

# Cathedral Church of Christ the King

*The Anglican Church of  
Australia*

*Diocese of Ballarat*



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Ballarat, Victoria

Acting Dean

The Right Rev'd Garry  
Weatherill  
Bishop of Ballarat

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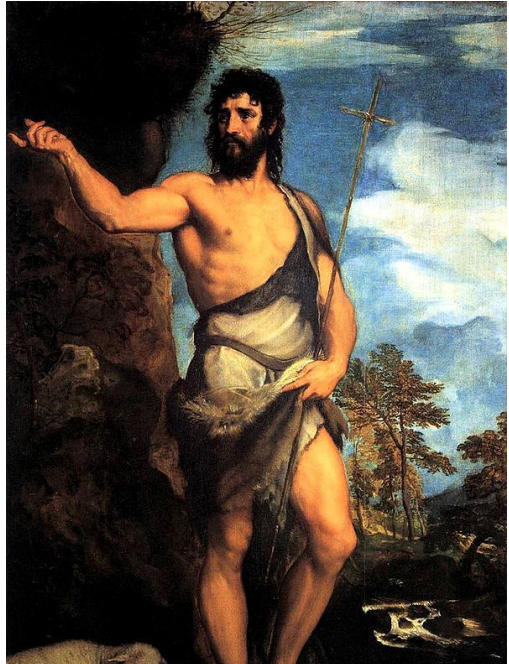
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Welcome to the Cathedral.  
**Please take this booklet  
with you.**

If you are new or visiting and  
want more information,  
please complete our Welcome  
Card

# THIRD SUNDAY OF ADVENT



## **Celebrant & Preacher**

The Rt. Revd. Garry Weatherill  
Bishop of Ballarat and Acting Dean

**Sunday 13<sup>th</sup> December 2020  
10am**

## We welcome you to the Cathedral today

### A special welcome to visitors and those attending for the first time.

We are strictly adhering to the COVID19 requirements and restrictions. As a result, please note the following:

1. Kindly sanitise your hands BEFORE entering and BEFORE leaving the Cathedral.
2. Please register either by using the **QR code which is in this booklet (last page)** or register preferably before attending any our services by giving your name and contact details to the ushers.
3. You are encouraged to switch on the COVID-19 app on your mobile phones.
4. **With the current easing of restrictions, the density rule applies.** However, where possible, please keep to the 1.5m distance between people from different households at all times. This means no physical contact during the greeting of peace or greeting one another before and after the service by those of different households.
5. Communion will be in one kind only.
6. There will be no offertory procession. The collection bowl will be placed at the entrance of the Cathedral, next to an usher who will greet you at the door. Please consider making your offering by direct debit.
7. Crosses on the floor and on the pews are there to help you keep the distance required.
8. The order of service is printed for you to take it home with you and after reading, please recycle it.
9. Please follow the directions of the ushers especially during communion.

### The words in the bold print are said by all.

Should you wish to support our ministry electronically instead of using cash, please make a direct transfer to the “Christ Church Cathedral” account at:

**Commonwealth Bank BSB: 063502 A/C number: 10516638**

## ACKNOWLEDGMENTS

*Eucharistic Setting:*

*Cover Page Credit: John the Baptist - Renaissance masterpiece was created in about 1542 by Tiziano Vecellio, popularly known as Titian.*

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*This Cathedral acknowledges the Wadawurrung people who are the traditional custodians of this land and pays respect to the elders past and present of the Great Kulin nation who may be present and extends that respect to other Aboriginal people present.*

## THE HOLY EUCHARIST

### GATHERING IN GOD'S NAME

*Please stand when the bell is rung.*

#### PROCESSIONAL MUSIC

*The Sanctuary party will enter during the music followed by sprinkling of the holy water reminding us of our baptism.*

*The celebrant may briefly greet the people and introduce the service*

My sisters and brothers in Christ, let us pray to the Father who called us in baptism to be his people.

*Silence*

Blessed are you, Lord our God  
Father of all and creator of the universe:  
through the waters of baptism  
you have raised us to new life in Jesus.  
Help us to continue to die with Christ to sin  
and to live with him for you.

