

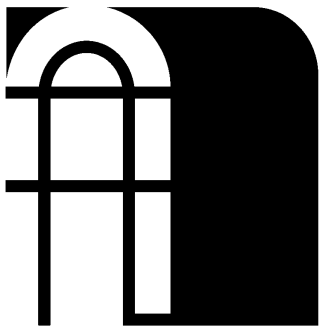
St James' Old Cathedral

6th April 2025 at 10:00am

Fifth Sunday in Lent

The Virtues of Jesus: Self-Denial

*Service of Holy Communion from
A Prayer Book for Australia (1995)*



St James' Old Cathedral

Acknowledgement of Country

We worship our creator God on the ancestral lands of the Wurundjeri people of the Kulin Nation. We acknowledge them as the traditional custodians of this land and pay our respects to their Elders past and present.

Child Safety Officer

We are committed to continuous improvement in a safe culture for all, and especially vulnerable persons. Our parish's Child Safety Officer is Una Ebsworth. Una is an accredited specialist in criminal law. All correspondence and questions relating to safety checks should be forwarded to her at safety@sjoc.org.au

The Old Cathedral Voices

Formed in March 2009 from some of Melbourne's finest choral soloists, The Old Cathedral Voices are a consort choir directed by Alex Ritter.

Today's singers are:

Roslyn White	Carolyn Baker	Jenny George
Alex Ritter	Lucy Hood	Clyde Saniga
Mike Mews	Andrew Anderson	

The Organ

The present organ was built in 1991 by Australian Pipe Organs, restoring and expanding the 1866 Fincham organ. 2 manuals, 18 speaking stops, 8 couplers. Gt: 8.8.4.4.2.III. Sw: 8.8.8.4.2.III.8. Ped: 16.16.10-2/3.8.4.

The Old Cathedral's organist is David Brown. David undertook studies as an organ scholar at the Universities of Cambridge and St Andrews. He also serves as College Organist for Scotch College.

The Bells

Melbourne's first peal of bells were the six bells hung in St James' Cathedral in 1853, replacing an old ship's bell. Two more were added in 1885. All were cast by Mears and Stainbank of Whitechapel Road, London, and are reputed to be the finest ever cast there. They are still rung regularly by a team of volunteers.

Processional (*All Stand*)

Lord, make me to know

The Old Cathedral Voices

W. Byrd (1540-1623)

Lord, make me to know thy ways.

O Lord, teach me thy paths.

O lead me in thy truth and teach me:

for thou art the God of my salvation.

Psalm 25:4-5

Greeting

Canon Matt Williams

Jesus humbled himself

and became obedient to the point of death—

even death on a cross.

Philippians 2:7-8

Jesus said: If any want to become my followers,

let them deny themselves

and take up their cross and follow me. *Mark 8:34*

Bless the Lord who forgives all our sins:

whose mercy endures for ever.

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

Let us pray.

Almighty God,

to whom all hearts are open,

all desires known,

and from whom no secrets are hidden:

cleanse the thoughts of our hearts

by the inspiration of your Holy Spirit,

that we may perfectly love you,

and worthily magnify your holy name,

through Christ our Lord. Amen.

Hymn 180 (Sine Nomine 384)

F. Tucker (1895-1984)

**All praise to thee, for thou, O King divine,
didst yield the glory that of right was thine,
that in our darkened hearts thy grace might shine. Alleluia!**

**Thou cam'st to us in lowliness of thought;
by thee the outcast and the poor were sought;
and by thy death was God's salvation wrought. Alleluia!**

**Let this mind be in us which was in thee,
who wast a servant that we might be free,
humbling thyself to death on Calvary. Alleluia!**

**Wherefore by God's eternal purpose, thou
art high exalted o'er all creatures now,
and given the name to which all knees shall bow. Alleluia!**

**Let every tongue confess with one accord,
in heaven and earth, that Jesus Christ is Lord,
and God the Father be by all adored. Alleluia!**

The Commandments

Canon Matt Williams

‘Hear, O Israel, the Lord our God, the Lord is one;
you shall love the Lord your God with all your heart,
and with all your soul,
and with all your mind,
and with all your strength.’

