

Introduction To Worship

30th August 2020 – Pentecost 13



A local park...



and the view from my sister's veranda in Kilsyth

We've had some beautiful days this week and I hope you've had a chance to enjoy some of the sunshine with one of your loved ones or to sit out in the sun. There's something about sunshine that lifts our spirits and helps us feel good. At the same time some of us may long to travel to rural areas, especially if family live there and we're missing them. I haven't seen my sister for months. We're been keeping in touch and exchanging photos by text and on social media. We exchanged these photos the other day when the weather was good.



Moses – "Not another photo"



A Friendly Horse

My dog Moses (the one with the teddy bear cut) and I have been on our daily walks to nearby parks along the Yarra, including a park in Eaglemont (all within the 5km limit), with lots of conversations with people and their dogs. Pets are a wonderful icebreaker and make it easier for people to engage with each other and the good weather has made people seem happier where they make an extra effort to say hello, despite masks and sunglasses. We even met up with a friendly horse in the middle of suburbia, and kangaroos. If you're able, try to walk every day, even if it's up and down the corridors of your home and try to get some sun and say hello to a neighbour or stranger. It's good for the soul.

This week we're focusing on God calling us forward and following Jesus.

The readings are about Moses and the burning bush; and Jesus teaching his disciples that suffering will be part of his journey; and we have some stories of hope, about what's going on in our neighbourhood.

I hope today's worship offers you hope and comfort.



Blessings
Rev Tina

Mountview Worship @ Home

Sunday 30th August 2020



Hymn: As The Deer – Helen Jackson [2:45]

<https://youtu.be/sEXSfoeP7iw>

*Lyrics and Music: Martin Nystrom 1956– ;
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As The Deer Pants

As the deer pants for the water,
so my soul longs after you.
You alone are my heart's desire
and I long to worship you.

Refrain:

You alone are my strength, my shield,
to you alone may my spirit yield.
You alone are my heart's desire
and I long to worship you.

I want you more than gold or silver,
only You can satisfy.
You alone are the real joy giver
and the apple of my eye.

Refrain

You're my friend and you are my brother,
even though you are a king.
I love you more than any other,
so much more than anything.

Refrain

Welcome To Our Service

May the Lord bless you and keep you

We acknowledge those who were here before us, the first inhabitants of this place
We honour them for their custodianship of the land on which we gather today.



Call To Worship (Romans 12: 9-12)

Rejoice In Hope

Be Patient In Suffering

Persevere In Prayer

Prayers Of Adoration, Invocation And Confession

Lord our God, you call us to love
 You are the one who hears our cries and
 knows of the suffering in the world
 You send us and
 remove our fears and preconceptions
 You show us how to simply reach out with love to one another

We can say: Here I am Lord

Jesus our Lord, you did not turn away from your journey
 because of the cost, the suffering and death
 You knew you'd be raised
 You knew life comes out of suffering and death.
 you help us embrace all we encounter
 the suffering, deaths and births and beginnings.
 These are difficult times Lord
 but we need not fear,
 for you are with us every step of the way.

We can say: Here I am Lord

Holy Spirit, you move our hearts
 to reach out to God and others
 to embrace all life offers
 where put aside our fears, to love our neighbour

We can say: Here I am Lord

Holy Spirit, come bless us today,
 help us understand the gospel
 and come to know we are truly loved by God.
 And, Lord, if we are in need of forgiveness or to forgive,
 send your grace upon us, help us find a way forward.
 In this moment of silence help us make a fresh start, a new beginning

Silence

Hear then Jesus Christ's words of grace to us
 "Your sins are forgiven"

Thanks be to God

**Hymn: I, The Lord Of Sea And Sky (Here I Am Lord) – St Andrews Metropolitan
Cathedral Congregation, Glasgow [2:40]**

<https://youtu.be/mgLwH5RdtPk>

*Lyrics & Music: Daniel L Schutte 1947– ;
suggested by Isaiah 6*

© D. L. Schutte; Posted to YouTube by Hymn Channel, without attributions

Scripture Readings

Exodus 3: 1-15, 4:1, 10-17

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3:1 Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. 3:2 There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed.

3:3 Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up."

3:4 When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!"
And he said, "Here I am."

3:5 Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." 3:6 He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. 3:7 Then the LORD said,

"I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, 3:8 and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites.

3:9 The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them.

3:10 So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt."

3:11 But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?"

