



Regional Directory

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Denmark	Margaret Cocks	0428 608 620
Mt Barker	Sue Wilson	0437 184 692
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Contact Us

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Office Hours: Tues-Thurs, 8.45 am - 12.45 pm



Uniting Church in Australia
Albany Region Congregations



Welcome to our service.

Duke St Church morning tea is on the 3rd Sunday of the month, Denmark Uniting Church & Lockyer have morning tea after their Service. Mt Barker is before their Service.

21 January 2024.



Gifts

You may know that I have a Spiritual Director, someone who listens with me to what the Holy Spirit might be telling me to do. One of the invaluable gifts she gave me was to give thanks, to taking things with gratitude instead of taking them for granted. To live more gratefully is to live more fully. Psalm 139, the Psalm for this week offers thanks and praise: 'For so many marvels I thank you; a wonder am I, and all your works wonders.' Or, in a different translation 'Oh, yes, you shaped me first inside, then out; you formed me in my mother's womb. I thank you, God, you are breathtaking! Body and soul, I am marvelously made!' It is easy enough to give thanks in general terms, for life, for creation etc. It can be a bit more challenging to give thanks for little things, for a sip of a drink (coffee), for a bite of a treat (chocolate), for the sound of a leaf blown across your path by the wind, for sighting the rose that was yesterday's rosebud, for lunch with a friend. Even more challenging can it be to give thanks for the difficulties we all face during a lifetime. Whichever the gift is, something little, something big, something good or something confronting, the real challenge lies not so much in finding these treasures. It is seeing them as gifts, as we do when we unwrap a parcel, recognising them as gifts, and saying 'thank you' for them. Research has found that grateful people tend to have more vitality; are more positive, empathic and generous as well as helpful. People who live the attitude of gratitude are less depressed and stressed and they place less importance on material possessions. The researchers note that gratitude



Thanks

Thankfulness is the fruit of humility and gratitude plants the seed of deeper humility that opens hearts and minds to more for which to be grateful.

Giving thanks to another human being ennobles the giver and the receiver dignifies everyday exchanges and clears the way for love

Giving thanks for what is received from a source beyond human beings invokes a personal relationship with the universe: humanizes the cosmos divinizes the human

Thanksgiving transforms –transubstantiates –that which is given and received: dead matter expresses living spirit

The first "thank you" marked a revolution...a turning point in the evolution of consciousness: the moment when "it" became "you" Because there is no 'thank' without 'you'.... Jim Burklo

Submitted by E. Burns.



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January 21

8.30am	LOCKYER	Rev. Corina
9.30am	DENMARK	M & P Cocks
10am	DUKE ST	Rev. Corina
11am	MT BARKER	R. Anderson

January 28

8.30am	LOCKYER	Rev. Corina
9.30am	DENMARK	A. Hortin
10am	DUKE ST	Rev. Corina
11am	MT BARKER	S. Wilson

encourages a positive cycle of reciprocal kindness among people. Noticing God's gifts and responding with thanksgiving can change us. God becomes more present to us, more real. Actually, we can feel more alive, saying 'I thank you, God, you are breathtaking!' We are all wondrous gifts. We can share and say, 'thank you'.

Blessings,
Corina

Dates every week

Museum: Open Tues-Thurs, 9-11am.

Tuesday Discussion group in recess till February 2024.

Wednesday Prayer group: Meets at 9.30am at Heather's place. All welcome.

Thursday Bible Study: in recess till February 2024.

January 27 Quiet Space, Wesley Church, 2-3 pm

February 1&2 Craft Markets, York St, 9am-3pm

February 13 AUC Ladies Fellowship, Handasyde's, 2pm

Prayers of the week

AUC: Rev. Dave Hosking, Kathy & Julian Hough and their families.

Lockyer: Joan Wright, Jan Ahern and their families.

Mt Barker: Deborah Murphy, Phillip Webb and their families.

Denmark: Margaret & Phil Cocks, Michael Cranny and their families.

Synod: Osborne Park and Wanneroo Crossways Uniting Churches
Assembly Circle of Interest: Seeking Common Ground

Photo Wesley's Stained Glass - M Heberle. If you have a photo you would like featured and is appropriate for the front page, please send it in. Email: unitingchurchalbany@gmail.com
Hard copy photos will also be accepted.



News & Notes

★ **Albany YouthCARE Council** is taking part in the **Containers for Change scheme**. Our registration number is **C10331167**.

All you have to do is take your eligible containers to a collection point at either IGA Spencer Park, or IGA York Street and **quote our number**. The money you raise will go straight into our Albany bank account. Most aluminum, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L are eligible. For more information, check out the Containers for Change website.

★ **Offerings** We gratefully accept financial contributions ("offerings") to continue the work of the Church. Cash or cheques may be placed in the offering bowls at Sunday services. Direct bank transfers (EFT) are also welcome. For Albany, please use the details below:

BSB: 086 554 (National Australia Bank)
Account Number: 496 865 760
Account Name: Albany Uniting Church
Reference: Offering or Youthcare

For Denmark, Mount Barker and Lockyer please contact your treasurer for details. All offerings are anonymous. Feel free to ask for envelopes if you wish.

★ **Uniting World**. If you would like to donate to Uniting World. Donations will be used to provide urgent assistance, supplies & support longer-term recovery. To donate online, go to <https://donate.unitingworld.org.au/donate-now>

★ **Connecting** people who cannot attend worship, can still stay in touch with us from anywhere in the world. You can receive the monthly Magazine, the weekly Bulletin and the Order of Service by email or in print. We also record Sunday services which can be sent on CD. Just contact Corina or Lisa to make arrangements (see back page). For those of you who use social media, Albany and Denmark have Facebook pages and some of us also post under tags like [#wesleyalbany](https://www.facebook.com/wesleyalbany) on other social media channels

WESLEY MUSIC ALBANY

THE QUIET SPACE

Moments of peace and reflection with the help of local musicians.

THE LAST SATURDAY OF EVERY MONTH
2-3PM
WALK IN, WALK OUT ANY TIME



WESLEY CHURCH, DUKE ST
FREE (Donations Appreciated)
Enquiries: 9841 1145
wesleyalbany@protonmail.com

LITTLE CHURCH MOUSE

