



CONTACT

Charlestown & Garden Suburb Uniting
Church Multi-Centre Congregation



23 June 2024

From Anne Threlfo

Love is hard work. No one knew the truth of this more than Jesus.

In Mark 10 we hear about Jesus and the disciples on the road to Jerusalem. As Jesus contemplates what lies ahead of him, he turns to his companions and says, “We are going up to Jerusalem, and the Son of Man will be delivered over to the chief priests and the teachers of the law. They will condemn him to death and will hand him over to the Gentiles, who will mock him and spit on him, flog him and kill him.” Imagine knowing this, yet continuing to put one foot in front of the other! Jesus might have reasonably assumed that this statement would elicit love, compassion, sympathy, sadness or fear from those who were closest to him. Nope! There’s not even an indication that they heard what Jesus was saying. Instead, Jesus was called on to sort out a squabble between James and John about who was going to get the best seat in heaven. Talk about a failure to “read the room!”

Jesus says to the brothers, “You don’t know what you are asking. Can you drink the cup I drink?” The same question could be directed at us. Are we prepared to drink from this cup? Are we prepared to drink from the cup of love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control? I’m guessing that most of us can say “yes” to this invitation, but can probably attest to the fact that it isn’t always easy.

I recently recalled this passage I read a while ago in “The Great Spiritual Migration” by Brian McLaren:
You can’t learn to love people without being around actual people—including people who infuriate, exasperate, annoy, offend, frustrate, encroach upon, resist, reject, and hurt you, thus tempting you not to love them.

You can’t learn the patience that love requires without experiencing delay and disappointment.

You can’t learn the kindness that love requires without rendering yourself vulnerable to unkindness.

You can’t learn the generosity that love requires outside the presence of heartbreaking and unquenchable need.

You can’t learn the peacableness that love requires without being enmeshed in seemingly unresolvable conflict.

You can’t learn the humility that love requires without moments of acute humiliation.

You can’t learn the determination that love requires without opposition and frustration.

You can’t learn the endurance that love requires without experiencing unrelenting seduction to give up.

*The way of love, the, is the way of annoyance, frustration, disappointment, unkindness, need, conflict, humiliation, opposition, and exhaustion. **No one would choose it if love weren’t in the end, its own reward.** This difficult way, this way of love and suffering, this way of Christ is unavoidably the way of the cross.*

Which of these learnings resonates most deeply for you? What is God’s invitation to you as you continue to learn the way of love?

DIARY

Thursday 20 June

- 10.00am Morning tea in the Community – common seated area opposite Butcher at Charlestown Square
1.30-2.30pm Bible Study at Garden Suburb Church

Sunday 23 June – Pentecost 5

- 9.00am Worship Service. Leader: David Chegvidden and Preacher: Erica Henley
Deuteronomy 10: 16-19; Galatians 3: 26-29; Matthew 25: 31-46

Monday 24 June

- 1.30pm SFED

Tuesday 25 June

- 10.00am Morning tea in the Community at Lake Macquarie Square
12.00 Garden Suburb Ladies Fellowship

Thursday 27 June

- 10.00am Morning tea in the Community – common seated area opposite Butcher at Charlestown Square
1.30-2.30pm Bible Study at Garden Suburb Church

Sunday 30 June – Pentecost 6

- 9.00am Worship Service. Leader and Preacher: Rev'd Tom
2 Samuel 1:1, 17-27; Psalm 130; 2 Corinthians 8:7-15; Mark 5:21-43

Monday 1 July

- 1.30pm SFED
10.00am Garden Suburb Aged Care Pastoral Visit

7.00pm Girls Night Out at Garden Suburb – Christmas in July

Tuesday 2 July

- 10.00am Morning tea in the Community at Lake Macquarie Square

Thursday 4 July

- 10.00am Morning tea in the Community – common seated area opposite Butcher at Charlestown Square
1.30-2.30pm Bible Study at Garden Suburb Church

Sunday 7 July – Pentecost 7

- 9.00am Worship Service. Leader and Preacher: Rev'd Tom
Including Children's Corner with Cathy
2 Samuel 5:1-5, 9-10; Psalm 48; 2 Corinthians 12:2-10; Mark 6:1-13

Monday 8 July

- 1.30pm SFED

Tuesday 9 July

- 10.00am Morning tea in the Community at Lake Macquarie Square

Wednesday 10 July

9.30-3.00 Holiday Kids Club – Crazy Olympics

Thursday 11 July

- 10.00am Morning tea in the Community – common seated area opposite Butcher at Charlestown Square
10.30am Worship Service at Garden Suburb Aged Care
1.30-2.30pm Bible Study at Garden Suburb Church

THE PRAYER PAGE



As part of the Uniting Church 35 days of Prayer pray for Luga Brae Bronte Uniting Church and access the prayers available each day on line, by joining Uniting in Prayer 2024.