3:12 He said, "I will be with you; and this shall be the sign for you that it is I who sent you:
when you have brought the people out of Egypt, you shall worship God on this mountain."

3:13 But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" 3:14 God said to Moses,

"I AM WHO I AM." He said further, "Thus you shall say to the Israelites, 'I AM has sent me to you.'"

3:15 God also said to Moses, "Thus you shall say to the Israelites, 'The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations.

4:1 [Then Moses said,] 'but suppose they do not believe me or listen to me, but say, 'The Lord did not appear to you.' ' 4:10 [] O my Lord, I have never been eloquent, neither in the past nor even now that you have

spoken to your servant; but I am slow of speech and slow of tongue." 4:11 Then the Lord said to him,

"Who gives speech to mortals? Who makes them mute or deaf, seeing or blind? Is it not I, the Lord?"

4:12 Now go, and I will be with your mouth and teach you what you are to speak." 4:13 But he said,

"O my Lord, please send someone else." 4:14 Then the anger of the Lord was kindled against Moses and he said, "What of your brother Aaron the Levite? I know that he can speak fluently; even now he is coming out to meet you, and when he sees you his heart will be glad. 4:15 You shall speak to him and put the words in his mouth; and I will be with your mouth and with his mouth and will teach you what you shall do. 4:16 He indeed shall speak for you to the people; he shall serve as a mouth for you, and you shall serve as God for him.

4:17 Take in your hand this staff, with which you shall perform the signs."

Matthew 16: 21-28

16:21 From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised.

16:22 And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." 16:23 But he turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things."

16:24 Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. 16:25 For those who want to save their life will lose it, and those who lose their life for my sake will find it. 16:26 For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? 16:27 "For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. 16:28 Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom."

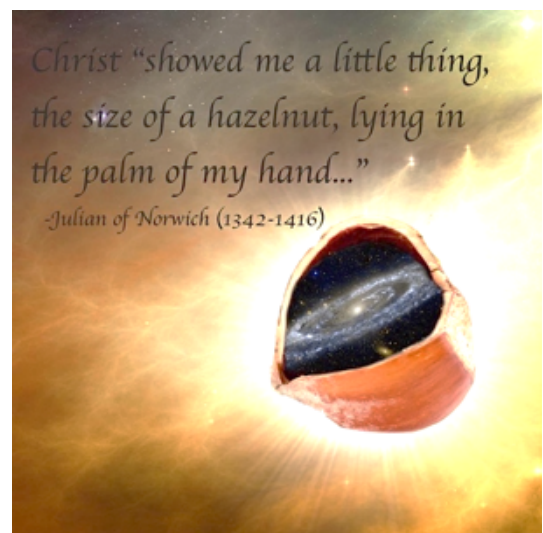
For The Young At Heart

Imagination makes it possible to see the universe in a tiny thing like a Hazelnut and understand the miracle of God's creation and how interconnected we are with creation and the universe. Children just accept the wonderful world of play and daily discoveries. My granddaughters love to put on their gum boots and find a large muddy puddle and jump in it, up and down, and sing as they splash mud everywhere. They love experiments and using a magnifying glass to look at tiny bugs. Holding onto the gifts of imagination and wonder as we age and continuing to play,



is one way of finding resilience in the midst of this second lockdown, which at times seems like a continuous sameness. There are opportunities to break out this, to do something different, to keep a lookout and seize the day.

Left Image: courtesy Tina



Right Image: courtesy Contemplative Monk

On Thursday I did something different and attended a prayer breakfast with local ministers, pastors and priests from many churches within the City of Whitehorse and we had a sharing time, and these are just a few of the pearls of wisdom I'd like to share with you.

"Shift from going about our own agendas, to stepping closer to God to listen. Shift in the way we engage with God, listening every step along the way."

"Don't focus on what God isn't doing. Focus on what God is doing."

"We can embrace four postures:

*Ready to move in any direction God wants – therefore radically free.
Open to sharing all that God has given – therefore radically generous.
Willing to suffer, if God's will requires it – therefore radically patient.
Questing for union with God in prayer – therefore radically spiritual."*

*A couple of people are doing the Map of Melbourne Jigsaw Puzzle
(An ex-engineer said start with the white part that frames the map)*

"Every person has a place in God's scheme of things and God has work for us right where we are."

