



St Paul's Cathedral

Together transforming our City and Diocese

Holy Communion (BCP)

Creation-tide

Livestreamed 17 October 2021 • 8 am

WELCOME

Welcome to St Paul's Cathedral, the home church for Anglicans in Melbourne and Victoria. We are delighted that you are joining us this morning: worship with us again.

The cathedral is situated on the traditional lands of the Wurundjeri people of the Kulin nation. We acknowledge and pay our respects to their elders past and present and emerging, and are committed to the ongoing work of reconciliation in our nation.

Offerings We rely entirely on your gift. During the Covid-19 pandemic, congregational giving has dropped significantly. Please be generous. You can also donate online via our website www.cathedral.org.au/donate or by EFT BSB: 083-088, Account: 53-728-8315.

Safeguarding We strongly condemn any form of abuse and are committed to safeguarding children and vulnerable people, and to speak out in opposition to intimate partner violence. All our staff and volunteers complete training and relevant checks. If you would like to raise any concerns, please contact the independent Professional Standards Body, Kooyoora. Tel. 1800 135 246. For advice in the case of family violence, ring 1800 737 732.

Sustainability St Paul's is an inaugural member of TAKE2, Victoria's Climate Change pledge. We are committed to reducing our net carbon footprint to fight climate change. Learn more and join us: cathedral.org.au/climateaction

SERVICE LEADERS Celebrant & Preacher: The Revd Canon Christopher Carolane, Canon Emeritus; Cantor: Mr Philip Nicholls, Director of Music.

ORDER OF SERVICE

*Please stand for the procession. Please join us in singing the hymn and saying those parts of the service printed in **bold** type.*

THE LORD'S PRAYER

Our Father, which art in heaven, Hallowed be thy Name. Thy Kingdom come. Thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil. **Amen.**

THE COLLECT FOR PURITY

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid; Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

THE SUMMARY OF THE LAW

Our Lord Jesus Christ said: Hear O Israel, The Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first commandment. And the second is like, namely this: Thou shalt love thy neighbour as thyself. There is none other commandment greater than these. On these two commandments hang all the Law and the Prophets:

Lord, have mercy upon us, and incline our hearts to keep this law.

THE COLLECT

Let us pray.

O Almighty and most merciful God, of thy bountiful goodness keep us, we beseech thee, from all things that may hurt us; that we, being ready both in body and soul, may cheerfully accomplish those things that thou wouldest have done; through Jesus Christ our Lord. **Amen.**

Please be seated for

A reading from the Book Genesis:

¹In the beginning when God created the heavens and the earth, ²the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. ³Then God said, 'Let there be light'; and there was light. ⁴And God saw that the light was good; and God separated the light from the darkness. ⁵God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

⁶And God said, 'Let there be a dome in the midst of the waters, and let it separate the waters from the waters.' ⁷So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. ⁸God called the dome Sky. And there was evening and there was morning, the second day.

⁹And God said, 'Let the waters under the sky be gathered together into one place, and let the dry land appear.' And it was so. ¹⁰God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. ¹¹Then God said, 'Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.' And it was so. ¹²The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. ¹³And there was evening and there was morning, the third day.

¹⁴And God said, 'Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, ¹⁵and let them be lights in the dome of the sky to give light upon the earth.' And it was so. ¹⁶God made the two great lights – the greater light to rule the day and the lesser light to rule the night – and the stars. ¹⁷God set them in the dome of the sky to give light upon the earth, ¹⁸to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. ¹⁹And there was evening and there was morning, the fourth day.

²⁰And God said, 'Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.' ²¹So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. ²²God blessed them, saying, 'Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.' ²³And there was evening and there was morning, the fifth day.

²⁴ And God said, 'Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.' And it was so. ²⁵God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

²⁶ Then God said, 'Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.'²⁷ So God created humankind in his image, in the image of God he created them; male and female he created them.²⁸ God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.'

Hear the word of the Lord, **thanks be to God.**

Please join in saying verses of Psalm 19 printed in bold.

PSALM 19.1-6

- 1 The heavens declare the glory of God:
and the firmament proclaims his handiwork;
- 2 **One day tells it to another:
and night to night communicates knowledge.**
- 3 There is no speech or language:
nor are their voices heard;
- 4 **Yet their sound has gone out through all the world:
and their words to the ends of the earth.**
- 5 There he has pitched a tent for the sun:
which comes out as a bridegroom from his chamber,
and rejoices like a strong man to run his course.
- 6 **Its rising is at one end of the heavens,
and its circuit to their farthest bound:
and nothing is hidden from its heat.**

THE SECOND READING

Revelation 3.14-22

A reading from the Revelation of St John the Divine.