Pastoral Prayer Points

* those in our congregation whose loved ones have died in recent times

* Nelda Marshall

* Mike Warren

* Elaine Ross

* Vivianne

* Shirley Elkin

* Lorraine Pepper

* Vicki

* Lesley

* Judith Fuller battling cancer

* Pam and Ken

* Lyn Benson

* Graeme

* Jean

* Fred Bryant

* June Locker

* Ryan Walpole

* Kathryn Gray

* Jacqueline Fenwick in Rehab at Lingard Hospital for a couple of weeks

* Isabella

* Janice Wright

* Eileen Dunn

* Mert

* Judith and family

* Enid Power

* Max

* Tom and Kathy

* Don Humphries

Congregational Prayer Points

- Give thanks for the sale of Whitebridge property
- pray for guidance and discernment missional use of buildings into the future
- Project Reconnect
- Worship Services
- Cathy Beeton and SRE classes
- Worship Committee

Wider Community Prayer Points

- pray for orphanage as they deal with the aftermath of floods
- Tom and Neos
- HCA and ongoing issues of homelessness, affordable housing and climate change
- Praise for the attendance and results obtained from the Founding Assembly of HCA
- Those affected by climate change in Australia eg floods, droughts and fires
- Pray that a cease fire agreement will be negotiated between Israel and Hamas and that there will be relief from all the suffering
The situation in Ukraine and other trouble spots





The Hunter Presbytery Prayer Diary



This diary provides an opportunity to pray each week for congregations in the Presbytery. By praying together, we can encourage one another in mission, as we grow in faith and unity and develop understanding and relationships across the region. Each week there will be information and a prayer for each of the congregations in the Hunter Presbytery. This week we pray for:

16 June 2024 – Maitland - Morpeth Uniting Church

Morpeth Uniting Church is now a part of the new Maitland Uniting Churches Regional Mission. We meet at Morpeth each Sunday at 9.00am for Service followed by morning tea and Fellowship. We conduct Playmates weekly for mothers, grandmothers and preschool children and weekly exercise classes. Each fortnight FOCASS meets for outreach with visiting speakers and events.

Prayer: We pray for Morpeth Church, her leaders, and her people as we move to become the new Maitland Regional Mission. We pray for the people being contacted through our outreach groups that they might find us a place of welcome to all. Amen



Welcome

Announcements in Sunday Worship

Does your group have a meeting or activity you would like announced?

Is there something in the broader Uniting Church or community worth announcing?

If you would like an announcement slide included in our Sunday notices, please contact Anne Threlfo: annethrelfo@gmail.com or 0439 754 376.



Congregational Meeting

There will be a Congregation Meeting on

Sunday 14 July

following worship at Charlestown.

Agenda items will include the 2024/25 Budget, an update on Neos, and an update on property matters.

Please contact David Chegwidden if you would like to add any other agenda items.

Spiritual Disciplines and Desires

Worship
Open Myself to God
Relinquish False Self
Share My Life with Others
Hear God's Word
Incarnate Love of Christ
Pray



Rev Dr John Squires and Rev Elizabeth Raine are again hosting an online Bible Study. The series is an exploration of the Gospel of Mark. The same topic is offered twice each week, so participate in the session that is most convenient for you. The times are:

Thursdays at 10am OR **Thursdays at 7pm**

DATE	THEME AND LINK	READINGS
13 June	Parables	Mark 4
20 June	Stilling the storm	Mark 4
27 June	Two Miracles	Mark 5
4 July	Sending the Disciples	Mark 6
11 July	John and Herod	Mark 6

The sessions are hosted by Tuggeranong Uniting Church, and sponsored by "With Love to the World".

To join the online sessions, go to the homepage of Tuggeranong Uniting Church: <https://tuc.org.au/> and click on the link at the bottom left of the screen that says "Connect to Bible Studies on ZOOM"

Girls NIGHT Out!

