

The Following Collect, Epistle & Gospel will be read during the Eucharist today in the personal Chapel of the Presiding Archbishop of the Australian Church of Antioch, The Most Reverend Frank Bugge.

The 1st Sunday in lent

Violet.

Intent - Self Examination

Candles 6.

The Collect.

O Lord, grant to us the ability to examine ourselves with truth and honesty, that we may truly endeavour to amend our faults and prepare ourselves for your Holy Feast of Easter, O Lord unto whom be praise for evermore. Amen.

Be with us O Lord in all our doings and further us with thy continual help, that in all our works, begun, continued and ended in thee, we may glorify thy Holy Name; through the Christ our Lord. Amen.

The Epistle for the 1st Sunday in Lent is from the writings of Mouni Sadhu.

To concentrate one's attention in things which today appear to be alive, but tomorrow will inevitably be non-existent, is to assist in one's own death. Life is indestructible consciousness, that is spirit. Now I see why the fixing of the mind on pure spirit is right. Spirit is pure consciousness, and pure consciousness appears when the vibrations on the senses and mind are stilled. Now I can see where lies the path to the indescribable; to separate oneself from everything that is outside, and to enter into the silent shrine of one's own innermost awareness. It comes of itself when the vibrations stop. Then remains the true essence of life, simple, silent, pure, indestructible and omnipotent.

Here Endeth the Epistle.

The Gospel for the 1st Sunday in Lent is adapted from the Aquarian Gospel.

A little sin in one who walks in the Holy Breath is greater in the sight of God than monster sins in him who never knew the way. How can you see the splinter in your brother's eye while you have chunks within your own? First take the chunks from your own eye and then you may behold the splinter in your brother's eye and help him take it out. While your eyes are full of foreign things you cannot see the way for you are blind. Now when the blind leads the blind, they both fall into the slop. If you would expect to lead others to the way of God, you must endeavour to be clear in sight, and pure in heart. Examine yourselves first, and when you are perfect and not before, then have you the right to ask others to be so. Until then **Judge Not Lest You Be Judged.**

Praise Be to Thee O Christ.