¹⁴ 'And to the angel of the church in Laodicea write: The words of the Amen, the faithful and true witness, the origin of God's creation:

¹⁵ 'I know your works; you are neither cold nor hot. I wish that you were either cold or hot. ¹⁶ So, because you are lukewarm, and neither cold nor hot, I am about to spit you out of my mouth. ¹⁷ For you say, "I am rich, I have prospered, and I need nothing." You do not realize that you are wretched, pitiable, poor, blind, and naked. ¹⁸ Therefore I counsel you to buy from me gold refined by fire so that you may be rich; and white robes to clothe you and to keep the shame of your nakedness from being seen; and salve to anoint your eyes so that you may see. ¹⁹ I reprove and discipline those whom I love. Be earnest, therefore, and repent. ²⁰ Listen! I am standing at the door, knocking; if you hear my voice and

open the door, I will come in to you and eat with you, and you with me. ²¹To the one who conquers I will give a place with me on my throne, just as I myself conquered and sat down with my Father on his throne. ²²Let anyone who has an ear listen to what the Spirit is saying to the churches.'

Hear the word of the Lord,
thanks be to God.

Please stand for

THE HOLY GOSPEL

The Lord be with you. **And also with you.**

The Holy Gospel of our Lord Jesus Christ according to St John: 1.1-5
Glory to you, Lord Jesus Christ.

¹In the beginning was the Word, and the Word was with God, and the Word was God. ²He was in the beginning with God. ³All things came into being through him, and without him not one thing came into being. What has come into being ⁴in him was life, and the life was the light of all people. ⁵The light shines in the darkness, and the darkness did not overcome it.

For the Gospel of the Lord, **praise to you, Lord Jesus Christ.**

THE SERMON

The Revd Canon Christopher Carolane

THE NICENE CREED

We stand and together affirm the faith of the church as we say:

I believe in one God the Father Almighty, Maker of heaven and earth, And of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten son of God, Begotten of his Father before all worlds, God of God, Light of Light, Very God of very God, Begotten, not made, Being of one substance with the Father, By whom all things were made: Who for us men, and for our salvation came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: Whose kingdom shall have no end. And I believe in the Holy Ghost, The Lord and giver of life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe one Catholick and Apostolick Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the life of the world to come. Amen.

THE OFFERTORY

We rely entirely on your gift. Please be generous.

You can also donate online via our website www.cathedral.org.au/donate or by EFT BSB: 083-088, Account: 53-728-8315.



The following sentences are read:

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. *St Matthew 5.16.*

Lay not up for yourselves treasure upon the earth; where rust and moth doth corrupt, and where thieves break through and steal: but lay up for yourselves treasures in heaven; where neither rust nor moth doth corrupt, and where thieves do not break through and steal. *St Matthew 6.19.*

Whatsoever ye would that men should do unto you, even so do unto them; for this is the Law and the Prophets. *St Matthew 7.12.*

Remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive. *Acts 20.35.*

The people are seated as the altar is prepared and then kneel for

THE PRAYER FOR THE CHURCH

Let us pray for the whole state of Christ's Church:

Almighty and everliving God, who by thy holy Apostle hast taught us to make prayers, and supplications, and to give thanks, for all men; We humbly beseech thee most mercifully to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: And grant, that all they that do confess thy holy name may agree in the truth of thy Holy Word, and live in unity, and godly love.

We beseech thee also to lead all nations in the way of righteousness and peace; and so to direct all kings and rulers, that under them thy people may be godly and quietly governed. And grant unto thy servant *Elizabeth* our Queen, and to all that are put in authority under her, that they may truly and impartially minister justice, to the punishment of wickedness and vice, and to the maintenance of thy true religion, and virtue.

Give grace, O heavenly Father, to all Bishops, Priests and Deacons, especially to thy servants *Justin*, Archbishop of Canterbury, *Geoff* our Primate, *Philip*, our Archbishop, and *Andreas*, our Dean, that they may both by their life and doctrine set forth thy true and living Word and rightly and duly administer thy holy Sacraments.

Guide and prosper, we pray thee, those who are labouring for the spread of thy Gospel among the nations, and enlighten with thy Spirit all places of education and learning; that the whole world may be filled with the knowledge of thy truth.