Blessed and praised are you God our Father  
through Jesus Christ your Son  
in the love of the Holy Spirit,  
one God for ever and ever.

**Amen.**

*The congregants respond by saying these words*

**May almighty God cleanse us of our sins, and through the celebration of this Eucharist make us worthy to share at the table of his kingdom. Amen.**

*Congregants are encouraged to make the sign of the cross as the holy water is sprinkled. The celebrant then returns to the sanctuary and proceeds incensing the altar. Thereafter, the Eucharist begins.*

#### GREETING & WELCOME

Blessed be God: Father, Son and Holy Spirit.

**Blessed be God's kingdom, now and for ever.**

The Lord be with you.

**And also with you.**

#### LIGHTING THE ADVENT WREATH

*The third candle is lit while the following is said*

Lord Jesus, come!

As green shade beckons in the heat of the day,

**shelter us, Tree of life,**

**gently protecting all who seek wisdom.**

As the days grow longer and the sun's heat increases, increase our faith, and bring us to worship you by your cradle, at your cross, in your resurrection, and at your glorious coming again with judgement and with mercy.

**Amen.**

*Sung by the cantor*



John the Baptist, by his preaching  
and by water poured,  
brought to those who heard his teaching  
news of hope restored:  
Keep your vision strong and steady  
and be ready for the Lord.

*Mark Earey*

*Tune: ANGEL VOICES by E.G. Monk 1819-1900 NEH 336*

#### SENTENCE FOR THE DAY

Bind up the broken-hearted, proclaim liberty to the captives  
and release to the prisoners, proclaim the year of the Lord's  
favour, the day of vengeance of our God. *Isaiah 61.1-2*

**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.**

#### KYRIE ELEISON (*Lord have mercy*)

Lord have mercy. **Lord have mercy.**  
Christ have mercy. **Christ have mercy.**  
Lord have mercy. **Lord have mercy.**

## CONFESSION AND ABSOLUTION

The Lord comes, bringing to light things now hidden in darkness, and disclosing the purposes of the heart.

*Silence may be kept.*

Let us open our hearts and prepare for his coming, confessing our sins in penitence and faith.

**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.**

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 to do his will, and keep you in eternal life through Jesus Christ our Lord. **Amen.**

## COLLECT

Let us pray.

Eternal God, you sent John the Baptist to prepare the way for the coming of your Son: grant us wisdom to see your purpose and openness to hear your will, that we too may prepare the way for Christ who is coming in power and glory to establish his rule of peace and justice; through Jesus Christ our Judge and our Redeemer, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

## THE MINISTRY OF THE WORD

FIRST READING *Isaiah 61. 1-4, 8-11 Please sit.*

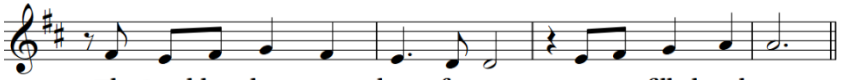
A reading from Isaiah chapter 61 beginning at verse 1.

The spirit of the Lord GOD is upon me, because the LORD has anointed me; he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the LORD's favour, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion— to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit. They will be called oaks of righteousness, the planting of the LORD, to display his glory. They shall build up the ancient ruins, they shall raise up the former devastations; they shall repair the ruined cities, the devastations of many generations.

For I the LORD love justice, I hate robbery and wrongdoing; I will faithfully give them their recompense, and I will make an everlasting covenant with them. Their descendants shall be known among the nations, and their offspring among the peoples; all who see them shall acknowledge that they are a people whom the LORD has blessed. I will greatly rejoice in the LORD, my whole being shall exult in my God; for he has clothed me with the garments of salvation, he has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels. For as the earth brings forth its shoots, and as a garden causes what is sown in it to spring up, so the Lord GOD will cause righteousness and praise to spring up before all the nations.

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

## PSALM 126



The Lord has done great things for us; we are filled with joy.

