Leader: Welcome to Holy Hermits Online Worship

4th Sunday in Lent - Refreshment Sunday

Today we are remembering

Holy Hermit St Paul of Thebes

Service Prep: Lauren
Music: Lauren
Proof-reader: Kristine
Broadcaster: Barry
Backup Broadcaster: Lauren
Zoom Buttons: Lauren

Chat Host: Viki
Welcomer: Chris
Priest: N/A
Deacon: Lauren
Leader: Julie
Cantor: Jeremy

First Reader: Liz
Second Reader: Bob
Preacher: Lauren
Fellowship: Leonie
Safety Officer: Chris
Attendance: Viki

Prep: 8/3/2026 Proofed:10Mar26

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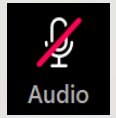
Hospitality

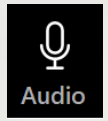
Leader:

Please mute 

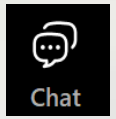
for the service unless invited to offer your voice as part of the service ministry

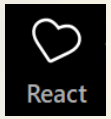
Have the video camera

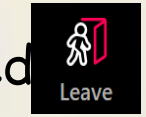
on or off and turn the volume and brightness up or down on your device if things are too loud 🔈🔊 or too bright 🔅🔆

Our Cantor acts as our voice, 

offering the responses, in **Bold Text**, which we say together

Feel welcome to use the chat 

and reaction emojis 👍 

🙏 Please take care of yourself in this space. 🙏 Come and go as you need 

😴 It is great to take rest in this space, so falling asleep is also OK 😴

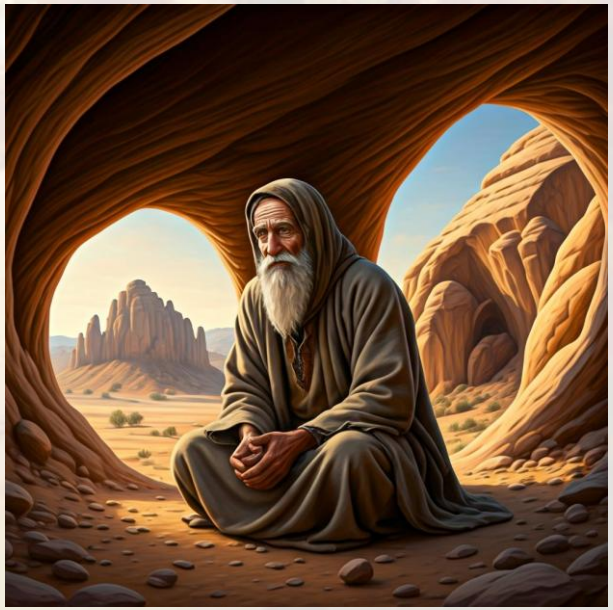
👂 Remember, pastoral care is available to all in the community, if you'd like to speak to someone about anything spiritual. ❤️ Visit the help page at the website to reach out 🌐

Our **Being Together ethos and safeguarding practices** can also be accessed on the website 🫶

🙌 Come as you are – we are all here together! 🙌

Leader: Our Holy Hermit Highlights for today

St Paul of Thebes fled persecution in 250 and discovered a life of deep joy in the desert, living "alone with God alone" for nearly ninety years. Sustained by a palm tree and a raven, he became a model of pure, persevering prayer. St Anthony later found him radiant with holiness, and after Paul died at 113, two lions dug his grave. Paul stayed in solitude not from fear but from love — he had found heaven in God's presence. His legacy inspires us to embrace life's unexpected paths and let devotion reshape us.



To read more about our hermits please click the link in the send out

Invitation

Leader: As we settle into worship let your breath be soft, your mind be still, and your heart be open to the presence of God.

Opening Music:

https://www.youtube.com/watch?v=0uGBxBw5Peo&feature=youtu.be

Leader and Cantor unmute

The Greeting

Leader: The Grace of the lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

All: **And also with you.**

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Gathering Prayer

Leader: We are seen by God and God is with us.

We are known by God and God understands us.

In all our comings and goings,

and in all our being and our doing, God sees us.

Let us seek to see God.

Gathering Prayer

All: Father God,

be with us now,

as we seek to draw closer to you,

inspire our hearts and minds,

so that we might see things as you see them.

In your name and for your glory, we pray.

Amen.

Sentence

Leader: I invite our Cantor to proclaim the sentence for today.

