**PARISH NEWS**

 **2nd April 2017**

 **FIFTH SUNDAY IN LENT**

*‘I am the resurrection and the life,’ says the Lord; ‘whoever lives and believes in me shall never die.’* John 11.25–26

**New Parish Council**

Elections for the 2017 Parish Council were held last Sunday and the results are as follows:

Rector’s Warden: *Clive Davies*

People’s Wardens: *Kit Carson, Judy Hall*

Councillors: *Dennis Ang, Suellen Belton, Peter Board, Phillip Castle, Heather Dwyer, Barry Levick.*

Health & Safety Officer: *Heather Webster*

Missions Secretary: *Doreen Ovens.*

Synod Reps: *Suellen Belton, Belinda Clancy, Barry Levick*

Incumbency Board Reps: *Suellen Belton, Clive Davies, Barry Levick (reserves: Kit Carson & Phillip Castle)*

At the post Parish Council Meeting the positions of Secretary and Treasurer were filled, the results being: Judy Hall: Secretary and Peter Board: Treasurer.

The first Parish Council meeting for the new council will take place on Tuesday 11th April. If any parishioner would like matters raised at Council meetings, please mention these to any of our councillors so that they can be placed on the agenda.

**MEN’S DINNER**

Next Men’s Dinner is Tuesday 4th April 2017 at St. Alban’s Hall Forster. 6.00pm for 6.30pm. $12 ph. Two course meal. Drinks available. Speaker: Judy Hall   Subject: Sailing to Antarctica.

Lists at back of Forster & Tuncurry Churches or phone Clive Davies. 0412-653-061.

**In Our Prayers:**

**Our Parish:**

* The environment
* Please continue to pray for people with ongoing needs in your prayers each day.

*If you would like to add someone to the Parish Prayer list, be sure to obtain permission from the person concerned and then contact the Parish Office.*

**Our Diocese:**

* Bishop Greg and Assistant Bishop Peter
* Parishes of Georgetown and Hamilton
* Bishop Tyrrell Anglican College
* Hospital chaplaincies
* Diocese of Armidale

**The World:**

* Church in Mityana, Uganda
* Liz Burns (CMS Tanzania)

We commend to God’s keeping those who have recently died and we pray for those who mourn their passing. We remember with thanks those whom we have loved whose anniversary occurs at this time: **Ben Ferris.**

**COURTHOUSE ROSTER**

5th April Marge Cooper & Beryl Allen

19th April Suellen Belton & Diane Kellehear

**GAMES AFTERNOON**

Next Games Afternoon is Saturday 8th April 2017 at St. Nicholas Tuncurry at 1.00pm. Come along for some fun and games.

**CONTACT DETAILS**

**Parish Priest:** The Reverend Mark Harris 6555 4200

 revmarkharris@icloud.com

**Priest in Local Mission** The Reverend Bill Green 6555 4200

**Parish Office:** St. Alban’s Anglican Church: 6555 4200

 info@forsteranglican.com

**Parish Secretary** Phillip Castle 0422 036 656

**Op Shop:** Head St Car park 6555 4267 Enquiries: 6555 4200

**Book Shop** bookshop@forsteranglican.com6555 4272

**Parish Website:** www.forsteranglican.com

**Items for Parish News:**

Email: PN@forsteranglican.com or phone Janet 6554 5981 or parish office 6555 4200 by 12noon Wednesday.

**Our Bank Details:** BSB**:** **705 077** Account: **00040071**

Acc Name: **Anglican Parish of Forster/Tuncurry**

**Items for Parish News.**

Would anyone who has items for Parish News please either email to Janet at PN@forsteranglican.com or phone

Janet 6554 5981 or parish office 6555 4200 by 12noon Wednesday.

**TEA, TOAST & THEOLOGY**

This is a small informal group who meet weekly at St Alban’s each Wednesday from 8am-8.45am. The topics that we discuss (*over a hot cuppa and toast!) r*ange widely depending on the interests of the group. Some of the topics that we have discussed recently include the following: prayer, divorce, trinity, how Rev. Mark prepares families for baptism, Anglican policy on marriage of homosexuals, the creed and how the liturgy for the church year is set.

Why not come along and see if this group meets your needs?

**OUR MISSION FOR APRIL – ANGLICAN BOARD OF MISSION**

ABM'S Five Marks of Mission are:

* Witness to Christ's saving, forgiving and reconciling love for all people
* Build welcoming, transforming communities of faith
* Stand in solidarity with the poor and needy
* Challenge violence, injustice and oppression, and work for peace and reconciliation
* Protect, care for and renew life on our planet

Please give as generously as you can this month – our Mission Giving totals have declined rather sadly over the last year.

**TUNE UP MEN’S WEEKEND**

“Getting Fine-Tuned for Life”, the 2017 Anglican Men’s Weekend, is on 19th-21st May 2017 at “”Tahlee” via Karuah. A weekend for Christian men and their friends to grow as followers of Jesus. See Phillip Castle for more details. 0422 036656. Some men from the Parish are going, so join in and have fun learning more and meeting fellow Christian men.

**PARISH BARBECUE**

Next monthly Parish Barbecue is next Sunday 9th April 2017 at St. Alban’s Forster. A couple of months ago we had great fun playing Pictionary after the Barbecue. Come and bring your meat to be cooked by our resident chef, or bring something else to eat. Mainly you are welcome to join in the friendship.