A few weeks ago I invited you to share stories, write poems and make suggestions for worship. Phyl has made a suggestion for two hymns that are her favourites. Here is one of them. The other is later on in the worship materials. Here is one YouTube version, plus the lyrics:

Song: One Day At A Time, Sweet Jesus – Lynda Randle [4:12]

<https://youtu.be/IEtKfyvTHig>

*Writers: Marijohn Wilkin, Kris Kristofferson;
Posted to YouTube by Gaither Music TV, with attributions*

One Day At A Time, Sweet Jesus

Refrain:

One day at a time, sweet Jesus, that's all I'm asking of you
Just give me the strength to do everyday what I have to do
Yesterday's gone, sweet Jesus, and tomorrow may never be mine
Lord, help me today, show me the way, one day at a time

I'm only human, I'm just a woman
Help me believe in what I could be and all that I am
Show me the stairway that I have to climb
Lord, for my sake, teach me to take, one day at a time

Refrain

Oh, do you remember when you walked among men
Well, Jesus, you know, if you're looking below, that it's worse now than then
Oh, there's pushing and shoving, and it's crowding my mind
So, Lord, for my sake, teach me to take, one day at a time

Refrain

Lord, help me today, show me the way, one day at a time

Sermon

In the name of the Father, the Son and the Holy Spirit, amen.



That's a good place to begin, show me the way Lord, one day at a time Lord. We walk with the Lord and that's something both Moses and Peter needed to learn. Moses is looking after the sheep on a mountain when he discovers a strange burning bush and hears God speaking to him out of this burning bush. He is drawn to it, curious about it and a voice calls from it: *Moses! Moses!* He knows who it is. He says: Here I am. His response shows his willingness to go wherever God calls.

God claims the ground Moses is standing on as holy ground. Moses can come no closer and must take off his shoes. Only then will God reveal he is God of his father, of Abraham and Isaac and Jacob and when God does, Moses hides his face, afraid to look at God. This was a holy fear, with reverence, awe and wonder. Moses hid his face, knowing he was just a man, standing before his God.

God speaks of love for his people, how he has seen their misery and heard their cries and knows their sufferings and has come down from heaven to deliver them out of Egypt to a new land.

He says to Moses: *“So come and I will send you to Pharaoh to bring my people out of Egypt”*. When Moses hears he is to be the one God sends to lead his people out of Egypt, he becomes afraid and says: *Who am I to do this task?*

Perhaps many thoughts passed through his mind. He'd witnessed the suffering and oppression of God's people. Pharaoh wanted him dead. He'd fled Egypt. He couldn't go back. Pharaoh wouldn't receive him. He couldn't just stroll back into Egypt and go before Pharaoh and say; I've come to lead the Israelites out of Egypt. He knew Pharaoh was oppressing them, so they'd have no political power and was afraid of how many people there were. On top of that the Israelites would ask who sent him, and who gave him power and authority to lead them? Moses begins to look for a way out of God's call.

Despite God reassuring him. *“I will be with you. This shall be a sign for you that it is I who sent you, when you have brought the people of Egypt, you shall worship God on this mountain.”* Moses is not reassured. What authority does he have with the Israelites? He fears they will not follow him.

Moses says to God: *“If I come to the Israelites and say to them, ‘The God of your ancestors has sent me to you’ and they ask me What is his name? What shall I say to them? God says to Moses: “I am who I am.” “I am has sent me to you... this will become my name forever.”* Names were important in Moses time. They described people's heritage, ancestry, essence, and family. Names offered power and identity. Moses only knew his name meant *“drawn from the water”* and it was the name Pharaoh's daughter gave him. He was no one of importance. Pharaoh would look at him as a foundling and he feared his own people would not accept him as their leader. This was a tough situation for Moses.

He could not put a name on God so he couldn't describe God's essence. God was mystery and not defined. How could he respond to an unknown God with no name and how could he convince his people to respond to God's promise to lead them to a new land? He had nothing to go on to embrace this call.

He makes more excuses. Exodus 4:1 *“suppose they do not believe me or listen to me, but say, ‘The Lord did not appear to you.’ Exodus 4:10 O my Lord, I have never been eloquent, neither in the past nor even now that you have spoken to your servant; but I am slow of speech and slow of tongue.”*

Finally, Moses says: *“O my Lord, please send someone else.”*

All these excuses made God angry. He reassures Moses again and calls his brother Aaron to be his spokesperson and helper. Moses struggles to understand. He is afraid and unable to have faith in himself, yet Moses still responds to God's call and sets off for Egypt on an unknown path.