And to all thy people give thy heavenly grace; and specially to this congregation here present; that, with meek heart and due reverence, they may hear, and receive thy Holy Word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity [*specific intercessions may be added here*]. And we commend to thy gracious keeping, O Lord, all thy servants departed this life in thy faith and fear, beseeching thee to grant them everlasting light and peace.

And here we give thee most high praise and hearty thanks for all thy Saints, who have been the chosen vessels of thy grace, and lights of the world in their several generations; and we pray, that rejoicing in their fellowship, and following their good examples, we may be partakers with them of thy heavenly kingdom.

Grant this, O Father, for Jesus Christ's sake, our only Mediator and Advocate; who liveth and reigneth with thee in the unity of the Holy Ghost, one God world without end. **Amen.**

THE COMMUNION

THE CONFESSION AND ABSOLUTION

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways; Draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God, meekly kneeling upon your knees.

Almighty God, Father of our Lord Jesus Christ, Maker of all things, judge of all men; We acknowledge and bewail our manifold sins and wickedness, which we, from time to time, most grievously have committed, by thought, word, and deed, against thy Divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, And are heartily sorry for these our misdoings; the remembrance of them is grievous unto us; The burden of them is intolerable. Have mercy upon us, Have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, Forgive us all that is past; and grant that we may ever hereafter Serve and please thee In newness of life, to the honour and glory of thy Name; through Jesus Christ our Lord. Amen.

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him; Have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

THE COMFORTABLE WORDS

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him:

Come unto me all that travail and are heavy laden, and I will refresh you.

St Matthew 11.28

So God loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *St John 3.16*

Hear also what Saint Paul saith. This is a true saying, and worthy of all men to be received, That Christ Jesus came into the world to save sinners. *1 Timothy 1.15*

Hear also what Saint John saith. If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins. *1 John 2.1*

THE PREFACE

The Lord be with you.

And with thy spirit.

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto our Lord God.

It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Holy, holy, holy, Lord God of hosts, heaven and earth are full of thy glory:

Glory be to thee, O Lord most High.

Blessed is he who cometh in the name of the Lord. Hosanna in the highest.

THE PRAYER OF HUMBLE ACCESS

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.

THE PRAYER OF CONSECRATION

Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the Cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death, until his coming again; Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood: who, in the same night that he was betrayed, took Bread; and, when he had given thanks, he brake it, and gave it to his disciples, saying, Take, eat, this is my Body which is given for you: Do this in remembrance of me.

Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all of this; for this is my Blood of the New Testament, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me. **Amen.**

THE COMMUNION

The body of our Lord Jesus Christ, which was given for thee, preserve thy body and soul unto everlasting life. Take and eat this in remembrance that Christ died for thee, and feed on him in thy heart by faith with thanksgiving.

The blood of our Lord Jesus Christ, which was given for thee, preserve thy body and soul unto everlasting life. Drink this in remembrance that Christ's Blood was shed for thee, and be thankful.

During Communion please join in singing

THE HYMN



1 Praise to the li-ving God, all praise be to his name, who
was, and is, and is to be, and still the same: the—
one e - ter - nal God be - fore— what— now ap - pears, the
First, the Last, be - yond all—thought his— time - less years.

2
Formless, all lovely forms
declare his loveliness;
holy, no holiness on earth
can his express.
Behold the Lord of all:
creation speaks his praise,
and everywhere, above, below,
his will obeys.

3
God's Spirit freely flows,
high surging where it will:
in prophet's word he spoke of old,
is speaking still.
Established is God's law
and changeless it shall stand,
deep written on the human heart,
on sea, on land.

4
God has eternal life
implanted in the soul;
his love shall be our strength and stay
while ages roll.
Praise to the living God,
all praise be to his name,
who was, and is, and is to be,
and still the same.

Hebrew *Yigdal*, tr. Max Landsberg (1845-1928) and others alt.
Together in Song 102

THE LORD'S PRAYER

Our Father, which art in heaven, **Hallowed be thy Name. Thy kingdom come. Thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil: For thine is the kingdom, The power, and the glory, For ever and ever. Amen.**

THE PRAYER AFTER COMMUNION

Almighty and everliving God, we most heartily thank thee, for that thou dost vouchsafe to feed us, who have duly received these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; and dost assure us thereby of thy favour and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son. And we most humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

THE GLORIA

Glory be to God on high, and in earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty.

