



# St. John's Anglican Church Albany Consecrated 1848.

**Sunday 1st March 2026  
Second Sunday in Lent**



## Sentence of the Day

**'God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.'**

**John 3.16**

## Collect

**God of mercy, you are full of tenderness and compassion, slow to anger, rich in mercy, and always ready to forgive: grant us grace to renounce all evil and to cling to Christ, that in every way we may prove to be your loving children; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**

**Prayer of the Week  
Remember, O Lord, what you have wrought in us and not what we deserve, and, as you have called us to your service, make us worthy of our calling; through Jesus Christ our Lord. Amen.**

## Today's Readings

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

<sup>1</sup> Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you.' <sup>2</sup> I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. <sup>3</sup> I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.' <sup>4</sup> So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran.

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

<sup>1</sup> What then are we to say was gained by Abraham, our ancestor according to the flesh? <sup>2</sup> For if Abraham was justified by works, he has something to boast about, but not before God. <sup>3</sup> For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' <sup>4</sup> Now to one who works, wages are not reckoned as a gift but as something due. <sup>5</sup> But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. <sup>13</sup> For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. <sup>14</sup> If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. <sup>15</sup> For the law brings wrath; but where there is no law, neither is there violation. <sup>16</sup> For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, <sup>17</sup> as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

### *Gospel Reading John 3.1-17*

<sup>1</sup> Now there was a Pharisee named Nicodemus, a leader of the Jews. <sup>2</sup> He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' <sup>3</sup> Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' <sup>4</sup> Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' <sup>5</sup> Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. <sup>6</sup> What is born of the flesh is flesh, and what is born of the Spirit is spirit. <sup>7</sup> Do not be astonished that I said to you, "You must be born from above." <sup>8</sup> The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' <sup>9</sup> Nicodemus said to him, 'How can these things be?' <sup>10</sup> Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? <sup>11</sup> 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. <sup>12</sup> If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? <sup>13</sup> No one has ascended into heaven except the one who descended from heaven, the Son of Man. <sup>14</sup> And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, <sup>15</sup> that whoever believes in him may have eternal life. <sup>16</sup> 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. <sup>17</sup> 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.'

*The Psalm for today is Psalm 121*

- <sup>1</sup> I lift up my eyes to the hills:  
but where shall I find help?
- <sup>2</sup> My help comes from the Lord:  
who has made heaven and earth.
- <sup>3</sup> He will not suffer your foot to stumble:  
and he who watches over you will not sleep.
- <sup>4</sup> Be sure he who has charge of Israel:  
will neither slumber nor sleep.
- <sup>5</sup> The Lord himself is your keeper:  
the Lord is your defence upon your right hand;
- <sup>6</sup> The sun shall not strike you by day:  
nor shall the moon by night.
- <sup>7</sup> The Lord will defend you from all evil:  
it is he who will guard your life.
- <sup>8</sup> The Lord will defend your going out and your coming in:  
from this time forward for evermore.

Next Sunday's Readings

- |                                   |             |
|-----------------------------------|-------------|
| <i>1st Reading Exodus 17.1-7</i>  | <i>P65</i>  |
| <i>2nd Reading Romans 5.1-11</i>  | <i>P147</i> |
| <i>Gospel Reading John 4.5-42</i> | <i>P89</i>  |

**HYMNS – EUCHARIST SETTING  
DUDMAN TIS 756**

	8am	9.30am
<b>Introit</b>		<b>595</b>
<b>Gradual</b>	<b>155</b>	<b>155</b>
<b>Offertory</b>	<b>603</b>	<b>603</b>
<b>Recessional</b>	<b>215</b>	<b>215</b>

**Children's Church is available at our 9:30am service. This week's Children's Talk is 'Born Again.'**

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.

**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 and blessed week.

We find ourselves in at the second Sunday in the season of Lent, a new month and in a new season of Autumn.

