



**uniting
church**

in Australia
Grahamstown

July 2026

Grahamstown Congregation News

Karuah, Medowie, Raymond Terrace, Tea Gardens, Tilligerry



Welcome to Church.

This Sunday across Grahamstown, we are recognising Uniting World Sunday 2026. John at Tea Gardens and Karuah, Ian at Raymond Terrace and Alison at Tilligerry are using the preaching resources: <https://donate.unitingworld.org.au/sunday/sunday-resources>

The theme is *Life, Abundantly*, drawn from John 10:10.

All centres will have a retiring offering.

Services

If there are any changes, local centres will be notified directly.

The link for the Raymond Terrace online service is as follows:

<https://uca-nswact.zoom.us/j/92707439109>

Date	Tilligerry 9.30 am	Medowie 9.30 am	Raymond Tce 9.00 am	Karuah 11.00 am	Tea Gardens 9.00 am
28	Alison Partridge	-	Ian Matthews	John Lamb	John Lamb
5	-	Zoom Livestream - Dianne Holden	Dianne Holden	Rev Neil Smith	Rev Neil Smith
12	Cliff Barclay	-	Rev Christine Sheppard HC	Barbara Lyle, HC	Barbara Lyle, HC
19	-	Rev Neil Smith, HC	Ian Matthews	2pm Joe Kalou	John Lamb
26	Tilligerry Team	-	Rev Judy Redman	Own Service	Lissa Macilquham

Readings

Date	Week	1 st Reading	Psalm	2 nd Reading	Gospel
28	Pentecost 5	Genesis 22:1-14 Jeremiah 28:5-9	13 or 89:1-4, 15-18	Romans 6:12-23	Matthew 10:40-42
5	Pentecost 6	Genesis 24:34-38, 42-49, 58-67	45:10-17 or Song of Songs 2:8-13	Romans 7:15-25a	Matthew 11:16-19, 25-30
12	Pentecost 7	Genesis 25:19-34 or Isaiah 55:10-13	119:105-112 or 65 (1-8), 9-13	Romans 8:1-11	Matthew 13:1-9, 18-23
19	Pentecost 8	Genesis 28:10-19a or Isaiah 44:6-8	139:1-12, 23-24 or 86:11-17	Romans 8:12-25	Matthew 13:24-30, 36-43
26	Pentecost 9	Genesis 29:15-28 or 1 Kings 3:5-12	105:1-11, 45b or 128 or 119:129-136	Romans 8:26-39	Matthew 13:31-33, 44-52

Regular Happenings around Grahamstown Wednesdays

9am – Tilligerry Craft Group meets all year round.

1- 3pm – Medowie Craft Group during school terms.

Thursdays

10am – 12.30pm – Raymond Tce Craft Group meets in the hall. Drop in for a cuppa, chat or some craft.

Fridays

10.30am – 12 noon The **Living Through Grief** group meets on the 2nd Friday of the month at Karuah RSL and on the 4th Friday of the month at the Grange Village, Tea Gardens. This month's dates are:

10th July at Karuah RSL

24th July at The Grange Village, Tea Gardens

10am – Discipleship Share and Care Bible Study at Raymond Terrace. Please ask Ian for the venue as it does change week to week.

Saturdays

The Toy Library at Tea Gardens is on the first Saturday of each month.



Uniting Church
SYNOD OF NSW & ACT

CULTURE of SAFETY Training



CULTURE of SAFETY training is a 2 part course.
An in-person Part 1 & 2 course is being held at

Jesmond Park Uniting Church

15 Robert St, Jesmond

Saturday 15th August - 9am-3pm

Uniting Churches - \$10 (subsidised)

Other Churches - \$40

Pay cash on the day

Register online at

www.nswact.uca.org.au/support-services/culture-of-safety/culture-of-safety-training/

Or scan here 

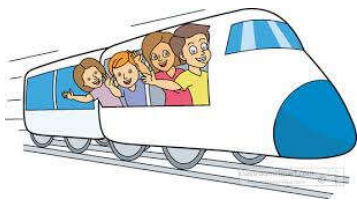
**BYO
Lunch**



Are you working with young people or vulnerable people, or hold a position of responsibility in your

congregation? Then make sure you are up to date with your Culture of Safety (formerly Safe Church) training. You will do all the training in one day! Register today.

