



GWUC is a faithful, Christ-centered community that meets God and shares in that unconditional love.

ALL ARE WELCOME

From 11 April, we return to multiple morning worship services each Sunday:

8.00 am - Contemplative

9.15am - Interactive

11.00 am - Traditional

(9.15am & 11am will continue to be live streamed)

Returning for 2021:

Monday 19 April - Playgroup

Tuesday 20 April - The Hub

Wednesday 21 April - Bilingual English Class

Thursday 22 April - English Conversation Class

Coming Events:

Sunday 9 May

Mothers' Day Special Morning Tea

Sunday 20 June

Church Anniversary

Saturday 16 October

Church Fete

Weekly Events:

Monday

10am - GOMERS

10am - Leisure Time (1st & 3rd Mondays)

7.30 pm - Bible Study on Zoom (fortnightly)

8pm - Badminton/Table Tennis

Tuesday

10am - The Hub

2pm - Mindful Meditation on Zoom

Wednesday

1.30pm - Bilingual English Class

8pm - Free Spirit

Thursday

11am - English Conversation Class

7.30pm - Uniting Voices

8pm - Badminton/Table Tennis

Friday

9.30am - Choir of Hope

5pm - Uthies/Youth

Please see the weekly bulletin for more details on these and other events.



Ministerial Musings

Rev. Neil Peters

Re-emerge - A fresh start... we are now sharing morning tea, Uthies and youth group are back meeting in the hall, the choirs are rehearsing face to face and sang live for the first time over year. I was so pleased to Easter. We have held a very successful book sale. After Easter playgroups will be able to celebrate with people present and to worship together in our church complex. Week after week last year there were just four of us present, putting out the live stream worship service each Sunday. But now more and more people are present at our weekly service of worship. We were just over one hundred people present two weeks ago and it is wonderful when people come together to worship God. People obviously enjoy seeing each other again. Each week there seems to be someone come for the first time in the last twelve months. People are slowly starting to feel more confident. The season of Easter is a very important season for the Church. In the lead up to, and including, Good Friday, we recognize that Jesus experienced betrayal, rejection, suffering and pain. Jesus experienced feelings and emotions that we also sometimes experience. For we too can experience betrayal, rejection, suffering and pain. Jesus knows what it is like for us living life. He died and rose again that we might also have a fresh start, new life, a time for living life in abundance. Jesus offers us the gift of life, freedom and forgiveness. The Glen Waverley Uniting Church is re-emerging from months of minimal activity. People are attending worship,

and youth group are back meeting in the hall, the choirs are rehearsing face to face and sang live for the first time over Easter. We have held a very successful book sale. After Easter playgroups will recommence, the Hub will begin again, English classes are likely to start. While it is not the same, we are re-emerging, ready to engage with people in a safe way, and ready to share the love and grace of God with others. As we come back, as we re-emerge and meet people again, we might notice that personal connection is one of the things that we have missed over the last 12 months. As a congregation, the connecting with people over coffee, morning tea, while out walking, in times of worship, in small groups, or simply standing together is important. It is in connecting one with another that we can share stories of life and faith, of joy and struggle. We can then better support one another and pray for one another. At the same time, it is important to connect with not just friends but new people to our church, people we don't yet know very well. We were all new to this congregation at some stage. Connecting with others is part of being a welcoming and hospitable congregation. As we re-emerge and again engage in the life of the congregation, let us commit to make real and deep connections with people. Personal encounters can be so enriching for us and the other.

Welcome to *Kingsway* Magazine

"Kingsway" is a bi-monthly magazine of Glen Waverley Uniting Church. "Kingsway" is designed to provide a voice for the church community to share activities, thoughts, celebrations, stories and the faith journey. It will present to the church community the quiet achievers and achievements in the life of our church.

"Kingsway" has a multi-generational, multi-cultural and missional focus and is designed to build community, lift the spirit and strengthen our faith.

If you have an item, article or notice that you think will be just right for "Kingsway", please contact Joanne Boldiston (office@gwuc.org.au) or David Fraser (davidfraser60@gmail.com).

The closing date for submissions for the June/July edition is
Wednesday 19 May 2021.

