

Welcome to the Surf Coast Uniting Church newsletter.

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*We acknowledge that we meet to worship on the land of the Wadawurrung people and pay our respects to their elders past and present, and emerging. Find out more at [www.wadawurrung.org.au](http://www.wadawurrung.org.au).*

Our Worship is online this week because of COVID lockdown restrictions. Log in to the Surfcoast Uniting web site and click on Worship Services. Or use this [link](http://www.surfcoast.unitingchurch.org.au). ([www.surfcoast.unitingchurch.org.au](http://www.surfcoast.unitingchurch.org.au))

Also cancelled is the SURFcoast ARTS Trail and the Christmas Lunch & Café church at Torquay.

## A CALL TO PRAYER Week 8 by Maxine Flakemore: Meditating on the word. Psalm 119

My quest to learn more about prayer only leads me to wonder even more about the mysteries of God. In Psalm 119 the word **meditation** (*A filling of the mind with scripture*) is repeated 7 times. Psalm 119: 15 states: ***I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes. I will not forget your word.***

Two words are repeated several times, **precepts and statutes**. Both have the same meaning: ***Rules to regulate behaviour or thought, as in the 10 commandments.***

The other words mentioned to meditate on are

***God's wondrous works (creation)***  
***the law: God's rules for our wellbeing***  
***and the promise: God loves us and is with us.***

In Proverbs 2: 1-6 the bible states why we are to meditate: *My son (child), If you receive my words and treasure up my commandments with you, making your ear attentive to wisdom and inclining your heart to understanding, if you seek it like silver and search for it as for hidden treasures; then you will understand the fear (awe) of the Lord and find the knowledge of God. For the Lord gives wisdom; from His mouth come knowledge and understanding.*

**Meditation** is mentioned a lot today: It means: ***heightened awareness and focussed attention in order to feel a sense of calm, inner harmony and peace.*** The dictionary lists 9 different types of meditation. A multitude of advice on how to meditate, coming from many parts of the world, can be found on you tube and the internet, with a focus on ***emptying the mind***. Confusion can result and divert us from God's real intention for us as His people.

**The Biblical meaning of meditation is quite specific.** It is taken from the Hebrew word hagah, "To mutter or speak quietly" repeating the Word over and over whilst learning the scriptures (Torah). **Psalm 1 states: to meditate on scripture day and night:** To ruminate and digest scripture until it becomes part of who we are. ***To fill our mind.***

Some biblical examples are: **Genesis 24:63, Joshua 1:8, Psalm 1:2, Psalm 19:14, Philippians 4:8.** We can use a lot of energy seeking to feel better through meditating as the world does but we have been given a choice of a better, a simpler and lasting way. **Isaiah 9:6**

**Jesus' promise to us in John 14:27: "My peace I leave with you; My peace I give to you, not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."**

And through His resurrection, we have also received a comforter, The Holy Spirit who will guide us into all the truth. Jesus' advice to His disciples is in **Mathew 6: 6. Meditating in prayer: Sit quietly alone and relaxed with your Bible open, allow time to seek Jesus. Ask for His protection and guidance. Read a small portion or word of scripture. The Holy Spirit will reveal the meaning. Rest in His presence.**

Reflecting on Psalm 23 is a wonderful way to start.

Prayer point for this week: **Keep Praying!**

## FOR YOUR DIARY...

**Happy Birthday** to all these people over recent weeks: Cheryl M, Sam N, Russell P and Rod L.

*Have you enjoyed the series on prayer brought to us by Maxine? We certainly have and have created a small booklet of each weekly contribution which is available for your private prayer times.*

Email or text the newsletter editors on:

[newslettersurfcoastuc@gmail.com](mailto:newslettersurfcoastuc@gmail.com) or 0419 340056 and ask for your copy to be delivered..

