



# St. John's

## Anglican Church Albany

### Consecrated 1848.

**Sunday 22nd February 2026**  
**First Sunday in Lent**



#### **Sentence of the Day**

**'We do not live by bread alone, but by every word that comes from the mouth of God'**

**Matthew 4.4**

#### **Collect**

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are, yet did not sin: give us grace to direct our lives in obedience to your will, that, as you know our weakness, so we may know your power to save; through Jesus Christ our Redeemer, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

#### **Prayer of the Week**

O Lord, who for our sake fasted forty days and forty nights: give us grace to use such abstinence, that, our flesh being subdued to the spirit, we may ever obey your godly will in righteousness and true holiness; to your honour and glory, who live and reign with the Father and the Holy Spirit, one God, world without end. Amen.

#### **Today's Readings**

##### *1st Reading Genesis 2.15-17; 3.1-7*

**2** <sup>15</sup> The Lord God took the man and put him in the garden of Eden to till it and keep it. <sup>16</sup> And the Lord God commanded the man, 'You may freely eat of every tree of the garden; <sup>17</sup> but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.' <sup>3</sup> **1** Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' <sup>2</sup> The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; <sup>3</sup> but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die." ' <sup>4</sup> But the serpent said to the woman, 'You will not die; <sup>5</sup> for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' <sup>6</sup> So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. <sup>7</sup> Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

##### *2nd Reading Romans 5.12-21*

**12** Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— <sup>13</sup> sin was indeed in the world before the law, but sin is not reckoned when there is no law. <sup>14</sup> Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. <sup>15</sup> But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. <sup>16</sup> And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. <sup>17</sup> If, because of the one man's trespass, death exercised dominion through that one, much more surely

will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. <sup>18</sup> Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. <sup>19</sup> For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous. <sup>20</sup> But law came in, with the result that the trespass multiplied; but where sin increased, grace abounded all the more, <sup>21</sup> so that, just as sin exercised dominion in death, so grace might also exercise dominion through justification leading to eternal life through Jesus Christ our Lord.

##### *Gospel Reading Matthew 4.1-11*

**1** Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. **2** He fasted for forty days and forty nights, and afterwards he was famished.

**3** The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.'

**4** But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."

**5** Then the devil took him to the holy city and placed him on the pinnacle of the temple,

**6** saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."

**7** Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."

**8** Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour;

**9** and he said to him, 'All these I will give you, if you will fall down and worship me.'

**10** Jesus said to him, 'Away with you, Satan! for it is written,

"Worship the Lord your God, and serve only him."

**11** Then the devil left him, and suddenly angels came and waited on him.

## *The Psalm for today is Psalm 32*

<sup>1</sup> Blessed are those whose sin is forgiven:  
whose iniquity is put away.

<sup>2</sup> Blessed are those to whom the Lord imputes no blame:  
and in whose spirit there is no guile.

<sup>3</sup> For whilst I held my tongue:  
my bones wasted away with my daily complaining.

<sup>4</sup> Your hand was heavy upon me day and night:  
and my moisture was dried up like a drought in summer.

<sup>5</sup> Then I acknowledged my sin to you:  
and my iniquity I did not hide;

<sup>6</sup> I said 'I will confess my transgressions to the Lord':  
and so you forgave the wickedness of my sin.

<sup>7</sup> For this cause shall everyone that is faithful  
make their prayer to you in the day of trouble:  
and in the time of the great water-flood,

it shall not come near them.  
<sup>8</sup> You are a place to hide me in,  
you will preserve me from trouble:  
you will surround me with deliverance on every side.  
<sup>9</sup> 'I will instruct you, and direct you in the way that you should go:  
I will fasten my eye upon you, and give you counsel.  
<sup>10</sup> 'Be not like horse or mule, that have no understanding:  
whose forward course must be curbed with bit and bridle.'  
<sup>11</sup> Great tribulations remain for the ungodly:  
but whoever puts their trust in the Lord,  
mercy embraces them on every side.  
<sup>12</sup> Rejoice in the Lord, you righteous, and be glad:  
and shout for joy, all you that are true of heart.

## Next Sunday's Readings

**1st Reading Genesis 12.1-4a**

**P10**

**2nd Reading Romans 4.1-5; 4.13-17**

**P146**

**Gospel Reading John 3.1-17**

**P88**

## HYMNS – EUCHARIST SETTING DUDMAN TIS 756

	8am	9.30am
Introit		591
Gradual	580	580
Offertory	211	211
Recessional	201	201

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 'Jesus Says No To Temptation.'**

**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

This Sunday is the first in Lent. We begin our Lenten journey and hold our Annual Meeting.

With the commemoration of Ash Wednesday this past week, and imposition of ashes on our foreheads, we have started this season of Lent. The message of Lent, which we heard on Ash Wednesday was "Repent and sin no more."

