

# INFERIES

## THE MAGAZINE OF THE ENDEAVOUR HILLS UNITING CHURCH

### Endeavour Hills Uniting Church Mission Statement

The Endeavour Hills Uniting Church...  
a worshipping, nurturing, learning community...  
an open door, reaching out to show Christ's face to all.  
'Together We Grow'

"Whenever the rainbow  
appears in the clouds,  
I will see it  
and remember  
the everlasting covenant  
between God  
and all living creatures  
of every kind on the earth."  
— Genesis 9:12



**Church Address:** Cnr. Hellyer Way & Raymond McMahon Boulevard, Endeavour Hills 3802

**Web Address:** [www.ehuc.org.au](http://www.ehuc.org.au)

**Supply Minister:** Berlin Guerrero

**Email Address:** [berlin\\_guerrero@yahoo.com](mailto:berlin_guerrero@yahoo.com)

**Mobile Phone No:** 0499 303 911

**Church Office Phone No:** 9700 2125

**Church Office Email:** [churchoffice@ehuc.org.au](mailto:churchoffice@ehuc.org.au)

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October 2015 Vol. 17: No. 9

# Endeavour Hills Uniting Church

<b>Sunday of the Month</b>	<b>Service Time 10.30 am</b>
1st	Worship Service with Communion (Includes Sunday School)
2nd	Worship Service
3rd	Worship Service (Includes Sunday School)
4th(where Applicable)	Worship Service
LAST SUNDAY OF THE MONTH	Contemporary-Style Worship Service (February to November)

## Prayer Chain

Endeavour Hills Uniting Church is fortunate in having an active Prayer Chain. If you have any Prayer Requests, please contact any member of the Prayer Chain listed below:

Mary Mehl..... 9791 5442

Judy Hopkins ..... 9700 7551

Sue Reid .....9704 9195

Pam Cowley..... 0477 149 361

# USAGE OF CHURCH BUILDING

*Revised July 2015*

<b><i>Sundays</i></b>	10:30 am	Worship EHUC	All Areas
<b><i>Mondays</i></b>	9:30 – 11.30 am	Play Group “Treasure Trove”	Hall
<b><i>Tuesdays</i></b>	7:30-9 pm	Beta Bible Study	Meeting Room (1 <sup>st</sup> and 3 <sup>rd</sup> Tues)
<b><i>Wednesday</i></b>	10-12 noon	Bible Study	Meeting Room (except School Holidays)
	7:30 – 9:30 pm	Church Council	Meeting Room (2 <sup>nd</sup> Wed)
	7:30 – 9:30 pm	Property & Finance Committee Group	Meeting Room (4 <sup>th</sup> Wed.)
<b><i>Thursday</i></b>	7:30 pm	Singing Group	Church
<b>ALL GROUPS will have access to toilets and kitchen. “Hall” = old pre-school area</b>			

**Please Note:**

**The views in the articles included in this publication are not necessarily those held by the Endeavour Hills Uniting Church.**

## **THE PASSIONS**

Much of human life can be understood as addiction to patterns of life that ease pain but are physically and spiritually debilitating. They give the appearance of help but conceal their price. This theme of a hidden price is common in folktales. The Grimm brothers record a story of “The Girl With-out Hands.”

A poor miller, now reduced to gathering wood for a living, is promised by a stranger enormous wealth in exchange for what stands behind his mill. Nothing but an old apple tree stood behind the mill, so the deed was easily done. Unhappily, the miller’s daughter was standing behind the mill just then, and he had inadvertently traded his daughter away for fabulous and exaggerated release from toil.

One can sympathize with the miller. What impoverished person would not want to trade a useless apple tree for wealth? Should we know that a deal this good must contain a hook? Maybe if we were strong and in our right senses we would be more wary. But the passions entangle us when we are already disoriented by pain. When the pain is bad enough, we almost do not care what is behind the mill, as long as our pain can be relieved.

