

ANGLICAN PARISH OF KINGSCLIFF
BULLETIN

Higher

“as it is in heaven”

VOL 54 FEBRUARY 22 2026

BRINGING
THE FRUIT
OF THE SPIRIT

Living well
in today's
world

Joy Love

Self
Control

Gentle
ness

Gener-
osity

peace

Faithful
ness

Patience & Kindness

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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.

**Fruits of
the Spirit**

Letter from Constantine

Dear Brothers and Sisters in Christ

“No Cross, No Crown.” – William Chalmers Burns.

As we enter the holy season of Lent, we hear again the invitation of the prophet Joel to “return to the Lord with all our heart” (Joel 2:12). Lent is a grace-filled time of conversion – a sacred forty-day journey of repentance, renewal, prayer, fasting, self-denial, and works of mercy. It is the Church’s loving call to re-centre our lives on God.

At its heart, Lent is shaped by three great pillars: **Prayer, Fasting, and Almsgiving** (see Matthew 6). These are not burdens laid upon us, but gifts given to us – practical ways of living out Jesus’ Great Commandment: to love God with all our heart, soul, mind, and strength, and to love our neighbour as ourselves (cf. Gospel of Matthew 22:37–39).

- **Prayer** draws us into deeper love of God. In prayer we turn our hearts toward the Father, listen to His voice, and grow in intimacy with Christ in the power of the Holy Spirit.
- **Fasting** teaches us self-mastery and detachment. By freely giving up lesser goods, we make space for God and learn to love Him above all things.
- **Almsgiving** expresses our love of neighbour. It moves us outward in compassion, generosity, and concrete acts of charity toward those in need.

These three pillars are inseparable. Prayer without charity risks becoming self-absorbed; fasting without love becomes empty discipline; almsgiving without prayer can lose its spiritual foundation. Together, they form a pathway of authentic discipleship – a participation in the Cross that leads to the joy of the Resurrection. Truly, there is no crown without the Cross.

Lent, then, is not a gloomy season. It is a season of hope. It is God's antidote to the anxieties and distractions of contemporary life – a time to simplify, refocus, and rediscover the joy that comes from belonging wholly and completely to Christ.

