



Anglican Parish of Bass-Phillip Island  
St Augustine's, San Remo St Paul's, Bass  
St Philip's, Cowes

[www.anglicanparishbassphillipisland.org](http://www.anglicanparishbassphillipisland.org)

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THIRD SUNDAY IN LENT

12<sup>th</sup> March 2023

Choose Hope, Love, Justice

MON 13<sup>th</sup> Rev'd Jo's day off  
10.00am - 1.30pm Mary Talbot Room open

TUES 14<sup>th</sup>

WED 15<sup>th</sup> 10.00am - 1.30pm Mary Talbot Room open

THURS 16<sup>th</sup> 10.00am – Holy Communion, St Philip's, Cowes

FRI 17<sup>th</sup> St Patrick's Day  
10.00am - 1.30pm Mary Talbot Room  
11.00-2.30 Chat & Chew Drop in Centre, Emmaus Room

SAT 18<sup>th</sup> 10.00am - 1.30pm Mary Talbot Room

SUN 19<sup>th</sup> FOURTH SUNDAY IN LENT  
9.00am Holy Communion St Philip's, Cowes  
11.00am Family St Augustine's, San Remo  
12.30pm Holy Communion St Paul's, Bass

**PRAYER PRAISE PROCLAMATION 4<sup>th</sup> Sunday of the month at St Philip's, Cowes.**

Next service will be 26<sup>th</sup> March

*You are welcome, we would love to see you.*

**Bookings are no longer required**

**CURRENT COVID-19 Information:**

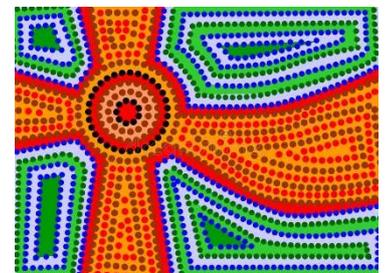
Please use the hand sanitiser provided

We respect your decision to wear a mask indoors.

If you are unwell please look after yourself at home.

Please be assured that our facilities are thoroughly cleaned weekly.

We meet for worship on the lands of the Bunurong people; Gunaikurnai people; Woi-Wurrung people; the Traditional Custodians of the land on which we gather, and we pay our respects to their Elders past, present and emerging.



**This week's roster Third Sunday in Lent**

**St Philip's** – Welcomer: F. Leighton; Reader: E. Kruptop-Norfolk; Intercessions: Rev. Jo; Vestry: C. Hill; Power Point: F. Zulian; Music: K. Kent; Morning tea: L. Wenham

**St Paul's** – Reader: B. Maghanoy; Prayers: L. Maghanoy; Chalice: B. Maghanoy

**Next week's roster Fourth Sunday in Lent**

**St Philip's** – Welcomers: M. Wright; Readers: J. Stephenson; Intercession: J. Wright; Vestry: H. Millward; Power Point: J. Millward; Music: K. White; Morning tea: J. Owens  
**St Paul's** – Reader: Ro. Hayhurst; Prayers: Rh. Hayhurst; Chalice: A. Gloria  
**St Augustine's** – Leader: G. Ippel; Input: G. Ippel; Children: ...

**This week's readings** - Exodus 17:1-7, Psalm 95, Romans 5:1-11, John 4:5-42

**Next week's readings** - 1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41

SOMETHING FOR THE CHILDREN Glenys has subscribed to a weekly children's activity sheet. The activities follow the lectionary. If you have grandchildren coming to a service or know of children attending she would be happy to forward this on to you so you can print out as needed. You can email her on [glenys.stacs@gmail.com](mailto:glenys.stacs@gmail.com)



Find us on Facebook! Like, Share, Comment and Join our Events:

<https://www.facebook.com/stphilipscowes/>

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

God proves his love for us in that while we still were sinners Christ died for us.

**Prayer of the Day.** O God, the fountain for life, to a humanity parched with thirst you offer the living water that springs from the Rock, our Saviour Jesus Christ: stir up within your people the gift of your Spirit that we may profess our faith with freshness and announce with joy the wonder of your love. We ask this through our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

### **Exodus 17:1-7**

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. <sup>2</sup>The people quarrelled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" <sup>3</sup>But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" <sup>4</sup>So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." <sup>5</sup>The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. <sup>6</sup>I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. <sup>7</sup>He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, "Is the Lord among us or not?"

