



NEWSLETTER

4 October – 10 October 2021

Revive
Restore
Reach Out

NRCC News and Notices

▪ 9 AM ZOOM Service & 10 AM Fellowship (Same ZOOM Link)

If you have friends or family members who would like to join us for our Zoom service please send them the link.

▪ Term 4 Worship Roster

We are currently organizing our worship roster (Nov 2021-Jan 2022). There are many ways you can participate in our worship on Sunday. Music, bible reading, prayer, My Song My Story, welcoming/stewards, sound, media, flowers, morning tea etc. Please feel free to contact Steve or Jenny (worship service), Sharryn (morning tea), welcoming/stewards (Val R), flowers (Carol).

▪ Beryl's Marmalade

Beryl has been busy making marmalade and has donated some jars for church. If you would like some please contact Steve.

▪ Latest from Mike and Jacky

Click [here](#) for the latest '*Malawi Matters*' from Mike and Jacky

▪ Useful sources of information about mental health issues:

Beyond Blue: <https://www.beyondblue.org.au/>

SANE Australia: <https://www.sane.org/>

Mental Illness Fellowship of Australia Inc: <https://www.mifa.org.au/en/>

The Blackdog Institute: <https://www.blackdoginstitute.org.au/>

Head To Health: <https://www.headtohealth.gov.au/>

Headspace: <https://headspace.org.au/>

UCA Assembly Resource on **Domestic and Family Violence** can be found [here](#).

Recipe of the Week

Do you love cooking but are getting tired of cooking the same thing over and over? Do you need some new recipes? Have you cooked something this week, or do you have a favourite recipe, that you would like to share with the rest of us?

I am always looking at recipes but the best ones are always those tried and tested by friends. It can be any type of recipe at all, savoury, sweet, entree, snack or a meal.

If you are interested send your recipe to enquiry@northrocks.org.au Once life returns to normal perhaps we could do a church cook book.

This week's recipe comes from Jacky

This recipe comes from the recipe booklet compiled by St Andrews International School in Blantyre (where the boys went) with the most traditional Malawian food 'nsima' and a vegetable relish just in case you think people might be interested!!!! You can see it is very basic food suitable for cooking over an open fire! We found the green leafy relish was made even better with a tablespoon of groundnut flour mixed through (ground up peanuts) but maybe one could use almond meal??

Nsima and Leafy Veg

Shopping List

- Maize Flour (1kg)
- Water (5cups)
- Any leafy green vegetables (eg pumpkin leaves, spinach, cabbage)
- Onions
- Tinned Tomatoes
- Cooking oil
- Green peppers
- 1 cup water
- Pinch of sugar and salt



For the Nsima:

1. Put 5 cups of water in a pot and heat on a medium heat until the water becomes warm. Mix with $\frac{1}{4}$ kg of maize flour to make a thick paste.
2. Leave this to boil on a medium heat for 15-20 minutes. Keep adding more maize flour at 1 minute intervals to the pot until it reaches a stiff consistency.

For the Green Leafy Vegetables:

1. Boil green leafy vegetables in salty water for 2 minutes and drain the water away.
2. In a clean frying pan add 2 tablespoons of cooking oil. Fry the onions until soft over a medium heat and add green peppers to the mixture.
3. Add one can of chopped tomatoes to the onion and pepper mixture. Allow it to simmer over a medium heat for 5 minutes and add a pinch of sugar to taste.
4. Then add the boiled green leafy vegetables to finish. Serve with the Nsima for a delicious meal.

Community News and Notices

• **A thoughtful article on scripture and trauma, with a strong pastoral focus:**
<https://www.ministrymatters.com/all/entry/10883/scripture-and-trauma>

- PNP Multicultural Celebration

Celebrating our Diversity in Unity with Christ

Saturday 23rd October 2021, 10:00am-1:05pm

ZOOM ONLINE SESSION ONLY

This is an opportunity to raise an awareness about the Multicultural Strategy Committee and its role, and to enthuse and empower those from our Multicultural communities to take on leadership roles in the Presbytery and other councils of the Church.

The Committee also wants to reaffirm the declaration the National Assembly made in 1985 that the Uniting Church in Australia is a Multicultural Church.

If you are interested please email enquiry@northrocks.org.au for more information.

- Job Vacancy

Parramatta Nepean Presbytery is seeking to employ a Business Manager. If you would like more details, or would like to see the position description please email enquiry@northrocks.org.au. (Applications close 29 October.)

Reflection of the Week

These days, holiness is not a very popular idea. Some people associate being holy with being "holier than thou." Others—even professing Christians—think of holiness as a life of limitations and restrictions, so they want nothing to do with holiness. But God describes Himself as Yahweh Mekadesh—the God who is holy. And He calls His people to be holy, or set apart, as He is holy (see 1 Peter 1:15-16, cf. Leviticus 11:44-45, 19:2).

Because God is wholly different, He's free to act in ways that may not make sense to us. There are times in life when we cry to God, "Lord, why are You doing this? Why is this happening?" But our holy God reassures us, "I've got this. Everything is under My control. Don't panic."

Because the Lord is Yahweh Mekadesh, we can never put Him in a box to make us comfortable; He is not ours to control. He acts graciously when we expect judgment and reveals Himself to us in ways we do not expect. We belong to Him, and in His love and grace, He is at work to make us holy as He is holy, to encourage us as we follow His Son, and to empower us to be His representatives to a lost and broken world. What a glorious calling!

Prayer: God, You are infinitely above me. Your ways are not my ways. You are holy and perfect—set apart. I know You alone can make me holy as You are holy. May I walk in Your ways by the leading of Your Spirit. I pray in the name of Jesus. Amen.

"Keep my decrees and follow them. I am the LORD, who makes you holy" (Leviticus 20:8).



E-give (Direct Electronic Giving)

Account Name: North Rocks Community Church
(BSB): 634634 **Account Number:** 100025906

Prayers

If you have any prayer requests or would like to know of those with particular pastoral needs to pray for, please contact Robyn, Steve

or Pastoral Care Team.

Ministry Leaders

Minister: Rev. Steve Lee / minister@northrocks.org.au / 0433 698 690

Church Council

Chairperson: Cathy Nelson Secretary: Jenny Keyte Treasurer: Anne Crabb

Team Leaders

Worship: Jenny Keyte Discipleship: Alex Chow Pastoral Care: Robyn Pike Fellowship: Sue Vasilevska
Intergen: Cathy & Fiona Mission: Steve Turner

North Rocks Community Church

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<https://northrocks.uca.org.au>

Facebook: North Rocks Community Church

Email: enquiry@northrocks.org.au

Phone: (02) 9683 2586

Uniting Church in Australia <https://uniting.church/>

NSW & ACT Synod <https://nswact.uca.org.au/>

Parramatta Nepean Presbytery <https://parramattanepean.uca.org.au/>