1. When the Lord delivered Zion from bondage,  
it seemed like a dream.  
Then was our mouth filled with laughter,  
on our lips there were songs.
2. The heathens themselves said:  
“what marvels the Lord worked for them!”  
What marvels the Lord worked for us!  
Indeed we were glad.
3. Deliver us, O Lord,  
from our bondage as streams in dry land.  
Those who are sowing in tears  
will sing when they reap.
4. They go out, they go out, full of tears  
carrying seed for the sowing;  
they come back, they come back,  
full of song, carrying their sheaves.

*Music by Noel Ancell*



SECOND READING 1 *Thessalonians* 5. 12-28

A reading from the First Letter of Paul to the Thessalonians, chapter 5 beginning at verse 12.

But we appeal to you, brothers and sisters, to respect those who labour among you, and have charge of you in the Lord and admonish you; esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, beloved, to admonish the idlers, encourage the faint-hearted, help the weak, be patient with all of them. See that none of you repays evil for evil, but always seek to do good to one another and to all. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise the words of prophets, but test everything; hold fast to what is good; abstain from every form of evil.

May the God of peace himself sanctify you entirely; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do this.

Beloved, pray for us.

Greet all the brothers and sisters with a holy kiss. I solemnly command you by the Lord that this letter be read to all of them.

The grace of our Lord Jesus Christ be with you.

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

GOSPEL READING John 1. 6-8, 19-28 *Please stand*

The Lord be with you.

**And also with you.**

The Gospel of our Lord Jesus Christ according to John, chapter 1 beginning at verse 6.

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

There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light.

This is the testimony given by John when the Jews sent priests and Levites from Jerusalem to ask him, 'Who are you?' He confessed and did not deny it, but confessed, 'I am not the Messiah.' And they asked him, 'What then? Are you Elijah?' He said, 'I am not.' 'Are you the prophet?' He answered, 'No.' Then they said to him, 'Who are you? Let us have an answer for those who sent us. What do you say about yourself?' He said, 'I am the voice of one crying out in the wilderness, "Make straight the way of the Lord"', as the prophet Isaiah said.

Now they had been sent from the Pharisees. They asked him, 'Why then are you baptizing if you are neither the Messiah, nor Elijah, nor the prophet?' John answered them, 'I baptize with water. Among you stands one whom you do not know, the one who is coming after me; I am not worthy to untie the thong of his sandal.' This took place in Bethany across the Jordan where John was baptizing.

This is the Gospel of the Lord.

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

SERMON *Please sit*

*Please refer to Bishop's ADVENT Sermon via Facebook or Youtube if you are participating with us remotely.*

PROFESSION OF FAITH *Please stand*

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**

## THE PRAYERS OF THE PEOPLE

Let us with confidence present our prayers and supplications to the throne of grace.

*Response to Lord, in your mercy...*

### **Hear our prayer**

*The intercessions will be led by one of our congregation members.  
The response to the petitions*

*if you are participating with us remotely Please spend some time in silence and intercession prayers. Please refer to page 17 for prayer points and this simple prayer during this time of COVID-19*

**Gracious and Loving God, bless the people of the Diocese of Ballarat and the communities of western Victoria. Guard all our people. Guide our leaders. Teach us to exercise our freedoms with responsibility for all our neighbours. Bless us with hope and peace, for Jesus' sake. Amen.**

*The priest will conclude the intercessions by saying*

Almighty God, you have promised to hear our prayers.  
**Grant that what we have asked in faith we may by your grace receive, through Jesus Christ our Lord. Amen.**

### THE GREETING OF PEACE *Please stand*

We are the body of Christ.

**His Spirit is with us.**

The peace of the Lord be always with you.

**And also with you.**

*Due to the current restrictions, you may be "creative" in exchanging a sign of peace while maintaining social distancing restrictions.*

*Please sit while the altar is prepared for the Eucharist*

OFFERTORY HYMN – NEH 5 Hark a herald voice is calling.

*Music MERTON by W. H. Monk 1823-89*

## PRAYER OVER THE GIFTS

Holy God, pour upon the poverty of our offerings the riches of your grace, and by the power of the Holy Spirit, make yourself known to us in broken bread and wine that is shared.

**Blessed be God for ever.**

## THE GREAT THANKSGIVING

*You are invited to stand throughout the Prayer of Great Thanksgiving, as members of God's family gathered around the Altar. Should you want to kneel, then please do so after the said Sanctus & Benedictus 'Holy, Holy, Holy Lord'*

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.

