

*Sunday at  
St Michael's*

FIRST SUNDAY IN LENT

6 MARCH 2022

“LENT: JOURNEY INWARD,  
JOURNEY OUTWARD”

MINISTER: REV DR MARGARET MAYMAN

MUSIC: SUSANNAH NG (VIOLIN)  
JOSEPHINE VAINS (CELLO)  
& RHYS BOAK (PIANO & ORGAN)

CANTOR: CAILIN HOWARTH

## WELCOME TO ST MICHAEL'S

St Michael's is a vibrant, progressive, inclusive church with a long tradition of nurturing the spiritual well-being of the human person and working for the common good in society.

We are proud of our independent spirit; seeking continually to discover new ways to understand faith and to demonstrate it in our lives, and in the heart of the city.

As part of the Uniting Church in Australia, St Michael's is committed to involvement in social and national affairs. We hold foundational Christian values of the importance of every human being, the need for integrity in public life and concern for the welfare of the whole human race, irrespective of race, creed, gender, sexuality, status or age.

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### OFFICE BEARERS

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**Treasurer:** Ian Cox

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Chair: Peter Anderson

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(Keeping Children Safe)

Val Gill

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Chair: Lyndell O'Brien

Deputy Chair: Joy Arnot

**Programs**

Chair: Lorraine Neil Blood

**Organist & Manager of Music**

Rhys Boak

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### ST MICHAEL'S UNITING CHURCH OFFICE

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Please send notices to [office@stmichaels.org.au](mailto:office@stmichaels.org.au) by 11.30am Wednesday.



♥ OPEN HEARTS. OPEN MINDS. OPEN DOORS! ♥

Sunday Gatherings are offered Online and In-Church.

<http://www.stmichaels.org.au/>

<https://www.youtube.com/playlist/SundayatStMichaels>

## ONLINE GATHERING NOTES

### CANTORS

Jesika Clark & Georgia Wilkinson

### MUSIC FOR CONTEMPLATION

“À Chloris” - Reynaldo Hahn (1874-1947)

This work dates from the early 20th century and was penned by the Venezuelan born, but naturalized French composer, Reynaldo Hahn. Hahn is today best remembered for his vocal songs but wrote a great deal of instrumental music as well. Today’s version is an adaptation for violin and piano but was originally composed for the soprano voice.

Helen Bower (Violin) & Rhys Boak (Piano)

### POSTLUDE

Finlandia Op. 26 – J. Sibelius (1865-1957)

Jean Sibelius’ tone poem *Finlandia* is one of the most moving and stirring pieces in all music. The work was transcribed for the organ with Sibelius’ blessing, by his friend Herbert Fricker. The chorale that appears in the middle is not only the Finnish national anthem, but it has also been adapted to become a very well-known hymn tune.

Rhys Boak (Organ)

## PROCESSIONAL

*The people stand, as they are able, for the processional.*

## ACKNOWLEDGEMENT OF COUNTRY

We begin with an acknowledgement of country.

The land on which St Michael's stands is the sovereign and unceded country of the Wurundjeri people of the Kulin Nation.

***We pay our respects to their Elders, past and present,  
who have cared for this country since its creation.***

***We commit ourselves to working for a more just sharing  
of resources and power between the First and Second  
peoples of Australia.***

## INCLUSIVE GREETING

*Wherever you are on your spiritual journey,  
wherever you've come from, wherever you're going to,  
whatever you believe, whatever you do not believe,  
you are welcome.*

## GATHERING AND WELCOME

In the season of Lent,  
we gather here to celebrate life's beauty  
and find healing for its pain;  
to honour our kinship with each other and with the earth;  
and to create a more compassionate world,  
beginning with ourselves.

