



# CONTACT



Charlestown & Garden Suburb Uniting  
Church Multi-Centre Congregation

**24 May 2026**

**A message for Pentecost from Father Richard Rohr.**

## The Holy Spirit - As Close as Our Breath

Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit" (John 20:21–22).

God has been trying through all of history to give away God. Jesus shows us that the gift is free and totally available, as available as our breath. It seems that God has a hard time giving away God, however, because most of us aren't interested. We're interested in other things: money and power and success and good looks and politics. It takes a long time to get around to the one thing we were created for.

If you've ever ridden on the subways in London, before the doors open and you get out of the train, they say, "Mind the gap." When the doors open, it's written in big words in front of every door: "Mind the gap." It means, of course, that there are a few inches between the doors and the sidewalk, and they don't want anyone to fall in that gap.

In teaching on the Holy Spirit, what we need to do is "mind the gap"—because the Holy Spirit *fills the gaps of everything*. First, we need to be aware that there usually is a gap. There's a space because we don't recognize that God is as available to us as our breath. We always allow God, by our own silliness and stupidity, to be distant, to be elsewhere. We always find a gap between ourselves and our neighbour, between ourselves and almost everything. We therefore feel quite lonely and isolated in this world. Without some awareness of the Holy Spirit's presence, frankly, we're not connected to anything or anybody. We just live an isolated life.

The Holy Spirit within us is the desire inside all of us that wants to keep connecting, relating, and communing. It isn't above us. It isn't beyond us—it is within us. It's as available as our breath, and that's why the Risen Christ gives the Holy Spirit by breathing upon the disciples. He's saying, in effect, "Here it is! Here it is! Can you breathe in what I have breathed out?"

As we grow on the journey, we'll begin to experience that breath, that Spirit, as if it is the very air. It's everywhere, all the time, and we can't live one minute without it. Isn't it amazing that air, the thing that's most essential, most invisible to most people is the one thing that's everywhere all the time and free? The Holy Spirit likewise has been given to us freely.

<https://cac.org/daily-meditations/as-close-as-our-breath-2023-05-28/>

# DIARY

## Thursday 21 May

- 10.00am **Biggest Morning Tea at Milson Street Hub** (see more details further in Contact)  
1.30-2.30pm Bible Study in Dudley Room

## Sunday 24 May – Pentecost

- 9.00am The Divine Worship  
Leader: Sue and Preacher:  
*Acts 2:1-21 or Numbers 11:24-30; Psalm 104:24-34, 35b; 1 Corinthians 12:3b-13 or Acts 2:1-21; John 20:19-23 or John 7:37-39*

## Tuesday 26 May

- 10.00am Morning tea in the Community at Lake Macquarie Square  
11am-1pm **My Aged Care Forum at Toronto Uniting Church** (see more details further in Contact)  
12.00pm **Ladies Fellowship at Wests Cardiff**

## Thursday 28 May

- 10.00am Morning tea in the Community – common seated area at Charlestown Square  
1.30-2.30pm Bible Study in Dudley Room

## Sunday 31 May – Trinity Sunday

- 9.00am The Divine Worship  
Leader: Kerrie Dixon and Preacher: Cathy Beeton  
*Genesis 1:1-2:4a; Psalm 8; 2 Corinthians 13:11-13; Matthew 28:16-20*

## **JUNE**

### Monday 1 June

- 10.00am Pastoral Care Visit to Garden Suburb Aged Care Facility

### Tuesday 2 June

- 10.00am Pastoral Care Visit to Garden Suburb Aged Care Facility  
10.00am Morning tea in the Community at Lake Macquarie Square

### Thursday 4 June

- 10.00am Morning tea in the Community – common seated area at Charlestown Square  
1.30-2.30pm Bible Study in Dudley Room

## Sunday 7 June – Pentecost 2

- 9.00am The Divine Worship  
Leader and Preacher: Rev'd Tom  
*Genesis 12:1-9, Hosea 5:15-6:6; Psalm 33:1-12, Psalm 50:7-15; Romans 4:13-25; Matthew 9:9-13, 18-26*



# THE PRAYER PAGE



## Prayer is the Voice of Faith

### Pastoral Prayer Points

- \* Prayers for Grahame Beeton and family
- \* Those who are mourning loved ones
- \* Elaine Ross and Family
- \* Family of June Locker
- \* Mert has moved to Narla Village – continue to pray for Mert and Pam
- \* Robyn and Geoff Greaves (the latter being much improved)
- \* Jacqueline Fenwick in rehab at HVPH
- \* Rene Kelly
- \* Nelda Marshall
- \* Glen and Marion
- \* Valmai
- \* Janice and Don Wright
- \* Kelly
- \* Tony Sellen
- \* Vicki
- \* Pam and Ken
- \* Lyn Benson
- \* Jean
- \* Isabella
- \* Eileen Dunn
- \* Max
- \* Don Humphries

### Congregational Prayer Points

- the role of Piteeri, our new Communications Coordinator for the Milson St. Hub.
- Major upgrades to the Project Reconnect website
- Worship Services
- Cathy Beeton and SRE classes
- Worship Committee

### Wider Community Prayer Points

- H.C.A. Loneliness and Isolation Symposium in May – Milson St. Hub Ministry
- Cessnock-Bellbird and Cessnock LGA Regional Mission Hub
- Margaret Jurd College and Darren Twist the Principal
- Orphanage in Kenya and Wilfreda
- Neos ministry
- Those affected by climate change in Australia eg floods, droughts and fires
- Prayer for those in conflict zones in the world



## SPIRITUAL PRACTICE OF THE WEEK

**Simplicity:** Simplicity cultivates the great art of letting go. Simplicity aims at loosening inordinate attachment to owning and having. Simplicity brings freedom and with it generosity.