Cantor:

'I am the light of the world,' says the Lord; 'those who follow me will have the light of life.'

John 8.12

Prayer of Approach

Leader: We pray the prayer of approach together

All: God, our loving parent,

who loves us with the nature of both mother and father –

on this Mothering Sunday,

we gather around you as your children,

to share in your perfect love.

Amen

Our First Hymn is

What Wondrous Love is This

https://www.youtube.com/watch?v=uwnJFEQrey0

We stay on mute
Leader and Cantor mute

Kyrie Eleison

Leader: Lord, have mercy

All: *Lord have mercy*

Leader: Christ have mercy

All: *Christ have mercy*

Leader: Lord have mercy

All: *Lord, have mercy*

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The Deacon Introduces Confession

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

Silence may be kept...

Let us then ask for mercy, confessing our sins in penitence and faith.

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All: 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.

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Words of Assurance offered by the Deacon

These words of assurance from the First Letter of John declare that:

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous. He is the perfect offering for our sin, and not for ours only, but for the sins of the whole world.

(1 John 2: 1-2)

In this is love, not that we loved God, but that he loved us and sent his Son to be the perfect offering for our sins.

(1 John 4:10)

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Collect

Leader: Gracious God,

in order that we children of earth

might discern good from evil

you sent your Son to be the light of the world:

as the light of Christ shines upon us,

may we learn what pleases you,

and live in truth and goodness;

through the same Jesus Christ our Lord,

who is alive and reigns with you and the Holy Spirit,

one God, now and for ever. **Amen**.

The 1st reader unmutes

Leader: I invite the 1st reader to unmute and offer the 1st lesson when ready.

Reader 1: The 1st Reading is from 1 Samuel 16.1-13

1 The Lord said to Samuel, 'How long will you grieve over Saul? I have
rejected him from being king over Israel. Fill your horn with oil and
set out; I will send you to Jesse the Bethlehemite, for I have
provided for myself a king among his sons.' 2 Samuel said, 'How can I
go? If Saul hears of it, he will kill me.' And the Lord said, 'Take a
heifer with you, and say, "I have come to sacrifice to the Lord ."
3 Invite Jesse to the sacrifice, and I will show you what you shall do;

Continue...

and you shall anoint for me the one whom I name to you.' [4]Samuel did
what the Lord commanded, and came to Bethlehem. The elders of the
city came to meet him trembling, and said, 'Do you come peaceably?'
[5]He said, 'Peaceably; I have come to sacrifice to the Lord ; sanctify
yourselves and come with me to the sacrifice.' And he sanctified
Jesse and his sons and invited them to the sacrifice. [6]When they
came, he looked on Eliab and thought, 'Surely the Lord's anointed is
now before the Lord .' [7]But the Lord said to Samuel, 'Do not look on
his appearance or on the height of his stature,

Continue...

because I have rejected him; for the Lord does not see as mortals
see; they look on the outward appearance, but the Lord looks on the
heart.' [8]Then Jesse called Abinadab, and made him pass before
Samuel. He said, 'Neither has the Lord chosen this one.' [9]Then Jesse
made Shammah pass by. And he said, 'Neither has the Lord chosen
this one.' [10]Jesse made seven of his sons pass before Samuel, and
Samuel said to Jesse, 'The Lord has not chosen any of these.' [11]Samuel
said to Jesse, 'Are all your sons here?' And he said, 'There remains
yet the youngest, but he is keeping the sheep.'

Continue...

And Samuel said to Jesse, 'Send and bring him; for we will not sit
down until he comes here.' 12He sent and brought him in. Now he was
ruddy, and had beautiful eyes, and was handsome. The Lord said, 'Rise
and anoint him; for this is the one.' 13Then Samuel took the horn of oil,
and anointed him in the presence of his brothers; and the spirit of
the Lord came mightily upon David from that day forward. Samuel
then set out and went to Ramah.

For the word of the Lord. **Thanks be to God.**

Leader: We now say the psalm antiphonally, I invite the first reader to lead, and we will all respond with our cantor as our voice.

Psalm 23

[1]The Lord is my shepherd:
therefore can I lack nothing.
[2]He will make me lie down in green pastures:
and lead me beside still waters.
[3]He will refresh my soul:
and guide me in right pathways for his name's sake.

Continue…

4Though I walk through the valley of the shadow of death,

I will fear no evil:

for you are with me, your rod and your staff comfort me.

