



Sunday 24th September
2023

Gungahlin Uniting Church and Community Centre

Socially and environmentally just. Welcoming of the stranger.
Inclusive of all people. Sharing the faith journey together.
Informal and friendly Christian community.

Welcome to everyone who is with us today

Gungahlin Uniting Church is part of the Uniting Church in Australia.

We strive to be an open and inclusive community, welcoming people from different countries, cultures, traditions, ages, genders, gender identities, ability and viewpoints as we experience life and God together as part of our Christian faith. Gungahlin Uniting is a Christian community of people who don't pretend to know all the answers, but simply seek to follow the way of Christ. You are welcome here in this place and welcome to participate in the life of this community.

Sunday 24th September

9:30am All Age Worship
Lead by Bruce Stevens

Bible Readings:

Exodus 16:2-15
Psalm 105:1-6,37-45
Philippians 1:21-30
Matthew 20:1-16

Sunday 1st October

9:30am All Age Worship
Lead by Bruce Stevens

Bible Readings:

Exodus 17:1-7
Psalm 78:1-4,12-16
Philippians 2:1-13
Matthew 21:23-32

How to give to the Life & Ministry of Gungahlin Uniting Church

People can donate to the life, work, ministry and mission of GUC through organising a regular electronic transfer. Electronic transfer through UFS is anonymous.

Our electronic bank details are:

Gungahlin UC - Giving Direct
Uniting Financial Services
BSB: 634-634
Account: 100034744

Please contact us...

Phone: 6242 5001

Alison Tweedie is our Church Life Worker
Bruce Stevens is our Supply Minister
Jenelle Martin is our Church Council Chair
Bronwyn Asquith is our Volunteer Contact
Narelle Dodd is our Safe Church Contact

email: office@gungahlinuniting.org
email: bruce@ccfpsych.com.au
email: chairperson@gungahlinuniting.org
email: volunteers@gungahlinuniting.org
email: safechurch@gungahlinuniting.org

Groups for you at Gungahlin Uniting

Playgroup

For young children & parents/carers
Wednesday 10am-12pm
Gungahlin Uniting Church
Contact: Cassandra 0438 423 688

Boys' Brigade

For boys Primary/High School age
Wednesday 6.30pm
Gungahlin Uniting Church
Contact: Bruce 6242 9282

Girls' Brigade

For girls Kindergarten-Year 12
Wednesday 6.30pm
Gungahlin Salvation Army
Contact: Liz 6242 9282

Tea &Talk

Meets 1st Friday of the month -10.30am
Gungahlin Lakes Club coffee shop
All ages welcome
Contact: Elizabeth Phythian 0408 624 163
Tea &Talk is an opportunity for catching up with others from GUC over a cuppa.

Pub Dinner Group

Relaxed conversation and meal
Wednesday- fortnightly 7pm
Contact: Matt Grudnoff via
office@gungahlinuniting.org

Spice Kids

Meets 5th Sunday of the month after worship
Contact: Jean 0428 517 595
Meal gathering for adults
An opportunity for conversation and friendship

Library in the Quiet Room

There is a library of books, located in the Quiet Room, available for borrowing. Make a note in the "borrowing book" of the books taken and when they have been returned.

Home Groups at GUC

At Gungahlin Uniting Church Home Groups give members the opportunity to gather and respond to their spiritual, social, and community needs. They are a space where people get to know each other, provide support, hospitality, and prayer and there is always lots of fun to be had. If you would like to join a Home Group please contact the Pastoral Care Team.

