



Regional Directory

Minister: Rev Corina van Oostende 0417 169 544

Secretaries:	Name	Phone
ARC	Sue Wilson	9851 4450
Lockyer	Anne Hortin	0428 752 325
Denmark	Michael Cranny	0417 000 684
Mt Barker	Sue Wilson	0437 184 692
AUC	Elizabeth Burns	9842 2636

Pastoral Carers:		
Lockyer	Joan Wright	0429 413 759
Denmark	Margaret Cocks	0428 608 620
Mt Barker	Sue Wilson	0437 184 692
AUC	Edith Verran	9841 2729

Prayer Coordinator: Heather Bailey 0428 936 824

Juniper: 11 Townsend St, Lockyer 1300 313 000

Contact Us

AUC/ARC Office: 12 Duke Street, Albany

Postal Address: PO Box 5170, Albany WA 6330

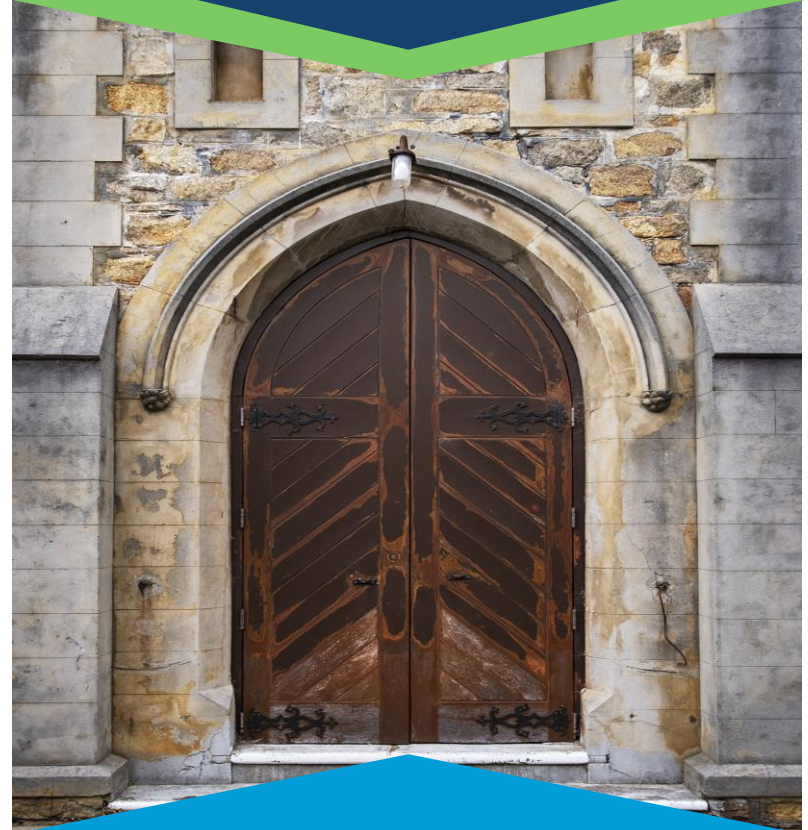
Phone: 0472 732 441

Email: arc@ucwa.au

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.

3 March 2024.

Acceptance

In the Sermon on the Mount, we are offered a number of seemingly impossible teachings. One of them is “Do not judge, so that you may not be judged. For with the judgment you make, you will be judged, and the measure you give will be the measure you get.” This Lent, we can aim to fast – to let go of – judgement. Not easy, but we can try to notice and then to let go of the tendency to judge other people and ourselves. (This isn’t an anything-goes philosophy; Jesus did have a clear understanding of right and wrong.) We can oppose harmful actions without judging the person! There is a positive approach to letting go of judgement, like sending loving thoughts and prayers to people in need; sharing our blessings: Give, and keep giving. Fasting and letting go are connected to generosity. None of us can get rid of all the characteristics of being human, but we can accepting our own imperfection and hold on to our commitment to what we hope for this world. “Better to light a candle than curse the darkness,” is a wise Quaker saying. When letting go shows us our imperfection, we light the candle of generosity rather than cursing the darkness of our limitations.

