



# Newsletter

Ocean Grove,  
Uniting Church in Australia  
Sunday June 14th 2020

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## BEWARE!

The Grumpy Old Men are resuming meetings!

10.30am on Tuesdays  
at the  
Groove, Wallington Road.

At the present, we are outdoors, so of course the weather,  
and attire are factors.  
You may attend, or steer clear, as appropriate.

## KEY REGISTER

Do you have any keys to any door or cupboard at  
the church?

If so would you kindly let Lesley Pope know so that  
an up to date key register can be compiled.  
Call Lesley on 5255 2201 and leave a message if  
Lesley is not available.

## The 20 second gift of washing your hands

Twenty seconds doesn't seem like a long time—until you try to follow the guidelines to wash your hands for that long to avoid coronavirus.

I'm trying to follow the CDC's advice for avoiding Covid-19, I count as I wash my hands. After 8 seconds, I feel finished....9,10,11,12,13,14,14....." I resent each additional second. Each one feels long and annoying. 20 seconds is an eternity! It's making me cranky.

That 20 seconds of hand washing, several times a day, is an excellent opportunity to stop and soak in resentment. It's a marvellous forced pause to wallow in grouchy, irritability and anxiety.

My husband walked in the door and said, "Hey, did you know 20 seconds is the Lord's Prayer? It's one Our Father." Suddenly, the whole thing blew open.

Now I see that each time I wash my hands, I'm offered a chance to slow down and be present with God. I'm offered a moment in which to stand still and breathe and come back into myself.

Head, heart, body, right here, with God. How many opportunities throughout my day do I now have to pause and be reoriented? Suddenly this task, this frustrating requirement, becomes a gift.

I turn on the tap and begin, "Our Father, who art in heaven..." I feel the strength in my fingers, the flexibility, the sensitivity to touch and sensation. My hands do so mush and I take them for granted.. Thank you hands. Thank you God, for my hands. "Thy will be done, on earth as it is in heaven." Around this point, my hands begin to feel sudsy, velvety and

I let myself enjoy it. How full life is of these small sensations! These little, unnoticed blessings of being embodied creatures! "Forgive us our trespasses, as we forgive those who trespass against us." My mind unclenches a little. It snaps to the phone call I have been replaying in my head for weeks. I feel the tension in my throat and the tender, wounded anger I've been nursing—let's face it, cherishing. I think about the tone in her voice, the dismissive way she treated me. It rises up and balloons in my chest as it has in the car, in bed, in the shower—anytime I am still long enough for it to catch up and invade me again.

But this time, I face it squarely. "Forgive us...." —"Forgive me....as I forgive...." It breaks apart a little, dissipates. She doesn't know me. I don't need her to understand me. We are both doing our best with our days, with our lives. Beloved children of God, both of us. All of us. Maybe I can let this go. Maybe I can wash my hands of it and let it go. "For Thine is the kingdom, and the power, and the glory, forever." the water is warm. I rinse off the soap, in just 20 seconds, my hands feel clean, and my mind and heart feel renewed."

Amen

Kara K. Root

## JUNE EDITION OF CROSSLIGHT

Sadly due to government restrictions the June edition of Crosslight will not be published as a hard copy.

You are able to read the current edition as a flip-book or download the PDF edition and print out a hard copy.

Next Sunday

Sunday June the 21st is the

43rd Birthday of the Uniting Church

And we will be participating in a joint worship service,  
via zoom with Uniting Churches in Geelong.

Please gather as usual at 10.00am and use the following  
log-in details

<https://zoom.us/j/98472365575>

Meeting ID: 984 7236 5575

## SHARING TIME

Congratulations to Robert and Barbara Cox who celebrated the birth of their 5th grandchildren in late May.

Their youngest daughter had a baby girl that has been named Daisy.

Thank you to "The Gardener"

In appreciation

Many thanks for all your hard work making our world a more beautiful place"

This short anonymous note was attached to a new kneeling pad with the final words being "Something to help with the Knees"

### 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

"Whoever acknowledges me before men, I will also acknowledge him before my Father in Heaven."

Matthew 10: 32

### SURVEY FORMS

At the Church Council meeting held last night, the matter of reopening the church was discussed.

At this stage there has been no definite date made, but it is hoped that by the end of June we should have a better idea on what the future holds.

By now you all should have received a short survey form prepared by Bob.

It would be most helpful if you have not returned it to do so within the next week.

Your answers will help us to make informed decisions in regards to being able to worship in a safe environment when the church is finally re-opened.

### 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.