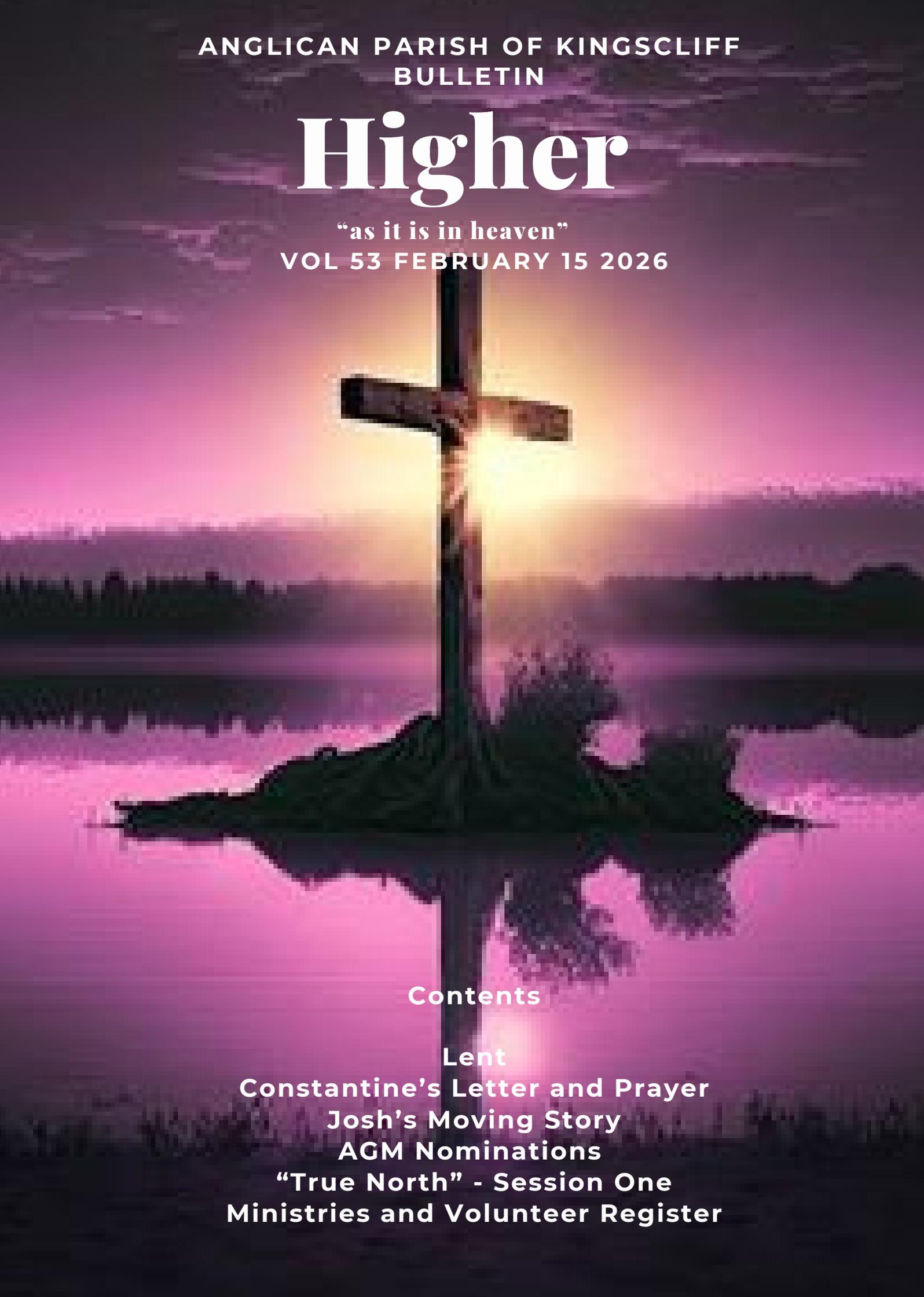


ANGLICAN PARISH OF KINGSCLIFF
BULLETIN

Higher

“as it is in heaven”

VOL 53 FEBRUARY 15 2026



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Higher

Welcome stranger! If you are visiting St James in Kingscliff or St Marks in Pottsville, this page is especially for you. We are the two Anglican Churches in this part of the world and are delighted to welcome you to our growing Parish. You can learn more by leafing through this magazine, HIGHER, our weekly bulletin, which keeps our Christian community informed and updated about all that is going on.

