



St. John's

Anglican Church Albany

Consecrated 1848.

Sunday 8th February 2026
Fifth Sunday After Epiphany



Sentence of the Day

'Is not this the fast that I choose,' says the Lord: 'to loose the bonds of injustice, and to let the oppressed go free?'

Isaiah 58.6

Collect

Faithful God, you have appointed us your witnesses, to be a light that shines in the world: let us not hide the bright hope you have given us, but tell everyone your love, revealed in Jesus Christ the Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Prayer of the Week

Father of all, who gave your only-begotten Son to take upon himself the form of a servant and to be obedient even to death on a cross: give us the same mind that was in Christ Jesus, that, sharing in his humility, we may come to be with him in his glory; where he lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen

Today's Readings

1st Reading Isaiah 58.1-9 a

1 Shout out, do not hold back!
Lift up your voice like a trumpet!
Announce to my people their rebellion,
to the house of Jacob their sins.
2 Yet day after day they seek me
and delight to know my ways,
as if they were a nation that practised
righteousness
and did not forsake the ordinance of their God;
they ask of me righteous judgements,
they delight to draw near to God.
3 'Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?
Look, you serve your own interest on your fast-day,
and oppress all your workers.
4 Look, you fast only to quarrel and to fight
and to strike with a wicked fist.
Such fasting as you do today
will not make your voice heard on high.
5 Is such the fast that I choose,
a day to humble oneself?
Is it to bow down the head like a bulrush,
and to lie in sackcloth and ashes?
Will you call this a fast,
a day acceptable to the Lord?
6 Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?
7 Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?
8 Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the Lord shall be your rearguard.
9 Then you shall call, and the Lord will answer;
you shall cry for help, and he will say, Here I am.

2nd Reading 1 Corinthians 2.1-13

1 When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom.
2 For I decided to know nothing among you except Jesus Christ, and him crucified.
3 And I came to you in weakness and in fear and in much trembling.
4 My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power.
5 so that your faith might rest not on human wisdom but on the power of God.

6 Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish.

7 But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory.

8 None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory.

9 But, as it is written,
'What no eye has seen, nor ear heard,
nor the human heart conceived,
what God has prepared for those who love him'

10 these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God.

11 For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God.

12 Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

13 And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Gospel Reading Matthew 5.13-20

13 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. **14** 'You are the light of the world. A city built on a hill cannot be hidden. **15** No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. **16** In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. **17** 'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. **18** For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. **19** Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. **20** For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

The Psalm for today is Psalm 112

¹ O praise the Lord. Blessed are they that fear the Lord: and greatly delight in his commandments.
² Their children shall be mighty in the land: an upright race who will be blessed.
³ Riches and plenty shall be in their house: and their righteousness shall stand for ever.
⁴ Light arises in darkness for the upright: gracious and merciful are the righteous.
⁵ It goes well with those who act generously and lend: who guide their affairs with justice.
⁶ Surely they shall never be moved: the righteous shall be held in everlasting remembrance.
⁷ They will not fear bad tidings: their hearts are steadfast, trusting in the Lord.
⁸ Their hearts are confident and will not fear: they will see the downfall of their enemies.
⁹ They give freely to the poor: their righteousness stands for ever, their head is uplifted in glory.
¹⁰ The wicked shall see it and be angry: they shall gnash their teeth and consume away; and the hope of the wicked shall fail.

Next Sunday's Readings

1st Reading Exodus 24.12-18

P71

2nd Reading 2 Peter 1.16-21

P226

Gospel Reading Matthew 17.1-9

P17

HYMNS – EUCHARIST SETTING DUDMAN TIS 756

	8am	9.30am
Introit		602
Gradual	690	690
Offertory	217	217
Recessional	143	143

We respectfully acknowledge the Menang Noongar people as the traditional custodians of the land on which we worship and minister, and pay respect to elders past and present.

Children's Church is available at our 9:30am service. This week's Children's Talk is 'Let Your Light Shine.'

A WARM WELCOME TO ALL VISITORS - All are welcome at the Lord's table. Baptised, communicant members of all Christian denominations, are very welcome to receive Holy Communion and any person welcome to come forward to receive a blessing. If you are unable to come to the altar rail and wish to receive the Sacrament in your pew, please speak to a sides person.

Hello Dear Friends

I pray you have had a good week. We have recommenced most ministries and meetings. And this weekend sees new beginnings for our ordained diocesan deacons and priests.

This Sunday is the fifth after Epiphany. We are told to let our light shine, and we pray to not hide it but tell all of God's love. In our Isaiah reading, hypocrisy is reproved and there is a discussion of a true fast with promises to real godliness. The Psalmist describes the blessedness of the righteous and our epistle sees Paul describing his plain manner of preaching Christ crucified, the wisdom in this doctrine and explaining that this cannot be known without the Holy Spirit. Matthew talks of Salt and light and describes how Jesus came to confirm the law.

