



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.

10 March 2024.



Pause

Whether we are responsible for a business, an institution, or the well-being of a household – sometimes we have to pause. To take time to make sure that all that is needed is there and in good order. Lent is a good moment for spiritual stocktaking, a pause, a retreat from life's busy surface to its solemn depth. Most people will benefit from a check of our equipment, a humble return to first principles. This is where we find the map of the world of the Spirit which is our true environment. Our values give us all the information we need about the laws controlling the life of the spirit, and all the nutrients to feed our inner life. Often, we don't really know how to pause in our culture. So please give yourself plenty of time to breathe and pause, not only now, but tomorrow and the rest of the week and month, at least until Easter morning. Lent is a season for spiritual practice. It is meant to remember the 40 days that Jesus spent in the desert after he was baptized. It is also a time to prepare for spiritually observing Palm Sunday, Maundy Thursday, Good Friday, and Easter Sunday. Lent is often associated with "giving something up." Yes, we can have the discipline to give something up, but there is much more to this season than a symbolic act of self-denial. The name *Lent* comes from the same root word as the word "lengthen." In the Northern Hemisphere Lent is a period at the end of winter. Each day is a bit longer than the day before. Lent is a season when light *lengthens* in our daily lives. It is a period of moving slowly from darkness to light.



My Saucer

My grandmother always drank her coffee like this! I thought it was because it was too hot.
Do you remember older generations drinking from their saucer? Then today I came across this poem that made me feel there was symbolism to the coffee ritual.

Drinking from My Saucer
by John Paul Moore.

I've never made a fortune and it's probably too late now.
But I don't worry about that much, I'm happy anyhow.
And as I go along life's way, I'm reaping better than I sowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I don't have a lot of riches, and sometimes the going's tough.
But I've got loved ones around me, and that makes me rich enough.
I thank God for his blessings, and the mercies He's bestowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I remember times when things went wrong, my faith wore somewhat thin.
But all at once the dark clouds broke, and the sun peeped through again.
So God, help me not to gripe about the tough rows that I've hoed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
If God gives me strength and courage, when the way grows steep and rough.
I'll not ask for other blessings, I'm already blessed enough.
And may I never be too busy, to help others bear their loads.
Then I'll keep drinking from my saucer, 'Cause my cup has overflowed.
Submitted by A. Hortin



March 10

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

March 17

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

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, Lockyer, Townsend St.

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.

March 12 Lockyer Ladies Fellowship, Lockyer, 12pm

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

March 15 AUC Church Council Meeting, Lesser Hall, 4pm

March 21 AUC Fellowship, Vancouver Café 10 am

March 30 Quiet Space, Wesley Church, 2-3 pm

We say God is love and light, yet God/Spirit remains Mystery. Prayer and meditation and contemplation all have an essentially mysterious (mystical) quality. During Lent (always, really) we are reminded to look for the Divine presence, the Spirit, in the most mysterious and dark places in our lives. We need to decide to take time to do this, to pause and reflect on our intentions. The intentions we choose for our lives make an important difference in our life experience. So, please, pause, to reflect on your intention for this week or month. It can be looking for God in all things, or something else you would like to do, or something you would like to let go of.

Blessings, Corina

Prayers of the week

AUC: Helen Nicholson, Mary Noack-Skinner and their families.

Lockyer: Vera Wellstead. Susan Wood and their families.

Mt Barker: Nita Clarke, Milly Coad and their families.

Denmark: Trish, Miriam & Aidan Thornber, Carlien Trotter and their families.

Synod: Korean Yeon Hap, Kardinya, Mount Pleasant, Fremantle Wesley and Rockingham Uniting Churches.

Please also pray for Tranby College and the Protestant Church in Timor Larosa'e.

Photo: Church Organ, 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](https://www.facebook.com/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.