O Lord, the only-begotten Son, Jesu Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us.

For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.

THE NOTICES

THE BLESSING

The Peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his son Jesus Christ our Lord: and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

PRAY WITH US

THE WORLD In Afghanistan, girls are confined to their homes, presently not able to access education. The Secretary-General of the United Nations suggests the Taliban have broken promises. He also encourages cash support internationally to Afghanistan to prevent an economic collapse. So we continue to pray for the people who had hoped they might see some improvement in their living conditions. In Ethiopia, the national army has broken the ceasefire in an attempt to remove Tigrayan forces, while people suffer hunger and unprecedented malnutrition. We pray for a just distribution of available COVID vaccines as Kenya recognises that thoughtful distribution is also necessary because people there are receiving doses even though they are not on the priority list. In North Korea an arms exhibition to celebrate the founding of their Workers Party claimed to be showcasing nuclear weapons and their ballistic missile programme as a measure of self-defence. We give thanks for Azerbaijan and Iran agreeing to end their diplomatic crisis in talks, and also talks being held after 10 years, between Jordan and Syria where borders have been re-opened despite challenging economic conditions in both countries.

OUR CITY & STATE We give thanks for progress with Melbourne's Make Room project aiming to deliver crisis accommodation.

THE ANGLICAN COMMUNION The Church in the Province of the West Indies. As Desmond Tutu celebrates his 90th birthday, we honour him and thank God for his energy, enthusiasm and conviction providing pathways to peace in South Africa.

THE AUSTRALIAN ANGLICAN CHURCH The Diocese of Grafton (Bp Murray Harvey, Dean Greg Jenks, Clergy & People).

THE DIOCESE OF MELBOURNE Evangelical Fellowship in the Anglican Communion (EFAC) (Adam Cetrangolo, Chair); All Saints' Kooyong (Kuncoro Rusman, Lachlan Thompson. We give thanks for Synod online, drawing participants together in a new way, for the technology and expertise which enabled it and for issues raised and decisions made. For the Prevention of Violence Against Women in our Diocese, we ask God to provide the right appointment of a new chairperson.

OUR CATHEDRAL With our Creation-tide series, we participate in the strategies to bring concerns in writing before the government in the lead up to COP26. Having just concluded our Discipleship series, we honour the New Guinea Martyrs who answered God's call to witness even to the point of death.

THOSE IN SICKNESS OR NEED Joan Woodhouse, John Zhong, Patsy King, Maureen Wilson, Sara, Ibrahim, Ishaq and Ishmael, Emilio, Chris, Robyn & David Forbes, Judy Clift, Andrew, Janet Marsden, John, Henri-Felix Vinson, Sum Vita, Martin, Rebecca, Eric Young, Madonna Doherty, Laurie Mahoney, Monique, Maureen Wilson.

YEAR'S MINDS

- 17 John Burbury Moroney (Archdeacon, Canon) 2015
- 18 Jean Florence Nicoll (Congregation) 2019
- 20 Henry Henty (Lay Canon,
Member of the Cathedral Building Committee 1880s) 1912
- 21 Hubert Richard Murphy 1942

NOTICES

Welcome! We are delighted you have joined our service. If you have any questions and would like to speak to a staff member, please phone the office 9653 4333 during office hours or get in touch via our website: www.cathedral.org.au

If you're worshipping for the first time with us, please fill out a *welcome card* available from our website, www.cathedral.org.au/im-new, so we can get in touch with you.

Annual Seafarers Commemoration we welcome those joining us at our 10am service today. The Revd Jon Cox, Vicar of St Luke's South Melbourne and former Navy Chaplain, is our guest preacher.

Creation-tide Sermon Series begins today As we all enjoy the beauty of creation at this time of year as plants burst into spring-time life, the days grow longer and the air warms up, we turn our attention to God's glorious creation and our place in being stewards of both it and all the good gifts we enjoy from God. Along with our themed services and sermons, we encourage you to join our Bible studies each Sunday at 11.15am and to engage with the reflections, devotions, and other resources on our website: www.cathedral.org.au/creation-tide

Creation-tide Bible Study Continues today and continues each Sunday at 11.15am via Zoom. Today's study is led by Canon Jane. You can find the bible study material and link to join in here: www.cathedral.org.au/creation-tide

Choral Evensong will be broadcast tomorrow on Channel 31 (digital 44) at 2.30pm and repeated on Tuesdays at 5.10pm via Livestream.