Jesus said to his disciples, 'You are the salt of the earth; you are the light of the world'. In the ancient world, salt was one of the most important necessities of life, especially for preserving and seasoning food. So too was light for obvious reasons. Both are still vitally important today. So, what was Jesus saying to us when he used these two images? He was telling his disciples that they have a vital role to play in changing the world, by the way that they live their faith.

When we see our faith as a personal thing and keep it to ourselves: a vital element is missing. It is like salt that has lost its taste: or a lamp that no longer gives light. But when we put our faith into action by exercising our various ministries, or simply sharing it with others, our faith can really make a difference in the world.

I read....."One day a man visited Mother Teresa's home for the poor and the dying in Calcutta. He arrived just as the sisters were bringing in some of the dying off the streets. They had picked up a man out of the gutter, and he was covered with dirt and sores. Without knowing that she was being watched the Sister began to care for the dying man. The visitor kept watching

the Sister as she worked. He saw how tenderly she cared for her patient. He noticed how as she washed the man she smiled at him. She did not miss a detail in her attentive care for that dying man.

After carefully watching the Sister, the visitor turned to Mother Teresa and said, 'When I came here today, I didn't believe in God, and my heart was full of hate. But now I am leaving here believing in God. I have seen the love of God in action. Through the hands of that Sister, through her tenderness, through the gestures which were so full of love for that wretched man, I have seen God's love descend upon him. Now I believe'.

This is surely an example of the kind of thing Jesus had in mind. When he tells us that we must let our light shine, the light he is talking about is the light of our good works. Our good works, or ministry to others: don't have to be as spectacular as the above example. Generally, they will be much simpler, much more ordinary. But that doesn't mean they can't give effective witness to the light of Christ in our midst.

When Jesus tells us to let our light shine before people, he doesn't mean that we should advertise our good works, much less crow about them. He is asking us to do them. If we simply do them, they will speak for themselves.

A good Christian life is a strong and effective witness, and in itself is a proclamation of the Gospel. The light will shine when one is a genuine person, when one sees that the truth is told, that justice is done, when one exercises mercy and shows compassion and love.

In order to produce its effect, salt has to be mixed in with the food. And a light has to be put in a high place in order to be able to reach people. So we Christians have to be in the world. But we must not allow ourselves to be absorbed by the world. 'The world today needs Christians who remain Christians' (Albert Camus).

As Christians we have a very positive role to play in the world. We have something to offer, something the world desperately needs, even though it may not always welcome it. We should not be shy or apologetic about our role. A certain boldness and courage are called for.

This ministry is not one for the individual Christian only: but for the Christian community as a whole. It is easier – and more effective – to witness to Christ as a member of a supportive community.

Blessings

Karen

Prayers for:

The Diocese of Bunbury - Bishop - Rt. Revd. Ian Coutts, wife Anne, Archdeacon and Chair Diocesan Safe Ministry- Ven. Geoff Chadwick, wife Gabby, Registrar - Revd. Nick Freeland, wife Jane, Secretary - Jenny Duncan, husband Andrew, Office Staff, Laura Golding, husband James, Kat Pearce, Jodi Sturrock, husband Travis, Wanese Maloney, husband Justin, Tiffany Della-Vedova, husband Adrian, Kerrie Forrest, husband Don, Revd. Cn. Carol Morgan, husband Chris, Bishop-in-Council, Diocesan Trustees and Members of the Synod.

The Parish of Busselton - Part-time Priest-in-Charge - Revd. Nick Freeland wife Jane and Curate - Revd. Carolyn Ball.

Please pray for:

- * Our Parish Volunteers in their Social Outreach.
- * Our ministry to families.
- * Our ministry to aged care.
- * Study groups.
- * Our Julian Group.

Diocesan Ministry - The Diocesan Campsite, Eric and Samantha van der Wacht.

For the World:

- * For a greater sense of responsibility and accountability for the environment.
- * For those suffering from physical, social and spiritual abuse.
- * That as a church our lives may be as a light of Christ to the villages around us.

Anglican Church of Kenya - Diocese of Kapsabet.

St. Peter's Ndalat Parish - Parish Priest - Revd. Abraham Lagat and wife Visiline.

All Saints Kapkoimur Parish - Parish Priest Revd. Kenneth Kemboi and wife

Nancy and Curate Revd. Lilian Tarus.

Please pray those who are differently abled that their challenges may be addressed adequately by the relevant authorities.

Diocesan Ministry - That God will bring loving unity in our churches and a deep sense of brotherhood among the Christians of our churches.

Mothers Union Monthly Prayer

We give thanks to you, Lord for our membership in the global Mothers' Union.

May we be blessed with a sense of connection and belonging.

