



## THE DAY HAS PAST: A NEW DAY TOMORROW

*Commentary on Psalm 66:1-4 by Mark W. Wethington. Disciplines, in Upper Room, October 2025*

The hymn by Brian Wren entitled “This is the Day of New Beginnings” reminds us that each new day is an opportunity to hope for the future God makes available to us and to put aside the struggles and sins of yesterday. We request God’s presence with us during the Examen (see on page 3 for an explanation); we *relish* the past day of life and give gratitude for the blessings received; we take time to review the past day and recall its blessings but also recall any thoughts, words, or actions which were sinful; we *repent* of any of these things from the past day, seeking God’s forgiving grace; and we *resolve* that, by the grace of God, we will live more faithfully tomorrow.

Since Ignatius introduced this spiritual practise in the 16th century, Christians through the ages have been practising this discipline daily, discovering it to be an efficacious way of growing in relationship with Christ. Through the Examen we can better see God’s presence and

work in our lives each day. When we become aware of God’s presence, we have clear and specific reason to “make a joyful noise” and to “sing glory to his name” as the psalmist calls us to do. We are better equipped to name the awesome deeds of God.

At the close of today’s devotional, take fifteen minutes to practise the Examen in its entirety. Perhaps the Examen will become an essential part of your life every day, drawing you closer to the living Christ, who desires to be closer to you than any friend could ever be.

*More than ever, I find myself in the hands of God. Christ began the relationship with me, and Christ invites me to be his lasting friend. It is a profoundly deep experience to feel myself so totally in the hands of the living Christ. Amen*

### ‘GROWING A CHRISTIAN COMMUNITY FOR ALL’

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**Sentence:** What shall I return to the Lord for all his bounty to me? I will lift up the cup of salvation and call on the name of the Lord, I will pay my vows to the Lord in the presence of all his people. Psalm 116.12-14

**Collect:** O God, you have made heaven and earth and all that is good: help us to delight in simple things and to rejoice always in the richness of your bounty; through Jesus Christ our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**Readings** Jeremiah 29:1,4-7, Psalm 66.1-11, 2 Timothy 2.8-15, Luke 17.11-19

### pray for those in

## Need

- Peter Bufton, Jessica Roach, Mary and Arthur, Rosemary Inglis, Max Osborn, Keith Grigg, Pam Burrows, Tim and Dianne, Jim and Joy Durran, Fiona, Carmel Laherty, Jim and Jan Dowsett, Wilf Seed, Dawn, Bernard Conradie and André, Debra Conradie, Anna Bell-Hughes and Ewan, Anne & Richard McCullough, Tristan Durden & Allegra Daly, Lorraine Bignoux, Mavis Palmer, Dale Price, Judith Kus & Joan Ham
- For the Dying and their Support Services.

### pray for the

## wider church

- For the Primate of the Anglican Church of Australia, Archbishop Geoffrey Smith.
- For the new Archbishop Rick Thorpe and the Diocese of Melbourne
- For the Oodthenong Episcopal Area Bishop The Rt Dr Brad Billings.
- For the Geelong Archdeaconry The Ven Stephen Pollard.
- For the incumbency committee of St Albans North Geelong as they seek a new Priest.

### Pray for the

## World

- For all world leaders during this time of stress and turmoil.

- The people of Afghanistan following the devastating earthquake.
- For a withdrawal of Russian military forces from Ukraine.
- For those discussing the proposed peace plan between Israel and Gaza
- For the Hamas to release all the remaining prisoners.
- For all who are orphaned by war and conflict and for the people of Gaza, Israel, Iran, Lebanon, Afghanistan, Myanmar, Ukraine, Sudan as they face an uncertain future.
- That the cease fire between Thailand and Cambodia will continue to hold.
- For Wellspring Initiative for finances and the leadership team

### pray for the

## Community

- For the Wathaurung People, Elders past, present, and emerging, all Aborigines, Torres Strait Islanders, for reconciliation and for treaty.
- For those without influence who don't yet know Jesus.
- For those God is calling to come to know Him
- For families struggling with the cost of living and difficulty due to rental and mortgages. increases

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## Our Church

- For our Vicar: Reverend Shirley Littras and George
- For Jen Zradovkovski, Josh and Eloise.
- For Lwe Moo San Tay and her family during her time with us
- Please pray for the Wardens and Parish Council.
- Please pray for LyCig and Parish Council as they plan for 2025
- Please pray for all St Stephen's parishioners.
- For the Eucharist Assistants.
- For the gifts, fruit and power of the Holy Spirit to be manifest amongst us.
- For all families who are travelling during the school holidays that God will protect them during their vacation.
- For Jessickah Baskharon who will be baptised today and as she and Phillip prepare for their daughter's Baptism on 19th October.