Peter is in a similar situation. He doesn't understand God, or his call and is afraid. He tries to put Jesus in a box and define him. He has preconceptions, agendas and accepts his call on his terms. God has just revealed to Peter that Jesus is the Son of God and Peter is to be the rock on which Jesus builds his church. Jesus pulls the rug from under his feet when he says he must: *“go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes and be killed and on the third day be raised.”*

Peter only appears to hear the words *“suffer and die.”* Perhaps he was shocked by the reality of a suffering Messiah. How could the son of God suffer? How could he die? This went against all his preconceptions and expectations. Jesus was supposed to be a strong person, a political leader. Not someone who was weak.

He rebukes Jesus: *“God forbid it Lord. This cannot be.”*

Jesus says, *“Get behind me Satan. You are a stumbling block to me, for you are setting your mind not on divine things but on human things.”* Peter must have felt cut to the quick and his world and call would have been thrown into turmoil. He will not understand what Jesus is saying until after it all happens, after he has lived through these times with Jesus and failed him and run away and been called again. Only then will Peter come to know Jesus as his living hope. Only then will he understand and be convinced and be able to be that rock on which Jesus builds his church. Until then Peter will follow with blind faith and from time to time be a stumbling block to Jesus.



At the moment we belong to a church where some of our members are suffering, some are dying and most are doing it tough and our agenda's and preconceptions about life are getting a battering. Yet, our faith is strong and constant, we are still following Jesus with courage and hope for the future. Everyday stories of generosity and kindness appear in newspapers, stories such as the grandmother who reached out to her neighbours' sons after their mother died at the hands of her husband, after years of domestic violence. She cooked for the two young men who were grieving and cared for them, restoring their hope in humanity. Now, six years later the two boys are men and are caring for her and her husband during lockdown. She feeds them, and they keep an eye on her and give her flowers and treat her like their own grandmother. Another story I heard was of a young child giving all their pocket money (\$19.00) to their church in Mitcham, to feed the homeless, disadvantaged and international students. There are stories about churches in the City of Whitehorse coming together to feed and provide hampers for people in the community who are doing it tough and of the Police delivering hampers.

The church has always cared for the needy and hurting, especially during tough times. That was Jesus example for us to follow. We know caring for others can be costly. We encounter peoples suffering and feel compassion, which can be like a pain in our hearts, because we care and suffer with people. When we do this and give of ourselves, our time and resources, it's like laying down our lives for others. It's where we respond to God's call and come with our own stories of hardship and because of them, have empathy and understanding, where our hearts go out to others. This is the kind of discipleship Jesus speaks of and invites. This is the kind of discipleship that offers us a sense of purpose and call in the midst of this lockdown, where we reach out to one another, by responding to God and saying: *Here Am I Lord*.

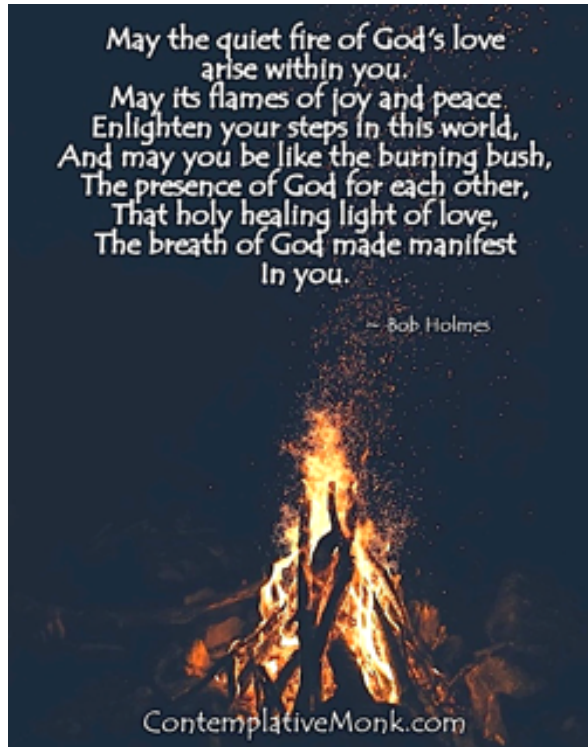
We may feel a little overwhelmed by the task, like Moses and Peter were, but God isn't asking us to save the entire world. That's the call of all the churches throughout the world. We are one of them and do what we can with what resources we have. Every drop of water in the ocean counts. Like Peter there will come a time when we know we have lived through this time and come to know how Jesus is our living hope. We will have witnessed so many random acts of kindness and known so many people who are saying: Here I Am Lord.