Shirley Williams 0418 612 656
Jenelle Martin 0421 997 173
Elizabeth Phythian 0408 624 163
pastoralcare@gungahlinuniting.org

Pastoral Care at GUC

At Gungahlin Uniting Church pastoral care encompasses the spiritual, physical, social, emotional, and mental support for members. Through providing a network of care we ensure that the expressed needs of individuals and families are attended to by a team of people. Pastoral care may include assistance with transport, meal support, a phone call, or someone visiting you at your home or in the hospital. Ways to request care:

- Contact your Home Group leader
- Call the GUC office on 6242 5001 (leave a message if necessary)
- Email the church office
office@gungahlinuniting.org
- Contact the Pastoral Care Team
Shirley Williams 0418 612 656
Jenelle Martin 0421 997 173
Elizabeth Phythian 0408 624 163
pastoralcare@gungahlinuniting.org

Governance at GUC

GUC has a number of policies which support the safe running of the church:

- GUC Volunteer & Safe Church Policy, including the Volunteer Manual and Volunteer Code of Conduct
 - GUC Work, Health & Safety Policy
 - GUC Information Management Policy
- These can be found under the Church Resources tab on our website
www.gungahlinuniting.org

Our Church at Prayer...

Inviting you to think about our own church community, the wider church, the world!

- This week we pray for our JNC as they consider and interview potential ministers for GUC. Please pray for those potential ministers who are considering a call to Gungahlin Uniting as they work through what it might mean to leave family, friends and work in their hometown to move to Canberra.
- This week we join the Canberra Region Presbytery in praying for Yarralumla Uniting Church. Pray for the church council and elders as they prayerfully consider how to engage in mission in the Yarralumla community; for activities that seek to engage with the community: Gumnuts playgroup, Coffee group and Mini-Floriade display; for the upcoming Arts and Crafts Fair, held over the first weekend of November; and for the upcoming Advent and Christmas program that seeks to provide a space for tiredness/weariness alongside joy and celebration.
- This week we join with the World Council of Churches in praying for Bolivia, Brazil, Chile, Peru. We pray for migrants and refugees seeking a new home, and those who accompany and support them; and for coca farmers to find sustainable incomes from other crops, for an end to drug trafficking, and effective assistance for those who are addicted.

Psychology and Spirituality

In his next few sermons Bruce will draw on his experience as a clinical psychologist to explore current interventions in psychological treatment and how they apply to spiritual growth.

The following topics are planned:

- Radical acceptance
- Though diffusion
- Mindfulness
- Exposure
- Psychology change process
- Journalling
- Value clarification and committed living
- Choice Points

Such topics may be of interest to friends or family who would not usually attend worship services but would be interested in psychological growth.

Insights Magazine

The latest issue of *Insights* Magazine is available in the foyer, please pick up a free copy. *Insights* is published by the Synod of the Uniting Church NSW/ACT and shares news, reports, articles from the wider Uniting Church Congregations, Presbyteries and Synod.

Volunteering in 2024- Volunteer Forms

Forms for **Volunteering at GUC in 2024** are available now in the foyer.

The volunteer form allows everyone to consider how you would like to be involved in the life of the congregation. Pretty much every job in our congregation is listed, from leading worship, Bible reading, preparing morning tea, etc. Please take a form and read through it to consider how you can use your gifts to support your church. This form can be returned in the big pink box in the foyer area.

Church Council Nomination Forms

Nomination forms are available as we prayerfully consider who we would like to be on Church Council in 2024. Our Church Council meets monthly and has oversight of the congregation, seeking to encourage it in faith and love. This form can be returned to the big pink box in the foyer area, alternatively an online version of this form is also available and can be accessed via the following link. <https://forms.office.com/r/L2nSfWEh5i>

Please submit nominations by Sunday 15th October.

Operation Christmas Child

Operation Christmas Child is a hands-on way to bless children in need around the world by filling shoeboxes with toys, hygiene items, school supplies and other fun gifts. These boxes are then sent to children in over 100 countries in the Name of Jesus Christ.

After receiving a shoebox gift, many children have the opportunity to enrol in The Greatest Journey – a bible study course that guides children through what it means to faithfully follow Jesus Christ.

Billabong will be coordinating the collation and collection of Operation Christmas Child boxes this year on behalf of Gungahlin Uniting Church. If you would like to participate, you can do so in the following ways:

- * fill an Operation Christmas Child box (available in the foyer) with suitable items. If you forget to get a box, you can fill an A4 sized shoebox instead;
- * provide individual items that we can include in boxes. Billabong will then put together boxes with these items;
- * donate \$12.50 cash in an envelope. This will help cover the costs associated with the collection, processing and shipping of each of the boxes.

