Seek Growth   Find Life   Know love

As Christians we consider ourselves spiritual. However many spiritual people limit themselves to the lessons given to them in their ‘religious’ setting. Lessons from God are all around us...in Nature, in the people we encounter and in our experiences teaching us exactly what we need to be learning.

The good news is that the greatest teacher you could ever want is always with you -- that is your life. The people and situations we encounter every day have much to teach us when we are open to receiving their wisdom. Some people teach us by showing us what we don’t want to do. All the situations in our lives, from the insignificant to the major, conspire to teach us exactly what we need to be learning at any given time.

Patience, compassion, perseverance, honesty, letting go. We can help ourselves to remember this perfect teacher each day with a few simple words. Each morning we might find a moment to say, “I acknowledge and honour the teacher that is my life. May I be wise enough to recognise the teachers and lessons that I encounter today, and may I be open to receiving their wisdom.”

A difficult phase in your relationship with your child may be teaching you to let go. The homeless person may be showing you the boundaries of your compassion and generosity. A spate of lost items may be asking you to be more present to physical reality. Trust your intuition on the nature of the lesson at hand, work at your own pace, and ask as many questions as you want. Your life has all the answers.

Sunday Church Services
Every Sunday
Traditional at 10am
Contemporary at 6.30pm
LIVE STREAMED onto Facebook

We are Looking for Volunteers
Do you think you could spare some time at church to help us with any of these jobs:
Serving Morning Tea or Supper
Setting up the LIVE Stream
Clearing up the Sanctuary after Service
Producing a monthly Order of Service
Producing a monthly PPT

Please chat with Lee if interested.
Let’s work together as a Team

Lunch at the Petersham RSL
Petersham RSL has opened its NEW doors to the public so we will reintroduce Lunch at the RSL every 3rd Sunday at 12pm. Membership is only $5pa and you get discounts on all drinks and meals.

Editor’s Corner Daily OM

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LIFEWORDS

Disclaimer: MCCS does not endorse all opinions and beliefs of Hope Lifewords. Any material selected has been chosen for its positive and encouraging content.

THE UNIVERSAL ‘BUT’

2 Kings 5:1

Now Naaman was commander of the army of the king of Aram. He was a great man in the sight of his Leader and highly regarded .... He was a valiant soldier, but he had leprosy. (NIV)

Everyone of us has a “but” in our lives. The respected academic struggles with an alcohol addiction. The cheerful newly wed wonders if their memories of abuse in their childhood will sabotage her marriage. The wealthy retiree tours the world at will and in luxury, all the time haunted by their child’s repeated suicide attempts. The much sought-after counsellor goes home from the office each day to a sterile and frozen marriage.

In our text today Namaan had a “but”. He was a great man, a brave man. He had status and wealth. He also had leprosy. Which in those days was an incurable and apparently contagious disease. He is not what he wants to be.

We need to recognise the “buts” in our own lives. The things that cause us to limp and not run. The things that flood our memories causing us sleepless nights. The things that have a clammy hold on us that we just can’t shake off.

Admittedly, there are some things in life which go on affecting us. And yet there may be opportunities to have the “but” removed. We do live with limitations in this life, which doesn’t mean we don’t seek help.

And one other thing: be aware that everyone else you encounter this or any day has a “but” in their lives. Greater awareness may yet lead to greater love.

Blessings, David Reay

A Blessing For You

May the God of Faithfulness be with you, holding you, believing in you, bringing you to wholeness. May this God be with you in all that enters your life, in the dark and the light times, in desert and green times. May you be blessed with a sense of knowing God's presence and love in every person you meet. May the blessing of Faithfulness be on you.

Maxine Shonk OP

I Believe God Wants You To Know

that home really is where the heart is. And if your heart is centred on God, you are 'safe at home' everywhere. In this day and time of continuing change, many people find themselves moving a great deal, and constantly having to try to make yet one more place "like home." Yet home is a quality you bring to a place, not a quality that a place brings to you. Let yourself feel at home anywhere and people everywhere will welcome you always. And isn't a place where you are always welcome...'home'?

Love from your Friend, Neale Donald Walsch

Verse of the Day

And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma. (NKJV) Ephesians 5:2

Live Theatre At MCC Sydney

‘SLEEPLESSNESS’

4-13 August

Part mystery, part documentary, part forensic investigation, Kaz Therese’s Sleeplessness is a classic Australian story. Focussed on 3 generations of Sydney women, to throw light on the intergenerational impact of institutionalisation and migration.

