

ANGLICAN PARISH OF KINGSCLIFF  
BULLETIN

# Higher

“as it is in heaven”

VOL 55 MARCH 1 2026

**Contents**

**Abundance**

**Constantine's Letter and Prayer**

**AGM**

**Anglicare Food Pantry**

**Morning Tea Last Sunday**



# 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.

## Abundance

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.

# Letter from Constantine

Dear Sisters and Brothers in Christ,

*“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.” (John 3:16)*

As we continue our Lenten journey, this Sunday’s Gospel reminds us of the very heart of our faith: God’s unconditional, extravagant, pure and faithful love. God loves us so deeply that He sent Jesus to live among us and to die for us, so that through His death and resurrection we might have life – and have it in abundance (cf. John 3:16; 10:10).

Lent invites us to slow down so that we may receive this love more fully and allow it to transform us. It is in prayer that we encounter the love of God personally and profoundly. This Lent, there are many opportunities for us to deepen our prayer life and relationship with Jesus:

- **Midweek Services**

- Tuesdays, 12.30pm at St Mark’s
- Wednesdays, 10.00am at St James

- **Christian Meditation**

- Wednesdays, 4.00pm at St James

- **Healing Service**

- First Saturday of each month, 5.00pm at St James

Please also visit our website ([apok.org.au](http://apok.org.au)) for further details about additional prayer opportunities.

## **Labyrinth Walk – Saturday, 7 March at 9.00am (St James)**

We are hosting a special Labyrinth Walk at St James, offering us the opportunity to slow down and enter more deeply into the mysteries of our faith through prayerful walking. If you would like to attend, please register on the sign-up sheets in the foyer. Please see flier for more details.

## **Annual General Meeting – Saturday, 28 February 2026 at 11.00am (St James)**

Our AGM will be held tomorrow at 11.00am at St James. Thank you sincerely to all who have prepared and submitted reports. It has been a productive and grace-filled year in parish life, and we give thanks to the Lord for His abundant blessings among us. Please remember to bring something to share for our fellowship lunch following the meeting.

## ***Stations of the Cross* with St Anthony's Catholic Church, Kingscliff** (Friday, 3 April 2026 – 10.30am)

On Good Friday, we will host a joint *Stations of the Cross* with St Anthony's Catholic Church – a beautiful sign of our shared faith in Christ.

We will begin at St Anthony's at 10.30am, walk along Pearl Street, cross at the pedestrian crossing at Turnock Street, proceed to Marine Parade, and conclude at St James.

Our next planning meeting will be held on 10 March at 1.30pm. Please let me know if you would like to assist with preparations.

## **Baptisms and Confirmations – Easter Vigil (Saturday, 4 April at 7.00pm, St James)**

If you know of anyone considering Christian baptism, please reach out and encourage them. The Easter Vigil is a most fitting and joyful occasion for baptism and renewal of faith.

## **Lenten Practices**

Last week, I invited you to spend five minutes each day prayerfully gazing upon the Cross. We also encouraged parishioners to bring their crosses to place at the foot of the Cross in our two churches. The Cross reminds us of God's great love (cf. John 13:1) and invites us to unite our sufferings with Christ. When we do so, God grants meaning, grace, and even redemption within our pain.