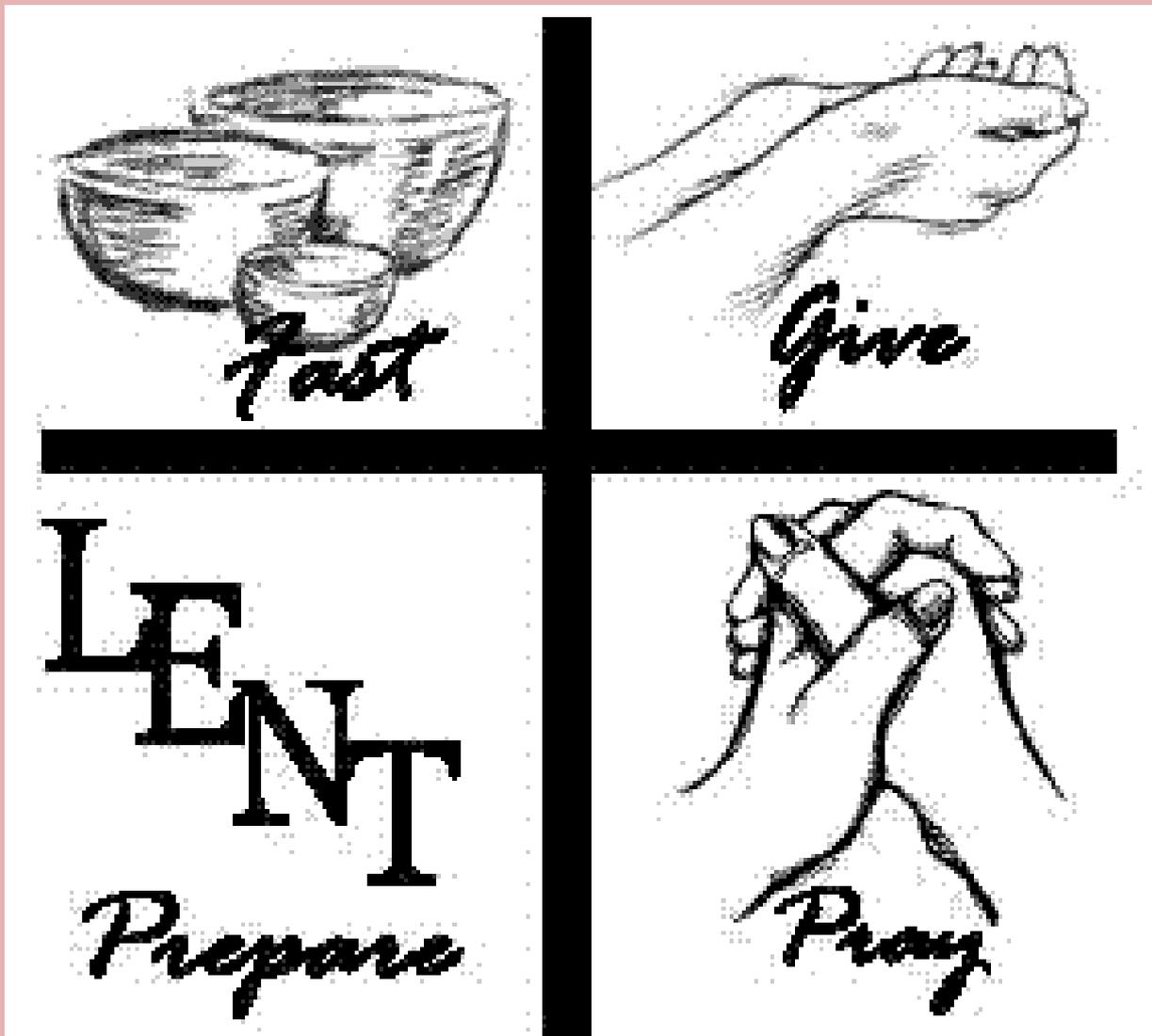
May our Lenten journey draw us ever closer to Jesus, and may it make us more faithful and authentic witnesses to His Gospel of life, love, and joy.

I wish you all a holy and grace-filled Lent.

Pray for me, as I pray for you.

In Christ

Constantine



BELOVED IS WHERE WE BEGIN

If you would enter
into the wilderness,
do not begin
without a blessing.
Do not leave
without hearing
who you are:
Beloved,
named by the One
who has traveled this path
before you.

Do not go
without letting it echo
in your ears,
and if you find
it is hard
to let it into your heart,
do not despair.
That is what
this journey is for.

I cannot promise
this blessing will free you
from danger,
from fear,
from hunger
or thirst,
from the scorching
of sun
or the fall
of the night.

But I can tell you
that on this path
there will be help.

I can tell you
that on this way
there will be rest.

I can tell you
that you will know
the strange graces
that come to our aid
only on a road
such as this,
that fly to meet us
bearing comfort
and strength,
that come alongside us
for no other cause
than to lean themselves
toward our ear
and with their
curious insistence
whisper our name:

Beloved.
Beloved.
Beloved.

—Jan Richardson
from Circle of Grace:
A Book of Blessings
for the Seasons

Fasting

After the feasting comes the fasting: that's the aim of the liturgical calendar as the season of Lent focusses our attention on exercising self-restraint rather than continuing to indulge in celebratory meals as we do at Christmas. Some of us find this kind of piety harder than others ("hey, I resemble that remark!" – Ed), so thank goodness the Church makes sure that we are well-reminded of it at this time of the year. Self-control, is after all, one of the "fruits of the spirit" that Paul names in his letter to the Galatians, after a stark warning about indulgence in the pleasures of the flesh :

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control.



Pancakes at Pottsville



On Pancake Tuesday, properly called Shrove Tuesday, while giving away frozen meals at Pottsville, these ladies kept cooking pancakes at the church front door and giving them away garnished with Maple Syrup. Altogether, over 70 pancakes were given away. Some were even shared with the staff at the nearby chemist and butchers shops.

Along with the pancakes, they gave a slip of paper explaining the reason for the pancakes that stated:
Why have pancakes on this day?