Monday 1 July

7pm for tea/coffee and chat, 7.30pm start

“Christmas in July”

With guest speaker Kathy Stuart

At Garden Suburb Uniting Church
158 Marshall St, Garden Suburb

Please book with Sue Pepper 0425 375 528 or Cathy Beeton
0409 445 933

Children & Family Worker Update



Uniting Church Charlestown
26 Milson St. Charlestown

Holiday Kids Fun Club

Come along for
Our Crazy Olympics



Wednesday 10th July 2024

(Children in Years K - 6)

9.30am - 3pm

Cost \$10/Child (maximum family payment \$20)

(includes lunch & craft)

Registrations & payment essential by 8/7/2024

Charlestown Uniting Church
26 Milson St. Charlestown

All enquires please phone:
0409 445 933 - Cathy
or
4944 7826 - Laraine

Practices That Transform Us

Open Myself to God

The “opening” disciplines specifically address how to make space in a crowded life to notice the movements of the Spirit of God. They can take us into deep places of knowing how we are accepted, received and lovingly known by God.

1. **Contemplation** - Take a contemplative walk with Jesus. Express your intention to be alone with God.
 - Enjoy moving your body. Smell the air. Take in the sights. Appreciate God’s good handiwork within and without.
 - Love God for his gifts and goodness to you.
2. **Examen** - Find a quiet moment to reflect on your day or week. Open your palms and ask the Holy Spirit to show you the moment for which you are least grateful. What made that moment difficult?
 - Be with your feelings; don’t try to change them or make them acceptable. Offer them up to God. Talk to him about them.
 - Where was God in this moment? You may want to thank God that he is always ready to be with you and talk to you.
3. **Journaling** - Keep a prayer journal: record requests, prayers, answered prayers.
4. **Practicing Presence** - When a song comes to mind during the day, pay attention to it. Could this song be a word of God to you? If it is, tell God what it means to you to have him come near you in this way. Or when a person comes to mind, take it as an opportunity to pray for them. Tell God for the goodness you desire for that person.
5. **Rest** - Write down what a perfect day of rest and recreation would look like to you.
 - Is it within the realm of possibility? Plan when you can take this day or a version of it. Schedule it on your calendar.
6. **Retreat** – Plan a day outside or in some other quiet setting where you can spend time with the Lord. Take only your Bible with you.
 - When your day is over, bring some small memento (a rock, a twig, a photograph) of your time with God. Let your retreat object remind you of your time with God.
7. **Self-Care** - Sit quietly in a comfortable position. Breathe slowly and notice any tightness in your body. What is your body saying to you right now? Listen to it. Don’t scold it.
 - How would Jesus want you to care for yourself right now?
8. **Simplicity** - 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.
9. **Slowing** - People who are rushed often feel anxious about their lives. So when you wake up, before your head leaves the pillow, offer God three central concerns of the day. Ask him to care for these things as you go about your daily tasks.
 - When your worries creep in, return to the moment when you handed God your concerns.
10. **Teachability** - Become aware of your compulsions to let others know what you think. Notice when you’re composing what you will say next rather than listening to the one who is speaking.
 - When do you feel the urge to pontificate or otherwise hold forth?
 - Ask God to give you a teachable heart and a will to listen.
 - What do you learn about yourself ? about others? about what God values?

11. **Unplugging** -Which relationships in your life need face time? • Plan face-to-face time with several people this week. Do not let this time be interrupted by anything electronic.

“If you can’t take time to do nothing, you’re a slave to doing. Doing nothing is a radical, revolutionary act. It frees you from the universal slavery of our age: slavery to the clock. The clock measures doing but not being.” —Peter Kreeft

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



The President is the spiritual leader and the representative of the Uniting Church nationally. The service will be livestreamed. **Live stream access details are coming soon.** Join others from around the country in celebrating God’s call to Charissa, assuring her of the prayer and support of the Church.

AUCKLAND 2024

WORLD
CHOIR GAMES

NEWCASTLE CHAMBER CHOIR



Kia Ora Tour Concert

JUNE 28TH

HAROLD LOBB HALL

TICKET \$40

7.30 PM

CNR AUCKLAND AND LAMAN STREETS

CONCESSION \$30



TICKETS AVAILABLE AT
WWW.TICKETERO.COM.AU/NCCWCG2024

MORE INFORMATION AT NEWCASTLECHAMBERCHOIR.COM



Some of our Church Contacts:

Minister

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

Administration:

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

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>