



Newsletter

Ocean Grove,
Uniting Church in Australia
Sunday June 7th 2020

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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 a little tickly, as if wrapped in a soft blanket. It's a pleasant sensation.

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The 20-second gift of washing your hands continued

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

PRAYER POINTS FOR THIS WEEK

Lord you are the God who provides for us in so many ways. This week we pray for:

- ◇ Those within our community who have lost their jobs and businesses and are facing financial hardship.
- ◇ Those people for whom this time has caused them to reconsider their approach to material possessions.
- ◇ Those for whom this time has left them without the means to put food on their table and they are having to ask for help, sometimes for the first time.
- ◇ We give thanks for the various financial packages that the government has provided for our community.
- ◇ We pray for banks, landlords and others to show compassion and justice when dealing with financial issues.
- ◇ That the generosity that we have seen with people looking out for each other will continue post covid-19.
- ◇ Churches that are struggling financially that they reach out for help and be able to trust in God for God’s provision.
- ◇ Finally we pray for ourselves, our neighbours, friends and families that we all help to stop the spread of covid-19 in whatever ways possible.

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.

IMPORTANT DATES IN JUNE

Sunday June 4th
marked the 20th Anniversary of the
Dedication of our Fountain of Reconciliation.

Sunday June the 21st
43rd Birthday of the Uniting Church

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"

FINANCIAL SUPPORT

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

**If you would like to help with boosting the income for the church,
please call Lesley Pope (Treasurer) on 0419 384 192.**

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

"May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.
2 Corinthians 13: 11-13

PRAYER CONTACT

If you would like our prayer team to pray for you or others (with their permission), then please call Robin Murro 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.