



# Geebung Wavell Heights Uniting Church

A member of the Assembly of  
Confessing Congregations  
Of the Uniting Church in  
Australia



## 18th July 2021 Our Mission Statement

*“Sharing the love of Jesus together  
in welcoming all people into the  
fellowship of the church as well as  
ministering to the community”*

**Get Back Up** Excerpted with permission from *Live Your Dreams*, copyright Thomas Nelson.

*Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. — Isaiah 40:30–31*

You might fall down, but you don't have to stay down. If your hope is placed firmly in God, you will find the strength in Him to get back up. God doesn't want you to live life beaten, demoralized, and hating yourself. He loves you, and He wants you to love yourself. He has faith in you and wants you to have faith in Him. He has good things planned for your life, so you can trust Him when you're down. Have you ever fallen flat on your face? Did it feel like things would never be good again? Maybe you've wondered if things were ever good to begin with. But those thoughts are not based in truth. God has blessed you... made previous dreams come true... brought the people you've needed into your life. He has always been working for you, always loving you.

Being knocked down hurts, so take the time you need to heal, but don't stay down so long that you begin to believe that you belong there. You don't. You belong out there in the world making a difference. Remind yourself of that, multiple times a day if you need to. It might help to create a mantra you can say to yourself when you need that reminder.

Something like, “I've been down, but I'm never out with God.” Or “I learn every time I fall, and I get back up stronger than ever.” Use these examples to create a mantra that works for you. Write your mantra down so you can refer to it as needed.

**Ask for Help** *I rise before dawn and cry for help; I have put my hope in your word. — Psalm 119:147*

When we mess up or fail, our natural inclination is to try to hide our mistakes and fix the issues ourselves. This is nothing new. From the time Adam and Eve hid from God in the Garden of Eden, we've been trying to hide our messes from God. But it wasn't a good plan for Adam and Eve, and it isn't a good plan now. Hiding a mess doesn't make it go away, and shouldering a crushing burden alone will eventually crush you. Make no mistake, God can clearly see that mess you're trying to hide. You aren't fooling Him. But in hiding and turning away from Him, you're only hurting yourself more.

God wants you to turn to Him for help when you need it (and even when you don't). He's ready to make things happen on your behalf, to provide comfort and healing, or to inspire you with new dreams. All you have to do is ask.

It isn't just God that you hide from, though, is it? You try to hide your missteps from people too, even from your loved ones. Maybe you've closed yourself off from the people who love you most and want to help you because you're embarrassed or ashamed. But don't forget the truth that everyone fails. Those who sincerely love you will understand, and they will be ready to support you and help you however they can. What are some problems you are facing right now?

How can you ask for help from God and from those who love you?

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## For your Diary

### Weekly Activities

**Tuesday** Indoor Bowls 1:30pm @ Wavell  
**Wednesday** Bible Study 9:00am @ Wavell  
**Thursday** Christian Yoga 10am @ Geebung  
**Friday** Youth Alive 7:00pm @ Wavell  
**Sunday** Wavell Service with  
Sunday School @ 8:00am  
Geebung Service @ 10:00am

### Fortnightly Activity

**Tuesday** Bible Study 7pm @ Wavell  
Next Study July 20th

### Special Events - August

**Sunday August 1st** Combined Service 9am  
@ Geebung followed by  
Congregational meeting

**Thursday August 12th** Church Council Meeting 7pm  
@ Wavell

### Special Events - September

**Saturday September 11th** A Night of Music  
Maureen's Musical Melodies  
7pm @ Geebung

### Special Events - October

**Saturday October 16th** Garage Sale from 6:00am  
@ Wavell

## For your attention



# Combined Service Sunday August 1st at 9am

## At Geebung with Holy Communion



This service will be followed by a  
Congregational Meeting to discuss future  
services and times and the possibility of a  
Day Aside

**Achoo! God Bless You!** Ex

*When you talk, you should always be kind a*

ACHOO! That's the universal sound for a sneeze. Sneezing is a reflex action of the nose. You might sneeze because you have a cold. Or because of the sunlight! When something irritates your nose, special cells in your nose (which are asleep too.) Your brain then tells all your body parts to sneeze, as many as 100,000 little droplets shoot out your nose!

