



## 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



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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.

**8 February 2026.**



## Compassion

Recently a 'Taste of Spirituality' group has started meeting at my place, on Thursday mornings, 10am. We share some practice, experiences and thoughts. I am interested in continuing spiritual growth and participate in online courses. Currently I am reading about and from the work of Pema Chödrön. To give you some idea of what you might come across on a Thursday morning, I share an excerpt of one e-mail here. Pema Chödrön is a Buddhist nun. She graduated from the University of California at Berkeley. She has taught and conducted meditation retreats in North America, Europe, and Australia. For Pema, sitting meditation is the basis for compassion with oneself and all beings. She teaches ways to look at ourselves clearly; touch soft spot of our hearts, and dissolve barriers that separate us from others. Her teachings help to develop a sense of sacredness and tenderness toward ourselves and the world. The teachings are grounded in the Tibetan practice of "mind training". Difficulties are transformed into insights. In this way of looking at things, intimacy with fear and chaos is the beginning of wisdom. Central to mind training are slogans, the primary focus of Pema's practice and teaching. Each slogan works as a gateway to balance and clarity, to compassion for all living beings. Here are some to choose from to work with during the next few weeks. Write the slogan down and put it somewhere you will see it often. Notice how circumstances related to the slogan turn up in your life. Apply the slogan and notice what happens.



## Unimagined Realities

I believe it to be essential for us to recover the dimension of eternity if we are to value this life properly and live it with sanity and courage.

The pieties of former ages cannot satisfy the modern mind. For example, the conception of 'eternity' as merely endless aeons of time has given many people an idea of 'heaven' which they have rejected as absurd.

Surely here the conception of another 'dimension' can come to the aid of our thought. No thinking Christian today believes in 'heaven' or 'everlasting life' as a mere extension of time and space existence, however purified or exalted! It is believed that after the death of the body there is a release from the time and space predicament and a conscious sharing in the timeless life of God, in which there are probably various stages of enlightenment and knowledge.

There may be no words to describe such a timeless state, but that proves no more than that its reality is beyond present human expression. Yet it remains that unshakeable conviction of Christians from New Testament days until today that there is what must be called, for want of a better word, an 'eternal' order, an 'eternal' plan and an 'eternal' life.

Compared with these eternal verities, the present human scene gives no more than a hint of unimagined realities.  
From 'Day by Day' – J.B Phillips.

Supplied by S. Wilson



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### February 8, 2026

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

### February 15, 2026

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>	S. Wilson

## Dates every week

**Museum:** Open 9 – 11am Tuesday - Thursday

**Tuesday Discussion:** In recess until February 2026.

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

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

### February

February 10 AUC Ladies Fellowship, Handasyde's, 2pm

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**



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**Rest in the nature of the essence** (which Christians would call God).

There is a resting place, a starting place that you can always return to. You can bring your mind back home and rest right here, right now, in unbiased awareness.

**Always maintain a joyful mind** Constantly apply cheerfulness, if only because you are on a spiritual path. Have a sense of gratitude to everything, even difficult emotions, because of their potential to wake you up.

**Abandon any hope of success** Stay in the present. Don't get caught up in hopes of what you'll achieve and how good some day in the future might be. What you do right now is what matters.

**Don't transfer the ox's load to the cow** Don't transfer your load to someone else. Take responsibility for what is yours.

**Don't try to be the fastest** Don't compete with others. Count your blessings. Corina

## Prayers of the week

**AUC:** Mary Noack Skinner, Maria & Keith Noakes and their families.

**Lockyer:** Vera Wellstead, Joan Wright and their families.

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

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

**Synod:** Remote Area Ministry Tom Price.

**Photo:** Cairn – Stony Point, R. Marsh. 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 **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.



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