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.

We thank you that when he shall come again in power and great triumph to judge the world, we may with joy behold his appearing, and in confidence stand before him who redeems us from sin and death and makes us heirs of everlasting life.

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.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

When the fullness of time was come, you sent your Son to be born of Mary. Bright image of your glory, he learnt obedience to you in all things, even to death on a cross, breaking the power of evil, freeing us from sin, and putting death to flight. You raised him from death, exalting him to glory, and the new day dawned.

On the night he was betrayed your Son Jesus Christ shared food with his friends, his companions on the way. While at table he took bread, blessed, and broke it, and giving it to them, said: 'Take, eat; this is my body.' He took a cup of wine, and, giving thanks, he gave it to them, and said, 'This is my blood of the covenant, which is poured out for many. Do this in remembrance of me.'

Therefore, living God, as we obey his command, we remember his life of obedience to you, his suffering and death, his resurrection and exaltation, and his promise to be with us for ever. With this bread and this cup we celebrate his saving death until he comes.

Let us proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

Accept, we pray, our sacrifice of praise and thanksgiving, and send your Holy Spirit upon us and our celebration that all who eat and drink at this table may be strengthened by Christ's body and blood to serve you in the world.

As one body and one holy people, may we proclaim the everlasting gospel of Jesus Christ our Lord, through whom, with whom, and in whom, in the unity of the Holy Spirit, all glory is yours, eternal God, now and for ever.

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

#### THE LORD'S PRAYER

As our Saviour Christ has taught us, we are confident to pray;

**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.**

Deliver us, Lord, from every evil, and grant us your peace in our day. In your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Saviour, Jesus Christ.

**For the kingdom, the power, and the glory are yours now and for ever. Amen.**

## THE BREAKING OF THE BREAD AND THE COMMUNION

As this broken bread was once many grains, which have been gathered together and made one bread:

**So may your Church be gathered from the ends of the earth into your kingdom.**

AGNUS DEI

**Lamb of God, you take away the sins of the world: have mercy on us**

**Lamb of God, you take away the sins of the world: have mercy on us**

**Lamb of God, you take away the sins of the world: grant us your peace**

INVITATION TO COMMUNION

Jesus is the Lamb of God who takes away the sins of the world. Happy are those who are called to his supper.

**Lord, I am not worthy to receive you, but only say the word, and I shall be healed.**

Draw near with faith, to feed on Christ in your hearts with thanksgiving.

*Please come forward to receive Holy Communion or a blessing. The Anglican Communion welcomes members of other Christian Churches to receive Holy Communion with us if they receive the Sacrament in their own church. Please follow the direction of the ushers.*



## COMMUNION MUSIC

### NEH 6 Hark the Glad Sound

*Music: BRISTOL From Thomas Ravenscroft's Psalms 1621*

*if you are participating with us remotely*

*Act of Spiritual Communion at home – St Alphonsus Ligouri*

At this time, we cannot receive you Lord Jesus sacramentally in the Eucharist. Help us to welcome you spiritually as we wait for the day when your saving Sacrifice will be offered and the divine Banquet will be spread in our churches once more.

You are the Lamb of God who take away the sins of the world. Blessed are those who are called to the supper of the Lamb. Lord, I am not worthy that you should enter under my roof. But only say the word and I shall be healed.

My Jesus, come to me. I long for you; let me always be at one with you.

## THE SENDING OUT OF GOD'S PEOPLE

PRAYER AFTER COMMUNION *Please stand*

God for whom we wait, we thank you that you have fed us with the bread of life and the cup of salvation. As we joyfully await your Son, keep us ever watchful that we may be ready to stand before him on the day of his coming.

