



*The Anglican Parish of*  
**Holy Trinity Lara with  
Christ Church Little River**



**Sunday 9<sup>th</sup> March 2025**  
**First Sunday in Lent**  
**Service of Prayer & Praise**  
**Holy Trinity 10am | Christ Church 4pm**

**Sunday 9<sup>th</sup> March 2025**

**Zoom <https://us02web.zoom.us/j/82715954960>**

**Welcome to a service of Prayer & Praise at the Anglican Parish of Holy Trinity Church Lara *with* Christ Church Little River.**

We gather in this sacred space on the traditional lands of the Kulin nations, and we respectfully acknowledge the current, past and emerging elders of the Wadawurrung people.

During our morning service, a Sunday School program is available for primary-school aged children in the hall. The children will be invited out during the service. Please ensure a guardian signs them in and then out again at the close of the service.

### **Hymns**

MP 1086 Light of the World (here I am to worship)

MP 160 Forty days and forty nights

TIS 555 Put all your trust in God

TIS 703 As the Deer pants

MP 272 I have decided to follow Jesus

*(TIS: Together in Song, EW: Essential Worship Kevin Mayhew, PW: Praise and Worship, MP: Mission Praise, ATE: All Together Everybody, HM: Hillsong Music)*

### **S**entence:

Worship the Lord your God, and serve only him.

Luke 4.8

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## **P**rayer of the Day

O saving God,  
who led your people through the wilderness  
and brought them to the promised land:  
so guide us that, following our Saviour,  
we may walk through the wilderness of this world  
and be brought to the glory of the world which is to come;  
through your Son, Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

## **A** reading from the Letter of Paul to the Romans, Chapter 10, Verses 4-13

For Christ is the end of the law so that there may be righteousness for everyone who believes.

Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down) 'or "Who will descend into the abyss?"' (that is, to bring Christ up from the dead). But what does it say?

'The word is near you, on your lips and in your heart'

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

Hear the Word of the Lord.

**Thanks be to God**

**P**salms 91, Verses 1-2, 9-16

Those who dwell in the shelter of the Most High: **who abide under the shadow of the Almighty,**

They will say to the Lord 'You are my refuge and my stronghold: **my God in whom I trust.'**

The Lord himself is your refuge: **you have made the Most High your stronghold.**

Therefore no harm will befall you: **nor will any scourge come near your tent.**

For he will command his angels: **to keep you in all your ways.**

They will bear you up in their hands: **lest you dash your foot against a stone.**

You will tread on the lion and the adder: **the young lion and the serpent you will trample under foot.**

'You have set your love upon me,' says the Lord, 'and therefore I will deliver you: **I will lift you out of danger, because you have known my name.**

'When you call upon me I will answer you: **I will be with you in trouble, I will rescue you and bring you to honour.**

'With long life I will satisfy you: **and fill you with my salvation.'**

**T**he Gospel of our Lord Jesus Christ according to Luke, Chapter 4.1-15

**Glory to you Lord Jesus Christ**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written,

“Worship the Lord your God, and serve only him.””

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

“He will command his angels concerning you, to protect you”,  
and

“On their hands they will bear you up,  
so that you will not dash your foot against a stone.””

Jesus answered him, 'It is said, “Do not put the Lord your God to the test.”’  
When the devil had finished every test, he departed from him until an opportune time.

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

For the Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**



**HEPING WOMEN BREAK FREE FROM VIOLENCE, INJUSTICE AND OPPRESSION**

## Blessing of New Ministry

God our Shepherd,  
in every generation you call ministers of your word and sacraments.  
Equip them to preach the gospel,  
to care for your people  
and to show forth the fruit of the Spirit in their lives;  
in the name of Jesus our Saviour. **Amen.**

God our Father, shepherd and guide of all your faithful people,  
look with favour on your servant Nay Htoo,  
now called to be a minister in this parish.  
By word and example may he be a faithful minister of your word and  
sacraments.

Send your Holy Spirit upon all your people,  
that they may have the same mind that was in Christ Jesus,  
and serve you in love, joy, and peace.  
We pray this through Jesus Christ our Lord. **Amen.**

## Lenten Study Groups

**Being With** offers seekers the opportunity to explore relationship with God as part of their own experience. Begins Saturday 8 March 4pm. <https://being-with-org>

**The Ripple Program** offers training and encouragement for those who would like to explore their own growth in faith journey, and to express it within everyday social conversation with others. Begins Thursday 6 March 3.30pm. <https://www.ripple-effecty.net.au/course>.

