

# North Lake Macquarie Uniting Congregation

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G'day my Friends,

I hope this letter finds you and your family well. We might say we are 'well' there may be some aspects of wellness that are becoming a bit frayed. We are all no doubt missing 'face to face' real time with family and friends... missing their touch, hug, and then there was Mother's day – at a distance. While we may be tired of social distancing I understand that even with the loosening of restrictions you may still be bit wary of 'reconnecting' with all others. I heard of an elderly lady last week not wanting her much loved son and daughter-in-law to visit. She was 'going an extra mile' as she put it, taking time to come round to the loosening of restrictions,. If you take time to come round to 'getting back to normal' that would be quite understandable.

*Prayer: "Lord, we pray for a return to normality, to being able to go out and about, to shake hands and hug our loved ones, but we are wary. Lord you know me, while others are rushing to reconnect I am being cautious. You will walk with me at my pace, gracious Lord."*

There is a loosening of restrictions in NSW. Church can worship – with no more than 10 people present, this means there could be a prayer meeting or a Bible study but keeping our kangaroo distance (the distance of a kangaroo (*nose to tail*) between us). Synod, Presbytery and Church Council are all in agreement that there should be **no changes at present for us**. Sunday worship is still not happening. If you are not able yourself, ask your family to show you my 6 minute Sunday Address found on our church website or church Facebook page – words to encourage you.

This Sunday's gospel reading (John 14:15-21) is about Jesus' unity with the Father and Holy Spirit. We have found in this time of separation from each other that we are not separated but still united. We have maintained our joyful bond of unity – in faith, in friendship, while still reaching out to others. 'Absence makes the heart grow fonder' is a lovely truth at this time. So also are those very comforting words of Jesus '...and I will be with you always'. Even though we may not be together we are one in the Spirit and we still sing out our faith... 'One day at a time...'

*Hymn: Pushing and shoving crowding my mind  
So for my sake teach me to take one day at a time  
One day at a time sweet Jesus that's all I'm asking from you  
Give me the strength to do every day what I have to do  
Yesterday's gone sweet Jesus and tomorrow may never be mine  
Yes just for my sake teach me to take **one day at a time**.*

Peace be with you,  
Kenneth.