May we accept the call in the power of the Holy Spirit to grow in faith.

May we be empowered in all that we do and say to help others.

May we bloom where you plant us, O Lord. Amen.

Upcoming Meetings and Events

Martha's Soup Kitchen - Monday 12pm-1pm.

Finance Committee Meeting - Thurs. 12th February at 10am via Zoom

Parish Council Meeting - Tues., 17th Feb in the D/W Hall at 5.30pm. Reports are due to Parish Administrator by 5pm Wed., 11th Feb.

Mothers' Union. Our next meeting will be at 1.30pm on Wednesday 18th February in the Lady Chapel. This will be an Ash Wednesday service. After the service we will move to the Dorothy Wood hall where our guest speaker will be from the School Chaplaincy programme. Everyone welcome. The World Day of Prayer will be held on Friday 6th March in the Uniting Church in Duke St. Again everyone will be most welcome.

Lenten Studies for 2026 - This year our Lenten journey begins on Wednesday February 18th with our Ash Wednesday Services at 1pm and 5pm. I encourage us all to follow the Joy Lenten Study with copies of this available from the parish office and Church entrance from February 2nd. (Voluntary cost \$10). One group session will be available on Thursdays (February 19th - March 26th) at 3pm - a sign up sheet will be available. We will also look at the daily readings and reflections daily at the end of Morning Prayer live-streams. Revd. Karen

Upcoming Cruise Ship Visits:

- The Silver Moon (approx. passenger capacity of 596) is due to dock in Albany from 8am-6pm on Wednesday, 11 February.
- The Azamara Pursuit (approx. passenger capacity of 704) is due to dock in Albany from 6.30am-2.30pm on Friday, 13 February.
- The Zaandam (approx. passenger capacity of 1432) is due to dock in Albany from 8am-5pm on Monday, 23 February. We wish all a very happy visit to Albany and safe sailing. There will be markets in St. John's Hall.



World Day of Prayer 2026
Focus on **Nigeria**



Service date	Friday 6 MARCH
Location	Wesley Uniting Church
Address	Duke Street
Time	10.00 am
Contact	MARIAN 0428 412 825

PEACE OF MIND

Regardless of age, an enduring power of attorney (EPA), an enduring power of guardianship (EPG) and an advanced health directive (AHD) can be accessed at <https://www.wa.gov.au/service/justice/civil-law/enduring-power-of-attorney> and are recommended to be in place to provide peace of mind to our families. Do you have a will?

AND FUNERALS - Information to assist you make your wishes known re funeral arrangements can be accessed via the Parish Office. The completed information is for your family and/or support persons to ensure your wishes are carried out.

Prayer Chain - A parish prayer chain has been re-established. If you have prayer requests **please contact Revd. Karen (0434 702 343)**, who will communicate with other members of the team. Prayer requests will not be discussed by prayer chain members and will be kept in confidence. If you wish for prayers to continue for more than one week, please contact Rev. Karen again. The importance and power of prayer is intrinsic in our faith. Prayer is an act of worship that glorifies God and reinforces our need for God. "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7 (NRSV).

CONTEMPLATIVE PRAYER.

A contemplative prayer service is held in the Lady Chapel every Tuesday of the month at 11am. The format is flexible, but follows The Rhythm of Life: Celtic Daily Prayer by David Adam and includes a time of silent prayer, up to 20 minutes for regulars. The service is chosen as a result of discussion about matters on the hearts of those attending, and the contemplation based on a mantra taken from the psalm. The service takes less than an hour usually, and it is followed for those who wish to stay, by the regular Tuesday 12.30 Eucharist. The books are supplied, and contemplative time can be modified for those new to this form of prayer. You are most welcome to come and try a new experience! Cherry O'Donnell.

2026 Lectionaries are still available from the Office for \$12.50.

Our AMP will be held on Sunday 22nd February 2026.

The period for submitting reports, registering to vote and nominating someone for a position on Parish Council has now closed.

Voting will take place on 15th February 2026 and 22nd February before the AMP.

Please pray for those called to serve as Parish Councillors.

Thank you and Blessings.

Revd. Karen

Emergency Relief - Hi everyone Thanks for your previous donations which we very much appreciated. We urgently require the following items:

- * 1 litre full cream long life milk.
- * 1kg plain or self-raising flour.
- * 1kg white rice.

Thank you and best wishes from the ER team.

Ministry opportunities - The Church cleaning team and Op Shop are looking for extra volunteers to join them. Please contact our Op Shop Manager, Wardens or Revd. Karen.

Church Watch is now up and running again on Fridays from 11am-2pm. If anyone is interested in assisting with this ministry please speak to

Direct Giving via Electronic Banking - Thanks again to those who are continuing to support the church in one form or another. Could I please ask that those that are electronically transferring money to the church follow the following instructions.