If you are curious to know more about our Christian faith please contact our Rector, Rev. Constantine Osuchukwu whose details can be found at the back of this bulletin. Give him a call and invite him for coffee. We are all about hospitality and the love of God here and would love you to join us. You can also get a better idea of who we are what we are about by attending worship on Sundays (8.30 - 9.30 am at St James, 10.30 - 11.30 am at St Marks) and staying on for morning tea afterwards.

Lent

Letter from Constantine

Dear Sisters and Brothers in Christ,

Lenten Journey

This coming week, on Ash Wednesday, Christians begin the sacred season of Lent, a forty-day journey toward Easter, when we remember the suffering, death and resurrection of Jesus Christ.

Some years ago, on Ash Wednesday, I was speaking to a group of Year 6 students in my former parish about Lent and asked them what they thought we do during this season. One replied very confidently, “Reverend Constantine, it’s the time when we get ready to eat the Easter bunnies.”

We do need to get our priorities right, don’t we? 😊

Lent invites us into the “desert” with Jesus (cf. Matthew 4:1–11). In Scripture, the desert is a place of testing and struggle, but also a place of encounter – where God speaks tenderly to the heart (cf. Hosea 2:14). It is in the quiet and honesty of the desert that we come to know both ourselves and God more deeply.

Lent is therefore a time of courageous self-examination – a kind of spiritual stock take – where we allow God to clear away whatever distracts us from Love. The Church offers us three simple and powerful practices for this journey: **prayer, fasting, and almsgiving (works of charity)**.

- How might we make more space for prayer over these six weeks?
- From what comforts might we fast, so that our hearts grow stronger and more attentive to God, to our deepest needs, and to the needs of others?
- How might we give generously to those in need, allowing compassion to shape our actions?

Lent is more than giving up chocolate, wine or coffee. It is about repentance – literally, a change of mind and heart – and about rediscovering the immeasurable love of God that anchors our lives. When we forget that love, we see the consequences in our personal lives and in the wider social, economic and ecological challenges of our world.

As Julian of Norwich reminds us, “Let us merrily and gladly live our lives because of God’s love,” a love that, through the Cross, overcomes suffering, sin and even death itself.

Shrove Tuesday Pancakes on Tuesday, 17 February at St James and St Mark’s at 8.30am

Please join us for our Shrove Tuesday Pancake breakfast at St Mark’s Meeting Room, and St James’ Parish Hall. Donations are accepted to assist St Paul’s Technical School, Owerre-Umudioka, Orlu, Nigeria in setting up a computer lab. Your compassion and kindness are deeply appreciated. Please indicate attendance via email to the parish office: office@apok.org.au for catering purposes.

Lenten Bible Studies Schedule

Monday Bible Study: Adrienne Freckelton’s home, Cudgen, 2.00–4.00 pm

Tuesday Bible Study: St Mark’s Meeting Room, 4.00 pm (led by Peter Pine)

Wednesday Bible Study: Parish Hall, St James, 11.30 am (led by Rev Constantine Osuchukwu)

Wednesday Bible Study: St Mark’s Meeting Room, 10.00 am (led by Rev Graeme Hodgkinson)

Our parish Lenten studies this year will use resources prepared by Lectio 365: a 40-day journey with the Desert Fathers and Mothers, beginning on Monday, 16 February. You are warmly invited to join us. Please add your name to the list in the church foyers, or sign up directly via their website: <https://lectio365.com/lent/>, and journey with us as you are able.

AGM Meeting on Saturday, 28 February 2026 at 11. 00 am

Preparations are underway for our AGM, to be held on 28 February 2026 at 11.00 am. Please ensure that nominations are submitted as required. The AGM booklet with reports should be available this Sunday. Please bring a plate to share for lunch after the AGM Meeting.

Testimony Sunday

On the fifth Sundays of the month, parishioners will be invited to share their Christian testimony. This is a powerful way of encouraging one another in faith and highlighting that Christianity is a lived encounter with Christ. Please let me know if you would be willing to share your testimony.

A Prayer of St Augustine of Hippo

Let us pray with St Augustine today:

O Lord,
in whom we live and move and have our being,
You have made us for yourself;
and our hearts are restless until they find their rest in You.
Amen.

As we prepare to enter this holy season of Lent, may our hearts and minds be open, our steps steady, and our lives be filled with God's grace and richest blessings.

Thank you for who you are and for all you do. May God bless you and bless you kindly.