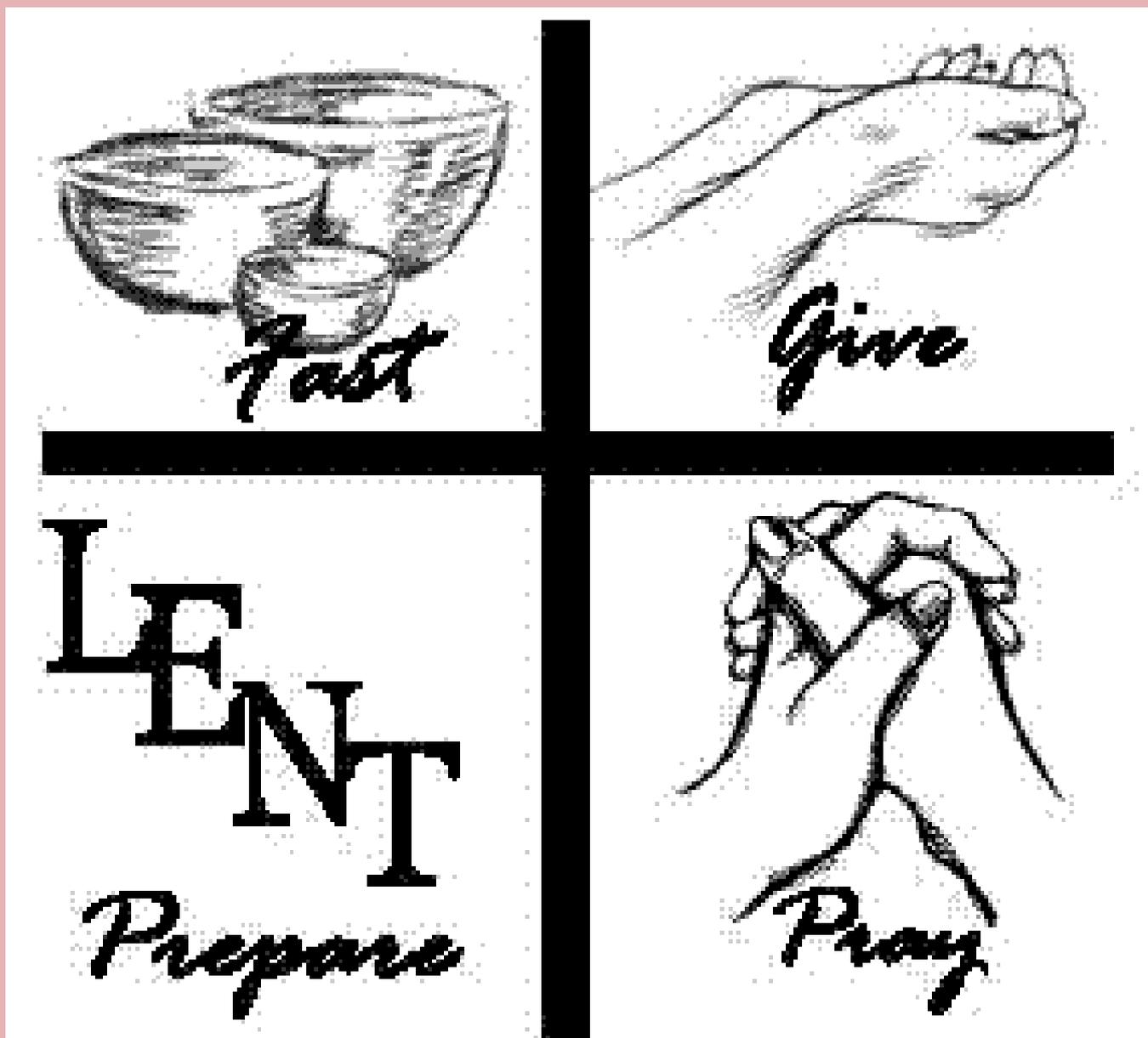
This week, I encourage you to take a small rock or pebble from the baskets in our foyers. Let it symbolise the sin that so easily entangles us (cf. Hebrews 12:1). After prayerfully naming that sin before God, take the stone and cast it into the ocean, asking the Lord to “*cast all our sins into the depths of the sea*” (Micah 7:19).

May we experience deeply the joy of God’s forgiveness, the freedom of salvation, and healing from past sins, trauma, and hurts.

God loves you all – and so do I.

