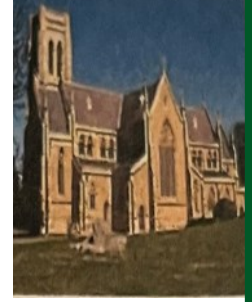




**The cathedral Church of  
St Saviour's, Goulburn  
Mother Church for  
The Anglican Diocese of Canberra &  
Goulburn**



**Sunday 11th August  
Twelfth Sunday after Pentecost**

**Preacher: 8am and 10am: Dean Gavin Krebs  
Presider: 8am and 10am: Dean Gavin Krebs**

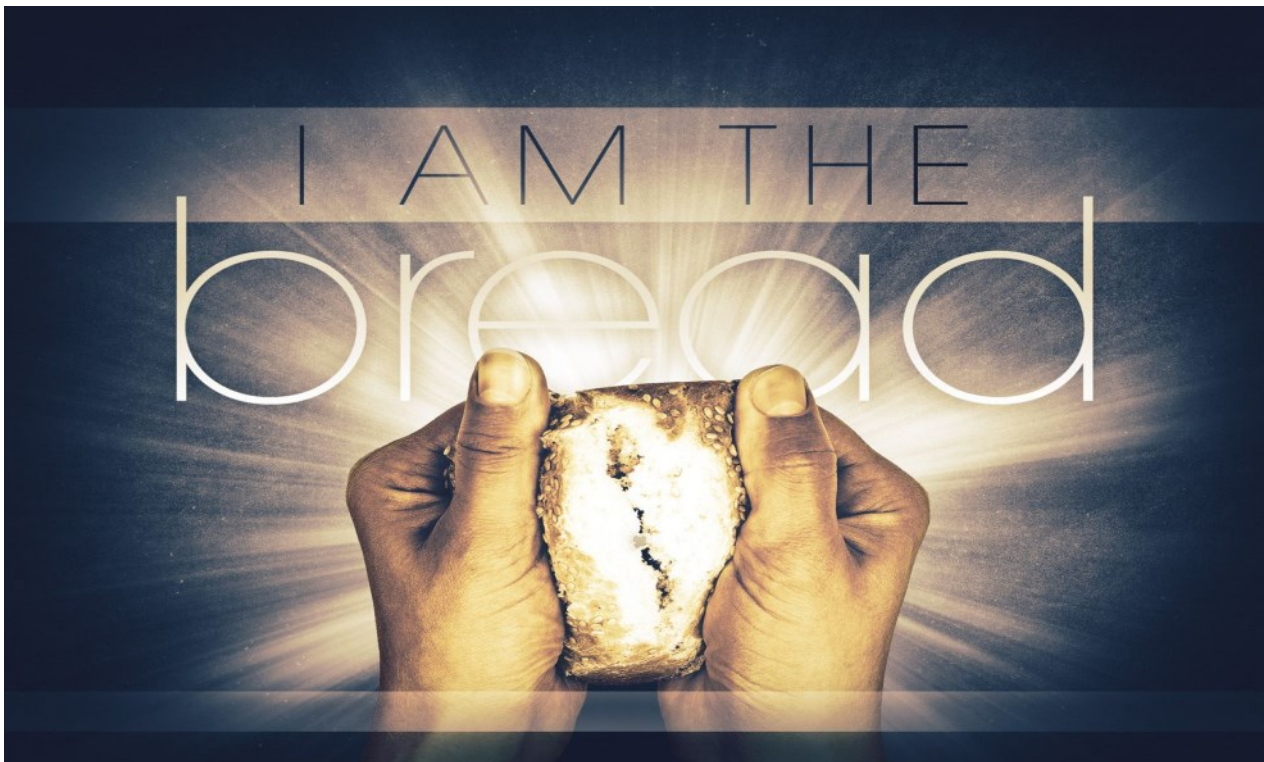
**Readings**

2 Samuel 18.5-9,14,31-33

Psalm 130

Ephesians 4.25– 5.2

John 6.35,41-51



**Midweek Services**

Monday 9:30am - Morning Prayer  
Thursday 9:30am - Eucharist

## Introit Hymn

Here in this place new light is streaming,  
now is the darkness vanished away,  
see, in this space, our fears and our dreamings,  
brought here to you in the light of this day.  
Gather us in, the lost and forsaken;  
gather us in, the blind and the lame;  
call to us now, and we shall awaken,  
we shall arise at the sound of our name.

We are the young, our lives are a mystery;  
we are the old, who yearn for your face;  
we have been sung throughout all of history,  
called to be light to the whole human race.  
Gather us in, the rich and the haughty;  
gather us in, the proud and the strong;  
give us a heart so meek and so lowly,  
give us the courage to enter the song.

