

Sunday July 2nd

Aireys Inlet 9:30 Rev Bob Thomas
Holy Communion
Bellbrae 11:00 Rev Peter Greenwood
Torquay 9:30 Rev Peter Greenwood

Thursday 6th July

Torquay takes the service
2.15pm at Elouera Aged Care.
All welcome to come & sing along.

Sunday July 9th

Aireys Inlet 9.30am Worship Team
Torquay 9.30am & Bellbrae 11am
Holy Communion with Rev Bob Thomas

What's Happening where we live?

BOOK SALE

At Uniting Barwon, Grovedale
Fri 7th & Sat 8th JULY
Everything \$1!



Coffee is back at **Bomboras**
on the Torquay Esplanade,
Join us at 10.30 & say Hi!

Happy Birthday to special 'O' birthdays
this week in Torquay—Joan
Duval and Jane Skelton.
Have we missed your special
day? Do let us know...



SURFCOAST ARTS TRAIL 2023.

Saturday 5th & Sunday 6th AUGUST At Bellbrae and Torquay church locations

Trading Table, cakes, craft and soups will also be available for sale. Both Torquay and Bellbrae locations would love some additional volunteers for Devonshire Tea, Trading Table, Set up and general welcoming.

Come along to the ARTS TRAIL TASTER SHOW at The Hoop Gallery 10am to 4pm, Thursday to Sunday from 6th to 30th July. One of our own, Annette Packett, will have work at the gallery as well as the ARTS TRAIL.

To volunteer at Bellbrae contact: Helen Gaylard on 0438 639 609

And for Torquay: Tricia on 0419 340056 for Trading Table, Craft and Teas, and Robyn for ART exhibition 0407 829926.



Next Regional Meeting for our Uniting area churches is at 10am at Bellbrae Church on Wednesday 19th July. See you there!

Plan ahead to OCTOBER, for Positive Ageing Month as part of the Victorian Seniors Festival '23. More details re many local activities TBC.

Bellbrae Opshop and Bookroom is open throughout the chilly winter weekends.

Friday & Saturday 10am to 4pm.
Extra volunteers welcome

Shoppers always welcome.

Grab a book, a CD & chill!

Safe Church Training: at Oak Tree Place
at 3pm on Thursday 3rd August

You can do it yourselves on line by going to
<https://safechurch.ucavictas.org.au/safe-church-training/>
OR you can attend an in person session. Please download the workbook at [http:// safechurch.ucavictas.org.au/wp-content/uploads/2022/20/](http://safechurch.ucavictas.org.au/wp-content/uploads/2022/20/)

This is a requirement for all church volunteers. It may be fun, AND it will be useful.

Community Dates and Events:

- Friday 7th July is World Chocolate Day
- Sunday 9th July is the Aireys Inlet Community Market
- Friday 14th July is Bastille Day
- Sunday 16th July is Intercultural Neighbouring Sunday
- Thursday 20th July the Women's FIFA competition starts, Aussies host
- Friday 28th July is National Tree Day



Time to Sprout

In winter it's sometimes harder to get enthused about keeping up healthy greens in our diet. It's also the perfect time to grow some sprouts on your windowsill.

Start with any food grade beans (we use Mung). Rinse a tablespoon in warm water and leave overnight. Rinse again and leave to grow to your desired height. Rinse twice a day to ensure healthy sprouts. When you are ready to harvest, rinse in a colander, leave to dry a little and keep in the veggie drawer of the fridge in an airtight container or bag. Add to sandwiches, soups and stews.

More details on line at Gardening Australia:
www.youtube.com/watch?v=gwYLBQQC_og



They pack a punch like no other, delivering concentrated doses of vitamins, minerals, and beneficial enzymes that will nourish your body from the inside out.

Email this newsletter with other tips to help us enjoy our surfcoast winter.



*Thank you to all
the cooks, drivers,
servers and bottle
washers who
made our Winter
Solstice Lunch
such a pleasant
day on Friday.*

Airey's Inlet St Aidan's Church, 29 Great Ocean Rd, Airey's Sunday Service at 9.30am
Bellbrae: Uniting Church. School & Anglesea Roads, Bellbrae Sunday Service at 11.00am
Torquay: Torquay Uniting Church, 27 Anderson Street, Torquay Sunday Service at 9.30am

BELLBRAE BRIC-A-BRAC OP SHOP & BOOK ROOM : Uniting Church Hall, School Road. Bellbrae
Open Fridays and Saturdays 10am to 4pm.

Your Offering for our churches,
programs and outreach is very
welcome. Direct Deposit or Cash
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