Ministerial Team Annual & Long Service Leave

As most of you will know, Rev. Neil Peters delayed his long service leave, planned for 2020 until this year. He will now be taking a well-earned break from 19 April, returning 7 June 2021.

From 26 April, Rev. Ineke Gyles will be here at Glen Waverley UC on Tuesdays, Thursdays and Sundays.

A warm welcome back to Ineke and have a great holiday Neil and Lynn!

THAT FALL UNEXPECTEDLY

A time for disengagement from the World
brought on by viral changes
invading our global home.

Yet thoughts are tuned to hope,
despite Autumn in the heart.

We snib the door against outsiders,
but keep the windows open:
find pleasures in isolation.

Each morning when the curtains part
magpies warble on the roof top,
spinebills sip from correas red,
breeze tickles at the cotton length
washed for another mask.

Winter sunshine brushes
freshly planted lettuce,
hope for Summer days.

At dusk, beside the fire,
a few more rows of knitting,
another email sent,
while from the record player
resurrected Sutherland
and Pavarotti
sing of love and tragedy;
prelude to a tasty soup
that simmers on the stove.

Distillation of peace that eases,
unexpected,
across these Covid Days.

ANNE COOK ©2020

WORLD DAY OF PRAYER SERVICE 2021

The service was live streamed from Glen Waverley Uniting Church on Friday 5 March, led by Alison Clarkson and Jan Clear.

The order of service was written by the women of Vanuatu on the theme, 'Build on a Strong Foundation' from Matthew 7:24-27.' Our sincere thanks to Warren Greenwood & Neil Leister, our Tech 'wizards.'

The service remains accessible via the Glen Waverley Uniting Church YouTube channel at:

<https://www.youtube.com/watch?v=2ByDnb-I5-4&t=85s>



Glyn Howells, Chairperson of Glen Waverley Church Council wrote:

What a memorable service which linked Vanuatu (formerly the New Hebrides) through the speaker, Dr Mark Zirnsak (the Synod Social Justice Advocate) to seasonal Christian migrant workers from the south Pacific -- working on farms nearby in the Dandenongs and Koo Wee Rup. The video from Vanuatu outlined the country's huge unemployment challenge and Christian programs to end violence against women. What could be clearer examples of our world being one? The service was sobering, prayerful, informative, joyful and in the end a call to serve prayerfully.



HEALTH AND WELLBEING SUPPLEMENT

Stories of, and from, our Glen Waverley Uniting Church community

Throughout this year we wish to share uplifting stories from church members about how they care for themselves and others during times of need and highlights of their journeys through life. If you have a story to tell please send your contribution to the Kingsway Magazine team of Joanne and David at office@gwuc.org.au.

GAMES, GARDENS, GOOD WALKS & GRATEFULNESS

Annette, Martin, Nathan, Daniel

Some words that sum up our approach to family health and wellbeing during pandemic lockdowns: Games, Garden, Good walks, and Gratefulness.

Our family has always enjoyed playing board games together and our cupboard of games served us very well throughout 2020. We each have our favourites, but whatever we played was time well spent having family fun. We also had success playing funny drawing and guessing games with our relatives within zoom sessions. For the many months we were spending so much of our day alongside each other, the usual sharing of news during the evening meal was somewhat limited. We found card games made a nice distraction and added enthusiasm to our interactions. We tried out new card games, and the old favourites, 500, Euchre and Sevens. A pack of cards and notepad can still often be found on our dining table.

Our garden offers us a beautiful space for relaxation, exercise, and contemplation. Taking the time to be with nature is valued by each of us. The garden is planted to invite birds and bees, and over the years we have come to know the local bird families. Eating a meal or reading a good book outdoors, we take joy in being amongst the birds as they go about their routines. We also have a happy time caring for and picking produce from our veggie patch to feed to our pet bunny or add to our meals. Working in the garden brings much satisfaction and pleasure, with all the added attention, it is probably looking the best it ever has.

