

urbanlife news

Note From Anthea:

Have you ever been in a conversation with someone who through out your discussion was obviously distracted by other things? They may have been distracted by family issues, kids, worrying about their job or thinking about other things they need to do that day. It's really frustrating when you've carved out time to be with that person and they have many other worries on their mind. Personally, I sometimes find it difficult to give my kids the time they deserve they will be playing & invite me into their game & I'm worried about the dishes that aren't done, the pile of washing you couldn't jump over and the beds that aren't made. My youngest Che', in particular, is very aware when my body is present but mind and heart are somewhere else.

It is a huge challenge in today's busy world to be fully present in the moment not allowing the many other worries and concerns of our lives encroach on that time we have carved out to be with others. Our relationship with God is not dissimilar. I have lost count of how many times I've gone to prayer & found myself reeling of my shopping list of requests and worries for Him to attend to Amen.

Lent is a season we have entered where we choose to be fully present with God. We do this through a number of disciplines over this season. Prayer, fasting and giving to those less fortunate than ourselves, during this season we also take time to enter the story of Christ's betrayal, death and resurrection anew. The discipline of being fully present is one many of us need to rediscover. Good luck as we journey together over the next month.

Annie.

Clean Up Australia Day: March 7th

Every year, from Perth to Penrith, hundreds of thousands of Australians get stuck in and Clean Up their local environment by collecting and removing rubbish on Clean Up Australia Day. This year celebrates the 20th anniversary of the project.

So come along, and help us worship together in a different way, and participate in our community.

Meet at urbanlife at 10:30am

Wear old clothes and sensible shoes, and bring gloves. Teams will make their way to the nearby clean up locations.

A free lunch will be provided back at urbanlife after the event, at approximately 12:30pm



Missions Update:

In the first part of the year we collected funds to help with the relief effort in Haiti, after the devastating earthquake - \$1,183.95 was raised.

In March, we are using our missions donations to create a Life Group Missions Fund. Urbanlife is encouraging the member of our Life Groups to identify needs that exist within their personal sphere of influence. Having some funds readily available will mean needs can be met quickly. This is just another way we can practice our core value of Mission. By loving people and extending kindness we are showing them the love of Jesus.

Funds will be collected on Sunday mornings, but can also be directly deposited into the urbanlife bank account

...many valuable and meaningful things can be done quietly. This is just another way to carry forward our core value of mission. By loving people and extending kindness we are showing them the love of Jesus.

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

Café Cause:

In March, the Café will be jumping on board 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 March about the Reflect Project and urbanlife's ongoing support of this need. However, start thinking if you would be able to donate some funds or some hygiene products. The café will be accepting donations throughout the months of March and April. 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?

urbanlife kids:

7/3—Family Event—Clean Up Australia Day from 10:30am (concluding with free lunch)

14/3 – Primary age program from 10.30am; crèche from 11am

21/3 – Primary age program from 10.30am; crèche from 11am

28/3 – school holiday program from 11am

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

Chicks with Sticks: Fundraiser

Angela Leung has been given the opportunity to sell The Entertainment Book 2010 as a Chicks with Sticks (CWS) fundraiser. Half the money raised would go to CWS, and the other half towards the SRS hygiene packs.

Ang is looking to get any expressions of interest from people who would be interested in buying one of these voucher books, before she commits to this wonderful offer. She needs 10 people to buy a book before she would receive any commission.

Over the years, Ang has had fun looking through the book for the best deals. The book contains some great offers and discounts for popular outlets, shops and restaurants.

Please contact her at angpete8@hotmail.com if you are interested.

What's on at urbanlife: March 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 March as we prepare for Easter by participating in Lent. Throughout this time we will look at the disciplines of Prayer, Fasting and Giving.

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





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

Week 1

Mon 1st My Dolls Space: from 10:30am
Wed 3rd Chicks with Sticks from 12:30pm
urbansafe Krav Maga: 7:30-9:00pm
Thur 4th urbankids Playgroup: 9:30-11:30am
Music Practice: 7:30-9:30pm
Sun 7th Clean Up Australia Day—meet at urbanlife at 10:30am, lunch at conclusion

Week 2

Wed 10th urbansafe Krav Maga 7:30pm 9:00pm
Thur 10th urbankids Playgroup: 9:30-11:30am
Music Practice: 7:30-9:30pm
Sun 14th Celebration Service: 10:30am– 12:00pm Lent: "Enter the Story", with Cam
Prime Timers: 1pm for lunch

Week 3

Mon 15th My Dolls Space: from 10:30am
Wed 17th Chicks with Sticks from 12:30pm
urbansafe Krav Maga: 7:30-9:00pm
Thur 17th urbankids Playgroup: 9:30-11:30am
Music Practice: 7:30-9:30pm
Sun 21st Celebration Service: 10:30am– 12:00pm Lent: "Love" , with Annie

Week 4

Wed 24th urbansafe Krav Maga: 7:30-9:00pm
Thurs 25th Urbankids Playgroup: 9:30-11:30am
Music Practice: 7:30-9:30pm
Sun 28th Celebration Service: 10:30am-12:00pm Lent: "Death & Resurrection", with Tony

Week 5

Mon 29th My Dolls Space: from 10:30am
Wed 31st Chicks with Sticks from 12:30pm
urbansafe Krav Maga: 7:30-9:00pm

[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