

Psalm: 95

1 O come, let us sing out to the Lord: let us shout in triumph to the rock of our salvation.

2 Let us come before his face with thanksgiving: and cry out to him joyfully in psalms.

3 For the Lord is a great God: and a great king above all gods.

4 In his hand are the depths of the earth: and the peaks of the mountains are his also.

5 The sea is his and he made it: his hands moulded dry land.

6 Come, let us worship and bow down: and kneel before the Lord our maker.

7 For he is the Lord our God: we are his people and the sheep of his pasture.

8 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;

9 ‘When your forebears tested me: put me to proof, though they had seen my works.

10 ‘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”;

11 ‘Of whom I swore in my wrath: “They shall not enter my rest.”

Readings for Next Sunday: 15th March 2026—Fourth Sunday of Lent

1 Samuel 16.1-13; Psalm 23; Ephesians 5.8-14; John 9.1-41.



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.

**THIRD SUNDAY IN LENT
8th MARCH 2026**

WELCOME



Sentence: God proves his love for us in that while we still were sinners Christ died for us. Romans 5.8

Collect:

O God, the fountain of 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.**

Readings for Today: Third Sunday in Lent

Exodus 17:1-7; Ps 95; Romans 5:1-11; John 4:5-42.

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 the staff and students in our Anglican Schools in the Diocese: Bishop Druitt College, Coffs Harbour; Clarence Valley Anglican School, South Grafton; Emmanuel Anglican College, Ballina; Lindisfarne Anglican Grammar School, Terranora; St Columba Anglican School, Port Macquarie; Grafton Anglican Schools Commission.

We thank you for the precious gifts that you have placed in our care—our schools and the students in the schools, In this time of change and opportunity may we be responsible stewards, diligently seeking your wisdom, vision and inspiration. Amen

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:

Office Hours:

Friday 9am-3pm

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Rector's Warden:

Bruce Dunn 0422 961 835

People's Wardens:

Ian Brookes 0402 421 525

Brook Koopmans 07 5524 8454

Weekly Services:

Sunday 9.00am, Wednesday 10.00am

Prayer of the Week

Lord God, our Redeemer, who heard the cry of your people and sent your servant Moses to lead them out of slavery: free us from the tyranny of sin and death and, by the leading of your Spirit, bring us to our promised land; through Jesus Christ our Lord. Amen.

SAFE MINISTRY TRAINING

Members of Parish Council must have a current Working With Children's Check before they are eligible to participate at a meeting. A list has been obtained from Grafton Diocese of those who have completed WWCC. Please see Maria Gandey to see if you have completed the course.

Prayer for a New Incumbent

Bountiful God, give to this parish a faithful pastor who will faithfully speak your word and minister your sacraments, an encourager who will equip your people for ministry and enable us to fulfil our calling. Give to those who will choose, wisdom, discernment and patience and give to us warm and generous hearts for Jesus Christ's sake. **Amen.**

Craft / Friendship Group

Meets every Monday afternoon. Twice a month we will meet for a Coffee/Lunch at Club Tweed. Next meeting at Club Tweed is on 16th March 2026. Everyone is welcome to come and join.

Personal Notices

Birthdays: 11th Madeleine Bates, 13th Helen Reid, 14th Jean McLennan.



Prayer List

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

Barbara Marr, Robyn Morisset, Russell Trickey, Kelly Standing, Elsie McGrath, Edward Kay, Jeri & Tony de Kievit, Matthew Read, Gwyneth Clarke, Stephen Blaney, Chrissie Carroll, Wendy Crook, Fay Flaherty, Val Chapman, Cressa Bartosek, Cliff Boyd, Val Wilson, Elan, Christine Charlton, Nancy Walker, Mervyn Fitzpatrick, Robyn Hobson, Ross Johnson, Jan Stuckings, Dr Kim Dobbie, Veryl Bennell,

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

CONTRIBUTION TOWARDS GIFT

The Venerable Tiffany Sparks will be consecrated as an Assistant Bishop in the Grafton Diocese on Thursday, 12th March 2026.

If you would like to make a contribution towards a gift on behalf of St Cuthbert's Parish would you please place your donation in an envelope and put into one of the collection bags. Please mark the envelope "Contribution towards Gift"

Thank you.

Singing Group

Singing Group will be meeting on the second Thursday of each month. Our next rehearsal is Thursday 9th April 2026. **Starting at 4.00pm NSW Time.** Any queries please see Tricia Townend.



Please continue to return your BCA boxes until the end of March. Place in the basket at the Church entrance. Thank you.

Depot Clean Up

The depot will be open after today's service. Please take any items of interest. Leftover items will be taken to an op-shop or discarded into a skip.

Fred's Place

Your ongoing support for non perishable items for Fred's place is greatly appreciated. Thank you to all who continue to donate.

Coming up in 2026

Thursday	12th March	Consecration of The Venerable Tiffany Sparks
Saturday	21st March	9.00am Working Bee
Thursday	2nd April	6.00pm Maundy Thursday
Friday	3rd April	9.00am Good Friday
Sunday	5th April	6.00am & 9.00am Easter Sunday Day
Sunday	3rd May	4.00pm Lindisfarne Spiritual Gym

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

Next Dates:

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.

NAME BADGES

We will be placing an order for name badges in the next week or two. The cost is \$10.00 each. If you would like to order one please take an envelope print your name on it with the money enclosed. Please wear your name badges as this helps our Locums to welcome parishioners. Thank you

Lenten Bible Study Groups

The study group with Rev. Crystal and Rev. Ron will continue tomorrow evening from 6.00 to 7.00 pm in the Rectory. There are extra books for private study at \$10 each.

MU NEWS

EASTER EGGS—Would MU members please bring in a bag of small easter eggs for packaging up for Easter Sunday. Thank you.

LADY DAY—Wednesday 25th March 2026 at 11am NSW time. Service at St. Andrew's Anglican Church, Zadoc Street, Lismore. Morning Tea available from 10am in Church Hall. Lunch at Lismore Workers Sports Club from 12.30. Please see notice board poster for full details.

EASTER SERVICES

You would have already received the insert in our previous bulletins of the times and days of Easter Services. We will be needing many volunteers to assist in the Services with reading, welcoming, audio and preparation of the Agape meal. Please add your name to the list on the table at the back of the church if you are able to assist in any of these ministries. Thank you.

"THE WATCH"

In the past we have held what is known as "The Watch" from Maundy Thursday night to Good Friday morning. We would like to once again follow this tradition. Please see flyer in this bulletin with information on how you can participate.

Healing Eucharist

Do you carry worry, pain or grief? Kingscliff Parish invites you to a Healing Eucharist at St James Anglican Church, 122 Marine Parade, at 5.00pm on the 1st Saturday of every month. For further details please see poster on the noticeboard or contact 0435 750 155.

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