Our physical health is sustained with homemade healthy meals and yummy baked treats, and with lockdown, walking became the exercise of choice. We walked the local streets paying attention to the details and finding pathways to suit our individual exercise needs. Walks through bushland were also done when possible. Getting out of the home each day was important to ensure we were staying prayerful about life outside our little safety bubble. While a range of sporty activities now keep the two boys in good physical health, daily walking has become a dependable method for mum and dad to maintain both physical and mental health.



Last year we were reminded of the wealth of possibilities and 'things' we had grown accustomed to. We very quickly became much more thankful for all we have. It amazed us how many times we said "I am so thankful for it must be so hard for people who don't have", our list of gratefulness was very long. We were thankful we could still share in church together from our couch, comfy and connected, and the time gifted weekly to maintain children's programs was a huge blessing. We were so thankful in our family of four to have each other. We would check in with one another and encourage each other to verbalise mental health needs. We put time into recognising what would help each other recharge and refresh, whether an experience of quiet or noise, alone or together, our priority was the wellbeing of mind, body and spirit.

STAYING SANE

Bill Norquay



Aristotle wrote over 2000 years ago that "Humans are social animals". We like to socialise with each other, it is part of our nature. We like to sit and chat, share a drink or dine with friends, it is called fellowship. If we can't get it a major part of our life is missing. The recent COVID lock downs have seen this part of our life ripped up and it is hard to take. The interaction we need as humans has been taken from our lives and we are hurting, socially, mentally and spiritually by this lack of fellowship. While our need to socialize varies greatly from person to person the need is always there unless we are a Hermit happy to live a solitary life. The emptiness of the Kingsway and its numerous dining places is straining both the diners and the business operators and their staff.

Maintaining one's sanity in times like this is not easy. The marvel of Mobile phones, the Internet and the advent of Zoom and such programs has been an incredible asset in allowing social contact. The Monday morning Gomers (Grumpy old Men and early Retirees) at Madeline's regularly saw up to 30 members enjoying a coffee and chat and solving the world's problem. Some of us still meet on Mondays and walk in Jells Park or join in on the Zoom meeting at 10 am. The Zoom morning cuppa after church is another example, there are many others. We need this contact and the increasing numbers at church are testament to the importance of the

fellowship in the church, to our socialising and our humanity.

Keeping oneself occupied and interested in something (no matter how useless) is a great help.

As many know I have a keen interest in woodworking and enjoy making things, sometimes it is just noise and sawdust. Over the years I have built up a great stock of timber from numerous sources. Some is quite rare and beautiful while some just firewood (old red gum fence posts have some marvellous timber and excellent firewood).

Many years ago, the feature tree in our front garden died. We planted another and it grew up to a reasonably large but horrible, spindly, ugly and prickly tree. A few years ago, we remodelled the garden and took it out. The branches went in the green waste but the trunk wood had a brilliant red striped grain. I have no idea what timber it is but cut up and dried it makes brilliant hand crosses of which I had many made.

Another project I did was to make a walking stick for the silent auction at the next church fete (we will have one someday). The hand carved handle is a mythical beast (combination lion and eagle), it is quite a large handle probably more suitable for a man. The handle is made from Camphor Laurel and the stick is Queensland Maple with a Sheoak ferule. A photograph of the handle is below. I think my woodwork keeps me sane, others may have a different view.



WALK TO EMMAUS

Lynn Peters



In 2006, Neil and I each attended a three-day ecumenical retreat (one retreat for men and one for women) called 'Walk to Emmaus'. Sometimes people have asked us, "How far did you walk?", but it wasn't a physical walk. The name comes from Luke 24: 13-35, in which two of Jesus' followers walked to Emmaus, and on the way Jesus (although they didn't realize it was Jesus until later) explained to them

what was said in the scriptures about Himself. Our three days were filled with worship, teaching about the Christian faith, fellowship, prayer and reminders of God's love for us.

Walk to Emmaus is an adaptation of the Roman Catholic Cursillo movement, which originated in Spain in 1949. The first Emmaus Walk in Australia was in 1984. The Walks aim to inspire, challenge and equip leaders for Christian action in their homes, places of work and communities. A variation called 'Face to Face' was introduced within the last two years, particularly for people 60 and over who'd like to strengthen their spiritual lives, without the overnight stays.

