



# ALKING POINT

KNOWING JESUS CHRIST AND MAKING HIM KNOWN

SUNDAY 21st June 2020

Volume 26 Issue 21

Dear brothers and sisters in Christ,

I was listening to the radio today when I heard an interview with a young man who runs programs with school children and their parents and teachers to build resilience and happiness and improve mental health in children. This is very important work as there are worrying high levels of anxiety and other mental health issues among Australian children (and adults). Interestingly, one of the things that the children are taught is gratitude. The children are taught to start each day by identifying a number of things that they are grateful for, and to write these things down in a journal. They do this because being grateful has been shown to improve mood and well-being.

This is something that I identify with as I find that if I'm feeling a bit down or negative, that it is good for me refocus on what I have, rather than what I do not have. And one way to do this is by naming and thanking God for all the good things in my life. These things can be people, or things in nature, or experiences, or food, or music, or pets, or possessions, or anything that I love or enjoy. This act of gratitude/praise then lifts my mood and moves me into a much better frame of mind.

It shows the truth contained in the old Sankey hymn that I often find myself humming as it has a catchy tune and words that I find helpful. It is called 'Count your blessings.' I would imagine that many of you know it well. This hymn encourages us, especially in times of discouragement, loss and grief, to focus on what we have been given by God. In this time of isolation, many of us are missing people, social events, holidays, and much more, and it is easy to be discouraged. But, the truth is that most of us have much to be grateful for, not the least being the low levels of COVID 19 transmission in our community. So maybe, rather than complaining about the current restrictions, we would be better praising. So, in the words of the hymn, 'Count your blessings, name them one by one; And it will surprise you what the Lord has done.'

Blessings, Sandra

Contact details for Rev. Sandra Houghton are:  
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**Flu injections:** All those visiting Nursing Homes and Hostels are now required to have had the flu immunisation this year. Before visiting you will have to prove this by presenting a certificate or letter from your doctor. So, when you have the flu injection be sure to request a certificate of immunisation.



Traralgon District Uniting Church

Incorporating: Traralgon, Glengarry & Rosedale.



## Traralgon, Glengarry, and Rosedale Uniting churches Worship at Home

ORDER OF SERVICE FOR SUNDAY 21st June 2020 Pentecost 6A  
43 RD ANNIVERSARY OF UNITING CHURCH IN AUSTRALIA

**SONGS:** [The steadfast love of the Lord](#)  
[You know my name](#) – Tasha Cobb Leonard and Jimi Cravity

### PRAYER OF ADORATION

From Cape York to Port Arthur, may God be praised.  
From Norfolk Island to Port Hedland, may God be praised.  
From coastal beaches to the red centre, may God be praised.  
By people of every race and tongue, may God be praised.  
By all in heaven and on earth, may God be praised.

One God, Father, Son, and Holy Spirit, creating, redeeming and sustaining your world and your church;  
to you be all honour and worship, glory and power, now and for ever. Amen.

**SONG:** [Ancient of days](#) – City Alight

### PRAYER OF INVOCATION

Come, Holy Spirit, fire of God, come, and burn the chaff of our lives that we may bear the fruit of love;  
come, increase in us your gifts for the good of your church, and make us one body  
for the glory of Jesus our liberating Lord. Amen.

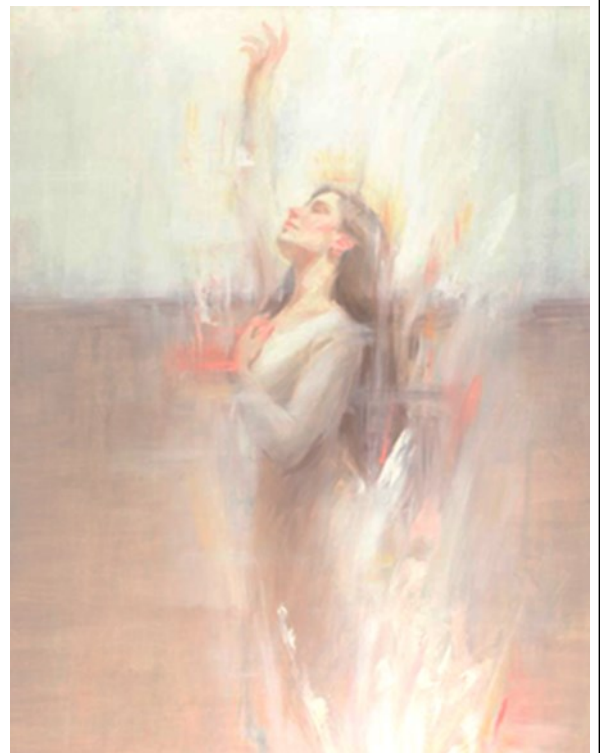
### PSALM: Psalm 86 (*paraphrased*)