Jesus said: ‘This is the great and first commandment.
And a second is like it: you shall love your neighbour as yourself.’

Kyrie & Trisagion

Canon Matt Williams

Lord Jesus, receive the prayers we offer.

You bore our weaknesses and carried our sorrows.

Lord, have mercy. **Lord, have mercy.**

You felt compassion for the people,
and went among them doing good.

Christ, have mercy. **Christ, have mercy.**

You commanded your apostles to heal the sick in your name.

Lord, have mercy. **Lord, have mercy.**

Lord, have mercy on us now,
and help us in our time of need.

**Holy God, holy and mighty, holy and immortal,
have mercy on us.**

Silence is kept.

Collect of the Day

Canon Matt Williams

Father of all,
who gave your only-begotten Son
to take upon himself the form of a servant
and to be obedient even to death on a cross:
give us the same mind that was in Christ Jesus,
that, sharing in his humility,
we may come to be with him in his glory;
where he lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Collect for Hope²⁵

Canon Matt Williams

God of Hope,
you call on us to be your witnesses in this uncertain world;
by your Spirit awaken in us
a true vision of your kingdom,
a greater certainty of our salvation, and
a deeper dedication to your service;
that through our words and actions the same Spirit may
bring many who are lost to be found,
and for them to celebrate the hope
that we can only have in Jesus Christ,
in whose name we pray. **Amen.**

Prayer for The Ministry of the Word Canon Matt Williams

Heavenly Father,
 give us wisdom and understanding.
As we listen to your Word,
 may we know you better,
 love you more,
 and learn to please you in all we do;
through Jesus Christ our Lord. **Amen.**

Gathering for Children's Chapel Alex De-Leon

We offer an age-appropriate experience of the Ministry of the Word for children, led today by Alex De-Leon. They are invited to process out to the conference centre, as the following anthem is sung. They will return in time to join us at Holy Communion.

Childsafe Policy: Children's Chapel is supervised at all times by at least two unrelated adults with current Working with Children Check approvals.

Meditation The Old Cathedral Voices

Since you are God's dear Children D. Mason (b. 1929)

Composed for The Old Cathedral Voices. Premiered 6th November 2011.

*Since you are God's dear children, you must try to be like him:
your life must be controlled by love,
just as Christ loved us and gave his life for us,
as a sweet-smelling offering and sacrifice that pleases God.
Try to be like him. Ephesians 5:1-2 (GNT)*

While they were at Hazeroth,

Miriam and Aaron spoke against Moses

because of the Cushite woman whom he had married

(for he had indeed married a Cushite woman); ²and they said,

‘Has the Lord spoken only through Moses?

Has he not spoken through us also?’

And the Lord heard it.

³Now the man Moses was very humble,

more so than anyone else on the face of the earth.

⁴Suddenly the Lord said to Moses, Aaron, and Miriam,

‘Come out, you three, to the tent of meeting.’

So the three of them came out.

⁵Then the Lord came down in a pillar of cloud,

and stood at the entrance of the tent,

and called Aaron and Miriam;

and they both came forward.

⁶And he said, ‘Hear my words:

When there are prophets among you,

I the Lord make myself known to them in visions;

I speak to them in dreams.

⁷Not so with my servant Moses;

he is entrusted with all my house.

⁸With him I speak face to face—clearly, not in riddles;

and he beholds the form of the Lord.

Why then were you not afraid to speak against my servant Moses?’

⁹And the anger of the Lord was kindled against them,

and he departed.

¹⁰When the cloud went away from over the tent,
Miriam had become leprous, as white as snow.

And Aaron turned towards Miriam and saw that she was leprous.

¹¹Then Aaron said to Moses, 'Oh, my lord, do not punish us
for a sin that we have so foolishly committed.

¹²Do not let her be like one stillborn, whose flesh is half consumed
when it comes out of its mother's womb.'

