

*If 2020 was a math word-problem: If you're going down a river at 2 MPH and your canoe loses a wheel, how much pancake mix would you need to re-shingle your roof?

*I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance.

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

Birthdays this week: Cynthia Knight 2nd; Neville Biggs 8th

Live Streaming Worship - Uniting Church in Australia, Queensland Synod (ucaqld.com.au)



The Maroochydore Herald

Maroochydore Uniting Church



Easter 5
2nd May 2021

Uniting in Christ
acting with love
living with hope
witnessing in faith
working for justice



We seek to be a prayerful and listening church

Please note the location of the Hearing Loop in the church

Leadership Team

Chairperson: Allan Kuchler	Property matters: Theo Quick
Treasurer: Bev Lacey	Korean Members: Kate Lim 0491 120 897
Heather Webster	Klim.wood99@gmail.com
Secretary: Jan Strudwick	Abraham Choi 0449 094 284
	obh0214@gmail.com

Covid Warden: Bev Lacey 54455279

Keeper of the Keys: Margaret Holmes (Office Hours Only) 54434952

Worship Services

English Language Sundays, 8.30am

Korean Language Sundays, 11am

Korean Leader: Ps. Gil Park

M: 0413 836 557



Thank you for the ongoing support for the Ministry, & Ministry of our Church. A reminder that direct deposit offering is available. Our Church

Banking Details: **UCA Maroochydore Uniting Church**
- St George Bank. BSB 334 040: Account No. 553864 511

Uniting Church Links - For Information from the Wider Church
Qld Synod Information - <https://ucaqld.com.au/>

For links an information to Synod Resources and Activities.

National Assembly News - <https://assembly.uca.org>.

Please send any notices for next week's 'Herald' to janstrudwickart@gmail.com by Wednesday afternoon

Bible Readings

<p>May 2 Easter 5 Acts 8:26 - 40 Ps 22: 25 - 31 1 Jn 4: 7-21 Jn 15: 1- 8</p>	<p>May 9 Easter 6 Acts 10:33-48 Ps 98 1 Jn 5: 1-6 Jn 15: 9-17</p>
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This Week

Sunday 2 May 8.30 am Worship & Communion – Rev Brian Gilbert
11.00 am – Korean Service of Worship – Pastor Gil Park.

Monday 3 May Queensland Labour Day holiday

Tuesday 4 May 5:30am-7:00am Korean Morning Prayer
Rev James Stevenson’s induction service Buderim Private Hospital

Wednesday 5 May 5:30am-7:00am Korean Morning Prayer

Thursday 6 May 5:30am-7:00am Korean Morning Prayer
10.00am-11.00am-prayer get together at church

Friday 7 May 5:30am-7:00am Korean Morning Prayer

Saturday 8 May 1pm – Lawn Bowls- church hall with Wilf and Mavis

Sunday 9 May 8.30 am – Prayer and Praise – Rev. Jan Rossow
11.00 am – Korean Service of Worship – Pastor Gil Park.

Thursdays:- *casual prayer meeting 10 am on weeks 1,3,4,5

*11:30 on 2nd Thursday of the month. We believe it is important to come before God (every Thursday) and pray His guidance for our future. If you can’t be with us physically, please pray for our situation, at home;

*Fellowship morning tea is 10 am on second Thursday of the month (13th May) at Harvest Café (Kon Tiki Building).

Tues, Wed, Thurs, Frid. *5:30 am – 7:00 am Korean morning prayer

Lifeline is conducting a “Reflect, Replenish and Restore” Workshop (6th May and 20th May) on the Sunshine Coast, to give renewed hope and energy to those who support others in times of crisis.

Registration is via Eventbrite at:

<https://lifelinetrainingr-r-rsunshinecoast.eventbrite.com.au>

*I’m at a place in my life where errands are starting to count as going out.

*I don’t always go the extra mile, but when I do it’s because I missed my exit.

*My goal for 2020 was to lose 10 pounds. Only have 14 to go.

*I just did a week's worth of cardio after walking into a spider web.

*I don't mean to brag, but I finished my 14-day diet food supply in 3hours and 20 minutes.

*Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

*Senility has been a smooth transition for me.

*Remember back when we were kids and every time it was below freezing outside they closed school? Yeah, Me neither.

*I may not be that funny or athletic or good looking or smart or talented. I forgot where I was going with this.

*Just remember, once you're over the hill you begin to pick up speed.

*It’s weird being the same age as old people.

*When I was a kid I wanted to be older...this is not what I expected.

*It’s probably my age that tricks people into thinking I’m an adult.

Please join us Mondays at midday as we pray the Moderator’s weekly Prayer

Our prayers:

for continued improvement for congregation members’ health
for understanding of the issues facing us as a church

God of redemption, for all who this day are walking in fear—bring your peace. For all who this day are facing an uncertain future—bring your hope. For all who this day are grieving losses and heartbreaks—bring your comfort. For all who this day are angry or hurt or broken or lost—bring your very presence to surround and bear them up.

