



ROSEVILLE UNITING CHURCH

“Sharing the love & welcome of Jesus”

roseville.unitingchurch.org.au



@530worship



@rosevilleuniting

This week I have been reflecting with my meditation groups on the nature of silence and how it helps us to not only regenerate our minds, body and emotions but importantly it connects with our sense of being with God. In this aspect silence provides us with spiritual nourishment. It is the *raison d'être* for why we sit to meditate.

We live in a world that celebrates doing, achieving and becoming, yet forgets the art of being in silence and discovering an inner peace where we can experience God. Over the past month or so I introduced listening to meditative music as part of our meditation practice. It helps in settling the mind into a peaceful state.

The idea of listening to music is a reflection I had whilst reading some passages from the French spiritual leader Jean Klein. He explains that just listening allows the mind to settle into a greater level of stillness and presence. The act of listening without comment or judgement bypasses the ego which is the source of our distractions and suffering. This is called a silent surrender of our thoughts to stillness and presence. The choice of music can determine your level of enjoyment, and the piano is such an instrument that can elevate your mind and heart to sublime levels. That in itself is good for our psychosomatic condition. However there is a difference in the practice of a "listening meditation" to music. The idea is to be detached from the music or sounds by identifying with the observer consciousness within us. In that state we listen to the music whilst observing what arises in our minds and emotional states without judgement. Once you get into the practice the mind settles into a peaceful state because it is not holding on to anything that is arising in consciousness. You start to become aware of the presence of God.

I liked this quote from Jean Klein on this silent surrender of thoughts:

"In silent surrender there is bliss and prayer without request or demand. There is no doer, experimenter, lover or beloved. There is only a divine current. You see that the very act of welcoming is itself the solution to the problem and the action which follows your comprehension is very straightforward. When you become familiar with the act of surrender, truth will solicit you unsought."

I think the bible reference Matthew ch11 vs 28-30 also talks about surrendering to God our thoughts that are burdens to find peace :

"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".

I invite you to join a meditation session on Fridays at 2.30 pm to explore Christian meditation as a way of bringing peace and stillness into your life.

Michael

Sunday November 9th

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

9.30am **Worship Service with Chris Goringe**
Organist: Sean Weatherley

In person and online

10.45am **Second Cuppa**

5.30pm **Worship Service with Stuart Powell and Chris Goringe**

Bible Readings from the Lectionary:

Haggai 1: 15b—2: 9
Psalm 145: 1-5, 17-21 or Psalm 98 2
Thessalonians 2: 1-5, 13-17
Luke 20: 27-38

What's on this week

Tue Kids Playtime 10.00-11.30am
Wed Wednesday Small Group 10.00 am
Social Games 1.00-3.00pm
Young Adults' Dinner 7.00pm
Fri Christian Meditation 2.30pm
PYES 6.30-9.30pm

Sunday November 16th

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

9.30am **Worship Service with Chris Goringe**
Organist: Sean Weatherley

5 minutes of faith— Neil Proudlove

In person and online...

5.30pm **Worship Service**

Bible Readings from the Lectionary:

Isaiah 65: 17-25
Isaiah 12
2 Thessalonians 3: 6-13
Luke 21: 5-19

Links

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

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

[Church website](#)

[Chris' sermons](#)

Summer at Six

During January our regular 5.30 services become Summer @ Six.
If you would like to host one of these gatherings please talk to Chris or Cath



**Everything
in Common**

GIFT CATALOGUE

Gifts that *fight poverty*
and *build hope!*

Place your orders at the stall after Church
and collect them the following Sunday



Some members of groups that meet in our hall were very interested in the Honour Rolls in the back of the church and have provided further information about them. If you are interested in reading this it is located on the small table behind the sound desk pew at the back of the church.

Join us in Prayer ...

Tilt the scales,

O God of the mustard seed:
That the poor shall see justice.

Share the feast,

O God of Eden's abundant garden:
That each crop may fetch a fair price

Upset the tables,

O God of the upside-down Kingdom:
That the least can benefit from their trade

Open our eyes,

O God of life in all its fullness:
That we may learn to walk
the way of your son
tilting, sharing, upsetting this world

Not satisfied

until the products we bring to our table
Give a better deal,
to all who hunger for one.

In His name,

Amen

Christian Aid/Simeon Mitchell

MUSIC SUNDAY

with Rev. Ellie Elia

SUNDAY NOVEMBER 23rd FROM 2PM

EXPLORING THE ROLE OF MUSIC IN WORSHIP

LEARNING NEW SONGS

LEADING WORSHIP AT 5:30PM



Roseville Ministry Contacts

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