



ROSEVILLE UNITING CHURCH

“Sharing the love & welcome of Jesus”

roseville.unitingchurch.org.au



@530worship



@rosevilleuniting

What does gratitude feel like to you?

The past few weeks in my meditation groups we have been reflecting on the concept of no psychological time where there is no thought of the past or future. When we are in this state we find ourselves flowing with life and importantly we can experience a sense of gratitude for life and for God in our lives.

What does gratitude feel like to you? There may be different types of gratitude that you can feel. For example, when something really good happens to us we can spontaneously feel very grateful and joyful. It's also true that when something or someone dear to us is lost, we can feel a solemn gratitude for having had what was lost in our lives. But what about finding gratitude in all its forms in the normal circumstances of our daily life? From a contemplative perspective, when we can come into the present moment, we allow the possibility for gratefulness to arise for the simple things that would normally be taken for granted or otherwise overlooked. For example, appreciating kindness or feeling uplifted by gazing at a beautiful flower, amazing scenery or a beautiful church. To practice this, we need a change of attitude. The biggest obstacle in feeling gratitude is our habitual thinking habits that preoccupy our minds even when we are seeking some "down time" to relax. When we are too preoccupied with our thoughts, life passes us by, and we are unaware that we are asleep. We fail to see moments that we can be grateful for. We need to understand that to regularly appreciate the little things in our life more, is to realise that our entire life is made up of these little things.

Cultivating and sustaining gratefulness is referred to as a radical approach to life by Kristi Nelson- a stage 4 cancer survivor- because it is not dependent on any external circumstances or beliefs that tell us we can never be satisfied because of the lie that we need to have more or be more in order to be happy. Kristi explains there is a kind of gratitude that can permeate every moment, is lasting and comes from having an attitude that "no matter what happens, I can still feel grateful for something."

In practicing gratefulness, we come to recognise the wonder of life in which both suffering and joy exist as do disasters and beauty. In a state of gratefulness, we can rise above our circumstances and remain connected with a divine presence in us and what truly matters in our lives. We no longer take life for granted. This practice of gratefulness helps us to live with no psychological time as it reduces our anxieties and thoughts about the past and future. We are better able to flow with life enjoying more the simple joys that life brings and are savoured in the present moment. The more gratitude we can have the more gratitude grows within us and the closer we come to know God in our lives. As long as you have gratitude, you have happiness.

In the coming week spare a few moments and ask yourself this question: *"What would it be like to awaken each morning in gratitude, aware of the precious gift that a new day has to offer us?"*
Thich Nhat Hanh

The bible references to consider gratefulness in our lives comes from 1 Thessalonians Ch5 vs 16-18 *"rejoice evermore, pray without ceasing.. In everything give thanks: for this is the will of God in Christ Jesus concerning you."*

Luke 17 vs 11-19 the *healing of the 10 lepers.*

Also, Psalm 46 *"Be still and know that I am God.."*

Sunday October 19th

<https://roseville.unitingchurch.org.au/livestream>

9.30am **Worship Service with Chris Goringe**
Organist: Sean Weatherley
In person and online...

5.30pm **Worship Service with Chris Goringe and Stuart Powell**
In person and online...

Bible Readings from the Lectionary:

Jeremiah 31: 27-34
Psalm 119: 97-104
2 Timothy 34: 14—4:5
Luke 18: 1-8

What's on this week

Tue Kids Playtime 10.00-11.30am
Church Council 7.00pm

Wed Social Games 1.00-3.00pm

Fri Christian Meditation 2.30pm
PYES 6.30-9.30pm

Sunday October 26th

<https://roseville.unitingchurch.org.au/livestream>

9.30am **Worship Service with Chris Goringe**
Organist: Sean Weatherley
In person and online...

10.45am **Healing & Wholeness Service**

5.30pm **Worship Service**

Bible Readings from the Lectionary:

Joel 2: 23-32
Psalm 65
2 Timothy 4: 6-8, 16-18
Luke 18: 9-14

To know more about Kristi Nelson and her work on gratitude visit:

<https://grateful.org/author/kristi-nelson/>

Michael

Links

[Service live \(or replay\) streaming](#)

[Zoom \(for meetings\)](#)

[Church website](#)

[Chris' sermons](#)

LINDARA MARKET

Would you enjoy volunteering at (or before or after) an op-shop-goods type charity market? New volunteers are always welcome! Next LINDARA MARKET is coming up on Saturday 22nd November in time for Christmas shopping. Sorting/pricing will start **Friday 24 October 12noon to 2.30pm in the Lindfield Uniting Church, Undercroft Room, 454 Pacific Highway** (and continues every Friday until the market).

Reach out for more information (or come along to a pricing & sorting session):
email lindfielduca@gmail.com with your contact details.



Join us in Prayer ...

Lord,
Strengthen the hands of those who work
to draw together
people of different races.
May the children who play together
remain friendly
as they grow older.
May students enter deeply
into each other's worlds.
May those who live as neighbours
or work together
strive to create
truly human bonds.

Carol Micklem
Pocket Prayers for Peace and Justice



Trivia Group

"Do you enjoy Trivia. We have a group in the church which plays Trivial Pursuit 7 or 8 times a year, culminating in a Christmas party.

We meet in each others homes on a Saturday afternoon for a game then socialise over a lovely afternoon tea.

We are looking for new members so if you'd like to join us or get further information contact Sue Nurse

0407 232 774



Roseville Ministry Contacts

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