

# CONNECTIONS

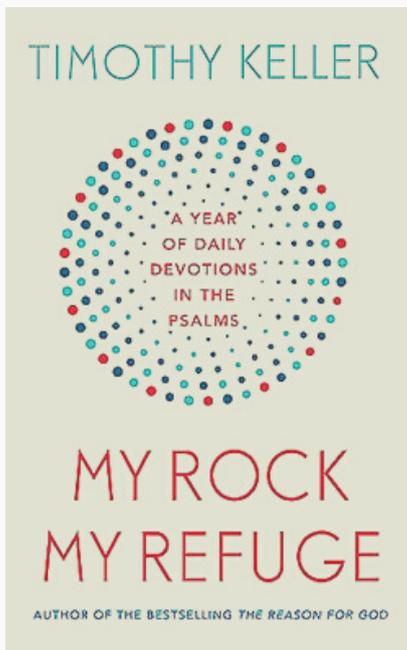
Stories of the SWAC-scattered community



## A Daily Psalm with Scott

SCOTT GOODE

I feel compelled in this season to be reading and praying the Psalms and I want to invite our church to do likewise. I will be using Tim Keller's *My Rock my Refuge* to help me in this journey. If you would like us to order you a copy (\$22) email me and I will put a bulk order in. Alternatively it is available as a Kindle versions for only \$13. Use by yourself, or you can join me! Each day, from Tues-Fri, at 930am, you can connect with me using Zoom video conferencing software. Just email me to subscribe to the email list that sends you a daily invitation to this Zoom session. However you choose to do it, would you consider reading and praying the Psalms through this season?



Tuesday to Friday

930am-10am

A Daily Psalm with Scott

Email [scottg@swac.church](mailto:scottg@swac.church) to subscribe

Join occasionally or regularly - no obligation

## OFFICE HOURS:

Our office is closed  
Food donations and  
pastoral care by  
appointment

The answering machine will  
be checked daily  
Ph: 6925 1707

Staff will be working from  
home where possible.

[scottg@swac.church](mailto:scottg@swac.church)  
[Lisa] [office@swac.church](mailto:office@swac.church)  
[kyliep@swac.church](mailto:kyliep@swac.church)  
[mattb@swac.church](mailto:mattb@swac.church)  
[amandab@swac.church](mailto:amandab@swac.church)  
[craigr@swac.church](mailto:craigr@swac.church)

Warden Contact

St Paul's: Peter Hilton  
St Alban's: Robyn Clarke

Our churches remain  
closed  
[www.swac.church](http://www.swac.church)



## Daily devotions with the Family

NAT GOODE

With the children now at home I have come across a wonderful resource to have a daily devotion with my seven year old. *Engadine Heathcote Anglican Church* features a five minute Family Devotion on their Facebook page every day. Ian Morrison is a creative and gifted communicator who we know personally and our son loves it! All you have to do is 'like' Engadine Heathcote Kids page and click on the daily videos that Ian is producing. A wonderful way to start the homeschooling day!



"Switch off everything and meditate on God's Word and speak to Him."

NATALIE MCDERMOTT

## Well-being in Isolation

NATALIE MCDERMOTT

The Coronavirus crisis and ever changing information can be overwhelming. Here are some helpful tips for your well-being:

- Maintain healthy eating.
- Exercise by going for a walk outside or do some at home.
- Communicate with friends on a daily basis.
- Take up, or renew a hobby - start a jigsaw puzzle or open that book or complete word puzzles.
- Take time out for yourself and God each day. Switch off everything and meditate on God's Word and speak to Him.
- Count your blessings each day. Write down three things that you are thankful for - big or small. We can even be thankful for each new day that we are given.