**Practice:** Practice giving no excuses, no apologies, no spontaneous yeses.

- When you are tempted to say yes, stop yourself and say, "Let me think about this for a moment. I'll call you back in ten minutes." Even ten minutes can afford you the time to consider whether you really want to say yes.
- When you are tempted to apologize for something like a messy house, don't. An apology can give the impression that your house is always neat and clean. Perhaps people need to see that you do live with a certain amount of clutter and that it's OK.
- When you want to make an excuse for something like being late or eating on the run, let the excuse go. Accept yourself and the reality of your life.
- No excuses, no apologies and no spontaneous yeses can actually be a step in discerning what you truly need to apologize for.

*These resources come from Calhoun, Adele Ahlberg. Spiritual Disciplines Handbook: Practices That Transform Us (Transforming Resources). InterVarsity Press*

## Children & Family Worker Update



**Next Wednesday**, I will be leading the SRE Assembly at Charlestown East School. The assembly lesson will focus on Zaccheus and Mary and Martha, highlighting the different ways people respond to Jesus and how he cares for everyone. Several enthusiastic Year 5 and 6 students will help present the stories through drama, and the children will also take part in Bible readings, songs, and games.

Although I only lead two assemblies each term, the response from the children is so encouraging that these assemblies have become the highlight of my week. If you have a moment on Wednesday, I would really appreciate your prayers that the assembly goes smoothly.

Blessings, Cathy



# MENS' BREAKFAST

**SAT. 20TH JUNE 8AM**

Charlestown Uniting Church  
24 Milson St.

**\$12 RSVP by 17/6**  
Paul  
pmraus74@gmail.com  
0411 236 047  
Please advise of special dietary requirements

**REST ASSURED – PREPARING FOR THE INEVITABLE**

Guest Speaker: **Ruth Boydell**, an end-of-life doula who had a life-changing 'near miss' that prompted her to explore death & dying. Ruth will share about support for nearing end of life & practical planning

- Wills
- Power of Attorney
- Guardianship
- Advance Care Directives
- Supporting families emotionally, practically, & ritually
- Hosting a local Death Café with the Threshold Choir

## Life & Witness Consultation Questionnaires

Please collect a questionnaire **from the foyer at Charlestown as soon as possible.**

Please read it, complete the questions and return it by **Sunday 7 June.**

*The consultation team from Presbytery will attend worship on 21 June and meet with the congregation over morning tea.*





## My Aged Care Forum

Empowering individuals to make informed decisions about their ageing journey.

Join us to gain the knowledge and confidence to navigate aged care—exploring supports, government funding, and how to access and apply for the services you need.

**Date:** Tuesday, 26 May 2026

**Time:** 11am – 1pm

**Venue:** Toronto Uniting church, 118 Boulevarde , Toronto NSW 2283

Expert inputs

Light Refreshments

Practical next steps

Q & As

Places are limited.

Please register by scanning the QR Code  
or leave a message with

Jan McGeachie on 0428 591 723

General enquiries: [ccoates@uniting.org](mailto:ccoates@uniting.org)



UNITING CHURCH IN AUSTRALIA  
Toronto Uniting Church

# Uniting

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GATHER IN COMMUNITY  
TO PLAY WITH THE STUFF  
OF LIFE IN A SACRED  
CONTAINER OF  
MOVEMENT, STORY, SONG  
AND STILLNESS

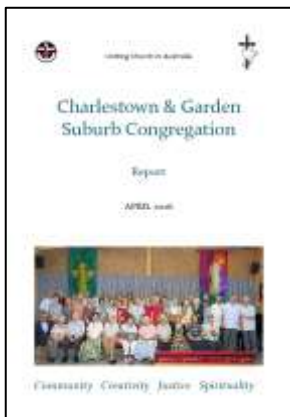
# EMBODY



HOSTED BY  
GREER HUDSON

- 📍 Adamstown Uniting Church hall
- 📅 First Sunday of every month
- 🕒 5:30pm-7pm

Reach out to  
[@adamstownunitingchurch](https://www.instagram.com/adamstownunitingchurch) or  
[info@adamstownuca.org.au](mailto:info@adamstownuca.org.au)  
for more information.



Would you like  
a printed copy  
of the report to  
the  
congregation?  
Please collect a  
spare copy

**Save The Date**

**18<sup>th</sup> July, 10.30 am - 2.30pm**

TORONTO UC 18<sup>TH</sup> JULY, 10.30AM-2.30 PM

**PRESBYTERY  
WALKING  
TOGETHER EVENT**

LED BY MIKENZIE LING.

## Some of our Church Contacts:

### **Minister**

Rev Tom Stuart

M: 0427 625 502

E: [tom@thestuarts.id.au](mailto:tom@thestuarts.id.au)

### **Children & Families Resource Worker:**

Mrs Cathy Beeton

M: 0409 445 933

E: [Cath4858@gmail.com](mailto:Cath4858@gmail.com)

Mrs Cathy Beeton is also our Safe Church Contact Person

### **Communications Coordinator:**

Piteeri Michail

M: 0493 094 231

E: [Piteeri.m@outlook.com](mailto:Piteeri.m@outlook.com)

### **Administration:**

P: 4943 4019

E: [office@charlestown.unitingchurch.org.au](mailto:office@charlestown.unitingchurch.org.au)

24 Milson St, Charlestown NSW 2290

PO Box 449, Charlestown NSW 2290

### **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>

