



NOTICE SHEET

Five Dock Drummoyne Congregation

March 2025



Praise and Prayer Points.

LENT HELPS US APPROACH EASTER WITH RENEWED PURPOSE

*We are glad to have you with us today in worship.
It is our hope that you will not only learn more
about God, but that you will encounter Him and
experience His presence, love and grace for you.*

Diary Dates



Monday 3 March at 3pm

Monday Bible Study meets in the Church.

Reading: John 1: 1-10

Topic: 'Is God the problem?'

Wednesday 5 March

Property & Administration Committee

meets at 11.30am in the Church

Kitty Doyle Ash Wednesday Service at 2pm

to be held in the Community Centre,
followed by Afternoon Tea. All welcome.

Wednesday 5 March – Thursday April 17

Lent Event – Once again Uniting World invites us to participate in Lent Event. This year the focus is on helping our Pacific neighbours adapt and adjust to the impact of climate change. Our financial support will help them resource various projects. Please pray especially for the region during this Lenten season.

Friday 7 March at 9:30am

World Day of Prayer

at All Hallows Catholic Church, Five Dock
focussing on the **Cook Islands**.

Sunday 16 March

Congregation Meeting will be held after Service.

Written reports covering the period from July 2024 to the current day are required from the Minister, Treasurer, Property Administration Committee, Pastoral Carers, Worship Committee, Meals on Wheels, Small Groups, Church Council and Congregation. Reports to be at the Church office by Wednesday 5 March for printing and distribution on Sun 9 March.

Congregational Profile Committee

Each Committee member has been given a section of the Profile document to complete and table at the next meeting on Wednesday 2 April.

Minutes of the recent **Worship Committee** meeting held on Sunday 9 February are on the Church noticeboard.

Lent is a season observed as a time of reflection, repentance, and preparation leading to Easter. This year, Lent begins on March 5.

Traditionally lasting 40 days, it mirrors the period Jesus spent fasting in the wilderness. It invites you to examine your spiritual, emotional, and physical habits to align more closely with your faith or values. While the practices of Lent may vary, fasting, prayer, and acts of service are often central to its observance.

Choosing something to give up during Lent requires thought about what will challenge you while fostering growth. For some, this might mean abstaining from indulgences like sweets, your daily coffee, alcohol, or social media.

For others, Lent may present an opportunity to take a broader view of sacrifice. Is there a behaviour or mindset you could shed to better reflect your values?

Another approach is to add something meaningful rather than give something up. You might commit to daily acts of kindness, volunteering, or dedicating time to spiritual practices. If you decide to add prayer or meditation to your routine, think about how this can centre you. Would setting aside 10 minutes each morning for quiet reflection change how you face the day?

You might also explore the deeper reasons behind traditional Lenten practices. Fasting, for example, is not just about abstaining from food but about focusing less on physical desires and more on spiritual priorities.

As you choose your focus for Lent, it's helpful to think about how these practices connect you to a larger community or purpose. How does what you give up or take on, help you contribute to the lives of others? If your sacrifice frees up time, energy, or resources, how can you use those for good?

At its core, Lent invites you to grow in awareness. It's not about perfection or strict rules but about making intentional changes.

edited extract from February 2025 "Insights".