

MY FEAR OF
MOVING STAIRS IS
ESCALATING



The Maroochydore Herald

Maroochydore Uniting Church



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

We seek to be a prayerful and listening church

**Second Sunday in Lent
9th March 2025**

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>

New Date: because of Cyclone Albert

World Day of Prayer Lutheran Church –

-Wises Road 14th March: 10am-12

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

Sir, please understand, to buy an anti-depressant pill, you need a proper prescription...Simply showing your marriage certificate & wife's picture is not enough...



"Use what talents you possess;
the woods would be very silent if
no birds sang there except those
that sang best."

—Henry Van Dyke



How ignorant do I
have to be before I
start experiencing
bliss? Just
curious...



Mar 9 First Sunday in Lent
Deuteronomy 26:1–11
Psalm 91:1–2, 9–16
Romans 10:8b–13
Luke 4:1–13

Mar 16 Lent 2
Gen 15:1-12, 17-18
Ps 27
Phil 3:17 - 4:1
Lk 13:31-35 P or Lk 9:28-36 (37-43a)

Sunday Mar 9th -8:30 am Rev James Stevenson
Thursday 13th - Fellowship Morning Tea- Em Jays
Friday Mar 14th -10 am- 12 pm. World Day of Prayer
Sunday Mar 2nd -8:30 am Keith Turpin

Indoor bowls continues on Saturdays

Please join us for morning tea after the service

Birthdays this week: Gil Park (17th), Arby Holmes (17th)

Our congregation has made a donation this week to Sunnykids.

Please remember to pray for Gil and Winni as they have time in South Korea and South America.

During times of uncertainty, anxieties can run high leaving many people feeling unsettled. A wonderful mindfulness practice encourages people to look for 'glimmers' in their daily life to support greater well-being. Glimmers, coined by clinical social worker Deb Dana, are tiny, seemingly insignificant moments that evoke positive feelings, creating a sense of calm and relaxation. Some examples may include the stunning beauty of a gorgeous sunset or the delight in the fragrance of a rose. Glimmers, according to Dana, help our nervous system relax, which, over the long term could support greater emotional resilience.

*The eternal God is your refuge.
(Deuteronomy 33:27)*

The word refuge may be translated “mansion,” or “abode,” which gives the thought that *God is our home*. There’s a fullness and sweetness in the metaphor, for our *Christian* home is dear to our hearts, though it may be the poorest of rooms. Dearer by far is our blessed God, in whom we live and move and have our being.¹²³⁰ It’s at home that we *feel safe*. We shut the world out and dwell in quiet security. So when we’re with our God we “fear no evil.”¹²³¹ He’s our shelter and retreat, our abiding refuge.¹²³² At home we *rest* after the work of the day. And so our hearts find rest in God. When we’re wearied with life’s conflict, we turn to Him and our soul dwells at ease. At home, also, we *let our hearts loose*. We’re not afraid of being misunderstood or our words being misconstrued. So when we are with God we can commune freely with Him, laying open all our hidden desires, for if “The secret of the LORD is with those who fear Him,”¹²³³ the secrets of those who fear Him must equally be with their Lord. Home is also the place of our *truest and purest happiness*, and it’s in God that our hearts find their deepest delight. *It’s also for home that we work*. The thought of it gives strength to bear the daily burden, and quickens the fingers and mind to perform the task. In this sense, also, God is our home. Love for Him strengthens us to work for Him. Happy are those who have God for their refuge!