In the Christian calendar Shrove Tuesday is the last day before the start of the season of Lent and has come to be called "Pancake Tuesday".

Lent is the season leading up to Easter when Christians remember how Jesus Christ died for them on the cross, and many fast during this season.

That means they go without sweet things, or fancy baked goods, so they use up all the flour, eggs and milk before a season of "going without" so that the foodstuff will not be wasted.

We ask you to give a thought for Jesus as you enjoy this pancake.

St Mark's Anglican Church, Pottsville

Do you know the real meaning of "Shrove"? The computer comes up with the following explanation:

"Shrove" is the past tense of the Old English verb "shrive," which means to listen to, confess, and absolve someone of their sins. It signifies a day of spiritual preparation and repentance, traditionally observed before the fasting season of Lent begins. It represents the cleansing of the soul before 40 days of fasting.

So, have you been shriven yet? Have you confessed your sins and had them absolved? We know that Jesus paid for all our sins on the cross, but reviewing our failings before him is a spiritually healthy activity. Thank you Lord for dying for our sins!

Coming Events

As summer winds down and Easter approaches, we all like to plan ahead. Here's a quick guide to everything that's going on in the Parish in the coming weeks, as we prepare to reflect on the death and resurrection of our Lord.

Sunday 1st March

ABM Sunday. Don't forget to bring your cashboxes!

Saturday 21st March

Making Palm Crosses Workshop/Working Bee

Thursday 2nd April - Maundy Thursday

Eucharist at 7pm at St James.

Friday, 3rd April - Good Friday

Stations of the Cross with St Anthony's Catholic Parish

Good Friday Services at 9am at St James, and 3pm at St Mark's

Saturday, 4th April

Easter Vigil Service at 8pm at St James

Sunday, 5th April

Easter Sunday, 8.30am at St James and 10.30am at St Mark's.

Stations of the Cross

Joint *Stations of the Cross* with St Anthony's Catholic Church on Good Friday, 3 April 2026

As a sign of our shared Christian unity and a public witness to our faith, Fr Paul McDonald and I warmly invite our parishioners to join us for the *Stations of the Cross*, as we prayerfully reflect on Jesus' journey from the Garden of Gethsemane to Calvary.

If you would like to volunteer to assist in any way, please contact me via text message or phone on 0435750155 (Constantine).

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'



**ABM SUNDAY
LENT 2
1 MARCH 2026**



Anglican Diocese of
Grafton

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

**Please give
generously to the
2026 Lent Appeal**



**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
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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.

175
YEARS
OF
SERVICE
1851 - 2026



LENT APPEAL 2026

**GIVE WATER,
GIVE LIFE.**



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

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



Prayer of the Week

O Lord,
who for our sake fasted
forty days and forty nights:
give us grace to use such
abstinence, that, our flesh
being subdued to the spirit,
we may ever obey your
godly will in righteousness
and true holiness;
to your honour and glory,
who live and reign with the
Father and the Holy Spirit,
one God, world without
end.
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.



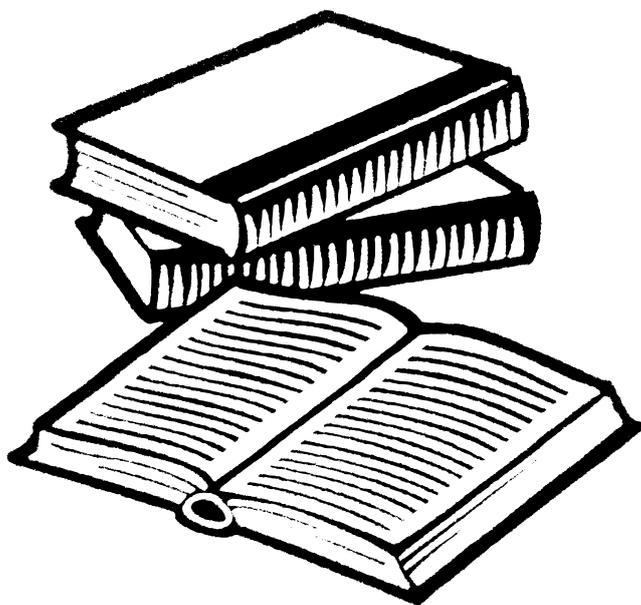
Parish Food Ministry

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 -12 meals

St Marks - 31 meals

Praise be to God!



