

Safe Church Communities - working with children & vulnerable people

EVERYONE working with children and vulnerable people within the Parish must have received their card and have given a copy to Anne in the Parish office before 1st April to continue ministry. This is for **ALL** people in any child-related religious activity, and also includes all areas of leadership.

See Anne Morley for details and also read the Diocesan Administrative Circular, copies of which are available in the Church foyer.

If you have received your card and haven't given a copy to Anne, please do so as soon as possible.

A Lenten Prayer

By the prayers of Jesus
Lord, teach us how to pray
By the gifts of Jesus
Lord, teach us how to give
By the toils of Jesus
Lord, teach us how to work
By the love of Jesus
Teach us how to love
By the cross of Jesus
Teach us how to live

RIVERLINKS ANGLICAN CHURCH

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The Rules of Chocolate

If you get melted chocolate all over your hands, you're eating it too slowly.

Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.

A nice box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?

If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.

Chocolate has many preservatives. Preservatives make you look younger.

Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.

Chocolate is a health food. Chocolate is derived from cacao beans. Bean = vegetable. Sugar is derived either from sugar beets or cane, both vegetables. And, of course, the milk/cream is dairy. So eat more chocolate to meet the dietary requirements for daily vegetable and dairy intake.

Why is there no such organisation as Chocoholics Anonymous?
Because no one wants to quit.



29th March

News for the Pews

RIVERLINKS ANGLICAN CHURCH

**Growing a community of faith
committed to Christ and making him known**

Information & Church family news

for the congregations of

St David's & St Oswald's

7 Words from
the Cross



The seventh word
"Into your hands ..."

Father of mercies and God of love,
in his last word from the cross, your Son,
our Saviour, committed his spirit into your hands.
We today would do the same.
In your hands alone we are secure.
There is no other place where we would be.
And now, oh Father in heaven, we entrust
ourselves to you;
that living or dying, joyful or suffering,
we may ever be with our Lord Jesus,
safe in your eternal care. Amen.

Praise points:

- ✠ Opportunity to share today with our whole Parish Christian brothers & sisters
- ✠ Safe return and good results for Bill Percey, following his further heart surgery
- ✠ Our Administrator Anne and the wonderful work she does for us, and pray that she has safe travel and a happy holiday

Prayer points:

- ✠ Outreach and new ventures at St Oswald's. Pray for those who attend the Community Feast, Pupil Free Day & Easter Day meeting, that they will feel a touch from the Lord
- ✠ Bishop John and his team and all who are recommitting to ministry on Tuesday in services in the north and south
- ✠ Jan's granddaughter Michelle who is suffering from Bell's Palsy
- ✠ In this Holy Week, pray that people will think beyond Easter eggs and holidays and remember Jesus' sacrifice for us
- ✠ The Launceston Easter Community Festival, for the outreach opportunities this gives
- ✠ The Northern Parishes cluster group as they meet regularly to discern the Lord's leading for how to proceed in meeting parishes needs

Continue to pray for:

- ✠ Caleb, Joan, Rona & Joan Wilkins
- ✠ Josh, James, Job & Roger
- ✠ 3dm Learning Community
- ✠ Tim, Emma, Sophie & Jake in SE Asia
- ✠ Those with ongoing needs
 - ✠ Bill & Bev ✠ Margot ✠ Kay & Peter
 - ✠ Robin ✠ Dick & Jo ✠ June & Bert
 - ✠ Joan Wilkins ✠ Roger, Julianne & Alison
 - ✠ Richard Menzie ✠ Ros & Dennis Lawrence

What's going on?

It's Time To Shine - 2pm today at Holy Trinity, Cameron Street Launceston. The City of Launceston Brass Band will be performing with International Artist Fletcher Mitchell. Tickets at the door - \$25 adult, \$15 seniors with afternoon tea provided

Recommitment to Ministry & Blessing of the Oils - Tuesday 31st March, 10am at Christ Church Longford

Leprosy Mission Afternoon Tea - Wednesday 1st April, 2pm at All Saints Church Exeter. Donation at the door for the work of TLM. RSVP to Marguerite Tyson 6394 4453. Dr Colin Martin, chair of the TMLA board, who has worked in Anandaban Hospital will be speaking about Nepal & leprosy - now and the future

Community Feast - Wednesday 1st April 5:30pm for a 6:00pm start at St Oswald's Hall, Trevallyn. Donations gratefully accepted to cover costs. RSVP by Friday 27th March to Naomi - 0417681022

Pupil Free Day School Holiday Escape - Thursday 2nd April, 9am to 3pm at St Oswald's. More info & to book a place contact James Oakley 6327 3482

Easter Services:

Good Friday 3rd April 10am at St David's
Easter Sunday 5th April 10am at St David's Riverside & 10:30am at St Oswald's Trevallyn

Good Friday Face To Face - 7pm on 3rd April in the Albert Hall, Launceston. Launceston Easter Community Festival is a rare opportunity to hear some dynamic speaker share how 'Light' affects their role in the world. Free admission, reserve seating by donation

Services for the coming weeks:

Today

10:00 am Riverlinks Together at St David's with Holy Communion & followed by a bring & share lunch

Wednesday 1st April

10:00 am Healing Service with Holy Communion at St Oswald's

Friday 3rd April

10:00 am Good Friday Service at St David's

Sunday 5th April

10:00 am Easter Day Holy Communion at St David's

10:30 am Café Church at St Oswald's

Home Groups

<i>Igglesden's (Legana)</i>	<i>Tuesday 1:45pm</i>
<i>Pedley's (Riverside)</i>	<i>Tuesday 7:30pm</i>
<i>St Oswald's (Trevallyn)</i>	<i>Wednesday 7:30pm</i>

If you don't belong to a group and wish to join, for afternoons phone Marie 6330 3187, for evenings: Jenny 6327 3520 or Ian 6327 1191

Hosanna!

Blessed is he who comes in the name of the Lord!

Blessed is the king of Israel!

John 12: 13b ^{NIV}