



NEWSLETTER

2 - 8 February 2026

Revive
Restore
Reach Out

Sunday Worship 9am

Prayer for Our Church

Dear God,
As a new year begins, we humbly ask for Your Spirit to guide our church. Give us the wisdom to seek your will in all that we do, trusting your unchanging love amidst life's uncertainties. Help us to put aside differences so that we might build your kingdom sharing the Gospel with love and compassion. Open our eyes to the sorrows of the world, empowering us to respond with sacrifice and tenderness to those in need, reflecting Your grace and mercy.
We ask this in Jesus' name, Amen



You are invited to pray this prayer individually, in small groups, Bible study groups or at other gatherings during the week.

Prayer for Peace in our world

Rod has written [this prayer](#) for an ecumenical Prayer Vigil for Peace at St Anthony & St Paul's Coptic Orthodox Church, Guildford, Sydney, on 5 February 2026.

CWCI E3 Conference

The E3 Conference is being held March 13-15. NRCC won't be organising a livestream gathering but if you are interested please click [here](#) for all the information.

Practising the Way - NRCC Feb-Mar 2026

The **Practising the Way Course** is designed as a framework for spiritual formation built around teaching, community, and practice. At North Rocks Community Church, we aim to integrate **sermons, supplied videos, discussion groups, and homework**. Below is an **eight-week plan** that balances those elements, structured around a weekly rhythm.

Each person should have access to a Companion Guide (available free as a PDF) and a notebook to write their reflections, questions, insights, and prayers.

Week-by-Week Plan

Week	Session Title	Sermon Theme	Session Flow	Homework
1	Following Jesus	Who or what are you following? (Mark 1:16–18)	Welcome → Reflect intro → Video Part 1 → Discussion → Video Part 2 → Optional post-video → Prayer	Read “Apprentice to Jesus” (PTW, pp. 1–31); begin daily prayer rhythm; reflect 10–15 min
2	Formation (Part 1)	Becoming like Jesus: formation begins	As above but focused on formation themes	Practice a formation exercise (from Guide); reflect; journal
3	Formation (Part 2)	Deeper formation practices	Continue pattern, exploring deeper spiritual formation	Extend formation practice; reflect; note insights
4	The Practices	Spiritual practices as structures of life	Learn on spiritual disciplines, pause for reflection	Choose a discipline (e.g., silence, scripture); reflect
5	Meeting God in Pain & Suffering	Seeing God amid suffering and hardship	Video and discussion focused on lament and presence	Practice lament prayer or journaling; reflect
6	Healing from Sin	God’s healing and redemption	Discuss sin, grace, healing practices	Engage a forgiveness or confession exercise; reflect
7	Crafting a Rule of Life	Sustaining formation through life rhythms	Learn to create a Rule; group brainstorm	Draft personal Rule of Life; reflect on sustainability
8	Life Together	Community as context for the Way	Explore life in community; closing group reflections	Plan ongoing community rhythms; reflect on journey

To access the PDF click [here](#).

If you wish to print off the relevant pages for this week you can find them [here](#). There will be some copies available on Sunday.

Cleaning Bee - 14 February

We will be cleaning the church on February 14 starting 8.30am in preparation for An Afternoon in Song the following week.

Please put the date in your diary and come along to help if you are able.

Summary of Church Council Meeting

- Robyn has stepped down as leader of the pastoral care team and Cathy has agreed to coordinate the group. If you are interested in joining the pastoral care team please talk to one of the members of the team. - Cathy, Cay, Radha, Carol, Margaret, Robyn.
- Rod’s transitional ministry with us has been extended for another six months.

Previous Sermons

If you have missed any of our previous sermons you can listen to them on our YouTube channel <https://www.youtube.com/@nrcc6214> or read them on Rod's blog at <https://rodbenson.com/>

Dates for your Diary

Wednesday Morning Prayers - Rod will be leading early morning prayers on Wednesdays at the church from 7am. The session will last about 30 minutes. All are welcome.

