



CHURCH OF ALL NATIONS

The Uniting Church in Australia  
180 Palmerston St Carlton

### Contact details

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Website: [www.carlton.ucavictas.org.au](http://www.carlton.ucavictas.org.au)

[facebook.com/CarltonChurchOfAllNations](https://facebook.com/CarltonChurchOfAllNations)

Pastoral care:

Rev. Pam Kerr

[pamakerr@hotmail.com](mailto:pamakerr@hotmail.com) or 0415 660 821

Rev. Craig Thompson

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Please continue to send news, photos and event information for the bulletin to [contact@cancarlton.org.au](mailto:contact@cancarlton.org.au) before 3pm each Thursday.

### CAN CHOIR FOR EASTER MUSIC



Jean Evans invites all who love to sing to join in practices commencing **Sat 21st February, 9.30 am in the Church.**

The aim is to sing for special services on:

**Palm Sunday 29 March 10.00 am**

**Good Friday 3 April 9.00 am**

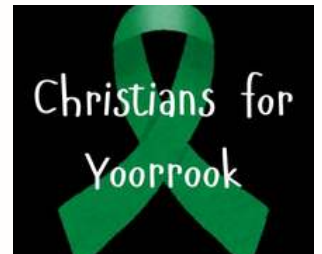
**Easter Day 5 April 10.00 am**

You are welcome to sing in weekly practices, even if not available for all 3 Easter services.

To register, email Jean:  
[mj.evans@hotmail.com](mailto:mj.evans@hotmail.com)

### CHRISTIANS FOR YOORROOK

Christians for Yoorrook will meet online (Teams) to read sections of Yoorrook reports alongside sections of the Bible.



We aim to engage with Yoorrook findings alongside our foundation spiritual text, allowing each to inform the other, to deepen understanding of both.

Dr. Peter Lewis, Acting in Solidarity: The church's Journey with Aboriginal People in Australia, will guide us through the texts; and send out relevant materials each month.

**7.30 to 9.00 pm on 2nd Wednesday of each month, commencing Wed 11th February.**

To join the discussion, email Matt Bell: [mattbell21@gmail.com](mailto:mattbell21@gmail.com) to confirm your interest, and to receive the link to join each session.

(If this date each month does not work for you, let Matt know; if enough of those interested can't make it, another time could be considered.)

## COMBINED CONGREGATIONS LENTEN STUDY

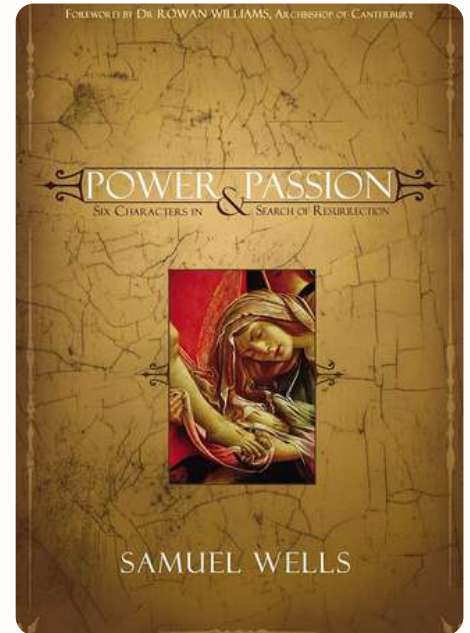
As we have done for several years, members of Church of All Nations join regular book studies online with some from other congregations. Rev Dr Craig Thompson (minister with Mark the Evangelist Uniting Church) leads the discussions.

We're starting this year with a 6-week Lenten study using Sam Wells: Power & Passion – Six characters in search of resurrection.

Two date options are available each week (the same chapter discussed at each) – choose the one which suits you best, starting on:

**Wed 18 Feb 7.45 pm or Fri 20 Feb 1.30 pm**

To register: email Craig Thompson  
[craigthompsonxyz@gmail.com](mailto:craigthompsonxyz@gmail.com)



### A word from CAN Community Support

What a delight it was this week to reconnect with several students from our Senior Study Group, part of our Homework Club program at Carlton PS. With the support of Hotham Mission, we had the privilege of providing 11 brand-new laptops to Grade 6 students. These young people will continue to receive our support as they begin their secondary schooling at University High School through our new High School Transition program.

One of those students, Mustafa, arrived with his dad and collected his laptop with great pride—head held high and ready for the next chapter of his learning

journey. He assured us he would visit Janet and the volunteers he has grown to know at the Uni High Study Lounge on Thursday afternoons, and we are very much looking forward to welcoming him back.