Please speak to Revd Roxanne, Leon or Philip and welcome to join in Week 2.

## **P**rayers for the Week

If you would like to be included or include someone on the prayer list, please email [parlara@bigpond.net.au](mailto:parlara@bigpond.net.au).

### **World & Nation**

We pray for the work of ABM, and for this year's Lent Appeal which focuses on work in Zambia and Papua New Guinea communities to help women break free from violence, injustice and oppression and build peace, gain confidence and become economically empowered; in particular we pray for Ellen M.C. Mubanga of Zambia Anglican Council Outreach Program and Annsli Kabekabe of Papua New Guinea's Church Partnership Program. Indeed, we pray for the protection of women's rights and value around the world; for freedom and voices to be established for victims of abuse, violence and oppression.

### **Church**

The Diocese of Brisbane (Abp Jeremy Greaves, Asst Bps John Roundhill, Sarah Plowman, Cameron Venables); Hospital Chaplaincy (Co-ordinator & Chaplains); St Paul's Geelong (Revd Jennifer Furphy); Diocesan Finance; City on a Hill Geelong East (Revd Andrew Grills); The Diocese of Gippsland (Bp Richard Treloar, Clergy & People); Primate Geoffrey; Bishop Brad; Pope Francis.

### **Community**

We pray for those who are disheartened and broken-hearted within our community; for those who need a helping hand and a listening ear; may they find friendship and comfort.

### **Special Need**

Ben, Aston & Maverick, Rachel, Arch, Bill, Annette, Janet, Graham, Marion, Sylvia, Kimberley & Hugh, Judy, Cheryl, Merinda, Alan, Lynda, Darryl, Lucinda.

### **In Memory**

Edna Mary Edge (9.3.2023), Jean Campbell (9.3.2023),  
Essie Sleight Montgomerie (11.3.1970), John Leonard Thompson (12.3.24).

*May they rest in peace and rise in glory.*

## Message from Rev'd Roxanne

Dear Friends,

It's good to be back among you after three busy weeks away. Leon and I enjoyed walking the Aussie Camino very much. It's a walk from Portland to Penola that celebrates the life and ministry of St Mary Mackillop, Australia's only saint, who founded the Josephites, an Australian Order of missionary nuns. You might recall they have mission in Lima that we heard about last year. We were blessed with good weather, days in the mid-twenties for the most part, which is great for long distance walking, usually 20+ kilometres each day. Every day the terrain changed, from beach walking to cliff top walking, coastal bushland and open grassland. We climbed Mount Schank, a dormant volcano, and visited the Blue Lake in Mount Gambier. The wildlife was plentiful with sightings of koalas, seals, kangaroos and wallabies, and even an echidna with so many birds to see and hear. I always find that walking with God, in God's creation, is such a healing process. I've had six weeks of good health, the healthiest stretch in six months. Praise God! We're already thinking about another Camino next year!

So here we are in Lent. I love Lent. It's a time when I personally reboot my prayer life and practice a level of abstinence that is not usually part of my normal life. Most mornings, Leon and I are saying morning prayer together. We use the e-pray app (Australian Prayer Book) on our phones. You can download the app from your phone's app store. Details overleaf.

It's not too late to join one of our Lenten programs. We had our first *Ripple Effect* session on Thursday and the theme was "listen and share" using the story of the Samaritan Woman at the well with Jesus. It was inspiring and the study guide is available in the Narthex. Let us know if you would like to join us at 3:30pm on a Thursday afternoon. *Being With* starts on Saturday at 4pm, also at Holy Trinity in the church. This is a pathway program and very good for people seeking to know more about faith. I do encourage you to join so that you can confidently refer to it in the future.

This Sunday, we welcome Revd Nay Htoo and his family as they start a Sunday morning ministry with us. Please pray for Nay Htoo and all of us as we get to know each other and make a journey together over the next two years.

Grace and Peace, Roxanne.



# Notices

(Please note these dates and place them in your diary)

## Sunday Service Zoom Details

Meeting ID: 82715954960

No passcode

## Wednesday Prayers Zoom Details

Meeting ID: 884 8808 2809

No passcode

<https://us02web.zoom.us/j/88488082809>

## Online Giving

BSB 633 000

Account 137 904 702

## March TMA available in Narthex

<https://tma.melbourneanglican.org.au/this-months-tma/>

What's Happening? [Check our Parish Calendar](#)



## April – May Roster Availability

Thank you to all those volunteering on the church rosters. Please let Sandi know any dates you will be unavailable during April-May by emailing [parlara@bigpond.net.au](mailto:parlara@bigpond.net.au)



### What is epray DAILY?

An app developed by Broughton Publishing to encourage and facilitate the regular use of Morning and Evening Prayer.