## **CONSENT TO TEMPTATION**

The miller in “The Girl With- out Hands” traded what he thought was an apple tree for wealth. But when he discovered that it was his daughter and not his apple tree, upset as he was, he made no move to undo what he had done. When the girl’s innocence prevented the devil from taking her, he demanded her hands instead. The miller did not tell the devil it was his business to take the girl, and if he could not, the deal was off. He did not beg the devil to take him instead. He did not even tell the devil to do his own dirty work. The miller was too deep in by now to turn back, got out his axe and cut off his daughter’s hands (as instructed by the enraged devil).

We do foolish things in our ignorance and in our haste to satisfy our needs and desires. But the miller has gone beyond foolishness, ignorance, poor judgement, even selfish greed. He has become an active participant in carrying out a monstrous violation of an innocent girl, his own daughter. The bargain made in ignorance, was fulfilled with full knowledge. In fact, the miller not only accepted the bargain but also the devil's extension of it to include the miller's own participation in the amputation of his daughter's hands.

Once the miller agreed to a peculiar bargain with a stranger in the deep woods, he found nothing within himself to stop a free fall that transformed him from an impoverished but loving father into a cruel executioner for the devil.

**Reflection:**

There is a strand of the human spirit that craves relief more than anything else.... Without desiring harm, we become absorbed in the painful experiences of unrelieved needs and fear.

(Farley, 2005).

We sacrifice those we love, as we sell our souls to the devil.

***Contribution by Elke Beecher.***

**PS** I am focussing on "Sexual Abuse" for Christians at Bible College, in view of providing healing group sessions. If you would like to be part of a "confidential" group, please contact me ***Elke Beecher*** on 0430699040.

**Endeavour Hills UnitingCare**

**Neighbourhood Centre**

**Address: 10 Raymond McMahon Blvd**

**Endeavour Hills 3802**

**Postal Address: P.O. Box 216 Endeavour Hills 3802**

**Telephone: (03) 9700 3789**

**Fax: (03) 9700 6754**

**Email: ehunc@tpg.com.au**



Playgroup  
For Under 5s

# Treasure Trove

A place to play, explore, discover,  
enjoy, journey, adventure, & share!



Endeavour Hills Uniting Church  
Corner Raymond McMahon Boulevard and Hellyer Way  
Mondays School Term, 9.30am - 11.30am



For enquiries or to link in please call Stephen on 0408 684 366

# Notice Board

## PROPERTY

Thank you to the following trades people who worked on the manse during the recent refurbishing.

Any one of them would welcome opportunity to quote – mention you are from EHUC.

Di Rodgers                      Carpenter and Project Manager - 0419 557 254

Ross Kelly                     Plumber - 0417 128 536

Slavisa PejkoVIC             Painter (manse and church) - 0417 344 329

Jamie's Fencing              Fencing - 0422 443 102

Also would recommend:

Doveton Glass

Narre Bin Hire

## WELCOME to our Congregation:

Ward family – Samantha, Christopher and children Aerin and Kiara-Grace.

## DATES TO KEEP FREE

**CHRISTMAS CAROL SERVICE – Sunday 13<sup>th</sup> December.**

**THANK YOU TO NEW FOLKS ON OUR ROSTERS** - always a spot available if you feel this is a way you would like to offer some practical help. Please mention it to someone on Church Council (see last page of Interact) if you feel there is some other way you would to contribute – either in worship, or in a more practical way.

## Celebrating 30 years of being a Multicultural Church:

Sat 10<sup>th</sup> Oct - 5:30 pm at Dandenong UCA – 32 Scott Street, Dandenong



# Notice Board

## Lawn Mowing and Gardening

Anyone who enjoys gardening – look on the church/manse garden's as your second home!

Thank you to all our gardeners who try to tame the weeds.

Any help appreciated.

Please contact Bruce Hansen

Phone: 706 0585.

## SAMMY STAMP

Please save your used stamps for Sammy Stamp Appeal –this has raised more than \$600,000 for needy causes since it began.

There is a box marked \*Stamps\*  
On the table in the Narthex.