Ignatius’ Spiritual Exercises are a guide for a thirty day retreat. The program is divided into four “weeks”, but a person may stop earlier and still have a rich retreat experience. Wisely, Ignatius understood that a retreat is not a job to finish, but an opportunity for spiritual growth. Lent can work just like that: there is no goal, like you must read a certain number of pages or say a certain number of prayers or meditate a certain number of hours. Each year of our life

The Power of Affirmation

And suddenly a voice came from heaven, saying, “This is My beloved Son, in whom I am well pleased” (Matthew 3: 17.)

Children live and long for their parents/grandparents approval, and parents/grandparents struggle to communicate approval when a child’s choices does not match a parent’s expectations. Approval and affirmation are key in the transition from adolescence to adulthood.

Jesus was a young adult—age thirty—when He left His family’s home and began His own adult life. He had experienced some level of His earthly parents’ disapproval as an adolescent (Luke 2: 41-51) but seemed to have been met with affirmation prior to setting out on His own (Luke 2:52). Thankfully, at the very beginning of His public life, He received the most important approval He could have desired: the approval of His Heavenly Father. On the day of His baptism by John the Baptist, God audibly communicated His approval in a voice from heaven: “This is My beloved Son, in whom I am well pleased”. This approval was also confirmation of Jesus’ Messianic role (Psalm 2:7 ; Isaiah 42:1)

Good approves of you today by grace, not based on your works (Ephesians 2:8-9.) Look for an opportunity today to unconditionally affirm someone who may need encouragement.

The church should be the community of encouragement!

From Dr. David Jeremiah

Submitted by R. Anderson



March 3

8.30am	LOCKYER HC	Rev. Corina
9.30am	DENMARK	Rev. E. Sanderson
10am	DUKE ST HC	Rev. Corina
11am	MT BARKER	S. Wilson

March 10

8.30am	LOCKYER	E. Burns
9.00am	DENMARK HC	Rev. Corina
10am	DUKE ST	E. Burns
11am	MT BARKER HC	Rev. Corina

Dates every week

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

Tuesday Discussion: Meets at 9.30am for 10am start at Elizabeth's place. All welcome to come and discuss a wide variety of topics.

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

Thursday Bible Study group: Meets at 10am at Rev. Corina's place. All welcome.

Thursday Lenten Studies: Will be offered by Corina, weekly on Thursday afternoons starting on 22nd February, to 21st March from 4pm -5pm in Lesser Hall. All welcome.

February 29 Craft Markets, York St, 9am-3pm

March 1 Craft Markets, York St, 9am-3pm

March 6 World Day of Prayer, Holy Family Catholic Church, 10am

March 12 Lockyer Ladies Fellowship, Lockyer, 12pm

March 12 AUC Ladies Fellowship, Handasyde's, 2pm

we come to Lent again. If this year the focus is on letting go, we can turn to generosity or prayer next year. Also, letting go is not just a stepping-stone in the spiritual life, some sort of task that we must complete before we can face more advanced challenges. Letting go is an ongoing part of all mature spiritual life. The Lenten focus on fasting is not some sort of punishment, but a 40-day emphasis on something that is part of any growing spiritual life, all year long. Not judging self or others, (self) acceptance means to balance the love for a hoped-for future with love (positive regard) for yourself and others, just as we are. Who else in your life might benefit from some genuine acceptance? Maybe you can offer that gift to someone you know who needs it.

Blessings,
Corina

Prayers of the week

AUC: Mary Murray, Ruth & John Nairn and their families.

Lockyer: Judy Thompson, Annette Webb and their families.

Mt Barker: Philip Webb, Sue Wilson and their families.

Denmark: Trudy Pate, Rev. Elizabeth Sanderson and their families.

Synod: The National Uniting Church Adult Fellowship UnitingWorld, Lent Event 2024.

Photo: Church Door, Penny de Long – Ace Camera Club. 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](#) on other social media channels.

★ **AUC Ladies Fellowship** afternoon tea at Handasydes on the 12th March at 2pm.

★ **Albany-Denmark YouthCARE.** Affirmation Service. We look forward to sharing together with the Pioneer Family Church at 47 Pioneer Road, on Sunday 17th March 2024, commencing at 5.30pm. It will be followed by a light supper. It is a wonderful opportunity for people from all local churches to join and support our chaplains and Christian Values Education volunteers.

★ **Book Sale.** We have a selection of Bibles & religious books. Purchase by donation. Please visit the office during opening hours to view.