Vietnam War & HMAS Australia Commemorate Services this week the Cathedral will hold two virtual Annual commemorate services. On Wednesday we remember those who served in the Vietnam War. On Friday we remember those who served on HMAS Australia. These services normally occur each year in the Cathedral in front of their respective commemorative plaques and we pray for those who will watch them online. If you'd like to watch them, please visit the Online Worship section of our website.

Mental Health Month Webinar Join Professor Emeritus Bruce Tonge, patron of Mental Health Foundation Australia and congregation member, for a special Mental Health Month Webinar next Friday 22 October at 2.00pm via Zoom: '*Mental Health Month – Post pandemic recovery, challenges and resilience*'. This webinar will be held as part of the October Cathedral Seniors Group Meeting. Details available in the weekly email updated and on our website.

All Saints / All Souls Memorial List You are welcome to add the names of any you would like remembered in our All Saints' Day services, Sunday October 31st. Please email names to parishprayer@stpaulscathedral.org.au by midday Thursday 28th October.

English Conversation Corner Join us for a free, relaxed conversation group facilitated by one of our trained volunteers, each Monday at 2.30pm. Classes are open to anyone over the age of 18. Sessions cover a range of topics: everything from places of interest

in Melbourne to finding a job. Please let others know who may find this helpful. Registration details can be found on our website.

October Edition of The Melbourne Anglican is now available electronically via: tma.melbourneanglican.org.au/this-months-tma

Carols at Curfew Each night at curfew we invite you to unite with us in voice as we sing hymns of praise and hope to lighten the night! We'll be sharing a hymn, blessing, and organ piece at 9pm every night of curfew to proclaim the light and hope we find in God's unfailing love. Together let us give voice to hope in times of darkness: www.cathedral.org.au/carolsatcurfew

Weekly notices and events direct to your inbox Receive the weekly notices as well as details of Cathedral events, prayer points and weekly readings direct to your inbox each Friday. Sign up here: <http://eepurl.com/gkAJaX>

NATIONAL MENTAL HEALTH MONTH

The effects of mental health problems are huge, and given the challenging times we are living in with coronavirus, it's more important than ever that we take steps to support good mental health.

October is National Mental Health Month, an initiative of the Mental Health Foundation Australia (MHFA), to advocate for and raise awareness of mental health - Prof. Bruce Tonge is Patron of the Mental Health Foundation.

Visit our website for resources to help support good mental health, including:

- Links to MHFA Australia Webinars and other Events taking place throughout October.
- Download a Wellbeing Calendar with simple daily tasks and reminders to help you prioritise your Mental Health.
- A series of reflections written by Revd Professor Chris Cook, Project Director for Spirituality, Theology and Mental Health at Durham University (UK), and accompanied by "have a go" habits.
- A webinar looking at Anxiety and PTSD through the lens of COVID, hosted by MHFA and the Victorian Multicultural Commission.

Access the resources on our website:

www.cathedral.org.au/2021/10/05/national-mental-health-month-resources

Help is available

If you need someone to talk to, call:

- **Lifeline** on 13 11 14
- **Kids Helpline** on 1800 551 800
- **MensLine Australia** on 1300 789 978
- **Suicide Call Back Service** on 1300 659 467
- **Beyond Blue** on 1300 22 46 36
- **Headspace** on 1800 650 890

You may also like to consider financially supporting some of these important organisations that are facing unprecedented demand and rely heavily on donations.

THIS WEEK

This Sunday

8am Holy Communion (BCP)
9.15am Coffee Hour *via Zoom*
10am Sung Eucharist & Annual
Seafarers Commemoration
11.15am Bible Study *via Zoom*
1pm Mandarin Worship 華語崇拜

Monday

2.30pm Choral Evensong
Broadcast on Channel 31 (digital 44)

Tuesday

5.10pm Choral Evensong

Wednesday

12.15pm Lunchtime Eucharist
2.00pm Vietnam Veterans
Commemoration Service

Friday

11.00am HMAS Australia
Commemoration Service

Next Sunday

8am Holy Communion (BCP)
9.15am Coffee Hour *via Zoom*
10am Sung Eucharist
11.15am Bible Study *via Zoom*
1pm Mandarin Worship 華語崇拜

All services available via livestream on
Youtube, Facebook or our Website.

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