## Trading Table

The next Trading Table will be on

**Sunday Oct 11th**

Takings donated to Kid's

Hope Program:

July: \$84.45

Aug: \$54.60

Sept: \$54.80

Please contact Heather Kimber.

Phone: 9796 8154

## Fundraisers....

## Paper Collection & Packing

Keep collecting newspapers,

## The Andrews Centre

**Please keep donating non  
perishable food thank you!**

Just bring along a couple of cans or whatever you can spare on Sundays and these are delivered during the week and appreciatively received. There are many in our community in need.

## Casseroles

For many years Judy Hopkins has been organising meals for people in our congregation going through sickness etc. If you would like to help please leave your details with Judy and she will contact you when needed.

Phone: 9700 7551

Email: [judy.inehills@bigpond.com](mailto:judy.inehills@bigpond.com)



# Group News

## Wednesday Morning Bible Study Group

The group meets at the Church from 10.00 am, (except during school holidays). Everyone is welcome.

## Beta: Ladies' Bible Study Group

The group meets at 7.30 pm on the 1st & 3rd Tuesdays of each month (except during school holidays) at the Church.

Please contact Mary Mehl: Phone 9791 5442.

## Coffee Break

This informal group gathers at 10am on Friday mornings (except on the 1st Friday of the month). We meet at Muffin Break in the Food Court, Endeavour Hills Shopping Centre.

Everyone is welcome, so if you are in the vicinity on a Friday morning around that time, please feel free to come and join in. You will be very welcome. No need to book!

Just come and have a chat over a cup of coffee. See you there!



## First Friday Lunch



**NEXT**

**First Friday Outing  
Friday 2th Oct**

**@**

**Cafe Coffea  
(Squatting frog Nursery)**

**Heatherton Rd**

**12.00pm**

**Please Contact Judy Hopkins**

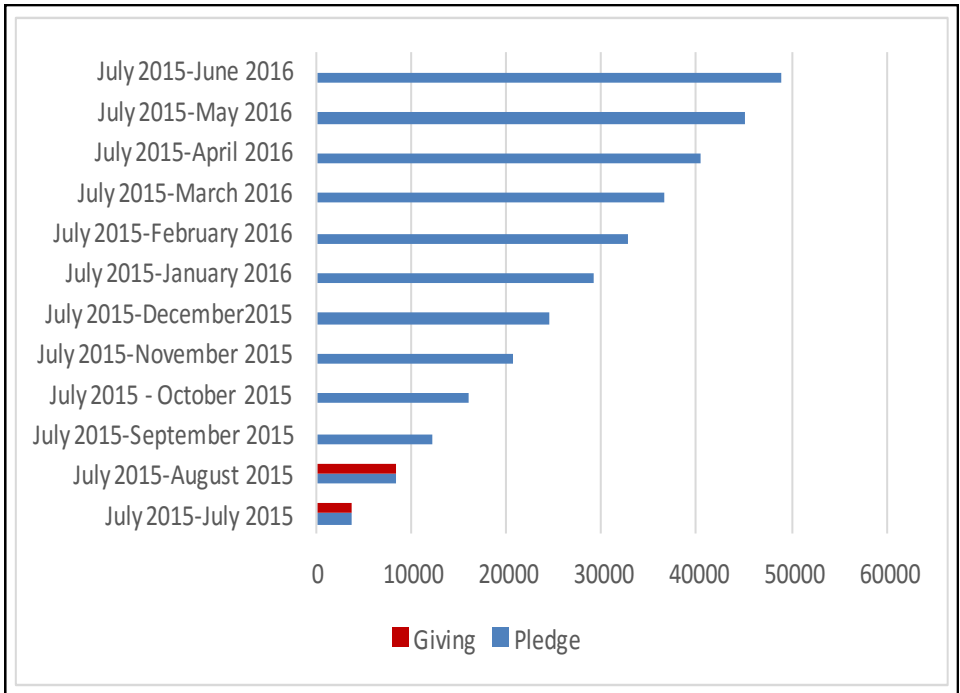
**By 5pm 30/9/15**

**[judy.inehills@bigpond.com](mailto:judy.inehills@bigpond.com)**

**PH:9700 7551**

**This informal lunch is held on the first Friday of every month throughout the year. It is open to everyone to attend.**

# PLANNED GIVING



## DIRECT DEBIT:

Could people who elect to give to Planned Giving through direct debit, please advise the Finance Committee, so that these details can be noted.

