



The Messenger

South Mandurah Uniting Church's Weekly Newsletter

Welcome to our Sunday Service of worship, commencing at **9-30am** every Sunday



Epiphany 4 28 January 2024

Welcome: Keith & Jaren Picking
Flowers: Sue Lawrence
Coffee/Tea: Andrew & Jan Gibson & Alison Yule
Reader: Andrew Gibson
Kids Church: Raelyn Punch
Church Rep: Raelyn Punch
Worship Leader: Frances Davy
Speaker: Piet Speyers

Epiphany 5 4 February 2024

Welcome: Keith & Jaren Picking
Flowers: Cynthia Falconer
Coffee/Tea: Ken & Julie Lehmann
Reader: Ken Lehmann
Kids Church: Anita Alberastine
Church Rep: Sherryl Smith
Worship Leader: Yoy Alberastine
Speaker: Yoy Alberastine



Wise Men Still Follow Him!

Don't Forget Your Dance Partner

C.S. Lewis once penned some thoughts on worship, particularly in the face of liturgical innovators in England who seemed to think that every worship service needed to be a kind of variety show with each week being different from the week prior. Lewis had no truck with that kind of thinking. Worship, Lewis wrote, should be a bit like dancing. Once you have learned how to dance and have become good at it, you are able to immerse yourself in the dance and just do it almost without thinking about it. But if you must constantly look down at your feet, if you have to think about each movement before you actually make it, then you can't dance yet but are just learning how to dance.



Worship is like that, Lewis thought. A believer should be able to move through the liturgy without having to check his every movement first. An ideal service would be one you hardly notice in the sense of your simply being immersed and caught up in a set of actions and a series of thoughts that are fully a part of you already. Overall, Lewis makes a good point. Still, I would throw in a cautionary note to his analogy: worship may be like a dance that you are so good at you can just do it freely and flowingly, but we dare never forget who our dance partner is!

Scott Hoezee, Center for Excellence in Preaching



Readings from the Lectionary

Dt 18:15-20
Ps 111
1 Cor 8:1-13
Mk 1:21-28

Is 40:21-31
Ps 147:1-11, 20c
1 Cor 9:16-23
Mk 1:29-39



South Mandurah Uniting Church

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For pastoral needs please contact Rev. Mike Fawcett M: 0412 243 677

E: fawcettmichael176@gmail.com

Or any member of the Leadership Team

Pastor: Yoy Alberastine M: 0421 793 562 E: yoyea1210@gmail.com

Leadership Team Chair: Raelyn Punch 0429 685 908 E: prpunch@lasar.net.au

Editor of the Messenger: Peter Punch 0427 685 908 E: prpunch@lasar.net.au

Prayer Circle Leader: Frances Davy 0488 906 280 E: 2davyfamily@gmail.com

Members of the Leadership Team: Raelyn Punch, Sherryl Smith & Andrew Telfer

Halls Head Bendigo Bank details for electronic transfers:

A/C Name: Uniting Church in Australia-South Mandurah Congregation

BSB: 633-000 A/C No: 117072207

It is optional whether you include your name as a reference for the payment.



Our Vision: "United in Christ we reach out to build loving relationships that deepen faith and enrich lives."

Welcome



A very warm welcome is extended to any visitors. We trust that you will be blessed during this time of worship and invite you to fellowship with us after the service.



A Letter from Bunbury Regional Prison

On the 14th January, Tony McAlinden presented a letter to Raelyn during the Sunday service. Unfortunately it didn't fit in last week's Messenger, but here is the text of the letter:

"Dear Tony,

Christmas Present donation to Bunbury Regional Prison

On behalf of Bunbury Regional Prison, I would like to express my sincere gratitude for the collective donation of Christmas presents that were distributed to the children of prisoners, during this year's Prisoner Christmas party.

Because of your efforts, and the kind donations of good Samaritans, prisoners who attended the Christmas Party were able to share the gift of giving with their children. I have had some excellent feedback by the prisoner cohort who attended, and all have asked to pass on their thanks and gratitude.

One of the prisoners shared with me, "that it was the best feeling, being given an opportunity to see his son open a Christmas present". This prisoner also told me that prior to being sentenced he had taken this tradition for granted but with 4 years remaining on his sentence, was extremely grateful to be able to share in this special moment.

Please pass on our sincere thanks to all those involved.

Many thanks

*A. Pierre
Superintendent
Bunbury Regional Prison"*

Congratulations and thank you to everyone who donated presents for this wonderful initiative. You've made a big difference for many prisoners, their partners and their children. We look forward to continuing to support this program next Christmas.

Raelyn (Chair SMUC LT)



My Best Demons

When I think of the demons I need to exorcise, I have to look inward, to my heart and soul. Anger is my best demon; useful whenever I have to go into a Woman Warrior mode; harmful when I use it to gratify myself, either in self-justification or to deny my fears. My husband, who has a much sweeter nature than I, once told me that my mean streak grieved him, not just because of the pain it causes him but because it was doing me harm. His remark, as wise as that of any desert Abba, felt like an exorcism. Not that my temptation to anger was magically gone, but I was called to pay closer attention to something that badly needed attention, and that was hurting our marriage. It confirmed my understanding of marriage as a holy act: one can no more hide one's true faults from a spouse than from God, and in exorcising the demon of anger, that which could kill is converted, transformed into that which can heal."

What are your best demons? To name them for what they are and how they bring suffering, is half the battle.

Kathleen Norris (Edited)



Mission Shaped Ministry 2024

Yoy is planning on attending a series of 4 workshops in Perth which will be held in 2024, titled Mission-shaped ministry (MSM) in how to start and sustain a fresh expression of church. It's about how to re-invent the church for 21st century culture and how to establish a "church" for the good of people who are not yet members of any church. Yoy is hoping that at least one member of our congregation will join him at this workshops. If you are interested please speak to Yoy, or contact him via E: yoyea1210@gmail.com or M: 0421 793 562. A brochure for the workshops is attached to the email version of this newsletter.

Pastoral Visits

While pastoral visits have always been available, Rev. Mike and Pastor Yoy would like to formalise a program of pastoral visits on a fortnightly basis. The visits will be on the afternoon of the men's coffee mornings. (The next gentlemen's coffee morning is 6th February).

If you would like a pastoral visit please contact:

Rev. Mike M: 0412 243 677 E: fawcettmichael176@gmail.com or
Pastor Yoy M: 0421 793 562 E: yoyea1210@gmail.com



URGENT: Nominate for Election to the Leadership Team

Raelyn has announced that due to a promotion and transfer to work in Midland, she will be stepping down as chair and will not be renominating for the Leadership Team (LT) at the **AGM on 18th February 2024**. (Rae has served on the LT for 10 years - 6 as chair.) This will leave the LT critically short of members and they need your help.

Now is the time to step up and nominate for election to the Leadership Team. To date only one nomination has been received and more are needed. A copy of the nomination form is attached to the emailed newsletter or ask any member of the leadership team for a form.

For more information or to nominate please contact: Raelyn Punch
E: prpunch@lasar.net.au M:0429 685 908

Please nominate **ASAP** for the Leadership Team elections. The closing time for nominations is **5pm Saturday 3rd February 2024**

HELP WANTED!



Pastoral Care

For pastoral care or spiritual guidance please contact:

Rev. Mike Fawcett
M: 0412 243 677
E: fawcettmichael176@gmail.com



OR Any member of the leadership team (their names are overleaf)

Happy birthday

Anita Alberastine Tuesday 1 February

*God Bless and warm wishes
To you upon your birthday*