



10 MARCH, 2019

Welcome

Welcome to worship, and a special welcome to Kristy & Steve and their family and friends who have come to share the baptism of Klaudia and Giselle this morning. Please join us for morning tea in the playground area after the service.

New welcomers

We are looking for some new people to join our team of welcomers. This is an important part of making visitors feel valued and included in our congregation and would suit anyone who enjoys meeting new people. If you are interested please talk to Sue or one of the welcomers.

Retiring Offering - Sunday 31st March

On Sunday 31st March, we will be having our next Retiring Offering for the work of Side by Side Christ Ministries in Uganda.

Their work with needy children in Kampala is continuing to grow and more than 200 children now attend their school each day. The money we raise helps to provide the children with meals at school and this costs about \$1 a day for each child.

Please consider if you can help and bring your money for the offering on the 31st March.

Lent

Our Lenten Bible study will commence on Thursday 21st March at 10am in the chapel. We will be looking at a study called "The Mystery of God", and copies of the material will be available in the next week or so. Please put your name on the list on the back notice board if you would like a copy. If you are unable to join the group but would like to do the study at home, that's fine, just add your name to the list so we can print a copy for you.

Prayer & Fasting Day

Next Saturday 16th March we will be having a Prayer & Fasting Day here at the church.

The church space will be open for prayers so people are able to drop in and pray for the welfare and Spirit leading of our church.

We would encourage you to come and pray together for Jesus' church in Greystanes.

The fasting component will be between you and God, but there is a suggestion of fasting from 6am-6pm.

The day will start at 7am, and Mark will be leading the first hour, then the elders will be leading the rest of the morning until 12 noon.



Greystanes Uniting Church

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Mark's Message

Chances are good that either you or someone you know struggles with anxiety. Experts believe that as many 1 in 5 teenagers battle an anxiety disorder and could be higher, considering that many adolescents don't always seek treatment. Nearly one in three adolescents (31.9 percent) will meet criteria for an anxiety disorder by the age of 18.

Anxiety disorders are the most common mental health condition in Australia. Beyond Blue reports that 1 in 4 adults will experience anxiety at some stage in their life. In a 12-month period over 2 million Australians will experience anxiety.

I have had my own battles with anxiety and so I know how debilitating its effects can be on your life. It comes in many forms but overall it is an overwhelming feeling, accompanied by nervous behaviour, that you are unsafe and something terrible is going to happen (heart attack, fainting, earthquake when you're in a building, etc.) though there is no obvious threat. Anxiety is different to fear which is a response to a real threat. Anxiety is more related to worrying about future events and when not controlled can cause both physical and psychological reactions such as muscle tension, fatigue and the ability to concentrate.

Jesus specifically tells us not to worry about what we will eat, drink or wear: "*Who among you by worrying can add a single moment to your life?*" (Luke 12:25). Jesus didn't intend to make us feel guilty as anxiety can seemingly come from nowhere at times. However, we are reminded that Christ did not come to prevent people from ever experiencing suffering but to be a constant presence through pain and worry. If you feel you may suffer from symptoms of anxiety I encourage you to seek counsel and here is a place to start; <https://www.beyondblue.org.au>.

Though Jesus tells us not to worry the reality is we may need help to do that so seeking professional assistance falls very much into Jesus' instruction. Prayer and meditation will always help and trusting Jesus in this type of adversity is a realistic way of experiencing God's grace. Don't isolate or keep this to yourself, there are healthy ways to deal with this worldly problem.

Roster for 17 March, 2019:

Worship Leader:	Rev Mark Beaton
Elder:	Karen S
Bible reader:	Peter St
Welcomers:	Laurie & Sabina
Morning Tea:	Laurie & Sabina
Cleaning:	Peter & Karen
Sound:	Imi
Powerpoint:	Fero
Kids Talk:	Kaye

Lectionary Readings

This week 10 March, 2019:

Deuteronomy 26:1-11
Psalm 91:1-2, 9-16
Romans 10:8b-13
Luke 4: 1-13

Next week 17 March, 2019:

Genesis 15:1-12
Psalm 27
Philippians 3:17 - 4:1
Luke 13: 31-35

Diary Dates for this week

Tues 10.45am - Service at Allity
Aged Care
Fri 7.30pm - Ladies Bible Study

Lord hear our prayers:

We pray for those who battle regularly with mental and behavioural conditions. May they call on Jesus' healing powers and be encouraged by Jesus' examples in trusting God. May they be guided by the Holy Spirit to seek help and ways to cope.