**Most Loving God, you send us into the world you love. Give us grace to go thankfully and with courage in the power of your Spirit.**

*Notices and announcements*

## THE BLESSING & DISMISSAL

Christ the Sun of Righteousness shine upon you, and make you ready to meet him when he comes in glory; 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.**

## POSTLUDE MUSIC

Fuge on "Vom Himmel hoch, da Kommich her  
(From heaven above to earth I come)

*BWV 700 by J. S. Bach 1685-1750*

*Please remain standing for the procession from the Church. You are welcome to **leave quietly during the postlude.***

*If you are here for the first time and would like further contact from the Cathedral clergy, please complete the Welcome card available at the back of the Cathedral and hand it to one of the ushers or to the clergy.*

## For Your Prayers

*The World: We pray for...*

- World leaders to work together and support the various organisations who are in search for COVID19 vaccine and for its equal distributions.
- All places of conflict and strife especially in some parts of Europe and Middle East.

*The Church: We pray for...*

- The Diocese of Ruwenzori (Uganda) The Rt Revd Reuben Kisembo & Dornakal (South India) The Rt Revd Vadapalli Prasada Rao
- The Diocese of Northern Territory and their Bishop Greg Anderson.
- For the Parish of West Wimmera Nagi Habib (locum).  
For ministry among the Karen people Nay Htoo Khin.
- Our Sister Diocese of Aipo Rongo, especially the people of Kianambe.

*The Community: We pray for...*

- Those who work the land and our rural communities.

*Those who have asked for our prayers: We pray for...*

Evelyn, Gary, Pauline, Fr Peter, Anna, Tom, Roger, Sarah, Annette, Kevin, Mike, Ian, Andrew, Craig, Dianne, Winsome, Sarah, Luke, Caroline, Adrian, Josephine, John, Chris, Brenda, Ann *and for all those known to us who are sick or suffering.*

*Thanksgiving for those who have died recently:*

*Year's Mind:* John Beaston, Thomas Hennessey, Nellie Callow, John Ritchie, Gwenyth Bolster, Winnifred Harrison, Lois May Acland & Bill Watson *whose anniversaries occur at this time.*

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*Prayer for a new Dean*

Bountiful God, give to this Cathedral a faithful pastor who will faithfully speak your word and minister your sacraments; an encourager who will equip your people for ministry and enable us to fulfil our calling. Give to those who will choose, wisdom, discernment and patience, and to us give warm and generous hearts, for Jesus Christ's sake. Amen.

## **Notices & Announcements**

Due to the current restrictions, the Cathedral is opened during these hours:

### **Mondays to Fridays**

Holy Eucharist – 12.10pm

### **Mondays to Thursdays**

Evening Prayer – 5pm

### **Sundays**

Holy Eucharist (BCP) – 8am

Holy Eucharist with music – 10am

**NO BOOKING REQUIRED BUT PLEASE ENSURE THAT YOU WRITE YOUR NAME AND CONTACT DETAILS BEFORE ENTERING THE CATHEDRAL or REGISTER VIA THE QR CODE (LAST PAGE OF THIS BOOKLET)**

### **WORKING BEE & CHRISTMAS TREE- 19TH Dec – 9am-12pm**

Please help spruce your Cathedral for Christmas. We also need help to put up our gigantic Christmas tree and other decorations. The more the merrier and the easier it would be for everyone!

### **CHILDREN SERVICE – HOLY TRINITY SEBASTOPOL – 19TH DEC @ 5PM**

After hosting this service at the Cathedral for the last few years, Holy Trinity Sebastopol will take on this venture this year. We are doing letterbox drops this week to over 200 houses around Sebastopol, Delacombe and Winter Valley. We would like all our Cathedral children and parents to support this service by participating and dressing up like every year! It will also be a great encouragement to Holy Trinity congregation as we move into another phase of reaching out to the surrounding areas.

### **VOLUNTEERS NEEDED URGENTLY**

Do you have a spare one hour a week? If yes, we would like you to help us at your Cathedral. No experience needed! We are urgently looking for more people to support the ongoing ministry of the Cathedral. Volunteers needed for readings, intercessions, ushering, cleaning, and morning tea. Please speak to Fr Martin.

### **FESTIVAL OF NINE LESSONS AND CAROLS – 20TH DEC AT 7PM**

We are now able to accommodate 208 congregants at our Cathedral. However, we will only accommodate 160 attendees (including singers and musicians) for our annual Festival of Nine Lessons and Carols. If you would like to attend the service, please make a booking through TryBooking <https://www.trybooking.com/BNHWK> Otherwise, please write your name/s on the RSVP list before leaving the Cathedral today and we will register you.