Tickets go on sale June 27

carriageworks.com.au
02 8571 9099
A Meditation For You from Daily OM

*We can learn to live like the ocean, ever-changing and moving with natural grace.*

Like us, the sea is ever-changing. And, like us, the earth’s vast oceans appear at a distance to be stable and homogenous. But beneath the mask of solidity that both we and the sea wear, there lies unpredictability, sensitivity, and power. The rough sounds of the sea’s waves are spiritually soothing, and its salt can purify our physical selves. Wherever we are, we can access that mental image of the ocean and use it as the starting point from which we can help to heal our emotions by meditating on the sea. To begin, sit quietly and visualize the ocean in your mind’s eye. Allow all of your senses to participate in your mental journey. Feel the tiny grains of sand beneath your feet and the cool spray of mist; hear the sea’s rhythmic roar as the waves meet the beach and retreat; smell the tang of salt in the air. Watch the sun’s rays play over the ocean’s surface, creating shifting spots of teal, cerulean, cobalt, and green. Don’t be surprised if you see dolphins or whales frolicking in the waves - they are there to assist you. Spend a few minutes drinking in the ocean’s beauty and appreciating its vast splendour. Once you are fully engaged with the setting before you, visualize yourself sitting on the beach, facing the ocean, and watching the waves advance and retreat. As each new wave of seawater approaches, imagine it carrying healing energy toward you. The magnificent ocean in your thoughts is sending you light and love while the sun supports your healing efforts and Mother Earth grounds you in the moment so healing can occur. Perform this meditation daily or monthly in order to rid yourself of negativity and reestablish emotional equilibrium. Just as the ocean’s tides sweep the shores free of detritus, restoring balance, so can the waves in our mind’s eye cleanse our souls of what no longer serves us.

**Daily OM**

**SERVING YOUR COMMUNITY**

*Being of service to our community is part of being a good citizen of the planet earth.*

To live harmoniously, we need to be supportive and helpful to all people, creatures, and plant life that share this earth with us. While “being of service” is part of being a good citizen of the world, it also feels good to help others. When we do something for others in service, without the expectation of anything in return, we are turning our actions into offerings.

There are many ways to be of service to our community. There are the obvious and much needed volunteer opportunities, such as serving dinner at a shelter, mentoring our youth, or cleaning up a beach. Then, there is the kind of service that we may not even think of as being acts of service. Learning a new language (perhaps sign language) so that you can talk to more people is a way to reach out to others. Inviting someone who isn’t motivated enough to exercise on their own to join you on your daily walk is a way to give of yourself. Sharing flowers or vegetables from your garden, organising a poetry reading, offering to babysit for a busy parent, or donating pet food to an animal shelter all are simple ways to offer your services to your community.

This can be a wonderful way to start your day. Smiling at a stranger who looks down in the dumps will impact someone’s day or even their life. Giving of yourself is the best gift that you can give.
"Thrive" Bible Study of CRAVE Church

At THRIVE we are currently studying The "SHAPE". Thrive is the Tuesday night Bible Study of Crave Church by Rev Karl Hand, which starts at 7.30pm via Zoom Online Meeting. The Zoom Room opens at 7.15pm. Please join & say hi to Rev Karl & group members before it start. For more details/ to join please contact 0425-220-635 or pastor@cravemcc.com

MCC Good Shepherd Western Sydney Spiritual Retreat

Sunday 25th of September 9.30am to 4pm.
Winbourne, 1315 Mulgoa Rd, Mulgoa.
Cost $25 and $15 concession.
To book contact:
Church Mobile Telephone no : 0431 361 519
Pastor Stuart's Phone: 0406 004 300
Church Email address : mccgoodshepherd3@gmail.com

2022 NATIONAL GIVE OUT DAY

Following the success of the last three years, Australia’s only national giving day to LGBTIQ+ communities will be back on Thursday 20th of October info@giveout.org.au. From 3CR’s Trans Day of Audibility programming, to Pride Cup’s continued growth in regional and rural areas, to Wombat Housing Support Services’ establishment of a Youth LGBTQIA+ Homelessness Feedback and Advisory Group (and far too many others to list here!). Stay tuned. Volunteers needed.

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Vita Caradonna Lay Delegate

Reflections Items to the Editor
newsletter@mccsydney.org

NEW EDITOR NEEDED...IS IT YOU?
This Editor needs a break after 12 yrs

Questions, adding/changing your details, join FB closed group, advertising Events
office@mccsydney.org

MCC Good Shepherd, Granville
Tuesday @ 7pm
Rev Stuart Sutherland 0431361519
mccgoodshepherd3@gmail.com

CRAVE MCC, Sydney City
Sunday @ 4pm
Rev Karl Hand 0425220635
redchiron@gmail.com

Disability access is via Crystal St
Parent’s Room is open
Hearing Loop is connected.
Morning Tea & Supper will be served in the Community Room