One our neighbours is doing their best to contribute simply by leaving out a box of lemons on the nature strip with a sign inviting people to take some and is even providing paper bags. Look out for stories of hope and random acts of kindness by your neighbours. It's inspiring and encourages us to step out in faith and look for more ways to contribute.



In Australia, in our own back yard, we're witnessing an increase in people living in poverty and people's hearts are being changed. They are becoming more community minded and reaching out to their neighbours. People's lives are being transformed by their experience of lockdowns, where God is at work in people's hearts.

I'll finish with a blessing I found from *Contemplative Monk* on Facebook, followed by a YouTube song about Moses overcoming his fears.



Song: Be Not Afraid – John Michael Talbot [4:26]

<https://youtu.be/MI49peWG2d0>

*Song video clips from 'The Prince of Egypt' [1988] (The Story of Moses)
Posted to YouTube by Wyntreabay, with limited attributions*

Rev Tina

Offering Prayer

(about offering up ourselves and giving thanks to God for all we have)

**Lord and giver of every good thing, we bring to you our lives and gifts for your kingdom,
all for transformation through your grace and love, made known in Jesus Christ our Saviour, amen**



Prayers Of The People And The Lord's Prayer

John Gerrard has prepared the Prayers of the People for you today, with another contribution

God, our Mother and Father, we bring to you now our prayers for others. The world's needs are great, Lord, and we seek your love and care on behalf of many. We bring to you now the desperate, practical needs of people in the African countries of Benin, Ivory Coast and Togo, together with our prayers for those who care for those in most need.

We are thankful for:

the beauty, natural resources, wildlife and different cultures in these countries
 the produce that small farmers continue to grow amid environmental and other hardships
 the spiritual vitality and growth of the churches and how they are cooperating with each other and those of other faiths and practices
 the relative peace and stability that prevails after long years of civil war and political struggle.

We pray for:

more democratic governments that are free of corruption and that prioritise what the people most need
 those working to alleviate the poverty, illiteracy and hunger that so many in these countries still experience
 churches faithfully bringing the gospel to, and serving, all people with greater respect for how those of other faiths express their spirituality
 emotional and physical healing, and restoring hope in people who are victims of conflict, disease and human rights abuses

In our ecumenical prayer cycle we remember today your people worshipping and serving at St Luke's Catholic Church, Blackburn South. May they be uplifted at this time, and come to know and experience your love in a real way; in a way that compels them, as it does us, to show that love to others even though there may be a cost. Be with those who take special responsibility, as either ordained or lay people, that they may be both encouragers and supporters in that congregation.

Within our own Presbytery we pray today for the Uniting Church at Kinglake West. As your people work for you there we seek your guidance and for a sense of possibility so that they can be your hands of love where they are, even when the going gets tough. But also may they experience the confidence and peace of knowing that this is your world and that you are in it and with us for all time.

We pray, too, for the work of Uniting's LifeAssist through their programs for Positive Ageing, Disability Solutions and Carer Wellbeing. Guide and strengthen all those who work within these programs to support aged and disabled members of the community, we ask. And we ask your blessing, too, on the needy people for whom this arm of the Uniting Church is working.

Here at Mountview we seek your blessing on our people, on our worship and our work together. Encourage and guide those who have accepted responsibilities within our congregation, we pray, and refresh those who continue to work quietly on a host of activities that support our community and enhance our relationship with you, O Lord. Be with our minister Rev. Tina Lyndon as she works amongst us in these difficult days while we are not able to meet as a congregation.

We pray especially today for....., including:

Lord, we pray that Jan Gerrard will know your presence and comfort. We give thanks and pray for Jan's doctor and the medical staff at Cabrini as they guide Jan's cancer treatment.
 We pray too for those of our folk who are feeling lonely or helpless during lockdown.
 We especially remember Joyce Suto where her blindness makes life even more difficult.
 Dear Lord, bring comfort and peace to her and to all those whom we name in our hearts.

We bring our prayers in our Saviour's name, praying the words that he taught us:

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven.
 Give us today our daily bread.
 Forgive us our sins as we forgive those who sin against us.
 Save us from the time of trial and deliver us from evil.
 For the kingdom, the power, and the glory are yours now and for ever. Amen.

