

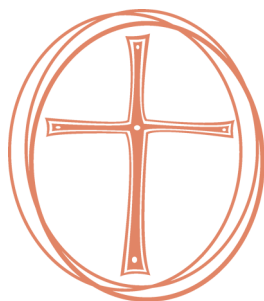
Diary Dates

Sun, 9	9am Tamworth City Worship with Rev Betty Stroud. Holy Communion. Sunday School. Food Hamper. Morning Tea. 11am Korean Reborn Church	Service at Cottage Homes 4:30pm Church Music 6pm Emmaus Board StAR
Mon, 10	9:30am KAIROS sewing JH 10am-4pm Op Shop M-F 10am-2pm Uniting StAR	Fri, 14 10am Senior Communion at Uniting St Andrew's Village
Tue, 11	8am Meals on Wheels 9am-2pm Church Office T-F 9:30am Linedancing JH 10am Pres Bookkeeping 10am One Door DH 7pm Church Council StAR	Sat, 15 9am-12noon Op Shop 7pm Emmaus Trivia Night in Jubilee Hall 7pm Mental Resilience in Tough Times St Stephen's
Wed, 12	9am Op Shop Working Bee 10am Compassionate Friends in St AR 6pm Meditation in Chapel 6pm New Vogue Dance JH	Sun, 16 9am Tamworth City Worship with Rev Betty Stroud. Mission Envelopes. Sunday School. Morning Tea. 10am Mental Resilience at St Stephen's 11am Korean Reborn Church
Thu, 13	10am Stepping Stones DH 9:30am Yoga at StAR 9:30am Nursing Home	

Preaching Plan

Sunday, 16 February—Epiphany Wk 6

8:30am	Gowrie Service with Rev Chris Wright
9am	Tamworth City Service with Rev Betty Stroud—Elder: E Sheppard; Door: F Kerr, J Phillips, M Partridge; PP: J Carthew; Organ: R Cathcart.
9:30am	Tamworth Southside service
11am	West Tamworth service with Rev Chris Wright
5pm	Tamworth Southside Service



Contact Details:

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Other Useful Local Contacts:

- **Southside Office:** Ph/Fx 6765 3714 PO Box 5101, South Tamworth 2340, Email tsuoffice@gmail.com, Website www.tsuc.org.au
- **Southside Lay Ministry Worker:** Suzanne Holloway 0438 608 373 tsucminister@gmail.com
- **Young Family Worker:** Sarah Wright 0423 617 813 Email: sarah.familyworker.uca@gmail.com
- **Peel Valley:** Margaret Crowell Mb 0408 660 025
- **UNITING St Andrew's Village** 1800 864 846 Chaplain Rev Henry Swindon 0466 445 632
- **UNITING Rainbow Cottage** 6766 7655 Sharn Mason

9 February 2020
Epiphany Wk5

Welcome to Tamworth City Uniting Church

We welcome all those worshipping with us at Tamworth City today. Rev Betty Stroud will be leading our service and the Sacrament of Holy Communion. Please stay for a chat and morning tea after worship in the St Andrew's Room.



Seasons of the Spirit

Shine...

Readings

Isaiah 58:1–9a, (9b–12); Psalm 112:1–9, (10); 1 Corinthians 2:1–12, (13–16); Matthew 5:13–20.

Prayer

Gracious God, grant us eyes to see your vision for your people. Help us rise as a light, as we delight in your commands. Amen.

Reflection

Jesus teaches that we are salt and light, as we seek to live as God's people in the world. With the Spirit's help, we offer our gifts and talents to extend the reach of God's realm. With Isaiah and the psalmist, we learn what it means to "practice righteousness" as we live out the heart of our faith.

Biblical Background

Isaiah 58:1–12 The prophet reminds us that performing religious practices without changing one's behaviour toward God's ways is not enough. During the exile in Babylon, the Hebrew people developed customs of fasting since they could no longer fulfill the obligation of temple sacrifices. Through the voice of the prophet, God says that fasting does no good if it does not change people's hearts. True fasting is to free those who are oppressed, to care for those who are hungry and homeless, and to work to bring justice. When that happens, God's light shines in the world.