In Christ

Constantine

A Prayer for Lent

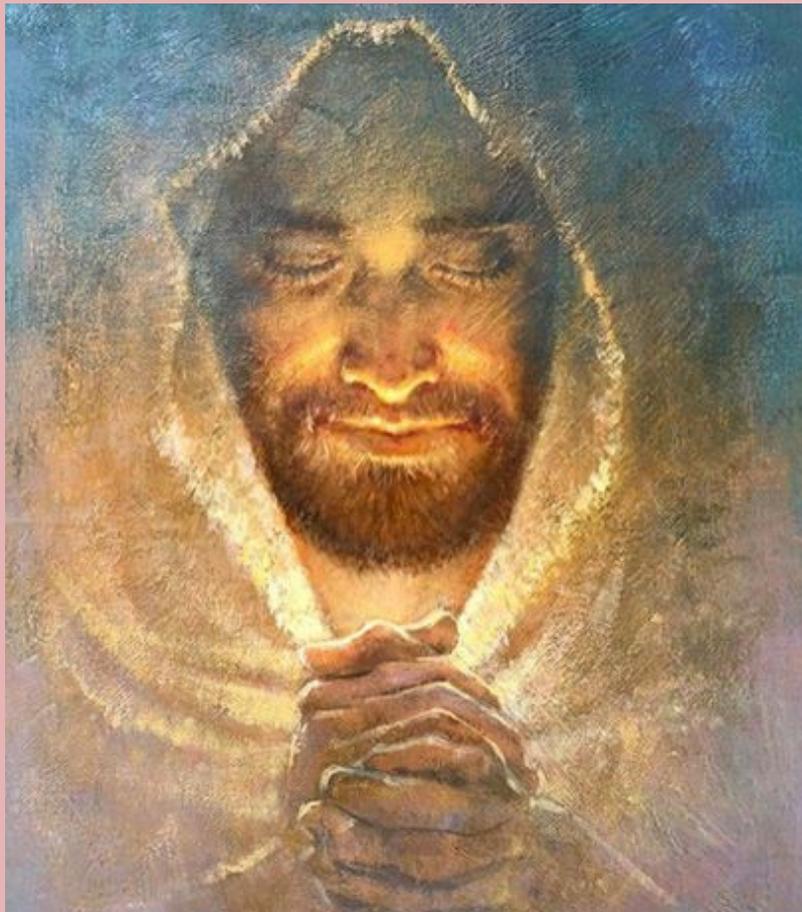
As we begin the season of Lent this week when we remember the suffering, death and resurrection of Jesus Christ, Henri Nouwen's questions and prayer provide us with some food for thought and reflection:

How often have I lived through these weeks without paying much attention to penance, fasting, and prayer? How often have I missed the spiritual fruits of the season without even being aware of it? But how can I ever really celebrate Easter without observing Lent? How can I rejoice fully in your Resurrection when I have avoided participating in your death? Yes, Lord, I have to die—with you, through you, and in you—and thus become ready to recognize you when you appear to me in your Resurrection. There is so much in me that needs to die: false attachments, greed and anger, impatience and stinginess... I see clearly now how little I have died with you, really gone your way and been faithful to it.

O Lord, make this Lenten season different from the other ones. Let me find you again.

Amen.

(From A Cry for Mercy: Prayers from the Genesee, Orbis)



Josh's Moving Story

Josh Quiah spoke to the Men's Breakfast in the Parish Hall last Saturday. The dozen men in attendance were moved to hear of the perils Josh faced on his journey out of an Muslim upbringing in war-torn Sierra Leone into Christian faith, and the impact his decision is having on his family and others. Grateful that our own paths have not been quite so dangerous, we thank God for leading Josh out of darkness as he came to faith in Jesus, and the influence he is having on others.



AGM Nominations

Don't forget the AGM on 28 Feb at 11 am, everyone! This is when the Parish gathers once a year to receive Reports from the Rector, Wardens, Treasurer, Ministry Leaders and Activity Groups, and to see how we are travelling. [Spoiler alert: its all pretty good news!].

The AGM is also when we elect, and/or re-elect Parish Councillors and other offices for the coming year. Nominations for roles as Wardens, Parish Councillors, Parochial Nominators and Synod Reps are open, so please place your nomination form in the box in the foyer at both centres. [Note: Jason Saltearn will continue in the role of Rector's Warden, an appointed position, not one elected by parishioners].

Parish Council Meeting Update

After the summer break in January, Parish Council met on the evening of Wednesday February 11th to hear reports about what's happening around the Parish, make preparations for the AGM and plan for the year ahead. The Strategic Priorities decided upon at last year's Discernment Day are being pursued and further works at both St James and St Marks are on the cards (for more: watch this space). A decision to be good neighbours by installing a security camera on the south side of St James, was reached, in the hope that it would act as a deterrent for anti-social behaviour.

