



CONTACT

Charlestown & Garden Suburb Uniting
Church Multi-Centre Congregation



23 April 2023

From Anne Threlfo

I have recently rediscovered poetry. There seems to be a dimension in poetry which is not usually present in prose, in the way poems capture something of the depth and quality of human experience. This is particularly true when expressing the feelings, desires and experiences for which words are often inadequate, like our relationship with God. For example, you may be particularly drawn to the poetry of a favourite hymn or Psalm which leads you to think "Wow, that's exactly how I feel, or exactly what I want to say to God". Sometimes, the resonance is enough to stir our emotions.

Lately, I came across this poem about ageing, which given we are engaging in exercises concerning the Spirituality of Age seems appropriate. There's plenty of challenges, adjustments and reframing as we get older, but as we rely more on God in these times, there is, as the poet Noel Davis so beautifully expresses, one part of us which "grows younger every day."

Ageing's Edge

The divine of us
grows younger every day.
Life is not for the faint hearted
it takes courage dear friend
ageing is a moving edge
weathering the seasons
toughening the peaks and troughs
wandering the plains and plateaux
enduring the constant skirmishes of mind
and life reviewings
the persistent will to resolve the still to be resolved
and heal the wounds
being patient and understanding with
body slowing
faltering, failing
and relishing the moments of relief.
And there's spirit
childlike, playful, irrepressible, bold
so alive and alert whatever our age
born to soar, glide, dive and soar
lifting to give thanks however we be
and firing us to live fully the gift of each day
grateful for the bounty and blessings
of sharing along the way.
It is the beauty of soul that never fades
becomes more radiant with age.

Noel Davis from "Together at the Edge, Trust Me"

Noel Davis was an Australian, poet, educator, friend, partner, spiritual guide, lover of nature, of dance and of play who died in March 2021 following a period of fragile health.

After a lifetime of writing, this is his final prayer, of letting go and surrender to the great Love which had been present to him throughout his life.

Noel's Prayer

*I surrender myself wholly in Love's Embrace
my lifelong tally of good
all the misguided and betrayals
the forgiving and forgiveness
the gentleness and resilience
and all the lessons of my life
the joys, 'the freshness deep down things',
the bruising, my beautiful, beloved soul.
I surrender myself wholly in Love's Embrace
let go into the flow of Love.*

DIARY

Thursday 20 April

10.00am Morning tea in the Community – Smelly Cheesecake Café at Charlestown Square

Sunday 23 April – Easter 3

9.00am Worship Service – Leader Mike Smith – Preachers Ken, Anne & Tony

Acts 2:14a, 36-41, Psalm 116:1-4, 12-19, 1 Peter 1:17-23, Luke 24:13-35

Monday 24 April

2.00pm Anzac Church Service at Garden Suburb Aged Care Facility

Led by Cardiff RSL and Pastor Grahame Pricter

Tuesday 25 April – Anzac Day

Thursday 27 April

10.00am Morning tea in the Community – Smelly Cheesecake Café at Charlestown Square

1.30-2.30pm Bible Study at Garden Suburb

Sunday 30 April – Easter 4 – FELLOWSHIP SUNDAY

Acts 2:42-47, Psalm 23, 1 Peter 2:19-25, John 10:1-10

9.45am Morning tea

10.30am Worship Service in Hall – “How Are You Called?”

11.45am Lunch in hall

Monday 1 May

10.00am Visitation at Garden Suburb Aged Care facility

Tuesday 2 May

10.00am Morning tea in the Community – Frankie & Co Café at Lake Macquarie

Thursday 4 May

10.00am Morning tea in the Community – Smelly Cheesecake Café at Charlestown Square

1.30-2.30pm Bible Study at Garden Suburb

Saturday 6 May

3.00-5.00pm “Thrive” Intergenerational Presbytery Worship at Adamstown Uniting Church

Sunday 7 May – Easter 5

9.00am Worship Service – Leader & Preacher Rev Tom Stuart

Acts 7:55-60, Psalm 31:1-5, 15-16, 1 Peter 2:2-10, John 14:1-14

Tuesday 9 May

10.00am Morning tea in the Community – Frankie & Co Café at Lake Macquarie

Wednesday 10 May

10.30am Biggest Morning Tea at Charlestown Church

Thursday 11 May

10.00am Morning tea in the Community – Smelly Cheesecake Café at Charlestown Square

11.00am Worship at Garden Suburb Aged Care facility

1.30-2.30pm Bible Study at Garden Suburb

Friday 12 May

6.00pm Ladies night at Kahibah



**Australia's
BIGGEST
MORNING
TEA**

Every cup counts in the fight against cancer

Wednesday 10th May
Charlestown Church
at 10:30 am.