UNITING still needs your donations of food for our local people who may be doing it tough this wet winter. Small packages of coffee, tea, long life milk, cereal, pasta, soups etc are all very much appreciated. Place in the basket in your church foyer or deliver to Harpers in Torquay.

For knitters - any new donations are also collected and distributed to keep people warm.



Dig out your UNITING WINTER APPEAL envelope to add some warmth to those in need this winter of 2021. Or donate online at <https://www.unitingvictas.org.au/winter-appeal>

## FILM AFTERNOON

**@ 2 pm Sunday 1 August** Queenscliff Uniting Church are screening a film *"The Merger"*.

This is a fundraising event presented by Queenscliff Rural Australians for Refugees. Please join us and raise money to support refugees in our community.

**Doors open 1.30pm. Film begins 2pm. Ticket \$10 for the film & snacks**

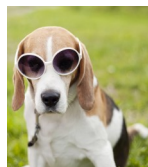
Book online here: <https://www.trybooking.com/BSVVL> OR Call Jan Hodge on 03 5258 2854



**YES, we are still collecting stamps & bread ties.**

<sup>14</sup> After the people saw the sign Jesus performed, they began to say, "Surely this is the Prophet who is to come into the world." <sup>15</sup> Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself. JOHN 6

**OUR NEXT COMBINED SERVICE:** Sunday 29th August @ Bellbrae— A Celebration of Ministry: Time, Talents, Creation & Treasure



**Aireys Inlet congregation is planning to have a "FAMILY PET FAIR" church grounds on Sat 16th October— 10:00am-1:00pm.**

This will be Aireys' major community outreach for the year. Planned activities include 'Pet Blessing', face painting, pet grooming, pets as therapy, native birds in your garden, pet rock painting, and novelty pet competitions. We hope to run a raffle, a pet related OP Shop stall, a coffee Van and a BBQ lunch.

**To help & volunteer please contact Mary B (0427701275)**

Donations also needed: For three raffle prizes— a basket of goodies, a children's' basket, and a Pet related basket. And for the POP UP OP-SHOP—Second hand pet articles and children's' books sheets, towels, etc, suitable for use by the Wildlife Rescue people.

To donate please call Edie ( 5289 7415 or Suzie ( 0421023197)



**The Marriage Course : to help couples strengthen their relationship**

**WHERE:** Torquay Christian Fellowship. 2 Pimelea Way Torquay. On Monday evenings 26<sup>th</sup> July - 6<sup>th</sup> September

**TIME:** 6pm for 6:30 dinner to 8.30pm

**COST:** \$150 per couple

**Please talk to Rev Suzie about attending & the cost.**



Surfcoast Shire is holding an Information evening for anyone interested in being a Family Day Care worker. There are over 80 families waiting for care in our shire. WED 28th July at 7pm.

Email [familydaycare@surfcoast.vic.gov.au](mailto:familydaycare@surfcoast.vic.gov.au) for information.

**Weekly offerings can be made via direct debit or credited to the congregation account :**

BSB: 083-929 and Account Number 93-009-8403

Account Name: **Surfcoast Uniting Church**

Please identify your congregation in the notes area:

Aireys Inlet:3231AI, Bellbrae:3228BB or Torquay:3228TQ

**Airey's Inlet** St Aidan's Church, 29 Great Ocean Road, Airey's Inlet.  
[aireysinletunitingchurch@gmail.com](mailto:aireysinletunitingchurch@gmail.com)

**Bellbrae:** Bellbrae Uniting Church. School & Anglesea Roads, Bellbrae

**Torquay:** Torquay Uniting Church, 27 Anderson Street, Torquay

**BELLBRAE BRIC-A-BRAC OP SHOP & BOOK ROOM :**Uniting Church Hall, Bellbrae. Ph: 5261 5139

**NEWSLETTER CONTRIBUTIONS and all queries to: [newslettersurfcoastuc@gmail.com](mailto:newslettersurfcoastuc@gmail.com) DEADLINE: Thursday at 4pm**