Working Bee

As work to prepare the Community Use Room (in the Old Rectory, downstairs) for use as an office is about to get underway, there's a bit that needs to be done. Huck is calling for a Working Bee of parishioners to help temporarily relocate the room contents to the Parish Hall and other locations on campus next week. He will speak to the congregation on Sunday. If you can help, please let Huck know.

“True North” - Session One

“A group of men gathered in Cabarita on Thursday evening for the first episode in “True North - a series for men”. This episode was called “Challenges for Men Today” and introduced such challenging concepts such as “Society seems to punish men for acting like men”, and “masculinity has become toxic”. The whole thrust of the series is about how to act as Christian men in society today. An interesting discussion followed the viewing of the presentation and a convivial time was had over pizzas afterwards.



The second episode will be viewed next week and is titled “Defining Masculinity”. To join in with the gathering call Peter on (0407) 732 440.

Ministries and Volunteer Register

Many parish ministries are back up and running after a pleasant summer break. Could all ministry and group leaders send an email to office@apok.org.au with the subject heading “Register Info” with an up-to-date list of current attendees/volunteers (and perhaps a group photo), the day and venue of meetings and contact details for new parishioners wanting to enquire, or join. This information will be compiled into a Volunteer Register, as well as a Brochure and Wall Chart so that newcomers can see at a glance who we are and what we do.

Cursillo Ultreya in Grafton

Another great day was organised by the Grafton Diocese Cursillo Group on 7th of February and all Cursillistas from near and far were invited to partake.

But before attending - yet again - I had to look up the meaning of another very interesting but foreign word - **Ultreya**. How exciting - my vocabulary grows each time I attend a Cursillo function - firstly - was "Cursillo" and then "De Colores" and now we have "**Ultreya**". What an amazing language!!

Ultreya - A Spanish term derived from Latin - meaning "onward" or "keep going!" Historically, it was a traditional encouraging shout used by pilgrims travelling the Camino de Santiago.

In the Christian Cursillo movement, it refers to a gathering where participants meet to share their faith, support one another and grow in their spiritual journeys! It is a meeting to encourage, regenerate and support members of the Cursillo Community in their daily walk with Christ!

Need I say more - that is exactly what our day entailed! I enjoyed an amazing day and I am sure all attending Cursillistas enjoyed it as well!

Our theme being "Seeking **God's** Guidance"

Who of us can honestly say - we don't seek God's Guidance every single day?

We ask!

We seek!

We pray!

We learn scriptures!

We share our faith with fellow Christians!

We question - well I most definitely do - and very often!

I am often doubtful and I need the Lord to help me through - I constantly ask for his guidance and his reassurance!
We need him in our lives constantly - but we must keep reminding ourselves of this fact!

This day was to remind us of his presence and to reinforce our faith.

God is here, **God** is always with us,
We are **never**, ever alone
God can say **No**
God can say **Yes**
God can make us **wait!**
We must be patient!!
God will come for **us!**
He will never leave us alone!!

This day was a great gathering of all with the same needs and wants, same wishes, same Christian strengths - the reuniting of all the Cursillistas to keep the bright flame of the Cursillo weekend burning! It was to share prayer and spiritual growth, to learn, to share personal stories of our faith, to sing, to show love and grace and the day acts as a call to all of us - to “always move forward” and to “keep going” in our faith!

Thank you!

De Colores

Beth Ryan
Saint Marks Pottsville



WORLD DAY OF PRAYER

Please join with members of other churches on the Tweed Coast for a service on Friday 6th March at 10.00am at the Seventh Day Adventist Church, Phillip St. Chinderah.

This Year the service has been prepared by the churches of Nigeria. Come and "be informed into prayerful action"

Further enquiries to Judy Fua 0412 186 819.

World Day of Prayer 2026



Nigeria

'I will give you rest: Come'



ST JAMES' FACILITATED LABYRINTH WALK - HELPING YOU GROW CLOSER THIS LENT...

Lent is a time for us to pause our busy lives somewhat, open our hearts and allow ourselves to be led by Jesus to grow in faith.

*Many are rediscovering the blessings of Labyrinth meditative walks to help do just this ... to rebalance their busy lives, let go of the hustle and bustle and find a sacred space and time for them to **'Come Aside' with Jesus and simply walk with Him a while ...***



Why not join us for a quiet, reflective morning in the midst of Lent to pause and grow closer to Jesus and just listen to what He may have for us there?

