As Level 3 training about Implementation of Safe Ministry Policy and procedures at a Parish level we recommend that you attend together as a parish council and/or ministry team (either in person or via Zoom).

### Level 3 training (Video-Conference via Zoom)

**Session 1 (Zoom) - Tuesday 6 June 7pm-9pm - \$15**

**Session 2 (Zoom) - Wednesday 21 June 10am-12pm - \$15**

**Session 3 (Zoom) - Tuesday 11 July 6pm-8pm - \$15**

**Session 4 (Zoom) - Monday 24 July 1pm-3pm - \$15**

To book go to:

<https://safercommunities.net.au/anglican-diocese-of-canberra-goulburn-online-training/>

- 1. Once CSC receives your payment you will receive confirmation of payment via email.**
- 2. This email confirmation will contain the ZOOM link to share with those you have registered with (Please forward the confirmation email to them).**

## Our Cathedral Prayer

Almighty God whose hand has guided and sustained your Church through many generations, accept our prayers for this Cathedral church, bless all who serve within its walls and strengthen the hands of those who seek to ensure its future. Make it a constant witness to your glory and a place of peace and joy: for the sake of your Son our Saviour Amen



## A Prayer for St. George's Cathedral,

our sister church in Jerusalem Our God, as you nurture the Body of Christ in different places, we ask your blessing for our sister church, St. George's. In these difficult times, may your Spirit sustain, guide and protect your people there. Bring joy to them as they witness to your presence. In Jesus' name, Amen

## A Prayer for Ukraine

God of peace and justice, we pray for the people of Ukraine today. We pray for peace and the laying down of weapons. We pray for all those who fear for tomorrow, that your Spirit of comfort would draw near to them. We pray for those with power over war or peace, for wisdom, discernment and compassion to guide their decisions. Above all, we pray for all your precious children, at risk and in fear, that you would hold and protect them. We pray in the name of Jesus, the Prince of Peace, Amen .

*Archbishop Justin Welby/Archbishop Stephen Cottrell*

## Cathedral Office Hours

9.30am –12noon

(Mon,Tues,Thurs,Fri.....Closed  
Wednesday )

Office Contacts:

Phone 48212206

Email: [office@goulburncathedral.org.au](mailto:office@goulburncathedral.org.au)

Website :[www.goulburncathedral.org.au](http://www.goulburncathedral.org.au)

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## Cathedral Staff

### LOCUM DEAN



**The Rev'd Canon Anne Wentzel**

**Mobile 0429 680 010**

### Other Clergy :contact through the office

Rev'd Canon Kevin Stone –4th Sunday

Rev'd Canon Roberta Hamilton –3rd Sunday

Cathedral Wardens

Leigh Bottrell (*Bishop's Warden*):48224946

Pamela Shaw 48228394

Stephen Relf : 0401977432

CATHEDRAL COUNCILLORS :Jenny Lacey, Richard Orchard,  
Darren Churchill

Director of Music :Debra McConnell

Organists for July\_ Phil Fraser, Brett McKern,

Editor of Pew Sheet Vanessa Kemp