Invite your friends and help
to fund raise for the Cancer
Council.

Donation at the door.

THE PRAYER PAGE

And so I urge you: carry on an ongoing conversation with God about the daily stuff of life, a little like Tevye in Fiddler on the Roof. For now, do not worry about 'proper' praying, just talk to God."
Richard J. Foster



Pastoral Prayer Points

- * Sue Walpole
- * Jacqueline Fenwick and family following Bob's death
- * Peter Ferguson – in rehab. Pray that he will become stronger and the infection will be cured.
- * Isabella – home from hospital
- * Janice Wright
- * Glenda O'Donahue
- * Linden
- * Eileen Dunn
- * Glenn, Donna and girls
- * Sue and Warren
- * Cat and Ezra
- * Enid Gaynor
- * John Booth and Gloria Booth
- * Tony and Nan
- * Mert and Pam
- * Judith and family
- * Ashley at Warrabrook
- * Lorraine home from hospital
- * Ken and Sharon MacDonald
- * Rhonda White and family (after death of Bert)
- * Enid Power
- * Fred Bryant
- * Max

Congregational Prayer Points

- Neos and Tom's role week by week
- Project Reconnect
- Worship Services
- Lease of Whitebridge property
- Cathy Beeton and SRE classes
- Worship Committee

Wider Community Prayer Points

- New state elected parliamentarians
- Victims of floods, earthquakes and fires
- Wilfreda's orphanage and dire circumstances in Kenya, affecting schooling and food affordability
- The situation in Ukraine and other trouble spots

Maintained by SFED and Enid Power



Children & Family Worker Update



Hi Everyone

Today as this Contact is being printed we are having our **Holiday Kids' Club**. 22 children have booked in & we have 4 junior helpers (children who have previously been to Kid's club but are now in High School) who are keen to be part of our day. Our theme is **Remembrance** bringing together thoughts of Easter & memories of ANZAC Day. We will be using 2 stories in our reflection time both with donkeys as the hero of the story, Dave the Donkey (Easter) & Only a Donkey, a story of a donkey who discovers the story of Simpson's donkey.

Thank you to my Holiday Kids Club Team these great days wouldn't happen without you all.

I would like to let you know that I will be taking some leave starting next Monday the 24th April & I will return to work the week starting the 29th May.

Thank you for your support

Cathy

Men's Breakfast Last Weekend

Our speaker - Gwenda Brownell - at the breakfast last weekend gave one of our most useful and interesting talks in a long time.

She spoke about the causes of depression - how to recognise depression - ways we can guard against it - how to recognise it in others and a bit about how to gain people's confidence to be able to confide their woes (if they want to).

see the video at <https://vimeo.com/817858082/e56813ab34>

See separate attachments - all the slides from the video - there are some useful lists - and a few cartoons to make you laugh and think - Pamphlet titled Hints for a Good Night Sleep - and the Black Dog K10 form which helps you work out if you are depressed.

Gwenda told us how men and women react differently to depression - and hence what to watch out for. Otherwise, the talk was fairly much the same whether addressed to men or women.

Please pass these on to anyone who may be interested.

Any questions - or if you want a copy on DVD please ask Paul Russell

Sunday 30 April

9.45am - Morning Tea

10.30am - Worship Service

Shared Soup lunch to follow



Hunter Presbytery of the Uniting Church

PRESBYTERY GATHERING 2023

THURSDAY 18 MAY

Morisset Uniting "Church in the Trees"
Corner Awaba and Kahibah Streets, Morisset

9.30 am - 2.00 pm

"LOOKING UP!"

Guest speaker

Flying Padre David Shrimpton



Featuring:

- Worship time with guest speaker David Shrimpton
- Collection point for knitted items for the needy
- Fashion parade from the Op Centre
- Time to browse and shop at the Op Centre
- Pickup from Morisset Station (Tel: Laraine 4973 1342)

Bring your own lunch. Tea and coffee provided

RSVP 11 May

Barbara duftybarb@gmail.com or 0439 002 392

FELLOWSHIP SUNDAY

"How Are You Called?"