*A Labyrinth introduction will also be provided ... so, whether you are a first-time walker or just 'searching spiritually' **All are welcome!***

When: Saturday March 7 from 9 am - Noon [Optional lunch to follow. Feel free to bring a plate and drinks to share]

Where: St James Anglican Church (122 Marine Parade Kingscliff)

Cost: Free!

There is ample parking available.

To register or for any queries please contact Constantine on 0435 750 155 or email the parish office: office@apok.org.au



POTTSVILLE COMMUNITY GARDEN REGENERATION

Our beloved Garden is 3 years old and it's time for a major upgrade

We value our Garden

And need a financial boost from the Community



Please DONATE and help ensure the garden is sustainable

HOW TO GIVE - Go to [GO FUND ME Online](#)

FIND US - Tap on the search icon

TYPE IN - [Pottsville Community Garden Regeneration](#)

The fundraiser page has a **donate bar** that leads to a page where you can give as little or as much as you can.

We appreciate your help!

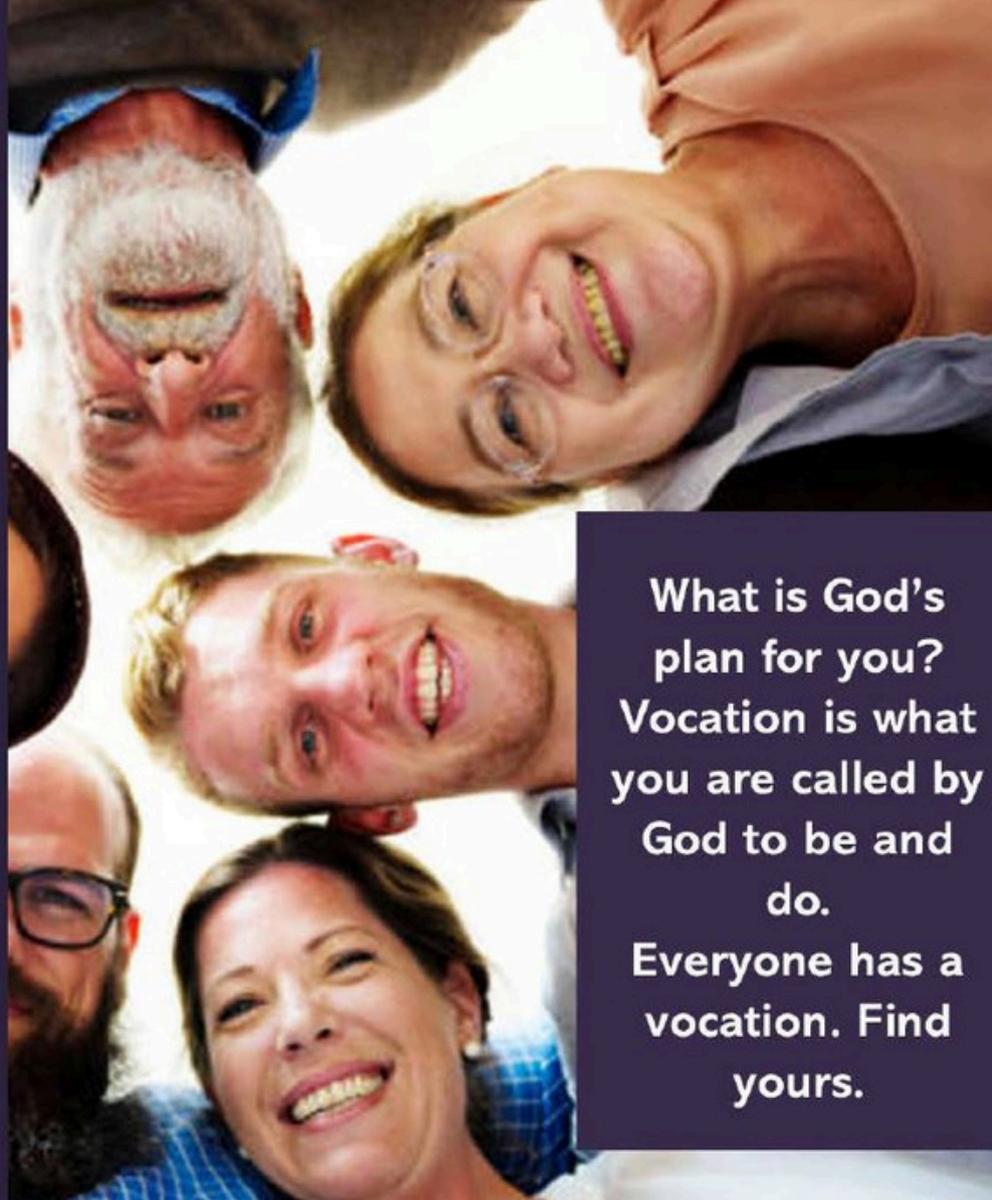
Thanks from the community garden team

Vocations Week 2026

Seekers' Day 14 February

Vocations Sunday 15 February

Talk to your Parish Priest or
Chaplain and check out our
resources to help
explore ministry options:
graftondiocese.org.au/call-to-ministry



What is God's
plan for you?
Vocation is what
you are called by
God to be and
do.
Everyone has a
vocation. Find
yours.

**ABM SUNDAY
LENT 2
1 MARCH 2026**

The Diocese of
Grafton supports
the Global
Sustainable
Development Goals
by funding ABM
Projects.

Please give
generously to the
2026 Lent Appeal



Anglican Diocese of
Grafton



LENT APPEAL 2026
PRAYER

Lord Jesus Christ,
you are the Living Water that quenches all thirst.
Hear us as we pray for all those who work with ABM AID
to provide communities in Kenya, Vanuatu, Myanmar
and other places around the world with clean water.

Bless the communities themselves,
that they may benefit from safe water,
and experience the health benefits
of improved sanitation and hygiene facilities.

Send your favour on the staff from our overseas partners
as they oversee the implementation of the work.

Pour out your grace on all those who support such work,
through their interest, their prayers and their gifts.
Accept this work that we do together in your Holy Name.

Amen.



ABM-AID's WASH programs in Kenya and Vanuatu receive support from the Australian Government through the Australian NGO Cooperation Program (ANCP).

Locked Bag Q4005
Queen Victoria Building NSW 1230
Phone: 1300 302 663
Email: info@abmission.org.au
www.abmission.org

AID ABN 86 647 293 481 | ABM ABN 18 097 944 717