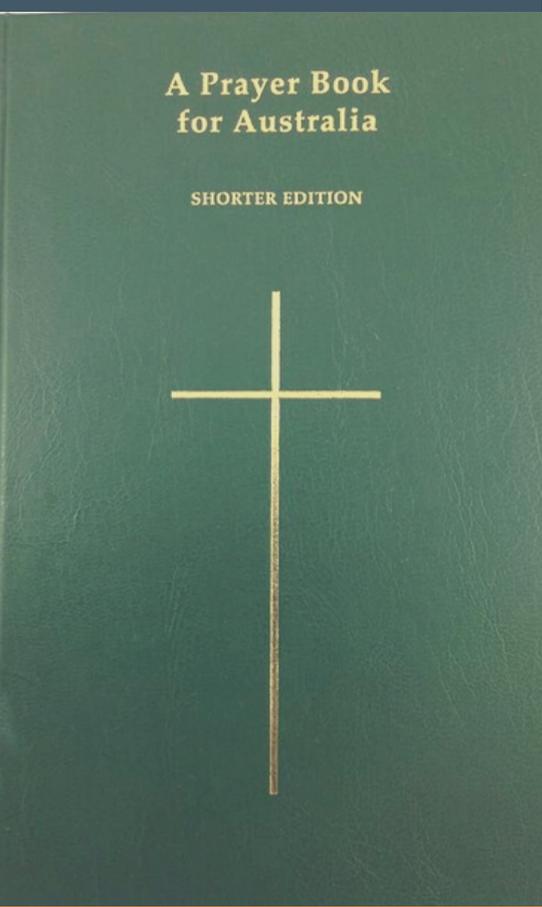




For inclusion in the parish prayers for those in need please email

scottg@swac.church

Regular updates of people will ensure latest information.



## Daily Worship

There are two ways that you could engage in daily worship during the week using our rich Anglican resources.

1. Physically: We can deliver a prayer book to your home to use for the duration of this time that we are unable to meet at church. Simply contact [craig@swac.church](mailto:craig@swac.church).
2. Digitally: The *epray Daily* app can be downloaded to your tablet or phone (or even computer). It automatically provides the lectionary readings and incorporates them into a Morning and Evening Prayer service.



## Prayer for those in need

VALME DEANE as she recovers from surgery and treatment.

NATALIE MCDERMOTT as she finishes radiotherapy and heals from side effects and the trauma of illness and treatment. With David working in hospitals they are living apart to reduce exposure to the COVID-19 virus.

BARBARA SLADE as she recovers from Breast Cancer surgery last Tues (31/3). Thanksgiving for early diagnosis.

STUART GAMBLE in his recovery and rehabilitation after his knee replacement.

LAUREL WILLIS as she recovers from a second surgery since Christmas.

GOD OF EVERY PLACE; WE PRAY FOR LOVED ONES ABSENT FROM US: PROTECT THEM FROM HARM, DIRECT THEM IN YOUR WAY AND STRENGTHEN THEM IN DIFFICULTY. GIVE THEM A FIRM TRUST IN YOU AND YOUR GOODNESS THROUGH JESUS CHRIST OUR SAVIOUR; AMEN.



## SCATTERED MESSAGES

IAN & MICHELLE GRANT

We took this shot before we viewed the online service last Sunday morning. We both enjoyed singing along and at the end of the service we watched some more YouTube hymn songs. The message from Esther was very apt:

*And who knows whether you have not come to the Kingdom for such a time as this?*

To know that we are in the right place even when all around is a bit chaotic is very reassuring.



STUART & CAROLE GAMBLE WITH WILBUR

We followed along with the worship service including Wilbur! It was inspirational and encouraging. Wilbur, as you know, is a holy dog as he is part of our family. I came home from hospital last Saturday which I am very pleased about - God has been very good to me in terms of the timing of my knee replacement. I think the church will grow through this adversity as we realise that we are all part of Christ's interdependent body and that our worship is not just Communion and sermons in a building but is expressed in showing God's love in many different ways bringing glory to our Lord. As I write this I am upstairs looking out over our balcony and seeing this as an opportunity for refreshment and rest and giving thanks to a great God.



Send your pics and messages via email, text (or snail-mail) to [scottg@swac.church](mailto:scottg@swac.church) and be a blessing to our scattered church community.