5You spread a table before me

in the face of those who trouble me:

you have anointed my head with oil,

and my cup shall be full.

6Surely your goodness and loving-kindness

will follow me all the days of my life:

and I shall dwell in the house of the Lord for ever.

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The 2nd reader unmutes

Leader: Thank you, I invite the 2nd reader to unmute and offer the 2nd lesson when ready.

Reader 2: The 2nd Reading is from Romans 5.8-14

8 For once you were darkness, but now in the Lord you are
light. Live as children of light— 9 for the fruit of the light is
found in all that is good and right and true. 10 Try to find out
what is pleasing to the Lord. 11 Take no part in the unfruitful
works of darkness, but instead expose them. 12 For it is
shameful even to mention what such people do secretly;

Continue…

13 but everything exposed by the light becomes visible,
14 for everything that becomes visible is light.
Therefore it says,
'Sleeper, awake!
Rise from the dead,
and Christ will shine on you.'

For the word of the Lord. **Thanks be to God.**

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We pause before
the Gospel

Leader: The Gospel of our Lord Jesus Christ according to St John Chapter 9 beginning at the 1st verse

All: **Glory to you Lord Jesus Christ.**

1 As he walked along, he saw a man blind from birth. 2 His disciples
asked him, 'Rabbi, who sinned, this man or his parents, that he was
born blind?' 3 Jesus answered, 'Neither this man nor his parents
sinned; he was born blind so that God's works might be revealed in
him. 4 We must work the works of him who sent me while it is day;
night is coming when no one can work. 5 As long as I am in the world, I
am the light of the world.' 6 When he had said this, he spat on the
ground and made mud with the saliva and spread the mud on the man's

Continue...

HOLY HERMITS ONLINE

eyes, 7 saying to him, 'Go, wash in the pool of Siloam' (which means
Sent). Then he went and washed and came back able to see. 8 The
neighbours and those who had seen him before as a beggar began to
ask, 'Is this not the man who used to sit and beg?' 9 Some were saying,
'It is he.' Others were saying, 'No, but it is someone like him.' He kept
saying, 'I am the man.' 10 But they kept asking him, 'Then how were
your eyes opened?' 11 He answered, 'The man called Jesus made mud,
spread it on my eyes, and said to me, "Go to Siloam and wash." Then I
went and washed and received my sight.' 12 They said to him, 'Where
is he?' He said, 'I do not know.'

Continue...
HOLY HERMITS ONLINE

13 They brought to the Pharisees the man who had formerly been
blind. 14 Now it was a sabbath day when Jesus made the mud and
opened his eyes. 15 Then the Pharisees also began to ask him how he
had received his sight. He said to them, 'He put mud on my eyes. Then
I washed, and now I see.' 16 Some of the Pharisees said, 'This man is
not from God, for he does not observe the sabbath.' But others said,
'How can a man who is a sinner perform such signs?' And they were
divided. 17 So they said again to the blind man, 'What do you say about
him? It was your eyes he opened.' He said, 'He is a prophet.' 18 The
Jews did not believe that he had been blind and had received his sight

Continue...
HOLY HERMITS ONLINE

until they called the parents of the man who had received his
sight [19] and asked them, 'Is this your son, who you say was born blind?
How then does he now see?' [20] His parents answered, 'We know that
this is our son, and that he was born blind; [21] but we do not know how
it is that now he sees, nor do we know who opened his eyes. Ask him;
he is of age. He will speak for himself.' [22] His parents said this
because they were afraid of the Jews; for the Jews had already
agreed that anyone who confessed Jesus to be the Messiah would be
put out of the synagogue. [23] Therefore his parents said, 'He is of age;
ask him.'

Continue...
HOLY HERMITS ONLINE

24 So for the second time they called the man who had been blind, and
they said to him, 'Give glory to God! We know that this man is a
sinner.' 25 He answered, 'I do not know whether he is a sinner. One
thing I do know, that though I was blind, now I see.' 26 They said to
him, 'What did he do to you? How did he open your eyes?' 27 He
answered them, 'I have told you already, and you would not listen. Why
do you want to hear it again? Do you also want to become his
disciples?' 28 Then they reviled him, saying, 'You are his disciple, but
we are disciples of Moses. 29 We know that God has spoken to Moses,
but as for this man, we do not know where he comes from.'

