

## Psalm 147: 1-11

*A Prayer Book for Australia, © 1995,  
The Anglican Church of Australia Trust Corporation*

- 1 O praise the Lord, for it is good to sing praises to our God: and to praise him is joyful and right.
- 2 **The Lord is rebuilding Jerusalem: he is gathering together the scattered outcasts of Israel.**
- 3 He heals the broken in spirit: and binds up their wounds.
- 4 **He counts the number of the stars: and calls them all by name.**
- 5 Great is our Lord, and great is his power: there is no measuring his understanding.
- 6 **The Lord restores the humble: but he brings down the wicked to the dust.**
- 7 O sing to the Lord a song of thanksgiving: sing praises to our God upon the harp.
- 8 **He covers the heavens with cloud, and prepares rain for the earth: and makes the grass to sprout upon the mountains.**
- 9 He gives the cattle their food: and feeds the young ravens that call to him.
- 10 **He takes no pleasure in the strength of a horse: nor does he delight in anyone's legs,**
- 11 But the Lord's delight is in those that fear him: who wait in hope for his mercy.

### TCCEA - SRE Teachers

Please continue to pray for Tweed Coast Christian Education Association Special Religious Education Teachers

### Emmanuel Anglican Church Nigeria

Let us continue to pray for Emmanuel Anglican Church, Owerre-Umudioka, Orlu, Nigeria.

### A Parish Prayer for Growth

God of Mission, Who alone brings growth to your Church, Send your Holy Spirit to give Vision to our planning, Wisdom to our actions, and Power to our witness. Help our church to grow in numbers, in spiritual commitment to you, and in service to our local community, We pray through Jesus Christ our Lord. **Amen**

### A Prayer for Faith

Loving God, I bring before you,  
\_\_\_\_\_.

I pray that they would come to accept Jesus into their life. Give them Joy and Peace in knowing You through Jesus and help them to be guided by the Holy Spirit, seeking to follow Jesus in all that they do. **Amen.**

### Prayers for our Grafton Diocese



This week let us pray for: Our Bishop: The Right Reverend Dr Murray Harvey, Our Parish: St Cuthberts, Our School: Lindisfarne Anglican Grammar School, Our Local Area: The Tweed Network including parishes of Tweed Heads, Kingscliff, Murwillumbah & Lindisfarne

**The Parish of Casino and the People and Clergy there,**  
Rev'd Canon Sally Miller, Rev'd Ron Miller, Rev'd Thea Archinal.



Readings for 11<sup>th</sup> February 2024— Last Sunday After Epiphany — Transfiguration  
2 Kings 2: 1-12; Psalm 50: 1-6; 2 Corinthians 4: 3-12; Mark 9: 2-9



## St. Cuthbert's Anglican Church Tweed Heads

Our Vision: Transforming lives through Jesus Christ.  
Our Mission: Sharing the good news of Jesus Christ,  
Making disciples and Growing faith communities.

**FIFTH SUNDAY AFTER EPIPHANY**  
**4<sup>TH</sup> FEBRUARY 2024**

# WELCOME



**Sentence:** Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles.

Isaiah 40.31

### Collect:

Saving God,  
whose Son, Jesus Christ, healed the sick  
and brought them wholeness of body and mind:  
inspire us, his disciples, so that we may constantly proclaim his gospel  
by our words and by the dedication and integrity of our lives;  
through Jesus Christ our Lord, who lives and reigns with you and the  
Holy Spirit, one God, now and for ever. **Amen.**

### Readings for Today:

Isaiah 40: 21-31; Psalm 147: 1-11; 1 Corinthians 9: 16-23; Mark 1; 29-39

### St Cuthbert's Contact Details

**Address: 13 Powell St. (P.O. Box 108), Tweed Heads, NSW 2485**

**Phone: (07) 5536 1060**

**Facebook:** St Cuthbert's Anglican Church, Tweed Heads.

**Administration Officer:** Nicola Agius

**Office Hours:** Thursday, Friday 9am-12 noon

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**Phone:** (07) 5536 1060 **Email:** priest@stcuthbertschurch.com.au

**Rector's Warden:** Debbie Shambrook 0409 811 642

**People's Wardens:** Ian Brookes 0402 421 525

Brook Koopmans 07 5524 8454

**Weekly Services:**

Sunday 9.00am, Wednesday 10.00am

## Reflection

**Healing Hands** Our hands can be used for many things, including healing and prayer. Dr Ben Carsons is a brilliant and renowned neurosurgeon with Gifted Hands, but without the love of his mother and her faith in him, his life would have been very different. Without Jesus using his hands for healing and prayer, Simon's mother-in-law and those who are sick or possessed by demons would not have been healed of the things that afflicted them. How can we use our hands to bring comfort and healing to others? How can we use our hands for prayer? In the words from Jesus' hands were kind hands by Margaret Cropper, "Take my hands, Lord Jesus, let them work for you ... till my hands are kind hands, quick to work for you."

- Pray for all who use their hands to bring healing and wholeness to others or to pray for others.
- Give thanks for the work and witness of the Church of the Province of Myanmar.