Psalm 112:1–10 equates those who delight in God's ways with those who rise as a light. The writer praises the righteous, those who act justly. They are not broken by adversity but are secure in God. Righteousness endures.

1 Corinthians 2:1–16 reminds the early church that Paul did not use lofty words to explain God's power to them. It is God's Spirit that helps us understand how to live according to God's law, and to understand the gifts

Southside Scene

Worship: 9:30am & 5pm Sundays. HC Friday North Tamworth Bowling Club 3rd Sunday.

Ladies Breakfast: 7:30am on 4th Tuesday each month.

Stepping Stones: 10am-12noon in Acacia Room on Tues, school terms.

Prayer Team: 3pm Tuesdays.

Motor Bike Ride: 9am 2nd & 4th Wednesdays.

Faith & Art Group: 1pm Thursdays, alternate weeks, school terms.

Men's Choir: 5:30pm on alternate Thursdays.

Men's Bowls: 9:45am 2nd & 4th

Men's Breakfast: 7:30am on 1st Saturday each month.

Website: www.tsuc.org.au or

Facebook: Tamworth Southside UC

Our Vision: *To be a faithful & enthusiastic part of God's church in our community, sharing the love of Jesus.*

Mission Statements: *To build up individuals and teams, empowered by the Holy Spirit, using our spiritual gifts to serve each other & our community.*



Peel Valley Congregations



GOWRIE, HALLSVILLE & WEST TAMWORTH CONGREGATIONS

Our Goal "To be transformed communities, experiencing, enjoying & sharing the gift of the friendship of Jesus."

Mission "Called to be Free, Gifted to Serve"

Website: ucapeelvalley.org.au

Email: ucapeelvalley@gmail.com

Pastor Care: Meg Mangan 0466 337 005

Contact: Margaret Crowell 0408 660 025

Preaching: Ross Davidson 6760 8369

Elders: Margaret Crowell, Ross Davidson, and Bruce Jarrett.

Sun, 9 Feb—8:30am Gowrie Service with Meg Mangan, 11am West Tamworth Service with Meg Mangan HC.

Sun, 16 Feb—8:30am Gowrie Service and 11am West Tamworth Service with Rev Chris Wright. Trading Table.

Tue, 18 Feb—10am Memory Lane at West Tamworth

Heart Word Find

Look up these Bible verses to find the kind of heart. Then find that word in the word find.

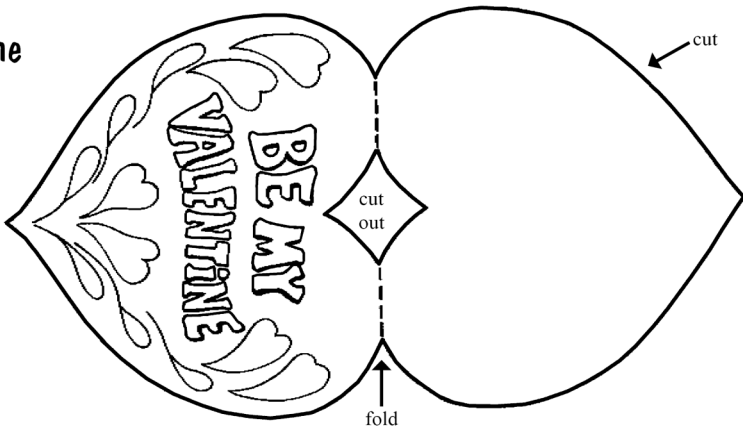
- Exodus 35:5 G _____
- Numbers 32:9 D _____
- Deuteronomy 28:47 G _____
- Deuteronomy 28:65 T _____
- 1 Samuel 25:36 M _____
- Nehemiah 2:2 S _____
- Psalm 12:2 D _____
- Psalm 34:18 B _____
- Psalm 101:5 A _____
- Proverbs 10:8 W _____
- Proverbs 17:22 C _____
- Proverbs 25:10 H _____
- Isaiah 35:4 F _____
- Jeremiah 17:9 D _____
- Jeremiah 17:9 P _____
- Ezekiel 18:31 N _____
- Matthew 5:8 G _____
- Luke 8:15 G _____
- Hebrews 3:12 E _____
- Hebrews 3:12 U _____

