

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 4th Sunday in Lent - Refreshment Sunday

Violet or Rose.

Intent - Spiritual refreshment

Candles Many.

The Collect.

O Supreme Spirit, fire in our hearts and souls the spark of your immortal presence within us, that this may grant us a productive spiritual progression, faithfully treading the path of your plan for us guided by the example of the Christ our Lord. 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 4th Sunday in Lent is from the writings of Paul.

Brethren, whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, think of these. Always do these good things, and with this action you will earn and gain refreshment to body and Soul. Even though this power still greatly surpasses all your understanding, the peace of God shall be then with you.

Here Endeth the Epistle.

The Gospel for the 4th Sunday in Lent is from the words of the occult Pharaoh Smenkare.

Spiritual refreshment is somewhat likened to thirst. When thirsty you drink to quell the discomfort. When starved of the true sense of spirituality, you soak up all knowledge, frantically trying to find the truth which will ease this feeling of lacking something within yourself. The method of spiritual refurbishment is in reality so plain to see that it is not believed to be true. Just open yourself to the love and beauty that flows through the universe. Of course in practice it is a little more difficult, but only because we make it so. We make it so by our bad habits, nastiness to others, laziness, and our addiction and greed of earthly things. These flaws in our personalities which we tend to reluctantly let go of, place a wall around us and seal us within it along with all our miseries. If we decide to raise our sights from these flaws and look to loftier things than the physical, then we will eventually find the wall crumble, and a path clearly marked to finding true spiritual wonderment and beauty. This will not happen overnight, but it will come to pass if we persevere towards drinking the love and beauty of the Universe.

Praise Be to Thee O Christ.