Listen a while, Lord, things are less than ordinary right now.  
Keep me afloat so that I can continue to worship you;  
save me so that I can serve you and trust in you.  
Care for me with the care and generosity that only you can give,  
even though I cry out all day long.

Cheer up the very core of my being, because that's where my worship first stirs.  
I ask, not just because all of the above apply, but because you love like no other,  
faithfully and inexhaustibly. Just listen a while, O Lord.  
When I'm in it up to my neck I call out,  
because I know you will answer me.  
Lord God, you are a "one off" –  
and your works and wonders are extreme.  
Eventually, everyone will come to that conclusion,  
and they will praise you, for you alone are God.

Teach me how it is with you, Lord, so that I can live that way,  
faithfully, and in awe of your name.  
Thank you, Lord God, from the bottom of my heart;  
in your faithful and inexhaustible love you have saved me,  
and given life in my darkest moment: I will praise you for ever.

Right now, O God, there are ruthless forces wanting me  
out of the way.  
But you, Lord, have been caring and compassionate  
from the very beginning you've had a slow fuse,  
and been faithful with an inexhaustible love.  
Turn and pour out your tenderness on me,  
give me your strength to serve you, as you did my mother.  
Let me see something of your love right now,  
something to dismay those who would do me in,  
that you, O Lord, would help and comfort even me.



**HYMN:** TIS 667; [How shall I sing to God](#)

**OLD TESTAMENT READING:** Genesis 21:8-21

**PRAYER OF CONFESSION**

Let us confess our sin before the God of mercy.

*Silence*

Despite your faithfulness, O God,  
despite the loving care you have showered upon us,  
despite countless gifts of grace, we have sinned.

We have heard your word, but done little in response.  
We have blinded ourselves to the needs of others,  
or helped while remaining in comfort.  
We have lifted our voices to praise your name,  
while speaking to the hurt of our brothers and sisters.

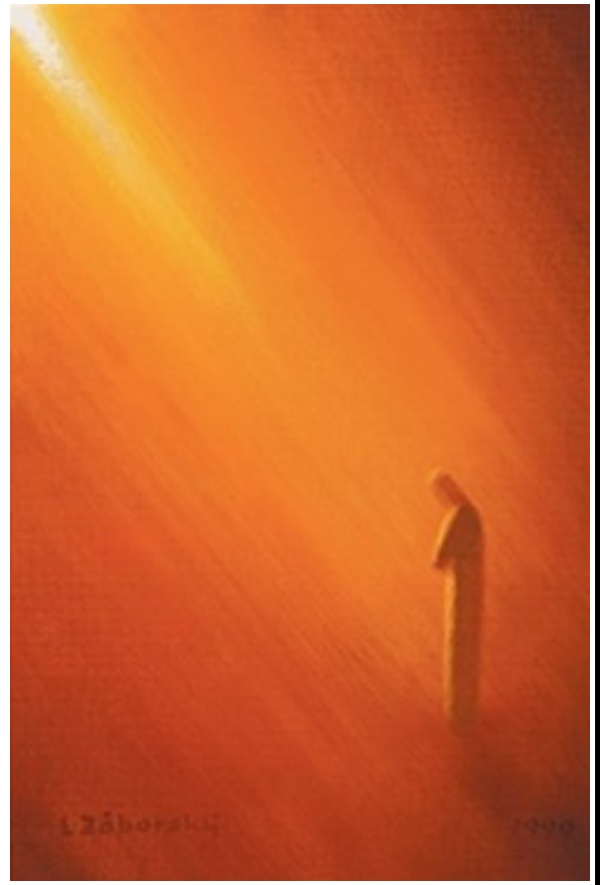
Forgive us for what we have not done,  
and for the wrong we have done.  
Help us always to remember that in you  
there is a new beginning, and a new day.  
Lead us forward, help us risk ourselves for your sake.  
*Silence.*

**ASSURANCE OF FORGIVENESS**

God says: I will make a new covenant of peace with you;  
my dwelling place shall be with you,  
and I will be your God.

