



# REACHING OUT

Sunday August 25, 2024

9:00 am at Emmanuel Anglican and Uniting Church

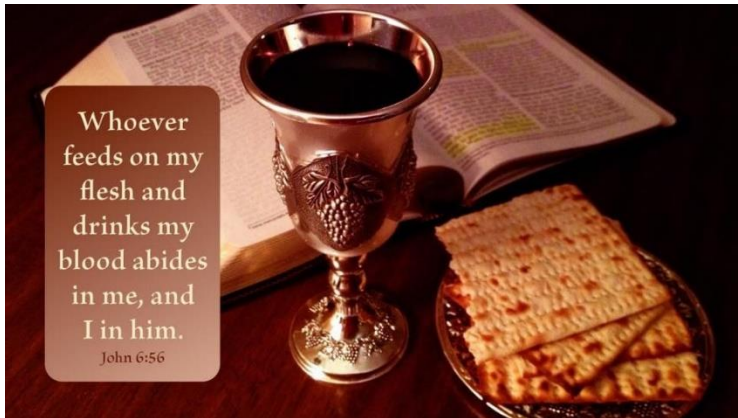
*Uniting tradition led by Rev Leonie Findlay*

11:15am at Kergunyah Uniting Church

## Bible Readings for Sunday August 25

### Pentecost 14

1 Kings 8:(1,6,10-11), 22-30, 41-43 and Psalm 84; Joshua 24:1-2a, 14-18 and Psalm 34:15-22; Ephesians 6:10-20; John 6:56-69



Whoever  
feeds on my  
flesh and  
drinks my  
blood abides  
in me, and  
I in him.  
John 6:56

Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.' He said these things while he was teaching in the synagogue at Capernaum.

### The Words of Eternal Life

When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father. 'Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.

John 6:56-69

## Bible Readings for Sunday September 1

### Pentecost 15

Song of Solomon 2:8-13 and Psalm 45:1-2, 6-9; Deuteronomy 4:1-2, 6-9 and Psalm 15; James 1:17-27; Mark 7:1-8, 14-15, 21-23

## Praying For One Another 2024

**In the Uniting Church Presbytery of North East Victoria.**

Congregations in the Presbytery are called to pray for one another each time they meet. By naming each other in prayer we enhance our pastoral support with each other, in God's company. This invitation builds our faith linkages every year. This week we pray for the congregation of **The Scots' School, Albury; Chaplain, Simon Goss** commencing Sunday August 25

## KNOW YOURSELF

### Rev Leonie Findlay

#### PRAYER

God, you know us inside and out, through and through.  
Everything we do, every thought that flits through our minds,  
Every step we take, every plan we make, every word we speak.  
You know even before these things happen.

You know our past; you know our future.  
Your circumventing presence covers our every move.  
Your knowledge of us is both comforting and disturbing  
Thank you, Father. In Christ's name we pray

**AMEN**

#### SOME THOUGHTS

To look honestly at oneself takes tremendous courage. It requires that we strip away all the masks and make - believe we have hidden behind over the years using them to create a false feeling of well-being and dishonest self-esteem. When we look closely and honestly, what is left is not pretty.

To look honestly at oneself in an attempt to change, requires a humility that only God can give.

Through self-reflection and the forgiveness of God, the gifts of humility and honesty, free us from selfish pride and the need for self-aggrandisement. We all long to know who we are – to become full, complete persons.

Authenticity is best developed under conditions of acceptance, understanding and genuineness. We can achieve this through our encounters with others, with courage and openness.

Christians who accept the basic tenets of God's love and forgiveness are better able to accept themselves and are better equipped to cope with the feelings of isolation that are prevalent today. Authenticity, integrity and adaptability are developed as we let God release us from our emotional prisons.

Life in Christ frees, transforms and provides us with the strength to overcome the barriers to becoming real. This enables us to learn to set realistic goals and deal with unsatisfactory conditions in everyday life. Paradoxically, as we abandon ourselves to God we become more free to realise our full potential.

What God has given us is not to be regarded as a static endowment.

Our character can be refined. Our behaviour can change. Our convictions can mature our gifts can be cultivated. Scripture and Christian history are full of examples of the transforming grace of God.

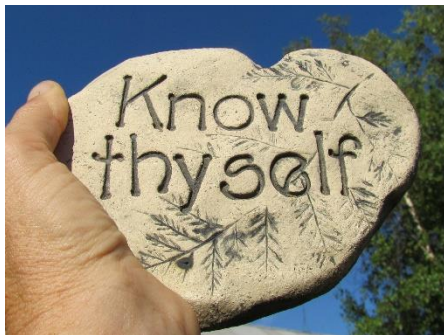
Grace gives us the personal and moral resources both to push back some of the limits of nature and nurture and to come to terms with what cannot be changed.

In both cases our personal freedom is thereby expanded. We are indeed free to be different, by God's grace and for his glory. We all long to know who we are – to become full, complete persons who are real to ourselves and others. We often hide from our true feelings and depend on others for our sense of reality.

Authenticity is best developed under conditions of acceptance, understanding and a genuine self- image. All gifts of God given freely to those whose identity is found in him

**SELAH**

#### A BENEDICTION



May we seek to know ourselves, with all our complexities, as only God knows us.

May we come to accept ourselves with all our strengths and weaknesses, as only God accepts us. And may the wisdom and peace of God be ours as we live out our unique identity and calling for his glory.

**AMEN**





# A PLEASANT SUNDAY AFTERNOON

By Bill Pugh

We were on pulpit exchange in a rural parish.

There was a morning service at 10am and an afternoon one at 2pm.

This time was set by the cows waiting to be milked, late in the day.

At the beginning of the service we were singing a hymn of praise.

I looked out the window and along the bush road came two young ladies on horseback for an afternoon ride.

Then, to my amazement, they tied their horses to the fence, and came into church.

It was a reason for me to sing louder.

Of course, a typical country afternoon tea followed and I had the pleasure of meeting them.

Then they continued their ride along the bush track.

How different to some Sundays for a family.

Parents flat out all the week, too tired for church, with washing to be done, sports practice for junior teams, and so on it goes.

What has happened to the biblical teaching on the purpose of the Lord's Day, a day for rest and worship?

It's so important for our spiritual and physical wellbeing.

And when we meet with our Lord and his people for worship, there is peace, blessing and renewal. The poet put it thus: 'O Sabbath rest by Galilee, O calm of hills above. Where Jesus knelt to share with thee, the silence of eternity. Interpreted by love'.

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