Text: The Rev Nicole Baldwin, Cessnock Parish, Diocese of Newcastle © Anglican Board of Mission, 2024



## Prayer of the Week

Father of all, who gave your only-begotten Son to take upon himself the form of a servant and to be obedient even to death on a cross: give us the same mind that was in Christ Jesus, that, sharing in his humility, we may come to be with him in his glory; where he lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

## LOOKUPCELEBRATION.COM

Date Claimer 29 June 2024 Coming to the Gold Coast in June 2024, the Look Up Celebration is a free event for everyone. Bring a friend for live music and a message of hope from Will Graham.

### Scrabble Group

Meets every Friday morning in the Church Hall at 9.30am  
Everyone is welcome  
Any queries please see Barbara Marr

### Craft / Friendship Group

Meets every Monday afternoon, twice a month we will meet for a Coffee/Lunch at Club Tweed.  
This month at Club Tweed is 5<sup>th</sup> & 19<sup>th</sup> February 2024.  
Everyone is welcome to come and join us.

### Singing Group

Singing Group will be meeting on the second Thursday of each month.  
Our next rehearsal is Thursday 8<sup>th</sup> February 2024  
**Starting at 4.00pm NSW Time.**  
Any queries please see Tricia Townend.

## Personal Notes

Please see or email Nicola in the Parish office if you would like your Birthday, Anniversary or a Family Members Years Mind, shared in the Pew Bulletin.



## Prayer List

**The following people are in need of our prayers at this time:**

Jasmine Adams, Kelly Standing, Elsie McGrath, Edward Kay, Jeri & Tony de Kievit, Matthew Read, Glynnis Gamble, Gwyneth Clarke, Mavis Johnson, Stephen Blaney, Chrissie Carroll, Bill Wordsworth, Louise Talbot, Alan Wyatt, Wendy Crook, Betty Hagen, Betty Bell, Fay Flaherty, Loretta Flaherty, Joy Kendrick, Iris Pyle, Val Chapman, Cressa Bartosek, Cliff Boyd, Janis Hepburn, Christine Charlton, Nancy Walker, Mervyn Fitzpatrick, Elan, Robyn Hobson.

*Church is committed to protecting your privacy. People on this list have requested prayer.*

**Please contact the Parish Office for any changes to the Prayer List**

## Coming up

<b>Today</b>	4 <sup>th</sup> Feb	2024 @	4.30pm	<b>Spiritual Gym @ Lindisfarne Mahers Lane (4.30pm Refreshments, 5.00 Service)</b>
<b>Wednesday</b>	14 <sup>th</sup> Feb	2024 @	10.00am	<b>Ash Wednesday Service</b>
<b>Sunday</b>	18 <sup>th</sup> Feb	2024 @	10.30am	<b>Parish Annual General Meeting</b>
<b>Wednesday</b>	21 <sup>st</sup> Feb	2024 @	10.00am	<b>Mothers Union Service / Meeting</b>
<b>Friday</b>	29 <sup>th</sup> Mar	2024		<b>Good Friday</b>
<b>Sunday</b>	31 <sup>st</sup> Mar	2024		<b>Easter Day</b>

## Monthly Spiritual Gym — Hosted by the Anglican Parishes of the Tweed

**Next Dates:** 4<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 7<sup>th</sup> April

**Where:** Lindisfarne Anglican Grammar School Chapel,

**Time:** 4.30pm Refreshments, 5.00pm Service

St James Kingscliff, St Cuthbert's Tweed Heads, All Saints Murwillumbah, Lindisfarne Anglican Grammar School

## Lenten Study

ABM Lenten Study — God's Own Country - Begins Ash Wednesday 14/2/2024 Time: 11am & 6pm  
Booklets have arrived and available at the back of the church.  
Payments can be made with the envelope provided in the booklets and placed in the Offertory.

## Notice of Parish Annual General Meeting

The Annual General Meeting will be held on Sunday 18<sup>th</sup> February 2024 commencing at 10:30am.  
Consideration of other Parish business of which ten (10) days prior notice in writing must have been given to the Rector and Churchwardens.

## Mothers Union Service / Meeting

The first Mothers Union Meeting for the year will be held on Wednesday 21st February 2024 following the 10am Eucharist.

## Alpha Course

Adult introduction to the Christian Faith — Begins after Easter - Wednesdays 11am & 6pm

## Godly Play

**Sundays 9.00am, next date is: 25th Feb, future dates TBA**

Godly Play: What is it? "In most religious education children are told what God did. In Godly Play children discover who God is."  
Children from ages 4 to 11 are welcome to join in.

## Supporting our Parish Ministry

**A Big Thank You to All who financially support our Parish either at Worship or electronically. We now have a new Bank Account with the Commonwealth Bank.**

If you would like to contribute electronically to the mission and ministry of our Parish, you can use the following account. Direct Debiting to our St Cuthbert's Parish Account

Name: ST CUTHBERT'S ANGLICAN CHURCH OF AUSTRALIA TWEED HEADS  
BSB: 064410  
Account No.:10395636

Please call Rev. Dway on 07 5536 1060 or Treasurer Margaret Bishop on 0413 993 923 if you have any queries, or would like to discuss this further.