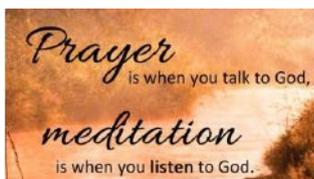
Since Neil and I first attended Emmaus Walks, we have each attended other Walks as part of the teams running them - Neil as a spiritual leader and I as a keyboard player for the singing. Those who have attended any Walk, whether a recent one or one a long time ago, are invited to monthly gatherings for mutual encouragement, worship, prayer, communion and fellowship. We have enjoyed the opportunity to learn from and fellowship with Christian brothers and sisters from other denominations.

We found the talk on priorities to be really helpful. Sometimes we can just be so busy, and it can be very helpful to think about what is important rather than simply what is pressing. At the same time, we need to maintain a good balance of activity and times for relaxation and rest.

If these programs interest you, have a chat about them to me or Neil or Di.

PRAYER & MEDITATION

Susan Karoly



From the earliest beginnings of walking with God, a time of quietness was encouraged. The words written in Psalm 46:10 is to keep still and know that I am God. But how can we do this, when can we do this, and is there any benefit in doing this?

There are times when we may be still but our mind and heart are pouring out our longings to God; and God is listening. In fact, God already knows what we are going to say (Matthew 6:8). So when we are praying, when we are uttering the words

out loud or in silence, who is benefitting? Well, it us. Hearing ourselves speak is part of the way our brain sorts out our words so that we can identify what is on our mind. That is why Pastoral Carers are often silent as we speak. They are listening intently to what is being said, for the words we utter are always significant. When we have stopped speaking, comes the time for reflection.

Meditation allows us to slow down, breathe, relax, and come into the presence of God through the Holy Spirit. In this time of quietude, in this silence, our concerns may not be specifically resolved but through the calming presence of overwhelming love, assurance, and letting go our anxieties disappear. Psalms chapter 55 we read of the writer being full of anxiety who calls on God in prayer

concluding to Pile your troubles on God's shoulders, he'll carry your load, he'll help you out. (The Message translation)

Throughout the Bible we read of the prophets who would seek a place of quiet so that they could be in solitude with God. Jesus took himself many times from the crowds to pray, and spent some time away from others in the 'wilderness' before embarking on his Ministry. In meditation, we come to know ourselves (our flaws and gifts), we come to know our role as part of our family and wider community, but most important of all, we develop a deep spiritual relationship with God.

Daily contemplative prayer keeps us grounded through the inner peace from God. This inner peace then shines forth from our deepest soul towards to all we meet.

GARDENING PARADISE

Mirini Lang

Have you ever thought of gardening as better for you than a good dose of medicine? Well, it's like a different sort of medicine. The mental health benefits of being in the garden and looking after plants are enormous.

Connection with nature and interacting with God's creation is where it all starts. We are part of nature and are made to be with nature. There is a deep sense of satisfaction caring for another living thing and watching it grow and respond to our care. This could be as simple as watering a wilted plant and then watching its leaves spring back up. Both the plant and us breathe a sigh of relief that it was watered in time. Growing vegetables, fruit and flowers can be very satisfying as we attend to these plants over the months and reap the gifts they provide us with. This boosts our self-esteem as we proudly admire these beautiful gifts.

Gardens can be a place of healing and have many health benefits through both passive and active involvement. Looking out of a window at a tree or sitting in a beautiful garden can have healing benefits as well as the activities of weeding or pruning. Feeling a sense of calm and enjoyment in the garden is shown in medical studies: gardening reduces anxiety and depression. This can happen to us when we are out in the garden on a sunny day. This lifts our spirits and provides a calming distraction from the day's worries.

Gardening also encourages creativity and a sense of accomplishment as we choose which plants we put in a new garden bed. It is creating a picture, like painting with plants.

Community gardens are a great place to enjoy gardening along with the additional social benefits. This may be particularly important for those of us who live alone. Community gardens encourage social interaction as people share tips and ideas on growing plants and hand out produce.

I manage the garden at Glen Waverley Uniting Church. This is a garden to be enjoyed from both inside and outside the church building. It helps connect us to God, our creator.