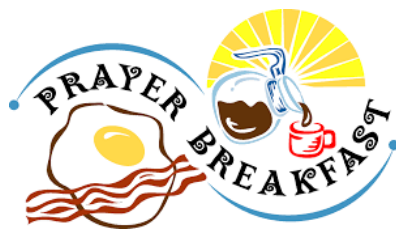
Other Happenings around Grahamstown



Stamps Delivery – Thank you to everyone who has provided stamps to Raymond Terrace. They have been trimmed and are ready for delivery to The Stamp

Committee at Synod of NSW. We are planning to hand deliver them on **Thursday 2 July** and will take the **8.27 am** train from **Broadmeadow**. After delivery, lunch and relaxing, we will catch a return train. If you wish to join us and enjoy fellowship and a day out, just let Ian know via an SMS on 0411 473472 or see you on the platform. 😊

Prayer Breakfast – A prayer breakfast will be held at **Raymond Terrace** on **Saturday 25 July**. Gathering will be at **8.30 am** in the hall followed by breakfast. Come along, enjoy some singing, reflection and fellowship. Dianne invites you to bring a bible that has special significance or memory for you. The topic is “God’s Word is Precious”. Please let Ian know via SMS 0411 473472 by 23 July if attending for catering purposes.



LET'S PRAY !

Thank you for praying for our brothers and sisters.

Les, Jennifer, Jeff, Lyn, John, Denise, Peri, Anne and Elizabeth.
Lagi, Michelle, Ruth, Judy, Paul and Val.

Wendy, Matthew, Peter, Tracy & Barbara, Anne and Rhonda.
Kevin, Rachel Pitchford, our Minister, Waisea, his twin brother, Tunisi, Lo and family as they begin a new chapter in their ministry lives.

Thank you for all the ways in which you share your God-given talents!

Pause with God

Grahamstown Congregation – July 2026 Newsletter

This month in the lectionary the second suggested reading includes Romans 8 which has a theme of 'Life in the Power of the Holy Spirit.' The below is a devotional for you to reflect and ponder on.



Romans 8 is one of the most encouraging chapters in the Bible. It feels like a deep breath after a long, stressful day. Paul talks honestly about real life—struggles, fears, mistakes, and pain—but he also shows us something stronger than all of that: God's Spirit living in us, God's love surrounding us, and God's promise that nothing can separate us from Him.

The chapter begins with a powerful statement: "There is now no condemnation for those who are in Christ Jesus." Simply, this means God is not angry at you. He is not waiting to punish you. If you belong to Jesus, you are forgiven and accepted. Many of us carry guilt like a heavy backpack—things we regret, things we wish we could undo. Paul is saying you don't have to carry that anymore. Jesus has already taken it off your shoulders. You may still make mistakes, but those mistakes no longer define who you are.

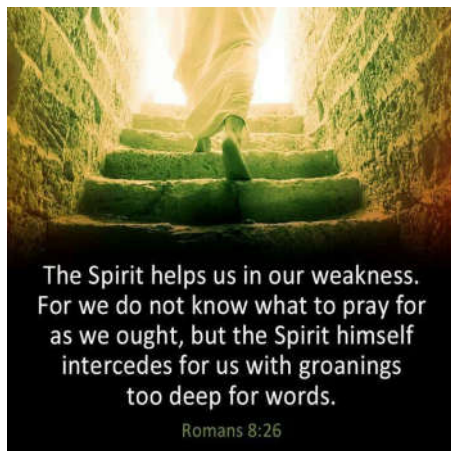
Paul then explains two different ways of living. One way is focused on ourselves—our fears, our desires, our stress, our need to control everything. This mindset usually leads to anxiety, frustration, and feeling stuck. The other way is focused on the Spirit—trusting God, listening to Him, and letting Him guide our thoughts and choices. Living by the Spirit doesn't mean pretending everything is perfect. It means letting God help you from the inside out. It means learning to breathe spiritually, to slow down, and to trust that God is working even when you don't feel strong.