Ordinary Direct giving - quote the word "Donation" in the reference section and deposit into Anglican Community Fund.

BSB: 706-001
Acc: 3000 3081

Mission giving should be deposited into the Parish Holding Account using the word "Mission" as a reference.

Banking details are:
BSB: 706-001
Acc: 3000 8763

St John's Christmas Shoebox Appeal – February 2026

Dear Parishioners.

Our 'Kick Start' project in January with Jam Sales and then Plums, was very successful. John and I would like to thank all participants for your very generous purchase donations.

We raised \$145.50 for the jars of Apricot Jam, and a further \$55.00 for Plums. This has given us a \$200 start towards the Shoebox Postage for this year

So once again a big thank you for the start of this year's programme.

At the end of last year we sent to 111 boxes to Perth for distribution to 3 Countries. I am still waiting to hear exactly how many went from WA and from Australia/New Zealand and which countries have yet received them. I will inform you of this as soon as I get the report.

At the end of last year I was contacted by the Uniting Church asking if they could donate any 'left over' Shoebox supplies to us, as they will not be doing the Shoebox project any longer.

So with much appreciation and many thanks John and I collected 2 very large Plastic containers, full of Teddies, Beanies and other wonderful items for the pencil cases. As a result I have only needed to

purchase half of our usual requirements for the pencil case items, and we have all the Beanies and Teddies that we will need to fill another 100 boxes this year.

A letter of thanks and appreciation has been sent to the Uniting Church Shoebox team.

I have already been able to purchase some of the boy and girl shirts whilst the 'School Start' sales were in progress. I will soon make a list of items that we will still require to fill the boxes, and I may be looking for any willing volunteers to help sew carry bags.

Please keep a lookout for items which you may desire to donate and contact me for anything that you feel you would like to contribute, to either the box items or the postage.

We now have the boxes available for anyone wishing to fill their own, just contact us by phone or at Church. At this stage we are anticipating having the St John's Shoeboxes ready for delivery to Perth by the end of August/beginning of September. More precise details will be given later.

Yours sincerely Ethel Halliday- St John's Operation Christmas Child co-ordinator.
I can be contacted on - **Ph. 04 09447960**

This month's Mission of the Month is Anglican Board of Mission (ABM)

The information below has been sourced from the ABM website, for more in depth detail please go to <https://www.abmission.org> They are active in many countries and the work they do is truly inspiring.



Anglican Board of Mission is the national mission agency for the Anglican Church. It is the channel through which Australian Anglicans participate in mission, both here and overseas. Anglicans in Development is wholly-owned by ABM, and operates ABM's Sustainable Communities program, working with church partners to deliver grassroots, community-driven development, and disaster preparedness and response. We want to see people everywhere experience the wholeness of life God offers in Jesus Christ, and to this end we support our partners as they participate in God's mission.

Services at St John's.

We have implemented live streaming of services on Facebook - If you use Facebook please "like" the following pages Anglican Parish of Albany and Anglican Parish Albany Service Stream for live services or recordings. We will also put a link on the website www.anglicanchurchalbany.org.au so you can watch the recordings.

Normal Worship times:

Sunday 8:00am	Sung Eucharist with Hymns
Sunday 9.30am	Live streamed sung Eucharist with Hymns
Sunday 7.00pm	Live Streamed Compline
Tuesday 12.30 pm	Eucharist
Monday - Friday	Morning and Evening Prayer live streamed at 8am and 5pm.

The next Order of St Luke Healing Service will be held on Thursday 12th of February at 9.30am in the Lady Chapel.

CONTACT DETAILS

Priest-in-Charge: Reverend Canon Karen Cave - Mob: 0434 702 343

Email: priest@anglicanchurchalbany.org.au

Safe Church email - safechurch@anglicanchurchalbany.org.au

Wardens:

Email: wardens@anglicanchurchalbany.org.au

Mike Taylor: Mob: 0417 967 368

John Blake: Mob: 0438 761 950, (H) 9844 4587

Georgie Walker: Mob: 0428 425 293

Parish Office:

Parish Administrator: admin@anglicanchurchalbany.org.au

Rachel Matthews – 9841 5015

Parish Office Volunteer: Amy Mengler.

Office Hours – Mon - Thurs 9am to 12pm and Fri 9am –5pm.

Op Shop:

Mob: 0474 265 500

Manager - Ann Robinson

Trading Hrs are 10am-2pm Mon-Fri.

Director of Professional Standards:

Ms Davina Goldthorpe - Ph: 9425 7203. Email:

safeministry@perth.anglican.org

Mandatory Reporting Service:

Ph: 1800 708 704. Website: www.mandatoryreporting.dcp.wa.gov.au

Please check out our Facebook, Twitter and Instagram pages at Anglican Parish of Albany and encourage your friends to follow us.