[Silence]

Hear the word of the Lord

**Thanks be to God**

### **Psalm 95**

O come, let us sing out to the Lord:

**Let us shout in triumph to the rock of our salvation.**

Let us come before his face with thanksgiving:

**And cry out to him joyfully in psalms.**

For the Lord is a great God:

**And a great king above all gods.**

In his hand are the depths of the earth:

**And the peaks of the mountains are his also.**

The sea is his and he made it:

**His hands moulded dry land.**

Come, let us worship and bow down:

**And kneel before the Lord our maker.**

For he is the Lord our God:

**We are his people and the sheep of his pasture.**

Today if only you would hear his voice – ‘Do not harden your hearts as at Meribah:

**As on that day at Massah in the wilderness;**

‘When your forebears tested me:

**Put me to proof, though they had seen my works.**

‘Forty years long I loathed that generation and said:

**“It is a people who err in their hearts, for they do not know my ways”;**

‘Of whom I swore in my wrath:

**“They shall not enter my rest.”**

*(Response)*

*Glory to God: Father, Son, and Holy Spirit:*

***As in the beginning so now, and forever. Amen***

### **Romans 5:1-11**

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup>through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. <sup>3</sup>And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, <sup>4</sup>and endurance produces character, and character produces hope, <sup>5</sup>and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us. <sup>6</sup>For while we were still weak, at the right time Christ died for the ungodly. <sup>7</sup>Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. <sup>8</sup>But God proves his love for us in that while we still were sinners Christ died for us. <sup>9</sup>Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. <sup>10</sup>For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. <sup>11</sup>But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

[Silence]

Hear the word of the Lord

**Thanks be to God**

*The Gospel according to John chapter 4 beginning at verse 5.*

***Glory to you, Lord Jesus Christ.***

<sup>5</sup> So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. <sup>6</sup> Jacob’s well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. <sup>7</sup> A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” <sup>8</sup> (His disciples had gone to the city to buy food.) <sup>9</sup> The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) <sup>10</sup> Jesus answered her, “If you knew the gift of God,

and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." <sup>11</sup> The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?" <sup>12</sup> Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" <sup>13</sup> Jesus said to her, "Everyone who drinks of this water will be thirsty again, <sup>14</sup> but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." <sup>15</sup> The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." <sup>16</sup> Jesus said to her, "Go, call your husband, and come back." <sup>17</sup> The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; <sup>18</sup> for you have had five husbands, and the one you have now is not your husband. What you have said is true!" <sup>19</sup> The woman said to him, "Sir, I see that you are a prophet. <sup>20</sup> Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." <sup>21</sup> Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. <sup>22</sup> You worship what you do not know; we worship what we know, for salvation is from the Jews. <sup>23</sup> But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. <sup>24</sup> God is spirit, and those who worship him must worship in spirit and truth." <sup>25</sup> The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." <sup>26</sup> Jesus said to her, "I am he, the one who is speaking to you." <sup>27</sup> Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" <sup>28</sup> Then the woman left her water jar and went back to the city. She said to the people, <sup>29</sup> "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" <sup>30</sup> They left the city and were on their way to him. <sup>31</sup> Meanwhile the disciples were urging him, "Rabbi, eat something." <sup>32</sup> But he said to them, "I have food to eat that you do not know about." <sup>33</sup> So the disciples said to one another, "Surely no one has brought him something to eat?" <sup>34</sup> Jesus said to them, "My food is to do the will of him who sent me and to complete his work. <sup>35</sup> Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. <sup>36</sup> The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. <sup>37</sup> For here the saying holds true, 'One sows and another reaps.' <sup>38</sup> I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour." <sup>39</sup> Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." <sup>40</sup> So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. <sup>41</sup> And many more believed because of his word. <sup>42</sup> They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world."