Yours in Christ,

*Constantine*

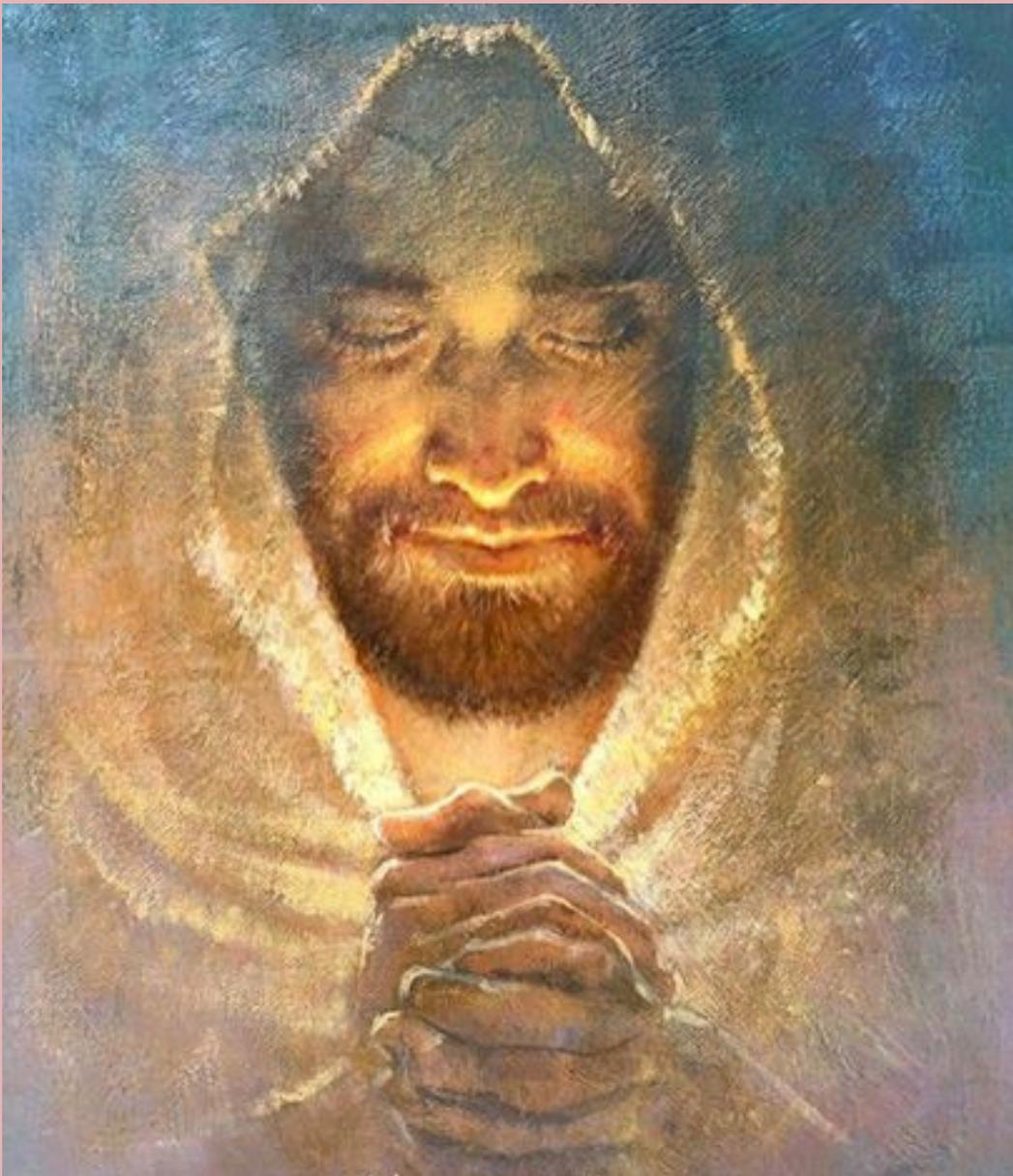


# A Lenten Prayer

Heavenly Father,

As I enter another week of my Lenten journey, guide me to the path that leads to you. Fill my heart with gratitude, patience, strength, and peace as I strive to become the-best-version-of-myself. Let me hear your voice in the deepest reaches of my heart. Give me rest in you. Help me to accept others, showing them your great love instead of casting judgment. Stay with me through the busy days this week and remind me that when I need comfort, solitude, wisdom, or guidance, I can always turn to you.

Amen.



# AGM

The Parish AGM is on tomorrow, Saturday 28<sup>th</sup> starting at 11.00 am sharp. Since there are seven nominees for nine positions available on Council, no election will be required with all nominees appointed. The Incumbent can also appoint one member of Parish Council for each three elected. In March Synod Reps and Parochial Nominators will be appointed at the first sitting of the new Parish Council. The Nominees for Parish Council are:

Steve Elworthy - Warden  
Brian Wyver - Warden  
Terry McNellee - Councillor  
Peter Pine - Councillor  
Phil George - Councillor  
Raewyn McAuley - Councillor  
Bevan Kindt -Councillor

## **Anglicare Food Pantry for Parish Hall**

The Wardens have received Parish Council's assent to enter into a 12 month hall-hire agreement with Anglicare to establish a Food Pantry in the former office space at the southern end of the Parish Hall.



Huck and his team are preparing to relocate the office to the refurbished ground floor of the Old Rectory, with Anglicare to take possession soon after Easter. The Pantry is expected to operate 9 am to 3pm, three days a week, in between (and occasionally alongside) other activities in our increasingly busy Parish Hall.

# Morning Tea Last Sunday at Pottsville



St Mark's at Pottsville regularly has a morning tea on the last Sunday of the month. This time, the morning tea for February, numbers were swollen by the family of Ruth Clarke who made a special visit on what would have been Ruth's birthday, and several visitors. The fare was suitably enhanced by mini quiche that Julie heated up in the newly acquired Air Fryer. We trust that this device will continue to be put to significant use at all our food events; come and visit us! You will be feted with warm food and a warm welcome!



