



From the Care Pastor. – Reflect and Reset

I hope you all enjoyed a peaceful and restful summer break, if you were able to take one. I have personally treasured some time to rest, reflect on the past year, and set my heart and goals for the year ahead.

One practice I find helpful is prayerfully considering how God has worked in my life over the past year and how I might grow closer to Him in the year to come. Through this reflection, and by answering some thought-provoking questions that lead to journaling, I often choose a word or two to focus on, a guidepost to shape my journey. This year, my words are Balance and Contentment.

I pray that you too will find time to reflect on God's goodness to you over the past year and prayerfully consider how you might grow deeper in your walk with Him and serve our church community in the year ahead.

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Colossians 3:17

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Dates for Your Diary



Help@Home:

- 21st February
- 30th May
- 26th September

Heart Team Meeting & Lunch:

- 21st June
- 12th December

Mental Health First Aid:

- 26th July
- 2nd August
- 9th August
- 16th August

Pastoral Care Training:

- 9th May

Pastoral Care Intensives:

- 12th October
- 19th October
- 26th October

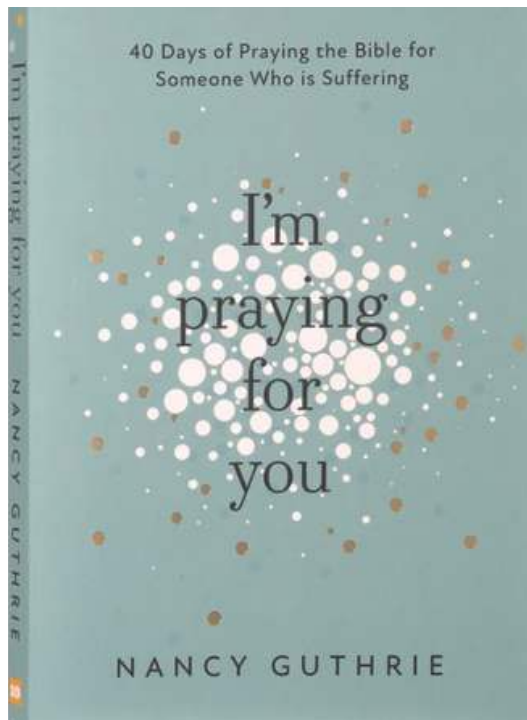
Light in the Darkness Service:

- 16th December

Jesus Club Church

- 8th March
- 31st May
- 30th August
- 8th November





Book Review

This incredibly practical and helpful guide has been a true support in my pastoral care of others. It offers rich insights into the many ways people suffer and gently guides us in crafting prayers that are both compassionate and biblically grounded. I treasure this resource.

It comes from one of my much-loved author and speakers whose wisdom in this space is truly inspiring.

Meals Ministry.



A Liturgy for Taking a Meal to Others.

Lord of Hosts, we ask for your blessing over these ordinary containers of food.

Thank you for providing these ingredients, and the means to grow or purchase them.

Make this meal a nourishing experience, filling and flavoursome; we pray that you would impart strength through this sustenance and give its recipients rest and recovery, renewal and healing.

Let this meal also be a mark of connection—a gesture signaling that our hearts are open to help in other ways, and willing to answer in time of need.

As we prepare this food for transport, we thank you for the opportunity to share another's burden by taking up the preparation of one meal, knowing that in this avenue of service you have gone ahead of us.

For on a morning after your resurrection, you yourself once prepared fish and bread over a charcoal fire, inviting your disciples to eat after a long night of toil.



Grief Support Group and Book Launch

Grief Unwrapped Book: A New Journey Begins at St Paul's

Introducing "21 Gifts: A Sacred Dance Through Grief and Healing"

Launching March 2025

When loss turns our world upside down, we often wonder if we'll ever find our footing again. Local Sydney chaplain and member of ST Pauls, Raewyn Elsegood discovered profound truth in her darkest valley: grief, while painful, can reveal unexpected gifts of healing, connection, and purpose.

After losing her 19-year-old daughter Amy to severe aplastic anaemia in 2021, Raewyn learned that even with broken hearts, we can discover new rhythms of hope. Her upcoming book, 21 Gifts: A Sacred Dance Through Grief and Healing, shares Amy's courageous story alongside practical wisdom for anyone navigating loss.

Join Our 6-Week Grief Support Program

February/March 2026

St Paul's is honoured to offer "Grief Unwrapped," a supportive group program based on the first six chapters of 21 Gifts. In a small, safe, confidential environment, participants will explore:

- Finding certainty when nothing feels sure
- Living fully even with a broken heart
- Discovering invisible threads that keep us connected
- Learning to "do it afraid" with courage
- Moving forward with sacred purpose

Each weekly 90 minute session includes music, reflection, creative exercises, and gentle guidance for the journey. No one should walk through grief alone. If you are supporting someone through a significant loss or navigating your own path of sorrow, this program offers tools for building what Raewyn calls a "bridge of hope."

For more information or to register, contact the Pastoral Care team. Limited spaces available.

"In quietness and confidence shall be your strength." — Isaiah 30:15

Contact Vanessa for details. vaness.turner@stpauls.church.



Resource Article:

Many of us experience debilitating anxiety, and many of those we care for do as well. This helpful fact sheet outlines common symptoms and warning signs, equipping us to better understand and care for others>>

<https://www.blackdoginstitute.org.au/wp-content/uploads/2022/06/Signs-and-Symptoms-of-Anxiety-fact-sheet.pdf>

