

# Toorak Uniting Church Newsletter

## Update 4 May 2025

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Phone 9829 0300  
Sunday services 9am & 10:15am

*The deadline for Update submissions is 3pm on the Tuesday prior*



Please note that there is no morning tea after the 10:15am service this Sunday, 4 May 2025. Please enjoy the rest of your Sunday and we look forward to seeing you at the Sesquicentenary Concert at 2pm.

### Food for Families – Uniting

Uniting is the community services organisation of the Uniting Church in Victoria and Tasmania.

Everyday Uniting dig deeper to provide support when people need it most. They want to support everyone who reaches out to them, no matter what time of year it is, but they can't do it alone.

Here's how you can get involved in Food For Families:

- Donate non-perishable food and essential items
- Host a collection drive
- Be a community drop off point for donations
- Make a donation to directly support vulnerable people needing access to food

Call 1800 668 426 or visit [foodforfamilies.org.au](http://foodforfamilies.org.au)

### Celebrating Volunteers in Volunteers Week

The Toorak Ecumenical Council invites all volunteers who give their time to join us at St Peter's Parish Centre

**Wednesday 22 May, 5-7pm**

RSVP to TUC Office or to the Op Shop by Monday, 20 May

### Mother's Day Fete

**9:30am-1:00pm | 567 Glen Huntly Road Elsternwick**

St. John's Elsternwick Uniting Church is hosting a Mother's Day Fete on **Saturday, 10 May**. Come find a bargain, plants, books and greeting cards! Enjoy a cuppa and scones with jam and cream. Funds raised will assist Caulfield Garden Club and St John's Uniting Church to raise funds for community outreach.

## Ageing Well Through Sleep, Mindfulness and Meditation

Are you interested in learning about the benefits of good sleep, mindfulness and meditation to support cognitive health and wellbeing?

Join facilitator Bolton Clarke, as he delivers three informative sessions over three weeks:

- **Healthy brain, healthy body:** Learn about positive ageing and satisfaction with your life at any age by understanding what makes you feel good.
- **Master your mind:** Learn how to recognise the signs of stress and a technique called mindfulness to help you better respond to unhealthy stress.
- **Managing sleep and fatigue:** Find out about the signs and causes of fatigue, the stages of sleep, and get some tips on getting a better night's sleep.

These sessions are running on **Wednesdays 7, 14, and 21 May from 12:30pm-1:30pm** at Phoenix Park Community Centre, 22 Rob Roy Road, Malvern East. These sessions are free.

## Palestrina 500

Celebrate Palestrina's 500th birthday with music from the golden age of polyphony. Beside Palestrina's well-loved *Missa Aeterna Christi Munera*, *By the Waters of Babylon* and *Like as the Hart*, enjoy music by the Franco-Flemish master, Josquin des Prez, who profoundly influenced him, as well as the famous Allegri *Miserere*, composed by his student.

Presented by the Australian Chamber Choir, directed by Douglas Lawrence. Event is on **Sunday, 25 May at 3pm** at Our Lady of Mount Carmel, 210 Richardson Street, Middle Park.

**Tickets:** <https://www.auschoir.org/timings-palestrina-500/>

## May Diary Dates

Sun	04 May	9:00am	Worship in the Round	Rev Sylvia
Sun	04 May	10:15am	Worship Service	Rev Sylvia
Sun	04 May	2:00pm	Sesquicentenary Concert	Church Space
Sun	04 May	2:30pm	Armadale UC Final Service	Armadale Uniting
Mon	05 May	10:00am	Meet the Ministers	Faichney Room
Wed	07 May	7:00pm	Handbells	Wettenhall Room
Sun	11 May	All Day	Mother's Day	
Sun	11 May	9:00am	Worship in the Round	Rev Sylvia
Sun	11 May	10:15am	Worship Service	Rev Sylvia
Sun	11 May	11:15am	TUC Morning Tea	Faichney Room