



5 MARCH 2023

Welcome

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

Lectionary Readings

This week 5 March, 2023

Genesis 12:1-4a
Psalm 121
Romans 4:1-5, 13-17
John 3:1-17

Next week 12 March, 2023

Exodus 17:1-7
Psalm 95
Romans 5:1-11
John 4:5-42

With Love to the World

With Love to the World is a daily Bible-reading booklet that provides comments and thoughts on the lectionary readings each day. If you would like a copy please take one from the back table.

Lent Event

Lent Event is a unique fundraising activity to support the work of UnitingWorld. Over the 40-day season of Lent, we are encouraged to give up something to help fight poverty and bring hope and healing to our world.

Lent Event is inspired by a simple but powerful idea: Every one of us has a role to play in building a world free from poverty and injustice.

But with so much suffering and injustice demanding our attention, where do we begin?

Lent Event gives an opportunity to follow in the footsteps of Jesus, choosing to focus our lives on compassion, generosity and love for our neighbours across the world.

Join us for 40 days of prayer, simplicity and generosity for our hurting world.

If you would like to give up something and donate the money saved to Lent Event, envelopes will be available on the back table from next week.



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Gail's Message

What should I do? What path should I take? What is going to happen to me? What is going to happen in the future? Will everything turn out okay? Will I be alright? These questions are common to all of us. Some of us will only live in this state of mind from time to time but many of us will have a natural tendency to worry about things which remain uncertain, this in turn can become worry's more troublesome cousin, anxiety. The most recent report from the Australian Bureau of Statistics showed that mental health conditions affect around 20% of Australians and that this is sadly on the increase. Even more distressing is the rise in mental health conditions for many of our young people with recent research indicating that "almost one in four young people (are) now experiencing mental health challenges.

As Christians we are blessed with a tradition of saints who have dealt with worry, fear and anxieties, facing critical issues such as war, plagues, persecution, isolation, and loss. We also have a world of literature to explore, written by thoughtful Christians throughout the centuries that offers us insights and tips on how to keep on going through the tough times. This week I came across the post below on Facebook and as a reformed worrier I found it very insightful and reassuring. The quote is from the C. S. Lewis novel, *The Horse and his Boy*.



Jesus said, 'Therefore I tell you, do not worry about your life,.. do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own' (Matthew 6:25-34). For those of us who have made worry a lifetime habit this is easier said than done, however if we can manage to see the next step and then make that step in faith we will be okay, it will be alright, we will be on the right path. When St. Julian of Norwich found this life, this broken world of sin and suffering too much to bear she heard these gentle words from God, 'all shall be well, and all shall be well, and all manner of thing shall be well.' **Amen.**

If this Grapevine post raises issues concerning your own mental health or that of people close to you please reach out to me or any Elder/Pastoral Partner or call either Lifeline 13 11 14, Beyond Blue 1300 22 4636 or for youth Headspace at <https://headspace.org.au/online-and-phone-support/>