Lent is therefore an opportunity that God has given to us through the Church's Calendar for the deepening of our spiritual lives. Now as to how we will observe these 40 days as a time of growing spiritually is up to each one of us individually. My prayer is that all of us will be able to receive the gift that God is offering to us during these special days.

Even our worship has a different feel as we celebrate using the First order of Holy Communion.

Our Sentence for this Sunday reminds us that we live by (and because of) the word of God. We pray together to be obedient. We read from Genesis how man was placed in the garden of Eden, how Eve is deceived and how Adam and Eve fell into sin through disobedience. Our Psalmist talks of the happiness of a pardoned sinner, the misery before confession and the comfort after!

The author of Romans talks of the fall of Adam that leads to sin and death and also the grace of God and its power to bring salvation. Our Gospel from Matthew talks of the temptation of Jesus.

The temptations of Jesus were real. This was no play-acting. But the question arises: can a good person be tempted like the rest of us? The truth is: the good person who resists temptation knows more about its power than the weakling who submits at the very onset of temptation. The following story illustrates the truth of this.

Once upon a time there were three shepherds who were each responsible for a flock of sheep. One winter's night all three were awakened by the howling of a wolf.

The first was about to get out of bed when he heard the rain beating against his bedroom window. He had second thoughts, turned over in bed, and went back to sleep.

The second got out of bed, dressed, and went to the front door. However, on opening it he was hit by a squall of sleety rain. He went back inside and returned to his warm bed.

The third got up, dressed, and went outside. There he had to contend with rain, wind, darkness and cold. But he stuck to his task until he saw that his sheep were secure. When he got back indoors, he was wet through and got a nasty cold

as a result of his efforts.

Now which of these three shepherds knew most about the rain, the wind and the dark? The third of course! Those who give in easily to temptation know little about the struggle involved. Those who struggle with temptation and overcome it: know it best. If you want to know what victory over temptation costs, don't ask a sinner, ask a saint.

It is because Jesus struggled with temptation and was victorious over it that he can help us in our struggles with temptation. If we want to give up any addictive behaviour; we don't look for help from someone who has tried and failed. We look for help from someone who has struggled and succeeded.

So what did temptation mean for Jesus? It meant the same as it meant for Adam and Eve, and as it means for us today. It meant choosing between good and evil, between doing God's will, and our own will. And his tempting was not a once-off event. He was tempted right throughout his life, as we see in the gospels. His victory in the desert was not the winning of the war, but merely the winning of a battle.

Since even Jesus and the saints were tempted, we can't hope to escape temptation ourselves. The struggle is between the passions of the flesh and the longings of the spirit. This struggle, with its almost inevitable failures: is not something to be ashamed of. We find it difficult at times to resist temptation; but it's what we do next that is important in our Christian walk.

And temptation is not necessarily a bad thing. By forcing us to choose good over evil makes us stronger. Every time one is tempted to do evil, but decides to do good, that makes one stronger. Suffering and struggle make us stronger and enhances our faith.

Our Christian Journey involves a choice between good and evil. That choice can sometimes be very difficult, and there is no definitive victory. The battle against evil is never over as long as we are on this earth. However, each time we resist temptation and put our faith in God: we become stronger in our Christian walk.

But someone might say: 'It was easy for Jesus!' But it wasn't easy for him. He too had to struggle to do the will of God. His victory was no easy one. It was achieved through prayer, fasting and reflection on; and obedience to, the word of God. The Holy Spirit was with Jesus during his struggle. And he is with us too in our struggles. It is a great consolation to know that God is not outside our struggle: but is with us during it. "Lo I will be with you always" God has promised us, and that promise still stands today.

Blessings  
Karen

### Prayers for:

**The Diocese of Sydney**– Archbishop - Kanishka

Raffel (Cailey), Bishops Peter Lin (Georges River), Chris Edwards (North Sydney), Peter Hayward (Wollongong), Gary Koo (Western Region), Michael Stead (South Sydney), clergy and people.

**The Parish of Oyster Harbour** - Living Water

Anglican Church - Priest-in-Charge Revd. Shane Marques, wife Heidi, Assisting Clergy Revd. Brent Findlay, wife Sue, Rev. Allyson Charles, husband Richard, Revd. Richard Goetz, wife Tammy, Revd. Dorothy Bailey, Revd. Audrey Payne, Revd. Allan Taylor and wife Betty.

### Please pray for:

\*Unity of heart and mind in the love of Jesus and his gospel as we serve him and Albany this year. Ask God for boldness of conviction and gentleness of compassion as we proclaim Jesus Christ; his death on the cross for the forgiveness of sins and his resurrection from the dead for everlasting life.

\*Community Store and Good Life Community Garden to continue to flourish in reaching out and bringing hope and connection to people in whatever life situation they may be.

\*To bless and increase ministry with children and families as we seek to build healthy communities through Jesus centred families.

**Diocesan Ministry** - The Stirling Deanery. Area Dean - Revd. Cn. Karen Cave.

### For the World:

- \* All involved in the transport industry: air, sea, rail and road.
- \* That all governments will stand up to people trafficking and put an end to it.
- \* Those who work in men's and women's refuge centres and those who use them.

