



ROSEVILLE UNITING CHURCH

“Sharing the love & welcome of Jesus”



roseville.unitingchurch.org.au



@530worship



@rosevilleuniting

From a meditation perspective I was reflecting this week on the thoughts we entertain. Have you ever stopped to reflect on the habitual thoughts that you have and how in the most part you may not actively discriminate between them? They just keep arising and are based primarily on perceived needs and whatever is happening in your life. At times we can be stressed by the demands of life and may find it difficult to relax and let go of our busy minds. At those times it is helpful to acknowledge that our thoughts affect how we perceive the world, our emotional state and our beliefs.

A useful meditation practice is to become more conscious of our thoughts as they arise so that we can discriminate between them. This involves observing thoughts as they arise, before they take hold. It is at that moment we have a choice whether to let them go, either through adopting an attitude of acceptance or practicing indifference to them.

Have you noticed that when you are not preoccupied with your thoughts, you allow for a space to open up in the flow of thinking. This space is called the present moment, a moment in which there is only Now. It is in that moment we can relax and perceive the wonder of God’s creation; it is in that moment we can experience gratitude for being in his presence and experience the world with peace in our hearts. In that moment haven’t we had a glimpse of the kingdom of God?

I think this is one way we can interpret Matthew Ch 6 Vs 25-34 which talks about our anxieties and God’s kingdom. This passage explains that we cannot seek God’s kingdom if we are preoccupied with our anxieties. We have to let them go. We have to come into the Now, the present moment and trust in God.

It is worth reflecting on this passage in the Bible and the following Vs 31-34

“Therefore, take no thought, saying, What shall we eat? or What shall we drink? or Wherewithal shall we be clothed?

(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”

Michael

Sunday October 13th

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

Can we have it all? The power of grace.

9.30am **Worship Service with Rev. Jan Reeve**
Organist : Sean Weatherley
In person and online...

10.45am **Second Cuppa Group**

11.30am **Combined Churches Picnic at PLC**

5.30pm **Worship Service with Nathan Tyson**
and Stuart Powell
In person and online...

Bible Readings from the Lectionary:

Job 38: 1-7 (34-41)
Psalm 104: 1-9, 24, 35c
Hebrews 5: 1-10
Mark 10: 35-45

What’s on this week...

Tue: Kids Playtime 10.00-11.30am
Church Council 7.00pm

Wed Social Games 1.00-3.00pm

Fri: Christian Meditation 2.30pm
Spark 7.00-9.30pm

Sat: Vision Planning Meeting 9.00-12.00

Sunday October 20th

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

9.30am **Worship Service with Dan Reeve and**
Amanda Jones
In person and online...

5.30pm **Worship Service with Chris Goringe**
In person and online...

Bible Readings from the Lectionary:

Job 38: 1-7, (34-41)
Psalm 104: 1-9, 24, 35c
Hebrews 5: 1-10
Mark 10: 35-45

Links

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

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

[Church website](#)

[Chris' sermons](#)

Vision Planning Morning

Saturday 19th October 9am to 12 noon.

This meeting will be led by Rev Martine Levine,
Presbytery Minister Growth and Mission.

Everyone Welcome

RSVP essential by 16th October
paulineacallan@gmail.com

Even though it is the role of leaders in our church to set our vision for the future, all members of the congregation who would like to contribute are encouraged to attend this meeting.

Thank you to everyone for completing the survey as it will form the basis of our discussion.

Church Council

Thank you

Angela and Gunther's granddaughter has been helping out during the year as part of her community service through school. You may notice the stained glass windows in the church shining a little brighter.

Thank you Jemima

Celebrating the Covenant The Road to Reconciliation

Special guest Nathan Tyson
Sunday 13th October 5:30pm

Join us in prayer....

Loving God

We open our hearts to notice you in the world around us; to see your divine image in all those we see. Thank you for your great love for all that you have created. Help us to catch those moments of grace where this is revealed to us.

We thank you for family, for friends, for colleagues, for mentors, for our church community and all those who have had a part in making us who we are right now. May we offer that love and support we have received back out to those around us. Show us where there may be those who are lonely, feeling unattached, wounded or grieving and by your Spirit, gently guide us to find and sit alongside them.

I share here 'Words' by poet Ullie Kay:

Instead of saying, "I know what it feels like"... let's say "I cannot imagine your heartbreak".
Instead of saying, "You're strong, you'll get through this... let's say " You'll hurt, and I'll be here.
Instead of saying, "You look like you're doing well...Let's say, "How are you holding up today?"
Instead of saying, "Healing takes time"...let's say "Healing has no timeline".
Instead of saying, "Everything happens for a reason... let's say "This must feel so terribly senseless right now".
And when there are no words to say at all, you don't need to try and find some. Love speaks in silences too.

Sustain us as we strive to be channels of your peace and love, in a world where daily we see war and hatred. Give us courage and strength to be agents of your reconciling love where there is disagreement and tension, and enable us to offer and embody the hope that is found in you.

Amanda



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