- Pray anywhere! Use the app on your smart phone or tablet
- Scripture available in NIV or NRSV
- Uses readings from *An Australian Lectionary*
- Simple to use!

### How do I access epray DAILY?

Download the epray DAILY app FREE from your app store & ask your parish for the access code.



**FREE** to epray subscribers and ALL their parishioners

Download on the **App Store** | GET IT ON **Google Play**

**PARISH APP CODE: 8615**



**Games Night**  
Sat. 22nd March 4-7pm  
Holy Trinity Anglican Church Hall  
Cnr Flinders Ave & Curletts Rd  
**DINNER**  
@ Shared Cost



**PANCAKES**  
MARCH 4TH 2025  
TUESDAY @ 6PM  
CHRIST CHURCH  
ROTHWELL RD  
LITTLE RIVER

**WE HAD A FABULOUS NIGHT AT CHRIST CHURCH ON PANCAKE TUESDAY. OVER 100 PEOPLE GATHERED FOR ALL YOU CAN EAT PANCAKES AND TOPPINGS, TO EXPERIENCE THE HOSPITALITY OF GOD. MANY THANKS TO GARRY GREEN AND THE TEAM FOR PUTTING ON ANOTHER FABULOUS EVENING. WE ALSO RAISED \$1370 WITH RAFFLE AND DOOR TAKINGS.**

# **N**ext Week Sunday 16<sup>th</sup> March – A Service of Holy Communion, 10am at Holy Trinity Lara and 4pm at Christ Church Little River

**READINGS** Genesis 15.1-12, 17-18 Psalm 27  
Philippians 3.17 - 4.1 Luke 13.31-35

## **ROSTERS**

<b>Welcomers</b>	Libby Bate	Rosemary Bascomb
<b>Readers</b>	Libby Bate	Soraya Starks
<b>Intercessions</b>	Cynthia Roseburgh	
<b>Zoom</b>	Joyline Chipinduro	
<b>Server</b>	LeeAllan Urbanski	
<b>Hospitality</b>	Libby Bate	Rosemary Bascomb
<b>Prayer Support</b>	Philip Starks	Soraya Starks
<b>Children’s Ministry</b>	Tara Rieniets	Georgia Smith

## **CALENDAR**

<b>Monday</b>	Vicar’s Sabbath <i>Office Closed</i> Lara Food Relief 10am – 1pm
<b>Tuesday</b>	Vicar’s Day Off <i>Office Closed</i>
<b>Wednesday</b>	Holy Communion 10am HT 11am Creatives Group Warden’s Meeting HT 4pm Zoom Prayers @ 7pm
<b>Thursday</b>	Morning Prayer, St Laurence Park 10am Costa House Service 11am Craft Group - 1pm HT <i>Ripple</i> Lenten Study Group 3.30pm HT
<b>Friday</b>	Morning Prayer – 8:45am HT Little Treasures Playgroup 9.30am HT
<b>Saturday</b>	Cursillo Meeting 1.45pm Millars Lara <i>Being With</i> Lenten Study Group 4pm HT
<b>Sunday</b>	Parish Council 12noon HT



The Anglican Parish of

**Holy Trinity Lara with  
Christ Church Little River**

## **Welcoming, God Centred, Thriving**

### **Parish Values**

Working Together

Relationships

Community Connection

Natural Environment

Meeting Christ

Vicar: Rev'd Roxanne Addley

E-mail: [vicarhtlclcr@gmail.com](mailto:vicarhtlclcr@gmail.com)

Mobile: 0492 966 487

### **Office Open Wednesday-Friday**

Parish email: [parlara@bigpond.net.au](mailto:parlara@bigpond.net.au)

Parish Office Phone Number: 5282 6487

**Parish Web address:** [www.laralittleriveranglican.com](http://www.laralittleriveranglican.com)

**Parish Facebook:** <https://www.facebook.com/HolyTrinityLaraChristChurchLittleRiver/>

**Address:** 59 Flinders Avenue, Lara (Holy Trinity)  
48 - 50 Rothwell Road, Little River (Christ Church)

**Op Shop** Phone Number: 5282 1273

**Parish Child Safety Officer** – Tara Rieniets

**Family Safety Champion** – Soraya Starks

*Our Parish Food Relief Program is proudly supported by:*

 **Bendigo Bank**

Community Bank  
Lara District