

## Contact Us

For more information contact us at:  
Karrinyup Anglican Church  
51 Burroughs Road  
Karrinyup 6018

## Office Information

Mon, Wed, Thu & Fri 9.30am-1.30pm  
(08) 9341 5572  
kac53@bigpond.net.au

## KAC Website:

[www.kac.net.au](http://www.kac.net.au)

## Visit us on our facebook page:

[www.facebook.com/karrinyupanglicanchurch](http://www.facebook.com/karrinyupanglicanchurch)

Rector Revd. Michael Stuart

Phone: (08) 9341 5572

revmike@westnet.com.au

## Account Details

Bank: Anglican Community Fund (Inc.)  
Account name: Anglican Parish Karrinyup  
BSB Number: 706-001  
Account Number: 30007235

## Account for the Rectory roof

Bank: Anglican Community Fund (Inc.)  
Account Name: Karrinyup - Capital Works Fund  
BSB Number: 706-001  
Account Number: 30009385

## English Classes

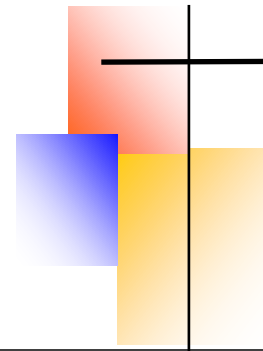
Day and Time: Friday 9 to 12 am during school term. Cost: \$4 per person  
Open to: anyone whose first language is not English. Contact: Kaye Malcolm  
on 0422 965 214 or kayemalcolm45@gmail.com

## Worship Times

**Sunday 9:00 am Traditional Anglican Prayer Book, Holy Communion with Hymns**  
**4:30 pm Contemporary Service with Children's Church**  
Easter week times on inside of Newsletter

## Life Groups

**Monday mixed group 10 am - 11:30 am Contact Ian: i.malcolm@ecu.edu.au**  
**Monday Women's Group to meets every 2nd and 4th Monday of the month excluding school and public holidays 12.30-2.30pm. Contact Nola**  
**Tuesday mixed group 6:30pm for 7pm start to 9:30 pm Contact Karen: karengreen@iinet.net.au**  
**Wednesday mixed group 7 pm Contact Tony: 0403945719 or Lynne: lms5591@outlook.com**  
**Wednesday mixed group - Bible Study 7:00 pm Contact Louisa: 0405588775**  
**Thursday ladies craft group 10 am-3 pm Contact Jan: 0421850176**  
**Saturday men's group, Fortnightly, 9am - 10:30am Contact Ian: i.malcolm@ecu.edu.au**



*Karrinyup*

*Anglican*

*Church*

*Old Church - New Life*

*10th July 2022*

## Contentment

One dictionary defines *contentment* as "the state of being mentally or emotionally satisfied with things as they are." Today it is rare that we find anyone who is truly content with his or her condition in life. The Bible has a great deal to say about contentment—being satisfied with what we have, who we are, and where we're going. Jesus said, "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?" (Matthew 6:25).

In essence, Jesus is telling us to be content with what we have. Moreover, He has given us a direct command not to worry about the things of this world. Then He adds, "For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matthew 6:32-33). From Jesus' words, we can deduce that lack of contentment is sin and it puts us in the same category as those who do not know God.

People continue to seek after more of the things of this world, never contented with their lot in life. The bumper sticker that reads "He with the most toys wins!" epitomizes the world's cravings for more and more. The key to overcoming our discontentment and lack of faith is to find out who God really is and how He has been faithful to supply the needs of His people in the past. Such study will grow one's confidence and trust for the future. The apostle Peter said it succinctly: "Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you" (1 Peter 5:6-7).

