



Werribee Uniting Church

We acknowledge the people of the Kulin alliance, the original custodians of the land which was never ceded and on which our buildings for worship stand and we gather.

18 August 2024: Pentecost 13

The Season of Creation is coming

TO HOPE AND ACT WITH CREATION



Werribee Uniting Church celebrates the Season of Creation on Sundays August 25 and September 15.

Participating churches-world wide will reflect on the theme for this year 2024: “To hope and act with Creation” with focus on Micah 7:1–7.

The Prophet Micah comes from a village named Moresheth. He goes to the kings of Judah who

rule the Southern Kingdom - Jotham, Ahaz and Hezekiah — 740–687 BCE. with messages of the judgment of God on the disobedient leaders and people.

Micah specifies the sins of Israel, Judah and Samaria as the worship of idols and temple prostitution. And he calls out injustice: “You have even stolen clothes off the backs of unsuspecting soldiers returning from battle and you take over the lovely homes of the women of my nation...”

He predicts God’s fatal wounding of Judah and the fall of Jerusalem.

And yet Micah offers encouragement in the words “But as for me, I will look to the Lord; I will wait for the God of my salvation.”

In this twenty-first century CE, the words of Micah remind leaders and people of the nations that the disasters of climate change—forest fires, glacial melting, typhoons—can be understood as the consequence of world-wide carbon dioxide pollution unchecked since the start of the industrial revolution.

Antonio Guterres, Secretary General of United Nations (pictured) speaks prophetically as he calls on world leaders and people to heed the warnings of the scientists on the Inter-government Panel for Climate Change (IPCC)—carbon dioxide and methane emissions from fossil fuels are on track to heat the planet beyond the irreversible three degrees Celsius.

What is to be done?

Concerned citizens, including the people of the world’s great religions are called on to act locally and globally to conserve the forests and oceans as carbon sinks; preserve natural habitat for wild life and bring about sustainable energy generation.

People of good will in every nation can contribute to earth’s conservation by studying and understanding the science and by demanding of governments and industry that they must act for the future of the planet. (NT)

TODAY AND NEXT WEEK

Worship services

18 August: Rev. Ian Pearse

25 August: Justice Task Group

Bible readings

Today: I Kings 2:10–12, 3:3–14; Psalm 111; Ephesians 5:15–20; John 6:51–58

Next week: 1 Kings 8:22–30, 41–43; Psalm 84; Ephesians 6:10–20; John 6:56–69

What’s on this week

Monday: 9.30am Playgroup

Tuesday: 11am Bible Discussion & Lunch

Thursday: 9.30am Gardening Group; 5pm Health & Fitness; 5pm Choral Practice (chapel)

Saturday 24th: 7am Health & Fitness

Sunday 25th: 4pm Messy Church

Rosters 18 August (& 25 August)

Greetings: Armando A (Margaret G)

Audiovisual: Paul K (Jacob L)

Morning Tea: Elaine B & Julie R (Margaret F & Tupu L)

Flowers: Elaine B (Mary D)

Music: Wendy B (Tracey S)

Prayers: Neil T (Armando A)

Reader: Elaine B (Emily M)

Werribee UC on Facebook:

<https://www.facebook.com/groups/621987747878234/>

Church office

Open Monday to Friday 9.30am–12noon. Phone 97411084 Email

office@werribeeunitingchurch.org.au

WUC Newsletter (Editor: Robert Renton)

Send information for inclusion to the Editor at robert.renton@bigpond.com or 0427 812 606.

Bank Account & Boom Gate (0459#)

BSB 083-909 A/c 516109795

To book facilities at WUC:

Email: (Elizabeth B)

bookings@werribeeunitingchurch.org.au

Samoan service The Samoan language service is held every 3rd Sunday at 4pm in the church. All welcome.

To contact the Rev. Ian Pearse

The Rev. Ian Pearse offers pastoral care to anyone in our congregation. Please ring mobile: 0411 771 853 or send an email to: enps@iinet.net.au.

Shoeboxes



UCAF fundraising this year has concentrated on Backpacks so we will not be promoting Samaritans Purse shoeboxes as we have done in previous years.

However, I know that at least three of us will be packing shoeboxes to send off personally. If there is anyone else who is planning to pack shoeboxes this year I would be happy to collect shoeboxes for you when I get mine. If you would like me to get some shoeboxes for you please contact me by Sunday 18th August. This year boxes are \$1 each and the packing and postage cost when sending your box is \$12.50. (Bev L)

With Love to the World

There are spare and free copies of *With Love to the World*, a daily devotional book which follows the UCA lectionary for anyone who would like to try and perhaps receive on a regular quarterly basis. Please see Lyn O'M for a copy.

Multifaith Week of Climate Action

From the 14th to the 24th of September people of all faiths around Australia will publicly call for a clear plan to get us out of this climate crisis and move boldly and rapidly away from coal and gas and towards a sustainable future. There will be media events on Tuesday September 17 at major iconic places of worship, including a worship service at St Paul's Melbourne from 10am. Many churches are unfurling banners for this week—including Werribee Uniting Church.

There will also be a **Climate Champions Workshop and Afternoon Tea** on Saturday, 31 August, 2–4pm, at Brunswick Uniting Church (212 Sydney Road, Brunswick). The Port Phillip West Presbytery Climate Action Group warmly invites you to this workshop with afternoon tea. There will be many things to share, including planning for the week-long International Campaign of Faith Groups in September.

Please RSVP to Richard Arnold at email richarn50@gmail.com or mobile 0407 796 429 ASAP so they can cater and plan accordingly! They look forward to spending time with people from around the Presbytery developing meaningful actions in solidarity with many peoples of faith across the world.

OSLO Occasional Sunday Lunches Out.

We have had our spies out and they have checked out the newly opened Club Tarneit. They serve senior meals at \$18 main course, so we are booked there for Sunday 25th August. We hope to see you all there 622 Leakes Road Tarneit. Contact Elaine or Lorna before Thursday 21st for bookings. Everyone welcome.

Journals and mental health

Expressive writing through journaling can be a powerful way to process stress, trauma, and different emotions. Whether you're living with a mental health condition, adjusting to a major life change, or managing everyday stress, self-care techniques can help. One particular tool that you may want to consider is journaling. People use journaling in different ways and for various reasons. For some people, it can be a way to record specific aspects of everyday life. For others, it's a more spontaneous exercise and a way to process experiences through creative writing.

It's common for children and teens to keep journals, but the habit can fall by the wayside as people get older. No matter your age, journaling is a powerful, evidence-based strategy that you may find helpful for managing mental health conditions and stress.

Journaling is an example of an expressive coping method, which is a technique that helps a person process negative thoughts, feelings, or experiences by releasing them. By putting these things on the page, they can have less power over you. One of the best things about journaling is that it's accessible. You don't need to run out and buy a special journal to get started — although if you find it motivational, you can. All you need is some paper, a pen, and a little time.

If you're not sure how to get started, consider using one of the following prompts: What are you grateful for today? What challenges are you dealing with in your life right now? What are your goals for the next week? What was the best and worst day of your life? What would you do tomorrow if you had no obligations or restraints?

Or start your own faith journal. Tell God how you are feeling. Tell God the things you are grateful for. Scrapbook meaningful prayers from church newsletters, write out your favourite Christian song words, include poems, photocopy and paste in thoughts from Christian books, tear out Crosslight articles, add meaningful bible readings and include your personal photos.

This sage advice comes from "Mental Health Matters" in The Westerly (No. 61, August 2024), the newsletter of the Presbytery of Port Phillip West and the Presbytery of Western Victoria. It was written by Emma Dibden.