



# The Messenger

South Mandurah Uniting Church's Weekly Newsletter

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

## Epiphany 5 4 February 2024



## Transfiguration of Jesus 11 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

Welcome: Judy Law & Rosie Sharp  
Flowers: Judy Law  
Coffee/Tea: Raelyn Punch & Pauline Terblanche  
Reader: Barbara Smith  
Kids Church: Anita Alberastine  
Church Rep: Andrew Telfer  
Worship Leader: Andrew Telfer  
Speaker: Rev. Mike Fawcett (Communion)

Sing to the Lord with thanksgiving; make melody to our God on the lyre.

Psalm 147:7



### Readings from the Lectionary

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

2 Kgs 2:1-12  
Ps 50:1-6  
2 Cor 4:3-6  
Mk 9:2-9



## South Mandurah Uniting Church

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Email: [sthmandurahuniting@gmail.com](mailto:sthmandurahuniting@gmail.com)

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

E: [fawcettmichael176@gmail.com](mailto:fawcettmichael176@gmail.com)

Or any member of the Leadership Team

Pastor: Yoy Alberastine M: 0421 793 562 E: [yoyea1210@gmail.com](mailto:yoyea1210@gmail.com)

Leadership Team Chair: Raelyn Punch 0429 685 908 E: [prpunch@lasar.net.au](mailto:prpunch@lasar.net.au)  
Editor of the Messenger: Peter Punch 0427 685 908 E: [prpunch@lasar.net.au](mailto:prpunch@lasar.net.au)  
Prayer Circle Leader: Frances Davy 0488 906 280 E: [2davyfamily@gmail.com](mailto: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."

## Personal Prayer Time

Mark 1:29-39

We live in a hi-tech, fast pace, workaholic world where no one rests. We are constantly on the road, running errands, going places. We stuff ourselves with "fast food," overbook our lives with a myriad of things to do, and at the end of the day we are totally exhausted. We live (and die) by the clock. We are controlled by the need to produce. Time is money, time is how we keep in control of our lives. We resist quiet time by keeping the radios, televisions and computers on. The very thought of being alone, praying, scares us to death. We want professionals to do that for us.

We haven't learned that relaxation and mediation breaks will empower us to do even greater things. Thus, we continue to be busy. Consequently we are on a path to self-destruction, unable to help others, let alone help ourselves.

I know that I need to build in personal prayer time, time to relax, time to "get away." This story has reminded me to make time for myself a high priority. But, I have also learned something more important. The story tells us that Jesus took time away to pray and be refreshed. That is explicit. What we fail to see is that Jesus set aside this time to yield to the power of God. I believe we need to learn to yield to the power of God too. That means being free from all other distractions so that God can empower us and refresh us. Then and only then can we help others as the power of God flows through us.

Keith Wagner, Help Me, I'm Falling!



## 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.



## Pancake Breakfast

In keeping with our tradition of recent years, Shrove Tuesday is being celebrated by inviting you to join us for a yummy breakfast before the service of savoury or sweet pancakes on **Sunday 11<sup>th</sup> February 8-15am to 9-30am.**



Everyone is welcome, but for catering purposes, if you are bringing guests please contact Raelyn Punch M: 0429 685 908 E: [prpunch@lasar.net.au](mailto:prpunch@lasar.net.au) or Kerry Lawson Ph: 9583 3603 E: [rkl1@bigpond.com](mailto:rkl1@bigpond.com) Also, if you have a portable electric pancake cooker that you are willing to bring, could you please contact Raelyn or Kerry. This is a free event but there will be a plate if you wish to make a donation; with the money going to a local charity.

## Community Coffee Mornings

Yoy would like to start a community outreach program by holding a coffee morning at the church. Initially it will be once a month, but depending on the response this may be increased. While SMUC members will be very welcome, the "target audience" will be pre-believer friends and the local neighbourhood. Does anyone have a coffee machine (preferably a commercial one) which they are willing to donate? Equally important, do you have training as a barista and are you willing to volunteer to help? Yoy can be contacted at M: 0421 793 562 or E: [yoyea1210@gmail.com](mailto:yoyea1210@gmail.com)



## 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) on 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 as above.



## Pastoral Visits

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.

If you would like to arrange for a pastoral visit please contact:  
Rev. Mike M: 0412 243 677 E: [fawcettmichael176@gmail.com](mailto:fawcettmichael176@gmail.com) or  
Pastor Yoy M: 0421 793 562 E: [yoyea1210@gmail.com](mailto:yoyea1210@gmail.com)



## Tuesday Craft Group

Now that school has started, the ladies' craft are meeting every Tuesday from 9am to midday in the Fellowship Room. All are welcome. For more information contact Sue Lawrence M: 0438 029 530 E: [jlaw1@bigpond.com](mailto:jlaw1@bigpond.com)

## REMINDER: AGM

South Mandurah Uniting Church's Annual General Meeting (AGM) will be held after the service on **Sunday 18<sup>th</sup> February 2024.** Please support your wonderful Leadership Team by attending the meeting for the delivery of the annual report, presentation of the 2024 budget, election of Leadership Team members and general business.



Following the meeting you are invited to the Port Bouvard Marina for a light lunch of fish and chips, to farewell and thank the outgoing Leadership Team members and welcome the new Team. The Marina is located at the end of Rees Place and everyone is invited, but please note you have to pay for your own lunch. We hope to see you there to enjoy fellowship over a tasty meal and a wonderful view.

For more information please contact Raelyn E: [prpunch@lasar.net.au](mailto:prpunch@lasar.net.au) or phone 0429 685 908.

## Nominations for the Leadership Team:

Nominations for election to the Leadership Team **close at 5pm Saturday 3rd February 2024. Act now!!!** A copy of the nomination form is attached to the email version of the newsletter.

## Coffee, Cake & Fellowship

You are invited to join the ladies or gentlemen respectively for coffee, delicious pastries and scintillating conversation:

**For Ladies: She Brews - 9-30am every Wednesday**

Seven Trees Café, 11 Galbraith Loop, Falcon

**For Gentlemen: Espresso - 9-30am Tuesday 6<sup>th</sup> February 2024**

**PLEASE NOTE CHANGE OF VENUE** As the Taste of Italy Café has reopened, the gentlemen will again meet at the **Taste of Italy Café, Peelwood Parade, Halls Head**

**For more information** please contact Peter M: 0427 685 908 or Raelyn Punch M: 0429 685 908, E: [prpunch@lasar.net.au](mailto:prpunch@lasar.net.au)



## Pastoral Care

For pastoral care or spiritual guidance please contact:

**Rev. Mike Fawcett**  
M: 0412 243 677  
E: [fawcettmichael176@gmail.com](mailto:fawcettmichael176@gmail.com)



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

## On Line Giving

Please consider using the convenience of online banking for your giving at:

**Bank:** Halls Head Bendigo Bank  
**A/C Name:** Uniting Church in Australia - South Mandurah Congregation

**BSB: 633-000**

**Account No: 117072207**

For more information please speak to any member of the Leadership Team.