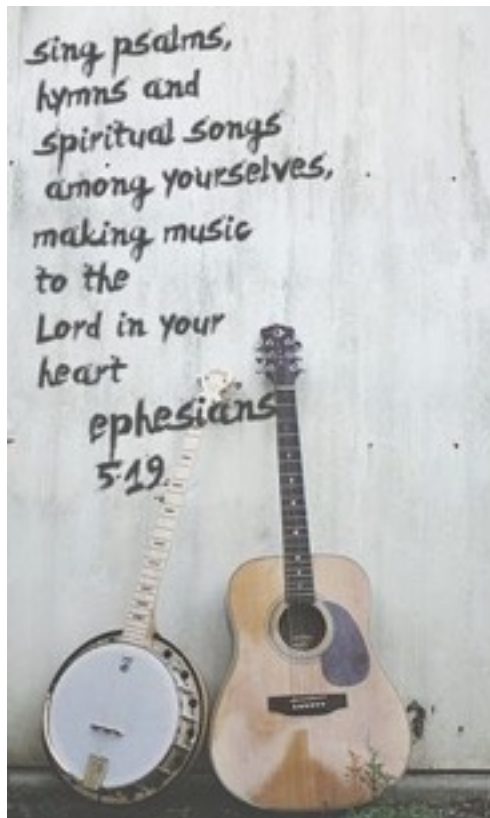


**Welcome to worship  
at Dayboro Uniting Church and  
Mt Mee Community Church**

Sunday 8 February 2015

08:30am	Dayboro	Grace Lye
4:00pm	Mt Mee	Holy Communion Rev Jeanette Jamieson



## **Jilly leaving Mainly Music**

Mainly Music is one of those weekday activities which go on unremarked by most church members. In addition to its great value to young children and their parents, it's an important link between those families and the church.

Jilly Warschau has led Mainly Music with energy and aplomb, at some cost to her own professional life and at the same time as looking after her own lovely family. So she is giving up the reins with our gratitude for years of enormous hard work, and our prayers for her, Karl, Sam and Ollie's slightly more restful happy future!

## **Emily to take on Mainly Music leadership**

The Lord taketh away, and the Lord giveth. Blessed be the name of the Lord! Emily, an old Mainly Music hand herself, has very kindly volunteered to take on leadership. If there was one person who could fill the otherwise unpluggable gap left by Jilly, it was Emily, so the church is greatly blessed. Thankyou Emily and Jason!

## **Next week at Dayboro Uniting Church:**

Thursday 1pm	Card Sharps with Mik Henzell
Friday 10am	Conversation Club
Sunday 08:30	Dr Paul Inglis          Communion

Here's Paul's foreshadowing of his sermon:

Reading: Mark 1:9-15                      Season: Lent 1.

### ***A Lent not for self-denial but for self-affirming***

My brother Robert has been an inspirational photographer and bird watcher. He is a self-taught ornithologist who has recently been recognised internationally for his rare and beautiful photos of shore birds and waders.

If you have ever gone on a walk with a bird watcher, perhaps you will know what I am alluding to when I say *Lent can be a time of self- discovery and self-affirmation as well as a time to claim our connection with the whole of creation, rather than a time of self-denial and going without.*  
Sometimes perception takes practice.

Readings                      Margaret Breeze  
Intercessions                TBA

Next week at Mt Mee  
4pm Holy Communion      Fr Geoffrey Agu

Minister:            Pastor Richard Lance  
Mobile                0447 447 945  
(dayborounitingchurch@fastmail.fm)

Welfare Managers and Conversation Club:  
Ann Turner and Kay Murchie      3425 2864

Treasurer: Jenny Brown      3425 1363  
Council Secretary: Chris Clarke 3289 4708

Chair of Church Council: TBA

Sunday Space:            Leanne Marr 0438 212 736

Casa Segura Cards Group:  
Allan and Joan Kilby                      3425 1122

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Please refer all cases of illness, hospitalisation or need to our Welfare Managers or Minister.  
Please direct requests for weddings, baptisms or funerals to our Minister.

## **Richard's (plagiarised) Ramblings**

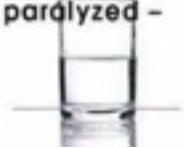
**A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"**

**Answers called out ranged from 8 oz. to 20 oz.**

**She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."**

**She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed - incapable of doing anything."**

**Remember to put the glass down.**



This popped up on my Facebook feed, and Jesus' words in Matthew 11 came straight to mind:  
"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."