Sneezes travel pretty far and fast, but there's something else to be careful about someone — things that may not even be true. Gossip is a sin, just like lying, fighting, and murder (Roman

*Dear God, please help me control my words. Help me be*  
**How Great!**

In Australia and the United States people often say the phrase "good health" or "salute" it's *Salute*. Both words mean "health." In Nigeria, in the Igbo

## The People Who Need Our Prayers

Ross Hargreaves

Joan Morris

Maree Massey

Graham Power

Alyson Caitens

Stuart Reid & Sylvia Bray

Dick Donaldson

Kerrie Hughes

Marcia Halliday

Marj & Bruce McKenzie

Estelle Symes

Peter & Nina Moore

Malcolm & Judy McMillan

Andrew Digby

Bert Wilton

Mary Bill

Enisela Hafu

Edna Street

Ray Langdon



Please put this in your Diary

**Saturday September 11th 7pm  
At Geebung**

**A night of Entertainment provided by**

**Maureen's Musical Melodies.**



## Donations to Youth Group Friday Night Suppers

If you are in a position to add a packet of chips, some poppers (Fruit juice in a drink box or small bottle), Ice blocks etc., to your shopping list, it would go toward the young peoples light Friday night supper at Wavell, and would be appreciated. Money donations would also be gratefully received. Thank you to those who have already contributed.



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nd wise. Then you will be able to answer everyone in the way you should. — Colossians 4:6 ICB

g — or *sternutation* (stur-new-TEY-shun) — is your body's way of getting rid of something that's irritating your nose. If dust, pet hair, or pollen is tickling inside your nose. Some people even sneeze when they step out into the sun. Nerves send a message to your brain. (Fun fact: you can't sneeze when you're asleep, because those nerves don't work together to sneeze — from your chest and tummy muscles to your throat and eyelids. When you sneeze, you travel at 100 miles per hour, traveling 20 feet or more. So please — cover your sneeze with a tissue or your

ise you've experienced that travels faster and farther: *gossip*. Gossip is spreading rumors. It's saying hurtful things. And some people do it for fun. But the Bible has a lot to say about gossip, and none of it is good. God says (Proverbs 16:29). So don't spread hurtful words. Share helpful words instead!

careful about what I say. Let me only say things that are good and helpful and kind.

ase Bless you or God bless you after someone sneezes. But in Germany they say *Gesundheit*, and in Italy they say *buongiorno*. In no language, they say *ndo*, which means "sorry." But in Korea, they don't say a thing!



**Offering:** If you would like to give your offering through a regular payment from your bank account to the church account, please use the following details.  
 Our Account name is : UCA Geebung/Wavell Joint Congregation  
 BSB: 014 010 Account Number: 191878691 Thank you

## Monday Midday Prayer



Loving God, through your son we are called to be one people united together in love, just as you are one. Help us during NAIDOC week to truly stand together with the first peoples of Australia, to work together for healing and wholeness, to live out the true reconciliation that you offer all people through the sacrifice of Christ. Make us true ambassadors of your healing grace as we share your love for all people throughout this land.

In Christs reconciling love we pray, Amen

Uniting Church News July Rev Andrew Gunton

### *July 18th Pentecost 8*

2 Sam 7: 1-14a  
 Ps 89: 20-37  
 Eph 2: 11-22  
 Mk 6: 30-34, 53-56

### *July 25 Pentecost 9*

2 Sam 11: 1-15  
 Ps 14  
 Eph 3: 14-21  
 Jn 6: 1-21

### *Aug 1 Pentecost 10*

2 Sam 11: 26-12:13a  
 Ps 51: 1-12  
 Eph 4: 1-16  
 Jn 6: 24-35

### *Aug 8 Pentecost 11*

2Sam 18: 5-9, 15, 31-33  
 Ps 130  
 Eph 4: 25—5:2  
 Jn 6: 35, 41-51

### **GEEBUNG**

59 Simla Ave  
**Sunday** Worship 10.00am  
 Holy Communion 1st Sun.

 Visit us at:  
**Geebung**  
 Uniting Church

### **WAVELL HEIGHTS**

147 Rode Road  
**Sunday** Worship 8.00am  
 Holy Communion 1st Sun.

 Visit us at:  
**Wavell Heights**  
 Uniting Church

### **G/W CHURCH COUNCIL**

Chairperson—*Len Ferris*  
*M.0438 852 679*  
 Secretary—

### **CHURCH OFFICE**

147 Rode Rd  
 Wavell Heights 4012  
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**From July 15th**  
**Thurs 9am-3pm**  
**Fri 9am-1pm**