Here we will take of the wine and the water,  
here we will take the bread of new birth,  
here you shall call your sons and your daughters,  
call us anew to be salt of the earth.  
Give us to drink the wine of compassion,  
give us to eat the bread that is you;  
nourish us well, and teach us to fashion  
lives that are holy and hearts that are true.

Not in the dark of buildings confining,  
not in some heaven light years away, but  
here in this space, the new light is shining,  
now is the kingdom, now is the day.  
Gather us in, and hold us forever;  
gather us in, and make us your own;  
gather us in, all peoples together,  
fire of love in our flesh and our bone.

# Sentence

Be imitators of God ,as beloved children, and live in love ,as Christ loved us and gave himself up for us.

*Ephesians 5.1-2*

# Collect

Grant ,O Lord ,  
that we may see in you the fulfilment of all our need,  
and may turn from every false satisfaction  
to feed on the true and living bread  
that you have been given us in Jesus Christ;  
who lives and reigns with you and the Holy Spirit,  
one god ,now and for ever. **Amen**

## **Acknowledgement of Country**

We acknowledge the triune God, the Creator of heaven and earth and His ownership of all things. (Psalm 24:1) We recognise that He gave stewardship of these lands upon which we meet to the First Nations Peoples of this country (Acts 17:26). In His sovereignty, He has allowed other people groups to migrate to these shores. We acknowledge the cultures of our First Nations Peoples and are thankful for the community that we share together now. We pay our respects to the people of this land and their elders/leaders, both past and present, and those emerging.

## 2 Samuel 18.5-9,14,31-33

The king gave orders to Joab and Abishai and Ittai, saying, 'Deal gently for my sake with the young man Absalom.' And all the people heard when the king gave orders to all the commanders concerning Absalom.

So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword.

Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. Joab said, 'I will not waste time like this with you.' He took three spears in his hand, and thrust them into the heart of Absalom, while he was still alive in the oak.

Then the Cushite came; and the Cushite said, 'Good tidings for my lord the king! For the LORD has vindicated you this day, delivering you from the power of all who rose up against you.' The king said to the Cushite, 'Is it well with the young man Absalom?' The Cushite answered, 'May the enemies of my lord the king, and all who rise up to do you harm, be like that young man.'

The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, 'O my son Absalom, my son, my son Absalom! Would that I had died instead of you, O Absalom, my son, my son!'

Hear the word of the Lord, **Thanks be to God**

## Psalm 130

Chant: Purcell, Henry (1659-1695)



- <sup>1</sup> Out of the depths have I called to | you, O | Lord:  
**Lord, | hear | my | voice;**
- <sup>2</sup> O let your ears con- | sider | well:  
**the | voice of . my | suppli- | cation.**
- <sup>3</sup> If you, Lord, should note what | we do | wrong:  
**who then, O | Lord, | could | stand?**
- <sup>4</sup> But there is for- | givenness | with you:  
**so | that you | shall be | feared.**
- <sup>5</sup> I wait for the Lord, my | soul | waits for him:  
**and in his | word | is my | hope.**
- <sup>6</sup> My soul looks | for the | Lord:  
**more than watchmen for the morning,  
more, I say, than | watchmen | for the |  
morning.**
- <sup>7</sup> O Israel, trust in the Lord, for with the Lord | there is |  
mercy:  
**and with | him is | ample . re- | demption.**
- <sup>8</sup> He will | redeem | Israel:  
**from the | multi. tude | of their | sins.**

## Ephesians 4.25– 5.2

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Hear the word of the Lord, **Thanks be to God**

## Gradual Hymn

Be still, my soul: the Lord is on your side;  
bear patiently the cross of grief and pain;  
leave to your God to order and provide;  
in every change he faithful will remain.  
Be still, my soul: your best, your heavenly friend  
through thorny ways leads to a joyful end.

Be still, my soul: your God will undertake  
to guide the future as he has the past.  
Your hope, your confidence let nothing shake,  
all now mysterious shall be clear at last.  
Be still, my soul: the tempests still obey  
his voice, who ruled them once on Galilee.

Be still, my soul: when dearest friends depart  
and all is darkened in the vale of tears,  
then you shall better know his love, his heart,  
who comes to soothe your sorrow, calm your fears.  
Be still, my soul: for Jesus can restore  
the trust and hope that strengthened you before.

Be still, my soul: the hour is hastening on  
when we shall be for ever with the Lord.  
when disappointment, grief and fear are gone,  
sorrow forgotten, love's pure joy restored.  
Be still, my soul: when change and tears are past,  
all safe and blessed we shall meet at last.