Cover photo: Mutanu saves precious time and energy with water close at hand.
© ADSE. Used with permission.

CLEAN WATER, DECENT TOILETS AND GOOD HYGIENE ARE BASIC HUMAN RIGHTS. THEY SHOULD BE AVAILABLE TO EVERYONE, EVERYWHERE - BUT THEY AREN'T.

Did You Know?



Around the world, **1 in 3 people** do not have access to safe drinking water



1.5 billion people don't have their own toilet



In 80% of water-deprived households, **women and girls** carry the burden of water collection

*Source: WHO/UNICEF (2024)

With the support of generous people like you, we work with trusted Anglican partners to bring clean water, safe toilets and essential hygiene facilities to places that need them.

“For I will pour water on the thirsty land, and streams on the dry ground; I will pour my spirit upon your descendants, and my blessing on your offspring.”
Isaiah 44:3



LENT APPEAL 2026

**GIVE WATER,
GIVE LIFE.**



To Donate Online, please scan the QR code or visit:
www.abmission.org/Lent2026



In **Africa**, collecting water is often the responsibility of women and girls. Walking long distances for water affects education and employment opportunities.

© ADSE. Used with permission.

In **Kenya**, your support helps construct sand dams, wells and water tanks, bringing reliable water access to arid regions and easing the daily burden felt by women and girls.

In **Vanuatu**, you contribute to the building of model toilets, improving health outcomes and restoring dignity - especially for the most vulnerable.

In **Myanmar**, your generosity enables communities to develop water systems, taps and toilets, reducing illness and eliminating long, exhausting walks for unsafe water.

Over the last 6 years, you have helped to give:

- 56,928 people increased access to safe water and
- 44,039 people increased access to basic sanitation

It's terrific progress, but there's more to be done.

Together, we are determined to be a part of the transforming work that God is doing in vulnerable communities around the world. But we can't do it without you.

This Lent, give water – and give life.



To Donate Online, please scan the QR code or visit:
www.abmission.org/Lent2026

Prayer of the Week

Almighty God,
you have given your only Son
to be for us both a sacrifice
for sin, and also an example
of godly life:

Give us grace that we may
always thankfully receive
the benefits of his sacrifice,
and also daily endeavour to
follow the blessed steps of
his most holy life;

through the same Jesus
Christ our Lord, who is alive
and reigns with you and the
Holy Spirit, one God, now and
forever. Amen.