Continue...
HOLY HERMITS ONLINE

30 The man answered, ‘Here is an astonishing thing! You do not know
where he comes from, and yet he opened my eyes. 31 We know that
God does not listen to sinners, but he does listen to one who worships
him and obeys his will. 32 Never since the world began has it been
heard that anyone opened the eyes of a person born blind. 33 If this
man were not from God, he could do nothing.’

This is the Gospel of the Lord. **Praise to you Lord Jesus Christ.**

HOLY HERMITS ONLINE

We pause
after the Gospel

Leader: The Sermon is recorded to YouTube for sharing later.

Only the preacher's video and audio will be recorded.

The chat and other participants' feeds remain out of sight of the recording.

- *Leader and Cantor mute*
- *Broadcaster exits screenshare*
- *Preacher unmutes*
- *Zoom buttons "pins" preacher's screen + selects "record to the cloud"*

Sermon

Leader unmutes

Our next Hymn is

Saviour Like a Shepherd, He Leads Us

https://www.youtube.com/watch?v=tGO9_xGunBg

We stay on mute
Leader mutes

The Leader and Cantor unmute

The Greeting of Peace

Leader: We are the body of Christ

All: God's Spirit is with us

Leader: The peace of the Lord be always with you.

All: And also with you.

Leader: A sign of peace may be exchanged

You may like to type 'Peace' into the chat, use the 'raise hand' or other reaction buttons, or just simply wave via the screen with your video turned on

(Broadcaster exits shared screen for a few moments for the exchange of peace)

Prayer of Thanksgiving before Intercessions

Leader: As we enter prayer, I invite the second reader to unmute to lead our intercessions which follow the prayer of thanksgiving. Please feel free to change your body position as you need.

Prayer of Thanksgiving before Intercessions

Leader: Heavenly Father, today we thank you for the love of mothers and caregivers everywhere.

We give thanks for all those for whom this is or has been their Mother Church, where they have known the nurture of you.

Thank you, Lord, for being to all of us a loving parent, embodying the natures of the perfect mother and father, balanced in harmony to meet all our needs;

may we live in you, and learn from you always.

Amen.

Intercessions

Reader 2: We pray for creation and communities we share our lives with. We pause for a few moments to name either in our hearts, or out loud, or in the chat, those environments and communities we bring to the Lord in prayer.

PAUSE…

We entrust to you the community of Holy Hermits Online and our ministry partners:

St John's Cathedral Brisbane
The Anglican Diocese of Southern Queensland
St Gabriel's, Carindale
Benedictus Contemplative Church, Canberra
Anglican Focus and
Tithe.ly

Prosper the work of our hands and show us the way to your new creation.

Creator God, **Hear our prayer.**

Reader 2: Loving Creator, we entrust to you all animals, especially those who are sick, anxious, ageing, lost, at risk, lonely, sad, hungry, in pain, homeless, abused, living in fear, encountering violence of any kind, in need of comfort, rehabilitation or transformation.
We invite your loving compassion for:

Jasmine,
Leese(y),
Sid, Toots & Lulu
Polly and Suki
Fred, George & Percy
Koshka
Jax
Lambert
Kala, Nigel & Little One
Toby
Taco
Paddy
Rosie

We name in our hearts, out loud or in the chat,
the animals we bring to the Lord in prayer. PAUSE…

Reader 2: Eternal Trinity of Love, we uphold to you the people we love and carry cares for:

Kerry, Les & Jake
Julie, Ray, Tracey & Shane
Mark, Desley & Bob
Rachel, Mervyn & Gillian
Rev'd Shane & Janette
Alecia, Martin & Aidan
Matthew & Nicholas

Barry
Dr Julie
Ruth
Phil
May
Susan
Tanya
Craig
Neva

Bill & Marjorie
Aaron & Andrea
Dilys & Tony,
Paul & Darhon
Judy & Mary
Bob & Di
Pat & Julie
Miriam
Gayanne

Kirsten, Greg,
Daphne & Beau
Alan & Gaylene
Jess & Leah
Bonnie & girls
Liz's Godchildren
Barry & Gwen

We name in our hearts, out loud or in the chat, those we bring to the Lord in prayer. PAUSE… We entrust to you those who have died, those who have died peacefully and those who have died tragically, The old and the young. Receive them into your Kingdom. Lord in your mercy, Hear our prayers. **Amen.**