Katharina von Schlegel 1697-?  
*tr.* Jane Laurie Borthwick 1813-97 *alt.*

## John 6.35,41-51

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

This is the Gospel of the Lord

**Glory to you Lord Jesus Christ**



## Communion hymn

I am the Bread of life.  
Those who come to me shall not hunger;  
those who believe in me shall not thirst.  
No one can come to me  
unless the Father draws them.

*And I will raise them up,  
and I will raise them up,  
and I will raise them up at the last day.*

The bread that I will give  
is my flesh for the life of the world,  
and those who eat this bread  
they shall live for ever,  
they shall live for ever.

*And I will raise them up,  
and I will raise them up,  
and I will raise them up at the last day.*

Unless you eat of the flesh  
of the Son of Man  
and drink of his blood,  
and drink of his blood,  
you shall not have life with -in you.

*And I will raise you up,  
and I will raise you up,  
and I will raise you up at the last day.*

I am the Resurrection,  
I am the life.  
those who believe in me,  
even though they die  
they shall live for ever.

*And I will raise them up,  
and I will raise them up,  
and I will raise them up at the last day.*

Yes, Lord, I believe  
that you are the Christ,  
the Son of God,  
who have come  
into the world.

*And I will raise them up,  
and I will raise them up,  
and I will raise them up at the last  
day.*

*Suzanne Toolan  
1927-alt  
Based on John:  
6.25*

## Final Hymn

When human voices cannot sing  
and human hearts are breaking,  
we bring our grief to you, O God  
who knows our inner aching.

Set free our spirits from all fear -  
the cloud of dark unknowing,  
and let the light, the Christ-light show  
the pathway of our going.

Make real for us your holding love,  
the love which is your meaning,  
the power to move the stone of death,  
the hope of Easter morning.

And let the one we love now go  
where we, in faith, shall follow,  
to travel in the Spirit's peace,  
to make an end to sorrow.

Shirley Erena Murray  
1931-

## From the Deans Desk

### Matthew 14:22-33

When I was a teenager, Dad and I did a lot of bushwalking and one of our favourite places was Waa Gorge in the Kaputar National Park. Being a deep gorge, eroded by water over time there are deep waterholes which are great for swimming in and some of them are overshadowed by high cliffs.

On a hot summer's day, there is nothing quite like having a swim in a mountain creek, and what makes it even better is having the guts to jump off a cliff into the really deep-water holes and trying to touch the bottom of the hole.

The first few times I chickened out of jumping, but having watched my Dad do it a couple of times, I wasn't going to let him have all the fun and I swallowed my fear and jumped...

It's a great lesson to learn, that sometimes we have to face our fears, embrace the adventure, and take the plunge. But what holds us back from risking it all? How do we overcome our fears? What do we do when we doubt that the new chapter of life God is writing is for us? How do we keep our eyes focused on the goal when everything is trying to distract us?

Peter helps us answer those questions as he jumps - not off a cliff, but out of a boat.

I think that we are a little too hard on Peter. I mean, yes, he was renowned for only opening his mouth to switch feet, and compounding his failures by his failing to walk on water. AND, this is the man who has gone down in history having denied knowing Jesus 3 times!

It's easy to think this way of Peter while we're still in the boat, wearing our personal floatation devices and clinging to the sides. Or maybe we've seen the water is rough and opted to stay in the harbor with the boat tightly moored to the dock. Perhaps we don't really believe that God can do things that surpass anything we can ask or even imagine (Eph 3:20).

Sure, Peter began to sink when he saw the waves and the wind, but at least he got out of the boat when Jesus told him to. Peter leaves the boat when he knows that it is Jesus on the water and not a ghost, and for a little while he walks on the water. Peter does the impossible, but then things change. Peter took his eyes off Jesus and focused on the storm, but at least he gave it his best shot...at least he got out of the boat!

The existential philosopher, Søren Kierkegaard, called the decision to follow Jesus a leap of faith, like jumping off the cliff. One could not play it safe and follow Christ, rather we must be willing to risk it all.

A couple of questions for you to consider:

- What fears keep you from stepping out of the safety of the boat to follow Christ?

Do doubts nag at you and keep you from learning to trust Christ?

Jesus is waiting on you to step out of the boat. Come on, leave the boat and walk on the water. Jesus says you can do it.

Blessings,

*Dean Gavin*

# 2024 Diary Dates

## **Wardens meetings 2024 at 12noon:**

12 August, 9 September, 14 October, 18 November.

## **Parish Council meetings:**

The next meeting will be 20th August at 7:30pm.

## **Chapter Meetings 10-12noon**

Saturday 26th October.

## **Cathedral Markets (First Saturday of the month)**

Saturday 7th of September

## **Mothers Union**

Meets on the 2nd Thursday of each month in the Mary Thomas Room at 1.30pm. Next meeting 12th September, 10th October, 14th November.

