



# Welcome to Worship Connections



## January 2025 Edition

**Jan 12 Baptism of Jesus:** Is 43:1-7; Ps 29; Acts 8:14-17; Lk 3:15-17, 21-22

**Jan 19 Epiphany 2:** Is 62:1-5; Ps 36:5-10; 1 Cor 12:1-11; Jn 2:1-11 UCA Day of Mourning

**Jan 26 Epiphany 3:** Neh 8:1-3, 5-6, 8-10; Ps 19; 1 Cor 12:12-31a; Lk 4:14-21

**Feb 2 Epiphany 4:** Jer 1:4-10; Ps 71:1-6; 1 Cor 13:1-13; Lk 4:21-30



# In our Region Ministry

Cromer enjoyed a beautiful time coming together to worship and rejoice the birth of Christ for Christmas and celebrate a new year.



BALGOWLAH



The NSW Seniors Festival will run from 3 to 30 March and this year's theme is **Time to Shine**. The festival offers lots of free concerts and activities both in the city and in the Northern Beaches. Please use the links below to see what is on offer, they have something for everyone:

<https://www.nsw.gov.au/arts-and-culture/seniors-festival>

<https://www.northernbeaches.nsw.gov.au/services/seniors/seniors-festival>

## BE ALERT

In today's digital age, scammers are becoming increasingly sophisticated and persistent, from emails, to text messages saying a family member urgently needs money, to fake investment opportunities. Scammers are constantly evolving their tactics to deceive unsuspecting people.

Please stay vigilant and protect yourself from fraud, remember family members do not text asking for money they will call you and they won't need money transferred to a random bank account. It is always best to call family who need the money and if a text or email are from your bank asking for personal details, it is best to call them on the number you regularly use, not the one in the message sent to you. It is always good to be over cautious when sharing personal information and trust your instincts — if something seems too good to be true, it probably is. Stay informed about the latest scams remember knowledge is the first line of defence. Together, we can outsmart the scammers and safeguard our financial security.

## NBUC Worship Services

You are welcome to join any of our sites worship services:

**Cromer** weekly @ 9am

**Freshwater** weekly @ 9am

**Balgowlah** weekly @ 9.30am

## NBUC Preaching Roster

### Sunday 12 January

Balgowlah: Rev Trish Rooney

Cromer: Rev. Sisilia Tupou-Thomas (HC)

Freshwater: Andrew and Julie Wright (Glynis' family) from Canberra

### Sunday 19 January

Balgowlah: Café Church

Cromer: Michaela Antill Cassie

Freshwater: Rev Trish Rooney with Baptism

### Sunday 26 January

Balgowlah: Rev Trish Rooney

Cromer: Gayle Dean

Freshwater: Rev Alfred Palu

### Sunday 2 February

Balgowlah: Rev Trish Rooney

Cromer: Marilyn Goff

Freshwater: Rev. Sisilia Tupou-Thomas (HC)

## Prayer Requests

Please keep all our NBUC and wider community in your prayers.

Prayers for all in the Los Angeles and surrounding areas experiencing wildfires.

Prayers for a safe and wonderful 2025 for all.

Prayers for Northern Beaches Women Shelter and their attendees.

Prayers for peace on Earth.

Please keep Jean Aldren, Ian Lovelace, John Bennett, Heather Peterson, Marjory and Derek Gallagher, Ruth Jackson, Trish Byrne, Ailsa Nixon, Peggy Mathys and Barbara Easton in your thoughts and prayers.

## Notices

During January, please email all your queries to Steph on [comms@nbuniting.org.au](mailto:comms@nbuniting.org.au) in case she is not in the office. If you are not able to get hold of Stephanie and have any urgent pastoral matter, please see your sites contact:

Rev. Trish Rooney for Balgowlah site on 0414 771 266 or [revtrish@nbuniting.org.au](mailto:revtrish@nbuniting.org.au)

Barbara Williamson for Cromer site on 0416 089 708 or [wombat@smartchat.net.au](mailto:wombat@smartchat.net.au)

Kaye Lewis for Freshwater site on 0414 757 857 or [kayelewis59@gmail.com](mailto:kayelewis59@gmail.com)

# NBUC Activity return dates:

## Saturday 25 January

Afternoon of Art @ 4pm @ Balgowlah

## Monday 3 February

Little Footsteps Playgroup @ 9.30am @ Balgowlah

## Tuesday 4 February

School for Seniors @ 9.30am @ Balgowlah

Cromer Craft @ 9.30am @ Cromer

Crumbs Small Group @ 7pm (online)

## Friday 7 February

Cromer Gentle Exercises @ 9.30am @ Cromer

Youth Group @ 4pm @ Freshwater

## Saturday 15 February

Afternoon of Music @ 4pm @ Balgowlah

Please see below a brief description of each of our above activities, you are very welcome to attend any, if you would more information, please email Steph on [comms@nbuniting.org.au](mailto:comms@nbuniting.org.au)

### Afternoon of Art

This activity provides an experience that intertwines creative expression with inner reflection, inspiration and useful creative skills which help participants become confident with continuing their own creative spiritual journaling practice outside the 'Afternoons of Art'. It is for adult and older teens of any art ability.

### Afternoon of Music

This community-based music programme encourages musicians and singers of any level, genre and age, to share their love for music. As well as being a supportive environment for young musicians, this group is a place where friendships are formed and fostered. Our location is wheelchair friendly.

### Cromer Craft

Our craft group is closely allied to the church and comprises of a number of multi-talented women from the church and the local community. You are welcome to come along and learn a craft or maybe even teach us a new craft.

### Cromer Gentle Exercises

Our classes are for all abilities, ages and mobilities, you can do them in a chair or standing. It is vital to keep moving no matter your age, strength or fitness.

## **Crumbs Small Group**

The purpose of Crumbs is to provide support to the members in their personal responses to God's Gift of unconditional love by providing a safe space for discussion and study.

The Crumb members choose the study topics and are free to raise for discussion personal issues regarding their journey with Christ and biblical interpretations of current affairs. Crumb members provide Christian Fellowship to each other offering comfort in time of trial and encouragement based on their own experience and Christian publications.

All Christian pilgrims are welcome to join and who wish to deepen their response to Christ.

## **Little Footsteps Playgroup**

Our playgroup is a wonderful opportunity to interact with other young families in our local community, ages range from babies to preschool (0 to 4 years). We meet weekly during the school term on a Monday for activities, stories and morning tea (around 2 hours). Cost \$5 per week (per family) or \$30 per a 10-week term.

## **School for Seniors**

SFS provides a casual setting in which men and women aged 55 years and over can make friends, learn new skills and share their interests with one another. There is a wide range of activities including languages (French & Italian), craft (quilling, knitting and art), table games (bridge, solo, scrabble, mah-jongg) as well as physical activities such as gentle exercise.

We regularly host fundraisers like the Cancer Council Biggest Morning Tea for everyone to participate in, along with many other social activities. You are welcome to come along and try an activity and enjoy morning tea.

## **Youth Group**

Our Youth Group is a time for our young people to come together and share how their week has been, enjoy craft and musical activities, along with spiritual time together exploring their relationship with each other and Christ, plus a meal together.