[Silence]

For the Gospel of the Lord

**Praise to you, Lord Jesus Christ**

### **LENT THREE**

There is an incredible flow of water that runs (no pun intended) through all the readings for today: The Israelites receive water that gushes from the rock. (Exodus 17:6) The Romans hear that God's love is poured into their hearts by the Holy Spirit. (Romans 5:5) and the woman at Jacob's well finds the water of eternal life. (John 4:14)

Water is essential to life. Without water we dehydrate and in the end we perish, that's just a medical fact. The waters we encounter in Exodus, in Romans and in Jesus' encounter with the woman at the well are about more than just hydration they are about life: life in the spirit, life with and for God, eternal life made possible in Jesus the living water.

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This week I was stuck down by one of the seven deadly sins – wrath whose opposite heavenly virtue is patience. I was annoyed and angry and I lost my patience. Okay, I'm human and it happens to us all but what I noticed was that anger, complaining and quarrelling are blockers to an abundant and joy filled life; not just for me but for others. I also noticed that when that blockage happens it's as if I have gone into myself and what's bothering me and that annoyance blocks out God.

In the opening quote from our Lenten Studies this week Pope John XXIII (the twenty-third) put it this way:

Think not about your frustrations, but about your unfulfilled potential. Concern yourselves not with what you tried and failed in, but with what it is still possible for you to do.

Like me, perhaps you would like to be more patient and less angry. Perhaps we all thirst for a deeper sense of peace so that we can be more available to God and to each other.

The Israelites were complaining and arguing about food and water; earthly things, things of the flesh. It was as if those concerns blocked all else. They got caught up in their complaining. They got buried in their grumbling and that became their focus so that they couldn't even think to ask for God's help. It was Moses who did that and God then provided water - the miracle at Rephidim.

Life and death are amplified in this account. The people accuse Moses of wanting to kill them, their children, and their livestock. If they were to die that would be a tragedy. If their children died the next generation of Israelites would be gone a greater tragedy and if their livestock died then there's no hope left because there is no food and no wealth in this or the next generation.

Life and death are writ large – Moses is worried as he cries out to God for help saying;

They are almost ready to stone me. (Exodus 17:4)

If Moses is stoned then he too will surely die. Stoning was a form of capital punishment for crimes against the sovereignty of God something to which great shame was attached. If Moses was to die by stoning it would be a death of great shame. In the miracle at Rephidim God hears the cry of Moses and the people and brings them life giving water. God rescues Moses from shame and disgrace; God saves Moses and the people from death and gives life giving water to quench their complaining and restore their future and their hope.

Sometimes when we are angry, we hear others tell us to take a deep breath or to count to ten as a way to calm down. Breathing in slowing and purposefully is also about drawing into our bodies the breath of life.

Life giving water, life giving breath are both images that speak to us of God's provision and of God's desire for us to have life, life in all its fullness. Anger, wrath blocks those life-giving forces. When I'm angry I'm not thinking about how God can help me. Instead, I have gone inside myself and I have let my wrath spill out to those around me. I'm not proud of it. I cannot boast in it. I am ashamed.

How much more fruitful life would be if we let God cool us with life giving water. How much more fruitful life would be if we let God fill us with the breath of life.

God has more for us to do. God has called us to be life giving, refreshing water to those around us and to pour out God's love and blessing.

When wrath takes hold we run the risk of forgetting God and forgetting others.

Moses called the place where the rock gave forth water *Massah* meaning place of testing and Meribah meaning place of quarrelling. A place of testing because the Israelites put God to the test and it was also a place of quarrelling because the people were quarrelling with Moses, we would probably use the word complaining or whining. We don't like hearing people complain but I think the important lesson here is that when we do complain or whine it can block our ability to receive and to offer God's life-giving spirit of grace. The psalmist's response puts it beautifully

Today if only you would hear his voice – 'Do not harden your hearts as at *Meribah...*' (Psalm 95:8) do not harden your hearts with quarrelling [whining and complaining]

Let our hearts not be hardened because we might miss what God is doing or what God is saying.

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As frail children of dust and feeble as frail our search is always for the second chance, a fresh start, life, newness, renewal and a sense of hope. Our sense of dryness needs refreshment, our dryness seeks replenishment. Our emptiness yearns to be filled. What is lost or rejected seeks to be bought back and renewed.