Sunday Worship Readings

Sunday 22 February 2026

Genesis 2 v 15-17, 3 v1-7

Psalm 32

Romans 5 v 12-21

Matthew 4 v 1-11

Sunday 1 March 2026

Genesis 12. v1-4

Psalm 121

Romans 4 v 1-5 (6-12)

John 3 v1-17

Service Schedule

St James @ 8.30am

Sunday 22nd February 2026

Officiant & Preacher:

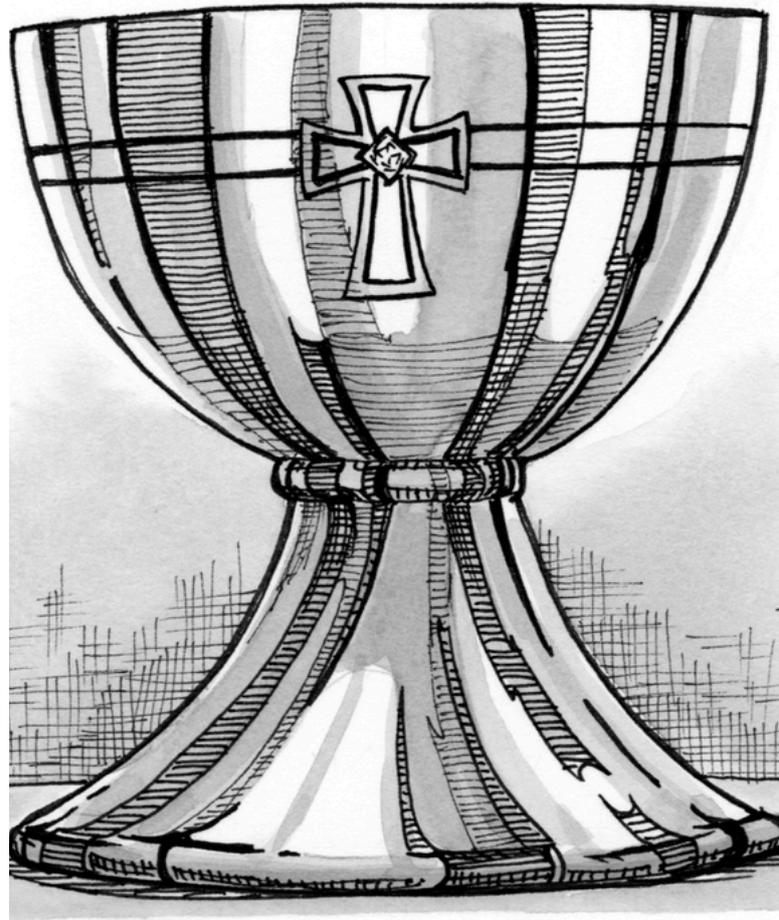
Rev. Constantine Osuchukwu

St Marks @ 10.30am

Sunday 22nd February 2026

Officiant & Preacher:

Rev. Constantine Osuchukwu



Contacts

Parish Office

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e: office@apok.org.au

Rector

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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

- 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, Zoom Link:

<https://us02web.zoom.us/j/89184784092pwd=TFI3eWc1UXM0b3VVZnR5bkMxUIM1Zz09>

● 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 (1st Saturday)

● 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 Parish Church, Saturday February 28
- **Kids in Church in Kingscliff (KICK)** , 1 March 2026
- **AGM** Reports available, including nominations Sunday February 22
- Sunday 1st March ABM Sunday. Don't forget to bring your cashboxes!
- **Saturday 21st March** Making Palm Crosses Workshop/Working Bee
- **Thursday 2nd April** - Maundy Thursday Eucharist at 7pm at St James.
- **Friday, 3rd April** - Good Friday Stations, St Anthony's Catholic Parish
Good Friday Services at 9am at St James, and 3pm at St Mark's
- **Saturday, 4th April** Easter Vigil Service at 8pm at St James
- **Sunday, 5th April** Easter Sunday, 8.30am at St James and 10.30am at St Mark's.