



The fourth Sunday after Epiphany - 28 January 2024

We acknowledge and pay our respects to the Kaurna people, who have traditionally inhabited these ancestral and spiritual lands on which we gather. We respect those customs and traditions by which they have nurtured and continue to nurture this land, and commit to hearing their voice.

*Throughout the service, you are invited to say the words in **regular bold print**.*

GATHERING IN GOD'S NAME

The Processional Hymn

(TiS 64 vv. 1-2, 5-6)

- | | |
|--|---|
| 1. O bless the Lord, my soul,
his saving grace proclaim,
and all that is within me join
to bless his holy name. | 5. He clothes me with his love,
upholds me with his truth,
and like the eagle he renews
the vigour of my youth. |
| 2. O bless the Lord, my soul,
his mercies bear in mind,
forget not all his benefits:
the Lord to me is kind. | 6. Then bless his holy name
whose grace has made me whole,
whose lovingkindness crowns my days;
O bless the Lord, my soul. |

Welcome

Sentence

Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news of the kingdom, and curing every disease and every sickness.

Matthew 9.35

Greeting

The Lord be with you.

And also with you.

باد.

جماعت: و نیز با تو باد

We sit or kneel for the Prayer of Preparation

Let us pray.

**Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name,
through Christ our Lord. Amen.**

ای خدای قادر مطلق
که در نظر تو همه دلها آشکار و تمامی آرزوها معلوم
است و از تو هیچ سری مخفی نیست.
افکار ما را با الهام روح قدوس خود طاهر بساز،
تا ما با اخلاص تو را محبت کنیم،
و به احترام شایسته نام مقدس ترا تمجید نماییم.
بوسیله خداوند ما عیسی مسیح!
آمین

The Kyries

**Lord, have mercy.
Christ, have mercy.
Lord, have mercy.**

خداوندا رحم فرما.
مسیحا رحم فرما.
خداوندا رحم فرما.

Invitation to Confession

دعای توبه

Christ the Son of God has been revealed as a light to the nations.

Silence may be kept

Let us bring our darkness to his light, confessing our sins in penitence and faith.

**Merciful God,
our maker and our judge,
we have sinned against you
in thought, word, and deed,
and in what we have failed to do:
we have not loved you
with our whole heart;
we have not loved our neighbours
as ourselves;
we repent, and are sorry
for all our sins.
Father, forgive us.
Strengthen us to love and obey you
in newness of life;
through Jesus Christ our Lord. Amen.**

خدای رحیم و بخشنده،
پدر خداوند ما عیسی مسیح،
اعتراف می‌کنیم که در پندار، گفتار و کردار بر خلاف
رضای تو گناه ورزیده ایم،
تو را به تمامی دل محبت ننموده ایم
و نه همسایه خود را چون نفس خویش،
بر حسب رحمت عظیم خود
بر ما رحم فرما
و ما را از گناهانمان پاک گردان
ما را کمک کن تا بر تقصیرات خود غلبه بیابیم،
و ما را در آنچه باید بشویم، هدایت فرما،
تا اعمالمان عادلانه گردد،
دوستداران رحمت شویم،
و با تو، ای خداوند، با فروتنی گام برداریم.
آمین.

Almighty God, who has promised forgiveness
to all who turn to him in faith:

✠ pardon you

and set you free from all your sins,
strengthen you in all goodness
and keep you in eternal life,
through Jesus Christ our Lord. Amen.

خدای قادر مطلق که توبه کاران را می بخشد،
بر شما رحم فرماید و گناهان شما را ببخشد،
و شما را از قید هر گناهی آزاد کرده،
و شما را در هر نیکویی تائید و تقویت نماید،
و در حیات جاودانی نگاهدارد؛
به وسیله خداوند ما عیسی مسیح.
آمین.

