



# ROSEVILLE UNITING CHURCH

## *“Sharing the love & welcome of Jesus*”



roseville.unitingchurch.org.au

@530worship

@rosevilleuniting

Last week I shared a reflection with my meditation groups on the need to cultivate a sense of peace and harmony in oneself, especially in these times of upheaval both at home and abroad.

Sometimes with the pace of living and rapid change that we are seeing in the world today - and presented in the daily news along with a diet of tragic stories - it can be easy to feel despondent. There are also times when we experience personal pain and suffering and try to find ways to relieve it in some way. Some of the most common ways are to find distractions to keep our minds from dwelling on the situation, to keep busy or indulge in sensory activities.

I think we are fortunate to have at Roseville Uniting Church many who feel a sense of community and service to others. I see it as a refuge in these times especially for those who are having a trying time. It's during these trying times, our minds can be carried away with unhelpful thoughts that result in negative feelings. At these times it is comforting to know you can talk to others in the congregation that can provide emotional support.

Outside the church I encourage my meditation groups to cultivate a daily practice of coming into the present moment. It is a way of surrendering or giving up our thoughts to experience the timeless peace and stillness within us, even if it lasts for only a few minutes. In this practice you are attempting to fall still, letting go of thoughts and connecting with your heart. Noticing how you feel, noticing also if you have a lot of thoughts. At the time of noticing these things it's important not to be judgemental or latch on to any thought that comes up but rather try to be present with whatever arises. If what arises is painful in some way it's important to show yourself some compassion for how you feel. It is through that compassion you allow for the opportunity to heal and for a sense of peace and understanding to arise within you. At other times when practicing to be in the present moment you may notice a great sense of peace or something beautiful that is uplifting and feel a sense of gratitude.

In the Bible, Matthew Ch 6 Vs 25-34 Jesus describes coming into the present moment during times of anxiety and finding God's kingdom. Also in Luke Ch 17 vs 21 Jesus describes the coming of the kingdom of heaven:

" Neither shall they say Lo here! or Lo there! for behold the kingdom of God is within you."

The spiritual leader Thich Nhat Hanh spent his life cultivating mindfulness and being in the present moment. He is quoted as saying:

*" When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with acceptance, joy, peace and love."*

Michael

### Sunday March 30th

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

9.30am **Worship Service with Chris Goringe**  
**Organist: Jillian Cranney**  
*In person and online...*

5.30pm **SOUL FOOD VI**

#### **Bible Readings from the Lectionary:**

Joshua 5: 9-12  
Psalm 32  
2 Corinthians 5: 16-21  
Luke 15: 1-3, 11b -32

### 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 April 6th

<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 and Dan Reeve**  
*In person and online*

#### **Bible Readings from the Lectionary:**

Isaiah 43 16-21  
Psalm 126  
Philippians 3: 4b—14  
John 12: 1-8

### Links

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

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

[Church website](#)

[Chris' sermons](#)

# Soulfood #6

a feast with friends at five thirty

The  
Asian Mammamas  
are cooking again

*A message from  
the cooks!*

Sunday 30th March  
5.30pm  
Roseville Uniting Church  
7a Lord Street, Roseville

Hello lovely RUC family,  
Celia and Sureka here.

Are you craving some joy for your soul? We are!  
We think that nothing is as wholesome and healing as sharing a  
meal together, knowing you are welcome and accepted just as  
you are.

Hope you can come to Soufood #6 5.30pm Sunday 30th March  
@ Roseville Uniting Church.

We're dreaming of a little bubble of warmth and delight,  
rediscovering the simple joy of connection with each other.

Laughing over stories, getting a glimpse into each other's souls.  
Seeing and being seen.

We also love feeding people with great food we've cooked.  
We don't really mind why you come, as long as you come. And  
bring your friends. Because deep down we know that it is good  
for our souls.

We're cooking up an Indo/Sri Lanka storm this time. Not too  
spicy, plenty for vegetarians, gluten & dairy free folks.  
There'll be some soft drinks, but feel free to bring other drinks if  
you like.

Please drop us a line to let us know if you can come, but that's  
not as important as showing up with all your friends.

Please come. We'll be sad if you don't!

Lots of love,  
Celia & Sureka aka the Asian Mammamas



## Office Address

7a Lord Street  
PO Box 44, Roseville 2069

## Church Office

Cath Pinchin 9416 5185  
office@roseville.unitingchurch.org.au

**Office Hours** Typically Tue, Wed and Fri

**Website** roseville.unitingchurch.org.au

## Ministry Team

Rev. Dr. Chris Goringe  
0402 012 418

Rev. Aeryun Lee  
0403491 610

## Congregational Chairperson

Sue Drury

## Direct Giving

treasurer@roseville.unitingchurch.org.au

## Asylum Seeker & Refugee Support

Gwyn Denton gwyn@dentons.id.au

## Church Council Chair

Pauline Callan  
0417 419 671

## Church Council Secretary

secretary@roseville.unitingchurch.org.au

## Treasurer

treasurer@roseville.unitingchurch.org.au

## Safe Church Officer

Di Knowles 9498 4736

## Join us in Prayer...

The younger son said,  
"Give me my share of the property..."  
The older son said,  
"You never gave me so much as a goat..."

Gracious One, how crippled our prayers  
when we limit them to ourselves,  
giving thanks for what we have  
asking for what we need.

Yet you welcome those prayers.

Perhaps we extend our prayers  
as far as those who are close to us,  
to family and friends,  
neighbours, colleagues.

And you welcome those prayers.

Yet we long to truly hear  
your challenge, your invitation,  
pray for those who persecute you,  
do all for the least of these.

Knowing you welcome those prayers.

Even when all we can do  
is to pray that we might be able to pray,  
ask that our circle of care might grow,  
and that we will have love enough.

You welcome those prayers.  
Hear us, God of Grace

Amen

Chris

## More dates for 2025

30th March: Soul Food 5.30pm

8th April: Lenten Ecumenical Service Holy Family CC

10th April: Young Adults' Dinner at Neil and Carolyn's

13th April: Palm Sunday

17th April: Maundy Thursday Service 8.00pm

18th April: Good Friday Service 9.30am

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

31st August: Rev. Keith Garner to preach at Roseville

## Roseville Ministry Contacts