



Reflecting God's Love in Community

BALGOWLAH CROMER FRESHWATER

Welcome to Worship Connections



January 2026 Edition

11 Jan Baptism of Jesus: Is 42:1-9; Ps 29; Acts 10:34-43; Mt 3:13-17

18 Jan Epiphany 2: Is 49:1-7; Ps 40:1-11; 1 Cor 1:1-9; Jn 1:29-42

25 Jan Epiphany 3: Is 9:1-4; Ps 27:1, 4-9; 1 Cor 1:10-18; Mt 4:12-23

1 Feb Epiphany 4: Mic 6:1-8; Ps 15; 1 Cor 1:18-31; Mt 5:1-12

In our Region Ministry

As we enter a new year, we step forward with hope, gratitude, and trust in what lies ahead. We carry with us the lessons of the past year, thankful for moments of joy and strengthened by times of challenge. The new year invites us to begin again to renew our faith, deepen our compassion, and walk with courage into all that is yet to unfold. May it be a time of peace, growth, and gentle reminders that we are never alone on the journey and we give thanks for God's presence with us through our journey.

*We hope you have all had a safe and enjoyable start to the new year
and we are looking forward to an exciting 2026*

New Year message from Rev. Trish

John 1: 10-18 (NRSVUE)

¹⁰ He was in the world, and the world came into being through him, yet the world did not know him. ¹¹ He came to what was his own, and his own people did not accept him. ¹² But to all who received him, who believed in his name, he gave power to become children of God, ¹³ who were born, not of blood or of the will of the flesh or of the will of man, but of God. ¹⁴ And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. ¹⁵ (John testified to him and cried out, "This was he of whom I said, 'He who comes after me ranks ahead of me because he was before me.'") ¹⁶ From his fullness we have all received, grace upon grace. ¹⁷ The law indeed was given through Moses; grace and truth came through Jesus Christ. ¹⁸ No one has ever seen God. It is the only Son, himself God, who is close to the Father's heart, who has made him known.

John's prologue reminds us that in the beginning was the Word, God's life-giving, light-bringing presence shining in the darkness, untouched by it. His gospel centres on two themes: life and light.

The life Christ offers is more than existence; it is a deep experience of God's peace and grace, empowering us to face whatever comes. The light Christ brings reveals the world's pain, its anxiety, injustice, and suffering so that healing and hope can break in.

Christ's light helps us see with compassion, guide those in darkness, lift burdens, and offer hope to the weary. In the Word made flesh, we are drawn toward truth, strengthened by his Spirit, and called to live as reflections of his life and light.

Pray then that we may be led out of any darkness and confusion we may be experiencing into the Light of God's love who is revealed as life and hope and forgiveness and joy. Pray also that we might reflect the light and life of Christ into the world, the world that begins on our doorsteps, as brightly as the glory of the angels that surrounded the shepherds, and as clearly as the star that drew the wise men from the East to the Christ-child. Amen



Think Communion
Think Community



A heartfelt thank you to everyone who generously donated to this appeal through Balgowlah Communion offerings during 2025. Last year, your kindness raised \$2,240 in cash, along with 30 gift and food vouchers, support for the Mother's Day and Winter Appeals, and 10 Opal cards valued at \$30 each. Please see the thank-you note below from the Northern Beaches Shelter Manager in response to our Christmas donation.

Thank you so much for your generous donation to NBWS, this will contribute to our Christmas Appeal. You have supported Northern Beaches Women's Shelter for many years, and we are deeply grateful for your continued kindness.

Christmas is a special time for many, but it can also be an incredibly dangerous time for women and children living with domestic and family violence. We know from Australian data that police reports of family violence spike around holiday periods, when financial pressure, alcohol use and close confinement at home can all escalate risk. Your support at this time of year truly couldn't be more important.

This Christmas, your donation is helping us renovate and open our new shelter, so we can support more women and children on the Northern Beaches. By expanding our service, we're increasing the number of safe rooms, warm beds and secure family spaces we can offer, making sure more local women and children have somewhere safe to go when they need it most. Because of you, we are one step closer to opening the doors of this new home and meeting the growing need in our community.

Thank you once again for your generosity and ongoing support. 

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 11 January

Balgowlah: Rev. Trish Rooney

Cromer: Rev. Sisilia Tupou-Thomas

Freshwater: Mission Team

Sunday 18 January

Balgowlah: Rev. Trish Rooney

Cromer: Rev. Sisilia Tupou-Thomas

Freshwater: Julie & Andrew Wright

Sunday 25 January

Balgowlah: Rev. Trish Rooney

Cromer: Marilyn Goff

Freshwater: Pastor Jennifer Johnston

Prayer Requests

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

Prayers for a safe, wonderful and peaceful 2026.

Prayers for Northern Beaches Women Shelter and their attendees.

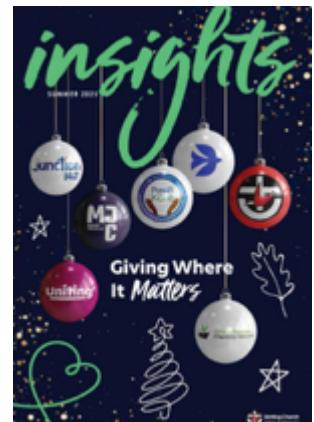
Prayers for all experiencing unprecedented weather conditions.

Prayers for P E A C E.

Please continue to keep Carolyn and David Benn's nephew, Doug Martin, Helen Hocking, Mary Carroll, Carol Richardson, Barbara Easton, Peter Stevenson, Win Garland, Margaret Rees, Heather Peterson, Trish Byrne, Ailsa Nixon and Peggy Mathys in your prayers and thoughts.

Insights Magazine Article

An interesting read this week, NBUC are featured in the *Insights* magazine (page 39) highlighting our loan to Manly Uniting Church. It's a great snapshot of the journey, the impact, and what it means for the local community, please use this [link](#) to read the article.



NBUC activity return dates

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

Crumbs Small Group - Tuesdays (online)

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.

Afternoon of Art – Saturday 17 January @ Balgowlah

Our art classes are for adult learners and older teens who meet monthly providing creative space that intertwines creative expression with inner reflection, helping participants become confident while continuing their own creative spiritual journaling.

Little Footsteps Playgroup - Monday 2 February @ Balgowlah

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.

Cromer Craft - Tuesday 3 February @ Cromer

Our craft group is closely allied to the church and compromises 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.

School for Seniors - Tuesday 3 February @ Balgowlah

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 from French language classes (all levels welcome), craft (quilling, knitting and art), table games (bridge, solo, scrabble, mah-jongg) as well as physical activities such as gentle exercise and history classes.

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.

Cromer Gentle Exercises - Friday 6 February @ Cromer

Our gentle exercise class offers a safe and supportive space for seniors to keep moving, improve flexibility and balance while enjoy time together. The focus is on wellbeing, confidence, and moving at your own pace. Suitable for all fitness levels, with plenty of encouragement and a relaxed pace.

Afternoon of Music - Saturday 7 February @ Balgowlah

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.