We stand and sing the Gloria

**Glory to God in the highest,
and peace to God's people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the
Father: receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High
Jesus Christ,
✠ with the Holy Spirit,
in the glory of God the Father. Amen**

خدا را در اعلیٰ علین جلال،
و قوم او را بر زمین سلامت باد.
ای خداوند قادر مطلق و پدر،
تو را پرستش مینمائیم،
و تو را سپاس می گوئیم،
تو را بجهت جلالت ستایش می کنیم.
ای خداوند عیسی مسیح، پسر یگانه پدر،
خداوند خدا، بره خدا،
ای که گناه جهان را بر میداری:
بر ما ترحم فرما.
ای که بر دست راست پدر نشسته ای:
دعای ما را بپذیر.
زیرا تو تنها قدوسی،
تو تنها خداوندی،
تو تنها ای عیسی مسیح،
با روح القدس،
در جلال خدای پدر متعال هستی.
آمین

The Prayer of the Day

**God of compassion,
you have shown us in Christ
that your love is never ending:
enable us both to love you with all our heart
and to love one another as Christ loved us.
Grant this through our Lord Jesus Christ,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.**

THE MINISTRY OF THE WORD

A reading from the book of Deuteronomy

(18.15-20)

¹⁵ The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet.

¹⁶ This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: 'If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die.'

¹⁷ Then the LORD replied to me: 'They are right in what they have said. ¹⁸ I will raise up for them a prophet like you from

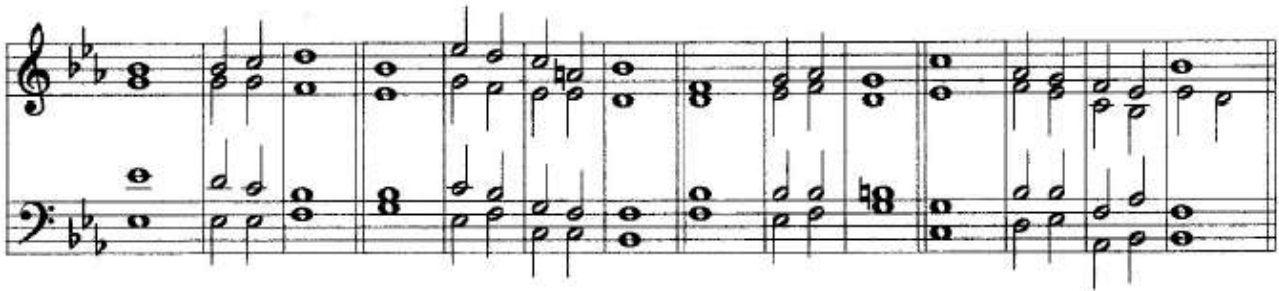
among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. ¹⁹ Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. ²⁰ But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.'

Hear the word of the Lord, **thanks be to God.**

Psalm 111 – *The congregation remains seated to sing the psalm (next page).*

Psalm 111

Ian Carrig



- 1 O praise the Lord * I will praise the Lord with my | whole | heart:
in the company of the upright * and a|mong the | congre|gation.
- 2 The works of the | Lord are | great:
and studied by | all who | take de|light in them.
- 3 His deeds are ma|jestic • and | glorious:
and his | righteous•ness | stands for | ever.
- 4 His marvellous acts have won him a name to | be re|membered:
the | Lord is | gracious • and | merciful.
- 5 He gives food to | those that | fear him:
he re|members • his | covenant • for | ever.
- 6 He showed his people the | power • of his | acts:
in giving them the | herit•age | of the | heathen.
- 7 The works of his hands are | faithful • and | just:
and | all • his com|mandments • are | sure;
- 8 They stand firm for | ever • and | ever:
they are done in | faithful•ness | and in | truth.
- 9 He sent redemption to his people * he ordained his | covenant • for | ever:
holy is his name and | worthy | to be | feared.
- 10 The fear of the Lord is the beginning of wisdom *
and of good understanding are those that | keep • his com|mandments:
his | praise • shall en|dure for | ever.

A reading from the first letter of St Paul to the Corinthians (8.1-13)

¹ Now concerning food sacrificed to idols: we know that 'all of us possess knowledge.' Knowledge puffs up, but love builds up.