Our sentence today gives us such reassurance, and we pray to actually "cling" to Christ - to hold on with all our might. In our Genesis reading, God calls Abram and blesses him with the promise of a great nation. Abram listens, obeys and departs from Haran. We have the delight of Psalm 121 - points us in the right direction and gives us the promise of the safety of the Godly. Our reading from Romans talks of the doctrine of justification by faith as shown by Abraham. We then have John's account of Jesus' conversation with Nicodemus, who came by night and heard the truth. Today we have the joy of contemplating rebirth and eternal life.

Psalm 121 is well known and a favourite of many people including myself. It is classified as a "Psalm of Ascent," part of the grouping of Psalms 120-134, all of which are labelled as shir-hamma'alot or shir-lammal'a lot, "a song of ascents" or "a song of ascent."

Scholars speculate that these are pilgrimage psalms sung as part of a pilgrimage to the Temple at Jerusalem. If that's true, Psalm 121 is a poem for the journey that includes a traveller's question, a confession, and then a priestly blessing. Here is a song that is sung as we travel.

The psalm opens with a question and a response, "I lift up my eyes to the hills: but where shall I find help?"

This opening that looks up to the hills reminds us of Psalm 123:1, "To you I lift up my eyes: you who are enthroned in the heavens." Many times, the prophets urged people to "lift up your eyes." It's difficult to tell why the psalmist lifts up his or her eyes. Is this a look up at the beauty of the hills? Probably not, considering the rest of the psalm. The hills may harbour danger. And yet, that the psalmist lifts up the eyes suggests that the eyes are being turned toward God which then leads the psalmist toward thoughts of God.

When we lift our eyes up toward God, what do we see about God? God is a helper:

"My help comes from the Lord: who has made heaven and earth

The remainder of the psalm is a long, beautiful blessing that is based upon the acclamation that our help is the Lord. It tells us:

The Lord is your protector;  
the Lord is your shade right beside you.  
The sun won't strike you during the day;  
neither will the moon at night.  
The Lord will protect you from all evil;  
God will protect your very life.  
The Lord will protect you on your journeys-  
whether going or coming -  
from now until forever from now.

To be a Christian is to be someone who believes that we know the truth about who God is and what God is up to in the world. That knowledge of who God is and what God does has an implication. We are to live in such a way that our lives are aligned with the reality of God. To put it simply, we are to act toward others like God behaves toward us. If God is our constant, ever-present help in time of need, that affirmation of faith has human, every day, implications for who we ought to be. A helper God, commissions us to be helpers in God's name. Charles Dickens said, "No one is useless in this world who lightens the burdens of another."

To say that God is a "helper" is to imply that while God comes to our aid, that aid does not deliver us from all responsibility but rather helps us so that we might live responsibly with God. God loves us enough to allow us to have a role in our own protection.

God helps us by giving each of us something worthwhile to do by helping others. How many people feel sadness, not because they need to receive some help, but rather because they have not experienced the joy of helping others who it? God has created us, not only to be receivers of aid, but givers of aid. Though giving help is not the theme of Psalm 121, it is an implication. In Christ, God has not only helped us but also commissioned us to be helpers.

Blessings

Karen

**Prayers for:**

**The Anglican Church of Australia** - Primate - Bishop - Mark Short, General Secretary Anne Hywood, The General Synod and the Standing Committee.

**The Parish of Albany** - St. John the Evangelist, Priest in Charge - Revd. Canon Karen Cave, Retired Clergy - Revd. Helen Barnard, Revd. John Abraham and wife Anne, Revd. Michael Lloyd (Deacon) and wife Margaret.

**Please pray for:**

- \* The Ministry to the Seafarers.
- \* The Ministry to the Regional Prison.
- \* The Ministry of Emergency Relief, Op Shop and Soup Kitchen.
- \* Young families and Sunday School.
- \* Ability to invite friends.
- \* The Ministry to Police Chaplaincy.
- \* The Ministry to RSL.
- \* The Ministry to Amana living.

**Diocesan Ministry** - Ministry in nursing homes: Residential care and the elderly.

**For the World:**

- \* For all who serve in Federal, State and Local Government.

\* For Community Child Care and Respite Centres and their Staff.

\* For increased funding for medical research and services.

