

Surfcoast Uniting Churches Newsletter

For assistance, please contact :

(Torquay) Jane Skelton:0400 190 580

(Bellbrae) Maxine Flakemore:0422 632 809

(Aireys Inlet) Keith & Mary Bremner:0427 701 276

Rev Bob Thomas : 0479 169 931



Sunday 5th March 2023

We acknowledge that we meet and worship on the land of the Wadawurrung people and pay our respects to their elders past and present.

Find out more at www.wadawurrung.org.au.

Breathing in Lent:

A *breath prayer* is a short simple sentence that can be said in the rhythm of an inhale and exhale breath, and prayed throughout the day. This contemplative prayer practice can be particularly helpful in times of busyness or stress. Sometimes the needs before us are so great, or confusing, that we can't find the words to pray. It is good to always remember that, as Romans 8:26 says, *"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."*

In practice, it's simple: you can find a quiet spot, or use a breath prayer wherever you are. Pray one line as you slowly breathe in, and then one line as you slowly breathe out – and repeat.

Your prayer could focus on who God is, a scripture, or 'receiving and releasing' – whatever words come to you, use the breath prayer to contemplate, rest and pray with your whole being.

Here are some examples of breath prayers – try one of these to get started, and then have a go at crafting your own:

(Inhale) **Be still and know**

(Exhale) ***That I am God*** (Psalm 46:10)

- **Jesus** *I belong to you*
- **I receive your peace** *And release my fear*
- **The Lord is my Shepherd** *I lack nothing* (Psalm 23:1)
- **The Lord reigns** *Let the earth be glad* (Psalm 97:1)



This resource comes from the Easter studies at the Tear Fund website. (www.tearfund.org.au)

P.S. Remember the World Day of Prayer on Friday 3rd at Torquay Church at 1pm.

Please Note that on Extreme and Catastrophic Fire Risk days the church services on the Surf Coast may be cancelled, and the Op Shop closed.

NB: Newsletter deadline 4pm Thursday. Email: newslettersurfcoastuc@gmail.com. ALL news welcome

Sunday March 5th: Lent 2

Aireys Inlet @ 9:30am Rev Bob Thomas
Bellbrae @ 11am Rev Bob Thomas
Holy Communion @ AI and BB
Torquay@ 9.30am Rev Bob Thomas AV

Sunday March 12th : Lent 3

Aireys Inlet @ 9:30am Worship Team
Bellbrae @ 11am Michele Hardy
Torquay@ 9.30am Rev Bob Thomas
Holy Communion



NOTE: All video sermons are available on the Surfcoast website: www.surfcoast.unitingchurch.org.au

Events this MONTH and beyond

Thursday morning Coffee: at Bomboras in Torquay from 10.30am

It's not too late to join...an ecumenical Lenten Bible Study being held at St Aidan's Church, Aireys Inlet. Every Thursday at 10:30 am. Anglican priest Rev Sharon Valentino will lead the first two studies. Rev Bob Thomas will lead the remaining studies. We will use the Anglican Board of Mission study booklet, *"The Imaginary Doorway"* by Stephen Daughtry. All welcome. For more information contact, celebrant.noni@gmail.com



Friday 3rd March at 1pm: *World Day of Prayer* service at Torquay Uniting Church. Taiwan (not Korea as incorrectly noted last week!) is the feature country for 2023. Afternoon Tea will follow. Please bring a small plate to share. Did you know that Taiwan has around 4% of its population who profess Christianity, its an even split between protestant and catholic.

AGM @ Torquay Congregation will be held after the service on Sunday 26th March. There are vacancies on our Council, and voting papers and further information will be available this week. Jane Skelton, Robert Packett, Heather Dennis and Marg Hirth are concluding their terms and may be available for re-election. There are 2 additional vacancies on Council for you to consider.

Update on Single Use Plastics in Victoria:

From 1st February, the following items cannot be sold OR given away for free in Victoria.

- Single use plastic drinking straws
- Single use plastic drink stirrers
- Single use plastic cutlery
- Single use plastic plates
- Single use plastic cotton buds
- Food ware or cups made from expanded polystyrene.

This ban applies to us as a not-for profit organisation, in all our church properties and at the Opshop, Bookroom and Oak Tree Place. The only exemptions are for medical or law enforcement purposes.

Visit www.vic.gov.au/single-use-plastics for more detailed information.

Please check the cupboards and audit your practices to comply. Thank you

Local news:

- * **Happy Birthday** to Bob Hale and Pat Belton this week.
- * **Get Well Soon** wishes to Maxine, who tumbled off her bike, ouch!
- * Remember we are still collecting for UNITING—any long lasting food-stuffs, toiletries and small packets of treats are all being accepted.
- * There are vacancies on the Opshop Roster and also at Oak Tree Place—chat to your friends in the other groups you are part of and see if they would like to join our OPSHOP team or use the OTP facilities. Ring Tricia on 0419 340056 for a starting conversation.



Join in the delight at **Sacred Edge Festival** at Queenscliff from 5th to 7th May. Early bird tickets for the whole weekend : \$169. Volunteers welcome, book tickets soon as we always sell out! <https://unitingqueenscliff.org.au/sacrededge-festival/>

PANCAKE DAY UPDATE:
Thank you to the wonderful support of our Aireys community, along with a generous donation from the Anglesea and District branch of the Bendigo Bank to cover the cost of our ingredients. We have banked \$460 in support of the good work of Barwon Uniting. Thank you again to those who helped on the day.

Thanks to all who are honoring their financial pledges and those who give what they are able, so we may continue to worship and serve our communities. Gifts are valued in electronic or paper format.

Surfcoast Uniting Church.

NAB : BSB: 083-929 & Acc No: 93-009-8403. ADD notes:
Aireys AI3231; Bellbrae BB3228; Torquay TQ 3228

OUR CHURCHES
ON THE SURF-
COAST

Airey's Inlet St Aidan's Church, 29 Great Ocean Rd, Airey's Inlet.
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, School Road. Bellbrae
Open Fridays and Saturdays 10am to 4pm.