## Notices & Announcements

### **EXCITING Plan - Conversations@The Cathedral**

With great hope, we are looking to start this new venture either on the 1<sup>st</sup> or 3<sup>rd</sup> Sunday of the month, at 5pm from Feb 2021. The idea is to have a Q&A and theological discussions in a relax environment with cheese and wine on offer! If you have any interesting practical topics (e.g. What is Autism and what's my role as a Christian?) that you would like to discuss or thinking about, please send them to Fr Martin. The plan is to have a credible and reliable panel to lead these discussions.

### **Morning Tea after 10am Eucharist – Starting Today !**

Following conversation with DHHS and with their guidance, we will commence serving morning tea after the 10am Eucharist. If the weather is good, we will have it outside the Cathedral. Otherwise, it will be indoors. Disposable cups and prepacked commercial biscuits will be on offer. For the next two weeks, Adam and David are going to help us trial this new arrangement. Again, please do not feel obliged to stay for refreshments if you are not ready to do so due to the current situation.

### **Singing**

Most of us are missing the choir and singing alongside. Again, with the guidance of DHHS, we will start singing from 20<sup>th</sup> Dec 2020. Some points to note:

- a) Small choir or celebrant singing (no mask!), they must be 2 metres apart from each other and 5 metres from the congregation. No definition of what small choir is and again depends on the density rule. Currently, we can have up to 5.
- b) If the congregation are singing, they can ONLY do so with masks on.
- c) All doors /windows must be opened, and the facility must be well ventilated. And with our Cathedral high ceiling, this should be alright.



# CATHEDRAL CHRIST THE KING, BALLARAT

ANGLICAN DIOCESE OF BALLARAT

**BEHOLD, I BRING YOU GOOD TIDINGS OF  
GREAT JOY, WHICH SHALL BE FOR  
ALL PEOPLE. LUKE 2:10**

## **CHRISTMAS AT THE CATHEDRAL**

**FESTIVAL OF CAROLS  
AND NINE LESSONS**

**20<sup>TH</sup> Dec at 7pm**

**(visit our Facebook for  
booking details)**

**CHRISTMAS EVE,**

**24<sup>TH</sup> Dec**

**11pm Eucharist and  
Blessing of the Crib**

**CHRISTMAS DAY ,**

**25<sup>TH</sup> Dec**

**8am - Holy Eucharist  
with Carols**

**10am - Choral  
Eucharist with Carols**



**t. 03 5331 1183 + e. [thecathedral@ballaratanglican.org.au](mailto:thecathedral@ballaratanglican.org.au)**

**Follow us on Facebook - ballaratanglicancathedral**

## **Food for Thought**

Christmas comes with high expectations of perfect, happy families enjoying luxurious celebrations and gifts, but not all of us are able to live up to these ideals. For those who have recently lost a loved one, Christmas can intensify feelings of grief and sadness. Many others experience feelings of isolation, financial pressures or increased family conflict that make the season a very stressful time of year. In particular, elderly Australians are even more susceptible to feelings of sadness and isolation.

Why people get depressed at Christmas?

Some people get depressed at Christmas because of the excessive commercialisation of the season, with the focus on gifts and the emphasis on "perfect" social activities. Others get depressed because Christmas appears to be a trigger to engage in excessive self-reflection and rumination about the inadequacies of life (and a "victim" mentality) in comparison to other people who seem to have more and do more. Others become anxious at Christmas because of the pressure (both commercial and self-induced) to spend a lot of money on gifts and incur increasing debt. Others report that they dread Christmas because of the expectations of social gatherings with family, friends and acquaintances that they'd rather not spend time with. And finally, many people feel very lonely at Christmas because they have suffered the loss of loved ones or their jobs. Fortunately, there are certain steps that can be taken to manage stress and anxiety during the festive period.