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

**Diocesan Bishop** - The Rt. Rev'd Dr. Paul Korir, wife Selline and children Emmanuel and Sammy. **Diocesan Administrative Secretary** - Ven. Bethuel Cheruiyot and wife Elizabeth.

**Other Diocesan Staff** - Mr. Paul Melly (Diocesan Driver), Mrs Jacklyne Too (Bishop's Secretary), Ms. Dianna Chepengeno (Diocesan Secretary attached to Bishop's Office), Mr. Erick Bett and Mr David Too (Office Assistants), Ms. Neddy Jepleting (Secretary attached to Mothers' Union Dept.), Mrs. Gladys Kemboi (Diocesan Accountant) and Mr. Isaac Talam (Diocesan Accountants Clerk).

**Please pray for:**

- \* The major projects in our diocese especially the ongoing construction of the ACK Kapsabet Plaza.
- \* The Bishop that the Lord will bestow him with wisdom, strength, and courage to steward the diocese towards fulfilling its mission mandate in 2026.
- \* Christians in the diocese that they may give generously for the Lord's work.

**Mothers Union Monthly Prayer**

**Called by God to be a global family of prayer, action, and service, may God bless us with:**

**\* hands to comfort,**

**\* a Holy anger at oppression seeking justice,**

**\* a restless discomfort with easy answers, so that we can seek the truth boldly**

**\* enough foolishness to believe that we really can make a difference in this world. So we are called, with God's grace to do what others claim cannot be done. 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**  
**Communications Committee Meeting** - Tuesday 3rd March at 4pm via Zoom.

**Women's Fellowship Meeting** - Fri. March. 6th World Day of Prayer at Wesley Church. Meet at 9.30am. After the service we will gather at Spencer Park for lunch at 1pm,

**March Parish Council Reports** due to Parish Administrator by 5pm Wed., 11th March. via email please.

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

**Our AMP** was held last Sunday after the 9:30am service. The following parishioners were elected to Parish Council:

Peter FitzGibbon  
Philippa Milne  
Kevin Prince  
Shelley Russell

Kath McGowan was appointed to Parish Council.

Thank you to the parishioners who attended.

**Bunbury Diocese Mothers Union**



Joining the dots....

God, Church, Community

**2026 ALBANY LADY DAY FESTIVAL**

**Friday 20th March 2026**

REFRESHMENTS AVAILABLE  
From 9.00 in Parish Hall

EUCCHARIST  
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

**The following services/activities will not be available or take place on the Labour Day Public Holiday (Monday, 2nd March) .**

- Office
- ER
- P4W
- Op Shop
- Marthas
- Money Counting

**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

**Bicentennial Fete Reminder** - October or November are months away but wont 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 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,

## Mission of The Month for March is Church Mission Society of Australia (CMS).

The CMS was founded in 1799 in England. Two of the founding members were John Newton, an Anglican priest who was formerly the captain of a slave ship, (he wrote Amazing Grace); and William Wilberforce who led the movement to abolish slavery. Together with others Wilberforce succeeded in stopping the slave trade in England. They were both part of a group of Evangelicals with a passion for spreading the Good News of the gospel worldwide. CMS in the UK took a particular interest in Australia, especially the Aboriginal community. At that time (1825) most of the action was in Sydney where a CMS outpost was established. The first

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. 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**

Missionaries from the UK arrived soon after. From Sydney they ventured further afield; the first overseas missionaries from Australia went to Sri Lanka (Ceylon as it then was) in 1892. The CMS branches in Australia eventually combined to form The Church Missionary Society of Australia. Since then Australia has sent Missionaries to many countries. As stated on the CMS Australia website their mission is:

- To reach gospel-poor peoples for Christ
- Equip Christians as leaders in the Church and the world.
- To engage churches in cross-cultural mission.

For further detail please go to the CMS website <https://www.cms.org.au>

## 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:

**Sunday 8:00am**

**Sunday 9.30am**

**Sunday 7.00pm**

**Tuesday 12.30 pm**

**Monday - Friday**

**Sung Eucharist with Hymns**

**Live streamed sung Eucharist with Hymns**

**Live Streamed Compline**

**Eucharist**

**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 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:

[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)