St Paul writes to the church in Rome with a message of hope.

He writes to us with this message of hope. What feels abandoned, dry, lifeless and empty will be filled.

God's love has been poured into our hearts by the Holy Spirit that has been given to us. (Romans 5:5)

Water is the dominant symbol of cleansing and new life, so when we hear that the Holy Spirit is being poured into our hearts, we naturally associate this with life, newness, renewal and hope. The hope we know will and does wash us and refresh us so that we can boast in our hope. We can speak up boldly about the hope that is in us because that hard heart of ours, that lump of rock that was turned away from God (if only briefly in a moment of anger) has been softened, has been broken open by the love of God made know in Jesus.

God knows how to prove his love for us in ways that win every argument and silence every complaint and whinge we might have. We hear ourselves whinging 'we detest this miserable food' and God says come and feast on the sweetest wine and the bread of heaven. We hear ourselves grumbling about our sufferings to which Paul says that:

... Suffering produces endurance, <sup>4</sup> and endurance produces character, and character produces hope, <sup>5</sup> and hope does not disappoint us... (Romans 5:4-5a)

And what of that woman at the well? There is so much that can be said about this long and powerful episode. But in closing let me just say;

This woman, who couldn't come to the well with others because of her sin found life-giving water.

She was filled to the brim with faith in Jesus, a faith that she shared with everyone in the city. She left her water jar behind because now she could drink from the source of living water – Jesus our precious saviour.

**Let us pray for the world and for the church:**

Loving God, we have so many desires and hopes in our hearts. Lead us so that we know that our deepest thirst cannot be quenched unless we bring ourselves into the circle of your love. Help us to find meaning and purpose in our lives. May we learn to drink deeply from the well of love and life that Jesus offers so freely. **Amen.**

Let us pray for the preservation of the earth. Loving heavenly Father we give thanks for leaders who serve the common good. Give wisdom to those who have responsibility in every land, that we may share with justice the resources of the world, and work together in trust. Lord in your mercy, **hear our prayer.**

Loving God, we give thanks for this land of Australia, for the diversity of its people. Grant that we may so honour one another that all may be enriched by our common heritage and freed from despair, poverty and exclusion. Lord in your mercy, **hear our prayer.**

Loving God, we pray for ourselves and our community. We give thanks for the fellowship of the communities in which we live and work. We commend to your keeping ourselves and each other, our families, those with whom we work and learn, our neighbours and our friends. Enable us by your Spirit to live in love for you and for one another. Lord in your mercy, **hear our prayer.**

Loving God, we pray for those in need. We give thanks that you are the God who brings mercy and wholeness. Comfort and heal, we pray, all who are in sorrow, need, sickness, or any other trouble. Give to those who care for them patience and gentleness and, to us all, your peace. Lord in your mercy, **hear our prayer.**

Loving heavenly Father, confident in the power of the resurrection to eternal life we give you thanks for your servants of every age. Grant that we, with all your saints, may be brought to a joyful resurrection and the fulfillment of your kingdom. We bring to mind our special ones who have passed away praying rest eternal grant unto them O Lord and let light perpetual shine upon them. **Amen.**

Accept our prayers through Jesus Christ our Lord who taught us to pray:

**Our Father who art in heaven,  
Hallowed be thy name,  
Thy kingdom come,  
Thy will be done,  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses as we forgive those who trespass against us.  
Lead us not into temptation  
But deliver us from evil.  
For thine is the kingdom, the power, and the glory  
For ever and for ever. Amen.**

**Suggested Hymns:**

Now Thank we all our God (TIS 106)

I heard the Voice of Jesus Say (TIS 585)

O Let the Son of God Enfold You (TIS 655)  
How Sweet the Name of Jesus Sounds (TIS 223)

### **THE SENDING OUT OF GOD'S PEOPLE**

Loving God, we thank you for hearing our prayers, feeding us with your word, and encouraging us in our meeting together. Take us and use us to love and serve you all people, in the power of your Spirit and in the name of your Son, Jesus Christ our Lord. Amen.

