

January 14 2018

## Welcome to St Johns

Welcome to St John's today. If you are visiting with us, we hope you enjoy your time here. If you fill in the Communication Card with your details, we would love to keep in touch with you.

## Goodbye Mark and Lucy

Today is Mark and Lucy's (and Georgie's!) last day at St John's! We are very sad to be saying goodbye to them, even though we are excited about the ministry they are going to in Wagga (See below)

We are having a picnic for them today down at Ruchcutters Bay Park. We'll be meeting at 12.30pm today, and we'll meet near the café, near the Children's Playground. Bring your own picnic, and maybe some food to share.

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## Proclaiming Jesus at Uni.

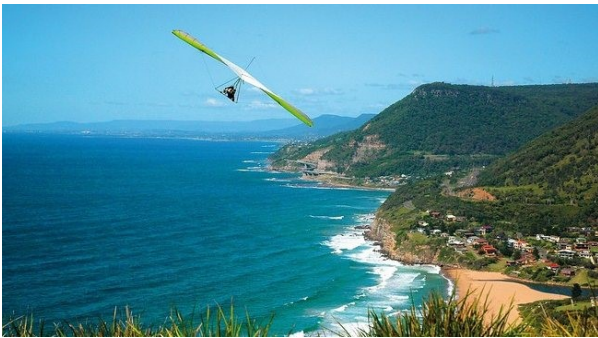
**Mark Woodhouse**

Charles Sturt Uni,  
Wagga Wagga

**afes**<sup>+</sup>  
AUSTRALIAN FELLOWSHIP OF  
EVANGELICAL STUDENTS



# The 2018 Weekend Away



The **St Johns 2018 Weekend Away** is on Friday March 16 to Sunday March 18 at Stanwell Tops.

Our speaker is Stephen Gardner, who is the Rector of St Paul's Canterbury.

## St Johns Australia Day Talk



Each year at St John's we invite a speaker to address us on an issue of Australian Church or Christian history.

This year the Australia Day talk will be at the I am service on January 28, and Anne Robinson will be our speaker. Anne is a lawyer with ProLegis, who specialise in not for profit organisations. Anne will be speaking on the contribution of Christian not for profit organisations in Australian society.

**Win a \$150  
Westfield Voucher**

Be part of important research  
studying mindfulness and  
PTSD.

Learn skills to improve  
symptoms

Participants will be over 21 years old and  
have been diagnosed with PTSD.

This research is sponsored by Monash  
University and conducted in  
collaboration with CSU and  
MindSpace Australia.



For information  MONASH University  
contact Darius:  
0421 821978 or  
drou0001@student.monash.edu

Mindfulness based interventions hold promise in a range of disorders and could be of benefit to reducing the distress experienced by individuals experiencing PTSD.

Darius Rountree-Harrison on behalf of Monash University and Charles Sturt University is conducting research into on how mindfulness based interventions relate to emotional processing and physiology. Participants will be taught to use diaphragmatic breathing, emotion labeling and self-compassion in response to any distressing thoughts or feelings they might be experiencing. Psychological inventories and resting heart rate will be measured pre and post the one-week self-directed intervention.

If you think your client might be suitable for a mindfulness intervention please contact Darius Rountree-Harrison at [drou0001@student.monash.edu.au](mailto:drou0001@student.monash.edu.au) or 0421 821 978.

# Psalm 40

For the director of music. Of David. A psalm.

<sup>1</sup> I waited patiently for the LORD; he turned to me and heard my cry.

<sup>2</sup> He lifted me out of the slimy pit, out of the mud and mire;  
he set my feet on a rock and gave me a firm place to stand.

<sup>3</sup> He put a new song in my mouth, a hymn of praise to our God.  
Many will see and fear the LORD and put their trust in him.

<sup>4</sup> Blessed is the one who trusts in the LORD, who does not look to the proud,  
to those who turn aside to false gods.

<sup>5</sup> Many, LORD my God, are the wonders you have done,  
the things you planned for us.

None can compare with you; were I to speak and tell of your deeds,  
they would be too many to declare.

<sup>6</sup> Sacrifice and offering you did not desire – but my ears you have opened; –  
burnt offerings and sin offerings you did not require.

<sup>7</sup> Then I said, ‘Here I am, I have come – it is written about me in the scroll.

<sup>8</sup> I desire to do your will, my God; your law is within my heart.’

<sup>9</sup> I proclaim your saving acts in the great assembly;  
I do not seal my lips, LORD, as you know.

<sup>10</sup> I do not hide your righteousness in my heart;  
I speak of your faithfulness and your saving help.

I do not conceal your love and your faithfulness from the great assembly.

<sup>11</sup> Do not withhold your mercy from me, LORD; may your love and faithfulness  
always protect me. For troubles without number surround me; my sins have  
overtaken me, and I cannot see. They are more than the hairs of my head, and  
my heart fails within me.

<sup>13</sup> Be pleased to save me, LORD; come quickly, LORD, to help me.

<sup>14</sup> May all who want to take my life be put to shame and confusion;  
may all who desire my ruin be turned back in disgrace.

<sup>15</sup> May those who say to me, ‘Aha! Aha!’ be appalled at their own shame.

<sup>16</sup> But may all who seek you rejoice and be glad in you; may those who long for  
your saving help always say, ‘The LORD is great!’

<sup>17</sup> But as for me, I am poor and needy; may the Lord think of me.  
You are my help and my deliverer; you are my God, do not delay.

# Supporting St John's



Support the ministry here by setting up a Direct Deposit with your bank to:

**St John's Anglican Church** BSB 032-032 Account Number 811-496

Monthly Offertories	Budget	Actual	Surplus (Deficit)
Nov 2017	\$7,417.00	\$11,411.45	\$3,994.45
Nov 2017 YTD	\$81,583.00	\$105,709.95	\$24,126.95

## Rosters

<b>11.00 Service</b>	14th January	21st January
<b>Celebrant</b>	Edward Vaughan	Martin Robinson
<b>Deacon</b>		
<b>Communion Assistant</b>	Jenny Coleby	Ed Vaughan Joanna Knight
<b>Speaker</b>	Mark Woodhouse	Martin Robinson
<b>Reader One</b>	Julie Bates	Felix Chong
<b>Prayers</b>	Edward Vaughan	John Kippax
<b>Welcomers</b>	Liz Illingworth	John Schiffer
<b>Morning Tea</b>	Clare Crompton Renie Roberts	Kaarina Kippax John Kippax



We acknowledge the Gadigal people of the Eora nation, the traditional custodians of the land on which we meet.

### Our Sunday services

9.30am - Our Family friendly service  
11am Communion - A classic Anglican service  
6pm - Contemporary Worship



To use the Hearing Loop, sit in the pews on the right hand side of the aisle (as you face towards the front) in the area in front of the sound desk.

### Getting in touch

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