¹³And Moses cried to the Lord, 'O God, please heal her.'

Hear the Word of the Lord: **Thanks be to God.**

Psalm 25:1-9

Canon Matt Williams

In you, O Lord my God, have I put my hope:

**in you have I trusted, let me not be ashamed,
nor let my enemies triumph over me.**

Let none who wait for you be put to shame:

**but let those that break faith
be confounded and gain nothing.**

Show me your ways, O Lord:

and teach me your paths.

Lead me in the ways of your truth, and teach me:

for you are the God of my salvation.

In you have I hoped all the day long:

because of your goodness, O Lord.

Call to mind your compassion and your loving-kindness:

for they are from of old.

Remember not the sins of my youth, nor my transgressions:

but according to your mercy think on me.

Good and upright is the Lord:

therefore will he direct sinners in the way.

The meek he will guide in the path of justice:

and teach the humble his ways.

Epistle: Philippians 2:1-11

Mimi Lee

If then there is any encouragement in Christ,
any consolation from love, any sharing in the Spirit,
any compassion and sympathy, ²make my joy complete:
be of the same mind, having the same love,
being in full accord and of one mind.

³Do nothing from selfish ambition or conceit,
but in humility regard others as better than yourselves.

⁴Let each of you look not to your own interests,
but to the interests of others.

⁵Let the same mind be in you that was in Christ Jesus,

⁶who, though he was in the form of God,
did not regard equality with God as something to be exploited,

⁷but emptied himself, taking the form of a slave,
being born in human likeness.

And being found in human form,

⁸he humbled himself
and became obedient to the point of death—
even death on a cross.

⁹Therefore God also highly exalted him
and gave him the name that is above every name,

¹⁰so that at the name of Jesus
every knee should bend,
in heaven and on earth and under the earth,

¹¹and every tongue should confess that Jesus Christ is Lord,
to the glory of God the Father.

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

Hymn 265 (Stuttgart)

J. Bowring (1792-1872)

**In the cross of Christ I glory,
towering o'er the wrecks of time;
all the light of sacred story
gathers round its head sublime.**

**Through the cross, Christ's love empowers us
worldliness and self deny;
by his Spirit it inspires us
him, through love, to glorify.**

**When the woes of life o'ertake us,
hopes deceive and fears annoy,
never shall the cross forsake us,
from it shines our peace and joy.**

**Bane and blessing, pain and pleasure,
by the cross are sanctified;
peace is there that knows no measure,
joys that through all time abide.**

**In the cross of Christ I glory,
towering o'er the wrecks of time;
all the light of sacred story
gathers round its head sublime.**

The gospel is written in the thirteenth chapter of the gospel according to John, beginning at the first verse.

Glory to you, Lord Jesus Christ.

Now before the festival of the Passover,

Jesus knew that his hour had come to depart from this world and go to the Father.

Having loved his own who were in the world, he loved them to the end.

²The devil had already put it into the heart of Judas son of Simon Iscariot to betray him.

And during supper ³Jesus,

knowing that the Father had given all things into his hands, and that he had come from God and was going to God,

⁴got up from the table, took off his outer robe, and tied a towel around himself.

⁵Then he poured water into a basin

and began to wash the disciples' feet and to wipe them with the towel that was tied around him.

⁶He came to Simon Peter, who said to him,

'Lord, are you going to wash my feet?'

⁷Jesus answered, 'You do not know now what I am doing, but later you will understand.'

⁸Peter said to him, 'You will never wash my feet.'

Jesus answered, 'Unless I wash you, you have no share with me.'

⁹Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!'

¹⁰Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean.

And you are clean, though not all of you.'

¹¹For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

¹²After he had washed their feet, had put on his robe, and had returned to the table, he said to them,

'Do you know what I have done to you?

¹³You call me Teacher and Lord—and you are right, for that is what I am.

¹⁴So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.

¹⁵For I have set you an example, that you also should do as I have done to you.

¹⁶Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them.

¹⁷If you know these things, you are blessed if you do them.

