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**Office Hours: 9 am to 12 midday**

**Monday to Friday**

Visit our website at:

[www.inala.anglicanchurchsq.org.au](http://www.inala.anglicanchurchsq.org.au)

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## Weekly Bulletin 8 February 2026: Fifth Sunday after Epiphany

**Thank you to Hon. Milton Dick, Federal MP, for generously printing our Bulletin.**

We acknowledge and respect the Jagera people, traditional custodians of the land where our Parish resides.

**8<sup>th</sup> February, Epiphany 5: Isaiah 58:1-9a; Psalm 112; 1 Corinthians 2: 1-13; Matthew 5: 13-20**

**15<sup>th</sup> February, Transfiguration: Exodus 24: 12-18; Psalm 2; 2 Peter 1:16-21; Matthew 17: 1-9**

**Sentence:** Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.? [Matthew 5:16](#)

### Prayer of the Day:

Faithful God,  
you have appointed us your witnesses,  
to be a light that shines in the world:  
let us not hide the bright hope you have given us,  
but tell everyone your love,  
revealed in Jesus Christ the Lord,  
who lives and reigns with you in the unity of the Holy  
Spirit,  
one God, for ever and ever. **Amen.**



*Psalm 112 APBA p 344*

### DATES FOR YOUR DIARY AND YOUR PRAYERS

<b>Epiphany 5, 8<sup>th</sup> Feb</b>	<b>8.30 am</b>	<b>Healing Eucharist &amp; Sunday School at St Hughs &amp; morning tea</b>
	<b>10.30am</b>	<b>Healing Eucharist at Forest Grove Auditorium.</b>
	<b>3.00 pm</b>	<b>Monthly Prayer Meeting</b>
<b>Tuesday 10<sup>th</sup> Feb</b>	<b>8.00 am</b>	<b>Morning Prayer</b>
	<b>9.00 am</b>	<b>Careforce</b>
	<b>3.00 pm</b>	<b>Service at Opal Oxley Grove Aged Care</b>
<b>Wednesday 11<sup>th</sup></b>	<b>9.00 am</b>	<b>Eucharist at St Hugh's followed by morning tea</b>
<b>Transfiguration 15<sup>th</sup></b>	<b>8.30 am</b>	<b>Eucharist &amp; Sunday School at St Hughs followed by morning tea</b>
	<b>10.30am</b>	<b>Eucharist at Forest Grove Auditorium.</b>
<b>Wednesday 18<sup>th</sup></b>	<b>9.00am</b>	<b>Ash Wednesday Service at St Hughs</b>
	<b>2.00pm</b>	<b>Ash Wednesday Service at Forest Grove Chapel</b>
	<b>7.00pm</b>	<b>Ash Wednesday Service at St Hughs</b>
<b>22<sup>nd</sup> February</b>	<b>10.30 am</b>	<b>Parish AGM</b>

### NOTICES

**\*\*ITEMS needed for CAREFORCE:** All household cleaning items, tea and Coffee. A huge thank you to both parish centres for your continued prayers and support\*\*

**\*\*Women's Fellowship Group** meeting 1st Saturday of the month 10am in the hall. All women are welcome. Contact Iris 0418 407 626 or office 3372 1216 for more information.

**\*A.M.S. (Anglican Men's Society) meet on the 3<sup>rd</sup> Friday of the month at 6.30 pm. All men are welcome. Contact Fr Lindsay, Geoff, Steve, David or Rev Jon for more information.**

**\*\*Nomination Forms are now available for 2026 Parish Council positions. Don't be shy. Now is the time step up and join this amazing ministry serving our parish. For more information please call the office 3372 1216 or Rev Jon 0477 120 513.**

**\*\*Monthly Prayer Meeting every 2<sup>nd</sup> Sunday of the month at 3pm in the Multi-Purpose Room of Forest Grove. All welcome to come and pray for the church, community, and the world.**

**\*\* Palm Crosses are required again for this year's Ash Wednesday services. If you have any you don't need or want - then please leave in collection plates. Thank you all.**

**\*\*At Sunday School we nurture faith through liturgy, ritual, imagination, and encourage Christian growth through worshipping, learning, and serving together. Please contact the office for more information - 3372 1216.**

+ Contact Viv 0401884505 for our Prayer Chain Ministry. +



### **Reflection for 5<sup>th</sup> Sunday after Epiphany**

Aphorisms or wise sayings are wonderful things. And to which there seems to be no limit. Such as the not being able to see the forest for the trees. Few would argue how deceptively easy it can be to be caught up with all the fine details of minutiae, rather than and often at the expense of appreciating the overall bigger picture. Like appreciating the majesty of simplicity.

There is much that is contained in the overall content of all three readings for this Sunday. Regarding the bigger picture and its simplicity. It is a picture nonetheless, and one with which we would all be more than familiar. And yet, when it's all boiled down, essentially comes back to those same truisms of Jesus; the two great commandments. To love our God with all our heart, soul, (mind) and strength. And to love our neighbour as ourselves. The only obstacle or obstacles of course being ourselves. And how we see or understand who our neighbour or neighbours actually are. And the obligation Christ unambiguously sets before us accordingly.

When writing to the Jews returning from Babylon to the desecrated Jerusalem since 538BC (BCE), Isaiah reminded them of the failings that got them exiled in the first place. Such as mistaking religiosity for righteousness. Like the practice of fasting, which was highly regarded, particularly as a form of repentance and grieving. As it remains when helping to seek God's will. Yet without undoing the bonds of injustice, freeing the oppressed, sharing bread, and more; fasting, like all forms of worship and ritual are simply a waste of time. Which fall on God's deaf ears.

Paul continued to expand on the divisions and inequalities occurring within the Corinthian church, where Christians had lost sight of some fundamental principles within the two Commandments too. That others are more important than us. And that we forgo being motivated for seeking any form of praise whatsoever. Unlike those constrained by fear driven circumstances and regulations. Again, such as the Pharisees and Scribes whose form of righteousness Jesus was telling the disciples they must better. This of course is not a righteousness founded on legalism, or obedience to every minute detail of an overzealous misinterpretation of Moses' Law. But established on the original 10 Commandments, which are all designed to put God and others, that is our neighbour first. Concerned with respect and reverence as expressed through justice and equality. For God and others. No matter the cost.

This is what it is to be the salt of the earth, a light to the nations. Exuding flavour, purity, and life. A beacon radiating truth, guidance, correction, and hope. Willing to be different. To go against the grain, if necessary. To call out and live lives that reflect real justice and equality. Worship and obligation, hand in hand. Perhaps at times wily, yet as much as can be, winsome. Not begrudgingly disapproving. But lovingly challenging. As we ourselves must be willing to be challenged. To be lovingly convicted. Disciples called to put on more and more of Christ, the fulfilment of all that is just and right. All that is pure and enlightening. All that is majestic in its simplicity. Which is having and living the mind of Christ, who shows us how much more there truly is to the forests, as we courageously learn to forgo the trees.

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**Jonathan Brook – Priest in Charge.**

Please contact the office for Baptisms, Weddings, Funerals, and other pastoral matters.