# CHURCH COUNCIL REPORT

We confirmed with Berlin that he is able to continue as our Supply Minister until the end of November (at least). Rev Ineke Gyles has been unwell, which has resulted in us needing a Minister for forthcoming Baptism and also Communion. We received a list from Presbytery of 18 ministers to contact.

The Christmas Carol Service has been set for the 13<sup>th</sup> December. We will again invite NWN and DN to join us. A Worship Group will meet at the church on 6<sup>th</sup> October at 7:30 pm to discuss this and other Christmas Services.

Olive sent a request for someone to help at Craiggare on Mondays (as Ineke not able to continue at present).

Passed the recommendation from P&F to accept quote to paint the church inside and outside.

Gave permission for Stephen Mayes to apply for a Minor Grant from Casey Council for equipment for the playgroup.

Fundraising – need to come up with ideas as we DO need to fundraise.



# LECTIONARY FOR OCTOBER

<p>Nineteenth Sunday after Pentecost October 4, 2015 <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">Job 1:1, 2:1-10</a>  <a href="#">Psalm 26</a></p>	<p><a href="#">Genesis 2:18-24</a>  <a href="#">Psalm 8</a></p>	<p><a href="#">Hebrews 1:1-4, 2:5-12</a></p>	<p><a href="#">Mark 10:2-16</a></p>
<p><b><a href="#">Proper 23 (28)</a></b> Twentieth Sunday after Pentecost October 11, 2015 <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">Job 23:1-9, 16-17</a>  <a href="#">Psalm 22:1-15</a></p>	<p><a href="#">Amos 5:6-7, 10-15</a>  <a href="#">Psalm 90:12-17</a></p>	<p><a href="#">Hebrews 4:12-16</a></p>	<p><a href="#">Mark 10:17-31</a></p>
<p><b><a href="#">Canadian Thanksgiving Day</a></b> October 12, 2015 <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">Joel 2:21-27</a>  <a href="#">Psalm 126</a></p>		<p><a href="#">1 Timothy 2:1-7</a></p>	<p><a href="#">Matthew 6:25-33</a></p>
<p><b><a href="#">Proper 24 (29)</a></b> Twenty-First Sunday after Pentecost October 18, 2015 <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">Job 38:1-7, (34-41)</a>  <a href="#">Psalm 104:1-9, 24, 35c</a></p>	<p><a href="#">Isaiah 53:4-12</a>  <a href="#">Psalm 91:9-16</a></p>	<p><a href="#">Hebrews 5:1-10</a></p>	<p><a href="#">Mark 10:35-45</a></p>
<p><b><a href="#">Proper 25 (30)</a></b> Twenty-Second Sunday after Pentecost October 25, 2015 <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">Job 42:1-6, 10-17</a>  <a href="#">Psalm 34:1-8, (19-22)</a></p>	<p><a href="#">Jeremiah 31:7-9</a>  <a href="#">Psalm 126</a></p>	<p><a href="#">Hebrews 7:23-28</a></p>	<p><a href="#">Mark 10:46-52</a></p>