Please bring a small plate of either sandwiches or slice/biscuits to share (as you are able).

Watch online at <https://vimeo.com/event/3306683>

040740183

Kim Langford: kimlangford@outlook.com.au
Rob Hanks: robhanks@bigpond.net.au

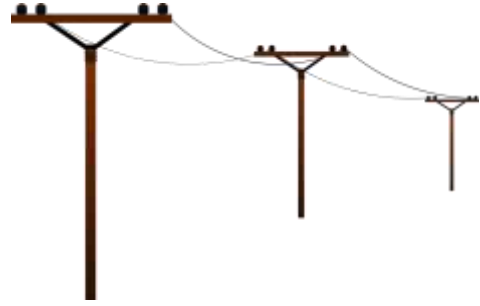
EVERYONE IS INVITED TO

THRIVE

an intergenerational worship celebration

3-5pm 6th MAY

Adamstown Uniting Church
228 Brunner Rd, Adamstown



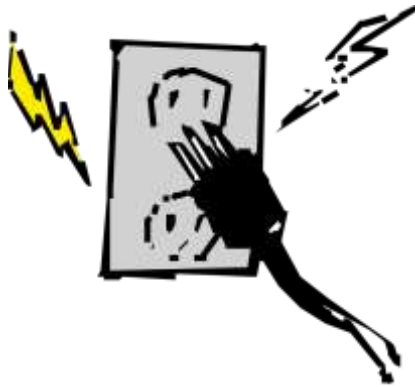
PLEASE NOTE:

A message from Ausgrid

There is a scheduled power interruption for Garden Suburb Church on

Saturday 6 May 2023 from 8.30am to 4.00pm.

This power interruption is to enable Ausgrid to carry out critical works to defects on the High Voltage network in the Garden Suburbs area.



Some of our Church Contacts:

Minister

Rev Tom Stuart
M: 0427 625 502
E: tom@thestuarts.id.au

Children & Families Resource Worker:

Mrs Cathy Beeton
M: 0409 445 933
E: Cath4858@gmail.com

Mrs Cathy Beeton is also our Safe Church Contact Person

Bank Account Details for the Charlestown Garden Suburb Multi-Centre Congregation:

Bank Account held with: Uniting Financial Services
Account Name: Charlestown Congregation General Account
BSB: 634 634 Account No.: 100030837

For Offering please put Ref: Offering

Keep up to date with happenings and info:

Webpage: <http://www.chagsuca.org.au>
Facebook: <http://www.facebook.com/CharlestownUnitingChurch>
Project Reconnect: <http://www.projectreconnect.com.au>
Worship Services: <https://tinyurl.com/CHaGS-YouTube-Link>

Administration:

P: 4943 4019
E: office@charlestown.unitingchurch.org.au
24 Milson Street, Charlestown NSW 2290
PO Box 449, Charlestown NSW 2290

SPIRITUAL EXERCISE - HOW ARE YOU CALLED?

In Isaiah 43 it is written: "I have called you by name, you are mine." Think about your name and what it has to teach you about your relationship with the Divine. In the Jewish tradition, one is given a Hebrew name at birth e.g. Aliza means 'joy'. However, many of us have had many names over the years, representing a number of external and internal influences. For instance, we might choose to use or leave our middle name, adopt our spouse's name, adopt a saint's name at confirmation, add or drop titles. Our name changes reflect our relationships with each other, our values and sometimes our spiritual understanding at that stage in life.

When many individuals do this exercise, they often encounter emotional linkages (pride or rejection) to saint namesakes, biblical and sacred text references, and more. Other names reflect a legacy in the practice of a particular trade, bespeaking the intimacy between generations, or a relationship to the natural world.

So, what does your name have to tell you? You can explore this by pondering the following questions:

Who gave you your name?

Does your original name tell you something about the influences/expectations placed upon you by others?

Were there role models you were meant to emulate?

What inspired the changes (or lack of changes) you made along the way?

Did you take on (or were given) a nickname?

What does the name you use today tell you about where you've come from, your growing relationship with the Divine, and your take on how you ought to live?

If the Divine were to call you by name now, what would that name be?