

SAINTS ALIVE!

St Michael's Sunday Newsletter

First Sunday in Lent

Lenten Study

Our Lenten study begins on Sunday using the Hope 25 booklet. We'll gather after the service and enjoy a thoughtful time of focussing in God's word to lead us into a holy Lent. Please join us—books are \$10 each, or you may grab a book from Wayne to use in your personal Lent devotional time.

Wayne's Words



Rev. Wayne
Walters
0425 163 760

Keeping a Holy Lent

Quoting from the Ash Wednesday liturgy:

'Sisters and brothers in Christ, from the earliest days of the Church, Christians have observed with great devotion the time of our Lord's passion and resurrection. It became the custom of the church to prepare for this by a season of penitence and fasting.

'By keeping these days with care and attention Christians might take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel, and grow in faith and devotion to our Lord.

'So, by self-examination and repentance, by prayer and fasting, by self-denial and acts of generosity and by reading and meditating on the word of God, let us keep a holy Lent.'

What might this mean for each one of us? For many the first thing that comes to mind is giving up sugar or chocolate, though many, conscious of the inflammatory effects of these substances on the human body, have substantially reduced their consumption already. If addiction is a concern, this is a healthy step to take – as long as we are not setting ourselves up for failure and discouragement or self-condemnation.

The above list in bold is a helpful one. What will assist self-examination? I find reading is a good tool for this purpose and have set aside two books for reflective reading during Lent, alongside the daily scripture which the Hope 25 book provides. A journal would be a good adjunct for this purpose, and this naturally leads to repentance—that is, seeking through confession and prayer God's help to implement godly behaviours in the areas we lack.

Fasting might take various forms. Approach it experimentally. Take into consideration your age, health needs and energy requirements of your work. Explore giving up a meal on one or two days a week, preferably at the end of the day or lunch, and give this time to reflective reading and prayer.

Consider voluntary work for a period or abstaining from some luxury and putting the money saved to a good cause or to help someone you know is in need in a way that doesn't embarrass them. Set a challenge to read a whole book of the bible or all of Paul's letters—something you may never have got round to. Always with the aim of experiencing the Lord's love and nearness in a deeper way – with joy!

The Lord is with you, *Wayne*

Prayer Points

- **For leaders across our globe and for wisdom, compassion, justice and courage.**
- **For SE Queenslanders and northern NSW residents and all who pray and plan for Cyclone Alfred.**
- **For a fruitful and thoughtful time for all who attend our Lenten Study.**
- **This week's parishioners: Laurel, Issi, Lorraine and Richard.**

ALPHA in Term 2

ALPHA will run weekly in Term 2 and we'll have two sessions—Tuesday evenings or Thursday afternoons. Here is your chance to bring your trickiest questions about life, faith, and the world today. Who can you invite who might want some of those questions answered too?

Tuesdays 6.30pm for dinner, served weekly, then we dive into the topic for the week. At St Augustine's Anglican Church in Mentone, 90-92 Como Pde W. Starts on Tuesday 29 April.

Thursdays 1pm—3pm at St Michael's starting on Thursday 1 May.

Jumbunna Prayer Day

Saturday 23 March, 3—6pm

Bishop Paul is inviting all in our diocese to be in prayer on one of three afternoons. The most convenient for us is at St Paul's in High St Frankston on Sunday 23 March. Wayne will lead a half-hour session at 3.30pm and will be there from 3pm onwards.

BONHOEFFER

This film, from Angel Studios who made 'The Chosen', is being released in Australia on Thursday 13 March. It tells the remarkable story of Dietrich Bonhoeffer, the German theologian and pastor who risked, and eventually gave his life in opposition to Hitler's regime in WW2. Watch the trailer on You Tube [here](#).

Lenten Bible Study 9 March

Join us after the service every Sunday in Lent—starting on Sunday 9 March. If you do not yet have a booklet grab one from Wayne. They are \$10. We are looking forward to much stimulating and insightful discussion! Our study begins on Sunday, the first Sunday in Lent. Or grab a copy from Wayne to use in your personal Lenten devotionals.

Nungalinga College Update

At the commencement service in February, students, staff, friends and supporters of the college gathered to pray for this year. The new principal, two new deans and all the staff were commissioned for the year ahead, and the new Arts Centre and laundry buildings were officially opened. The address was given by board member Harry Bariya Garrawurra, who spoke from John 14.6. He spoke about collecting God's word so that it can inform the way we follow Jesus in the same manner that food is collected in a dilly bag. He encouraged staff and students to be active in learning about and sharing the message that Jesus is the way, the truth and the life.

A Retiring Offering

The government funding for the Foundational Studies course at Nungalinga College ceased at the end of 2023. The college is now entirely reliant on donations to fund the 'foundational' course for their students. The curriculum includes literacy, numeracy and Bible knowledge as well as classroom skills for those who have not studied for many years. Nearly all remote Indigenous church leaders begin their Nungalinga study in Foundation Studies.

We will be receiving a retiring offering every Sunday in March in support of Foundational Studies. The college needs to raise \$125,000, and hopes that every supporting church or group might be able to donate at least \$125.

Acknowledgement of Country

We recognise the Bunurong people of the Kulin nation as the traditional owners and custodians of the lands on which we meet and acknowledge their continuing connection to their land, waterways and culture. We pay our respects to their Elders past, present and emerging. We pray that in the power of the Holy Spirit we might all work together for reconciliation and justice in this nation.

Make a Donation to St Michael's

Here are our banking details:

BSB 633-000

Acct. 139-566-459

Please add your name to the deposit description.

Thank you for supporting our ministries!

This Week's Readings

March 9

Deut 26.1-11

Psalms 91.1-2, 9-16

Romans 10.4-13

Luke 4.1-15

March 16

Gen 15.1-12, 17-18

Psalms 27

Philippians 3.17-4.1

Luke 13.31-35