A R I E **B S J C**
 S D O U B L E K D S S E N D A S
 X C B U L D L A A T C E C T B E M G F V
 P G N I L B M E R T Y H F W H W D S I H
 G F V E Q H N G E R I D E V I O U S J I
 K E D R F O L V R K O E O E M J X E K N
 C U N B E L I E V I N G F P R J G N Y Q
 X O S M A E M R N P O A A L Q F Z D R U
 I S B R O K E N O Z R T N H M U A X
 B J U F A T U D K A U B Y T L V L C
 P N U L G E N E R O U S W U Y G
 W L D N X W O E C E V M V P
 X P E R V E R S E Y A W
 V O Y U Q I I P E E
 G Z W Z D H
 H Q A S
 R T

Answers: Generous, Discouraged, Gladness, Trembling, Merry, Sadness, Double, Broken, Unbelieving, Heavy, Fearful, Devout, Reverse, New, Pure, Good, Evil, Unbelieving

Make a Valentine

1. Cut on solid lines.
2. Fold on dotted lines.
3. Color valentine.
4. Write a message on the inside.



Lectionary Readings

Sun 9	Psalm 112:1-9, (10)*	Thu 13	1 Corinthians 3:1-9*
Mon 10	Deuteronomy 29:29-30:10	Fri 14	Matthew 5:21-37*
Tue 11	Deuteronomy 30:11-20	Sat 15	Psalm 119:1-8*
Wed 12	Romans 3:9-20	Sun 16	Psalm 119:9-20

* Denotes Sunday lectionary readings

bestowed on us by God.

Matthew 5:13–20 continues the collection of Jesus’ teachings known as the Sermon on the Mount. In this week’s reading, Jesus uses images of salt and light as he describes what it means to live according to the ways of God’s realm. Salt and light are metaphors used in the Hebrew Scriptures to describe covenant and law. David and his descendants are called a lamp before God. Jesus expands the message.

Jesus teaches his followers that they are salt – cleansing, preserving, adding flavour; and they are light – revealing what is hidden and enabling all to see. God’s reign is not only a future promise, it also is a present reality. We participate in that reign as we live in God’s ways. Our light should shine before others, not so that they can applaud our piety, but so that our works can direct others to give thanks and praise to God. God, through us, gives light to everyone, to “all in the house.” The word translated here as house is the word for “the established world” – it is a big house!

For Jews in Jesus’ day, the law or Torah was understood as the whole content of God’s revelation to the people. It was contained in the Pentateuch, the first five books of the Hebrew Scriptures. Torah included law codes such as the Ten Commandments and many other regulations that governed community life.

Some of the scribes and Pharisees accuse Jesus of not keeping God’s law. However, Jesus is faithful to the law’s intent. He came not to abolish the law but to fulfill it. Jesus calls us to live righteous lives and show justice and mercy to all. The concern of the scribes and Pharisees was obedience to God’s law. Jesus’ followers must be just as wholehearted in following the intent and spirit of it.

Thoughts

We associate the image of light with Jesus, and our scriptures on this fifth Sunday after the Epiphany remind us that we are a light as we live according to Christ’s example and God’s command. The call to shine still challenges us today. Where does the world need salt and light now? How are we light and salt in those situations?



Today's Information

Worship on Sunday, 9 February 2020

9am Worship Service and Holy Communion, Covenant Service with Rev Betty Stroud. Sunday School. Morning tea.

Korean Reborn Church

11:30am Sundays for worship. Jubilee Kitchen & Dunn Hall for lunch.

Rev Betty Stroud

Generally Betty will be in the office on Tuesdays and Wednesdays when she is in Tamworth. Contact Betty on her mobile 0419 687 181 or email dottydog@bigpond.com to arrange a time to meet.

Stories That Give Life

A time to share the things that we have experienced in the life of this congregation that have brought life and hope to our community of faith.

Following worship on 1st March, we will gather in the Jubilee Hall for morning tea and a time of sharing our stories. Everyone is encouraged to attend as we begin the process of discerning the way ahead for our congregation. Please take time over the next few weeks to think about what you might share.

A question to get you started: 'What do your friends and neighbours think are the strengths of Tamworth City Uniting Church?' You may have had people make a comment to you about this congregation OR you might need to ask them!

