

The logo for 'urbanlife news' features the word 'urbanlife' in a bold, white, sans-serif font, with 'news' in a smaller, grey, sans-serif font below it. The text is set against a dark, circular background with a lens flare effect, all on a black rectangular background.

Note From Cam:

Alex and I were recently invited for dinner at our friend's house. This is no ordinary friend though: she could easily enter Master Chef and take out all other contestants with one swing of her spatula. Upon arrival we were presented with a menu containing 10 courses! When the first of 4 desserts was served at 11:30pm I strengthened my resolved to conquer the menu and dug in. By 12:15am I felt awful. I had indulged in the sin of gluttony to a degree I'd never previously known. Despite a wonderful evening of laughter and food, I awoke the next morning feeling groggy, sick and sedated.

Sin can be defined as indulging ourselves in any area at the expense of pursuing God. The thing about sin is that it acts like an anaesthetic: it sedates us to the point of being ineffective. That's why I value the season of Lent. Lent reminds us that God longs for us to be able to put our own indulgent tendencies to one side, to empty our lives of distractions, in order that there may be provision for Him to enter in. The garden of Gethsemane acts as a poignant reminder that when we say 'no' to our will, life changing outcomes are seeded. Beyond the season of Lent you will be faced with numerous choices to indulge your own desires, or to practice denial by emptying your life of distractions.

When we do this, it brings God pleasure because He doesn't simply leave us empty, but desires to fill us with His presence. As we exit the season of Lent we embark on an exciting new series on Spiritual Gifts that explores this very dynamic. Let's continue the practice of refusing our own desires that we might continue to be 'God's instruments to do his work and speak out for Him, telling others of the night-and-day difference He has made for us' (1 Peter 2:9).

Cam.

Annual General Meeting: 20th April 7:30pm

We are calling our AGM for Tuesday evening, 20th April 2010. It will be held at urbanlife (143 Maroondah Hwy, Ringwood) from 7:30pm.

This is a great time for us to reflect on the year that has been and look forward to the things ahead.

Please RSVP through the church office. If you have any questions, please feel free to speak with any member of the Senior Leadership Team.

We look forward to seeing you there.

Missions Update:

In March we collected funds to begin a Life Group Mission Fund to assist with needs that are identified through the sphere of influence of our Life Groups. So far, \$1008.10 has been raised.

In April, we are using our missions donations to add to the Reflect Project. This project has been outlined over the last few Sundays, and you would have seen posters around the building, and postcards on the seats already. We are teaming up with the Café Cause for the month (see below) to fund the purchase of hygiene products to give to Supported Residential Housing residents who cannot afford these basic items. This will also culminate in May, with a 'packing day' here at urbanlife. For a more long-term option, we are also offering hygiene product 'sponsorship' of residents, as we know that they items will run out regularly. See Cam if you are interested in this option.

Funds will be collected on Sunday mornings, but can also be directly deposited into the urbanlife bank account (BSB:063 885 Account: 1005 3608).

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Café Cause:

In April, the Café will be continuing with urbanlife's Reflect Project.

People who live in Supported Residential Service housing (SRSs) often only have a few dollars left each month, after they have paid their food and board costs to the house. This doesn't leave much money for basic things, such as deodorant, shampoo, feminine hygiene products or toothpaste. Imagine trying to go for a job without having been able to use these. It just adds to the cycle of poverty and unemployment, not to mention self-esteem issues. We are asking people to reflect what it would be like to have to live for a month without even one of these items. Which would you give up? Could you live without it? What would it do to your sense of dignity?

More information will be explained throughout April about the Reflect Project and urbanlife's ongoing support of this need. The café will be accepting donations throughout the rest of April. Café patrons are also being invited to join in the packing day on Sunday 16th May. Are you able to add one more item to your shopping list each week? Or change the way you spend in order to be able to buy another item to give? Or just come along to help pack in May? Every bit helps.

urbanlife kids:

4/4—Easter Sunday program for kids downstairs; then upstairs from approx 11:15am (directions will be given)

11/4 – School Holiday program from 11am

18/4 – Primary age program from 10.30am; crèche from 11am

25/4 – Primary age program from 10.30am; crèche from 11am

For further information, please contact Jodie McNair on jodie.mcnair@optusnet.com.au

Chicks with Sticks: Knitting Expo & Fundraiser

Chicks with Sticks are holding a Knitting Expo and Fundraiser:

Saturday 1st May

urbanlife Cafe

143 Maroondah Highway

1pm- 5pm

\$10 Entry includes afternoon tea

A mothers day raffle to win

\$1 a ticket or 3 for \$2.

Hand made cards \$2.00 each.

For more information visit: www.chickswithstickseasternsuburbs.com

What's on at urbanlife: April 2010

The Regulars:

My Dolls Space—every second Monday 10:30am-3:00pm

Chick with Sticks— meet every second Wednesday 12:30-3:30pm.

urbansafe Krav Maga – every Wednesday 7:30 pm – 9:00 pm. \$12, see David Stone for more info.

urbankids Playgroup – meet every Thursday morning. See Katrina Farley if you are interested in enrolling

Prime Timers—for people over 55 who enjoy friendship, company and support. See Bronwyn Dwight for details.

GT's and Life Groups— there are heaps of these meeting every week and there is bound to be one to suit you!

So speak to Tony Crossett about how to get connected or pick up a GT brochure from the café.

Sunday celebration service—

Join us through the month of April as we start our new series on Spiritual Gifts.

Speakers and topics are listed below, and copies of previous messages can be purchased from the church office.

Services start at 10:30am and concludes with coffee at 12:00pm

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Week 1

Fri 1st Good Friday - No official service. Life Groups meet in homes—see Tony Crossett or your LG leader
Sun 4th Easter Sunday Celebration Service: 10:30am-12:00pm with Cam
Wed 7th urbansafe Krav Maga: 7:30-9:00pm
Thur 8th Music Practice: 7:30-9:30pm
Sun 11th Celebration Service: 10:30am– 12:00pm Lent: "Spiritual Gifts—Introduction", with Cam

Week 2

Mon 12th My Dolls Space: from 10:30am
Wed 14th Chicks with Sticks from 12:30pm
urbansafe Krav Maga 7:30pm 9:00pm
Thur 15th urbankids Playgroup: 9:30-11:30am
Music Practice: 7:30-9:30pm
Sun 18th Celebration Service: 10:30am– 12:00pm Spiritual: "5 Fold" , with Tony

Week 3

Tues 20th Annual General Meeting (AGM): 7:30pm
Wed 21st urbansafe Krav Maga: 7:30-9:00pm
Thur 22nd urbankids Playgroup: 9:30-11:30am
Music Practice: 7:30-9:30pm
Sun 25th Celebration Service: 10:30am-12:00pm Spiritual Gifts: "Healing", with Doug

Week 4

Mon 26th My Dolls Space: from 10:30am
Wed 28th Chicks with Sticks from 12:30pm
urbansafe Krav Maga: 7:30-9:00pm
Sat 1st Chicks with Stick Knitting Expo: 1:00-5:00pm
Sun 2nd Celebration Service: 10:30am-12:00pm Spiritual Gifts: "Evangelism", with Annie
(May)

[More Details?](#)

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at reception@urbanlife.org.au or call 9879 8311