Jan	
24	Community Garden
Feb	
14	Cleaning Bee
14 & 28	Community Garden
21	An Afternoon in Song

Community News and Notices

North Rocks Community Church
Invites you to attend

*An Afternoon
In Song*

FEATURING:
"Small Things"
"Tony Keyte"
"Emma Goodsir"

WHEN: Saturday February 21st, 2026
WHERE: 132 North Rocks Rd, North Rocks
TIME: 3pm to 5pm

*Café Style seating - BYO drinks and nibbles
(Free Coffee and Tea available)*

**** Suggested donation \$5.00 ****

Uniting Church Assembly and Synod News Links

Uniting Church

Assembly: <https://uniting.church/news/>

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

Presbytery: <https://pnp.uca.org.au/>

Reflection of the Week

Visionaries are people who see the big picture and are not afraid of change. They don't hold back, refusing to leave their comfort zones.

Those who have the "show me" mentality move only if they see proof that the change is good. They

embrace the vision if they see evidence and proof that it is the right direction. Then there are those who refuse to change or adapt at all.

The Israelites arrived at the edge of the land the Lord had promised to them after a long journey from Egypt. The journey was a process of learning lessons of obedience and faith. Now they were ready to enter the land.

"The LORD said to Moses, 'Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders'" (Numbers 13:1-2).

The mission was simple: "See what the land is like and whether the people who live there are strong or weak, few or many" (v. 18). After forty days of looking around, the twelve men returned and reported incredible prosperity and fertile land.

However, ten of them gave a bad report because of the fortified cities. Only two, Joshua and Caleb, had a different opinion. What seems impossible to us is possible to God—no matter how daunting. Do you fall into the "show me" category, like the majority of Moses' scouts? Do you want complete proof of success before you will participate in change? It is better to be like Joshua and Caleb—visionaries who could see that with God on their side they could not fail.

Prayer: Lord, help me to live confidently in You. May I follow You even when trials come, remembering that You are sovereign and that You love me. May my trust in You and Your unchanging faithfulness to me bring You glory. I pray in the name of Jesus. Amen.

"If the LORD is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us" (Numbers 14:8).

Prayer Points for This Month

For Our Church

- Pray for encouragement and strength for our congregation as we learn to serve each other as Jesus does.
- Pray for Rod that he will receive God's wisdom as he leads our church through Practising the Way.
- Pray for wisdom for church council as they work together to serve NRCC.
- Pray for healing and restoration for those in need.

For the Wider Church

- Pray for the Community Services Ministries of Parramatta Nepean Presbyteries – [Gateway Family Services](#), [Junction 142](#) and [Parramatta Mission](#).
- Pray for strength and perseverance for churches around the world in areas of conflict. May they continue to know peace that can only come from you.
- Pray for those in mission as they reach out to those who do not yet know you. We pray especially for the missionaries we support - Mike & Jacky Hammond, Richard & Lindsey Parker, and Bill & Sandra Callister.

For Australia

- Prayers that leaders will act with integrity, wisdom, and courage to make just decisions for all.

- Pray for unity and healing, for overcoming division, reducing tension, and fostering peace.
- Pray for the vulnerable and voiceless, and bring justice to those who have suffered injustice

For the World

- We pray that world leaders might find peaceful solutions to conflict between countries.
- Pray that local churches and Christians worldwide remain faithful, act as conduits of hope, and bring God's love to their communities.
- We [pray](#) for Algeria, Libya, Morocco, Western Sahara, Tunisia.

Prayers

E - give (Anonymous Direct Electronic Giving)

Account Name: North Rocks CC - Giving
(BSB): 634634 **Account Number:** 100025906

If you have any prayer requests or would like to know about those with particular pastoral needs to pray for, please contact Cathy or another member of the Pastoral Care Team
Cathy: 0411 055 403

Ministry Leaders

Transitional Supply Minister: Rev Dr Rod Benson / 0412421678 / rod@northrocks.org.au

Church Council

Chairperson: Cathy Nelson Secretary: Samson Leung Treasurer: Anne Crabb
Alex Chow, Jenny Keyte, Sue Vasilevska