



# ELANORA UNITING CHURCH

## SUNDAY 3<sup>rd</sup> August 2025

 <p>WHEN MY HEART IS OVERWHELMED, LEAD ME TO THE ROCK THAT IS HIGHER THAN I. <small>PSALM 61:2</small></p>	<p>Minister: Rev. Dr. Je Cheol Cook 17 Applecross Way, Elanora. Phone 07 2146 9313 Email: church@elanora.com.au</p>
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YouTube Link: <https://youtube.com/live/9QORaB8XoTw?feature=share>

### Sermon summary and bible study - 3 August

**Theme: Overcome suffering, Part II (Psalm 61:1-8)**

Preached by Rev. Dr. Je Cheol Cook

Today, we'll continue our study of Psalm 61, starting from verse 2. In the book of Psalms, which one do you like the best? Psalm 23 is certainly well-known, and I've often quoted it in my sermons. While there are many great chapters within the Psalms, very few people read, teach, or preach using Psalm 61. For this reason, I've decided to deliver this message to our congregation, because the message in this chapter still gives power, strength, and encouragement to the children of God today. I continue to pray that Almighty God will be with you, guide you, and care for you always, even in hard times.

### Bible Study

Read Psalm 61:2.

This passage begins by mentioning "the ends of the earth." What does this phrase mean in this context?

Imagine someone who has lost everything: their health, finances, home, job, and even family. In that moment, they find themselves helpless—unable to change their circumstances by their own strength. What can such a person do?

Read Psalm 61:3

We sometimes, or many times, need a place of godly refuge and shelter, so that we are fully cared for and recovered by the power of God. Discuss with each other how Mighty God continue to care for all of our works, distress, struggles, troubles, sickness, and stresses.

Read Psalm 61:4

David knew that he could stay in the shelter of God. What does this shelter mean?

Read Psalm 61:5-8. Reflect on the meaning of these passages and discuss together how you can apply them in your own lives. **Rev. Dr. Je Cheol Cook**



If you are visiting today, you are warmly invited to join us for morning tea after the service in the Fellowship Hall. We'd love to see you there



*Loving God,  
Today, we bring our church  
family before You.  
You know every heart,  
every hidden burden, and  
every unspoken need.  
We lift up our dear friend,  
Faye Dunne to You. May  
Your healing hand be upon  
her and surround her with  
Your love and presence.  
For all who are unwell,  
bring renewal and rest.  
For those facing  
uncertainty or hardship,  
bring comfort and  
provision.  
Help each person to feel the  
nearness of Your presence  
and know they are never  
alone.  
Teach us to support one  
another with compassion,  
love, and grace.  
In Jesus' name we pray,  
Amen.*

#### Attendance 27 July 2025

July	In church	online	Total
6 <sup>th</sup>	62	40	102
13 <sup>th</sup>	65	93	158
20 <sup>th</sup>	78	103	181
27 <sup>th</sup>	60	66	126

### Blue Care Grief and Loss program

Sally Ashton and Bev Kirk have recently completed training as facilitators in the **Blue Care Grief and Loss Program**.

This compassionate and supportive program is designed for anyone navigating the difficult journey of grief following the loss of a loved one.

It offers helpful information on the grieving process, practical strategies, emotional and social support, and tools to build effective coping skills.

Sally and Bev are hoping to run a group workshop starting in September for those who may benefit from this support — or who know someone who might be interested.

To express interest or find out more, please contact **0417 555 826**.

All inquiries will be handled with complete confidentiality.



### ADULT FELLOWSHIP NOTICE



As we have been very busy celebrating and catering for the wedding of Ann Pride and Glen Buckly this weekend, there will be no meeting on Monday 4<sup>th</sup> August.

We'll be back together for our next meeting on Monday, 11<sup>th</sup> August ... we hope to see you then!



A little boy comes home from Sunday School beaming with excitement. His mum asks, "So, what did you learn about today?"

He replies proudly, "I learned God's name!"

She raises an eyebrow. "You what? You know God's name? I'm pretty sure nobody knows that!"

Then with total confidence, the little boy says, "Yes, I know God's name – it's Andy!"

Completely bewildered, his mother says, "Andy? How on earth do you know that?"

"Easy! He says, 'We sang a song for him...'

*Andy walks with me,  
Andy talks with me, Andy  
tells me I am His own!"*



## FROM THE MINISTER'S DESK

Rev. Dr. Je Cheol

**Prayer and Bible Study (Trial):** Prayer and Bible Study will resume on Tuesday, 5 August as a four-week trial, held each week at 2 PM at the church. At the conclusion of the trial period, we will evaluate whether to continue.

**New Service:** We're excited to announce a new Sunday service focused on young adults. This will be a three-week trial, held at 11:00 a.m. on August 10, 17, and 24. Everyone is welcome to attend, though the service will be led by our young adults. Please invite any young adults in your community who may be interested in being part of the church. **Our Young Adult Ministry** has now officially begun. If you wish to support this ministry, please include "Young Adult" or "Next Generation Ministry" in the reference line of your donation.

**HAPPY BIRTHDAY!**



To **Ian Lord** - Wishing you a joyful and blessed birthday on the **6<sup>th</sup> August**. May the year ahead be filled with God's peace, love, and purpose.

And to **Cath Gould** who is celebrating her birthday on the **7<sup>th</sup> August**. Praying this new year brings you abundant joy and continued growth in faith.

With love from all of us at your church family - we are so thankful for you both!



UPDATE FROM DWELL

TODD CHAMBERLAIN

**One of the Key pillars of the framework of Dwell is promoting positive emotions. Positive emotions are essential for positive mental health & wellbeing.**

Research shows that negative emotions narrow our response to situations whereas Positive emotions broaden our possibilities to situations in how we might respond.

Last Friday saw the launch of our **Soul program** partnering with **Eleven88 Ministries**. Students who attended had a great time playing recreational games, tiggy and doing dance, just to name a few things. As part of our presentation students were presented with a video of Bobby aka Rob Greenwood doing a skit about making friends and being positive. Students then watched a short video of David and Goliath where Rob demonstrated how David's attitude towards the situation he faced was positive compared to those around because of his faith in God. Students engaged in discussion around this topic with some very interesting and thought-provoking questions.

Another great way to promote positive emotions is the joy of getting together with like-minded people. **Dwell** is looking for people who want to create Vitality groups. These groups are about getting together with a few friends or interested people to do an activity throughout the week the promotes positive mental health and wellbeing. If you have an area of interest, see **Todd or Sheree Chamberlain** who will happily discuss this with you.

*Offerings via the offering box, EFTPOS at the back of the church or by direct debit:*

UCA Southern Gold Coast  
BSB: 334-040  
Sunday offerings:  
A/C 553 861 206

General Working Account  
A/C 553 861 193  
Or cash in the box or  
EFTPOS as you leave.

Dwell Youth &  
Family Hub  
BSB 633 00  
A/C 229 833