



ROSEVILLE UNITING CHURCH

“Sharing the love & welcome of Jesus”



roseville.unitingchurch.org.au



@530worship



@rosevilleuniting

REFLECTION ON THE PRACTICE OF MEDITATION AND SILENCE

This week I have been reflecting on the essence of meditation practice. I see meditation practice as a pathway for the mind's recognition of stillness at the core of our own Being. We can in meditation be consciously aware of this stillness, however fleetingly, and in this awareness we recognise something about our essential nature. This experience of stillness has many health benefits, both physical and mental that have been documented in medical journals and elsewhere. When not meditating we can so easily lose this connection to stillness as we become focused on our personal situation and our wants and cares.

We were all born with the innocent awareness of a child. As a child our egos were not developed and consequently we were more connected to our essential nature. In the Bible Matthew 19:14 Jesus said "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

When we are not meditating we do not need to lose that connection with stillness throughout the day. One of the most important aspects of this stillness is that we are in the "Now" or Present moment, a dimension in which there is simply conscious awareness in which our perceptions are not clouded by our thoughts or judgements. In this condition there is an awareness that we are connected with something greater than the story that is our lives. This week's reflection is taken from Eckhart Tolle who gives some practical advice that we can adopt to experience silence at various times throughout our day:

"Whenever there is some silence around you-- listen to it. That means just notice it. Pay attention to it. Listening to silence awakens the dimension of stillness within yourself, because it is only through stillness that you can be aware of silence.

See that in the moment of noticing the silence around you, you are not thinking. You are aware, but not thinking.

Look at a tree, a flower, a plant. Let your awareness rest upon it. How still they are, how deeply rooted in Being. Allow nature to teach you stillness.

The moment you enter the "Now" you realize that life is sacred. There is a sacredness to everything you perceive when you are present. The more you live in the "Now", the more you sense the simple yet profound joy of Being and the sacredness of all life."

Blessings

Michael

Sunday November 24th

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

- 9.30am **Worship Service with Chris Goringe**
Organist: Sean Weatherley
In person and online...
- 11.00am **Congregational AGM**
- 5.30pm **Worship Service with Chris Goringe and Stuart Powell**
In person and online...

Bible Readings from the Lectionary:

2 Samuel 23: 1-7
Psalm 132: 1-12, (13-18)
Revelations 1: 4b-8
John 18: 33-37

What's on this week...

- Mon: eSoc trip to Bundeena
- Tue: Kids Playtime 10.00-11.30am
Advent Ecumenical Service Holy Family Catholic Church 7.30pm
- Wed: Social Games 1.00-3.00pm
- Fri: Christian Meditation 2.30pm
Spark 7.00-9.30pm
- Sat: Lindara Market Lindfield UC 8.00am—1.00pm

Sunday December 1st

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

- 9.30am **Worship Service with Holy Communion with Chris Goringe**
Organist: Robert Bevan
In person and online...
- 11.00am **Healing & Wholeness Service**
- 5.30pm **Worship Service with Chris Goringe**
In person and online...

Bible Readings from the Lectionary:

Jeremiah 33: 14-16
Psalm 25: 1-10
1 Thessalonians 3: 9-13
Luke 21: 25-36

Upcoming events:

Tuesday 26th November: Heralding Advent Ecumenical Service, Holy Family Catholic Church Lindfield 7.30pm

Saturday 30th November: Lindara Market: Lindfield UC

Thursday 12th December: Reflective Christmas 6.00pm

Sunday 15th December: Service of Lessons and Carols 9.30am



Lindara Market
Sat. 30th Nov.
8am-1pm

Lindfield Uniting Church, Indoors Market

Join us in prayer....

Loving God

We take this moment to recognise and give thanks for your presence in our lives and the lives of others who are close to us.

We see your blessings and support for us whenever we stop for a moment to think of you. Moments that allow your presence to fill us with hope, love, and compassion for ourselves and others in our journey through life with its many twists and turns.

May we always remember to stop and think of you in our time of need and the needs of others less fortunate than ourselves.

Our daily lives are so much more enriched with your presence every time we take a moment to be still and think of you.

Thanks be to God.

Amen

Michael

URGENT call out to help Rohingya refugees living in Kutupalong, Bangladesh

Azizah Noor (NSW Young Women of the Year 2024), from the Rohingya Maiyafuinor Collaborative Network, has reached out for urgent help. You may have heard her talk at our church's refugee services.

Azizah writes: "Winter is setting in at Kutupalong, the largest refugee camp in the world, and the conditions are becoming increasingly difficult, particularly for the 75% of residents who are women and children. Many of these families have just fled violence and are now in desperate need of basic essentials. The registration process with UNHCR can take up to two months, leaving these families without access to services and support during this critical time."

How can you help?

We are all invited to help Azizah provide high-quality blankets, which cost \$20 USD (approx \$31 AUD) each for these families. While a single blanket might seem small, it's a vital resource, as one blanket is often shared by an entire family.

If you would like to help, please make a donation* before **2 December**.

- Morning Service - Sue Drury / Amanda Jones / Cath Pinchin
- Evening Service - Sonia Powell or contact the church office

Thank you!

Roseville Asylum Seeker and Refugee Support Group

*No tax-deductible receipt available (Charity not registered in Australia)



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