



24th May 2020, 7th Sunday after Easter Tamworth City Uniting Church

Contact Details:

- **IIM Minister:** Rev Betty Stroud 0419 687 181
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- **Office:** 144 Marius St, PO Box 501, Tamworth 2340 Ph 02 6766 5311, Email tamworthcity.uca@gmail.com, Hrs 9am-2pm Tue-Fri Website www.ucatamworthcity.wordpress.com

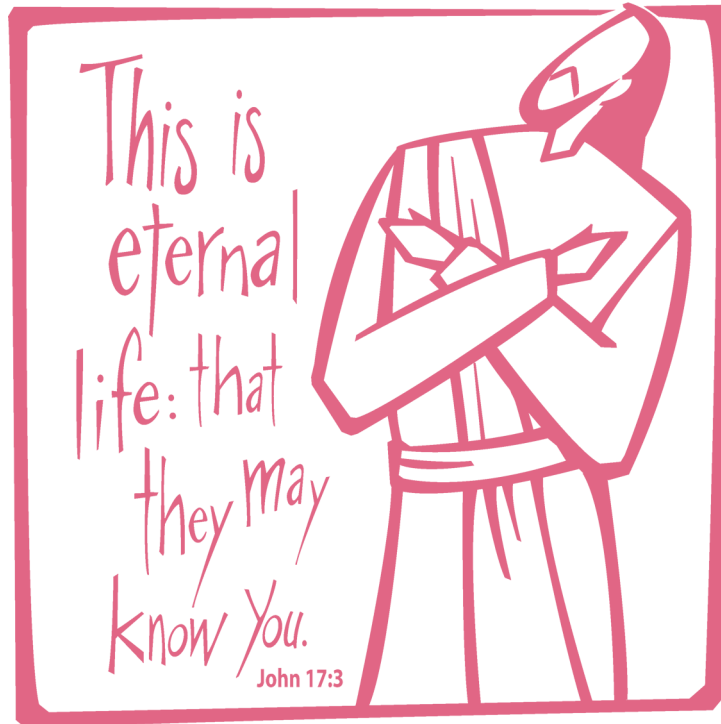
Other Useful Local Contacts:

- **Southside Office:** Ph/Fx 6765 3714 PO Box 5101, South Tamworth 2340, Email tsuoffice@gmail.com, Website www.tsuc.org.au
- **Southside Lay Preachers:** David Bissett 0400 186 723; Rob Wood 0447 425 411; John Nash 0428 333 358
- **Young Family Worker:** Jillian Cumberland 0402 341 684 Email: jillian.steppingstones.uca@hotmail.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

We are thinking of everyone as we continue to worship together, apart. Rev Betty Stroud has prepared this week's order of service.

Zoom morning tea is at 10am, look out for your email link.

Nicolette will be working in the office as usual, although closed to the public. Stay up to date with safe health practices. Take care. God be with you all.



Our webpage has worship resources, order of service and the notice sheet each week. There is also a recorded message from Betty on the Worship Resources page at <https://ucatamworthcity.wordpress.com/>

At this time it is important to maintain contact with each other.

A telephone call is a great way to do this. Make a cuppa and give someone a call.

To continue to support our ministry financially by setting up a direct deposit into our accounts using phone or internet banking:

Account Name:	Tamworth City Uniting Church
BSB:	634 634
Account Number:	100026126
Reference:	Offering

If you don't have facilities to phone or internet bank we encourage you to put aside your weekly offering in an envelope to give to the church at a convenience time. Leave in the box on the verandah at the office or during office hours. Thank you.

This Week's Notes

Good News Items

- We've been enjoying some lovely morning teas on Zoom at 10am each week. Lots of different people come and go over the morning, it's lovely to see all the smiling faces.
- **We will have a virtual 'morning tea' at 10am on Sunday morning.**
- A note from Rev Betty Stroud is attached (13 May) along with information from Synod about gatherings.
- Note that there will be a Church Council meeting via Zoom on Tuesday, 9 June at 7pm. If you need assistance getting onto Zoom, please contact the office.

