



ROSEVILLE UNITING CHURCH

“Sharing the love & welcome of Jesus”

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

Last week in my meditation groups I was reflecting on our busy lives and how we need a daily practice to let go of our busyness and just Be. Everyone needs time out to relax, recharge themselves, especially in times of stress and feeling rundown or feeling overwhelmed by circumstances. Taking a holiday is certainly helpful and can be something to look forward to. However we need to be able to relax on a day to day basis so that we can cope better with the demands placed on us in our lives. For some of us it is helpful to exercise every day or take a holiday but exercising or taking a holiday can only deal with the symptoms of our mental health. Some can find in a daily meditation practice the ability to deal with stress in a more sustainable way. Others can also achieve a better balance by just taking time to stop what they are doing and falling still. A letting go of thoughts- which in itself is a meditation- by not holding onto them, allows you to experience a certain level of mental stillness where there is rest, but not only rest. With regular practice you are also able to experience a level of peace and wellbeing- an uplifted state of consciousness.

Some of my favourite passages in the bible are Matthew Ch 6 vv 25 -34 and Psalm 23 both of which speak to me of such a state of consciousness where we can let go of the cause of our stress, our thoughts, including: anxieties, troubles, disagreements with others- and just Be. In just Being, the cycle of thoughts slows down and this is necessary to experience the love of God's presence in our hearts. With God's presence in our hearts, our lives change for the better. We can then feel content to experience life's journey with all its wonder and complexities, moment to moment, with no thought or concern of what tomorrow may bring.

These sentiments are expressed in this lovely poem by Lora Lee

Where the Light leads

*Move forward with the softness
only love can bring
Let it cast its warmth
before your feet ever touch the ground.
You'll find, when you arrive
a place already waiting
made gentle by the light
you've sent ahead.*

*Walk kindly, as if each step matters
because it does.*

*Let your words fall like leaves
soft and slow
and notice how the road bends
toward you, not away.*

*There is no rush.
This journey, as long as it may be
is already filled with all you need.
In every pause, in every turn
you'll find the world opening
welcoming, from the care
you carry in your heart.*

Michael

Sunday February 23rd

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

9.30am **Worship Service with Chris Goringe**
Organist: Sean Weatherley
in person and online...

10.45am **Healing & Wholeness Service**

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

Bible Readings from the Lectionary:

Genesis 45: 3-11, 15
Psalm 37: 1-11, 39-40
1 Corinthians 15: 35-38, 42-50
Luke 6: 27-38

What's on this week...

Tue Kids Playtime 10.00-11.30am
Wed Social games 1.00-3.00pm
Fri Christian Meditation 2.30pm
PYES 7.00-9.30pm

Sunday March 2nd

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

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

Dedication of memorial seats

5.30pm **Worship Service with Holy Communion with Chris Goringe and Sonia Powell**
In person and online...

Bible Readings from the Lectionary:

Exodus 34: 29-35
Psalm 99
2Corinthians 3: 12-4: 2
Luke 9: 28-36 (37-43a)

Links

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

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

[Church website](#)

[Chris' sermons](#)

More dates for 2025



2nd March: Dedication of seats for Jan and Jeanette

4th March: Pancakes at the Manse

8th March: Working Bee

9th March: Wear Purple—Respect for Seniors 9.30am

11th March: Lenten Ecumenical Service at Roseville UC

22nd March: Lindara Market

25th March: Lenten Ecumenical Service Lindfield UC

30th March: Soul Food 5.30pm

8th April: Lenten Ecumenical Service Holy Family CC

15th June: Congregational Meeting **4.00PM**

ROSEVILLE
Asylum Seeker and Refugee
Support Group

Welcome Pack for the Bohadori Family

As you may have heard, one of the Afghan men we have supported since 2013 has let us know that his family has been granted their permanent visas.

Mustafa bought the airline tickets today and the family will be reunited on 1st March. 😊 I would love to put together a welcome pack for his family. If you would like to donate a small item that represents a “warm Aussie welcome”, please leave it with the church office, Cath, Sue or Sonia.

Think soft Aussie toys, caps, Vegemite, Tim Tams etc. He has 3 children- 13, 12 and 6. Last day for collection: 27 Feb.

Thanks
Gwyn



Mustafa talking to KYLEA Tink MP about his situation

Join us in Prayer...

Dear Lord,

Thankyou for the gift of this week. Fill us with the love that casts out fear and with a hope that endures. Fill us with the strength to cope when we are frail and disheartened.

Thankyou that we have won the lottery of life. May we remember we have a responsibility to support those who have not been so fortunate.

Help us to look after the resources we have been given. We are thankful for our families and community. We are thankful for the environment that surrounds us. May we be mindful to treasure and look after all these resources.

We pray this week particularly for the Rawanda, Congo, Burundi and Uganda conflict which is largely ignored in our media. So many innocent lives have been lost and disrupted. May some peace and justice be found for so many people who are already so disadvantaged.

Bless all those in our congregation including our minister and family. We are particularly thankful for those among us who work tirelessly for the benefit of all. May our week ahead be a blessing to your name.

Lynn



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