



## Regional Directory

**Minister: Rev Corina van Oostende 0417 169 544**

| <b>Secretaries:</b> | <b>Name</b>     | <b>Phone</b> |
|---------------------|-----------------|--------------|
| ARC                 | Sue Wilson      | 9851 4450    |
| Lockyer             | Anne Hortin     | 0428 752 325 |
| Denmark             | Margaret Cocks  | 0428 608 620 |
| Mt Barker           | Sue Wilson      | 0437 184 692 |
| AUC                 | Elizabeth Burns | 9842 2636    |

| <b>Pastoral Carers:</b> | <b>Name</b>    | <b>Phone</b> |
|-------------------------|----------------|--------------|
| 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 Street, 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](mailto: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 3<sup>rd</sup> Sunday of the month, Denmark Uniting Church & Lockyer have morning tea after their Service.

**16 March 2025.**



## Lent 2

Lent is a special time, to pay attention to our hearts and minds; to examine the work of our hands, the paths of our feet; to think about what we focus on with our eyes and ears; to check our speech. Have we been true and truthful? Have we have said too much – or too little? Lent is a time to examine our longings and desires, to see if some need retraining or reviving. Lent is not for self-absorption or being over-critical, which can be disguised narcissism, or pride, or conceit. The work is neither to put a spotlight on ourselves, nor a despairing obsession with our failings. It is meant to come back to the work of the Spirit within us, in a world that has forgotten its origin, its promise, its purpose. Lenten observance is simply the recognition that pipes can get clogged; moving parts need lubrication; rust appears on metal; bodies can be in need of medical care. Here are some suggested questions for you to contemplate, to help the process along. Asking the right question is often essential to arriving at the right answer. You may not find what you need here, but you are, of course, free to formulate your own.

Can I be faithful without becoming arrogant?

Can I be compassionate without seeking publicity?

Can I be patient without becoming passive?

Can I be angry without becoming vengeful?

Can I be hopeful without being sentimental?

Can I weep with those who weep and also rejoice with those who rejoice?

Can I offer mercy without ignoring the need for repairing



## Let us Feast

So let us feast on simple pleasures, and fast from all that gets our bodies and souls out of balance.

Let us feast on kindness, and fast from sarcasm.

Let us feast on compassion, and fast from holding grudges.

Let us feast on patience, and fast from anxiety.

Let us feast on peace, and fast from stirring up needless conflict.

Let us feast on acceptance, and fast from judgment.

Let us feast on joy, and fast from jealousy.

Let us feast on faith, and fast from fear.

Let us feast on creativity, and fast from all that deadens our souls.

Let us feast on social justice and let us fast from negligence of the most vulnerable.

Let us feast on service to others, and fast from selfishness.

Let us feast on delight, and fast from despair.

Let us feast on bread and wine in spiritual communion, and fast from all that keeps us from communing deeply with each other and with God.

So that our lives might be sufficient, fulfilled, complete, whole, enough.

Jim Burklo.

Submitted by E. Burns



### March 16

|        |                  |             |
|--------|------------------|-------------|
| 8.30am | <b>LOCKYER</b>   | Rev. Corina |
| 9.30am | <b>DENMARK</b>   | E. Burns    |
| 10am   | <b>DUKE ST</b>   | Rev. Corina |
| 11am   | <b>MT BARKER</b> | A. Hortin   |

### March 23

|        |                  |             |
|--------|------------------|-------------|
| 8.30am | <b>LOCKYER</b>   | Rev. Corina |
| 9.30am | <b>DENMARK</b>   | T. Ayres    |
| 10am   | <b>DUKE ST</b>   | Rev. Corina |
| 11am   | <b>MT BARKER</b> | A. Hortin   |

## Dates every week

**Museum:** Open 9-11am, Tuesday-Thursday.

**Tuesday Discussion:** Meets at 9.30am for 10am start at Elizabeth's place. All welcome.

**Wednesday Prayer group:** Meets at 10am at Heather's place. All welcome.

**Thursday Bible Study group:** Meets at 10am, Lockyer UC, Townsend St. All welcome.

March 20 AUC Fellowship, Vancouver Café 10 am

March 29 Quiet Space, Wesley UC, 1-4pm

### April

April 8 Lockyer Ladies Fellowship, Lockyer, 12pm

April 8 AUC Ladies Fellowship, Handasyde's, 2pm

April 11 Scot's Craft Markets. 9-3pm, CWA Hall

damaged relations?

Can I publicly demand social justice without becoming self-righteous?

Can I see the root causes of violence in the world and also find them in my own heart and mind?

Can I express grief and anguish without languishing in the solitude of lethargy?

Can I be "still" – embraced by grace that generates calmness in the midst of mayhem – without becoming indifferent?

Can I think of myself less rather than thinking less of myself?

We all have blind spots, unexamined presumptions, privileges of which we are unaware. We may discover some of them, in the coming weeks. We might be surprised to find good things, if we stop being afraid of finding evil inside. After all, we are all made in the image and likeness of God... Blessings, Corina

## Prayers of the week

**AUC:** Adam Cook, Dawn & Harold Coppock and their families.

**Lockyer:** Louise Hordacre, Anne & Alan Hortin and their families.

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

**Denmark:** Ruth Kershaw, Dorothy Laffin and their families.

**Synod:** Spearwood, St Mark's Leeming, The Billabong and Willetton Uniting Churches Synod of Victoria and Tasmania.

**Photo:** Windows- P 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](mailto:unitingchurchalbany@gmail.com)  
Hard copy photos will also be accepted.

