



Geebung Wavell Heights Uniting Church

9th June 2024

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"

God Is Holding Your Hand

Breathe Deep and Know: *You can give the worries you're holding to the One who holds you in His hands. He is there to help you.*

Have you ever been afraid and someone reached over and held your hand? Maybe you were waiting in a doctor's office for some difficult news, or about to get on a ride that was really high and fast, or maybe you were facing a phobia or watching a scary movie or surrounded by a crowd of people or about to walk out onto a stage. There are a lot of things that make us afraid. But there's a special kind of comfort when someone holds your hand, isn't there? It's a simple act of love and support, and sometimes it's just the thing you need to take that next scary step.

God is holding your hand today.

Perhaps you feel so afraid that you can't even reach for Him, let alone hold tightly to His outstretched hand. Don't be discouraged. You don't have to be strong enough or brave enough. He is already holding onto you.

Like a father holding his toddler's hand, God's grip on you is not dependent upon your strength, but upon the Father's love. God is holding your hand today. You are safe and loved, and He is here to help you. Give Him your worries and all the things that are making you afraid, and simply take His hand today.

For I hold you by your right hand — I, the Lord your God. And I say to you, 'Don't be afraid. I am here to help you.' — Isaiah 41:13

Inhale:

Lord, You hold my hand;

Exhale:

You are here to help me.



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For your Diary

Weekly Activities -

Tuesday Indoor Bowls 1:30pm @ Wavell
Saturday Youth Alive
Sunday Worship Service 9am
See below for locations

Special Events & Services — June

Sunday June 9th Combined 9am Service
@ Wavell

Sunday June 16th Combined 9am Service
@ Geebung

Sunday June 23rd Combined 9am Service
@ Wavell

Sunday June 30th Combined 9am Service
@ Geebung

Special Events & Services — July

Sunday July 7th Combined 9am Service
@ Wavell

Saturday July 13th Musical Concert 2pm
@ Geebung

Sunday July 14th Combined 9am Service
@ Geebung

Sunday July 21st Combined 9am Service
@ Wavell

Sunday July 28th Combined 9am Service
@ Geebung

Tevita on leave end of June/July

Rev Tevita is taking some leave time during the school holidays. He will be on holidays from Sunday June 30 to Sunday July 7.

Enjoy your holidays Tevita.

For your attention

We have another
entertaining
Event
at Geebung



Important
Dates

Saturday July 13th
Musical Melodies Concert.
@ Geebung 2pm
With a roaring 1920's and a
Spanish Theme. More details soon



**Would you like to Help Victims of
Domestic Violence??**

**You can, if you have an old mobile
phone and charger you no longer
need.**

**During the Month of June the Church
office would be happy
to receive your old
phones.**



If you would like to drop these in the box in the foyer, Debbie will get them to the centre where all data is wiped off and phones are reset for the police to place in the hands of victims who use them for emergency calls.

Your Help would be greatly appreciated.

The People Who Need Our Prayers

Ann Bain	Maree Massey	Beris Urquhart
Graham Power	Bert Wilton	Dell Merchant
Edna Street	Norma Jenkins	Merv Halliday
Marj & Bruce McKenzie	Margaret Ferris	Lian Tan
Malcolm & Judy McMillian	Sylvia Bray	Tracy McKenzie
		Sylvia Marson



Reflection - Reconciliation under God



By Rev Aunty Roberta Stanley - Chairperson of the UAICC Regional Council Qld

God's love is wider than our differences, larger than our loneliness and stronger than our sorrows.

At times we may doubt that we are able to overcome hostilities we feel towards others or have felt towards us, yet I would like to offer that through surrender and obedience to God's great and reconciling love, we are able to see more clearly the beautiful pictures of our Lord's gift of a wondrous creation.

Romans 5: 1-5 calls us to peace and hope through faith, grace and perseverance.

"Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."

The work of reconciliation under God is not simple, it requires peoples who may feel suffering through dispute to look at each other as we would look to reconciling with God. To see the joy in working to live amongst each other in peace, in a creation made for us. Peace given from God, with God and in God.

Reconciliation between First and Second Peoples must begin with reconciling ourselves in truth and humility with our Lord. Then we can do the work of peacemakers and justice seekers in understanding what we may need to know better to be able to act responsibly and respectfully.

My hope for the coming season of faith in our Uniting Church, is that we look towards each other as peoples of God who wish to be supported to live freely in enjoying the giving of spiritual care for each other through wonder and worship.

Please see Rev Aunty Roberta's first letter to the life of the church in Queensland as Chair of the Uniting Aboriginal and Islander Christian Congress - Queensland Regional Council.

From Uniting Church News June 4

Breathe Deep and Know: *God can help you replace fear with power, love, and self-control as you turn to Him and trust Him with your life.*

Have you ever felt out of control when you're afraid or extremely stressed? There's a physiological reason that happens. When your nervous system senses danger, the amygdala (sometimes called the emotional brain) takes over and literally bypasses the frontal lobe (sometimes called the logic brain) in order to prepare your body for fight, flight, or freeze, in a process that psychologist Daniel Goleman first called "amygdala hijacking."¹ Your body reacts automatically, without intentional thought, and the result can often leave you feeling like you have no control over your reactions or behavior in that moment.

The limbic system serves your body well when you're facing an actual threat, like a bear attack for example, but it's not as helpful when the "danger" is merely a stressful situation. These are the times when breath prayers, especially when practiced regularly, can be very helpful. As you slow your breathing, you're telling your nervous system that there is nothing to fear, which allows your amygdala to chill out a bit and lets your logical brain begin to function again.

Pray the words of this prayer and replace feelings of fear with words of truth.
For God gave us a spirit not of fear but of power and love and self-control.
— 2 Timothy 1:7 ESV

Inhale You do not give a spirit of fear **Exhale** But of power and love and self-control.

1. The concept of "amygdala hijacking" from Olivia Guy-Evans, "Amygdala Hijack and the Fight or Flight Response," *Simply Psychology*, www.simplypsychology.org/what-happens-during-an-amygdala-hijack.html.

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June 9 Pentecost 3 1 Sam 8: 4-11, 16-20 Ps 138 2 Cor 4: 13-5:1 Mk 3: 20-35	June 16 Pentecost 4 1 Sam 15: 34- 16:13 Ps 20 2 Cor 5: 6-10, 14-17 Mk 4: 26-34	June 23 Pentecost 5 1Sm17:57-18:5,10-16 Ps 9: 9-20 or Ps 133 2 Cor 6: 1-13 Mk 4: 35-41	June 30 Pentecost 6 2 Sam 1: 1, 17-27 Ps 130 2 Cor 8: 7-15 Mk 5: 21-43
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GEEBUNG
Alternating
59 Simla Ave
Sunday Worship 9.00am
Holy Communion 1st Sun.

Visit us at:
 **Geebung Uniting Church**

WAVELL HEIGHTS
Alternating
147 Rode Road
Sunday Worship 9.00am
Holy Communion 1st Sun.

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

G/W CHURCH COUNCIL
Chairperson—*Len Ferris*
M.0438 852 676
Secretary—

CHURCH OFFICE
147 Rode Rd
Wavell Heights 4012
Ph 07 3266 9211
Office Hours
Thurs 9am—3pm
Friday 9am—1pm