Thank You

John & Marie McClelland would like to extend a special thank you to everyone for their support during John's long recovery. He is now brace-free and looking forward to life after the fall. Thank you again. *John & Marie*

Sharing

Annabel has sent in some funny Church Bulletin Typo's! (I'm sure they never happen...)

- Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.
- For those of you who have children and don't know it, we have a nursery downstairs .
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Prayers

Prayer Focus—Tamworth City

Today we focus on Pastoral Partners, Elders, St Andrew's Village, Fellowship Committee activities, Hospital Visitation and Opportunity Shop. Please uphold these in your private prayers during the week.

Ecumenical Prayer Calendar

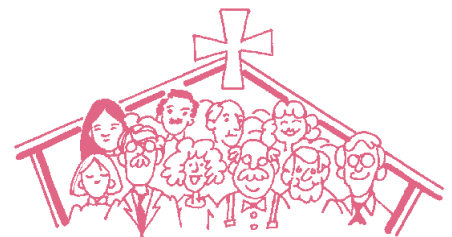
Keep the people of Malawi and Zambia in your prayers this week.

NENW Presbytery

Keep in your prayers work being carried out to have worship connections with congregations during the COVID-19 virus restrictions.

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.



Lectionary Readings

Sun 24 Psalm 68:1-10, 32-35*
Mon 25 Numbers 11:24-30
Tue 26 Acts 2:1-21*
Wed 27 1 Corinthians 12:1-13*
Thu 28 1 Corinthians 12:14-26

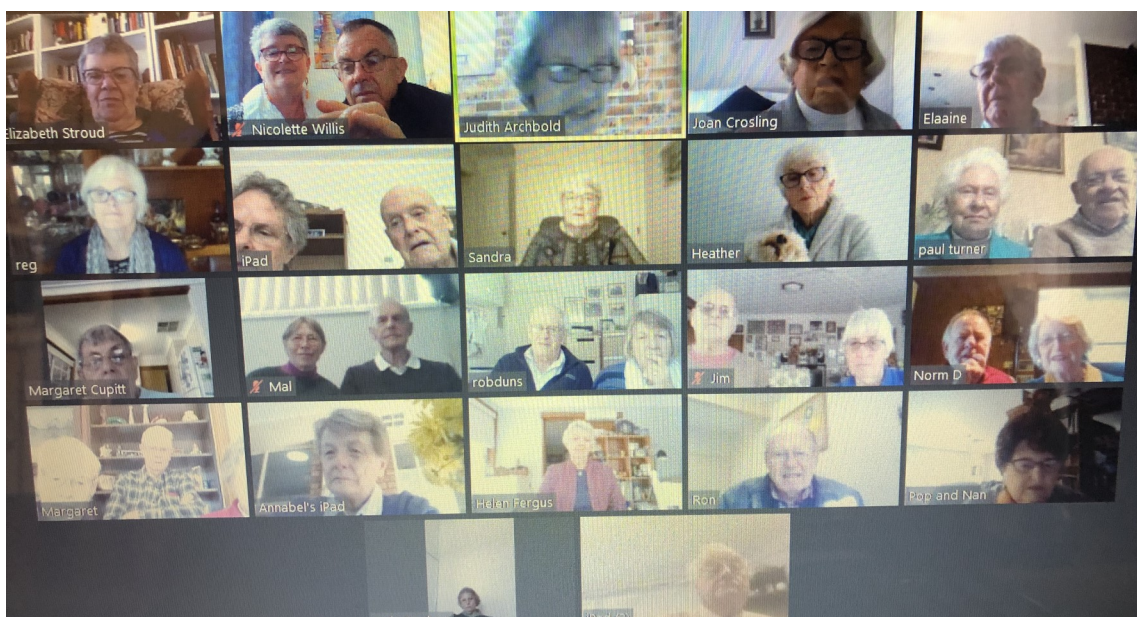
Fri 29 1 Corinthians 12:27-31
Sat 30 John 20:19-23*
Sun 31 Psalm 104:24-34, 35b*

* Denotes Sunday lectionary readings

The Church dressed for the Easter Season:



Record—31 for Morning Tea on 17th May!