**Anglican Church of Kenya - Diocese of Kapsabet.**

**St Paul's Theological College** - Principal – Revd. Elizabeth Cheruiyot, Deputy Principal/Academic Dean - Revd. Kizito Anjononi, Dean of Students and Liturgy - Revd. Peter Lawrence Oindi.

**Please pray for** those doing research in various fields that their findings may be useful in their areas of study and thus bring noticeable change.

**Diocesan Ministry** - Pray for the Diocesan Boards so that they may be wise in decision making for the ministry.

### 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.



### HOLY WEEK AND EASTER SERVICES 2026

Palm Sunday 29th March	8am 9.30am	Holy Communion Holy Communion
Tuesday 31st March	6am 12.30pm 6pm	Combined Churches Prayer Meeting Holy Communion Tenebrae Service
Maundy Thursday 2nd April	6pm	Commemoration of The Last Supper, Foot Washing, Stripping of the Altar and The Watch.
Good Friday 3rd April	9am 12pm	Solemn Service "Stations of the Cross" service in the church gardens. Followed by Hot Cross Buns
Holy Saturday 4th April	6pm	The Great Easter Vigil
Easter Day 5th April	8am 9.30am	Holy Communion Holy Communion

Morning and Evening Prayers will be live streamed as usual at 8am and 5pm and Compline at 6pm on Sunday. During Holy Week the Gospel of the Day will be live streamed at 10am



World Day of Prayer 2026

Focus on **Nigeria**



Service date	<b>Friday 6 MARCH</b>
Location	<b>Wesley Uniting Church</b>
Address	<b>Duke Street</b>
Time	<b>10.00 AM</b>
Contact	<b>MARIAN 0428 412 825</b>

### Upcoming Meetings and Events

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

Communications Committee Meeting - Tuesday 3rd March at 4pm via Zoom.

HMAS Perth Memorial Service will be held at St. John's on Saturday, 28th February at 5.30 pm.

The Funeral Service for Margaret Thomas will take place on Friday 27th February at 10.30am at Allambie Park.

**Lenten Studies for 2026** - Our Lenten journey began on Wednesday February 18th with our Ash Wednesday Services. 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 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.

**Bicentennial Fete Reminder** - October or November are months away but won't take long to get there. Now is the season to start making jams, pickles, etc for our Bicentennial fete, with most fruits ready for picking. Thank

### Bunbury Diocese Mothers Union



*Joining the dots....*

*God, Church, Community*

### 2026 ALBANY LADY DAY FESTIVAL

**Saturday 20<sup>th</sup> March 2026**

REFRESHMENTS AVAILABLE  
From 9.00 in Parish Hall

EUCARIST  
10.00 St John's Albany (York St)

FELLOWSHIP AND REFRESHMENTS  
AVAILABLE AFTER THE SERVICE



RSVP numbers by  
Friday 13th March  
Wendy Minchin, Albany Branch Secretary  
Phone: 0400 474 467  
Email: [wendyminchin1@gmail.com](mailto:wendyminchin1@gmail.com)

you all in advance. Mike T

### 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. - CHANGE OF DATE AND TIME** - A contemplative prayer service is held in the Lady Chapel every Wednesday at 10:45am. 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 usually takes less than an hour. 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.

**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.

**Our AMP will be held today (Sunday 22nd February 2026) after the 9:30am service**

The following parishioners have been nominated for Parish Council:

**Peter Fitz Gibbon**  
**Philippa Milne**  
**Kevin Prince**  
**Shelley Russell**

**Voting** will only be conducted before the AMP today (Sunday 22nd).

Please pray for those called to serve as Parish Councilors.

God our Creator, when you speak there is light and life.

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*

We thank you for our brothers and sisters nominated to serve on Parish Council, and ask that you touch with your Holy Spirit the hearts and minds of those called to serve, so that they may clearly know, that it is your will at work. May your will be clear for the subsequent election. During our Annual meeting, fill us with your Holy Spirit so that we may listen to one another, speak the truth in love, and bear much fruit in the service of your kingdom; through Jesus Christ our Lord. Amen.

Thank you and Blessings

Revd. Karen

**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](http://www.anglicanchurchalbany.org.au) so you can watch the recordings.

### Normal Worship times:

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

**The next Order of St Luke Healing Service will be held on Thursday 12th of March 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](mailto:priest@anglicanchurchalbany.org.au)

Safe Church email - [safechurch@anglicanchurchalbany.org.au](mailto:safechurch@anglicanchurchalbany.org.au)

### **Wardens:**

Email: [wardens@anglicanchurchalbany.org.au](mailto: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](mailto: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](mailto:safeministry@perth.anglican.org)

### **Mandatory Reporting Service:**

Ph: 1800 708 704. Website: [www.mandatoryreporting.dcp.wa.gov.au](http://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.**