We will finish by 12.15pm at the latest (earlier if you come well prepared!).

Sunday Bring and Buy Table

Thank you—\$1,000 donated to the church this week. Our bring-and-buy table is selling anything from handiwork to cooking, produce to jams. Stop and buy something this week and donate something another week. After church with the morning tea in the St Andrew's Room.

Doing It For Our Farmers

We continue to support our local farmers with drought relief packages, vouchers and prayers. There is always someone in need. Focussing on getting children back to school in February.

Scripture in Schools

Special thanks for those who led classes in our high schools this year—Belinda and Darrel. We are funded from donations. If you would like to contribute: A/c name TSCEAI, BSB 032 621, A/c No. 372 372. Thank you.

School Chaplains

For 2020 we have Parry, Walhallow, Walget, Oxley Vale, Quirindi, Mullaley, Tamworth Public (we financially support), Curlewis, Nyngan, Narrabri, Attunga, Duri and have gained Moonbi, Kootingal, Tambar Springs, Werris Creek, Carinya and Liberty. Keep these chaplains in your prayers.

Prayer Chain

If you have a concern that you would particularly like prayer support for, please contact Judith Archbold 6766 6716 or Ted Woodhart 6766 1804.

Maintenance Items

Wheelchair/Walker

There is a wheelchair and a walker available in the Vestry to assist in transporting those who require one to and from the church carpark. Please return to the Vestry.

Screening Mammogram

*Breast Screen NSW Hunter New England offers all women aged 50-90yrs a free Screening Mammogram for the early detection of breast cancer. Call 132050. **Free***

Prostate Cancer Support

Counselling and information provided at Tamworth Hospital. Helping with Risk factors, testing diagnosis, treatment and recovery. Phone 1300 881 826.

Kairos Outside Sewing Group

Kairos Outside Sewing Group meeting in the Jubilee Hall on Monday mornings from 9:30am-3pm each week during school terms.

Bread Tags for Wheelchairs in South Africa

Please save your bread tags—they can be recycled to fund wheelchairs in South Africa. Now collecting in Australia too! Leave in the office.

New Hymns

We've been enjoying some new hymns over recent months. If you would like to follow along, there are hymns books available. Please ask a door steward.

NENW Presbytery Meetings

PRC on Friday, 28 Feb, full Presbytery meeting in Uralla on Saturday, 29 February from 9am.

Emmaus Trivia Night

Night of fun and frivolity on Saturday, 29 February from 6pm in Armidale. Contact Bec Wright 0479 016 967.

Worship on Sunday, 1 March—Lent Wk1

9am Worship Service and Sacrament of Holy Communion with Rev Betty Stroud. Elder: N Dezius, J Dezius, A Ashworth, P Turner, P Battle; D: W Townsend, Kathy, R Barclay; PP: M Miles; O: R Greer. Food Hamper Sunday. Sunday School.

Stories that Give Life and Morning Tea in Jubilee Hall after worship.

Dates to Note

- 3rd: 9:30am Adult Fellowship; 7pm Friends of Nioka; 7pm Lenten Study
- 4th: Minister's Fraternal Prayer for Tamworth
- 5th: 2pm Lenten Study
- 6th: 10am ACW World Day of Prayer; 10am Craft Group & Lunch

Prayers

Prayer Focus—Tamworth City

Today we focus on the Uniting Church in Australia, ordained ministry, councils of the church, those who deliver and receive home communion today. Please uphold these in your private prayers during the week.

Ecumenical Prayer Calendar

Keep the people of Ireland, United Kingdom: England, Northern Ireland, Scotland and Wales in your prayers this week.

Presbytery Prayer Points

We give thanks for rain that has fallen and continue to pray for life-sustaining rain to break the drought. We also keep in our prayers firefighters working in fire-affected areas. Our Presbytery Meeting on 29 February in Uralla.

This Week's Events

Kairos Outside Sewing Group

Kairos Outside Sewing Group will be meeting in the Jubilee Hall on Mondays from 9:30am-3pm each week during school terms.

Op Shop

Our Opportunity Shop is located at 24 Darling Street. Normal hours 10am-4pm Mondays to Fridays and 9am-12noon on Saturdays. Contact Lorraine Furze (0401 762 463) or Judy Phillips (0418 662 081).

