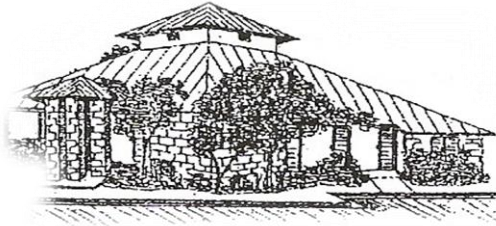


Kirwan Uniting Church



kirwanunitingchurch@gmail.com

Church Office – 4723 2932

<https://kirwanunitingchurch.org.au>

Pastor Richard Lance - 0450838383

rhance@fastmail.fm

KEEPING IN TOUCH

WELCOME! *We welcome all visitors with us today, and pray your time with us will be a blessed one.*

Kirwan's Mission Statement

To be a people of God led by the Holy Spirit to practise and spread the love of Jesus Christ in the world

23rd August, 2020,

Service Times: 8.30am and 10.00am

Lectionary readings	Pentecost 12
Ex 1: 8 – 2:10	Psm: 124
Rom 12: 1-8	Mt 16: 13-20

Richard's Ramble

My sister-in-law has just called to say that she has lost some hearing in one ear, has awful tinnitus, and is feeling dizzy and nauseated. "Do these sound familiar symptoms?" "Why yes, sis, it's precisely how my Menières presented 25 years ago. Ask your GP to refer you to an ENT specialist."

Leisa can tell you some horror stories about how she had to rescue me from the top of department store or airport escalators, or meet me and help me off a bus. Or how, while she was driving me home, every slight bend in the road produced a fresh bout of nausea. During those acute episodes, now thankfully in the past, the earth felt as if it was shaking under my feet at the same time that it was spinning round. It isn't only benign paroxysmal vestibular disorder (long words of the day!) which makes us feel metaphorically like this; the geo-political and environmental state of our world matches Menières' clinical description.

Enter Psalm 46: 'God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way ... ' Stay hydrated is one of the fixes for acute Menières episodes. Psalm 46 addresses that, too: "There is a river whose streams make glad the city of God, the holy place where the Most High dwells.' When sudden head movement brings on giddiness and nausea? Stay still. Hey, Psalm 46 again: 'Be still, and know that I am God ... The LORD Almighty is with us; the God of Jacob is our fortress.'

There you go, the freely-available, no prescription necessary, treatment for a pandemic-shaken-world: Be still, and know that I am God.

This Week's Calendar

Mon 24th	9.30am: Pastoral Care 10.30am: House of Jonah,
Tues 25th	9.30am: Craft, Coffee & Chat
Wed 26th	7.30pm: Bible Study



RECYCLING BATTERIES There is a small recycling bin from Battery World on the trolley so please

bring along old batteries. Townsville Council does not want them in the home bins.



MUSIC UNDER THE TREES Join Wendy Dany Duo for a relaxing, fun afternoon of golden classics

from the 40's – 70's.

Where: Kirwan Uniting Church, Hinchinbrook Drive, Kirwan **When:** Saturday 22 August, 3.00pm – 5.00pm

What to bring: BYO chair and refreshments.

Please note: Socially distanced seating is required. Do not attend if unwell.

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COVID Updates Keeping Safe and Worshipping together with COVID

Our Church and COVID

No major changes this week. So far 0.33% of the world's population has been infected with the COVID virus. Our biggest immediate threat is being spot checked by the authorities for compliance with the public health rules. We need to do better at keeping social distance and being seated to drink tea and coffee. Most of the rules are commonsense, but as we go back to volunteer rosters we might need to meet for a training session in a week or two to make sure we are all on the same page. I forgot to share last week that one of my personal strategies to reduce my risk was to get the annual flu and the pneumonia vaccinations. Everyone over 65 should have these and they will reduce our vulnerability to the COVID virus if it should directly threaten us. Keep safe and thanks to everyone for your efforts and good humour. Blessings David K.