HYMN

GUIDE ME, O MY GREAT REDEEMER  
CANTOR: CAILIN HOWARTH



Guide me, O my great Redeemer,  
pilgrim through this barren land;  
I am weak, but you are mighty;  
hold me with your loving hand:  
*bread of heaven, bread of heaven,  
feed me now and evermore,  
feed me now and evermore.*

Open now the crystal fountain,  
where the living waters flow.  
Let the fire and cloudy pillar  
lead me all my journey through:  
*strong deliverer, strong deliverer,  
ever be my strength and shield,  
ever be my strength and shield.*

When I tread the verge of Jordan,  
bid my anxious fears subside;  
death of death, and hell's destruction,  
land me safe on Canaan's side:

*Songs of praises, songs of praises  
I will ever sing to you,  
I will ever sing to you.*

*Words: William Williams 1717-91  
Tune: Cwm Rhondda  
John Hughes (1873–1932)*

## PRAYER OF AWARENESS

### JESUS' PRAYER

***God, you are life for us,  
holy be your name.  
Your new day come, your will be done,  
on earth as in your vision.  
Give us this day our bread for the morrow;  
and forgive us our sins,  
as we forgive those who sin against us.  
Strengthen us in the time of test,  
and deliver us from evil.  
For the power and the splendour  
and the fulfillment are yours,  
now and forever.  
Amen.***

## SHARING A SIGN OF PEACE

May the Peace of Divine Presence be with you.  
***And also with you.***

*People are invited to offer greetings  
and gestures of peace.*

For the stories of Jesus, shaping faith and life,  
***We give thanks.***

MUSIC FOR CONTEMPLATION

Two part invention No. 7 in E minor – J.S. Bach (1685-1750)

J.S. Bach conceived this music as two interacting melodies, weaving together and harmonizing each other. Originally composed for the Harpsichord, we hear this music today with the Violin and Cello each taking one of the melodies.

Susannah Ng (Violin) & Josephine Vains (Cello)

CONTEMPORARY READING

“Beloved is where we begin” by Jan Richardson

For wilderness journeys sustained by blessing,  
***We give thanks.***

HYMN

FOR FORTY DAYS AND FORTY NIGHTS



For forty days and forty nights,  
the desert place was Jesus' home.  
Baptised and blessed, God let him stay  
where thoughts of fame and fortune roam.

*Tenor/bass*      *If doubt is deep and faith is small,  
the desert place is where he'll stall:*

*Soprano/alto*    *If faith is deep and doubt is thin,  
the desert place is where he'll win.*

In unknown parts, where strangers meet,  
to build a bridge, they sit and eat.  
But where there's neither drink nor food,  
what can be done to make things good?

*Tenor/bass*      *If doubt is deep and faith is small,  
the desert place is where he'll stall:*

*Soprano/alto*    *If faith is deep and doubt is thin,  
the desert place is where he'll win.*

A mountain top reveals the earth  
in all its tragedy and mirth;  
Nations and people need a king  
to wisely govern everything.

*Tenor/bass*      *If doubt is deep and faith is small,  
the desert place is where he'll stall:*

*Soprano/alto*    *If faith is deep and doubt is thin,  
the desert place is where he'll win.*

For forty days and forty nights,  
the desert place was Jesus' home.  
Baptised and blessed, God let him stay  
where thoughts of fame and fortune roam.

*And we who follow Christ today,  
are prone to hear the tempter's voice.*

*And whether we say Yes or No  
is our, not God's, peculiar choice.*

*John Bell (1949 -) & Graham Maule (1958-2019)*

*Tune: Jerusalem*

*Charles Hubert Hastings Parry (1848-1918)*



REFLECTION

JOURNEY INWARD, JOURNEY OUTWARD

MUSIC FOR CONTEMPLATION

'El Choclo' - Angel Villoldo (1861-1919)

The Argentinain composer, Angel Vilolldol is best known for this song 'The corn cob'. The work is also known as 'Pure Tenderness'. We hear the work today played by the charming combination of Violin and Cello.