**Note:** Thursday 14 November 11am, Service and Lunch at Cascades Goulburn.

**Bishop's Cathedral Convention— *Sharing Hope with an Uncertain World*.** Saturday 17th August starting 10am. Booking essential.

**Consecration Saturday 24th August of Asst Bishop Elect, Vanessa Bennett 11am.**

**SYNOD** Friday-Sunday, 6th-8th September, Cathedral.

**NOTE: On Sunday 8th September, there will only be ONE service at 8am.**

**Friends of the Cathedral Executive** meet 20th September at 12 noon, Cathedral Office.

**Marian Procession** Ecumenical day event across Goulburn churches. Sunday 27th October.

**Cathedral Craft Group** meets every 4th Thursday of the month at 1.30 –3pm. Next meeting 29th of August All welcome.

**Hand made Cards** are available at the Guides table in the Cathedral for a gold coin donation.

## **CATHEDRAL FOOD PANTRY**

**FOR THOSE IN THE COMMUNITY IN NEED**

The Food Bank is well stock at the moment. A big thank you to all who contribute.



## **AFTER SERVICE FELLOWSHIP**

**Every Sunday in the Mary Thomas Room.**

**Come and join us.**

**A Thank You to Joan Gilroy and Peter Ogilvie who set up and bring food for you each week. Please assist them in any way you can by carrying used cups to the bin, plates to the sink, etc.**



**Thirteenth Sunday after Pentecost**

**1 Kings 2.10-12,13-14**

**Psalms 111**

**Ephesians 5.11-21**

**John 6.51-58**

## **Our Parish Bank Details:**

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

**BSB : 032 721**

**Account : 280 248**

**Reference : Ministry**

**Envelopes : Place them in the offertory plate. If you are unable to attend please phone to arrange pick up of your envelopes.**

**For collection phone : 4822 8394**

**Tap –Go: In the Cathedral any debit card to donate to the Cathedral in \$10 increments.**

**Please note donations to everyday expenses and Sowerby Trust are not tax deductible**

## **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 .  
Please make yourself known to our Clergy.**

### **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 Reflection** :Ordinary Sunday 19 B – Sunday 11 August 2024 •  
2 Samuel 18.5-9, 14, 31-33; Psalm 130; Ephesians 4.[17-24] 25 – 5.2;  
John 6.35, 41-51 The human condition is so limited; hardness of heart, ignorance, prone to greed and falsehood and even, sometimes, murderous intent. Thank God that God does not despair! and indeed sent all that we need to live a renewed life, and eternal life, Jesus Christ himself, the bread of heaven. • We give thanks that God has given us all that is good, and all that we need to be good, and we pray that we will share this generosity with all in need. • Give thanks for the work and witness of the Anglican Primate of Australia, the Most Rev Geoff Smith Text: Pamela Davey and the Rev'd Sr Jan Crombie SSA (ABM Board) © Anglican Board of Mission, 2024

## 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*

## **Call to Prayer for Israel and Hamas Conflict**

As the Israeli-Hamas war continues, the Patriarchs and Heads of Churches in Jerusalem, have issued a call for a global day of prayer and fasting on I've forwarded the call to prayer below for your information, in case you have not received it. In the midst of your busy lives, please join our brothers and sisters across the Anglican Communion when you have an extra moment to pray.. While you're praying, please also remember Afghanistan, which has now been affected by four earthquakes each in excess of 6.0. Thousands are dead, thousands more injured, so many whose families have been lost, and countless homes destroyed. Please pray for believers to be a blessing in this time, and that the nation receives aid and hope for the future. As the eyes of the world are focused on conflicts elsewhere, little aid is being offered..



**Address: 170 Bourke Street.**

**Cathedral Office Hours**

**9.00am –11am (Mon, Tues, Thurs, Fri.....Closed WED)**

**Office Contacts: Phone 4821 2206**

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

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

**Dean Gavin Krebs: 0418 515 209**

**Canon Anne Wentzel: 0429 680 010**

**Other Clergy: contact through the office**

**Cathedral Staff:**

**Rev'd Canon Margaret Emil, Hon. Asst Priest**

**Rev'd Canon Kevin Stone –4th Sunday ( On Leave)**

**Cathedral Wardens:**

**Peter Ogilvie (Dean's Warden)**

**Leigh Bottrell (Bishop's Warden): 4822 4946**

**Pamela Shaw 4822 8394**

**Stephen Relf : 0401 977 432**

**Cathedral Councillors:**

**Jenny Lacey, Richard Orchard,  
Darren Churchill, Peter Ogilvie.**

**Director of Music: Debra McConnell**

**Organists for August: Phil Fraser**

**Editor of Pew Sheet: Vanessa Kemp**