Pray Daily Cycle of Prayer

Leader: Loving God, joining with the Church in our cycle of prayer, we ask your blessings on:

- The Anglican Church of Kenya
- The Diocese of Melbourne: †Ric; Assistant Bishops – †Genieve, †Paul, †Kate; Clergy and People
- The Parish of Tara
- Liturgical Assistants in parishes and schools
- St Paul's School, Bald Hills: Principal – John; Chaplains – Nicki; staff & students

Commitment prayer for the week

Leader: Our commitment prayer for the week is A Prayer of Lament

https://www.youtube.com/watch?v=d8tLRZWOAcw

Leader: Let us pray together the prayer which Jesus gave us saying:

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

Devotions

Hermit Wisdom

Leader: A prayer inspired by Holy Hermit St Paul of Thebes

Lord Jesus, living in the desert was not St. Paul's dream existence. And yet this curve in the road made him phenomenally content and happy. Through this intercession, help us accept life's twists and turns. Then let us use them to glorify you. Amen.

Leader: As we enter a few minutes of silence together, you are invited to pray this prayer of adoration and/or spend this time in contemplation.

The Spiritual Communion prayer follows on the next slide. Let us be still.

Leader and Cantor Mute

Prayer of Adoration

Dear Jesus, when we look at the world around us, help us to ask:

what do you see?

When we look at the people around us, help us to ask:

what do you see?

When we look at ourselves, help us to ask:

what do you see?

When we respond to the needs in our community, help us to ask:

what do you see?

Help us all to see with your love as our focus.

Amen.

Oh, my Lord Jesus I turn to you present at the Altar and in the Tabernacle. I believe that you are present in the Holy Sacrament of your most Sacred Body and Blood. I love you above all things and I desire to receive you into my Soul. I cannot at this moment receive you Sacramentally in Holy Communion. Come spiritually into my heart. Purify it, Sanctify it. Render my heart like your own heart.
I embrace you as if you were already there and unite myself wholly with you. Never permit me to be separated from you. Lord, I am not worthy to receive you, but only say the word and I shall be healed. Amen

Leader unmutes

Our final song is

Ode to Joy

https://youtu.be/IgtQmnE9suQ

We stay on mute
Leader and Cantor mute

Leader and cantor unmute

Sending Prayer

Leader: We pray our sending prayer together.

All: **Lord Jesus,**

help us to see you in each person we meet in the days ahead.

May we reveal something of your love and goodness to them.

In your name, we pray.

Amen.

The Benediction

Leader: Let us all invite God's blessings together,

All: **May the Lord bless us and keep us.**
May the Lord's face shine upon us and be gracious to us. May the Lord's countenance be lifted upon us, and bring us peace.
Amen

Notices

- Contemplative Service Team Workshop today @11am@ 6pm
- Our Lenten study with the Cathedral continues Wednesday @ 7:30pm Contact Rev'd Jess if you would like to sign up (jgrant@stjohnscathedral.com.au).
- Next week we welcome Rev'd Jess, who will join us in weekly worship as part of our clergy swap with the Cathedral
- See HHO Events page for further upcoming events HHO Events

Offerings: Thank you for your regular gifts to this ministry

Offerings are most welcome via

- The HHO App
- Direct Debit
- International Direct Debit
- Please consider a one-off donation or leaving a legacy in your Will

For further information go to HHO give page https://holyhermits.com.au/give

Serving next week
Sunday 22nd March
9:00 am AEST

Service Prep: Leonie
Music: Wiggles
Proof-reader: Chris
Broadcaster: Kieron
Backup Broadcaster: Jeremy
Zoom Buttons: Jeremy

Chat Host: Rachel
Welcomer: Julie
Priest: Jess
Deacon: Jess
Leader: Jeremy
Cantor: Kieron

First Reader: Viki
Second Reader: Roselyn
Preacher: Jess
Fellowship: Julie
Safety Officer: Leonie
Attendance: Rachel

Thank you for your ministry gifts

New Servers always welcome!

Please email Rev'd Lauren to get involved
holyhermits@anglicanchurchsq.org.au

The Dissmissal

Leader: I invite everyone to unmute for the Dismissal

Leader: Go in peace to love and serve the Lord.

All: In the name of Christ, Amen.

Fellowship time

Thank you, Julie for leading Fellowship

Please feel welcome to linger or pop a message in the chat and head off when you are ready.

Extra resources developed by Roots on the Web

Artwork by Padlet