Next time we are out in the garden, let us appreciate the mental health benefits of gardening and plants. God knows we are meant to be in community with nature. He designed us to be that way.

Remember, gardening is time well spent.



References

- Clatworthy, J., Hinds, J. et al. (2013). "Gardening as a mental health intervention: a review", *Mental Health Review Journal*, 18(4):214-225.
- Marcus, C. C., Barnes M eds. (1999). *Healing Gardens: Therapeutic Benefits and Design Recommendations*, Wiley & Sons: New York.

WHY VOLUNTEER?

Sue Morgan



The Victorian Government is currently running adverts on TV tackling the mental health crisis attributed to Covid. The message is simple - stay connected, keep busy and be active. That sums up what I experience as a volunteer and the benefits that I have gained from my various involvements - a sense of being part of a community, a sense of purpose even in isolation, some wonderful friendships with folk I might not have otherwise got to know, always having something to do, and many reasons to be out and about (albeit often by email). Last weekend was the book sale; next week, we will again be cooking pancakes at the high school.

Volunteering as a part of the church does add an extra dimension to this busyness - what we do is a response to the call to live our lives as Christ would want. I do what I do in the hope that I am helping to build a caring supportive community within our church. We need to get to know each other, establish bonds, find shared interests, work together and encourage each other if we are to be a church community, and effectively reach out to others in caring and helpful ways. That takes money, and so I see the fundraising aims of the book sale and fete as important, but the community building more important.

The Ministry Team have done a fabulous job in sustaining us in the past year. With the help of volunteers, we have been able to worship each Sunday, and to share in many ways over Zoom, Youtube or a cuppa call. We have been "Isolated but not alone". However, our worship/church experience needs to be more than our favourite weekly TV show. Getting back together physically is scary, but, with little steps, we need to do it.



Volunteering to be involved in a church program will make it happen. We are fortunate that we have so many choices.

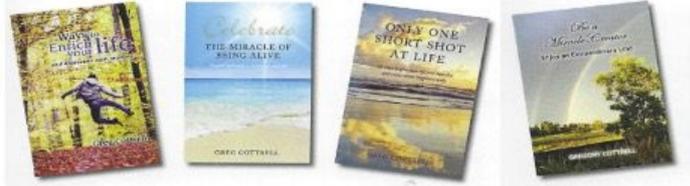
It was this conviction that made me proceed with the book sale. It was great to connect again with so many! Can we do the Fete in October? I am hopeful, but recognise that it attracts far greater crowds than the book sale. It will also require many new volunteers. What an opportunity for you!!

Greg has quietly shared his time and talents at the Glen Waverley Uniting Church for many years.

GREG COTTRELL

David Fraser

Some of you will know Greg but did you know he is the author of nine books designed to help others as they journey through life? Greg has given permission for us to share a little about his life's journey and his books..



Constantly learning and serving others has been a daily joy in Greg Cottrell's professional and personal life. Now retired, Greg is writing about all the rough and tough times that have made him appreciate the good times all the more. The tough times have actually been where Greg acknowledges he has grown the most as adversity is a great teacher if we are a student of life and want to learn.

Studying the humanities of philosophy, psychology and physiology and everything about people, behaviour and the meaning of life and why he is here on earth, has been a passion all Greg's life and he has written nine books about them.



Greg grew up in Clunes, now the famous international book town and also the country campus and 9th grade school for Wesley College. Because of a poor formal education, (leaving after 9th grade), Greg had to take any job he could get, and so has worked as a farmhand, wool-classer, builder's labourer, shoe salesman, singer with a dance band, airline executive, traveller, philosopher, actor,

hotel doorman, life analyst and author. As long as he was working with people he was happy. Greg says his has been a very full and interesting life.

Greg has received feedback from many people about the positive benefits they have received from his books. These include both a post-natal depression centre confirming the many clients his books have helped and a man who said reading a book of Greg's stopped him making a bad decision and saved his life.