² Anyone who claims to know something does not yet have the necessary knowledge; ³ but anyone who loves God is known by him. ⁴ Hence, as to the eating of food offered to idols, we know that 'no idol in the world really exists', and that 'there is

no God but one.' ⁵ Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—⁶ yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

⁷ It is not everyone, however, who has

this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. ⁸ 'Food will not bring us close to God.' We are no worse off if we do not eat, and no better off if we do. ⁹ But take care that this liberty of yours does not somehow become a stumbling-block to the weak.

¹⁰ For if others see you, who possess knowledge, eating in the temple of an idol,

might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? ¹¹ So by your knowledge those weak believers for whom Christ died are destroyed. ¹² But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. ¹³ Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Hear the word of the Lord, **thanks be to God.**

The Gospel [gradual] Hymn - verse sung once

(TiS 699)

**A new commandment I give unto you
that you love one another
as I have loved you,
that you love one another
as I have loved you.
By this will others know
that you are my disciples
if you have love one for another;
by this will others know
that you are my disciples
if you have love one for another.**

The Gospel acclamation

Alleluia, Alleluia!

A people in darkness has seen a great light;
a radiant dawn shines on those lost in death.

Alleluia!

The Lord be with you! **And also with you**

A reading from the Holy Gospel of our Lord Jesus Christ according to Saint Mark.

Glory to you Lord Jesus Christ.

(1.21-28)

²¹ Then Jesus and his companions went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²² They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³ Just then there was in their synagogue a man with an unclean spirit, ²⁴ and he

cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' ²⁵ But Jesus rebuked him, saying, 'Be silent, and come out of him!' ²⁶ And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him.

²⁷ They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.'

²⁸ At once his fame began to spread throughout the surrounding region of Galilee.

For the Gospel of the Lord,

praise to you Lord Jesus Christ.

The Sermon

THE NICENE CREED

Let us stand and affirm the faith of the Church in the words of the Nicene Creed.

We believe in one God,
the Father, the almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God, eternally begotten of the
Father, God from God, Light from Light,
true God from true God, begotten, not made,
of one being with the Father;
through him all things were made.
For us and for our salvation he came down
from heaven, was incarnate of the Holy Spirit
and the virgin Mary
and became truly human.
For our sake
he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge
the living and the dead
and his kingdom will have no end.
We believe in the Holy Spirit, the Lord, the
giver of life, who proceeds from the Father
[and the Son],
who with the Father and the Son
is worshipped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic
Church.
We acknowledge one baptism for the
forgiveness of sins.
✠ We look for the resurrection of the dead,
and the life of the world to come. Amen

ما ایمان داریم به یک خدای واحد،
پدر قادر مطلق،
خالق آسمان و زمین
و همه چیزهای دیدنی و نادیدنی.
ما ایمان داریم به یک خداوند، عیسی مسیح،
پسر یگانه خدا،
مولود جاودانی از پدر،
نور از نور، خدای حقیقی از خدای حقیقی،
که مولود است و مخلوق نی،
و او را با پدر یک ذات است.
بوسیله او همه چیز وجود یافت.
او به خاطر ما آدمیان و برای نجات ما از آسمان
نزول کرد،
و به قدرت روح القدس از مریم باکره متولد شده،
بشر گردید.
و به خاطر ما، در حکومت پنطیوس پیلاتس
مصلوب شد،
رنج کشیده، مرد و مدفون گشت.
در روز سوم از مردگان برخاسته،
کتب مقدسه را به انجام رسانید.
و به آسمان صعود نموده،
به دست راست پدر نشسته است.
بار دیگر با جلال می آید،
تا زندگان و مردگان را داوری نمایید؛
و ملکوت او را انتها نخواهد بود.
ما ایمان داریم به روح القدس،
خداوند و بخشنده حیات،
که از پدر و پسر صادر می شود.
و با پدر و پسر او را عبادت و تمجید می باید کرد.
او بوسیله انبیا تکلم کرده است.
ما ایمان داریم به کلیسا واحد جامع مقدس
رسولان.
و به یک تعمیم برای آمرزش گناهان معتقدیم.
و قیامت مردگان و حیات عالم آینده را انتظار می
کشیم.
آمین.