# Holy Week Services 2026

## **Palm Sunday**

- 8.30am – St James
- 10.30am – St Mark's

## **Maundy Thursday (2 April)**

- 7.00pm – Mass of the Lord's Supper with Washing of the Feet (St James), followed by Silent Prayers & Adoration till 10pm.

## **Good Friday (3 April)**

- 10.30am – Stations of the Cross (beginning at St Anthony's)
- 3.00pm – Liturgy of the Passion (St Mark's)

## **Holy Saturday – Easter Vigil (4 April)**

- 7.00pm – Holy Communion Service (St James)

## **Easter Sunday (5 April)**

- 8.30am – St James
- 10.30am – St Mark's

# Redacted Parish Rolls

Copies of the Parish Roll, redacted to respect parishioners privacy, are available on request from the Wardens. Please contact Jason if you would like a copy.

## **St James Facilitated Labyrinth Walk- Helping You Grow Closer to God 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.

**When: Saturday 7 from 9am - 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!**

# **Triathlon Reminder**

Don't forget the Kingscliff Triathlon is on this weekend. This means you might need to arrive early to get a park on the St James Car Park or be prepared to walk a bit further than usual.

# **Traffic Warning**

A reminder to all parishioners about using caution when entering and exiting the Pearl Street carpark. On Monday afternoon as preparations for Soup Kitchen were underway, a terrible traffic accident unfolded outside the Parish Hall, as a man riding a motorcycle at speed collided with a vehicle leaving the underground carpark below the Medical Centre. The rider's leg was badly broken and he was taken by ambulance to TVH, with Police and the Fire Brigade also attending the scene. Whilst no Church member was involved the accident is a reminder to parishioners to always proceed with caution when leaving the carpark onto Pearl Street.

# **Police called to St James**

An incident at St James last Tuesday has led to two "rough sleepers" we've been trying to help over the summer, being banned from returning to the campus. When the pair became verbally abusive towards some of our parishioners, the Police were called and, with the support of the Diocese of Grafton, a Ban Notice revoking our consent for them to visit our premises, issued. If they return, it will be considered an act of trespass and the Police will be called again. Our neighbours, some of whom witnessed the incident, have been informed about the action being taken.

Although these unfortunate individuals need help, Rev. Constantine and the Wardens consider the safety of our parishioners to be the highest priority, and the pair will now have to seek help elsewhere. We shall continue to keep them in our prayers and ask the Lord for healing, strength and hope for them.

**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  
Queen Victoria Building NSW 1230  
Phone: 1300 302 663  
Email: [info@abmission.org.au](mailto:info@abmission.org.au)  
[www.abmission.org](http://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.

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](http://www.abmission.org/Lent2026)**

# Fundraiser FASHION PARADE

Supporting Wedgetail Retreat

Saturday 28th March

3-5pm

**\$49** includes bubbles on arrival,  
canapés, indulgence bag, \$10 donation

- **Silent Auction**
- **Raffles to the value over \$1000**
- **Lucky Door Prize**
- **Best Dressed Prize**  
for the most beautiful & bright
- **Tickets available using QR code or instore**

Live Music

Venue Cabarita Beach Bowls  
Cabarita Road

Brought to you by Drift Clothing. 0418 799 115



## Prayer of the Week

Remember, O Lord,  
what you have wrought in  
us and not what we  
deserve,  
and, as you have called us  
to your service,  
make us worthy of our  
calling;  
through Jesus Christ our  
Lord. 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.

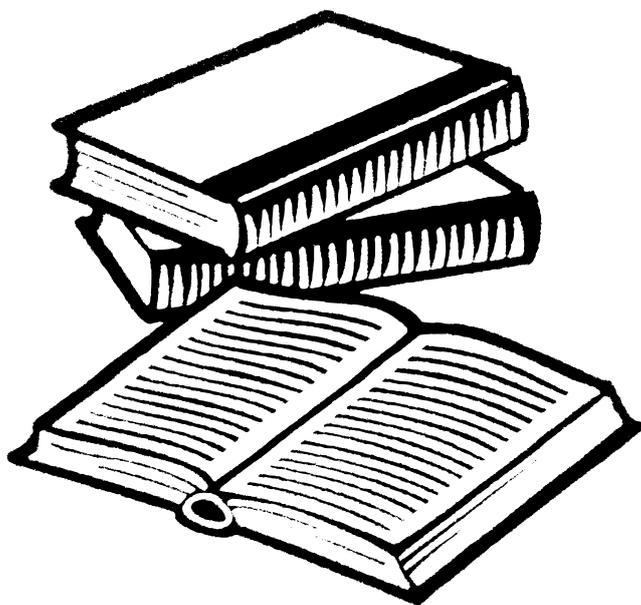
# Parish Food Ministry

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 -70 meals

St Marks - 37 meals

Praise be to God!



