



ROSEVILLE UNITING CHURCH

“Sharing the love & welcome of Jesus”

roseville.unitingchurch.org.au



@530worship



@rosevilleuniting

What does it mean to take time for ourselves?

This week I have been reflecting in my meditation groups on why it is so important to take some time for ourselves every day. By this I mean to take time out for a few minutes to just let go of everything. Letting go of all the thoughts, anxieties, problems, whatever it might be and to value this time in stillness when you can just be with yourself without thinking. This complements a formal meditation practice.

This time with yourself for a few minutes in silence is the most precious time you can have. Eckhart Tolle has said:

" You are never more essentially, more deeply yourself than when you are still."

Some commentators refer to this special time as offering compassion to yourself in the form of inner listening.

This week's reflection is a quote from Don Miguel Ruiz with a suggested practice:

Inner Listening

Taking some time for yourself every day is just as important as brushing your teeth or combing your hair. For you to be at your best, take the space and time to simply be, without deadlines, distractions, or interruptions.

When you don't get enough time for yourself, irritability, tiredness, and even burnout can result.

Awareness takes presence, and presence takes inner listening. Inner listening is a learned skill that is most easily practiced in stillness. Once you have discovered the rhythm of inner listening, it becomes integrated into every moment, no matter how busy or loud.

Practice

Every day, take time to close your eyes and take one minute to simply sit in stillness and listen to the silence within and breathe.

Michael

Sunday May 25th

<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 with Stuart Powell and Chris Goringe**
In person and online

Bible Readings from the Lectionary:

Acts 16: 9-15
Psalm 67
Revelation 21: 10, 22-25:5
John 14: 23-29 or John 5: 1-9

What's on this week

- Tue Kids Playtime 10.00-11.30am
- Wed Social Games 1.00-3.00pm
- Thurs Young Adult Small Group 7.00pm
- Fri Christian Meditation 2.30pm

Sunday June 1st

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

- 9.30am **Worship Service with Holy Communion with Chris Goringe**
Organist: Robert Bevan
In person and online...
- 11.00am
- 5.30pm **Worship Service with Holy Communion with Chris Goringe and Dan Reeve**
In person and online

Bible Readings from the Lectionary:

Acts 16: 16-34
Psalm 97
Revelation 22: 12-14, 16-17, 20-21
John 17: 20-26

Links

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

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

[Church website](#)

[Chris' sermons](#)

Church Family News

Please remember Dan and Jan Reeve, following the death of Dan's brother Paul. A service to celebrate Paul's life will be held at Blacktown Uniting Church on Friday 30th May at 10.00am (tbc)

Fundraiser for UnitingWorld June 12 and 13, 6.30pm

Pymble Ladies College Yr 11 is putting on 'Scenes for the Climate Era' - and they've decided to donate all ticket sales to UnitingWorld to support our climate resilience & gender equality project in Kiribati

They'd love the local community to come and watch - and support—both these passionate young women, and the critical work in Kiribati.

Tickets are just \$10 See flyer on notice board

<https://pymblelc.sales.ticketsearch.com/sales/salesevent/149811>



Some
highlights
from the
eSoc
Culture
App walk
on
Saturday



Join us in Prayer...

Dear compassionate and merciful Lord

- We pray for peace and stability in the world. We pray that your guidance will be received by those in power who are involved in ongoing peace talks in the Middle East, Ukraine and elsewhere.

- We pray for the newly elected Pope Leo and trust his leadership will build on the compassionate work undertaken by his predecessor, Pope Francis, and that this will help unite the world in peace.

- We pray for the growth in our community of faith and the effectiveness of our ministry efforts in the support of our morning congregation and the evening services focused on our youth.

- We seek your wisdom and guidance for the week ahead in our decision making and the strength to face personal challenges

- We pray also for those in our community facing hardship or illness that they may receive your peace and healing.

Thank you Lord, for your love and grace we receive each day that we turn our minds and hearts to you.

Thanks be to God

Amen

Michael



Roseville Ministry Contacts

Office Address

7a Lord Street
PO Box 44, Roseville 2069

Church Office

Cath Pinchin 9416 5185
office@roseville.unitingchurch.org.au

Office Hours Typically Tue, Wed and Fri

Website roseville.unitingchurch.org.au

Ministry Team

Rev. Dr. Chris Goringe
0402 012 418

Rev. Aeryun Lee
0403 491 610

Congregational Chairperson

Sue Drury

Direct Giving

treasurer@roseville.unitingchurch.org.au

Asylum Seeker & Refugee Support

Gwyn Denton gwyn@dentons.id.au

Church Council Chair

Pauline Callan
0417 419 671

Church Council Secretary

secretary@roseville.unitingchurch.org.au

Treasurer

treasurer@roseville.unitingchurch.org.au

Safe Church Officer

Di Knowles 9498 4736