Bank Account Details

If you would like to contribute financially
to the life and mission of both churches in
the Parish of Kingscliff by electronic
means, our bank account details are:

BSB: 062-673

Account: 1001 5155

Account Name: Anglican Parish of
Kingscliff

Thank you for your support, we appreciate
your generosity.

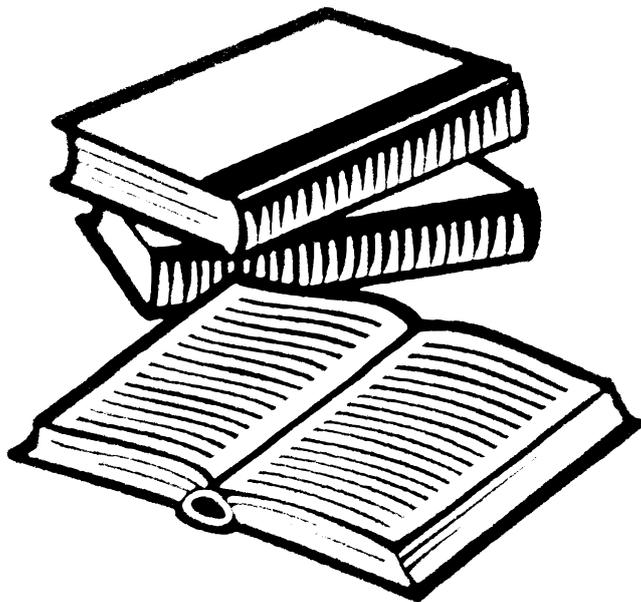
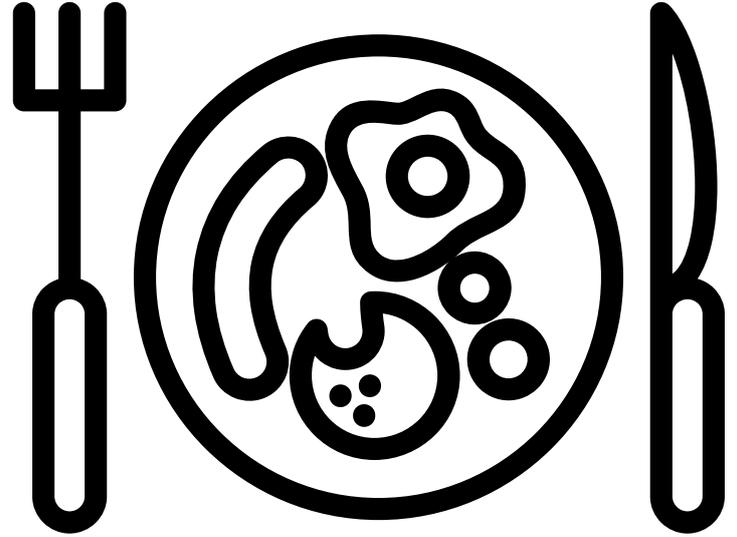
Parish Food Ministry

The Parish would like to thank all who helped distribute the meals through the Food Ministry this week, add both St Marks and St James. Well done all for keeping this vital long running ministry alive.

St James -58 meals

St Marks - 14 meals

Praise be to God!



Sunday Worship Readings

Sunday 15 February 2026

Exodus 24. v 12-18

Psalm 2

2 Peter 1 v 16-21

Matthew 17 v 1-9

Sunday 22 February 2026

Genesis 2 v 15-17, 3 v1-7

Psalm 32

Romans 5 v 12-21

Matthew 4 v 1-11

Service Schedule

St James @ 8.30am

Sunday 15th February 2026

Officiant & Preacher:

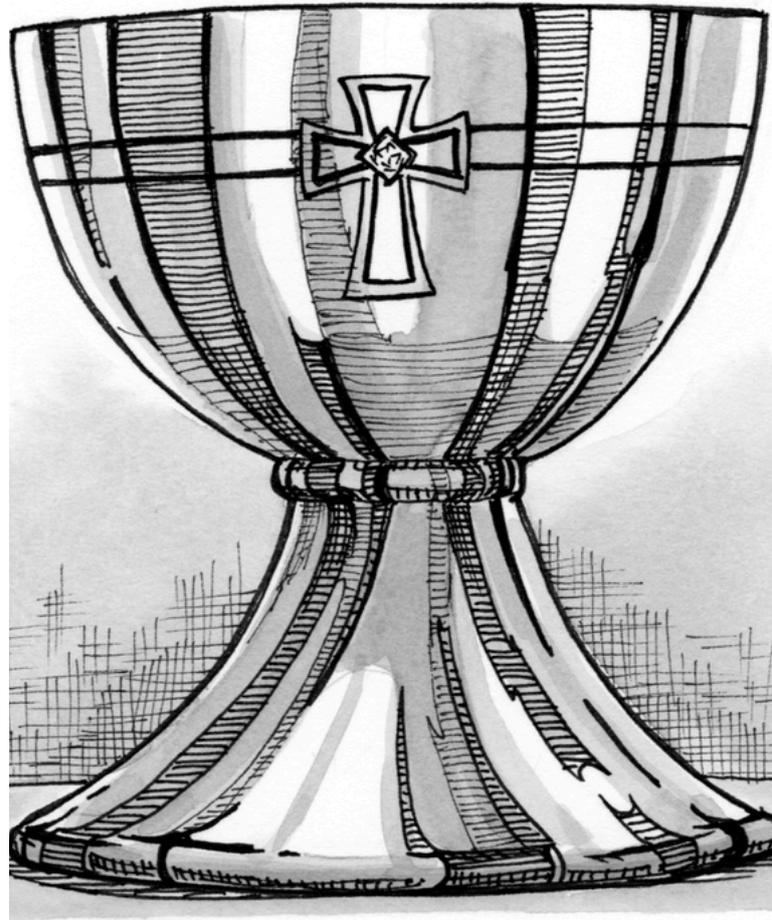
Rev. Constantine Osuchukwu

St Marks @ 10.30am

Sunday 15th February 2026

Officiant & Preacher:

Rev. Constantine Osuchukwu



Contacts

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www.apok.org.au

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e: office@apok.org.au

Rector

Reverend Constantine Osuchukwu

0435 750 155

rector@apok.org.au

Wardens

Stephen Elworthy

0408 757 876

Jason Saltearn

0406 450 056

jsaltearn@gmail.com

Peter Pine

0407 732 440

Grievance Officers

Graeme Hodgkinson

0407 209 819

Marg Dephoff

0437 400 429

Parish Calendar for February 2026

● Mondays

- U3A Art Group – St Mark's Pottsville, 9:00am–12:00pm
- Bible Study – 10 Guilfoyle Plc, Cudgen, 2:00pm–4:00pm
- Evening Prayer – St James Kingscliff, 5:15pm–5:30pm
- Soup Kitchen, St James Kingscliff from 6:00 pm to 7:00 pm

● Tuesdays

- Shrove Tuesday Pancake Breakfast at St James and St Mark's at 8.30am
- Meals Handout – St Mark's Pottsville 11:00am–1:00pm
- Justice of the Peace -St Mark's Pottsville 11.00am -1pm
- Holy Communion/Eucharist at St Mark's 12.30pm -1pm
- Bible Study at St Mark's Parish Hall, 4pm
- AA Meeting – St James Kingscliff, 7:30pm
- Pottsville Community Association – Last Tuesday of the month, 6:00pm

● Wednesdays

- Holy Communion/Eucharist – St James Kingscliff, 10:00am
- Ecumenical Bible Study -St Mark's Pottsville 10:00am
- Christian Meditation -St James Kingscliff, 4pm

● Thursdays

- Ladies Craft Group – St Mark's Pottsville, 9:00am–12:00pm
- Meals Handout – St James Kingscliff, 11:00am–1:00pm
- AA Meeting – St Mark's Pottsville, 6:00pm

● Fridays

- Making Art Group – St. Mark's, Pottsville, 10:00am to 2:00pm
- Making Art Group – St James, Kingscliff, 1:00pm to 4:00pm

● Saturdays

- Community Garden Club – St Mark's Pottsville, 9:00am–11:00am
- Sister Suzie's Sewing Circle – 10 Guilfoyle Plc, Cudgen, 1:00pm–3:00pm
- Seven-Day Adventist Church at St Mark's, 9.00am -1.00pm
- Healing Service (Book of Common Prayer) -St James Kingscliff, 5pm

● Sundays

- Holy Communion/Eucharist, St James Kingscliff, 8:30am
- Holy Communion/Eucharist, St Mark's Pottsville, 10:30am
- Contemporary Service, 5pm, St James Kingscliff, every second Sunday of the month

📌 Upcoming Events:

- **AGM, 11.00am** St James, Saturday February 28
- **Shrove Tuesday**, 17 February at 8,30am at St James' Parish Hall and St Mark's Meeting Room
- **Ash Wednesday**, 18 February 2026: 10am, St James Kingscliff; 5.30pm St Mark's Pottsville