*Taking care of money worries*

Is the festive season a burden on your wallet? Here are some tips for managing your Christmas finances and reducing your silly season stress: Identify what's causing you financial stress. Buying gifts and attending social events can be expensive. Plan ways to reduce spending. For example, you could suggest to your family and friends that you only buy gifts for kids, or organise a 'Secret Santa' for the adults. Set a budget and stick to it. Find low cost ways to have fun. Don't let money cut you off from your family and friends. If you can't afford expensive restaurant meals or cocktail catch-ups, organise a BBQ in the park or a party at home where everyone brings a plate of food.

### *Dealing with family tension*

Just because you're related doesn't mean your family members will all get along. Split families and unresolved conflicts may contribute to Christmas anxiety. Family and relationship problems can be a trigger for anxiety.

Here are some ideas for getting through:

Set realistic expectations. Christmas might not be the fabulous family reunion you hoped for. Plan how you will manage any feelings of anxiety or depression that may arise.

Put the kids first. If you have children, consider putting aside ongoing adult conflicts in their interest. Think about Christmas as a day for the kids and focus on enabling their happiness.

Drink in moderation. It may be tempting to drink too much during the festive period, but alcohol can contribute to stress, anxiety and depression. Alcohol may be a problem if you're drinking to cope.

Avoid known triggers. If your family has a history of arguing over a certain topic, don't bring it up.

Extracted from [Dealing with depression and loneliness during Christmas | ADAVIC Anxiety Disorders Association of Victoria, Inc](#)

**Do you know of someone who is going to celebrate Christmas alone this year? Why not invite them over to join you?**

**Is there an outstanding family tension that needs a simple word, perhaps "sorry" to resolve it?**

**Presents or presence matters to you this Christmas?**



## Cathedral Directory

### **Bishop of Ballarat**

The Right Reverend Garry Weatherill

### **Acting Dean**

The Bishop

### **Cathedral Office:**

thecathedral@ballaratanglican.org.au

### **Assistant Curates**

The Revd. Martin Nadarajan  
0430 003 519

The Revd. Christine Angus  
0409 217 321

### **Associate Clergy**

The Revd. Wayne Dorning  
The Revd. Graham Reynolds  
0407 107 165

The Revd. Roger Dyer

Br Neal Salan OP

The Revd. David Bol Bichok

### **Cathedral Council**

(Meet 3rd Tuesday of the Month)

Secretary: Euan Thompson

Treasurer: Gillian Canavan

### **Serving Team Coordinator**

John Rowlands 0413 955 279

### **Sacristan**

Carole Cracknell

### **Pew Sheet Editor**

Mary Mitchell

### **Roster Clerk**

TBA

### **Director of Music**

Lyndell Allen

### **Organist**

Leigh Askew

### **Organist Emeritus**

Jeffrey Batch

### **Cathedral Shop**

Lois Byrnes 5336 1094

### **Parish Recorder**

Wayne Mitchell 5338 1742

### **Floral Coordinator**

Carol Greenwood 0412 55 83 44

### **Prayer Chain**

Norma Coffield 0418 515 668

### **Web Page**

www.ballaratanglican.org.au

### **Facebook Page**

[www.facebook.com/ballaratanglicancathedral](https://www.facebook.com/ballaratanglicancathedral)

### **Diocesan Office**

9am-5pm Mon-Fri 5331 1183

### **Electronic Offertory contributes can be made online:**

A/C: Christ Church Cathedral

BSB: 063502

A/C number: 10516638

### **Readings for 20.12.2020 – Fourth Sunday of Advent**

1<sup>st</sup> Reading: 2 Samuel 7.1-11, 16

Psalm: Song of Mary APBA P9 or P.425

2<sup>nd</sup> Reading: Romans 16.25-27

Gospel: Luke 1.26-38

**QR Code for registering your presence  
at the Cathedral.**

**Please turn on your mobile camera, hover it over the code until it registers. The phone will then generally identify the code and trigger a check-in website. Click open and please follow the instructions from then on.**

**Cathedral Church of Christ the King, Anglican Diocese of Ballarat  
Anglican Diocese of Ballarat 49 Lydiard St South BALLARAT CENTRAL  
Cathedral Church of Christ the King, Anglican Diocese of Ballarat**



**Location code ZSP 4FY**

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