



## 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>		
Lockyer	Joan Wright	0429 413 759
Denmark	Everyone	
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.

Wesley Uniting Church, morning tea is on the 3<sup>rd</sup> Sunday of the month; Denmark Uniting Church & Lockyer have morning tea after their Service.

**23 November 2025.**



## Warmth

With the heater going on 20<sup>th</sup> November, I wonder how people spend their day indoors when the weather is as foul as it is today. One of the things I do – apart from working – is read, and read some more, read poetry. Some poems leave me warmer than before I read them.

Here is one by R.S. Thomas that has that effect on me.

I hope it will warm your heart too.

‘Destinations’ is its title.

“Travelling towards the light we were waylaid by darkness;  
a formless company detained us, saying everything,  
meaning nothing.

It is a conspiracy, I said, of great age, in revolt  
against reason, against all that would be ethereal in us.  
We looked at one another. Was it the silence of agree-  
ment, or the vacuum between two minds not in contact?

In thought that is its own hindrance. Had we come all that  
way to detect it? The voices combined urging us to put our  
trust in the bone’s wisdom. Remember, they charged us,  
the future for which you are bound is where you began.



## A Life Philosophy

We are each responsible for all of our experiences.

Every thought we think is creating our future. The point of power is always in the present moment. Most can suffer from a lack of self-esteem or guilt. The bottom line for everyone is, “I am not good enough”. It is only a thought, and a thought can be changed.

We can create most so-called illness in our body.

Resentment, criticism and guilt are the most damaging patterns. Releasing resentment can dissolve even cancer. We need to release the past and forgive all we can. We need to be willing to begin to learn to love ourselves as God loves us.

Self-approval and self-acceptance through the help of the Holy Spirit in the now are the keys to positive changes. When we really love ourselves and others (with a sacrificial love) that love is returned to us (the love of God).

Ramblings from R. Anderson.



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### November 23

8.30am	<b>LOCKYER</b>	Rev. Corina
9.30am	<b>DENMARK</b>	D. Laffin
10am	<b>DUKE ST</b>	Rev. Corina
11am	<b>MT BARKER</b>	S. Wilson

### November 30

8.30am	<b>LOCKYER</b>	Rev. R. Vertigan
9.30am	<b>DENMARK</b>	Rev. Corina
10am	<b>DUKE ST</b>	Rev. R. Vertigan
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: A Taste of Spirituality** Meets from 10am - 11am at Corina's place. 38 Miramar Road, Mira Mar. All welcome.

### November

**November 29 Quiet Space, Wesley Church, 2-3 pm**



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Was there a counter command? I listened as to a tideless sea on a remote star, and knew our direction was elsewhere; to the light, yes, but not such as minerals deploy; to the brightness over an interior horizon, which is science transfiguring itself in love's mirror."

Blessings, Corina

## Prayers of the week

**AUC:** Alan Glasgow, Barbara Geary and their families.

**Lockyer:** June Bowman, Joy Dunbar and their families.

**Mt Barker:** Anne Mackie, Philip Webb and their families.

**Denmark:** Dorothy Laffin, Anne Mackay and their families.

**Synod:** Narrogin Group (Cuballing and Narrogin Uniting Churches). The Church of North India.

**Photo:** Wesley Spire- B. Symons. If you have a photo, you would like to feature and it 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.



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## News & Notes

**Albany YouthCARE** Council is taking part in the **Containers for Change** scheme. Our registration number is **C10331167**. Take your eligible containers to either IGA Spencer Park, or Container Recycling Depot, 93 Stead Rd, Centennial Park and **quote our number**. <https://www.containersforchange.com.au/wa>

### Homeless Project Denmark (HPD Homeless Project Denmark)

The main source of income for the **HPD** is a fundraising stall at the Denmark Sunday markets. Please leave items you want to donate in the Duke Street vestry, marked box HPD. Corina will see to it, so that they find their destination. <https://www.facebook.com/homelessprojectdenmark?mibextid=ZbWKwL>

**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, Lockyer and Mount Barker** 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.uniting-world.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.



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**Lions Christmas cakes:** Large (1.5kg) are \$20. Small ones (1kg) are \$16. Call Marian to order 0428 412 825.

**Soup Kitchen:** (FREE) Friday, 21 November 2025, from 12pm to 1pm at the CWA Hall, 96 Serpentine Rd. Come along and enjoy soup, sandwiches and sweets plus tea and coffee.

Contact Anne 0412 937 641.