THE PRAYERS OF THE PEOPLE

Let us pray for the world and for the Church.

The response to each prayer is announced, but is often
Loving God, in your kindness, **hear our prayer.**

Our prayer list includes caregivers and those they support, and those who mourn.

Praying for: Patricia's family and friends, Peter P's family and friends, Lorraine's family and friends, Agnes, David, Ashkan, Willemien, Susan, Jill, Ella, Debbie, Martyn, Mona, Thirza, Pam, Loni, Donald, Marlene, Tony & Nicola, Arnold, Jeannie, Rosemary, Andrew, Mark, Shekayla, Dorothy, David & Gladys, Beth, Wendy, Anna, Tisha, Liz, Judith & John, Mickey, June.

Prayers conclude

Almighty God, you have promised to hear our prayers.

Grant that what we have asked in faith we may by your grace receive, through Jesus Christ our Lord. Amen.

We stand for the greeting of peace

THE GREETING OF PEACE

We are the body of Christ.

The peace of the Lord be always with you.

His Spirit is with us.

And also with you.

While observing physical distancing, we share signs of God's Peace

The Offertory Hymn

(TiS 686 vv. 1-4, 7)

- | | |
|---|---|
| 1. Lord Jesus, we belong to you,
you live in us, we live in you;
we live and work for you —
because we bear your name. | 3. Bless those who give us any gift
because they know that we are yours;
reward them with your grace —
because we bear your name. |
| 2. Help us receive each other, Lord,
for you receive the least of us
and come to us in them —
because we bear your name. | 4. Let us acknowledge those as friends
who use your name to right a wrong,
but have not joined us yet —
because we bear your name. |
| 7. You are the salt that cleanses us,
so clean us out, and make us fit
for common life with you —
because we bear your name. | |

The altar is prepared; the priest says the prayer over the gifts of the people

Blessed are you, Lord, God of all creation. Through your goodness we have these gifts to share. Accept and use our offerings for your glory and for the service of your kingdom. **Blessed be God for ever.**

THE GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

All glory and honour be yours always and everywhere,
mighty Creator, everliving God.

We give you thanks and praise for your Son,
our Saviour Jesus Christ,
who by the power of your Spirit was born of Mary
and lived as one of us.

You anointed him as Messiah,
the light of the nations,
and revealed him as the hope
of all who thirst for righteousness and peace.

By his death on the cross
and rising to new life,
he offered the one true sacrifice for sin
and obtained an eternal deliverance for his people.

Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and singing:

**Holy, holy, holy Lord,
God of power and might,
Heaven and Earth are full of your Glory.
Hosanna in the highest.**

**✕ Blessed is he/the one who comes
in the Name of the Lord
Hosanna in the highest.**

And now we thank you for these gifts of bread and wine;
may we who receive them, as Jesus said,
share his body and his blood.

On the night he was betrayed, Jesus took bread and gave you thanks.
He broke the bread and gave it to his friends, and said,
'Take and eat. This is my body given for you.
Do this in remembrance of me.'

After supper he took the cup and gave you thanks.
He shared the cup with them and said,
'This is my blood poured out
so that sins may be forgiven.
Do this in remembrance of me.'

سرپرست: خداوند با شما باد

جماعت: و همچنین با شما باد

سرپرست: دل‌های خود را به‌سوی او برافرازید.

جماعت: به سوی خداوند بر می‌افرازیم.

سرپرست: خداوند خدای خود را شکر گوئیم.

جماعت: شکر و سپاس او را سزاست

قدوس، قدوس، قدوس خداوند،

خدای قوت و عظمت،

آسمان و زمین از جلال تو مملو است.

هوشیاعانا، در اعلیٰ علیین.