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This page last updated: January 4, 2022

**SUNDAY'S READINGS: 9:00AM**

**Psalm 95**

**Philippians 4:4-7**

**Matthew 5:38-48**

**SERMON PREACHED BY:**

**Ian Malcolm**

**Title: Gratitude & Contentment**

**SUNDAY'S READINGS: 4:30PM**

**No 4:30PM service this week**

## MISSIONS

Please pray for People Aid this month of July 2022. You can find out more about them by checking out our Missions Board and/or speaking to Lynn Dainton

You can also find out more about People Aid by going to: [www.peopleaid.org](http://www.peopleaid.org)

# Notices For This Month

**1 Thessalonians 5:16-18 Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you**

## COVID REQUIREMENTS FROM DIOCESE

- \* Masks no longer mandatory while indoors at church but if you for any reason prefer to still wear one please do so. That is simply a matter of choice.
- \* Hospitals and Residential aged care and disability care facilities -
  - Masks must still be worn
  - two visitors per patient per day (except for compassionate reasons and essential visitors)
  - Visitors still required to show proof of vaccination
- \* Practice good hygiene at all times, on entering the building and before taking communion especially
- \* Be mindful during the greeting of the peace of other's preferences especially if they prefer not to make physical contact with others.
- \* The collection at both services will happen by means of placing one's gift in the basket up front.
- \* If anyone feels unwell or at risk, stay home and if need be get tested ASAP
- \* Keep alert for state government requirements.

If you want to see the complete list of requirements the Circular from Archbishop Kay is on the KAC Notice board.

## MEMORIAL FOR JUNE MARSH

There will be a memorial service for our sister in Christ June Marsh 15th July at 2pm at KAC.

Could somebody please help with coordinating the flowers, which are being supplied by the family? Also, could somebody help with the afternoon tea please?

## Kids' Church

Kids' Church will not be held on Sunday 3rd, 10th or 17th July.

## VERY IMPORTANT

Dangerous items have recently been found with rubbish under the bushes and with dumped items next to the Anglicare Bins. So in case of injury and for your own protection please do not try to tidy up.

## MICHAEL'S NEW EMAIL

Michael's new permanent email address is revmike@westnet.com.au

## Family Prayer Cycle 10th July

This next week please pray for:

Meg Godwin & Family

Richard Goldsmith & Family

Roger & Marion Goldthorpe & Family



Monthly Budget Needed \$10,000.00

April Offerings received \$ 9,569.77

May Offerings received \$ 8,688.76

## LIFE EXPLORED

Life Explored is a seven-session series created by that explores the Bible story and shows how our deepest desires for happiness can only be satisfied in Jesus Christ. If you or anyone you know would be interested in this please let either Michael know or contact us through the Office. Contact details are on the back of this Newsletter.

## MENS LIFE GROUP FORMING 2022

Ian Malcolm is running a new life group for men this year. Please. Talk to Ian for more information. Times and contact details on the back page.

## Children's Church

Kids At Church for children over 3 years meets in the Ark @ 4.30pm service during school term, for fun Bible teaching, songs, prayer, games and craft. Contact Kaye on 0422 965 214 or kayemalcolm45@gmail.com

**Mainly Music at Karrinyup Details**  
Tuesdays (during school term) 9:45-11:30am  
For children aged 1-4 accompanied by an adult  
At Karrinyup Anglican Church-  
51 Burroughs Rd Karrinyup  
First Visit is Free. \$5 a week per child.  
Payment per term is preferred.  
Morning Tea if provided for all.  
Email for more details at:  
mainlymusic@karrinyup@gmail.com

## Prayer Request

- ◆ Please pray for Shelly Padget and the rest of the Padget family as they grieve the loss of Graham!
- ◆ Please pray for Heather's family and friends.

*This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 1 John 5:14*



## General Prayer Points

- Prayer of thanks to our Heavenly Father.
- Those or their family members who are ill.
- Thank God for His provisions and pray for all our expenses to be covered.

## PRAYER REQUESTS

Write any special prayer request for this week on the back of the yellow 'Welcome Card' in the box at the back of the church and drop it back in.

