



# Karrinyup Anglican Church

## Contact Us

For more information contact us at:

### Karrinyup Anglican Church

51 Burroughs Road

Karrinyup 6018

Rector Revd. Michael Stuart

Phone: (08) 9341 5572

michaelkac@bigpond.com

## Office Information

Mon, Wed, Thu & Fri 9 am - 1 pm

(08) 9341 5572

kac53@bigpond.net.au

## Account Details

Bank: Anglican Community Fund (Inc.)

Account name: Anglican Parish Karrinyup

BSB Number: 706-001

Account Number: 30007235

Visit

us on our facebook page:

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

KAC Website:

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

## Worship Times

- Sunday 8:00 am** Traditional Anglican Prayer Book, Holy Communion with Hymns
- 9:30 am** Contemporary, Family Worship, Communion and Children's Church
- 9:00 am** Months with a fifth Sunday will have one combined service that day
- Wednesday 9:30 am** Prayer Book, Holy Communion said service

## Life Groups

- Monday women's group 1 pm** Every 2nd & 4th week. Contact Nola: 0409683762
- Tuesday mixed group 7:30 pm** Contact Karen: 0402927966 or [oncewaslost3@gmail.com](mailto:oncewaslost3@gmail.com)
- Wednesday mixed group 7 pm** Contact Tony: 0403945719 or Lynne: [lms5591@outlook.com](mailto: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

Old Church — New Life

4th February 2018

## Prayerful Support

Both of my knees were hurting, and I could not figure out why. I hadn't done anything to damage them or put undue pressure on them.

Or had I? I recalled that over the previous few days I had been working on the walls in our house, scrubbing them and getting them ready for painting. And then I had painted them. All that time, as I stood on the short ladder to reach the top, I had been pressing my knees against the ladder for balance. I was, in effect, being supported by my knees.

Then a new thought came to mind: *When was the last time my knees hurt because I was on them praying?* It had been a while.

Although it's true that people pray all the time without kneeling, the question I asked myself is a convicting one. Whether we are on our knees, standing up, or seated, how often do we use prayer to support ourselves? We can find help from many sources—friends, counsellors, books — but there's nothing better than the support and strength we get from God when we pray.

*"The prayer of a righteous person is powerful and effective"* (James 5:16). Prayer has power. We are to *"devote yourselves to prayer, be watchful and thankful"* (Colossians 4:2).

How are your knees?

Article by Dave Branon — *Our Daily Bread*, 2004

## THIS WEEKS READINGS:

**Mark 1:29-39**

**Colossians 4:2-6**

## SERMON PREACHED BY:

**Trevor Goodman-Jones**

**Title: How Many / Much is Enough**

## MISSIONS

Please pray for the Missions that we support overseas and within Australia. Also please pray for the KAC Missions Team who keep us up to date with them.

Check out our Missions board for the people we support.

## Notices For This Week

### PRAYER MEETING BEFORE THE SERVICE

A few of us meet and pray for KAC before the 9.30 service at 9.00 to 9.15 in the crèche. Come join us and see what God will do!

*1Thessalonians 1:5 ... our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction.*

### MICHAEL ON LEAVE

Michael is now on leave and will return 7th of February. Revd. Trevor Goodman-Jones will cover the Sunday services and urgent matters and Ian will look after the Wednesday service. For most of the time the family will be at home but are not to be disturbed. All enquiries go to Karen, the Warden or, if need be, Trevor.

### MEN'S BREAKFAST

There will be a Men's Breakfast on the 17th February beginning at 7:30am. It will be a minimal cost of \$5.

### ACTS OF RANDOM FEASTING

We will be having an event called Acts of Random Feasting on the 24th and 25th of February. There are two kinds of sign-up sheets on the back table. One is for those who want to host a Random Feast and the other is for those who would like to attend a Random Feast.

### TRINITY COLLEGE - COMMENCEMENT & GRADUATION CEREMONY 2018

All are invited to the Trinity Commencement & Graduation Ceremony 2018 Monday 26 February 7:30 - 9:30 pm. The Key address will be given by Dr Peter Adam. RSVP by 16th February. Please find information on the KAC Noticeboard.

### WOMENS EASTER MORNING TEA

Ladies please save the 10th March, Saturday morning 9-12 for this years Women's Easter Morning Tea. Those of us that attended last year had a fun time and a great time of fellowship.

## 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

### Children's Church

Kids At Church for 0-12s meets in the Ark @ 9.30am service for fun Bible teaching, songs, prayer, games and craft.  
Contact Alison on 0409941120 or [alisonkac@bigpond.com](mailto:alisonkac@bigpond.com)

### Karrinyup Sonshine Kids Playgroup

Meets Tuesdays during term time from 9.45 - 11.30 am for singing, craft, morning tea, free play and friendship. For more details and to book a place please contact Louisa on [louisamread@gmail.com](mailto:louisamread@gmail.com)

*Mike Bromilow has volunteered to assist me with some of the Parish and Diocesan admin work each month. He may need to communicate with parishioners on my behalf from time to time. He can be contacted on 0409 522 210 or at [mybromilow@westnet.com.au](mailto:mybromilow@westnet.com.au)*

**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.

### Family Prayer Cycle

*Week Commencing Sunday 4th February*

- Cyril and Margaret Pritchard and family
- Christine Read and family
- Louisa Read and family

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*



**Philippians 4:6-7**

### Prayer Points

- Prayer of thanks to our Heavenly Father.
- Those who are ill or their family members who are ill.
- Karen Yates mother Judy who is very ill.
- KAC's finances. Thank God for a good month over December. Pray for wisdom as we look to a New Year and new challenges and opportunities.

