



ROSEVILLE UNITING CHURCH

“Sharing the love & welcome of Jesus”



What is the link between exercise and reading the Bible?

I reckon you could probably think of several, but here is one that has come up for me recently.

Both are things that you know are good for you, and that you should try and do regularly (and quite possibly, things that make you feel a bit guilty when you don't manage to do them enough).

I've just been overseas for around 5 weeks, and as is generally the case these days, a lot of my life is supported by technology. The exercise programme I do (grudgingly) is an online programme. And a year or so ago, Chris introduced me to the Uniting Church Lectionary based daily Bible reading, prayer and reflection app, With Love to the World *

I figured I was doing masses of walking while I was away, so the exercise programme could just wait till I returned. I had to buy a new phone just before I left, as my rather old one had started to stutter in all its tasks, but when I downloaded the WLW app to my new phone, and tried to 'restore purchase' it would not work. Several emails with the person designated to offer technical support did not resolve the issue, so I decided to sort it out when I returned home.

I have been making a conscious effort in recent years to read and pray more intentionally – I've never been great at the discipline of the daily 'quiet time'. Books are easier than daily Bible reading, but I had managed to get into a good routine with the app. I was a bit taken aback that I felt the lack so quickly.

Those of you for whom this sort of thing is as natural as breathing, will go "well dur!" ** But I was surprised (that is not actually the right word, but the thesaurus is not helping with a better one) that not doing that one small thing, which realistically was 5 minutes of my morning on awakening, changed my headspace. I think I am generally reasonably oriented towards noticing and being in God's presence during my day (at least some of the time!) but I hadn't realised that that one intentional thing, of a short Bible reading, reflection and prayer, had been gracing me with an increased sense of God-with-me as I got going with whatever the day held. I'm glad I've learnt that.

So I'm back home, reunited with my stuttering old phone, which only has to cope now with one app, and getting back into that daily rhythm. And at least God doesn't gift me with a form of DOMS (exercise related delayed onset muscle soreness) when I try to pick up where I left off!

* also available in hard copy

** slang from my 1970s childhood, meaning that's obvious

Amanda

Sunday June 16th

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

9.30am **Worship Service with Chris Goringe**
In person and online...

5.30pm **SOUL FOOD**

Bible Readings from the Lectionary:

1 Samuel 15: 34– 16: 13
Psalm 20
2 Corinthians 5:6-10 (11-13)14-17
Mark 4: 26-34

What's on this week...

Tues: Kids Playtime 10.00am
Church Council 7.00pm

Wed: Social Games 1.00pm

Fri: Christian Meditation 2.30pm
Spark 7.00-9.30pm

Sunday June 23rd

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

Refugee Week

9.30am **Worship Service with Chris Goringe and Noor Azizah**
In person and online...

10.45am **Healing & Wholeness Service**

5.30pm **Worship Service with Sonia Powell and Noor Azizah**
In person and online...

Bible Readings from the Lectionary:

1Samuel 17:(1a, 4-11,19-23)32-49
Psalm 9: 9-20
2 Corinthians 6: 1-13
Mark 4: 35-41

Links

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

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

[Church website](#)

[Chris' sermons](#)

Church Family News

Barrie Steele has moved to
Room 21, Princess Juliana Lodge
10 Murrua Road North Turramurra.
He has a new email: barriesteele11@gmail.com. His
mobile remains the same.
We wish him all the best for the move and the future.

A message from Stephen Rawlinson ...

Mum died early on Wednesday morning. She attended
Roseville Uniting Church for many years, until she
moved to the Dougherty Apartments after breaking
her hip 2 years ago.

A funeral service celebrating her life will be held in the
church on Friday 28th June at 10.30am

Join us in prayer....

Uniting in Prayer 2024 – Day 12

Today's prayer comes to us from The United Church of
Canada, written by Rev. Dr. Alydia Smith. Alydia is a
worship leader, educator, caregiver, mother, and Jesus-
follower who works at the General Council Office of The
United Church of Canada supporting worship, music and
faith formation ministries.

May we know God as our constant presence this day.

The Church's One Foundation

Jesus, our rock and our foundation,
we know that:

wherever there is welcome,
wherever there is love,
wherever there is true kindness and friendship,
wherever there is justice and peace,
wherever there is lasting and abiding hope,
there will always be you.

May the same be said of us,
your church and your people.

When people meet us, may they meet glimpses of you and
the one who sent you.

May they experience welcome, love, friendship and hope,
as we strive to continue your movement of love and justice
in a broken world.

Amen.

Alydia Smith (the Rev. Dr.)

(The United Church of Canada)

Upcoming events:

Soul Food: 16th June, 5.30 service

Refugee Week: 23rd June, 9.30 and 5.30

Dedication service for Harry and Joy's great grandson:
30th June 9.30 service

Congregational Meeting: 30th June after 9.30 service



Refugee Week

Coordinated by
Refugee Council of Australia

Noor Azizah
NSW Young Woman of the Year
Sunday June 23rd, 9:30 & 5:30



CONGREGATIONAL MEETING

Sunday 30th June
After the 9.30 service



Roseville Ministry Contacts

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