For the gospel of the Lord: **Praise to you, Lord Jesus Christ.**

Sermon

Rev. Mike Raiter

Anthem

Alex Ritter (Alto)

**The Woodcutters Song
from *The Pilgrim's Progress***

**R. Vaughan Williams
(1872-1958)**

*He that is down need fear no fall
he that is low, no pride;
he that is humble ever shall
have God to be his guide.*

*I am content with what I have,
little be it, or much;
and Lord, contentment still I crave,
because thou savest such.*

*Fulness to such a burden is
that go on pilgrimage;
Here little, and hereafter bliss,
is best from age to age.*

J. Bunyan (1628-1688)

Let us together affirm the faith of the church:

**We believe in one God, the Father, the almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,**

**God from God, Light from Light, true God from true God,
begotten, not made, of one being with the Father;
through him all things were made.**

**For us and for our salvation he came down from heaven,
was incarnate of the Holy Spirit and the virgin Mary
and became truly human.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures;
he ascended into heaven**

and is seated at the right hand of the Father.

**He will come again in glory to judge the living and the dead
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is worshipped and glorified,
who has spoken through the prophets.**

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

**We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Intercessory Prayers

Elizabeth Blades-Hamilton

Response:

Lord, in your mercy:

hear our prayer.

Let us join together in the prayer which Jesus taught us.

Our Father in heaven, hallowed be your name,

your kingdom come, your will be done on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

For the kingdom, the power, and the glory are yours

now and for ever. Amen.

Preparation for the Lord's Supper

Canon Matt Williams

Let us pray.

We do not presume to come to your table, merciful Lord,

trusting in our own righteousness,

but in your manifold and great mercies.

We are not worthy so much

as to gather up the crumbs under your table.

But you are the same Lord, whose nature is always to have mercy.

Grant us, therefore, gracious Lord,

so to eat the flesh of your dear Son Jesus Christ,

and to drink his blood,

that we may evermore dwell in him, and he in us. Amen.

Confession

Canon Matt Williams

We do not have a High Priest
who is unable to sympathise with our weaknesses,
but one who has been tested in every way as we are,
yet without sin. *Hebrews 4:15*

Let us confess our sins in penitence and faith,
confident in God's forgiveness.

**Merciful God,
our maker and our judge,
we have sinned against you in thought, word, and deed,
and in what we have failed to do:
we have not loved you with our whole heart;
we have not loved our neighbours as ourselves;
we repent, and are sorry for all our sins.
Father, forgive us.
Strengthen us to love and obey you in newness of life;
through Jesus Christ our Lord. Amen.**

Absolution

Canon Matt Williams

Almighty God,
who has promised forgiveness to all who turn to him in faith:
pardon you and set you free from all your sins,
strengthen you in all goodness
and keep you in eternal life,
through Jesus Christ our Lord. **Amen.**

The Greeting of Peace (All Stand.) *Canon Matt Williams*

We are the body of Christ: **His Spirit is with us.**

The peace of the Lord be always with you.

And also with you.

Hymn 258 (Rockingham)

I. Watts (1674-1748)

**When I survey the wondrous cross
on which the Prince of glory died,
my richest gain I count but loss,
and pour contempt on all my pride.**

**Forbid it, Lord, that I should boast
save in the death of Christ my God;
all the vain things that charm me most,
I sacrifice them to his blood.**

**See from his head, his hands, his feet,
sorrow and love flow mingled down;
did e'er such love and sorrow meet,
or thorns compose so rich a crown?**

**Were the whole realm of nature mine,
that were a present far too small:
love so amazing, so divine
demands my soul, my life, my all.**

Thanksgiving & Holy Communion *Canon Matt Williams*

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

All glory and honour be yours always and everywhere,
mighty creator, everliving God.

We give you thanks and praise for your Son,
our Saviour Jesus Christ,
who by the power of your Spirit was born of Mary
and lived as one of us.

He was tempted in every way as we are,
yet he did not sin.

By his death on the cross
and rising to new life,
he offered the one true sacrifice for sin
and obtained an eternal deliverance for his people.

