5 Stages of Male Adulthood

Stage 1: No nose hairs Stage 2: Nose hair maintenance Stage 3: Gray nose hair maintenance Stage 4: Gray nose & ear hair maintenance Stage 5: Don't care about nose or ear hair maintenance.

IN ORDER TO MAKE AN APPOINTMENT, HE FIRST HAD TO UPDATE HIS OPERATING SYSTEM, DOWNLOAD AN APP, GET A USERNAME, CHOOSE A PASSWORD, LOG IN TO A HEALTH PORTAL, NAVIGATE TO MESSAGES AND WRITE HIS DOCTOR...BY THEN IT WAS TOO LATE.





We seek to be a prayerful and listening church Please note the location of the Hearing Loop in the church

Leadership	Team		
Chairperson: Winni Yun		Property:	Theo Quick
Treasurer:	Bev Lacey	Korean Members:	Gil Park
	Heather Webster	Secretary:	Candice Lee
Secretary:	Jan Strudwick	Translator:	Mungji Kim
	Margaret Holmes	and Jan Rossow	

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

2 nd Sunday in Lent –	3rd Sunday in Lent -	Annunciation of the Lord		
March 13,	March 20	March 25		
Genesis 15:1-12, 17-18	Isaiah 55:1-9	Isaiah 7:10-14		
Psalm 27	Psalm 63:1-8 1	Psalm 45 or Psalm 40:5-10		
Philippians 3:17-4:1	Corinthians 10:1-13	Hebrews 10:4-10		
Luke 13:31-35 or Luke	Luke 13:1-9	Luke 1:26-38		
9:28-36, (37-43a)				

This week

Sunday 13th March8:30 am Rev Jan Rossow11 am Korean Service-Pastor Gil ParkTues, Wed, ThursSaturday 19th MarchSunday 20th MarchSunday 20th March1 am Korean Service-Pastor Gil Park1 am Korean Service-Pastor Gil Park

From this week's Uniting News Reflecton- Called to be free

Hear the good news! We have been set free by Jesus Christ *and* there is a purpose to our holy freedom!

What have we been set free from? From the burdens of sin and guilt, and from the burdensome expectations that society places on us, and we place upon ourselves. This is freedom from the smothering blanket of conformity, demands, guilt and manipulation; freedom from the desperate and hopeless quest to be 'good enough'; freedom from the demands of competition and comparison; freedom from the need to be hurtful and harmful to those who 'get in our way'. This freedom is a calling, and something we must *live in to*. At times we do fall back into fear and slavery, but the Spirit always leads us on in the Christ-formed pattern of overcoming that God named as discipleship.

As disciples of Jesus Christ, we are loved and forgiven; dearly cherished by God; called to a holy purpose; free for freedom's sake. The freedom to do what? To do good. To bless, to encourage, to mend, to heal, to lift up, to *serve others humbly in love* (Gal 5:13). We have been freed to set others free. What a precious gift this is, and how *easy* it often is to do good. One small kind word or act, can make someone's day. What good have you been set free to do today?

Adam Tipple is the Presbytery Chairperson, The Presbytery of The Downs.

This week's Moderator's Prayer

Father God, thank you that you are our shepherd in these difficult times. Look after those in our communities affected by the floods and rain. Help them feel the love and support of their communities. Help them know your protection, your power and your presence, always with them. Keep them safe.

God of peace, look after all those in Ukraine touched by violence and aggression. Guide them and protect them, and bring hope to their hearts. Teach us all the miraculous path from war to peace. Keep them safe.

Guide us through the storms, knowing you are with us. Guide us each day through the dark valleys to rest in green pastures.

Blessings, Andrew Gunton Moderator

Birthdays this week: Graham Ashton (15th); Gil Park (17th); Arby Holmes (17th); Val Vellacott (18th)

Please join us for morning tea in the hall, after the sexrvice

Next Church Council meeting Saturday 26th March at the church

Our prayers go out to all those affected by the floods, including those who haven't been able to get needed supplies from chemists and supermarkets

For I know the plans I have for you, says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." Jeremiah 29:11 (NLT)