Susannah Ng (Violin) & Josephine Vains (Cello)

PRAYERS OF THE PEOPLE

*In thanksgiving and solidarity...*

HYMN

FOR YOU, DEEP STILLNESS

The image shows a musical score for a hymn in G major and 4/4 time. It consists of six staves of music. The first five staves contain the main melody, and the sixth staff contains a first and second ending. The key signature has one sharp (F#), and the time signature is 4/4. The melody is simple and contemplative, with a mix of quarter, eighth, and half notes, and rests.

For you, deep stillness of the silent inland  
For you, deep blue of the desert skies  
For you, flame red of the rocks and stones  
For you, sweet water from hidden springs.

From the edges seek the heartlands  
and when you're burnt by the journey  
may the cool winds of the hovering  
Spirit soothe and replenish you.

*In the name of Love, in the name of Love.*

For you, deep stillness of the silent inland  
For you, deep blue of the desert skies  
For you, flame red of the rocks and stones  
For you, sweet water from hidden springs.

From the edges seek the heartlands  
and when you're burnt by the journey  
may the cool winds of the hovering  
Spirit soothe and replenish you.

*In the name of Love, in the name of Love.*

*In the name of Love, in the name of Love.*

*Words: Julie Perrin (alt)*

*Tune: Robin Mann*

## OFFERING PRAYER

*A prayer dedicating the Sunday offering  
and gifts given in other ways to support the work of the church.*

***Compassionate God,  
who calls all people to be one family,  
may we share generously  
the gifts we have been given.  
May we be strengthened to make peace  
by working together,  
and challenged with a vision of the feast  
where all are welcome.  
Amen.***

# HOLY COMMUNION

## WELCOME TO THE TABLE

St Michael's Uniting Church is an open community, and all are invited to the table. Whatever you believe, whatever you do not believe, you are welcome to participate in the communion. The sacred meal is for all people.

## PRAYER OF THANKSGIVING

The Divine Presence is here.

***We lift our hearts in joy.***

We give thanks to you, O God, for you love the world.  
You look upon creation and name it good.

***You conceive in us possibilities,  
and carry us on into the timeless struggle  
of bringing to birth your reign of love.***

We praise you, God of the loving heart,  
for creating all things seen and unseen,  
for making us in your image,  
and for seeking us when we turn away.

We thank you for being known to us in Jesus the Human One,  
who was faithful even to death on a cross,  
who lives among us still as Christa/Community.

Through the power of your Spirit,  
open our eyes to the Risen One present among us  
in the breaking of the bread,  
Draw us into communion with you and one another  
that we may be signs of your love in this broken world,  
as we anticipate the coming of your reign of justice and peace.

***To you, Eternal Source,  
with Embodied Wisdom  
and the Spirit of Love  
be glory and honour now and forever.***

## THE STORY

On the night before Jesus died,  
as he shared a meal with friends,  
Jesus took some bread, and set aside some wine,  
honouring the God of faithful presence  
in the ordinary of life.

He gave thanks for all the blessings in his life.

Broke the bread.

Poured out the wine.

And shared both with his friends.

We break bread as Jesus broke bread,  
mindful of the call to love generously and faithfully,  
whatever the cost.

We pour out wine  
mindful of our responsibility  
to be bearers of forgiveness,  
creators of justice and understanding.

Holy God, let your Spirit well up in us  
and in these gifts of bread and wine,  
that we may be filled with hope for the journey.

***Amen.***

Minister: Gifts of the Earth and Spirit, Christ made known among us.

## SHARING BREAD AND WINE

The bread of life. ***Amen.***

The cup of blessing. ***Amen.***

## PRAYER AFTER COMMUNION

God of heaven and earth,  
you make us one in Christ.

*Inspire us with new vision  
and the wisdom of ancient dreams.  
Give us eyes to see you in the stranger  
that we may live out your radical hospitality.  
Amen.*

## NOTICES & ACKNOWLEDGEMENT OF MUSICIANS

HYMN

SPIRIT OF GENTLENESS

The image displays a musical score for the hymn "Spirit of Gentleness". It consists of six staves of music, all written in treble clef with a key signature of one sharp (F#) and a 3/4 time signature. The melody is simple and contemplative, featuring a mix of quarter, eighth, and half notes, with some phrases connected by slurs. The score concludes with a double bar line on the final staff.