Hear the word of grace: In Christ, we are forgiven.  
Amen.

Thanks be to God!



**The Royal Commission into Violence, Abuse, Neglect  
and Exploitation of People with Disability**

The Commonwealth Government has established this Royal Commission, the DRC or Disability Royal Commission. Synod is asking all parts of the Uniting Church to check their records for any incidents that should be reported to the DRC.

People with disability means people with any kind of impairment, whether existing at birth or acquired through illness, accident or the aging process. This can include physical or intellectual disability or dementia, for example.

The Royal Commission is seeking people with disability who have experienced violence, abuse, neglect or exploitation to contact them. If you have had such an experience, or if you know someone who has suffered, make sure your or their story is told to the DRC.

Our congregation (Glengarry, Rosedale, and Traralgon) is being asked to check back through our records for any relevant incidents, and to inform Synod of anything we find. I will be working on this, with help from others with a better knowledge of our archives.

Through these processes, the DRC hopes to make recommendations to Government about ways to better protect those with disabilities and prevent abuses; it also seeks to find ways to make our society more inclusive for those with disability.

The DRC can be contacted at: <https://disability.royalcommission.gov.au/share-your-story>.  
Also Rev Dr Andy Calder, who chairs Synod's DRC Task Group can be contacted on 03 9340 8844, or at [andy.calder@victas.uca.org.au](mailto:andy.calder@victas.uca.org.au).

Prepared by Ian Leversha 15June 2020.

**HYMN:** TIS 674; [Inspired by love and anger](#)

**GOSPEL READING:** Matthew 10: 24-39

Read the [SERMON](#) now

**HYMN:** TIS 690; [Beauty for brokenness](#)

### **OFFERTORY PRAYER**

Holy God, as you strengthened Jesus to walk the way of the cross, strengthen us to be Jesus' faithful followers, with his selfless love shaping all our actions. May these gifts and our lives, which we offer in response to your love and mercy, be used to proclaim our faith in Christ crucified and risen. Amen

### **PRAYERS FOR OTHERS AND OURSELVES**

*The following prayer comes from the President of the Uniting Church Dr Deidre Palmer and Pastor Mark Kickett*

Creator God, our hearts are heavy for all the events that have impacted the world in the past few weeks that have caused us to ask the question, "Where is the God of Justice, Mercy, Peace and Love?"

We know deep in our heart that you are still all of those things (and more), and that scripture reminds us that you journey with us wherever we go and no matter what condition, or state of mind, or circumstances that we may find ourselves in, your presence is there walking alongside us and often times holding us up. (Ps 139:7f)

Creator God, we reach out in prayer for the lives of all people, in particular for the lives affected by injustice and the ugliness of racism, for we know and believe that you are the God who transforms lives and circumstances, and that through all of this the world may know and feel your healing and loving touch.

We give you thanks for the ministry of the Uniting Aboriginal and Islander Christian Congress (UAICC). We pray for UAICC leaders, that you will continue to sustain them with hope, give them strength and wisdom, as they minister to their communities and especially as they mentor younger leaders, and raise up the sacred stories of First People in this land.

We pray for all members of the Uniting Church, our congregations, councils, agencies and schools, that we may embody the Gospel of Christ in ways of compassion, justice, love and hope. May your Holy Spirit be a loving presence throughout our world, bringing comfort to all those who grieve, and breathe new life and hope into situations of uncertainty and despair.

May your Holy Spirit renew us in heart and vision, that we might walk together as First and Second Peoples in mutuality, respect and delight in our shared life and destiny together.

*Add your own prayers and concerns...*

Through Christ, our liberator we pray. Amen.

**SONG:** [You won't let go](#) – Michael W Smith

### **BENEDICTION**

May the steadfast love of God surround you;  
The vulnerable love of Jesus Christ inspire you;  
The penetrating power of the Holy Spirit surprise you.

**DOXOLOGY:** [The UK Blessing](#)

*Prayers of Invocation, Adoration and Confession*

*from Working Group on worship for the 25<sup>th</sup> Anniversary of the Uniting Church*

*Hymns copied under CCLI Licence no 206729*



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