



Sunday 3rd 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 3rd September

9:30am All Age Worship

Lead by Lynne Butson & Christine Palmer

Bible Readings:

Exodus 3:1-15

Psalms 105:1-6,23-26,45

Romans 12:9-21

Matthew 16:21-28

Sunday 10th September

9:30am All Age Worship

Lead by Bruce Stevens

Bible Readings:

Exodus 12:1-14

Psalms 149

Romans 13:8-14

Matthew 18:15-20

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 give thanks and pray for people who are new to this area and are new to this congregation, that they will find a true welcome here.
- This week we join the Canberra Region Presbytery in praying for Presbytery Minister's Retreat 3-6 September 2023. We pray for those who serve our congregations, presbytery, Uniting and other contexts as specified ministers. We pray for this time of intentional spiritual and reflective work, equipping, collaborating and refreshment – that God would be in the growth of each and in the relationships between.
- This week we join with the World Council of Churches in praying for Benin, Côte d'Ivoire, Togo. We are thankful for the beauty, natural resources, wildlife and different cultures in these countries and for the produce that small farmers continue to grow amid environmental and other hardships. We pray for more democratic governments that are free of corruption and that prioritize what the people most need; for those working to alleviate the poverty, illiteracy and hunger that so many in these countries still experience; for churches faithfully bringing the gospel to, and serving, all people with greater respect for how those of other faiths express their spirituality.

Psychology and Spirituality

In his next eight sermons, beginning 10th September, 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
- Thought 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.

God at Work in Ukraine

All are welcome to enjoy Ukrainian music and dancing, and to hear Dr Vladimir Ivanovich Franchuk, a former pastor in Mariupol, speak about the ways in which God is at work in Ukraine.

WHERE: Mosaic Baptist Church, 18 Dallachy Street, Page

WHEN: Saturday 9th September at 7 pm

WHY: To support the people of Ukraine

Further details available from Mosaic Baptist Church Office 6254 6565

Save the Date- Church Community Social Gathering

The evening of Saturday 11th November 2023 at the Gungahlin Uniting Church.

This will be an opportunity for our community to come together for a relaxed time over a meal with some fun activities planned. Save the date, more information to come.

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](#)

ROSTER	1 st Sunday 3 rd September	2 nd Sunday 10 th September	3 rd Sunday 17 th September	4 th Sunday 24 th September	1 st Sunday 1 st October
Greeters	Bec Hobson &	Bec Hobson &	Bec Hobson &	Bec Hobson &	Heather Lamb & Sue Lloyd
English Bible Reader	Cass Nokham	Sue Lloyd	Bruce Warren	Elizabeth Phythian	Alison McKenzie
Language Bible Reader	Shirley Williams	---	Carina Moeller	Kanthy Fernando	Sumira Sheraz
Prayers for Others	Prince Jyubeh	Margaret Reeson	Rose-Mary Faulkner-Schwarz	Alistair Buchanan	Brooke Kilah
Leader	Lynne Butson	Bruce Stevens	Rose-Mary Faulkner-Schwarz	Bruce Stevens	Alistair Buchanan
Preacher	Christine Palmer	Bruce Stevens	Margaret Reeson	Bruce Stevens	Prince Jyubeh
Flowers	Eric Holm	Shirley Williams	Margaret Reeson	Kanthy Fernando	Patsy Coleman
Sound	Rob Shelton	Chris Martin	Bruce Warren	Chris Martin	Clive Walmsley
Computer	Bruce Warren	Thomas Martin	Thomas Martin	Alistair Buchanan	Bruce Warren
Morning Tea	Mark & Lynne Butson	---	Heather Lamb & Bronwyn Asquith	---	Mark & Elizabeth Phythian
Communion Preparation	---	Tamara Fullard-McShane & Elizabeth P	---	---	---
Pianist	Alison McKenzie	Yoo-Mi Kim	Yoo-Mi Kim	Andrew Johnson	Margaret Reeson
Musicians	Prince John Chung	Mark John Chung	Prince John Chung	Mark John Chung	Prince John Chung
Singers	Vanessa	Jessica, Rose	Vanessa	Jessica, Rose	Vanessa
Oasis Leader	Liz Warren	Liz Warren	Liz Warren	School Holidays	School Holidays
Billabong Leader	Elizabeth Phythian & Sue Lloyd	---	Elizabeth Phythian & Sue Lloyd	---	School Holidays

Mustard Seed Food Pantry Update

Below is an extract from a recent weekly email update to the food pantry volunteers. It is now included here to share with the wider GUC community as a means of encouragement to the good work that is done each week through this ministry.

“It was the usual busy week full of surprises.

There are so many variants to our Wednesday and Thursday operations we never know how the day will pan out. Wednesday saw many people coming by the church with enquiries about the food pantry and with donations for the pantry.

We had a surprise visit from the Ozharvest Canberra Operations Manager who was riding in the truck this week to witness firsthand the impact Ozharvest has on the organisations they support. She commented on our pantry which she described as “neat, well organised and presented, welcoming, and with lots of natural light”.

Tam did a wonderful job on Wednesday with various tasks including sorting the fruit and vegetables, sorting the good eggs from the bad, literally; and moving many bags of donated tinned food from the office to the pantry that had been donated on Sunday by a family who previously accessed a pantry like ours and now want to give to others.

Also, on Wednesday I met and sat with a family of five who are new to Australia. They are living in the Belconnen area but had travelled to Gungahlin after being given information about accessing food from Mustard Seed. I was able to provide them with information about two other pantries in the Belconnen area that may be more accessible, along with information about the Navitas English classes and our own Playgroup. To my surprise they came back on Thursday morning to join and do a shop. They purchased a good amount of healthy food and staples to get their family through this week. After they had finished packing their things into the car the man came back specifically to give me the sincerest of thanks. It was not his words that made it sincere but the look on his face as he approached me. I could see he was not only thanking me for the food we had been able to provide to him but for my kindness and welcome- for the time spent with them. It was a touching moment for me and reminded me of the good and impactful work that our community can offer. It is very satisfying to be a part of this work.

By 9am Thursday morning the Covid vaccination mobile clinic was once again set up in the car-park offering free vaccinations to food pantry customers, volunteers and Navitas students. It was wonderful to have a Chinese speaking pharmacist that was able to inform many of the Chinese speaking people of their options.

On Thursday we served 60 customers over our three-hour opening, including three new people. A representative from the St. Ninian’s Uniting Church in Lyneham arrived in the middle of opening time on Thursday morning with a boot full of food. We have been supported by this congregation for over ten years. Here is a photo of their generous and supportive giving”.