Following, are two versions of the hymn: 'O Soul, Are You Weary', more commonly known by the song's refrain:

Turn Your Eyes Upon Jesus

Turn Your Eyes – Lauren Daigle [6:30; audio only]<https://youtu.be/L57ox0iQU7A>

*Lyrics & Music: Helen Howarth Lemmel 1863–1961;
Posted to YouTube by Lauren Daigle, with limited attribution*

Turn Your Eyes – Sovereign Grace Music [5:14]<https://youtu.be/F2tKVqZZiI4>

*Lyrics (v1) & Music: Helen Howarth Lemmel 1863–1961;
Alternate words (vv2-4 & Chorus') by George Romanacce, Nathan Stiff, Nic Trout, and Kevin Winebarger;
Posted to YouTube by SovereignGraceMusic, with attributions*

O Soul, Are You Weary (Turn Your Eyes)

O soul, are you weary and troubled?
No light in the darkness you see?
There's light for a look at the Saviour
and life more abundant and free.

Refrain:

*Turn your eyes upon Jesus,
look full into his wonderful face,
and the things of the earth will grow strangely dim,
in the light of his glory and grace.*

Thro' death into life everlasting
he passed, and we follow him there;
o'er us sin no more hath dominion –
for more than conqu'rors we are!

Refrain

His word shall not fail you – he promised
believe him and all will be well:
then go to a world that is dying,
his perfect salvation to tell!

Refrain

*Helen. H Lemmel;
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Dismissal

Go out into the world in the power of the spirit and in all things at all times remember Christ is with you.
Make your life your worship to the praise and glory of God. Amen

Hymn: Shalom To You Now – Helen Jackson [1:01]<https://youtu.be/2oqiFenWxY>

*Lyrics by Elise Shoemaker Eslinger 1942–, to a traditional Spanish melody.
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Shalom To You Now

Prayerfully read the words. Imagine your family in Christ and send them heartfelt blessings from the Lord

**Shalom to you now, shalom, my friends.
May God's full mercies bless you, my friends.
In all your living and through your loving, Christ be your shalom,
Christ be your shalom.**

I have provided extra resources to accompany you on the journey. Rev Tina

Extra Worship Resources

A beautiful YouTube version of the
Hymn: The God Of Abraham Praise (SATB) – [artists not stated] [3:12]

<https://youtu.be/8MIHJtXIS7o>

*Lyrics: Thomas Olivers 1725-99; Music: Brian Buda;
 Full of majesty and power, this striking setting of an ancient Hebrew tune and text focuses on worshipping Jehovah, the great "I AM." Brian Buda's confident choral writing is enhanced by the classical-style accompaniment for piano and violin.
 Posted to YouTube by The Lorenz Corporation, with limited attribution*

Prayer In Every Breath (extracts adapted)

*From 'Voices Out Of Lockdown' – Jan Sutch Pickard, ed. Wild Goose Publications
 © WGRG, The Iona Community, 21 Carlton Court, Glasgow, G5 9JP, Scotland.
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Take a breath

God, our Maker, you shaped our humanity
 and breathed life into your creation
 Generation after generation
 you bring us to being and breathe life into us –
 your children –
 you see all the good that is in us.

Take a breath

Jesus our brother, sharing our human lives
 and our mortality.
 The world saw in you the presence of God
 your life and death show us God is with us.
 Where innocent people suffer
 and struggle for breath, as you did on the cross.
 You accompany us at each stage of our lives
 with deep compassion
 with anger at injustice.

Take a breath

Holy Spirit, Encourager, you are there
 In the aged care facility, in the hospital ward,
 behind the counter, behind the mask,
 when we're lost for words or overwhelmed by them
 taking to the streets and in the loneliness of lockdown.

Take a breath

You inspire us with the goodness of neighbours
 with gifts to serve the good of all
 with the oxygen of hope
 and love that is life-giving

Take a breath

God-with-us in every breath

Take a breath

In every breath

Amen

For The Young At Heart – Reaching Out Into The Community And The World



Someone from one of the churches within the City of Whitehorse came up with some great ideas.

Little people made from forks, each one representing a family or individual that's received a hamper because of someone's donation. They are popping up outside the front of churches in Mitcham in many places.