*Spirit, spirit of gentleness,  
blow through the wilderness, calling and free,  
Spirit, spirit of restlessness,  
stir me from placidness, wind, wind on the sea.*

You moved on the waters, you called to the deep,  
then you coaxed up the mountains from the valleys of sleep;  
and over the eons you called to each thing;  
wake from your slumbers and rise on your wings.

*Spirit, spirit of gentleness,  
blow through the wilderness, calling and free,  
Spirit, spirit of restlessness,  
stir me from placidness, wind, wind on the sea.*

You swept through the desert, you stung with the sand  
and you goaded your people with a law and a land;  
and when they were blinded with idols and lies,  
then you spoke through your prophets to open their eyes.

*Spirit, spirit of gentleness,  
blow through the wilderness, calling and free,  
Spirit, spirit of restlessness,  
stir me from placidness, wind, wind on the sea.*

You sang in a stable, you cried from a hill,  
then you whispered in silence when the whole world was still;  
and down in the city you called once again,  
when you blew through your people on the rush of the wind.

*Spirit, spirit of gentleness,  
blow through the wilderness, calling and free,  
Spirit, spirit of restlessness,  
stir me from placidness, wind, wind on the sea.*

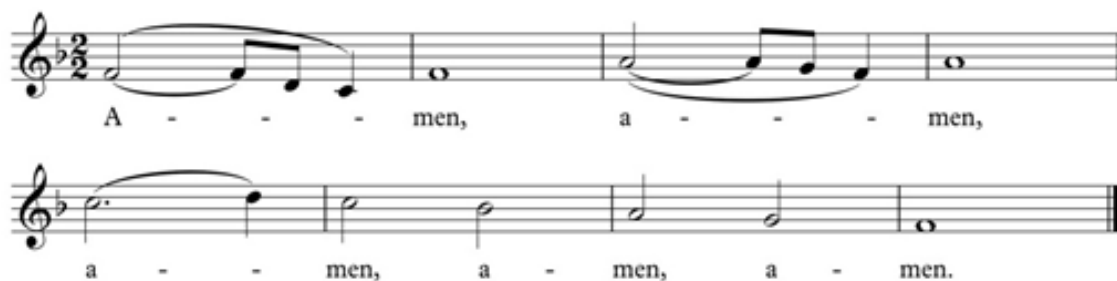
You call from tomorrow, you break ancient schemes.  
From the bondage of sorrow all the captives dream dreams;  
our women see visions, our men clear their eyes.  
With bold new decisions your people arise.  
Spirit, spirit of gentleness,  
blow through the wilderness, calling and free,  
Spirit, spirit of restlessness,  
stir me from placidness, wind, wind on the sea.

*Words and tune: Jim Manley  
Tune: Holy Spirit*

## BLESSING

A blessing for Lent.  
Travel gently on the journey.  
Know that Holy One who holds all things will be there.  
That Christ who calls us friend will walk beside us  
And the Spirit who makes all things new  
will lead us with light and hope.

## SUNG AMEN



*African-American spiritual  
Arr. N. T. Johnson*

## POSTLUDE

Divertimento No. 3 in G major – James Oswald (1710-1769)  
The English baroque composer, James Oswald wrote eighteen divertimentos for two guitars. This work has been adapted for the combination of Violin and Cello.  
Susannah Ng (Violin) & Josephine Vains (Cello)

## ACKNOWLEDGEMENTS

Jan Richardson "Beloved is where we begin" *Circles of Grace: a book of blessings for the seasons*. Wanton Gospeller Press, 2015.

Jesus Prayer. David B Royer and Jonathan C Nelson. *Flames of the Spirit: Resources for Worship*. Edited by Ruth C Duck.

"Guide me, O my great redeemer". Words: William Williams.  
Tune: Cwm Rhondda. John Hughes.