# LECTIONARY FOR NOVEMBER

<p>Twenty-Third Sunday after Pentecost November 1, 2015 (If All Saints not observed on this day) <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">Ruth 1:1-18</a>  <a href="#">Psalm 146</a></p>	<p><a href="#">Deuteronomy 6:1-9</a>  <a href="#">Psalm 119:1-8</a></p>	<p><a href="#">Hebrews 9:11-14</a></p>	<p><a href="#">Mark 12:28-34</a></p>
<p><b>All Saints Day</b> November 1, 2015 (Sometimes observed on first Sunday in November) <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">Wisdom of Solomon 3:1-9</a> <i>or</i> <a href="#">Isaiah 25:6-9</a>  <a href="#">Psalm 24</a></p>		<p><a href="#">Revelation 21:1-6a</a></p>	<p><a href="#">John 11:32-44</a></p>
<p><b>Proper 27 (32)</b> Twenty-Fourth Sunday after Pentecost November 8, 2015 <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">Ruth 3:1-5; 4:13-17</a>  <a href="#">Psalm 127</a></p>	<p><a href="#">1 Kings 17:8-16</a>  <a href="#">Psalm 146</a></p>	<p><a href="#">Hebrews 9:24-28</a></p>	<p><a href="#">Mark 12:38-44</a></p>
<p><b>Proper 28 (33)</b> Twenty-Fifth Sunday after Pentecost November 15, 2015 <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">1 Samuel 1:4-20</a>  <a href="#">1 Samuel 2:1-10</a> **</p>	<p><a href="#">Daniel 12:1-3</a>  <a href="#">Psalm 16</a></p>	<p><a href="#">Hebrews 10:11-14, (15-18), 19-25</a></p>	<p><a href="#">Mark 13:1-8</a></p>
<p><b>Reign of Christ - Proper 29 (34)</b> Twenty-Sixth Sunday after Pentecost November 22, 2015 <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">2 Samuel 23:1-7</a>  <a href="#">Psalm 132:1-12, (13-18)</a></p>	<p><a href="#">Daniel 7:9-10, 13-14</a>  <a href="#">Psalm 93</a></p>	<p><a href="#">Revelation 1:4b-8</a></p>	<p><a href="#">John 18:33-37</a></p>
<p><b>Thanksgiving Day, USA</b> November 26, 2015 <a href="#">ART</a> -- <a href="#">PRAYER</a></p>	<p><a href="#">Joel 2:21-27</a>  <a href="#">Psalm 126</a></p>		<p><a href="#">1 Timothy 2:1-7</a></p>	<p><a href="#">Matthew 6:25-33</a></p>

# OCTOBER ROSTER

<b>Oct 2015</b>	<b>4</b>	<b>11</b>	<b>18</b>	<b>25</b>
<b>Bible Reading</b>	<b>Brian &amp; Diane Hall</b>	<b>Judy Hopkins Heather Kimber</b>	<b>Colin Wilhelms</b>	<b>Youth</b>
<b>Communion Preparation</b>	<b>Heather Kimber Christine Summers</b>			
<b>Communion Servers</b>	<b>Judy Hopkins, Elke Beecher, Diane Hall, Colin Wilhelms</b>			
<b>Communion Steward</b>				
<b>Counting of Offering</b>	<b>Wes Porch Lynne Bryan</b>	<b>Pam Cowley David Garnepudi</b>	<b>Grant Allison Catherine Gonsalves</b>	<b>Brian Greenstreet Bruce Hansen</b>
<b>Door/Offering</b>	<b>Stan Ashley</b>	<b>Christine Summers</b>	<b>Andrew Moore</b>	<b>Murray John</b>
<b>Early Word</b>		<b>Judy Hopkins</b>	<b>Stephen Mayes</b>	<b>Michelle Smith</b>
<b>Flowers</b>	<b>Artificial</b>	<b>Artificial</b>	<b>Elizabeth Kapitany</b>	<b>Artificial</b>
<b>Kitchen</b>	<b>Elizabeth Moore Delilah Spencer</b>	<b>Joan Hansen Sandra Neal</b>	<b>Jacqui Gacutan Mathy Watkins</b>	<b>Gonsalves Family</b>
<b>Organist/ Pianist</b>	<b>Edith John</b>	<b>Sue Reid</b>	<b>Olive Morland</b>	<b>Band</b>
<b>PowerPoint</b>	<b>Rufane Smith</b>	<b>Andrew Moore</b>	<b>Rachel Gonsalves</b>	<b>Jean Lacey</b>
<b>Preacher/ Duty Elder</b>	<b>Berlin Guerrero Diane Hall</b>	<b>Berlin Guerrero Cheryl Doddrell</b>	<b>Berlin Guerrero Colin Wilhelms</b>	<b>Berlin Guerrero Judy Hopkins</b>
<b>Public Address</b>	<b>Paul Watkins</b>	<b>Colin Wilhelms</b>	<b>Gavin Bartholomeusz</b>	<b>Geoff Lacey</b>

