

Prayer Posture

I wonder if you have noticed how I pray during worship. Those watching closely may have seen that I extend my hands out and turn my palms upward and bow my head during prayer. Is this important? Does it matter?

Ultimately no, communication with God does not require a certain physical position, neither is a particular position prescribed for a



particular occasion. But prayer postures do give us the opportunity to embody our attitude to prayer.

In the Bible we find a range of prayer postures described. For example, Abraham fell upon his face before God (see Genesis 17:3, 17). Moses prayed with his hands outstretched (see Exodus 9:27–29). King Solomon both knelt and spread his

hands toward Heaven in prayer (see I Kings 8:54). Jesus prayed while looking up to Heaven (see Mark 6:41, John 11:41, and 17:1). There are more examples referenced in the diagram.

OUR CHURCH LIFE



A warm welcome to visitors worshipping with us today. We invite you to join us in the Hall after the service for Morning Tea and a time of fellowship.

SUNDAY 19 NOVEMBER PENTECOST 25 9:30 Family Service Rev Reuben Edmonds Judges 4:1-7 Psalm 123 * 1 Thessalonians 5:1-11 * Matthew 25:14-30 * Included in today's service		SUNDAY 26 NOVEMBER CHRIST THE KING 9:30 Family Service Rev Reuben Edmonds Ezekiel 34:11-16, 20-24 Psalm 100 Pspalm 100 Pp.598 Ephesians 1:15-23 Matthew 25:31-46 P.38		
Hymns Sunday 19 November				
TiS 181	Come, O God of all the Earth			
TiS 677	To the Lost Christ Shows His Face			
Tune TiS 493	Lord We Hear Your Word			
TiS 681	Lord let Me See			
TiS 666	We are Marching in the Light of God			
	SUNDAY 19 NOVEMBER		SUNDAY 26 NOVEMBER	
Welcomer	VACANT		VACANT	
Door Steward	Beth McKechnie		Jean & Graeme Read	
ELDER	Anne van Drunen		Lee-Anne Burnett	
BIBLE READER	Marg Smithson		Lee-Anne Burnett	
FLOWERS	VACANT		Vanessa Savundra	
MORNING TEA	Carole Brearley Marg Smithson		Mavis & Glenn Coughlan	
Music	Christine Ryan Joseph Lunardi		Rachel Brayshaw Joseph Lunardi	
MULTIMEDIA	Michael van Drunen		Deborah Marshall	
MEDIA CLICKER	Deborah Marshall		Els Mengler	

OUR CHURCH LIFE

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Different positions can represent different attitudes. Traditionally kneeling was associated with seeking mercy and repentance, so it is often used during prayers of intercession. Bowing of the head and or closing your eyes can help focus on the words of prayer and suggests humility. Lifting up one's arms is often associated with worship and blessing as outlined in 1 Timothy 8, "I desire, then, that in every place [people] should pray, lifting up holy hands without anger or argument."

I choose to bow my head and lift my arms for practical reasons (kneeling is tough in an alb!) and because it visually represents the openness I have when coming to God in prayer.

What posture were you taught to do when praying? Has that changed as you have grown older? Perhaps you might like to try a new posture. Perhaps join me and turn your open palms to God (you could rest your arms on your knees if you prefer) when we pray in worship.

Rev Reuben

Prayers

This week we pray for Esperance Uniting Church and Katanning Regional Council (Katanning, Kojonup and Tambellup Uniting Churches) and Synod of Queensland

Our local prayers will be for Friendship Groups.

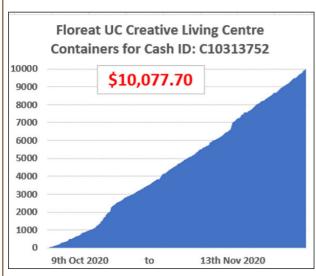
Sunday Services at All Saints are Live Streamed and may be viewed via YouTube at 9:30am each Sunday.

If you attend our services and would prefer not to be filmed, please avoid the front four rows of pews.

Thank you

OUR CHURCH LIFE

Containers For Cash Update



Funds raised by Floreat
UC Creative Living
Centre from its
Containers for Change
collection points at
Wembley Downs UC and
Trinity North UC and
Floreat UC, has, since its
inception on 9th October
2020 passed \$10,000, as
at 10th November, helping
to fund our charitable

outreach to Aboriginal peoples of the NW Kimberley and to the Melanesians of Papua, Indonesia.

