



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

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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.

24 March 2024.



Fun in Lent!

Asceticism is a word that doesn't get used very often these days. It conjures up images of monks in the Middle Ages whipping themselves. Mild forms of self-denial can help to become aware of our hunger for Divine presence. Activities causing suffering or bodily punishment are not life-giving spiritual practice. They have more in common with cutting or other forms of self-harm. Anyone who engages in such self-punishing practices needs to seek support from a mental health professional.

The mystics recognized that a misguided seeker could take self-discipline too far. Saint Benedict insisted that monks who wanted to practice self-denial needed permission of their abbot – relying on the superior's wisdom to intervene if someone confused self-harm with spiritual zeal.

When the twentieth century German social activist and mystic Dorothee Sölle wrote about asceticism, she defined it as "the sense of becoming ego-less." Self-torture, like whipping, tends to strengthen one's ego, rather than lessen it. Making oneself suffer, even for the sake of God, has more to do with satisfying the demands of an overbearing ego than with freeing oneself from self-obsession!

What can we do to forget ourselves? We can learn to laugh and play like children. We can see the world with eyes wide with wonder and amazement. We can find ways to simply loose ourselves in the flow of experience. Union with God and self-forgetting are not very far apart. An ego insisting on seeing 'me' and the world (and the Spirit) as separate is one of the biggest obstacles to union, to wholeness. A way to



A Celtic Blessing

May the peace of God
calm your fears
through storms of night.

May the love of God
warm your heart
and bring you light.

May the word of God
give you strength
when the body's weak.

May the grace of God
flow from you
to the world you meet.

Submitted by A. McKechnie



March 24

8.30am	LOCKYER	A. Hortin
9.30am	DENMARK	G. Wilson
10am	DUKE ST	A. Hortin
11am	MT BARKER	E. Burns

March 28 Maundy Thursday

5.30pm	LOCKYER	Rev. Corina
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March 29 Good Friday

9.30am	DENMARK	J & G Wilson
10am	DUKE ST & LOCKYER combined service at Duke St	Rev. Corina

March 31 Easter Sunday

9.30am	DENMARK	D Laffin
10am	DUKE ST & LOCKYER combined service at 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 30 Quiet Space, Wesley Church, 2-3 pm

overcome this is to relax into a playful or childlike sense of wonder at whatever pleasure and joy are arising 'right now'.

Spiritual traditions the world over encourage this 'letting go'. "The person who loses their life for my sake will find it," Jesus said. In other words, "let go of being so caught up in yourself".

Now have some fun. Perhaps you enjoy working in your garden, or baking bread, or assembling puzzles. Try to find a pastime that, will involve some physical activity, not just a chore to complete. When you find a suitable activity, make time to enjoy it. Go have fun! Try to keep focused on the pleasure you find in the moment. Afterwards, reflect on your experience. Does it give you a sense of satisfaction or even joy? Does it help you to remember God is present in all things (including you)?

Blessings, Corina

Prayers of the week

AUC: Carmy O' Sullivan, Toni Oudman and their families.

Lockyer: Jennifer & Alistair Anderson, June Bowman and their families.

Mt Barker: Carolyn & Doug Lincoln, Anne Mackie and their families.

Denmark: Richard Amuzu, Teresa, Ingrid, Renee & Evan Ayres and their families.

Synod: Maaman 'O' Mia, Mandurah and South Mandurah Uniting Churches Frontier Services Bush Chaplains, Mid-West and Pilbara.

Photo: Wesley Church- Ashleigh. 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.



★ **Francois Couperin - Leçons de Ténèbres**

Leçons de Ténèbres (lessons of darkness) is a genre of French Baroque music which developed from the polyphonic lamentations settings for the ténèbre service in Holy Week. Couperin's intensely personal depiction of Jeremiah's bitter anguish has an intensity and power rarely found in Baroque sacred music. Performed by four of the Great Southern's best chamber musicians:

Shamara de Tissera - Soprano

Marie Limondin - violin

Julie Parish - violincello

Adam Cook – spinet

The first half of the programme will feature the fascinating and complex harmonic progressions and lavish ornamentation of this masterpiece of the Baroque. The programme will conclude with 'Lighting the Darkness with Sound and Silence' – some poetic meditations and exquisite music from the court of the Sun King.

When and where?

Friday 22nd March at 7pm at Wesley Uniting Church in Albany.

Wednesday 27th March at 7pm at All Saints Anglican Church, Mount Barker.

Entry by donation

