

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)**

Rose or Violet.

Intent - Revitalize the Spirit.

Candles Many.

The Collect.

O Holy One, as we this day reaffirm our trust in you, we ask for your inspiration to rise to greater spiritual heights, whereby we may in turn inspire others to the path of the light and wisdom, following the pattern set by our Avataric Leader the true Christed one. Amen.

Be with us O Lord in all thy 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 from the sayings of the Master Sanat Kumara.

If mankind can release the old, then it shall glimpse a more glorious new. Those who cannot release the old will have to start again at the beginning. This is not retrogression as it would appear. It is retrogression in the physical, yet it is progression from the view of spiritual evolvment, for in the Father's realm there is no retrogression; only continual expanding grandeur. Apply that which you have learned and give gladly of what you have received. As you travel and converse in the time allotted to you, think not of what you shall take with you, or what shall be in your purse, or what you shall wear. Think not of these things for the Father will provide. This is a time for giving, and from this the spirit is given new life. From this new life great and beautiful things shall be inherited. Out of all this shall humanity arise phoenix like unto its own golden glory.

Here Endeth The Epistle.

The Gospel for the 4th Sunday in Lent is from the words of the Druid Arch Mage Drucius.

A flower must die in the grip of winter in order to be born again in the spring. We must die in the grip of old age, and yet life bursts forth again in the sired children. All that lives must die so that the promise of tomorrow's life is in the seeds of today's death. As this is in nature so it is in the ideas and philosophy of humanity. Great ideas are born and flourish, and humanity soars to the heavens on the wings of their truth and beauty, and yet new ideas must also wither in order that new ideas can be given the soil in which to flourish. Attempted immortality on the outer is a crime against nature, for only in death does life renew itself perpetually; but immortality on the inner is the fulfilment of the Holy One's vow to all that lives.

Praise Be to Thee O Christ.