### **A blessing is offered.**

May the God of peace equip you with everything good for doing his will, working in you what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.

If you have any items for the pew sheet, please send to [angbpi.office@gmail.com](mailto:angbpi.office@gmail.com) by Thursday each week.



### **DATES for your Diary**

Sunday 2<sup>nd</sup> April Palm/Passion Sunday  
Thursday 6<sup>th</sup> April 2.00pm Parish Council

### Offertory

Thank you for your weekly offering it is much needed. During this COVID-19 period and post COVID-19 your offering can be made by either:

- Placing in the offering bowl at any church service. Use plain envelope if preferred
- Please make cheques payable to Anglican Parish Bass-Phillip Island
- Regular or one-off contributions can be made by internet banking to the Parish bank account, using Pay ID 0407410011 (or BSB & Acct No. below)
- Visit any Bendigo Bank branch and deposit cash or cheque to Anglican Parish Bass/Phillip Island BSB: 633 000 / Account Number: 169 629 797. Please put on deposit slip: "Offertory" or "Donation" indicating your usual congregation
- If in Cowes, drop your offering in the donation box at St Philip's, Cowes (located outside the front door of the Church)



**ST PHILIP'S – We recommend parking in the church grounds.** Parking in Thompson Avenue is restricted to 1 hour only. 2 hours for those with a Disabled Parking Permit

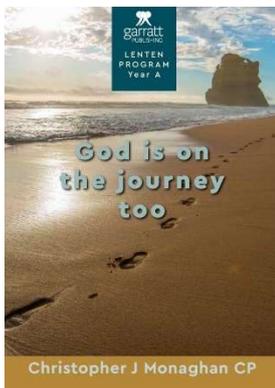
### Helpful websites

Parish website [www.anglicanparishbassphillipisland.org](http://www.anglicanparishbassphillipisland.org)  
Dioceses of Gippsland website [www.gippsanglican.org.au](http://www.gippsanglican.org.au)  
Facebook [www.facebook.com/stphilipscowes](http://www.facebook.com/stphilipscowes)

**CHAT 'N' CHEW** is a shared ministry of the Combined Churches of Phillip Island. Would you like to help? Would you like to join the committee and represent the Anglican Church in this important ministry to people in our community? Training is available. Speak to Rev'd Jo or Richard Prideaux.



### **PARISH HOME GROUPS –**



LENTEN STUDIES – God is on the Journey, Too \$10.00

Meeting weekly during Lent.

Cowes, Emmaus Room Group –Wednesday 1.00pm Leader: Richard and Ann Prideaux

Cowes, Palm Lakes Group –10.00am Contact Helen Millward

San Remo Group –Wednesday 2.00pm in the Mary Talbot Room Leader: John Dawson

Bass Home Group –4.00pm St Paul’s Meeting Room Leader: Sandy & Les Ridge

### **Cancellation of MTR Cookery Book**

Sadly, after some discussion, the MTR committee has decided not to proceed with the reissue of St Augustine’s Cookery Book.

**Learn a new skill** - We are training new vestry helpers and Eucharistic assistants.

Speak to Rev’d Jo if you would like to help.

**Can you help?** Volunteers needed on 2<sup>nd</sup> Saturday of the month to assist with serving Devonshire Teas and at the Sausage Sizzle.



Please pray for:  
Sue Chambers, Mike Heflingers, Len Chatfield,  
Rev’d Gerald Wall, Rob Aitkin  
If you would like to add someone to the prayer list, please tell Rev’d Jo

**THE MARY TALBOT ROOM** – Our Parish Op Shop would be grateful for your help with cooking [jams, pickles, biscuits etc. reimbursement for ingredients is available]; knitted garments; volunteering your time to serve and help out. The shop is open Monday, Wednesday, Friday and Saturday.



St Philip’s

### **THE FLOWER FUND NEEDS FEEDING**

Box for donations is located in porch on Sundays

You can help Refugees by putting items in the basket at St Philip’s. Most needed items include: honey, tuna in oil, tinned tomatoes, tinned veggies, tinned legumes, sweet & savoury biscuits, black tea bags, dishwashing liquid, shampoo & conditioner, soap bars.

