



ROSEVILLE UNITING CHURCH

“Sharing the love & welcome of Jesus”

 roseville.unitingchurch.org.au  @530worship  @rosevilleuniting

Living Our Call— Christian Meditation

Christian meditation started at Roseville Uniting Church some time ago when the Reverend Laurel Barr was here but was discontinued after she moved to another parish. It was not until shortly after covid rules were relaxed in 2020-21 that I contacted Chris to see if there was any interest in starting a weekly meditation practice. I was so pleased to know that some of the founding members of the original meditation group were still here and interested in taking it up again. At the time I was not a member of the congregation, but this changed after a year of coming every Friday to teach Christian meditation. We now have several active participants and recently had a few come off the street to join our group as a direct result of the digital display in front of the church.

Christian meditation comes from the contemplative tradition and there are Christian meditation groups all over the world. There are many forms of meditation practice but the one we use is based on the single prayer word *Maranatha* which is from the Aramaic language in Jesus' time that translates to *Come Lord*. It is known as the prayer of the heart.

Christian meditation invites us to experience the presence of God and to the extent that we can do this we find a state of inner rest and spiritual refreshment.

The contemplative tradition is very important to me, and it helps me to better understand some of the teachings in the gospels. I know it has become an important weekly practice for members of our group who come to RUC and meditate together on a Friday afternoon, and some also join my zoom meditation group on a Tuesday. An important part of our weekly practice is to listen to a CD track to gain further understanding of Christian meditation. The CDs we have are provided by WCCM (World Community of Christian Meditators)

In these uncertain times many are confronted with personal challenges or are looking to enhance their spiritual journey and add further meaning to their lives. It is for this reason that a meditation practice offers us a way of reconciling our scattered thoughts and to find nourishment in our spiritual journey. I feel it is important to find an inner sanctuary away from the noise of the world, with its many distractions, and find comfort in the presence of God. In Matthew 11:28-30 Jesus says: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

I feel very motivated to offer meditation to help others on their spiritual journey and not only through a formal meditation practice. I also send out my own reflections every week to members of our meditation group and others at RUC who have expressed an interest in being on the mailing list. In doing this I find that I am making a small contribution that in some way may help others and helps me in my spiritual journey.

Michael

Sunday August 11th

<https://roseville.unitingchurch.org.au/livestream>

- 9.30am **Worship Service with Chris Goringe**
Organist: Sean Weatherley
In person and online...
- 11.00am **Second Cuppa**
- 5.30pm **Worship service with Chris Goringe and Sonia Powell**
In person and online ...

Bible Readings from the Lectionary:

2 Samuel 18: 5-9, 15, 31-33
Psalm 130
Ephesians 4: 25– 5: 2
John 6: 35, 41-51

What's on this week...

- Tue: Kids Playtime 10.00-11.30am
- Wed: Small Group 10.00am
Social Games 1.00-3.00pm
- Fri: Spark 7.00-9.30pm
- Sat: eSoc Progressive Dinner 6.00pm

Sunday August 18th

<https://roseville.unitingchurch.org.au/livestream>

- 9.30am **Worship Service with Chris Goringe**
In person and online...
- 5.30pm **Oodies'n oodles with Sureka Goringe and Carolyn Handley**

Bible Readings from the Lectionary:

1 Kings 2: 10-12; 3: 3-14
Psalm 111
Ephesians 5: 15-20
John 6: 51-58

Links

[Service live \(or replay\) streaming](#)

[Zoom \(for meetings\)](#)

[Church website](#)

[Chris' sermons](#)

Church Council

Church Council meets on Tuesday 20th August at 7pm. If any groups have reports for Church Council could they please send them in by the end of this week.

Garden Seating

The Church Council, with the support of the Elders' Forum, have approved the installation of seating in the front garden of the Church. We hope that this will provide a relaxing space for both the local community and for groups within the church such as second cuppa and morning tea after 9.30 worship.

This will be partly funded by a memorial gift from friends of Jan Land.

We are thankful for the work contributed by the Property team.

Join us in prayer....

As we approach the 2024 Seasons of Creation a prayer based on this year's theme.

Triune God, Creator of all,
We praise you for your goodness,
visible in the diversity that you have created,
making us a family sharing a common home.

Through the Earth you created,
we experience love and nourishment,
home and protection.

When we have failed to listen
to the groans of the Earth,
the groans of all creatures,
and the groans of the Spirit within us,
help us in our weakness,
so that we may know the power of Christ
and the hope found in him.

May the groans of the Spirit birth in us
a willingness to serve you faithfully,
so that we may hear and heal Creation,
and hope and act together with her

Loving Creator God,
grant us a fresh vision
of our relationship with Earth,
and with one another,
each made in your image.

In the name of the one who came
to proclaim the good news to all Creation,

Amen.

Chris

Gordon-Pymble Uniting Church Community

Harmonic Cafe & Choir



*Inclusive environment for those living with
Dementia - No musical ability required! \$5.
Followed by coffee and afternoon tea in our sensory garden cafe.*

**Commences 12th August 2024
18 Cecil Street, Gordon**

Join us each Monday at 1.30pm (term time)
booking through courtney@gpuc.org.au

 www.gpuc.org.au 

Upcoming events:

eSoc Progressive Dinner : Saturday 17th August

Daffodil Day: Thursday 29th August

Circle of Friends: Thursday 26th September

Inter Church Picnic: Sunday 13th October

All Saints Service: Sunday 3rd November

Reflective Christmas: Thursday 12th December



Roseville Ministry Contacts

Office Address

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Church Office

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Office Hours Typically Tue, Wed and Fri

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Minister

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