## Prayer for Growth

God of Mission,  
Who alone brings growth  
to your Church,  
Send your Holy Spirit to give,  
Vision to our planning,  
Wisdom to our actions,  
Joy to our worship  
And power to our witness.  
Help our church to grow in spiritual  
commitment to you, in numbers,  
And in service to our  
local community,  
Through Jesus Christ our Lord.  
Amen.



Turn off  
all mobile  
phones

## What's Coming Up?

### Playgroup

9.30 am Tuesday in the hall

### Meditation Group

10 am Thursday in the meeting room

### Prayer Group

11 am Thursday in the meeting room

### House Groups

### Monday Afternoon

29 Jacobs St, Belmont 2.15pm

Ph 5243 1835

### Thursday Afternoon

41 Kidman Avenue, Belmont 1.30pm

Ph 0421 017 882

### Book Study

Wednesday 7pm, and Thursday 2pm

### Ladies Afternoon Tea

6th November 1.30pm in the meeting room

### Pastoral Care

13th November 12 noon

### Kids Church

Kids Church & Youth Church

9th November, 9.30 am

### Highway to Healing Service

Monday 13th October, 7pm

### Warden's Meeting

14th October 7pm

### LyCi g

15th October 7pm in the meeting room

### Parish Council

21st October 7pm

### Safe Ministry Training Level One

Saturday 18th In the church

### This is for everyone.

### Blessing of the Pets

26th October 9.30 am. Let's see how many pets will arrive to make this a very special service.

### Farewell to Lwe Moo

26th October we will sadly say goodbye to Lwe Moo and wish her well in her studies. A special morning tea will be held that day.

## How Many Days Until Christmas ?

73

Since not one person young or older has offered themselves to participate in this outreach to the community. People will be approached to help. Hey, come on everyone, it's only a few evenings of practising and then a great fun way to celebrate the birth of our Saviour.

Please contact: Jen 0408 389 159 or Alyce 0437 746 068 if you are willing to participate.

### HELP WITH CLEANING

We all enjoy coming in to church every Sunday and the worship space is clean and tidy.

Sadly, there aren't little elves who come in and whizz around with the duster and vacuum cleaner.

There are a wonderful group of angels who clean every week.

If you look around, you will know quite a number of them.

However, there is a need for a few more people, (both men and women) to join our team of cleaning angels. Please contact Jan : 0428 621 121

You will only be on the roster once every two or three months.

*Thank you to all who clean the church, polish the brass, wash the linen and tea towels, participate in Sunday worship by reading Scripture, the prayers, serving and assisting with communion, audio visual, welcoming, kids and youth church, morning tea, music, mowing the lawns and tidying the gardens.*

### FROZEN MEALS AVAILABLE

We have in the freezer that is now in the meeting room, meals available for singles, couples and families from our congregation who are going through a rough spell.

When you dish up for dinner, if you have more than you require, please consider putting aside a meal or two for our Frozen Meal ministry.

Ph Helen 0408025204 or  
Pam 0425 729 163 for details.

### SAFE MINISTRY

#### Saturday 18th October

This training is a refresher for those who already have Level 1 & 2.

The refresher for both levels will be held on Saturday.

This refresher is for everyone in the Parish so please come.

If you can't come on the 18th, it is possible to do it online.

## THE EXAMEN

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

The method presented here is adapted from a technique described by Ignatius Loyola in his Spiritual Exercises. St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily—at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day.

This is a version of the five-step Daily Examen that St. Ignatius practiced.

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

## Child Safe Practice

The Anglican Church of Australia within the Diocese of Melbourne is committed to child safe practice. The safety and the wellbeing of children and vulnerable people are embedded in policies and practices which reflect a commitment to zero tolerance of abuse.