People who make a contribution also receive a thank you card and little fork person as appreciation for their contribution. Another idea has been to include a card in the hamper saying something like: 'We are thinking of you and praying for you and people often appreciate the card more than the food'. I'm wondering whether our *Young At Hearts* would like to make some of these little fork people or cards for Centre 81. Jill Kidd and Jenny Balshaw and I attended a meeting with Whitehorse Churches Care during the week and it was inspiring what's being done to help the community by churches, some of whom have partnerships with the police who are providing hampers and meals. Centre 81 hope to supply extra hampers during November and December this year. Please contact Jill Kidd to discuss ways of contributing.

#End COVID For All

Last week's notices mentioned ending COVID-19 for all, especially those in third world nations.

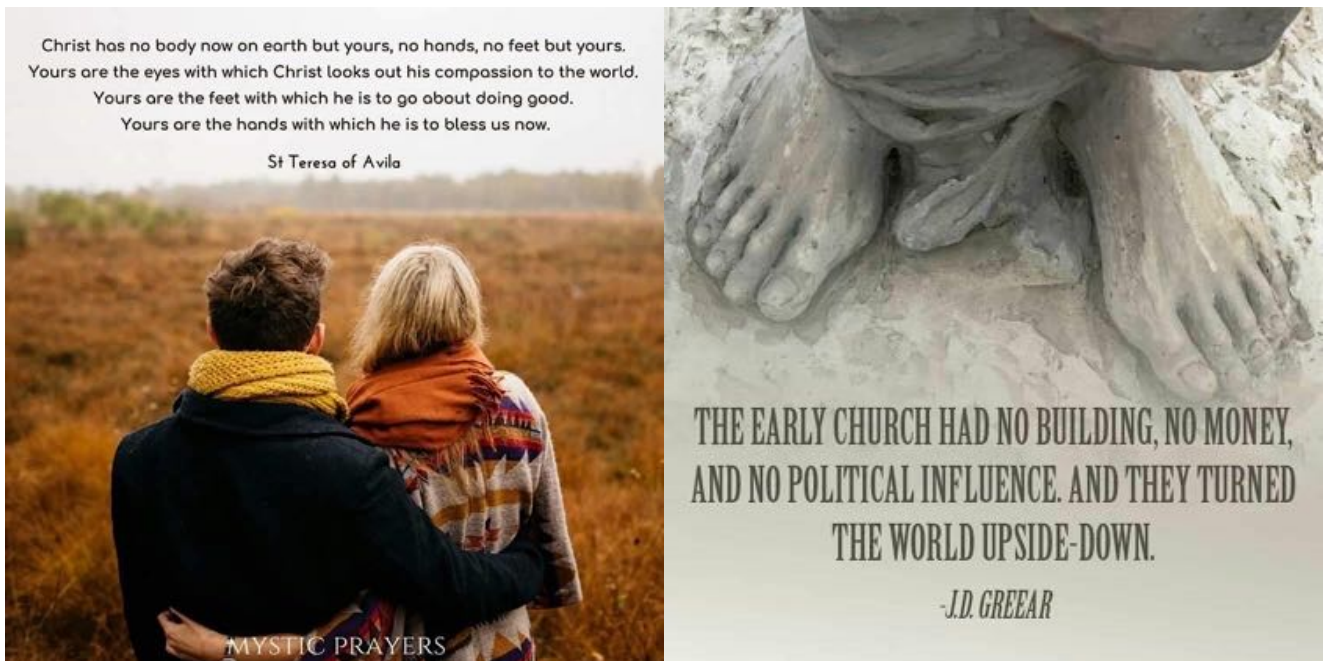
I've been to Nepal four times now and there's a lack of resources and hospitals in remote areas.

I have connections with the Nepali community in Melbourne and contacted Tim Collison from the Leprosy Mission to see how communities affected by leprosy are coping during COVID-19, especially near the Indian border where I've heard there are a lot of cases of COVID-19. He said there are 3000 new cases of Leprosy a year in Nepal and 30,000 people with a disability because of Leprosy. For those living in the Terai and areas closer to the border, the lockdown and curfew on travelling has affected their ability to work, attend school, and access medicine and health care. It's an area with a lot of poverty.

Some of the most vulnerable communities in the world will be experiencing a series of challenges during this time. Please pray for them and consider finding a way to contribute to the '#EndCOVIDForAll' initiative.

www.endcovidforall.com

This Week's Seedlings From Contemplative Monk



Rev Tina, for Mountview Uniting Church

Extra Worship Resources are available on our website, at:

<https://www.mountviewuca.org/worship.html>

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