



This Sunday @ BCUC

12th August

Turning Anger to Love for the Good of All

9:00am Contemporary and 10:30am Café : Ian Olver

Dealing with Our Anger

10:30am Classic : Rev Dr. Gary Stuckey

2 Sam 18:5-9; Psalm 130; **Ephesians 4:25-5:2**; John 6:35, 41-51

UPCOMING WEEK @ BCUC

Monday 13th August

10:00am mainly music

Tuesday 14th August

9:30am Ladies Table Tennis

9:30am Playgroup

1:30pm Meditation Revisited

7:00pm Meditation Revisited

Thursday 16th August

9:30am Craft, Chat & Sew

12noon Friendship Club

6:00pm Worship & Music Ministry

7:30pm Choir practice

Saturday 18th August

7:30pm Saturday Friendship Club

Wednesday 15th August

7:45am Prayer Meeting

9:30am Prayer Meeting

Next Sunday @ BCUC

19th August

Growing a Spirit of Gratitude to God

9:00am Contemporary and 10:30am Classic : Rev. Rob Williams

10:30am Café : Rev Dr. Gary Stuckey

1 Kings 2:10-12, 3:3-14; Psalm 111; **Ephesians 5:15-20**; John 6:51-58

Prayer Requests: prayer@burnsidecityuc.org.au

If you require more information please contact the church office or visit our website.

T: 8331 3914 E: admin@burnsidecityuc.org.au W: www.burnsidecityuc.org.au

384 Portrush Road, Tusmore 5065

Sunday 12th August 2018

WELCOME

*Please stay for a cup of tea or coffee after the service,
so that we can get to know each other better.*

**Therefore be imitators of God,
as beloved children**

Ephesians 5.1



Ministry Team Contacts

Supply Minister: Rev Dr. Gary Stuckey 0437 708 183

Minister in Association: Rev Rob Williams 0424 123 171

All Ministers are available for Pastoral Care as required

Youth Coordinator: Ben Randall 0403 369 154

Administrator: Deb Mugford Tuesday & Thursday 9am-2:30pm

Administration Assistant: Stuart MacAdam Monday and Wednesday 9am-2:30pm

Office Hours: 9am-12 noon, Monday - Thursday



A Vibrant Community, Committed to Jesus,

Passionately Engaged in Mission

THIS WEEK'S NEWS & NOTICES

A MESSAGE FROM GARY

Dealing with Anger — All of us from time to time will feel angry and we certainly see signs of anger around us in such things as road rage. But of all the human emotions anger is perhaps one of the most difficult to deal with. Responses to anger range from trying to bury it within ourselves to free venting of our anger in a rage. There is an opinion in some church circles that it is wrong to be angry and texts like Colossians 3:8 are brought out to support that point of view: *"But now you must get rid of all such things..."* and the first thing mentioned is anger.

But when we read the Gospels we find that Jesus was on occasion angry. I think, for example, of when he turfed the money changers out of the Temple. Or in Marks Gospel (3;5) when he responded to the way people were using a man with a withered hand for their own ends. And Ephesians tells us (4:26): *"Be angry but do not sin."*

How can we be angry without sinning?

Well, it's not by trying to **repress** our anger, that is, try and bury it within ourselves and hope it won't escape. It isn't by **releasing** it, giving free expression to the anger within us. There is another way, and this is to **redeem** it. That is, turn the energy of our anger into a good purpose. People like Wilberforce were angry at the slave trade and they allowed the energy of that anger to overturn the trafficking of human beings. An early desert monk by the name of Evagrius said we should not waste a good anger on being angry with a person. Rather, he said, we should be angry at a wrong and allow that to motivate you to right the wrong.

Often when we feel angry it is a knee jerk reaction to something that we perceive to have threatened us in some way. Something happens and we react. Action leads to reaction. To redeem our anger we need to place a step in between the action and reaction and that step is to question. Something happens and we feel angry. We then ask, Why am I feeling like this and what can I do about it?

That is, I think, how we can be angry and not sin.

A Season of Prayer – Week 1 of 6

You are invited to join with other UC congregations in the NE suburbs in a Season of Prayer. Its purpose is to help us grow in our life of prayer. This week's theme is **"Praying with Purpose"**. A video link for this week can be found on the home page of the BCUC website. The presenter is well known Christian author Rick Warren (The Purpose Driven Life, 40 Days of Prayer etc.).

Farewell Gift for Gary

We will be saying farewell to Gary during the lunch on Sunday **August 26**. If you would like to contribute to a gift for him, there will be a container in the foyer this Sunday and next Sunday.

BCUC Saturday Friendship Club

The next meeting is on Saturday **August 18**. The speaker is Helen Brooks. Her presentation will be "New England in the Fall", plus a bonus of time spent in New York and Washington DC. Usual time of 7:15pm for a 7:30pm start. Please bring a basket supper. All visitors welcome.

Global Leadership Summit

This year the GLS will be held at Seeds Uniting Church at Aberfoyle Park on **October 26 & 27**. If you would like to attend the GLS please RSVP to Deb at admin@burnsidecityu.org.au no later than Monday **August 27**.

CBMC Prayer Breakfast

The CBMC Prayer Breakfast is on Thursday **September 20** at the Adelaide Convention Centre starting at 6:45am. The speaker will be Daniel Flynn the founder of Thank you water. If you would like to attend, please RSVP to Deb by email no later than Monday **August 13**.

Meditation Revisited

In May a well-attended three week series on Christian meditation was held. Some people have expressed a desire to continue the practice in a group setting. Any interested in pursuing this are invited to a one off session on **August 14** (at either 1:30 or 7:00pm). We will also have a time of meditation and you will be able to ask any questions you may have about meditation. Gary Stuckey

Anniversary Service — August 26

9:30am Combined Service
10:30am Morning Tea
11am Chats Live
12pm Shared Lunch

Please bring food to share for the lunch. If your surname begins with A-G please bring a sweet item, otherwise, please bring something savoury.

Personal Prayer

Prayer is available after the 10:30am service in the Café. If you would like confidential personal prayer for healing or anything else that may be troubling you, please contact either Angela Andrew, Sally Andrew or Colette Williams and we will arrange a convenient time and place to pray with you.

Please e-mail articles for the BCUC weekly news to Stuart MacAdam at info@burnsidecityuc.org.au no later than 10am on Wednesday