

Kirwan Uniting Church:

Church Office: (07) 4723 2932

Email: kirwanunitingchurch@gmail.com

Web: www.kirwanunitingchurch.org.au

Pastor Richard Lance:

Mobile: 0450 835 383

Email: rlance@fastmail.fm



22 August 2021

WELCOME!

We welcome all visitors with us today and pray your time with us will be a blessed one. Please stay for morning tea after the service.



9:00 am service - 22 August 2021

Preacher:	David Beck	1st Reading	1 Kgs 8: (1,6,10-11), 22-30, 41-43
Reader:	Leisa Lance	Psalm	84
Gospel	John 6: 56 - 59	2nd Reading	Eph 6:10-20

We aspire to be a people of God led by the Holy Spirit to practice and spread the love of Jesus Christ in the world

Richard's Ramble - 22 August 2021

Apple Watches have a "Breathe" feature. The watch vibrates on your wrist, and displays an animated flower which grows and shrinks. For a minute, you inhale and hold your breath as the flower expands, then exhale in time with it shrinking. The watch face shows your heart rate at the beginning and end of the minute of deep breathing; the idea is that it should be lower at the end.

WatchOS 8 beta adds an optional layer of reflection to Breathe. Apple call it Mindfulness. Strictly speaking, mindfulness is a modern concept derived from Buddhism, Apple's implementation might more properly be called what it is, Reflection. For example, to the accompaniment of a colourful swirl, the device on your wrist might ask to "Bring to mind someone you're grateful for.

Why do you appreciate them so much?"

Don't get hung up on mindfulness' roots in Buddhism, or its adoption by trendy New Agers. General William Booth said, "Why should the Devil have all the good music?" The Uniting Church can sort-of claim him (Booth, that is, not the Devil) he was a Methodist Local Preacher before he founded the Salvation Army. Like all things, mindfulness can be redeemed. Ps 48:9, 'Within your temple, O God, we meditate on your unfailing love.' Ps 63:6 'I remember you upon my bed, and meditate on you in the watches of the night.'

Paul gives us a suggestion for things to meditate on in Philippians 4:8,9, 'Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things ... practise these things, and the God of peace will be with you.' Use mindfulness to stir up thankfulness in all situations. When you sit down to a good cup of tea or a delicious meal, take a moment to stop and savour the taste, and to thank the creator of these wonderful gifts. 'And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.'

Roster for 29 August 2021

Preacher:	David King
Reader:	Kathy Reid
Greeter / Door Steward:	Jenny Warden
Offering:	Wayne Paul Greg Fisher
Announcements:	Sheils v.P.
Morning Tea:	Heather Reid Chitra Madhavan
Flowers:	Narelle Harrison

Week's Activities:

Mondays

- ♦ House of Jonah @ 10:30am
- ♦ Pastoral Care

Tuesdays

- ⇒ 1st Tuesday is Fellowship,
- ⇒ All other Tuesdays Craft, Cards & Chitchat @ 9.30 am

Wednesdays

Bible Study @ 7:30 pm

Thursday

Regis Service (When applicable)



JOIN US!

REGISTER AT:
WWW.TRYBOOKING.COM/BSZBF



**Stable is celebrating
20 YEARS**

SATURDAY 11TH SEPTEMBER 2021

\$20 per adult, \$10 youth, primary aged & under free

Celebrate by hosting a party / Join a party

Challenges, online auctions, live stream entertainment

Create a theme, double donations, lots of fun for all

The Sunshine Group

Join the brand new Sunshine Group, and be a part of supporting the children, families and staff of Riverview Play Centre and Kirwan Child Care Centre—both properties of the Uniting Church of Australia.

For too long, these two Centres have run separately, but no more!

Now, we are united in delivery the best opportunities available for the children of our community.

The Sunshine Group is after members—are you interested?

We are holding our first ever meeting!

When: Wednesday, 25th August

Where: The Kirwan Uniting Church, Hinchinbrook Drive

Time: 6pm—7pm

What to bring: your enthusiasm and willingness to share ideas

What to expect: a fun and productive hour, where we can discuss how we can move forward to support our Centres