One of the most comforting parts of Romans 8 is Paul's reminder that the Holy Spirit helps us when we feel weak. Sometimes we don't know what to pray. Maybe we're overwhelmed, confused, or hurting. Maybe we can't find the right words. Paul says the Spirit prays for us "with sighs too deep for words." That means God

understands us even when we can't explain what we feel. He hears the prayers we don't know how to pray. Our weakness doesn't push God away—it actually draws Him closer.

Paul also talks about how the whole world is "groaning," waiting for God to make everything new. We see this groaning in broken relationships, sickness, injustice, and the stress we feel inside ourselves. But Paul reminds us that we don't wait alone. God is working behind the scenes, even when life feels messy or confusing.

Then comes one of the most famous promises in the Bible: God works all things together for good for those who love Him. This doesn't mean everything that happens is good. Some things are painful, unfair, or heartbreaking. But God can take even the worst moments and bring something meaningful out of them. He



The Spirit helps us in our weakness.
For we do not know what to pray for
as we ought, but the Spirit himself
intercedes for us with groanings
too deep for words.

Romans 8:26

doesn't waste our pain. He can turn our struggles into strength, our confusion into clarity, and our hurt into compassion for others. The chapter ends with an incredible message about God's love. Paul asks what could ever separate us from Christ's love—trouble, fear, danger, mistakes, or anything else. His answer is simple and strong: nothing. Not life, not death, not your past, not your failures, not your fears, not anything in the world. We are "more than conquerors," not because we are powerful, but because God's love is stronger than anything we face.

Romans 8 invites you to live today with confidence. You are not condemned. You are not alone. You are not hopeless. God's Spirit is with you, praying for you, guiding you, and holding you. Whatever you face today, you face it wrapped in a love that will never let you go.

Holy Spirit,

Thank You for the freedom You give—freedom from condemnation, from fear, and from the weight of trying to carry life on our own. Teach me to set my mind on the things of the Spirit, to breathe deeply of Your peace, and to trust Your presence even when I feel weak.

When I do not have the words to pray, intercede for me. When I feel the groaning of this world or the ache in my own heart, remind me that You are working all things together for good. Anchor me in the truth that nothing can separate me from the love of Christ—not hardship, not uncertainty, not even my own failures.

Let Your love be the loudest voice in my life today. Lead me, strengthen me, and shape me into someone who reflects Your hope.

(Ian Matthews)



Reminder



All the churches of Tea Gardens will be joining together for an Ecumenical Service on Sunday afternoon, 26th July, at 2.30pm. Venue is Tea Gardens Baptist Church. No need to bring anything. Just come and enjoy!

Thank you for your freewill offering. Here are the relevant numbers:

Uniting Financial Services **BSB 634 634 & Account numbers** as follows:

Grahamstown 100035375

Karuah 100046015

Medowie 100046201

Raymond Terrace 100046088

Tea Gardens 100046084

Tilligerry 100046093

Our Mission

Loving God and all
creation:
a living example of
God's love in our
community

Our Vision

An active,
relevant and
meaningful
church, a safe
and welcoming
place in our
community.

Our Values

Visible; Inclusive;
Relevant; Active;
Faithful; Innovative
Looking to the future

NEWSLETTER CONTRIBUTIONS

Please send any items, photos, articles, or things to advertise to

karen@totalrisk.com.au

or 0438 299 969 by the last Thursday of the month.