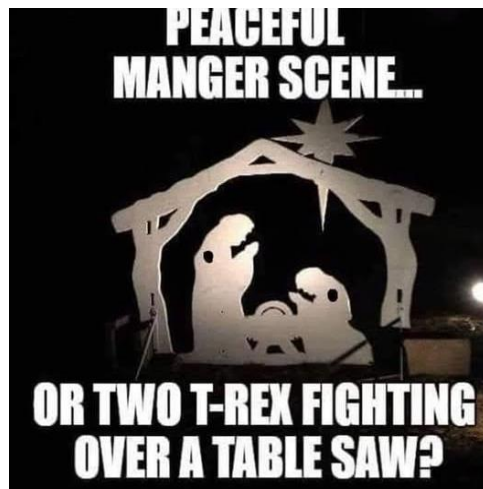




It's never too late to start exercising.

That's why I'm waiting until later.



Just been to the gym tonight and they've got a new machine in. I only used it for half an hour then I started to feel sick. It's great though. It does everything - Kit Kats, Mars bars, Snickers, Crisps, the lot.

A turtle is crossing the road when he's mugged by two snails. When the police show up, they ask him what happened. The shaken turtle replies, "I don't know. It all happened so fast."

While going through his deceased father's things, a man found a 25-year-old claim stub for a shoe repair. Curious, he went to the store and handed the ticket to the owner, who headed to the back of the store before reappearing.

"Good news," he said. "I found them. They'll be ready next Friday."



The Maroochydore Herald

Maroochydore Uniting Church



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

Transfiguration of Jesus
2nd March 2025

We seek to be a prayerful and listening church

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>.

World Day of Prayer Lutheran Church –

-Wises Road 7th March: 10am-12

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

Feb 23 Epiphany 7 Gen 45:3-11, 15 Ps 37:1-11, 39-40 1 Cor 15:35-38, 42-50 Lk 6:27-38 G	Mar 2 Transfiguration of Jesus Ex 34:29-35 Ps 99 2 Cor 3:12 - 4:2 Lk 9:28-36, (37-43a)
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Sunday Feb 23rd
Sunday Mar 2nd

-8:30 am James McKenna
-8:30 am Rev Jan Rossow (Communion)

Indoor bowls continues on Saturdays

Please join us for morning tea after the service

Birthdays this week: Margaret Holmes (20th); Beth Tolley (20th)

Uniting News Prayer for this week

Faithful God,
When we are tempted to fret and worry,
Help us trust in your unfailing care.
When we grow weary of waiting,
Teach us to rest in your timing.

Renew our delight in your way,
Our trust in your guidance.
Like a garden tended by your hand,
May we flourish where you plant us.

Make us a church that chooses
Gentleness over demanding our way,
Patience over anxious striving,
Trust over desperate control.

Be our strength in troubled times,
Our refuge when we falter,
Our hope when paths seem unclear.
Shape us into people who reflect
your peace.
For the life of the world

Amen.

BELIEVE HIM

Great is our Lord, and abundant in power; his understanding is beyond measure.
Psalm 147:5 RSV

Imagine you are ten years old, and you stumble down the stairs and twist your ankle. You roll on the floor and scream for help. Into the room walks your dad, the world’s foremost orthopaedic surgeon. He examines the injury. Your anxiety kicks in.

“Dad, I’ll never walk again!”
“Yes, you will.”
“No one can help me!’
“I can. Do you know what I do for a living?”

Actually, you don’t.

The next day he drives you to his office and shows you the diplomas on his wall. Then you’re off to a ringside seat to watch him operate and reconstruct someone’s ankle. You begin to see your father in a different light. If he can conduct orthopaedic surgery, he can likely treat a swollen ankle.

Here is what I think: our biggest fears are sprained ankles to God. And a lot of people live with unnecessary anxiety over temporary limps.