



First Sunday in Lent

26 February 2023

We welcome Revd Stewart Taplin

Make me a Fire

I am only a spark

Make me a fire.

I am only a string

Make me a lyre.

I am only a drop

Make me a fountain.

I am only an ant hill

Make me a mountain.

I am only a feather

Make me a wing.

I am only a rag

Make me a king!

MEXICAN PRAYER

In our Parish all are welcome, all are accepted, all are valued and all are respected.

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the traditional custodians of the land on which we meet, the people of the Kulin nation, and pay our respects to Elders past, present and emerging.

This parish is committed to Child Safety and complies with Diocesan and State requirements. This is a shared responsibility of staff and parish. Please see the back of pew leaflet for contact details.



“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world” Archbishop Desmond Tutu

This first week of Lent our theme is Food. Food production and consumption is a key consideration for us all as stewards of Creation. Mass deforestation and the large carbon footprint of meat and dairy production has an enormous impact on our planet. Eating less meat and more plants is a key challenge for this week.

Need help getting started? Here are some ideas and actions for you to consider.

Thanks to Green Anglicans South Africa for many of these resources greenanglicans.org

Week 1- Food

Sunday 26 Feb	Monday 27 Feb	Tuesday 28 Feb	Wednesday 1 March	Thursday 2 March	Friday 3 March	Saturday 4 March
<p>Take stock of your pantry and refrigerator Plan your meals this week around items which are close to their “best by” date</p>	<p>Meatless Monday Prepare your meals tonight using plant based ingredients - vegetables, legumes, grains and fruit. Zucchini slice is a good start and freezes and reheats well.</p>	<p>Start Composting or use your Council small bin! Food waste is over-represented in landfill, where it rots and creates methane, a potent greenhouse gas</p>	<p>Buy Local. Find local places to purchase fruit and veggies. Remember to bring your net bags when you shop. Buy what is in season locally to reduce food miles.</p>	<p>Reduce your food waste. Look for recipes which use the same ingredients in different ways so that you can make the most of larger quantities which may be cheaper</p>	<p>Sharing is caring. Bring something plant based to Church for the Alms Baskets and/or bring surplus fruit, veggies and herbs from your garden to share.</p>	<p>Start your own herb patch to add flavour Small pots of herbs like parsley, chives and rosemary are a good start. Share spare seeds or seedlings with friends and neighbours.</p>

Dates to put in your diary ...

Sunday February 26, 2023

- First Sunday in Lent

8.30 am Holy Communion

10.00 am Parish Eucharist

11.30 am - 3.30 pm Cedar Church

3.30 - 8.00 pm TCCV

Monday 27

1.30 - 4.00 pm MU (Church & Parish Centre)

4.00 - 8.45 pm Karen Margaret Dance

Tuesday 28

10.00 am Morning Prayer (zoom)

Wednesday 1

1.30 pm Lenten Study

Thursday 2

10.00 am Eucharist

7.30 pm Choir

Friday 3

10.00 am World Day of Prayer

10.00 am Lenten Study (Old Church)

Saturday 4

10.00 am - 3.00 pm Lenten Quiet Day

4.00 - 8.00 pm Kenyan Community

Sunday 5

8.30 am Holy Communion

10.00 am Parish Eucharist

11.30 am - 3.30 pm Cedar Church

5.30 - 8.00 pm Young Adults Group

Next Sunday - Second Sunday in Lent

- March 5, 2023

8.30 am Holy Communion

Welcomers

Celia Gant

Katherine Rushby

Reader

John Foster

Server

Joanne Burns

10.00 am

Parish Eucharist

Welcomers

Graeme Dellora

Maggie Dellora

Readers

Eleanor U'Ren

Natalie Stroud

Intercessor

Val Dyke

Morning Tea

Maggie Dellora

Graeme Dellora

Next Sunday's Readings:

Genesis 12.1-4a

Ps 121

Romans 4.1-5, 13-17

John 3.1-17

Advance Notice –

Ladies Guild Opportunity Shop Week

The Ladies guild will be operating the Lions Club Opportunity Shop

In Wadham Parade, Mount Waverley, from Monday 1st May to Friday 5th May 2023.

Could you please set aside any saleable items for delivery to the

Shop on 26th April 2023.

Young Adults Group
Young Adults Group will be held on
Sunday 5th March at 6pm.
Suitable for those over 18 yrs.

The Anglican Parish of St Stephen & St Mary Mount Waverley

383-385 High Street Road, Mt Waverley, 3149. Phone: 9807 3168

Office hours: Tuesday, Thursday & Friday: 9.30am - 2.30pm

Email: parishoffice@stephenandmary.org.au Website: www.stephenandmary.org.au

'Like' us on Facebook: www.facebook.com/stephenandmary.mtwaverley

Priest (Day off - Monday)	The Venerable Dianne Sharrock
Assistant Curate (Days off - Monday & Saturday)	The Revd Andrea Nagy
Children's and Families' Minister (Tues 10.00am - 12.00pm, Sun 9.30am - 11.30pm)	Lisa Eames
Safe Ministry Compliance Officer	Elaine Fasken
Child Safety Officer	Lisa Eames/Elaine Fasken
Covid19 Compliance Officer	Sugan Blanchard
Music Director	Brian Copple
Treasurer	Helen Warren
Office Administrator	Katherine Rushby
Churchwardens:	Sugan Blanchard Graeme Dellora Sue Retschko
Parish Council:	Sugan Blanchard, Graeme Dellora, Judith Gibson, Sally Hibbert, John Leaver, Sue Retschko, Fiona Sawyer, Helen Warren, Joan West
Pastoral Care Ministry:	
<i>Hospital Visiting:</i>	Clergy
<i>Funeral Ministry:</i>	The Vicar
Spiritual Directors:	Cath Connelly Val Dyke
Prayer Chain contact	Margaret Syfret
SERVICES:	Sunday 8.30 & 10.00 am Thursday 10.00 am