The policies, information and resources within the Anglican Diocese of Melbourne can be found on the Diocese Website: Safe Ministry | Anglican Diocese of Melbourne ([melbourneanglican.org.au](http://melbourneanglican.org.au))

Kooyoora Support Services  
Ph 1800 135 246

Centre against Sexual Assault  
Ph: 1800 806 292

Kids Helpline  
Ph; 1800 551 800

Victims of Crime  
Ph: 1800 819 817

*If you are last to leave the Church, the Hall or the Meeting Room, please turn off the heaters and lights. Check that ALL doors are locked.*

## **We are on 'Zoom' every Sunday.**

Here is our Zoom link for people to access our 9:30 am service if they are not able to attend live church. Go to the home page of St Stephen's web-site and click on "Zoom Link"  
Meeting ID: 864 8491 1358  
Passcode: 379683



### **A PRAYER FOR CHOOSING A NEW INCUMBENT**

Bountiful God, give to this parish a faithful pastor who will faithfully speak your word and minister your sacraments; an encourager who will equip your people for ministry and enable us to fulfil our calling.

Send your Holy Spirit to give those who will choose, wisdom, discernment and patience, and to us give warm and generous hearts, for  
Jesus Christ's sake. **Amen**

### **Readings for Next Sunday 19th October**

**Jeremiah 31:27-34**  
**Psalms 119:19-104**  
**2 Timothy 3:10-4:5**  
**Luke 18:1-14**

## **Parish Contacts**

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Jen is in the Church Office on Thursday

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**Church Warden**

Peter Bufton **0448 694 204**

Tim Rowlands **0439 412 000**

**Parish Treasurer**

Anne Henderson **5243 6699**

**Prayer Ministry**

Helen McLean **0408 025 204**

**Kid's Church**

Anne Henderson **5243 6699**

**Playgroup**

Pam Osborn **0425 729 163**

**Music Ministry**

Tim Rowlands **0438 412 000**

**Men's Afternoon Tea**

Max Osborn **5243 4122**

**Girls' Night Out**

Jane Moloney **0439 419 694**

**Rosters**

Jan Douglas **0428 621 121**

**Child Safety officer and**

**Family Safety champion**

Cassie Calder **0448 024 951**

**Link Editor & Advertising**

Helen McLean **0408 025 204**

**Key Ministry Co-ordinators Families**

**& Ladies Afternoon Tea**

Yvonne Fyfe **5243 7183**

**Pastoral Care**

Jennifer Zdravkovski **0408389159**



## **Cassie's Camino**

*Sent on Thursday 2nd October*

Dear Family & Friends

It's warm here today in Spain, I'm writing this so I can just push on tomorrow morning. At a city called Porrino in Spain. A lovely Albergue with shops, restaurants, and a supermarket near by. I have not taken a single room, just dormitories. You have the most lovely conversations sharing one big room. Today, I walked from Tui 16kms. Walked with a girl from Texas most of the day. Late this afternoon a Korean girl engaged me about by reasons for walking the Camino. During that conversation she told me she was walking with her friend from the church from South Korea. They asked if I would join them for dinner. So they cooked pasta and I bought ice-cream. Just lovely! Held hands for Grace. Special! Their English was limited but we got by. Yesterday I crossed into Spain. Walked through the ancient city of Valencia. Truly beautiful! That city was a fort to stop the Spaniards from invading them but Spain did invade and ruled for many years. 99kms to Santiago! Started at 271kms. I'm looking forward to waking in to the Cathedral at Santiago in a few days.

*Sent Sunday 5th October*

The last 2 days I have walked through the beautiful countryside of Galicia Yesterday, 230 metre elevation at the highest point. I walked yesterday with my Korean friends from South Korean. We walked for the day and they told me of their church congregation of 8,000. The church is 8 floors with services every day. It's hard to get your head around. I asked if they would send me some information on their church. Such a lovely walk with them.

I am sharing my sleeping quarters with 2 girls from the Czech Republic. Last night I shared with 1 Danish and 1 Austrian lady. So many Nationalities!!

Tonight I had a chat with a chap from Orange, NSW.

I am writing this on Friday night. 28 people staying. It is amazing how everyone just goes to bed and gets up with no disruption to anyone else. Lots of cubicles tonight.

Each day of walking is something new. Today, a group of young adults from Portugal from their church and clergy were walking and had stopped and sang a hymn in English. They stayed where I had on Thursday night.

Thank you so much for all your love and encouragement.



Cassie's at Tui

The ancient walled city of Valencia



I walked through many vineyards today



The Cathedral in Valencia under restoration



Inside the Walls of Valencia



They have good beer in Spain

This stone path leads to an ancient bridge