The environmental benefits from recycling contributes towards the national goal of achieving Net Zero Emissions by 2050. The reductions in energy from recycling use for glass production is 25%, for aluminium 95% and for plastics 66%. The recycling of containers complements our work in the recycling of clothes and domestic goods. Thank you to all who have contributed.

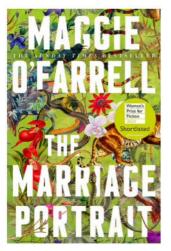
Richard Smith

To contact Rev Reuben Edmonds, the Minister of All Saints Floreat Uniting Church, please email:
minister@allsaintsfloreat.com.au
or
telephone: 0404 935 167

Date for Your Diary
9:30am Sunday, 3 December 2023
All Saints Service of Carols
Featuring
The Scotch College Concert Band
Come along with your friends
and family to rejoice and raise
your voices to the heavens.

CHURCH NEWS & INFORMATION

Book Review: The Marriage Portrait by Maggie O'Farrell



Immerse yourself in Renaissance Florence whilst you devour Maggie O'Farrell's latest offering "The Marriage Portrait" in which she brings to life Lucrezia d'Medici, 3rd daughter of the Grand Duke of Tuscany who was married at 16 to Alfonso II, Duke of Ferrara and dead within 12 months.

Having barely left girlhood behind, Lucrezia travels long and far to an unfamiliar court where customs and language differ entirely, and she is not universally welcomed. Alfonso who initially appears to be both a courteous and solicitous

husband is a ruthless politician and determined to shore up the future of the Ferranese dynasty with the production of an heir.

O'Farrell takes us on a dark and brooding journey with beautiful narrative as the young Duchess contemplates her future whilst sitting for her marriage portrait intended to preserve her image for centuries to come.

Christine Ryan



The Duty Roster for November, December 2023 and January 2024 is on the Hall Door

Thank you to everyone who has volunteered.

There are blank spaces to be filled so please check the roster and volunteer if you can. Thank you.

Your help is much appreciated.

CHURCH NEWS & INFORMATION

Busselton Campsite Bookings



The Uniting Church WA campsite is located in Siesta Park,
Busselton, on the beautiful coastline of Geographe Bay.

Sites can be booked individually by Uniting Church members, employees and agencies. There are still some spaces available over summer during the January school holidays!

Site bookings can be made online with two booking options:

Weekdays - Monday to Friday

Weekends - Friday to Monday

Go to our <u>Campsite page</u> to find out more, and to make a booking. For group bookings contact <u>property@wa.uca.org.au</u>

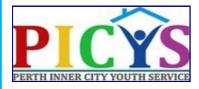


A beautiful array of jams and marmalade are for sale and can be found on top of the cupboard in the foyer. Prices as marked.

Please place cash for any purchases in the slot on the top right of the cupboard. Thank you.

CHURCH NEWS & INFORMATION

Perth Inner City Youth Services (PICYS)



I would like to, once again, thank the loyal band of supporters of this long standing project. As we don't donate food in December, we ask members, if they are able, to kindly make a donation which

helps to pay for Christmas lunch for many people in need. Your help s greatly appreciated, not only at Christmas time, but all through the year.

Jean Young has kindly offered to accept donations any Sunday.

Lynne Jackson 9446 5319

SOCIAL JUSTICE CHURCH

SUNDAY 19 NOVEMBER @5PM

Advocating for All

Wesley Uniting Church 75 William St, Perth

Do you have an article, story, recipe or other item that may be of interest to the Church community?

If so, we would be very interested in considering it for publication in future editions of the News & Notes.

Please submit your item to Marika Leonard, Office Administrator at office@allsaintsfloreat.com.au

Thank you





Uniting Church WA Open Day

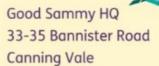
Join us at the Good Sammy HQ for a presentation from our CEO Kane Blackman, a tour of our recycling facilities and a delicious morning tea.

When



Thursday 23 November 10-12pm

Where



RSVP details

Email Tina Cazzolli at events@goodsammy.com.au with your attendance status.

Please include:

- Congregation Agency, School or Company you are attending from.
- · Any dietary requirements