Getting this feedback is so satisfying and fulfilling for Greg, because writing books for him isn't about making money but about helping other people, which Greg thinks is the meaning and main purpose of our lives. (Written by Elizabeth Potter, Editor of Greg's book "A Grateful Wonder - Full Life")

Books are available through Greg Cottrell c/- PO Box 324 Ashburton VIC 3147 Email: cottrellgreg@yahoo.com

FAITH DEVELOPMENT MISSIONAL GROUP BLOGSPOT

Ross Mackinnon

Common Grace is an Australian, online, ecumenical movement of people pursuing Jesus and justice and its website tells us:

We are centred on the person of Jesus Christ as witnessed to in Scripture and God's mission to bring wholeness to all of Creation.

We believe a life of faith should be centred on Jesus and the justice, beauty and generosity we see lived out abundantly by him. We believe both personal spirituality and social engagement are integral parts of following him.

- *We're on about 'doing good' (Mt 5:16).*
- *We have read the scriptures and heard God's call to seek justice and love mercy (Mic 6:8).*
- *We have been loved by Jesus, and therefore must love our neighbours and our enemies (Mt 22:39).*
- *We have received the Holy Spirit and are empowered to be salt and light (Mt 5:13-14).*
- *Given these scriptural mandates, we want to be a faithful presence united for the common good.*

We reach across denominational, theological, and political lines to find common ground.

At the centre of what justice means in an Australian context is truth-telling about our history and therefore Aboriginal and Torres Strait Islander Christian leaders are fundamental to all our work.

Common Grace current campaigns focus on Aboriginal and Torres Strait Islander justice, Climate change, Refugees and asylum seekers, Domestic and family violence. One of its recent campaigns encouraged knitters to knit scarves showing temperature changes over the past 100 years. The colours begin with cool blues and end with reds. The scarves will be distributed to Members of Parliament to encourage them to take action on global warming.

The organisation offers occasional seminars, and during Lent offers very helpful weekly reflections. Here is a prayer written by Brooke Prentis, CEO of Common Grace.

*May the God of all wonder who set the stars in the sky,
bless you with relentless unsettledness
that drives you to seek truth.*

*May the God of all justice who gave motion to the rivers,
bless you with righteous anger
that drives you to seek freedom for all.*

*May the God of all love who placed laughter in the kookaburra,
bless you with the friendship that looks like the love
where one lays down their life for another.*

*May the God of all comfort who determined the height of the mountains,
bless you with tears from shared pain and mourning
that shows you hope.*

*Now, with wonder, righteous anger, sacrifice, and lament,
go in truth, justice, love, and hope
to Change The Heart of Australia. Amen.*

Common Grace's website address is:

www.commongrace.org.au

UNITING CHURCH PIPE ORGANS in VICTORIA



Bairnsdale

Daylesford

North Balwyn

Box Hill

St Michael's

Ballarat

Armadale

Northcote

FOR THE YOUNG OR YOUNG AT HEART!

COLOUR-IN



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REVISED COMMON LECTIONARY - YEAR B

April 11	April 18	April 25	May 2
<i>Easter 2 (White)</i>	<i>Easter 3 (White)</i>	<i>Easter 4 (White)</i>	<i>Easter 5 (White)</i>
Acts 4:32-35	Acts 3:12-19	Acts 4:5-12	Acts 8:26-40
Psalm 133	Psalm 4	Psalm 23	Psalm 22:25-31
1 John 1:1 - 2:2	1 John 3:1-7	1 John 3:16-24	1 John 4:7-21
John 20:19-31	Luke 24:36b-48	John 10:11-18	John 15:1-8

March 14	March 21	March 28	March 29
<i>Easter 6 (White)</i>	<i>Easter 7 (White)</i>	<i>Pentecost (Red)</i>	<i>Trinity Sunday (White)</i>
Acts 10:44-48	Acts 1:15-17, 21-26	Acts 2:1-21 / Ezekiel 37:1-14	Isaiah 6:1-8
Psalm 98	Psalm 1	Psalm 104:24-34, 35b	Psalm 29
1 John 5:1-6	1 John 5:9-13	Romans 8:22-27 / Acts 2:1-21	Romans 8:12-17
John 15:9-17	John 17:6-19	John 15:26-27; 16:4b-15	John 3:1-17