



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	Margaret Cocks	0428 608 620
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AUC	Elizabeth Burns	9842 2636

Pastoral Carers:		
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Denmark	Everyone	
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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.

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

22 February 2026.



Lent Begins

On Ash Wednesday – this year it was on 18th February – the time to prepare for Easter begins. The forty days of Lent are meant for us to reflect on who we are as Jesus followers, and about how (well) we are in fact living the Way he showed us. One of the traditional things to do during Lent is to fast, not because Jesus went without food in the wilderness ‘for forty days’ (which means ‘for a long time’). Fasting is a way to help people – to help us – to focus on our relationship with God. In the Hebrew Scriptures we can find texts about the people fasting and abstinence from food to pay attention to something essential for life: communion with and dependence on God. Fasting was sometimes commanded, sometimes voluntary, and sometimes ritualized. The Hebrew texts rather consistently portray fasting at times of disruption and restoration. In the midst of disruption, fasting comes to symbolize hope.

Through sorrow and prayer, fasting can signify the centering of the self in humility, the renewal of the relationship with God’s sustaining power. So, fasting is given a double significance of mourning and hope. The hope demonstrated in the ‘right kinds of fasting’ is ultimately hope for fulfillment of the promise of God coming to make all things new; a new heaven and a new earth, bringing an end to all suffering, eliminating all evil. Moses fasted on mount Sinai, when he was waiting for God to give the Commandments, the Law for the Israelites to follow.

In the New Testament we read that Jesus fasted in the wilderness, for a long time as well, and how he held on to his

Irritations

How could you go about creating a happy, loving, peaceful world? By learning a simple, beautiful, but painful art called the art of looking. This is how you do it: Every time you find yourself irritated or angry with someone, the one to look at is not that person but yourself. The question to ask is not, “What’s wrong with this person?” but “What does this irritation tell me about myself?” Do this right now. Think of some irritating person you know and say this painful but liberating sentence to yourself: “The cause of my irritation is not in this person but in me.” Having said that, begin the task of finding out how you are causing the irritation. First look into the very real possibility that the reason why this person’s defects or so-called defects annoy you is that you have them yourself. But you have repressed them and so are projecting them unconsciously into the other. This is almost always true but hardly anyone recognises it. So search for this person’s defects in your own heart and in your unconscious mind, and your annoyance will turn to gratitude that his or her behaviour has led you to self-discovery... And here is a final truth for you to consider: Given the background, the life experience, and the unawareness of this person, he cannot help behaving the way he does. It has been so well said that to understand all is to forgive all. If you really understood this person you would see him as crippled and not blameworthy, and your irritation would instantly cease. And the next thing you know you would be treating him with love, and he would be responding with love, and you would find yourself living in a loving world.

Anthony de Mello

Supplied by R. Marsh



February 22, 2026

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

March 1, 2026

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

Dates every week

Museum: Open 9 – 11am Tuesday - Thursday

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

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

Thursday: A Taste of Spirituality: Meets at 10am – 11am at Rev. Corina's house. All welcome.

February

February 13 Scot's Craft Markets. 9-3pm, CWA Hall

February 19 AUC Fellowship, Vancouver Café 10 am

February 28 Quiet Space, Wesley Church, 2-3 pm

March

March 6 World Day of Prayer, Wesley Church, Duke St 10am

relationship with God, which enabled him to resist the temptation of worldly powers and fame.

What does 'the right kinds of fasting' mean? Were the Hebrew people, Jewish Jesus and are Jesus followers today the only people who observe times of fasting?

I will write some more about the practice of fasting in the Magazine for March, which will be coming on March 1. Cliffhanger for you, something to think about. How much do we know about what it means to focus on our relationship with God? How much do we know about what it means to follow the Way, from day to day? Ponder....

Blessings, Corina

Prayers of the week

AUC: Toni Oudman, Helen Oxenburgh-Lowe and their families.

Lockyer: June Bowman, Joy Dunbar and their families.

Mt Barker: Pauline Hordacre, Carolyn & Doug Lincoln and their families.

Denmark: Carlien Trotter, Judy & Graham Wilson and their families.

Synod: Hedland Fijian Uniting Church Uniting Church Adult Fellowship WA.

Photo: Australian Ringneck Parrot- M & A Gunther. 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 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 **C11675570**. 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.

Doug Coxall: passed away while in hospice on the 15th February, 2026. He was 96 years old and lived 'a life worth sharing' - in his own words. Funeral arrangements to come.

Presbytery updates:

Leadership and prayer: Presbytery Standing Committee noted changes in Synod leadership and welcomed David Beards as General Secretary.

Strategic priorities in action: The updated *Health and Vitality Toolkit* will be launched soon, alongside new training initiatives to support congregations in growth and renewal.

Presbytery staff updates: Presbytery Standing Committee welcomed Rev Ruth Vertigan, who has commenced a supply role supporting Formation and Learning, and looks forward to Rev Claire Pickering beginning her ministry in new Presbytery roles from March.

Upcoming Event: Please note the Induction service for Rev Chris Crause at Noranda Uniting Church on Saturday, 7 March 2026 at 2.00pm.

World Day of Prayer 2026: Focus on Nigeria. Friday 6th March at Wesley Uniting Church, Duke Street at 10am. A plate to share for morning tea would be appreciated. All are welcome. Contact Marian 0428 412 825 for more information.