



# Newsletter

Ocean Grove,  
Uniting Church in Australia  
Sunday May 3rd 2020

The Reverend Robert (Bob) Thomas  
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**Vestry hours Thursday 12noon—2.00pm**

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## FINANCIAL SUPPORT

Even though the church is closed for worship, there are still expenses that need to be paid.

You can make your contribution to the income of the church in a variety of ways

You may like to send a cheque to PO Box 393 Ocean Grove

Make a deposit in our bank account at the  
Commonwealth Bank:  
Account Name Ocean Grove Uniting Church Council  
BSB number 063 834  
Account number 1005 1143  
Notarisation: your surname and/or envelope number

This can be done either by direct debit or physically going into the bank and giving the teller the above details.

Set up a Direct Debit payment via Synod on a weekly, fortnightly or monthly basis. Please call Synod on 951 5200 for advice.

**Thank you to those people who have already supported the church in April. The above arrangements will stay in place until the Church is opened for Sunday worship. Your support is valued and greatly appreciated.**

## CHURCH CLOSED

This does not mean that you have to miss out on worship though.

The Reverend Bob Thomas is posting the complete service on the **website** which includes You Tube clips of the hymns, and there is a hard copy of the service that you can download if you would prefer to read the litany for worship. And do not forget that each week you can join in worship through **zoom**.

If you would like to use zoom but are not sure of what it is or how it works please contact **Geoff Naylor** via email **drgeoffnaylor@gmail.com** for **help**.

Key verse for this week

"I am the gate; whoever enters through me will be saved."  
John 10: 9

## FREE CLASSES TO HELP ALLEVIATE STRESS AND ANXIETY

The physical toll indicted by the COVID-19 pandemic is well documented but the mental effects are largely unknown.

However, as any mental health professional will tell you, times of anxiety, stress and loneliness impact significantly on people's mental well being.

The Reverend John Tansey, who works with Mental Health Ministries, recognises this and is now offering free mindfulness sessions for anyone who need help.

For more info

contact John at [tojtansy@gmail.com](mailto:tojtansy@gmail.com), call 0433 259 146  
or download a brochure:

<https://victas.uca.org.au/download/31/general/8486/mindfulness-flyer>

## **PRAYER CONTACT**

If you would like our prayer team to pray for you or others (with their permission, then please call Robin Munro on 4202 0323

Call Robin also if you would like to be part of the Prayer Chain.

At this time, prayer is an important part of our Christian life.

Do you know how Barry Calcutt is getting his exercise these days?

Unable to answer the question!  
He is working on the gardens around the new carpark.

Moving rocks, digging holes, running from garden shed to garden beds and in between times chatting to people (at a safe distance) who walk through our church grounds.

If you are also gardening and finding that you have plants or shrubs that you do not need then please ring Barry on 5250 3789 after 6.00pm and see if he can use them.

There is a lot of garden space to fill and Barry has a plan so is looking for specific colours of plants and types.

If you would like to make a monetary donation for Barry to use to buy new plants that is also an acceptable way for us all to contribute to the gardens.

By the time we are able to return to church the gardens will be looking splendid and then it is a certainty that Barry will need help with watering.

So watch this space for updates!

## NEW DIRECTORY COMING OUT SOON

Yes it is now another 2 years since the last directory was printed and so a new copy is in the pipeline.

If you have changed any contact details lately please email the new ones to the church office as soon as possible.

We will not be taking new photos for this edition so don't worry you will all look as good as you did two years ago!

And the people stayed home,  
And read books, and listened, and rested, and exercised, and made art,  
and played games, and learned new ways of being, and were still. And  
listened more deeply. Some mediated. Some prayed, some danced.  
Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in  
ignorance, dangerous, mindless, and heartless ways, the earth began to  
heal.

And when the danger passed, and the people joined together again, they  
grieved their losses, and made new choices, and dreamed new images,  
and created new ways to live, and heal the earth fully, as they had been  
healed.

Kitty O'Meara

## SHARING TIME

Seeing that we are not able to share any exciting news with each other during a Sunday morning , maybe you would like to send it to the church office by 8.30am on Friday mornings so that it can be published in the weekly newsletter. This means we will all stay in contact and beware of those important birthdays, anniversaries etc. as well as good news that has happened during the week.