**GREAT LAKES RURAL AUSTRALIANS FOR REFUGEES:**

**Palm Sunday Rally, April 9, 11am-1pm**

The Rally will start at the Forster Ocean Baths at 11am then walk across the bridge and meet at John Wright Park amphitheatre for short speeches, musical entertainment and publicity.

Over the last two years there have been nationwide rallies for refugees on Palm Sunday, with thousands marching in capital cities across the country. Their success has been a product of broad support from church groups, unions and other community organizations.

This year’s rally is being organized by a coalition of groups including Sydney Peace & Justice Coalition, Mums for Refugees, Grandmothers against detention of refugee children, Refugee Action Coalition, Unions for Refugees and others. The message of the rally is welcome refugees: justice, peace and unity.

The recent actions in support of refugees by groups around the country including doctors at hospitals and teachers show that the momentum for change is growing.

This is beyond politics, it is about humanity.

Join thousands of others marching across Australia this Palm Sunday in support of refugees.

**MINI LUNCH**

Next Mini Lunch is on Wednesday 12th April 2017 at St. Alban’s Hall Forster at 11.30am for 12noon. Cost $7ph.

**SEAFOOD DINNER - ADVANCE NOTICE!**

The traditional Seafood Dinner will be on Saturday, 6th May, 6.30 for 7.00pm at Krambach Hall. Menu as follows

Entrée: Prawns, Crab and Oysters

Main: Barbecued Fish & Salads

Sweets: Fresh Fruit Salad and Ice Cream

Tea and Coffee

Cost $30 per person. Raffles and Lucky Door Prizes

Bookings are essential – Tables of 8 (before Tuesday, 2nd May)

Contact Aileen 6559-1541, Moya 6559-1265, or Helen 6550-2383.

Please bring glasses and drinks!

Non Seafood Diners, please notify us when booking, as other arrangements can be made.

**APRIL FALLS DAY 1st – 30th April 2017**

In NSW in a year 27000 people are hospitalized due to a fall and more than 400 of these will result in death. 1:3 over 65 years of age will fall at least once a year. Fall Proof Yourself by:

Being physically active to stay well, independent and to do everyday tasks.

* Are your feet sore? – talk to your Doctor as feet can change shape and lose some feeling. Wear comfortable, firm-fitting flat shoes.
* Are you deficient in Vitamin D? Vitamin D can affect your bone and muscle strength as this vitamin helps our bodies absorb Calcium from food.
* Regular eye checks by an Optometrist to check the eye health and vision clarity.
* Medicate right to stay upright – discuss with your Pharmacist the pills and potions you are taking and any side effects.

Heather Webster, Safety Delegate. Information from NSW Health.

**BOOK REVIEW: KEEP IT SHUT *(What to Say, How to Say It and When to Say Nothing At All)***

In my opinion, this book should be a must read for everyone – but especially for Christians. Despite the fact that it is written by a woman for women with a very female-oriented cover, men could also glean much from its pages.

With chapters including: ‘The Awful Power of the Tongue’, ‘Learning to Listen’, ‘On Flattery and Speaking The Truth In Love’ and ‘Stopping Gossip and Hearsay’, this book contains wonderful advice on how to be more practically Christian – just by using our words (*or our silence!*)

Besides giving clear explanations from both real life situations and from the bible, the writer shows us how to communicate in loving and Christ-like ways that promote a growth in relationships. For example, in the chapter on ‘People Pleasing’, the writer uses the story of John the Baptist to illustrate that we need to fight against the desire to please with the following tips:

* Beware of making promises in order to impress someone
* Let your words be few
* Do not answer right away
* Keep God at the center of your plans
* Know when to eat your words and admit your fault.

The writer also suggests that we reflect on our speech before uttering a word by reflecting on:

* Is this comment wise?
* Will this comment help me display God’s love to outsiders?
* Is this comment full of grace?
* Have I asked God if this is the best response?

Priced at only $20.99 this is a useful book, filled with biblical references to the power of the tongue. I’d love to hear what others think about the book.

*Judy Hall*

**SOMETHING SPECIAL CHRISTIAN BOOKSHOP**

The bookshop’s opening hours are from 9am-12pm Monday through to Friday and after the 8am and 9.30 services at St Albans on a Sunday.

There is a wide range of Christian material available for purchase including giftware, cards, music, DVDs, stationery, bibles, devotionals and books. The range of books is impressive for a shop of this size – Christian living, bible commentaries, biographies, children’s literature, parenting, fiction, counseling and prayer. Stock is turned over on a monthly basis.

Most of our material is from Koorong and their catalogues are available in the shop. Orders can be taken and usually arrive within a week. Whilst it is easy to order from Koorong on-line at home, by purchasing goods at our church, profits go to our church rather than direct to Koorong.

An increasing number of customers – both from our own church and other local Christian churches are frequenting our shop each week. It’s great to see that this initiative of our church is meeting the needs of our community and helping others to grow in their Christian faith.

We have several volunteers who man the shop on a regular basis. Like the Op-Shop, it would be great to have more – especially to assist when some of our regulars are absent. Please phone Deborah Laurie 0402359780 if you would like to be a part of our team.

The bookshop takes both cash and EFTPOS.