



**19 FEBRUARY 2023**

## Welcome

Welcome to worship, we hope you enjoy being with us.

## Lectionary Readings

**This week 19 February, 2023**

Exodus 24:12-18  
Psalm 2 or Psalm 99  
2 Peter 1:16-21  
Matthew 17:1-9

**Next week 26 February, 2023**

Genesis 2:15-17, 3:1-7  
Psalm 32  
Romans 5:12-19  
Matthew 4:1-11

## Ladies Bible Study

Ladies Bible Study will be meeting on Tuesday at 3pm in the chapel and they will be doing Study no. 6: The Problem with Favouritism (Genesis 27:30-41: 37:1-36)

## World Vision Sponsorship

Thank you to everyone who has donated towards the sponsorship of our World Vision children, **we have raised \$985 towards the \$1548** we need to pay for our sponsorship this year. If you would like to contribute and haven't yet done so, please give your donation to Karen S or you can transfer money direct to our bank account, the details are BSB 112 879, account number 428 172 081, please put your name and WV in the reference if possible.

## World Day of Prayer Service

Each year Christians around the world come together on the first Friday in March to pray for the people of particular nations; this year it is Taiwan.

This year's World Day of Prayer Service will be held on Friday 3rd March at 10.30am at Merrylands Presbyterian Church, cnr Monitor and Merrylands Rds, Merrylands.

The service will be followed by morning tea and the chance to catch up with people from the other churches in Holroyd.



### **Greystanes Uniting Church**

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## **Gail's Message**

This Sunday during our worship service we will consider what it means to be a good listener. You have probably heard the old saying, 'God gave us two ears and only one mouth, so we should speak less often and listen twice as much'. Learning to become a good listener is an important aspect of Christian maturity and growth, because listening is a deeply spiritual practice.

On ministry training days my fellow student ministers and I spent a great deal of time learning how to be good listeners. We practised Active Listening, a skill that seeks to understand instead of seeking to reply, or in other words, we listened twice as much and barely spoke at all. An active listener pays attention, they demonstrate they are listening with nods and 'uh huhs', they ask clarifying questions to ensure they have heard the other person correctly, they defer judgement, and they respond appropriately with respect and understanding.

These listening principles sound a lot like the qualities of the Christian way of life, qualities such as, kindness, compassion, and generosity. They should make perfect sense to anyone who follows Jesus, the One who asks us to 'deny ourselves' in order to have new life (Matthew 16:24).

In general conversation we listen in order to speak, if someone relates to us a story about the time they had shingles, we can barely control our need to immediately relate to them our own story about Great Aunt Edna's shingles. It's as if we, too, long to be heard, for someone to take notice of us, to have our moment in the spotlight.

An Active Listener, however, puts their own needs and wants to one side, they deny themselves for the benefit of the other, which is the very essence of the Christ like life.

Have a go at Active Listening during the week. Observe your own thoughts and feelings as you suppress your urge to interject, interrupt, judge or fix the other persons problems.

See them as Jesus sees them, listen to them as Jesus listens.