مبارک است آنکه به نام خداوند می‌آید.

هوشیاعانا، در اعلیٰ علیین.

**Christ has died.
Christ is risen.
Christ will come again.**

مسیح جان داد؛
مسیح برخاسته است؛
مسیح باز خواهد گشت.

You have gathered us together to feed on Christ
and to remember all he has done for us:

✕ Fill us with your Spirit
that we may follow Jesus in all we do and say,
working for justice and bringing your peace
to this world that you have made.
Accept our prayers through Jesus Christ our Lord.

**Blessing and honour
and glory and power
are yours for ever and ever. Amen.**

برکت و حرمت، جلال و قدرت
از آن تو باد از حال تا به ابد. آمین.

THE LORD'S PRAYER

As our Saviour Christ has taught us, we are confident to pray,

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on Earth as in Heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power
and the glory are yours
now and forever. Amen.**

ای پدر ما که در آسمانی،
نام تو مقدس باد،
ملکوت تو بیاید،
اراده تو چنانکه در آسمان است،
بر زمین نیز کرده شود.
نان کفاف ما را امروز به ما بده.
گناهان ما را ببخش،
چنانکه ما نیز مقصرین خود را می بخشیم،
ما را در آزمایش میاور،
بلکه از شریر رهایی ده.
زیرا که ملکوت و قدرت و جلال
تا ابد الابد از آن توست.
آمین!

THE BREAKING OF THE BREAD AND THE COMMUNION

We break this bread to share in the body of Christ.
We who are many are one body, **for we all share in the one bread.**

The Agnus Dei

**Jesus, Lamb of God,
have mercy on us.
Jesus, bearer of our sins,
have mercy on us.
Jesus, redeemer of the world,
grant us your peace.**

ای عیسی، بره خدا،
بر ما رحم فرما.
ای عیسی، حامل گناهان ما،
بر ما رحم فرما.
ای عیسی، رهاننده جهان،
به ما صلح و سلامتی عطا فرما.

As this broken bread was once many grains,
which have been gathered together and made one bread:
**so may your Church be gathered
from the ends of the earth into your kingdom.**

Visitors from all traditions are invited to participate as you prefer – either by coming forward to receive communion, or coming forward for a blessing – indicated by hands folded rather than open. **Gluten free wafers are available for any who ask for one.** Communion is given at the head of the aisle in the form of intincted bread.

The **shared chalice** is available to any who would like it.

*The body and blood of Christ broken and shed for you. **Amen.***

You are invited to receive communion **standing**.

A long kneeler is also in place for any who prefer to receive communion **kneeling**.

The diocese does not permit people to dip their wafers into the chalice.

During communion, the ministry of anointing and prayer for healing is offered in the baptismery at the church entrance. You can receive this ministry for yourself or on behalf of anyone in your prayers.

THE SENDING OUT OF GOD'S PEOPLE

Prayer after Communion

God of the nations, we thank you for nourishing us with this holy sacrament. Guide us by your presence, that we may bring your light to those who dwell in darkness, and establish your justice in the earth.

There may be notices shared at this time.

The Thanksgiving Hymn

(TiS 210 vv. 1-3, 6)

- | | |
|---|--|
| 1. O for a thousand tongues to sing
my great Redeemer's praise,
the glories of our God and King,
the triumphs of his grace! | 3. He breaks the power of cancelled sin,
he sets the prisoner free;
his blood can make the foulest clean,
his blood availed for me. |
| 2. Jesus! the name that charms our fears,
that bids our sorrows cease;
such music in the sinner's ears
is life, and health, and peace. | 6. My gracious Master and my God,
assist me to proclaim,
to spread through all the earth abroad
the honours of your name. |

Blessing

May Christ the Son of God
be manifest to you,
that your lives may be a light to the world;
and the blessing of God almighty,
✠ the Father, the Son, and the Holy Spirit,
be among you
and remain with you always.

Amen.

