



# ROSEVILLE UNITING CHURCH

## *“Sharing the love & welcome of Jesus*”

roseville.unitingchurch.org.au



@530worship



@rosevilleuniting

### Finding Flow in our lives

This past week in my meditation groups I have been reflecting on the concept of going with the flow. A concept that is closely associated with the psychologist Mihaly Csikszentmihalyi who developed the theory of "flow" as a state where one can experience deep engagement and enjoyment in activities, often losing a sense of time and self-consciousness. This idea resonates not only with people that are engaged in some sports, such as skiers, tennis players, rock climbers and so on but also with anyone who is entirely focused in the present moment. They are in a state of flow and motivated by just being in that moment doing whatever activity they are doing rather than being solely focused on the outcome of what they are doing. Whatever the activity, it is accompanied by a sense of purpose, timelessness, clarity. In the midst of the activity, it becomes a state of flow and in the spiritual dimension it is a state of Being. It is the present moment where engagement and enjoyment come together and there is harmony and peace.

This dimension of flow can be accessed in our daily life. The famous Buddhist Thich Nhat Hanh described "flow" using the analogy of life flowing like a river where every perception, every feeling is accepted and seen as part of the river of life that is always changing. In this metaphor the river becomes blocked only when we are unable to move on from our thoughts about a situation or problem that arises in our life. We become stuck. Acceptance of "what is" allows us to come into the present moment and go with the flow.

Another way of thinking about acceptance is that it is also a surrender to what is. In doing so we can move with the flow of the river of life and experience the beauty and joy that life presents to us moment to moment. This is fundamental to the experience of something greater than ourselves.

This week's quote is from Eckhart Tolle :

*" Ask yourself: Is there joy, ease, and lightness in what I am doing?"*

*If there isn't, then time is covering up the present moment and life is perceived as a burden or a struggle."*

In the bible Matthew Chapter 11 vs 28-30 Jesus explains this as a surrender to God:

*" Come unto me, all ye that labour and are heavy laden, and I will give you rest.*

*Take my yoke upon you and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.*

*For my yoke is easy, and my burden is light."*

Michael

### Sunday August 3rd

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

9.30am **Worship Service with Holy Communion with Rev. Aeryun Lee**  
Organist: Robert Bevan  
*In person and online...*

5.30pm **Worship Service with Holy Communion with Rev. Aeryun Lee and Dan Reeve**  
*In person and online...*

#### Bible Readings from the Lectionary:

Hosea 11: 1—11  
Psalm 107: 1-9, 43  
Colossians 3: 1-11  
Luke 12: 13-21

### What's on this week

Tue Kids Playtime 10.00—11.30am

Wed Book Club 10.15—11.30am  
Social Games 1.00—3.00pm

Fri Christian Meditation 2.30pm

Sat Women Gathering 10.00am

### Sunday August 10th

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

9.30am **Worship Service with Chris Goringe**  
*In person and online...*

10.45am **Second Cuppa**

5.30pm **Worship Service**

#### Bible Readings from the Lectionary:

Isaiah 1: 1. 10-20  
Psalm 50: 1-8, 22-23  
Hebrews 11: 1-3, 8-16  
Luke 12: 32-40

### Links

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

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

[Church website](#)

[Chris' sermons](#)

## eSoc Pot Luck Dinner

Join us for the next eSoc gathering, taking place **on Saturday, 16 August at 6pm**. Please note the venue has changed—it will now be held at our home, located at 58 Abingdon Road, Roseville which will be cosy on a Winter's Night. This will be a Potluck Dinner, so bring along a dish to share; the oven will be on. After the meal, we'll enjoy some games together. All are welcome. Kindly RSVP by 14 July 2025 to [marionjberry@gmail.com](mailto:marionjberry@gmail.com) or 0432115744.

## Blue Mountains Walk

The Blue Mountain Walk, previously a two-day event, will now be a one-day walk on Saturday, 27 September. The route will take us along the cliff top from Wentworth Falls to Leura, which should better suit our group. More information will be shared soon. Since this date coincides with the start of the school holidays, grandchildren are invited as well. If you're interested in joining us, please let me know.

## Women Gathering

Saturday 9th August 10am – 3pm

## Join us in Prayer ...

Loving God, as I look back on the week past I thank you for the blessings I've received... and for those I'm looking forward to.

As I look ahead, I lift up to you the personal challenges I am anticipating. Please guide and strengthen me to face them with dignity and courage. Please give me peace for the days ahead, and help me to learn and grow in maturity, in wisdom, and in care for self and others. Please renew my spirit with your joy, and help me to trust you more fully.

I pray to you, God, about the worries, unknowns, and distressing circumstances of others that are burdening me - circumstances close to home, or around the world. By your love and power, please shape and work through these situations. Please bring healing, hope, release, reconciliation, and peace. Please use my creativity, talents and gifts to share the love and welcome of Jesus Christ, and to bring more of your joy, beauty, and love into the world.

I pray for our church family here at Roseville Uniting. May we be a close source of love, support, and companionship to one another as we go through life together, and please help us to share that comfort and joy with others. Help us to honour you in our words and actions, and to discern the work of your spirit in our midst. Please be especially with our ministers, our church council and elders, our leaders of small groups and ministry teams, and with each one of us as we strive to serve one another and build one another up.

In Jesus' name,  
Amen

Sonia

A Community Cafe  
supporting young people  
living with disability.



Opening  
31<sup>st</sup> July 2025

## Wednesday Book Club

August 6th: 10.15 to 11.30 am in the  
Conference Room.

We are reading "Tell Me Everything"

by Elizabeth Strout.

Morning tea provided, all welcome.

A Social Enterprise of  
Gordon-Pymble Unitina Church

18 Cecil St, Gordon



## Roseville Ministry Contacts

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### Church Office

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**Office Hours** Typically Tue, Wed and Fri

**Website** [roseville.unitingchurch.org.au](http://roseville.unitingchurch.org.au)

### Ministry Team

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Rev. Aeryun Lee  
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### Congregational Chairperson

Sue Drury

### Direct Giving

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### Asylum Seeker & Refugee Support

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### Church Council Chair

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### Safe Church Officer

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