



BELMONT UNITING CHURCH

18th July Weekly Newsletter 2021

2021 - THE YEAR OF HOPE

'Rest - Me Time'

This week, the Gospel reading consist of short pieces of text that are often overlooked because they are the connecting verses between more prominent well-known stories. The action takes place around the Sea of Galilee, which is an inland sea – rather like our own Corio Bay to some extent.

If someone had access to a boat, it would be easy therefore to row or sail across to the other side. Unfortunately, because of the hilly ground all around the sea of Galilee, anyone watching from the shore would also have a good view of your progress and could make a good guess as to where you were going to land. And because rowing – well, this sort of rowing – is not the fastest form of transport, someone could make the journey on foot and be there to greet you. This is what happened when Jesus took his disciples away to a quiet place to rest. The crowds got there before them. Jesus seems to have been recognised and followed by crowds wherever he went, with little time to rest or even eat on occasions. No wonder that his desire – for himself and for his disciples – was to get away and have some 'me time' – even though his plans were somewhat thwarted.

Busyness – with all its attendant stresses – is a common problem. For some people, the idea of rest as a way of moving on – 'retreating in order to advance' – is too counterintuitive. If I take time off or away, I'll only have twice as much to do when I get back! But putting yourself first is not always the wrong thing to do. Anyone who has flown in an aeroplane will know that you have to put on your own oxygen mask before trying to help someone else. Looking after yourself puts you in a better position to show compassion to others. So, where do you go to for your spiritual 'me time'? Indeed, do you seek rest when you most need it?

Rev Ikani Vaitohi

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Breaking News

VOL. XI - no. 4350 NEW ISSUE

COVID-19 UPDATE

As you may now be aware - State Government has announced mandatory lockdown measures which come into effect 11.59pm Thursday 15 until Tuesday 20th July. As a result, there will be NO In-person worship service this Sunday 18th July. There will be an online Zoom worship service instead - see page 4 for further details. Please, watch this space for future updates!

Worship At Home

Acknowledgement of Country

Today, as we gather together, we acknowledge the Wauthaurong Peoples, the first inhabitants of this place from time beyond remembering. We acknowledge that through this land, God nurtured and sustained the First Peoples of this country, the Aboriginal and Islander peoples.

Reading: Gospel Mark 6:30-34, 53-56

Call to Worship

We encounter the disciples on their return from their first evangelistic journey without Jesus. They come back, eager to share their experiences but exhausted and in need of rest.

Opening Prayer

Loving God, gather us in from the busyness of our lives, from the pressures of everyday living and the anticipation of holidays and outings, so that we still ourselves in your presence and recover our balance, knowing that in you, we find peace and fulfilment.

Sharing the Word

Peace is important not only for those who are distant from God, but also those who are close to God. A story from the Roots Worship materials "Ernie and his wife were regulars at church and even when his wife was diagnosed with Alzheimer's Ernie continued to bring her.

But as the condition progressed, life became worse: first regular nursing care and at the end Ernie's wife spent a very difficult time in hospital until she died. Ernie felt angry and let down by the God he had prayed to for help. He no longer came to church, he was distant from God. A minister suggested that Ernie write down what he had gone through and what he was feeling. So he started to write. He also returned to the church community where he found a warm welcome. He called the piece he wrote 'To hell and back' and despite its negative title it has proved to be a source of great help for other carers of loved ones with Alzheimer's. Most importantly Ernie had found peace."

God's peace is Shalom a Hebrew word meaning peace, completeness. Peace may be characterised by two polarities: we know that when war rages, peace between the two parties is extremely hard to achieve. The same can be true of interpersonal relations. Peace often succeeds a real struggle, when we can step back, trust and rest. Can it happen that those who claim to be close to God lack God's peace? We can spend so much time preparing for worship, or working in church, or running groups, or attending this or that meeting that there is no time to be still in the presence of God. The Gospel story relates how Jesus' priority when the Twelve return from their first mission is to take them away to rest. No other person could claim to be closer to God than Jesus, yet look at the number of times he found quiet places, went up mountains, crossed lakes or sat in a garden in order to know God's peace.

A Prayer for All Ages -(To be said slowly and thoughtfully)

Jesus, you know everything about me. There is not a moment when you have not been beside me. When I am sad, you understand. When I am happy, you rejoice with me. When I am afraid, you are my comfort, and my help. In my family, friends, neighbours and the ones who have helped me but have no name, you are there. Jesus, help me to be beside others, as a sign of your presence and love. Amen.

A Reflection

As a way of taking stock, reflect on your own experience of finding peace, tranquility, energy, love and the strength to go on. Where would you go to do this and why?

Blessing

At work, at rest, at leisure, the peace of God the Creator to you. God the Father, God the Son, God the Holy Spirit go with you on every side and at every turn, each day and each night, for all eternity. Amen.



Belmont Uniting Church July / August Roster 2021



Date	Time	Leader	Leader's Steward	Readers	Greeters & Ushers	PowerPoint	PA Operator	Organist
July 25	10.00am	Rev. Ikani	J. Jeffers	D. Zuccaro	L. Moss	L. McCann	B. Jennings	L. Rankin
L. Jackson								
Date	Communion		Flowers	Morning Tea				
July 25	N/A		Silk Flowers	Ray & Julie Ferguson, Muriel Bullock				
Date	Time	Leader	Leader's Steward	Readers	Greeters & Ushers	PowerPoint	PA Operator	Organist
Aug 1	10.00am	Rev. Ikani	J. Murray	A. Merritt	H. McCann	R. Ferguson	B. Vaitohi	L. Rankin
E. Wood								
Date	Communion		Flowers	Morning Tea				
Aug 1	Ros Buckwell		E. Wood	Aileen & Ray Bunting, Elizabeth Wood				
L. Jackson								
D. Stephens								
R. Pearson								

If for any reason you are unable to attend your rostered duty, please endeavour to swap with anyone & contact the worship leader and the Newsletter Editor too.

