**PARISH NEWS**

 **26th March 2017**

 **FOURTH SUNDAY IN LENT**

*‘I am the light of the world,’ says the Lord; ‘those who follow me will have the light of life.’* John 8.12

**PARISH SERVICE AND AGM - TODAY**

Today, Sunday, 26th March, there will be one service in the Parish, at St Alban’s, 9.30am. This will be followed by the Parish AGM in St Alban’s Hall at 11.30am.

**EASTER CARDS**

A variety of Easter Cards are available for purchase from our Something Special Christian Bookshop this morning. Priced at only $1.50, they are a simple way to remember a loved one during this important season in the Church year.

There are also a range of Easter DVDs and books for children and adults. Perhaps the gift of Christian material at Easter time instead of, or in addition to, the chocolate eggs will help to spread the message of Christ’s redeeming love for us.

**ST. ALBAN’S QUARTERLY CLEAN UP**

Next Saturday, 1st April. The date for our postponed clean-up is approaching fast – so let’s keep up the good work that we have been doing.   A great band of helpers come along on the morning, so if you haven’t been, do come and see just what’s  happening.

If 8.00am is too early, come along whenever you can, morning tea at 10.00am – you can start work after MT!  The list is on the board, so pop your name next to a suitable job, enquiries to Clive or Lyn 0412-653-061.

**In Our Prayers:**

**Our Parish:**

* Study, Reflection and Growth Groups
* Please continue to include 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 Stroud and Williamtown, Medowie Mallabula
* Newcastle Grammar School
* Vocations to the ordained ministry
* Diocese of Willochra

**The World:**

* Church in Mexico
* 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: **Lucille Marcoulis, Terry Bowd** and **Rhonda Groves.**

**SAMARITANS FOR MARCH**

Toiletries for any family member – mum, dad or the children. The Samaritans are very grateful for all the donations of goods which our parish regularly makes. Keep up the good work!

**COURTHOUSE ROSTER**

5th April Marge Cooper & Beryl Allen

19th April Suellen Belton & Diane Kellehear

**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.

**MARCH MISSION - BCA**

BCA BOX OPENING TIME. Please return your boxes to Suellen for counting and processing.   Suellen Belton - BCA Box Secretary - 6554 8264

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

In NSW in a year 27000 people are hospitalised 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.

**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 organisations.

This year’s rally is being organised 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.

**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.