



Reflecting God's Love in Community
BALGOWLAH CROMER FRESHWATER

Welcome to Worship

Connections



Sunday 8 February

This week's lectionary reading

Epiphany 5: Is 58:1-9a (9b-12); Ps 112:1-9 (10); 1 Cor 2:1-12 (13-16); Mt 5:13-20

Next week's lectionary reading

Transfiguration of Jesus: Ex 24:12-18; Ps 2 or Ps 99; 2 Pt 1:16-21; Mt 17:1-9

In our Region Ministry

Coming up events

CROMER GENTLE EXERCISES

Our weekly classes are back on

Friday 6 Feb @ 9.30am
Cromer Uniting Church
20 Carrington Ave

We would love you to join us for gentle exercises.

For more info please email Phyllis Murdin on phyllismurdin@gmail.com



An Afternoon of Music

Come along to your neighbourhood open mic. You are welcome to use the piano at the venue. For other instruments, BYO.

FEB 7 Saturday 4-5pm Free admission

28 Mar, 6 Jun, 8 Aug, 17 Oct, 5 Dec

Northern Beaches Uniting Church
122 Condamine Street
Balgowlah

FOR MORE INFO
jeremykoay@hotmail.com



Ash Wednesday Service

18th February
6pm
at Balgowlah



On this Ash Wednesday, you are invited to bring your whole selves - your losses, your longing, your fragile faith - into God's presence, trusting the One who meets us in dust with mercy and in ashes with hope.

**AFTERNOON
OF ART**

Saturday 28 February
3.30-5.30pm
NBUC @ Balgowlah
122 Condamine Street

You are welcome to join our creative activity for the community, providing an experience that intertwines creative expression with inner reflection, inspiration and useful creative skills. This activity is for adult and older teens of any ability and to help participants become confident with their own creative spiritual journey.

2026 dates: 28 Mar, 25 Apr, 23 May, 27 Jun, 25 Jul, 22 Aug, 26 Sept, 24 Oct, 28 Nov, Dec TBC

Community events



**World Day of Prayer
AUSTRALIA**

Friday 6 March @ 10am
Manly Catholic Church
6 Raglan Street

You are welcome to join local churches in our area as we come together for this service (morning tea to follow service)

All enquiries to Moya 0409 442 070

This year's theme is "I Will Give You Rest: Come," based on Matthew 11:28-30, exploring divine rest through God's grace and community, inviting people to find solace in faith and transformation in God amidst life's burdens.

<https://www.worlddayofprayeraustralia.org/>

Join us for
CHAIR PILATES
and balance

A gentle and supportive exercise class designed especially for seniors. Improve balance, strength, flexibility and posture with safe, chair-based movements in a relaxed and friendly environment. No floor work and all abilities welcome.

Thursdays @ 3.15pm
Balgowlah Uniting Church
122 Condamine St

All queries please contact
 Claudine 0422 971 085



JOIN US FOR



**CROMER UC @ 9AM FRESHWATER UC @ 9AM
BALGOWLAH UC @ 9.30AM**

NBUC Preaching Roster

Sunday 8 February

Balgowlah: Rev. Trish Rooney

Cromer: Rev. Sisilia Tupou-Thomas (HC)

Freshwater: Pastor Jennifer Johnston

Prayer Requests

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.

Continued prayers for the recent shark attack victims, their family, friends, the helpers on the day and first responders.

Prayers for those who are sick, grieving, or facing challenges.

Prayers for support for first responders and healthcare workers.

Prayers for our volunteers, ministry and church leaders.

Prayers for P E A C E in areas of conflict.

NBUC Weekly Activities

You are welcome to join us at any of our activities below, for more information please email comms@nbuniting.org.au

Mondays

Little Footsteps Playgroup @ 9.30am @ NBUC Balgowlah

Tuesdays

Cromer Craft @ 9.30pm @ NBUC Cromer

School for seniors @ 9.30am @ NBUC Balgowlah

Crumbs Small Group @ 7pm (online)

Fridays

Cromer Gentle Exercises @ 9.30am @ NBUC Cromer