Prayer Points For the Week

Dear God, we pray for bush chaplains who are working in remote areas of Australia. Bless them, keep them safe and well as they continue the important ministry of helping people in remote areas.

Dear Heavenly Father, we pray for people coming to the end of their earthly journey. Bless their family members and all who care for them; may they know Your love, comfort and peace at this difficult time.

Loving God, we pray for refugees and all people who have been displaced from their homelands. May the Australian Government be compassionate and understanding, providing opportunities for them to commence a new life.

Peter Woods

Lectionary Readings

July 18 - Pentecost 8	July 25 - Pentecost 9	August 1 - Pentecost 10	Aug 8 - Pentecost 11
2 Sam 7: 1 - 14	2 Sam 11: 1 - 15	2 Sam 11: 26 - 12: 13a	2 Sam 18: 5 - 9, 31 - 33
Psalms 89: 20 - 37	Psalms 14	Psalms 51: 1 - 12	Psalms 130
Eph 2: 11 - 22	Eph 3: 14 - 21	Eph 4: 1 - 16	Eph 4: 25 - 5: 2
Mark 6: 30 - 34, 53 - 56	John 6: 1 - 21	John 6: 24 - 35	John 6: 35, 41 - 51

→ NOTICES ←

SCONES, JAM & CREAM/SAVOURY OR PLAIN

Please be advised that due to the current snap lockdown, this fundraising is now postponed. A new date will be communicated to you when it is known.

The Social Justice Group is providing the morning tea as a fundraiser for the ALOLA Foundation.

This East Timor charity supports women and children in many aspects including assistance for victims of domestic violence, health and education. \$75 will provide a scholarship for a girl to stay in school and gain a qualification to prepare her for work.

We are asking, if you feel able, for a donation to go toward providing some \$75 scholarships. East Timor has a population of 1.3 million. Covid19 numbers are high but probably underreported. The Australian Government is providing some vaccine assistance.



NOTICES continued.....

BELMONT UNITING EVENING FELLOWSHIP

Our next meeting is Wednesday 28th July at 7.30pm when Raye Pearson will speak on her many overseas travels. Everyone is welcome and there will be a cuppa!



John Stephens came home on Thursday. He is very tired but glad to be home. Our prayers are with John & Doreen.

Ray and Julie Ferguson celebrated their 45th (Sapphire) Wedding Anniversary on Saturday 17th July.



NEWS FLASH



In line with the lockdown restrictions, the in-person worship service for this Sunday 18th of July is now cancelled. Instead, you are welcome to join together online for a Zoom worship service at the same time of 10.00 am using this zoom link:

[https://zoom.us/j/99984774012?](https://zoom.us/j/99984774012?pwd=Ky85NGtwbnZqb1h2YzFGNDdDZEMlQT09)

[pwd=Ky85NGtwbnZqb1h2YzFGNDdDZEMlQT09](https://zoom.us/j/99984774012?pwd=Ky85NGtwbnZqb1h2YzFGNDdDZEMlQT09)

Meeting ID: 999 8477 4012 - Passcode: 1234

Any changes to this current arrangement will be communicated to you promptly. Thank you for your patience and understanding.



BUC FACEBOOK PAGE

Please follow, like or share our new facebook page

<https://www.facebook.com/profile.php?id=100069883847973>

The Alice Springs St Phillips College Work Party

Early on Liz Moss reported that their leaders were in isolation because they were in the airport on Friday. However all the group were able to keep working with our members Liz Moss and Liz Main doing lots of painting with a lovely new couple from Melbourne. Their lockdown finished at 1pm Saturday. They said it's like a village there as the campus is so big. They even spotted a rock wallaby just outside. The days were clear blue skies and low 20s, nights very cold but they have very good heating everywhere. All party workers enjoyed their meals and Jenelle took over in the kitchen when Ketut the cook was home in the 2 day lockdown.

They went really well in the last few days of the Work Party in spite of only having 11 in the group.

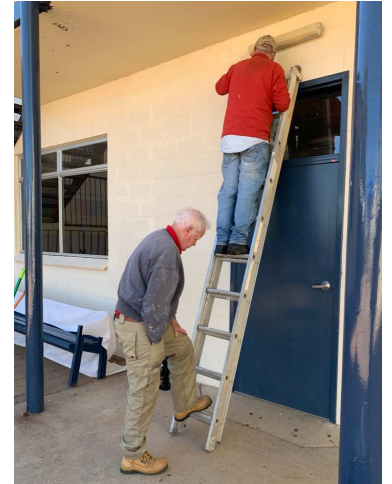
They both reported having a great time.



Meal time



Sitting outside chatting in the sunshine.



The two Davids. The David leader contemplating the next Goliath task and the other David painting up high.



Ormiston Gorge where Liz and Liz were invited to go with Jenelle and Ewen who are the new additions to the crew.



St. Phillips College

A Congregation Member Profile

(Guess what we saw on Instagram)



Meet beanie queen Beryl Hair.

Beryl enjoys life knitting for her family - her two children, grandchildren & great - grandchildren! Beryl 92, is also a member of the knitting group at the retirement village where she lives, regularly making socks, hats & gloves for homeless men as well as squares which are sewn into blankets for charity. "I love knitting, and it's good to give back," Beryl says.