# NOVEMBER ROSTER

<b>Nov 2015</b>	<b>1</b>	<b>8</b>	<b>15</b>	<b>22</b>	<b>29</b>
<b>Bible Reading</b>	<b>Stan &amp; Sue Ashley</b>	<b>Smith family</b>	<b>David Garnepudi Mary Mehl</b>	<b>Brian &amp; Lynda Greenstreet</b>	<b>Youth</b>
<b>Communion Preparation</b>	<b>Elizabeth Moore Delilah Spencer</b>				
<b>Communion Servers</b>	<b>Cheryl Doddrell Pam Cowley</b>				
<b>Communion Steward</b>	<b>Brian Greenstreet</b>				
<b>Counting of Offering</b>	<b>Brian Greenstreet Sandra Cox</b>	<b>David Garnepudi Brian Hall</b>	<b>Lynne Bryan Pam Cowley</b>	<b>Bruce Hansen Grant Allison</b>	<b>Sandra Cox Wes Porch</b>
<b>Door/Offering</b>	<b>Andrew Moore</b>	<b>Christine Summers</b>	<b>Sandra Cox</b>	<b>Grant Allison</b>	<b>Pam Cowley</b>
<b>Early Word</b>		<b>Sue Reid</b>	<b>Stephen Mayes</b>	<b>Lynda</b>	<b>Berlin Guerrero</b>
<b>Flowers</b>	<b>Artificial</b>	<b>Mary Mehl</b>	<b>Artificial</b>	<b>Cheryl</b>	<b>Artificial</b>
<b>Kitchen</b>	<b>Jacqui Gacutan Mathy Watkins</b>	<b>Joan Hansen Sandra Neal</b>	<b>Pam Cowley Heather Kimber</b>	<b>Elizabeth Moore Delilah Spencer</b>	<b>Smith family</b>
<b>Organist/ Pianist</b>	<b>Olive Morland</b>	<b>Edith John</b>	<b>Sue Reid</b>	<b>Olive M.</b>	<b>Band</b>
<b>PowerPoint</b>	<b>Rufane Smith</b>	<b>Andrew Moore</b>	<b>Rachel Gonsalves</b>	<b>Jean Lacey</b>	<b>Samantha West</b>
<b>Preacher/ Duty Elder</b>	<b>Berlin Guerrero Pam Cowley</b>	<b>Berlin Guerrero Diane Hall</b>	<b>Berlin Guerrero Judy Hopkins</b>	<b>Berlin Guerrero Colin Wilhelms</b>	<b>Berlin Guerrero Cheryl Doddrell</b>
<b>Public Address</b>	<b>Paul Watkins</b>	<b>Colin Wilhelms</b>	<b>Gavin B.</b>	<b>Paul Watkins</b>	<b>Geoff Lacey</b>

# JESUS PRAYED FOR ALL BELIEVERS

"My prayer is not for them alone. I pray for those who will believe in Me through their message." John 17:20. "that all of them may be one" 17:21. Also Hebrews 5: 7 – 10

I consider the seventeenth chapter in the book of St. John the most sacred prayer of our Lord.

He Prayed in a mood of accomplishment and victory, giving thanks to God for Himself, His disciples and all His believers with the gift of eternal life. When He said "those who would believe in Me" our Lord spoke of the mission and the sanctification of His followers. He was confident that His disciples would spread the Gospel. He prayed for those who would believe as a result and all future believers were included in this prayer. Christ's farewell prayer from the Cenaculum in the Upper Room' is an awesome and most authentic place in Jerusalem. Christian churches built on this site go back to AD 135. The Cenaculum has preserved its sanctity for nearly a thousand years, as the scene of the Last Supper.