By his grace we are able to triumph over every evil,
and to walk in the way of his love.

Therefore with angels and archangels
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and saying:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Merciful God, we thank you for these gifts of your creation,
this bread and wine,
and we pray that by your Word and Holy Spirit,
we who eat and drink them
may be partakers of Christ's body and blood.

On the night when he was betrayed Jesus took bread;
and when he had given you thanks
he broke it, and gave it to his disciples, saying,
'Take, eat. This is my body given for you.
Do this in remembrance of me.'

After supper, he took the cup,
and again giving you thanks
he gave it to his disciples, saying,
'Drink from this, all of you.
This is my blood of the new covenant
shed for you and for many
for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.'

Christ has died.

Christ is risen.

Christ will come again.

Therefore we do as our Saviour has commanded:
proclaiming his offering of himself
made once for all upon the cross,
his mighty resurrection and glorious ascension,
and looking for his coming again,
we celebrate, with this bread and this cup,
his one perfect and sufficient sacrifice
for the sins of the whole world.

Renew us by your Holy Spirit,
unite us in the body of your Son,
and bring us with all your people
into the joy of your eternal kingdom;
through Jesus Christ our Lord,
with whom, and in whom,
in the fellowship of the Holy Spirit,
we worship you, Father,
in songs of never-ending praise:

**Blessing and honour and glory and power
are yours for ever and ever. Amen.**

We who are many are one body,
for we all share in the one bread.

Come, let us take this holy sacrament of the body and blood of Christ
in remembrance that he died for us,
and feed on him in our hearts by faith with thanksgiving.

*All baptised believers in the Lord Jesus Christ
including children at their parents' discretion
are welcome to join us at the Lord's Table.*

Gluten free wafers are available on request.

*If you prefer an individual cup of grape juice,
simply decline the common cup of wine when it is offered to you.*

During Communion

The Old Cathedral Voices

I give you a new commandment

P. Aston (1938-2013)

I give you a new commandment: love one another.

As I have loved you, so you are to love one another.

If there is this love among you

then all will know that you are my disciples.

John 13:34-35

After Communion

Canon Matt Williams

God of mercy, may we who have shared this holy meal
know your forgiveness in our lives,
bring your reconciliation to others,
and be a sign of your wholeness in this broken world.

Father,

we offer ourselves to you

as a living sacrifice

through Jesus Christ our Lord.

Send us out in the power of your Spirit

to live and work to your praise and glory.

Notices

Canon Matt Williams

Hymn 170ii v1,2,4,5 (Camberwell)

C. M. Noel (1817-77)

**At the name of Jesus
every knee shall bow,
every tongue confess him
King of Glory now:
'tis the Father's pleasure
we should call him Lord,
who from the beginning
was the mighty Word.**

**Humbled for a season
to receive a name
from the lips of sinners
unto whom he came,
faithfully he bore it,
spotless to the last,
brought it back victorious
when from death he passed.**

**In your hearts enthrone him,
there let him subdue
all that is not holy,
all that is not true;
crown him as your Captain
in temptation's hour,
let his will enfold you
in its light and power.**

**Brothers, this Lord Jesus
shall return again
with his Father's glory,
with his angel train:
for all wreaths of empire
meet upon his brow,
and our hearts confess him
King of Glory now.**

Blessing & Dismissal

Canon Matt Williams

Christ our Saviour draw you to himself,
that you may find in him crucified
a sure ground for faith,
a firm support for hope,
and the assurance of sin forgiven,
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord:
In the name of Christ. Amen.

Recessional

David Brown (Organ)

*Please join us for morning tea
in the Conference Centre next door.*

*Instead of collecting offertories during the service, we gratefully
receive free offerings made at the exit, or by electronic transfers to:*

St James' Old Cathedral

BSB: 013 377

Acc. No.: 008 684 064

*Tax deductible giving to support our music program is also possible
through the St James' Gift Fund:*

Melbourne West ITF Gift Fund

BSB: 013 377

Acc. No.: 526 890 909

Child Safe Culture Principle of the Week

6. Do Paperwork with Thanksgiving!

It is hard to get excited about paperwork at the best of times. Not all the paperwork mandated for child safe compliance by government and church bodies is optimised for actual safety.

