



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](mailto: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](mailto:jeremykoay@hotmail.com)



## Ash Wednesday Service

**18<sup>th</sup> February**  
**6pm**  
**at Balgowlah**

On this Ash Wednesday, you are invited to bring your whole selves - your loses, 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



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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](mailto: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**