UNITING—Home & Community Support

Gathering in the St Andrew's Room on Mondays from 10am-2pm.

Meals on Wheels Kitchen Roster

Next rostered day will be Tuesday, 11 February from 8am.

Church Office

Office hours 9am-2pm Tuesdays to Fridays. Don't forget to book meetings and check availability of halls. Thank you. Nicolette.

Locomotive Line Dancing

Tuesdays from 9:30am-12:30pm in the Jubilee Hall.

One Door Carer Support

Meeting in the Dunn Hall on Tuesday, 11 February

Church Council Meeting

Our first Church Council meeting for 2020 will be on Tuesday, 11 February from 7pm in the St Andrew's Room.

Op Shop Working Bee

Wednesdays from 9am. Lots of chit-chat with your hard work, then a cuppa!. All helpers welcome. A very industrious morning.

Compassionate Friends

Meeting in the St Andrew's Room on Wednesday, 12 February from 10am.

New Vogue Dance Group

Recommencing in Jubilee Hall 6-9:30pm Wednesdays.

Meditation Service

Weekly meditation service lead by Rev John Marsh on Wednesdays evenings from 6pm in the Chapel area. During School Terms.

Nursing Home Service

Rev Chris Wright will lead the Nursing Home Service at Cottage Homes on Thursday, 13 February from 9:30am.

Stepping Stones Play Group

Join us at Tamworth City from 10am-12noon on Thursdays in the Dunn Hall. Or at Tamworth Southside Tuesdays 10am-12noon. Come along and support Jillian on Thursday mornings, help make a cuppa, chat to the mums. Lots of new mums and bubs joined in last week.

Yoga Group

Thursdays in St Andrew's Room 9:30-11am from 6 February.

Emmaus Board Meeting

Meeting in the St Andrew's Room on Thursday, 13 February from 6pm.

Senior Communion

Rev Henry Swindon will lead the monthly Senior Communion at the Uniting St Andrew's Village Community Hall on Friday, 14 February from 10am. Please contact Barb McLean 6766 4039.

Emmaus Trivia Night

Night of fun and frivolity on Saturday, 15 February from 6pm in the Jubilee Hall. Contact Bec Wright 0479 016 967.

Mental Resilience in Tough Times

St Stephen's Presbyterian church invite you to hear Colleen Hirst on Saturday, 15 February 7-9pm (supper to follow) as she presents "Practical ways to stay mentally strong". \$10/p. Register with Mark on 0431 664 307 or Dale 0414 818 201. Also on Sunday, 16 February 10am for Café Church with a presentation by Colleen on "Dealing with Depression & Anxiety—a Biblical Approach". No charge.

Next Week & Beyond

Worship on Sunday, 16 February 2020

9am Worship Service with Rev Betty Stroud. Elder: E Sheppard; D: F Kerr, J Phillips, M Partridge; PP: J Carthew; O: R Cathcart. Mission Envelopes. Sunday School. Morning tea.

Association of Independent Retirees

Meeting in the St Andrew's Room on Tuesday, 18 February from 9am.

Senior's Getting Together Fellowship

Our first get together for 2020 will be on Tuesday, 18 February from 2pm in the Community Hall at Uniting St Andrew's Village. Contact Marie McClelland 6765 7220.

Rev Betty in Orange

19-25 February.

Craft Group

Our craft group meet on the 1st and 3rd Friday morning of the month at 10am in the St Andrew's Room. Bring along some craft, have a chat and a cuppa. Our next get-together will be on Friday, 21 February.

Worship on Sunday, 23 February 2020

9am Worship Service with Mr Barry Gillett. Elder: R Hely; D: B Johnston, M & D Miles; PP: J McClelland; O: R Greer. Sunday School. Morning tea.

Shrove Tuesday—Pancake Day

The Adult Fellowship will host a pancake morning tea on Tuesday, 25 February from 10am in the St Andrew's Room. Everyone's welcome to join in this feast before we start Lent.

Ash Wednesday

The start of the forty days of Lent begins on Wednesday, 26 March. We will have a time of worship to commence the season. More details to come.

Rainbow Cottage Management Committee

Meeting on Wednesday, 26 February from 5pm at Rainbow Cottage.