Our Lord articulates His foremost desire for His Church, "My prayer is not that You take them out of the world but that You protect them from the evil one" John 17:15. This is a prayer for the Church's holiness.

Jesus addresses God as 'Holy Father' John 17:11. Holiness is the primary attribute of God, which makes Him as distinct from man and everything He created. When man encounters God, he has to cover his eyes to shield them from the blinding light of Holiness. We read in the Old Testament of the prophet Isaiah in the smoke filled temple, who heard the Seraphim saying "Holy, Holy, Holy is the Lord Almighty" Isaiah 6:3. Isaiah realises there is a difference between God and man, a difference between the Creator and the creature, an infinite distance separating heaven from earth. It is mysterious when he sees God, he sees the true condition of himself. "Woe to me I cried. " 'I am ruined". "For I am a man of unclean lips and I live among people of unclean lips, and my eyes have seen the King the Lord Almighty" Isaiah 6:5. It is Christ's will that those who believe in Him, who follow Him and continue His Ministry upon earth, shall share in the surpassing quality of God's holiness. It is only Christ who calls out the Church and separates it from the world. To be so, the Church has to be a



community of people different and distinct from the world in which we live. John 17:16.

When we start with humanity, the 21<sup>st</sup> century Church seems to be far short of being holy. Are we enslaved with the standards and values of this world? We need to start with Christ with our relationship to Christ, how imperfect we may be. We need to focus on Christ's redemptive work on Calvary, for the Church to have the right to be called 'holy'.

Among all its distinctive qualities how does the Christian community guard its holiness? That is the inner likeness to God that separates it from secular society. We need to be importunate prayer warriors. The Church exists not so much as to DO something but to BE something. Christians are called 'saints' who are believers consecrated to God. Church members are called to a life of holiness and purity, separated from the world's standards and ways. The Church has to depart from the world's way of thinking and not to be enslaved to the world's standard of values. We need to live in the world the life of God, to manifest to the world the renewing, sanctifying power of the living Christ.

LAKSHMAN PETHIYAGODA



**K I D S' C L I P S**



As God's people grow older they learn things along the way. Ask some of the older people at church if they have a little bit of wisdom to help you live with God at the centre of your life.

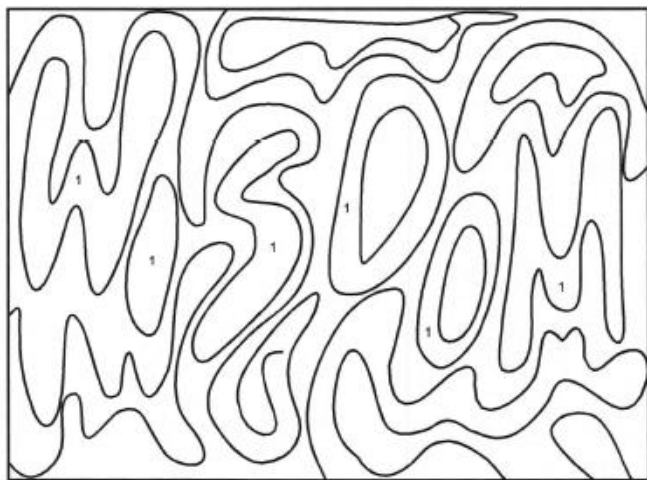
Give each one a piece of paper that they can write on. When you get the papers back, put them together to make a book.

Punch holes and tie the papers together with string. Make a cover with heavy paper or light cardboard. Decorate the cover with crayons, markers, or paint.

### Colour the Spaces

Colour all the spaces with the number 1. Colour the other spaces with another colour. Did you find a word? Write the word here.

How can we find  
that in our lives?



