



ROSEVILLE UNITING CHURCH

“Sharing the love & welcome of Jesus”

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

This week I would like to reflect on having more peace, love and joy in our lives.

I came across this saying recently:

“Have you noticed that the more you hurry, the slower you go.

The more you wait, the longer it takes.

The more you worry, the less you dream.

But the more you live, love, and laugh, the more you live, love, and laugh.”

I think it is fair to say we would all welcome more peace, love and joy in our lives. We know those moments are often a result of external factors, such as spending time with friends or loved ones, or something happens in our lives that triggers these emotions.

However, these emotions can also be cultivated in a formal or informal way. Either way, we need a degree of awareness to cultivate these emotions. It is more difficult to experience them if we are self-absorbed and caught up in excessive thinking. However, it is more likely that we can find peace, love and joy through an appreciation of the simplest things, such as a beautiful morning, listening to beautiful music, admiring some beautiful flowers. It can also be cultivated through spontaneous acts of kindness, a remembrance of the things we are most grateful for in our lives or aspects of our faith that spontaneously come to mind. If we can make inner peace and joy a priority in our lives, then we can be in a state of peace, love and joy more often and longer where we live, love and laugh more.

The time we have with the emotions of peace, love and joy can be a direct correlation with the space we create for it. We create that space when we can remember throughout the day to take a few moments to just relax, letting go of our habitual thinking and finding peace, love and joy through simplicity, whilst resting our minds in the present moment. The present moment offers us the subtle joy of just being here, alive, enjoying being present in this moment. It is not an intellectual exercise; it is rather the desire to experience peace, love and joy here and now in the present moment.

There are many ways to cultivate these emotions in our lives and for me I can attest to the health benefits of a formal daily meditation practice. There have been many studies done over the years on the positive effects of a meditation practice. Dr. Barbara L. Fredrickson, a psychologist and expert on emotional wellness at the University of North Carolina, Chapel Hill did a study back in 1998 on the effects of a daily meditation practice. She found in the study that participants, after 6 weeks of training in compassion and kindness meditation, reported increased positive emotions and social connectedness compared to an untrained group. The meditation group also had improved functioning in a nerve that helps to control heart rate. “The results suggest that taking time to learn the skills to self-generate positive emotions can help us become healthier, more social, more resilient versions of ourselves,” Fredrickson says.

Cont'd....

Sunday June 30th

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

9.30am **Worship Service with Chris Goringe and Dedication Service for Sebastian Binney**
Organist: Sean Weatherley
In person and online...

11.00am **Congregational meeting**

5.30pm **Christian Meditation Service with Michael Dowling and Chris Goringe**
In person and online...

Bible Readings from the Lectionary:

2 Samuel 1: 1, 17-27
Psalm 130
2 Corinthians 8: 7-15
Mark 5: 21-43

What's on this week...

Tues: Kids Playtime 10.00am

Wed: Social Games 1.00pm
Elders' Forum 7.30pm

Fri: Christian Meditation 2.30pm
Spark 7.00-9.30pm

Sunday July 7th

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

9.30am **Worship Service with Holy Communion with Chris Goringe**
Organist: Robert Bevan
In person and online...

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

Bible Readings from the Lectionary:

2 Samuel 5, 1-5, 9-10
Psalm 48
2 Corinthians 12: 2-10
Mark 6: 1-13

Links

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

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

[Church website](#)

[Chris' sermons](#)

Sometimes it can be so easy for our minds to be carried away with our personal problems or dwelling on what's wrong in the world as we perceive it through the daily news. When this happens, it can be hard to break out of an emotion of despondency unless we have a strategy to change our focus and welcome in more positive emotions. It takes practice to make the time regularly to just relax, let go, and be in the present moment, or to take up a formal practice such as meditation, but it is worth it.

Make the time now, in this moment, for more peace, love and joy in your life.

Michael

Lindara Market

The next market is on Saturday 27th July
from 8.00am –1.00pm

Pricing and sorting sessions each Friday from
12.30-3.00pm until market day.

New helpers always welcome

Following Noor Azizah's talk on Sunday for Refugee Week, if you would like to contribute to the Rohingya Refugee cause you can use this QR code.

Scan to donate



Join us in prayer....

God the Almighty, how grateful we are to be able to come to you in prayer about anything, be it praise or petition. Help us to remember we need to put our trust in you. We know that you hear us and will answer in your own perfect timing.

God of all creation help us to remember to care for this world that you have made for our enjoyment. Help us to be mindful of all our actions that may impact others.

God of grace and love may we aspire to be more like you in all that we do and say. Remind us that our words can have a large impact, positive or negative, on others.

With the Congregational meeting to be held on Sunday we pray that all will be given the opportunity to make their opinions heard. Help us not to be fearful of change to the way things may be done in the future. We give thanks for the church council as they diligently and prayerfully take care of all the administration of this church.

For those mourning the loss of loved ones....

For those struggling with ill health of mind or body....

For those with too much or too little work....

For those who are fearful of the future.....

May your peace and love surround them.

Amen

Whiz

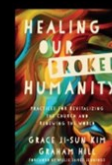
Grace Ji-Sun Kim, Professor of Theology at Earlham School of Religion is in Australia to give the Cato lecture at the UCA National Assembly, after which one of her speaking engagements will be at Forest Kirk UCA

July 18, 7:30pm

Renowned theologian and author

Grace Ji-Sun Kim

on faith, the Church, & the Holy Spirit



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