

WEEKLY NEWSLETTER

Second Sunday in Lent



1st March 2026

Notes from Yukiko's Desk



Dear AGAC friends,

During my recent flight from Hiroshima to Tokyo, I was fortunate to catch a breathtaking view of Mt. Fuji from the airplane window (see the cover of this newsletter). As you may know, Mt. Fuji is one of the most iconic and revered landmarks in Japanese culture. It is admired not only for its physical grandeur but for its deep emotional and spiritual resonance. I felt as if God were speaking to me personally. This stunning view reminded me of Psalm 121, which is a chosen Psalm for this Sunday. I like especially the first few verses which say:

***I lift up my eyes to the mountains—
where does my help come from?
My help comes from the Lord,
the Maker of heaven and earth.***

Whenever I face difficulties, I remember this psalm. These simple verses hold a profound message that resonates in our hearts today as we navigate our personal mountains. I bet I am not the only one who does that. Many of you would cite this psalm as their favourite, I am sure. Psalm 121 is traditionally prayed by pilgrims journeying toward Jerusalem. Lent, likewise, is a season of movement, often through uncertainty, vulnerability, and questioning. This psalm speaks not of escape from danger but of God's faithful presence along the way.

As your Lenten journey continues, I am inviting you to meditate on this psalm and lift up your eyes to the mountains around us.

Blessings for your journey, Yukiko

News and Upcoming Events



Coffee Fellowship

Settler's Morning Tea:

We will meet again on **18th March Wednesday at 10 am** at Settler's Lounge.

Lenten Study

We meet for **Lenten Study at 10 am on Wednesday mornings (4,11,18, 25 March)** at **Holy Cross**. We can have refreshment afterwards. Even if you cannot make it all the sessions, you are most welcome to join some of them.

ANGLICAN MISSIONS' LENTEN APPEAL 2026 calls the Church to give sacrificially both financially and through prayer. This Lent, they are asking for your financial support for one or more of their core work programmes:

- Water and Sanitation
- Food and Livelihoods
- Climate and Justice
- Disasters and Resilience.

[FIND OUT HOW YOU CAN SUPPORT ANGLICAN MISSIONS](#)

A New E-PĀNUI has launched, with the first edition out now. To be released quarterly, the newsletter offers a glimpse into the life, work and discernment of Archbishop Don Tamihere, Archbishop Sione Ulu'ilakepa, and Archbishop Justin Duckworth.

READ THE E-PANUI AND SUBSCRIBE

Dates to remember:

- **Special General Meeting (Finance): 22 March** (straight after the Sunday service at Holy Cross)
- **St. John's Ambulance's AEDs (Automated External Defibrillators) refresher' course: Sunday 29 March** after Sunday service.

We pray for:

- Taybeh, the only entirely Christian village in the Holy Land, again attacked by Israeli settlers:
- Those who are struggling in our community
- all in authority that they may never be tempted to abuse or misuse their power. We particularly pray for the conflict between Russia and Ukraine as it enters its fourth year

This Week's Bible Question

According to Romans, what was counted to Abraham for righteousness? His...

A) belief in God B) circumcision C) works D) sacrifice

This Week's Service Songs at Holy Cross (Holy Cross)

Opening: We are many we are one

Gospel: He came singing love

Offertory: When I needed a neighbor

Recession: Guide me o thou great redeemer

Sentence for the day

The Lord will keep you from all evil; he will keep your life.

Psalm. 121: 7

Readings

	<u>This week</u>	<u>Next week</u>
1 st Reading:	Genesis 12:1-4a	Exodus 17: 1-7
Psalm	121	95
2 nd Reading:	Romans 4: 1-5, 13-17	Romans 5:1-11
Gospel:	John 3: 1-17	John 4:5-12

Summary of the Scripture for this Sunday

- 1st Reading: God calls Abram to a journey into the unknown. He is named 'Abraham; bestowing a new identity in relation to God. It is a journey set against a divided humanity and society.
- 2nd Reading: Paul explores the learnings from Abraham's heroic act of faith and what this means for Jew and Gentile.
- Gospel: Tells of Nicodemus, who comes by night seeking understanding. Jesus speaks of being born from above, a new life shaped by the Spirit rather than certainty or control.

Collect for the Day

Faithful God of New Beginnings, you call us—as you called Abraham—to trust in what we cannot yet see, to follow where you lead, even when the road is unclear. In the shadows of our questions and the uncertainty of our understanding, you meet us with grace. Amen

Liturgical Colour: Violet

This Week's Bible Question Answer: A

Rosters

Holy Cross

	<u>This week</u>	<u>Next Week</u>
Sacristan	Dorothy S	Alison C
Welcomer	Trish D	Alison
1 Readings	Trish D	Patrick
2 Readings	Bernadette	Diana
Presiding	Yukiko	Les
Prayers	Yukiko	Rhona
TV Setup & Slides	Patrick	Christian
Morning Tea	Dorothy& Ria	Karenne & Trish D

St Michaels

	<u>This week</u>	<u>Next Week</u>
Prayers	Yukiko	Bruce
Readings	Brian	Bruce
Presiding	Yukiko	Bruce



"Lent is not something
we do for God – Lent
is something we do
with God."

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Feedback welcome:

If you have feedback on any aspect of our church activities, please contact the wardens, Dorothy & Trish – contacts as above – or via the office at the email above.

Albany Greenhithe Anglican Parish

Bank details: ASB – 12-3136-0041622-00

www.agac.org.nz

A Prayer for Lenten Simplicity

Free me, Lord Jesus, from anything that obstructs my way to you. Clear away the clutter of petty grudges. Remove smudges of resentment and bitterness.

Cleanse me of thoughts filled with anger envy, or self-pity.

Create space in my life for more kindness and less spitefulness, greater generosity and stronger compassion.

Enlarge my heart with a spirit of gratitude this Lent, so that I recognize the simple gifts that lay in abundance all around me.

In your sacred name, I pray. Amen.