Abstract: Aims: The purpose of this study was to determine the effect of a 12-week training programme on the physical fitness of young women. Methods: Twenty-four young women (mean age 20.2 years) participated in a 12-week training programme. The programme consisted of three sessions per week, each lasting 45 minutes. The sessions were designed to improve cardiovascular fitness, muscular strength, and flexibility. Results: After 12 weeks, there was a significant improvement in cardiovascular fitness, muscular strength, and flexibility. Conclusion: A 12-week training programme can improve the physical fitness of young women.

06-10059

Find the words from Proverbs 2:6-7 in the Word Find.

for	and	is
the	understanding	a
lord	he	shield
gives	stores	to
wisdom	up	those
from	sound	who
his	for	walk
mouth	the	blamelessly
come	upright	
knowledge	he	

M	A	R	U	P	R	I	G	T	B	T	X
O	R	D	N	T	Y	S	H	Z	S	E	F
T	G	W	D	P	A	S	T	W	H	L	V
R	D	J	E	F	A	H	O	A	U	N	B
F	C	V	P	S	U	E	K	R	O	H	X
M	E	I	P	S	F	C	N	E	D	O	B
E	I	F	T	A	E	R	F	E	S	I	L
G	V	B	J	N	X	M	L	E	S	Y	W
V	H	M	D	I	S	I	C	K	F	A	O
Z	B	N	L	N	T	O	A	B	H	S	K
E	N	G	K	Q	R	N	R	C	I	O	P
A	H	K	Q	R	E	R	D	F	W	S	J
N	E	V	O	S	R	D	G	H	W	E	M

05-10p5b

October 2015

## Church Council

### Chairperson

Cheryl Doddrell 9700 1674

### Vice Chairperson

Wes Porch 9706 1995

### Treasurer

Catherine Gonsalves 9796 9852

### Church Council Secretary

Judy Hopkins 9700 7551

### Council Members

Gavin Bartholomeusz 9700 5015  
David Garnepudi 0452551077  
Jean Lacey 9700 7246  
Dianne Hall 9700 5104  
Colin Wilhelms 9794 7175

### Elders

Pam Cowley 0477 149 361  
Cheryl Doddrell 9700 1674  
Diane Hall 9700 5104  
Judy Hopkins 9700 7551  
Colin Wilhelms 9794 7175

## Our Web Address

The Endeavour Hills Uniting Church web page is available for viewing at <http://www.ehuc.org.au>. Church Council oversees its maintenance. Please send all correspondence etc. to the Secretary, Judy Hopkins.

**Email: [church\\_council@ehuc.org.au](mailto:church_council@ehuc.org.au)**

## Office Bearers/Staff

### Congregation Chairperson

Brian Hall

### Congregation Secretary

Anne Williams

### Presbytery Representative

Gavin Bartholomeusz

### Editors Interact

Sue & Stan Ashley  
Ursula Ebert

## Finance & Property Committee

### Chairperson

Geoff Lacey

### Treasurer

Catherine Gonsalves

### Secretary

Brian Greenstreet

### Committee Members

Brian Hall  
Sandra Cox  
Stan Ashley

## Work Groups

### Conveners

### Administration

Jean Lacey

### Hospital Visiting Team

Judy Hopkins

### Pastoral Care

Judy Hopkins

### Prayer Chain

Mary Mehl

## Contributions to Interact

Any material you may have to be included in Interact may be sent in one of two ways:

1. e-mail (preferred method) to [interact@ehuc.org.au](mailto:interact@ehuc.org.au) putting 'Interact' in the subject line. It would help if the contribution was written in a word document format and attached.
2. Leave in the blue Interact folder which is located on the stand to the right of the kitchen window.

Your articles, notices, goods & services for sale etc. are very welcome. Please include your name, phone number & email address in case it is necessary to contact you.

Material should be submitted by 12pm on the deadline dates indicated below:

Month	Deadline	Publication Date
October	September 27th	October 4th
November	October 25th	November 1st
December	November 29th	December 6th

This issue of **Interact** was edited by Sue & Stan Ashley and  
proof read by Jean Lacey