Nonetheless, it needs to be done, and it is better to have some inefficiencies in our vetting processes than not to have any at all.

So we strive to do our paperwork with thanksgiving – not for the work itself, but for the additional safety it provides to our community and especially our children.

We encourage everyone to go above and beyond – ideally our whole community would have a police check and a working with children check card completed, so that any time you consider serving in a role these protocols were already done. And ideally everyone would complete child safe training, to enhance the level of understanding of best practice in our church community.

To find out what you could do, email Una at safety@sjoc.org.au

Kooyoora is on 1800 135 246. Our local police are on 03 8690 4444.

Other principles:

- 1. Insist on two unrelated adults**
- 2. Kooyoora is your friend.**
- 3. Don't look into it.**
- 4. Make grooming look odd.**
- 5. Make allies not accusations**

HOPE25

HOPE IN AN UNCERTAIN WORLD

Hope25 is an initiative of the Anglican Church of Australia for an intentional season of sharing our hope in Jesus from Easter to Pentecost in 2025. At St James' Old Cathedral we are planning 3 main activities:

During Lent we will prepare using a study booklet put together by our bishops - Hope25 Lenten Studies 2025. The booklet contains testimonies, daily devotions (beginning Ash Wednesday, March 5th), and also **weekly group studies** which we will go through after church:

- From the second Sunday in Lent (Sunday March 16th - Sunday April 13th) in the Conference Centre adjacent to the hall
- Beginning 15 minutes after the end of the service and lasting around 30 minutes (approximately 11:45am - 12:15pm)

On Easter Day (April 20th) the service at St James' Old Cathedral will aim to present our hope in Christ in an especially accessible and inviting way. Afterwards we will have a celebratory morning tea.

After Easter and through Pentecost (June 8th) we will run a 7 week course exploring the fundamentals of the Christian faith. Register here using this QR Code.



Feel free to reach out to Owen Billington, Leon Di Stefano, Bei-En Zou, or Graeme and Anne Sells with any questions or if you would like to be involved.

Intercessions

We pray for: Our West Melbourne Community; Haileybury College; Mike Raiter and The Centre for Biblical Preaching; Emma Payne (CMS); Chris & Sarah Griffioen and family (OM); Australian Indigenous Churches; Ridley College; Trinity College; the Overseas Chinese Christian Church; Tony and Wendy Greenwood; Neil; Beverly Stephenson; Sergio Altin; Hugo Ellis; Josephine Carne; Jean Ely; Lorraine Hedley; Merle Taylor; Jamie Chisholm; Stuart; Janette Wells; Lisa Thompson; Jenny Swain; Jean Miller; Tony Billington; Ken McAlpine.

Notices

- We praise God that after many years in our prayers, Jill Sculley is in full remission from her cancer. She thanks you for your faithful support.
- Owen is leading ourHope25 Sunday bible study after the service today.
- Two services coming up are especially good for inviting friends and family including people unfamiliar with the Christian faith: the Good Friday Service at 10am (Passion Reading with Musical Meditations) and our Hope25 Service on Easter Sunday. The latter service will include the Baptism of Will Batten, who will also share his Testimony.

Contact Details

Vicar:	Rev. Canon Matt Williams	0403 770 867
Associate Minister:	Rev. Mike Raiter	0425 211 058
Lay Minister:	Ms. Bei-En Zou	0434 899 839
Student Minister:	Mr. Alex De-Leon	0481 040 243
On-Site Manager:	Ms. Lisa Wardell	0417 624 915
Child Safety Officer:	Ms. Una Ebsworth	0400 717 571
Churchwardens:		
Mr David Spriggs		0417 190 319
Ms Elizabeth Blades-Hamilton		0423 100 677

www.sjoc.org.au