سلامتی خدا،
که فوق از تمامی عقل است،
دلها و ذهنهای شما را در معرفت و محبت خدا
و پسر او خداوند ما عیسی مسیح نگاهدارد.
و برکت خدای قادر مطلق،
پدر، پسر و روح القدس با شما باد،
و در شما بماند از حال تا به ابد.

آمین

Dismissal

Go in peace to love and serve the Lord:
In the name of Christ. Amen

به سلامت بروید و خداوند را محبت و خدمت کنید.
در نام مسیح. آمین.

Liturgy and Psalm are from *A Prayer Book for Australia*, Copyright Broughton Publishing 1995.
Hymn texts are from *Together in Song*, HarperCollinsReligious 1999

ABM Reflections

Deuteronomy 18.15-20; Psalm 111; 1 Corinthians 8.1-13; Mark 1.21-28

As we follow Jesus, we go with him to the synagogue to hear his teaching as he reveals wisdom and authority. We see Jesus answer cries to be made whole as unclean spirits depart obeying the Holy One of God. We walk with Jesus and continue to grow in knowledge that we may speak the words of God.

Cycle of Prayer

Pray for:

- The Anglican Church of Southern Africa *Primate* ++Thabo Makgoba;
- The Parish of Largs Bay: Simon Hill;
- Retired clergy of the Willochra Diocese: David Amery, Brian Bascombe, Margie Fiegert, Ted Horne, Eric Reike, Gregory Stephens, Arthur Tanner, Karla Tanti, Roy Todd, Flo Walters; Clergy widows/widowers;
- The Diocese of the Murray Registrar: Richard Earley; Assistant Registrar: Christine Lubcke;
- Anglicare Australia: Kasy Chambers.



Forming Communities with The Right Rev'd Dr Tim Harris

The subject 'Forming Communities' is part of the Bachelor of Theology and Bachelor of Ministry degree courses offered at St Barnabas College. This subject would also be beneficial to parish priests and lay parish leaders to equip them with the knowledge and understanding of what it means to form a community of people who think, believe, pray, worship, and care in ways informed by the Gospel and essential to developing a sense of the church and its mission.

God calls Christians to form communities through practices that deepen connections to one another through God's mission in the world. If you have completed Mission Shaped introduction course, or plan to take the Developing Leaders for Mission Shaped introduction course with Archbishop Geoff Smith, then this course will complement the themes addressed in MSi and strengthen your capacity for the ministry of forming communities.

To register your interest, please contact Damian Szepessy, dszepessy@sbcc.edu.au, Academic Dean at St Barnabas College.



Sunday Pancake Morning Tea

After the service on Sunday 11th of February, just prior to Shrove Tuesday, Joan and Ivan Blanchard have kindly offered to whip up the batter and treat parishioners to an indulgence of pancakes at morning tea. A savoury option will be available, and you may like to bring your own 'extras' such as bananas, blueberries etc.



Lent is not meant to be miserable

It's a time for clearing the decks and waiting on God, suggests *Laurie Vere*.

Excerpt from Church Times article 03 March 2017

Lent is a re-enactment — an embodiment — of Jesus's stay in the wilderness. There is nothing to suggest that Jesus went to the wilderness to bewail his sins, or to be miserable. He went, as so many others did, to clear the decks.

The wilderness represents solitude, rest, and a profound trust in God to meet every need: emotional, physical, spiritual, and mental. It involves the acceptance of risk — all the dangers of isolation (loneliness, self-deception, and hunger) — for the sake of a closer approach to God. The agenda is left entirely open to God.

It is not about being miserable, or setting one's own agenda for self-improvement (good resolutions, dieting, and self-flagellation). It is not about following an agenda for social improvement, however worthy that is in itself. It is about stopping all that, in fact, and waiting on God.

PARISH CONTACTS

Parish Priest:	Rev Peter Balabanski	8223 1014
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~ Monday is Peter's day off and the office is closed ~

Office (Tue, Wed & Thu):	Barbara Murray	8223 2348
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