For information on how to pack a box, and what are considered to be suitable items to include in a box, please see: <https://occ.samaritanaspurse.org.au> (It's also important to note what NOT to include). Individual gift items and donated cash can be left in the box in the foyer, and filled boxes can be left next to it. Please bring your donations to church by **Sunday 22 October**. Please see Sue Lloyd if you have any questions.



Safe Church Training

Synod has now scheduled an additional safe church training session for **Friday 17th November** at Kippax Uniting, from 9.30am to 1.30pm. If you were unable to secure a place at an earlier session this is another option to complete the necessary training. Alternatively, you can complete training online, choosing one of the additional training providers approved by Synod. To find these, click on the below link and go to *Additional Training Providers*.

You can register at: [Safe Church Training – UCA](#)

Coffee Nook- Sunday Morning Teas

While we have enough volunteers to offer morning tea every 2nd weekend, we don't have enough to offer it every week. However, we'd like to encourage everyone to stay around to chat after church on non-morning tea mornings with a DIY tea/coffee. Tea and coffee supplies are now in the coffee nook, which can be found in the foyer on the left-hand side of the kitchen servery. It looks like a cupboard, but inside (inside the top doors) you'll find what you need to make yourself a tea or coffee. In the lower door you'll find a small fridge. If there's no milk in there, open one (you'll find long life milk in the upper cupboard) and write the date (marker pen is also there) on the carton – remember to pop it into the fridge when you are done.

ROSTER

| | 4 th Sunday 24 th September | 1 st Sunday 1 st October | 2 nd Sunday 8 th October | 3 rd Sunday 15 th October | 4 th Sunday 22 nd October |
|-----------------------|--|---|---|--|--|
| Greeters | Bec Hobson & | Heather Lamb & Sue Lloyd | Heather Lamb & Sue Lloyd | Heather Lamb & Josephine Deo | Heather Lamb & Josephine Deo |
| English Bible Reader | Elizabeth Phythian | Alison McKenzie | Prince Jyubeh | ? | Bec Hobson |
| Language Bible Reader | Kanthi Fernando | Sumira Sheraz | ---- | Shirley Williams | Carina Moeller |
| Prayers for Others | Alistair Buchanan | Jemimah Hamilton | Patsy Coleman | Ian Bartholomew | Prince Jyubeh |
| Leader | Bruce Stevens | Bruce Stevens | Alistair Buchanan | Brooke Kilah | Alison McKenzie |
| Preacher | Bruce Stevens | Bruce Stevens | Alistair Buchanan | Margaret Reeson | Bruce Warren |
| Flowers | Kanthi Fernando | Patsy Coleman | Eric Holm | Margaret Reeson | Shirley Williams |
| Sound | Chris Martin | | Rob Shelton | Chris Martin | Thomas Martin |
| Computer | Alistair Buchanan | Bruce Warren | Chris Martin | Thomas Martin | |
| Morning Tea | Coffee Nook Help Yourself | Jemimah Hamilton | Coffee Nook Help Yourself | Narelle Dodd & Carina Moeller | Shirley & Eric Holm |
| Communion Preparation | --- | --- | Shirley Williams & Jenelle Martin | --- | --- |
| Pianist | Andrew Johnson | Margaret Reeson | Margaret Reeson | Alison McKenzie | Alison McKenzie |
| Musicians | Mark John Chung | Prince John Chung | Prince John Chung | Prince John Chung | Prince John Chung |
| Singers | Jessica, Rose | Vanessa | Vanessa & Rose | Jessica | Vanessa & Rose |
| Oasis Leader | School Holidays | School Holidays | School Holidays | Caroline Wallace | Caroline Wallace |
| Billabong Leader | --- | School Holidays | School Holidays | Elizabeth Phythian & Sue Lloyd | --- |