## Sunday Worship Readings

### Sunday 1 March 2026

Genesis 12. v1-4  
Psalm 121  
Romans 4 v 1-5 (6-12)  
John 3 v1-17

### Sunday 8 March 2026

Exodus 17 v1-7  
Psalm 95  
Romans 5v 1-11  
John 4 v 1-41

# Service Schedule

**St James @ 8.30am**

**Sunday 1st March 2026**

**Officiant & Preacher:**

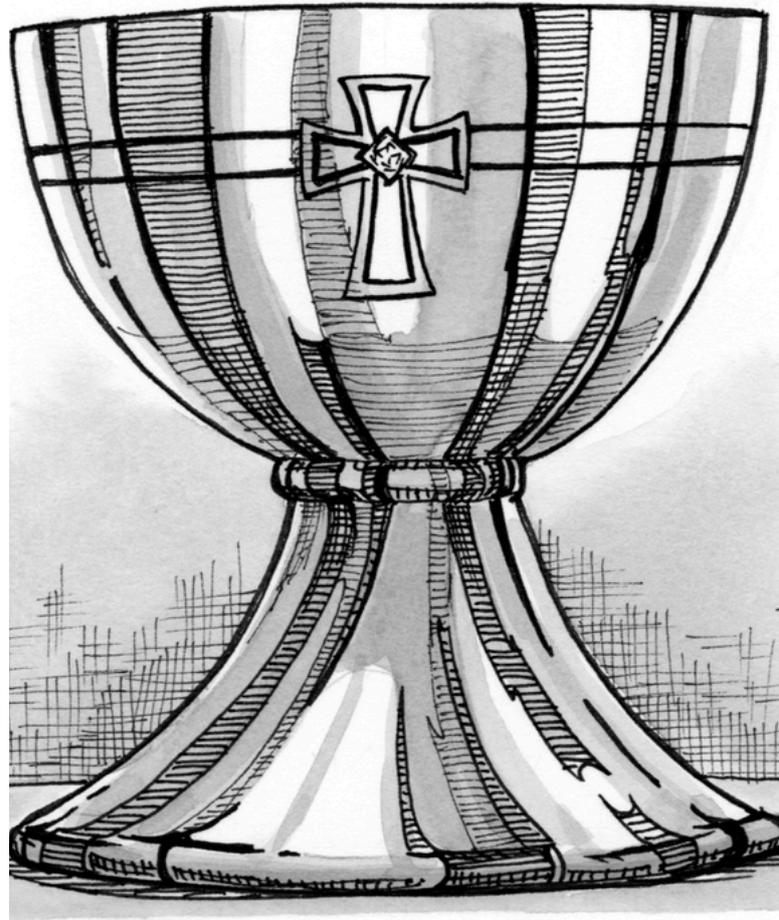
Rev. Constantine Osuchukwu

**St Marks @ 10.30am**

**Sunday 1st March 2026**

**Officiant & Preacher:**

Rev. Constantine Osuchukwu



## Contacts

### Parish Office

[www.apok.org.au](http://www.apok.org.au)

p: 02 6674 1513

e: [office@apok.org.au](mailto:office@apok.org.au)

### Rector

Reverend Constantine Osuchukwu

0435 750 155

[rector@apok.org.au](mailto:rector@apok.org.au)

### Wardens

Stephen Elworthy

0408 757 876

Jason Saltearn

0406 450 056

[jsaltearn@gmail.com](mailto:jsaltearn@gmail.com)

Peter Pine

0407 732 440

### Grievance Officers

Graeme Hodgkinson

0407 209 819

Marg Dephoff

0437 400 429

# Parish Calendar for March 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 9:00am -12:00pm
- Holy Communion/Eucharist at St Mark's 12.30pm -1pm
- 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 (1<sup>st</sup> 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 at 8.30am
- **Saturday, 7 March, Facilitated Labyrinth Walk** at St James from 9am.
- **ABM Sunday.** Sunday 1st March, 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 at 10.30am; **Good Friday Service**, 3pm at St Mark's
- **Saturday, 4th April** Easter Vigil Service at 7pm at St James
- **Sunday, 5th April** Easter Sunday, 8.30am at St James and 10.30am at St Mark's.