"For forty days and forty nights" John Bell & Graham Maule Tune:  
Jerusalem Charles Hubert Hastings Parry

"For you, deep stillness" Words: Julie Perrin (alt) Tune: Robin Mann

"Spirit of gentleness" Words and tune: Jim Manley Tune: Holy Spirit

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## MUSICIANS IN CHURCH

**Susie Ng** is a Melbourne-born violinist has performed in France, England, Holland, China and throughout Australia including several appearances at the Melbourne International Festival. She studied violin at the Victorian College of the Arts with Spiros Rantos and Miwako Abe before continuing her studies overseas with Yossi Zivoni in the UK and Olga Martinova in Amsterdam, where she was based until 2004. In the Netherlands Susie has appeared in the Lowlands, Uitmarkt and Prinsengracht Festivals, and worked with members of Amsterdam Sinfonietta, the Netherlands Philharmonic and Malando Tango Orkest. She has also been broadcast on ABC-Classic FM and 3MBS on numerous occasions.

In Australia she held a permanent 1st violin position with Orchestra Victoria for three years and has performed regularly with the Netherlands Philharmonic, the Melbourne and Tasmanian Symphony Orchestras. Her work has also encompassed other genres and includes collaborating with Luka Bloom, Irish ballad/rock singer in a series of intimate concerts in Dublin and Amsterdam. Susie has released her debut CD *Bitterzoet*, featuring violin and piano music of Tango and improvisation with renowned jazz pianist Mark Fitzgibbon. Recent performances include the complete Beethoven symphonies with the TSO and recitals at the Melbourne Recital Centre with Songmakers Australia.



**Josephine Vains** is an Australian cellist, chamber musician and educator, with a performance career that encompasses modern and historical cello. An adventurous spirit has taken her to some far-flung concert venues - from a 1000 year old cave in the heart of China to mountain-top Bach in the French Alps. Regular performances with Firebird Trio, Accademia Arcadia, Melbourne Baroque Orchestra, Genesis Baroque and ARCO fill her calendar. Her recordings have been released on HUSH, ABC Classics, Resonus Classics, Tall Poppies and reviewed in Gramophone Magazine. Today she is performing on a Thomas Dodd Cello (London), 1800.

## MUSICIAN ONLINE:

### **Helen Bower**

UK born violinist Helen Bower studied at Trinity Laban Conservatoire of Music and Dance in London, and upon graduation was awarded the Vivian Prindl Outreach Prize for her music/dance collaboration In the Loop. Alongside her classical music background, she is passionate about commissioning and performing new music and collaborating with artists from a wide variety of disciplines. Helen has spent several years exploring the use of live electronic looping equipment within the context of contemporary classical music with her project The Looping Glass, which has been performed in Australia, New Zealand and the UK.

Since relocating from London to Melbourne in 2012, Helen has forged a prominent name for herself in both the classical and contemporary Australian music scenes, with performances at venues such as Melbourne Recital Centre, Melbourne State Theatre, The Forum and La Mama Theatre, and for festivals including Melbourne Festival and WHITE NIGHT. She currently performs in Australia with new music ensemble Forest Collective and contemporary improvisation group Ensemble Density, and across China with Australian International Productions.

## NOTICES

St Michael's Notices are shared via the weekly eNews.

Subscribe to the eNews on the home page of the website [www.stmichaels.org.au](http://www.stmichaels.org.au) or email [office@stmichaels.org.au](mailto:office@stmichaels.org.au)

To read the eNews online <https://stmichaels.org.au/news-and-events/>

## SUNDAY @ ST MICHAEL'S – COVID-19

St Michael's Sunday services are offered online and in-person. Use of QR codes and proof of vaccination are not required for church services. Masks are worn whilst singing.

Proof of vaccination is required to join Morning Tea in the hall.

There is important information from the Church Council on our website <https://stmichaels.org.au/the-church/covid-19-response/>

## ST MICHAEL'S SOCIAL MEDIA



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