

Pentecost 12
11 August 2024



Pentecost 13
18 August 2024

Welcome: Keith & Jaren Picking
Flowers: Kindly donated
Morning Tea: John and Sue
Lawrence
Reader: Chris Ashley
Kids Church: Anita Alberastine
Church Rep: Rev Mike Fawcett
Worship Leader: Yoy Alberastine
Speaker: Rev Mike Fawcett

Welcome: Keith & Jaren Picking
Flowers: Debby Hardy
Morning Tea: Judy Law and
Jan Robinson
Reader: Cynthia Falconer
Kids Church: Kerry Lawson
Church Rep: Kerry Lawson
Worship Leader: Piet Speyers
Speaker: Linda Liddelow

Readings from the Lectionary...



2 Sm 18: 5 - 9:
Ps 130
Eph 4: 25 - 5: 2
Jn 6: 35 - 51

1 Kgs 2: 10 - 12 & 3: 3-14
Ps 111
Eph 5: 15 - 20
Jn 6: 51 - 58

South Mandurah Uniting Church



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Or any member of the Leadership Team

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Members of the Leadership Team: Rev. Mike Fawcett, Ps. Yoy Alberastine, Kerry Lawson,
Sherryl Smith, Andrew Telfer & Raelyn Punch

Halls Head Bendigo Bank details for electronic transfers:

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

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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."

11 August 2024



Pentecost 12

The Messenger



South Mandurah Uniting Church's Weekly Newsletter

**Welcome to our Service of Worship
held every Sunday from 9.30 am**

Food from Home

The influence that food can have on us appears in a Chinese story originally told by Linda Fang. She presented this story at the Smithsonian Arthur M. Sackler Gallery, Washington, D.C., March 19, 1988.



At the foot of a great mountain in China lived a father and his three sons. They were a simple and loving family. The father noticed that travellers came from afar eager to climb the dangerous mountain. But not one of them ever returned! The three sons heard stories about the mountain, how it was made all of gold and silver at the top. Despite their father's warnings, they could not resist venturing up the mountain. Along the way, under a tree, sat a beggar, but the sons did not speak to him or give him anything. They ignored him. One by one, the sons disappeared up the mountain, the first to a house of rich food, the second to a house of fine wine, the third to a house of gambling. Each became a slave to his desire and forgot his home.

Meanwhile, their father became heartsick. He missed them terribly. "Danger aside," he said, "I must find my sons." Once he scaled the mountain, the father found that indeed the rocks were gold, the streams silver. But he hardly noticed. He only wanted to reach his sons, to help them remember the life of love they once knew. On the way down, having failed to find them, the father noticed the beggar under the tree and asked for his advice.

"The mountain will give your sons back," said the beggar, "only if you bring something from home to cause them to remember the love of their family." The father raced home, brought back a bowl full of rice, and gave the beggar some as a thank-you for his wisdom. He then found his sons, one at a time, and carefully placed a grain of rice on the tongue of each of them. At that moment, the sons recognized their foolhardiness. Their real life was now apparent to them. They returned home with their father, and as one loving family lived happily ever after.

Today we gather and share in communion to receive a reminder of the bread of life. Our Father's gift to us. This is the food of God's kingdom, and reminds us that this kingdom is our true home.

Charles Hoffacker, (edited).

Sleep and Anger.



Some good advice for getting regular rest includes having a consistent bedtime, engaging in a quiet activity before sleep, sleeping in a cool, dark room, and shutting off “blue lights” (our Phones and iPads). The apostle Paul adds another timeless piece of wisdom: “Do not let the sun go down while you are still angry.” Ephesians 4:26. In his letter to the Ephesians, after providing a deeply textured explanation of God’s love for us in Jesus Christ, Paul describes how we should live daily in the light of God’s amazing grace. Among other things, Paul offers advice about dealing with anger. As creatures made in God’s image, we all have emotions, including anger (even Jesus got angry sometimes). Paul acknowledges anger and then urges us to deal with it in a godly way. He suggests that we deal with our anger quickly, perhaps by beginning to forgive as we have been forgiven, as he says in Colossians 3:13. Why? Because unresolved anger destroys our relationships with God and with others and can devour us alive. When we are angry, we should acknowledge this strong emotion, perhaps take some deep breaths, ask God to help us calm down, and then commit ourselves to taking timely steps to resolve our anger. We’ll sleep better if we do.

Written by: Kurt Selles

**Happy
birthday**

**Averil Clark
Saturday 17 August
God bless and enjoy**

Your Messenger

If you are not receiving this Newsletter by Email and wish to do so, please contact Peter at prpunch@lasar.net.au
Any articles, notices and any prayer requests, or changes to the Enablers list to emailed To Peter no later that 5pm Wednesdays



Welcome Visitors!

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

You are invited to help celebrate the Mandurah



Uniting Church
156 Pinjarra Rd, Mandurah

**on 50 years of Serving the Community
on Friday 20th September 2024 at 2 pm at the church.**

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
Café Coast, 45 Rees Pl, Port Bouvard Marina, Wannanup

For Gentlemen: Espresso - 9-30am Fortnightly. The next one will be **Tuesday 20th August** at the **New Taste of Italy** in the **Halls Head Shopping Centre**

You are invited to attend Campfire 2024.

CAMPFIRE 2024

Friday 20th September to
Monday 23rd September

Lake Yealering, WA

20 24

CampFIRE provides a long-weekend of Christian fellowship, worship, reflection, and relaxation. CampFIRE is deliberately low key, loads of fun, and very family friendly. The program has plenty of open time, as a key aim of the weekend is to allow space and grace for rest, renewal and time together.