Looking After Yourself

Here are some ways to stay mentally healthy...

1. Maintain a healthy lifestyle:

Key things that we know help include:

- Set up a daily routine. Plan activities that are fun (such as reading, watching movies, hobbies) and that give you a sense of achievement (such as cleaning, completing work tasks, learning a new skill).
- Stay active—create an exercise routine that can be completed at home, to maintain physical fitness and reduce stress.
- Eat well—plan and eat a variety of nutritious meals.
- Stay connected with friends and family via phone, chat, email, or video conferencing

2. Stay informed:

Getting information from trusted sources can help you determine reasonable precautions to take to maintain your health. See the links we have included above in [COVID-19: The facts](#).

3. Stay positive:

• **Remember:**

- This is unpleasant, but it will pass.
- What you say to yourself is important. Listen to the things you are saying to yourself and change negative comments to be more helpful and realistic.

4. Access Support:

If you're feeling overwhelmed, access support.

We have more information about [how to access mental health services](#) below. You can also check out the range of [phone and online services](#) which can offer mental health support.

Sacredise Reflections

Thought for the Week

This week we're living between the Ascension and Pentecost. The Scriptures love these "in-between" times, and it is often in these times that God does some of the most transforming work. As Jesus left his disciples for the last time after the resurrection, he instructed them to wait, and promised that they would become his witnesses after they had received power. But, as Matthew's Gospel teaches, the power and authority are Christ's. It is always as a result of our connection with Jesus that we can share life and grace with others.

This is why we need to wait. Building a deep connection always takes time and intentional focus. If we try to move out into the world before we have become rooted in Christ's love and life, we will inevitably find ourselves buffeted by the chaos we encounter. Then, we may end up adopting the strategies and values of the culture around us, while still claiming the name of Jesus, without realising how we have been subtly changed. But, when we make time in our lives to root ourselves deeply in Jesus, we are more easily able to remain true to the values and mission of Jesus. This is part of what was at the heart of Jesus' prayer for the disciples in John 17.

This week we focus on waiting on Christ's gift of power, and on sinking our roots deep into the life of Jesus.

Reading John 17:1-11

Reflection

After taking three chapters of John's Gospel (as we now have it) to give one last sermon for his disciples, Jesus then turned to prayer. He carried his followers in his heart, and brought them and their needs to God with great compassion and love. As we read the first part of Jesus' prayer we notice two specific requests. The first is that his disciples would experience the eternal life they had received by knowing God through Jesus. The life of God is found in union with God, and so Jesus prays for his followers to remain in union with God. The second request was that his followers would be one with one another. Once again we see that our loves for God and one another are completely interrelated.

Jesus' plea for the disciples to be united is linked with his prayer that they would be protected by the power of God's name. This does not imply that God's name is like a magic spell we can throw at evil. It refers to being aligned with God's purposes, values, priorities, and mission. As we align ourselves with God's name in this way, so we enjoy protection because our immersion in God's life keeps us from choosing what is destructive and dangerous. It also means that we will share life with others who have embraced God's ways, and so we will find unity.

How can you choose to find life by being united with God and with other God-seekers today?

Practice for Today

The practice of gathering with other believers for worship is a profound way to live out Jesus' prayer. In our worship we are united with God, and our hearts are captured by God's values and priorities. But, we are also united with those who worship with us, and we learn to become one people of God. Make every effort to attend a service of worship today.

Breath-Prayer for Today

As I worship you, O God, make me one with you, and with my sisters and brothers in Christ.

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