Thank you for your quick response to our call-out for reusable shopping bags. These will help us continue caring for the environment through the work of our community pantry. We will keep collecting bags over the coming weeks; you're welcome to place them in the crate at the back of the church or drop them into the office between 10am and 2pm, Tuesday to Thursday.

Take care in the heat this weekend!



*Virginia Moebus-Nelson, EO*

## STAYING SAFE IN EXTREME HEAT THIS SUMMER

Victoria is in the grip of the warmer months, so now is the time to prepare for extreme heat.

Extreme heat does more than cause sunburn. It can worsen existing health conditions and, in severe cases, lead to life-threatening illnesses such as heatstroke.

*"Extreme heat can become dangerous quickly"* said Dr Caroline McElnay, Victoria's Chief Health Officer.

*"A few simple actions like keeping cool, staying hydrated, planning ahead and checking in with others can prevent serious illness."*



- Drink water regularly on very hot days, even before you feel thirsty, especially if you're outdoors or being active.
- Look out for signs of dehydration, including thirst, lightheadedness, dry mouth, tiredness, dark, strong-smelling urine, or passing less urine than usual.
- If your doctor normally advises you to limit fluids, ask them how much you should drink during hot weather.
- Use air conditioning or a fan, wear light and loose-fitting clothing, keep your skin wet (for example, with a spray bottle or damp sponge), and take cool showers or foot baths.
- Close blinds or curtains to block heat from entering your home and if you need to head out, spend time in cool places such as air-conditioned buildings.
- Check the weather forecast and Bureau of Meteorology heatwave warnings regularly.
- If the hottest part of the day is coming, avoid outdoor work or exercise and reschedule strenuous activities to a cooler time.

### ***"A quick call can make a big difference"***

Check in on older people, friends, neighbours, and anyone who might need support on hot days. People most at risk include those over 65, pregnant women, babies and young children, people with acute or chronic health problems, people who are socially isolated, and people with limited ways to keep cool (such as without air conditioning or living in buildings that heat up easily).

For more information on preparing for and coping with extreme heat, see the Better Health Channel's [extreme heat page](#).

### **Link for live streaming the 10.00am service**

The 10.00am service is livestreamed on the church's Facebook page every week - you do not need a Facebook account to watch.

[Click here to watch the service online.](#)



We will continue to offer this option for those who may be uncomfortable attending in person for whatever reason - health, mobility, geography, whatever!

Unfortunately we are short on volunteers to operate the camera for this coming quarter so there will be Sundays when we cannot offer the live streaming.

## CAN worship roster to 8 Feb 2026:

	25 Jan 26 GREEN Epiphany 3 <i>Day of Mourning</i>	1 Feb 2026 GREEN Epiphany 4 <i>HC</i>	8 Feb 2026 GREEN Epiphany 5		25 Jan 26 GREEN Epiphany 3 <i>Day of Mourning</i>	1 Feb 2026 GREEN Epiphany 4 <i>HC</i>	8 Feb 2026 GREEN Epiphany 5
<u>Preach</u>	Alister Pate	Alister P	Matt Julius	<u>Property</u>	Ken T	David J	Ian B
<u>Liturgy</u>	Jill T	Alister P	Matt Julius	<u>Offering</u>	Brendan C Ethan K	David J Noyuri L	Ian B Brendan C
<u>PP Prep</u>	Jill T	Alister P	Evan R	<u>Hosp 1</u>	Shirley J	Julie P	Jean E
<u>Music</u>	Glen W	Jean E	Jean E	<u>Hosp 2</u>	Leah B	Leah B	Brendan C
<u>Camera</u>	?	Ethan K	Bruce W	<u>Flowers</u>	Shirley J	Shirley J	Greta B
<u>Read</u>	Jean D	Jean E	Shirley J	<u>HC</u>	-	Jill T	-
<u>AV</u>	Prebin A	David J	Ian B	<u>Chn Min</u>	Kate E Mark S	Ken T Shiny I	Katie E Fiona M
<u>Greet</u>	Prit S	Ken T	Jill T				

### This week at CAN

**Sunday January 25 @ 10am** - UCA Day of Mourning - Alister Pate preaching at CAN

**Tuesday January 27 @ 11.30am** - CAN Finance & Property C'tee meets by zoom

**Tuesday January 27 @ 6pm for 6.30pm** - CAN Community Support Board meeting

**Wednesday January 28 @ 4pm** - CAN Elders meet by zoom

**Wednesday January 28** - NO monthly worship service at Redmond Park – starts 3<sup>rd</sup> Wed in February

### ONLINE WEDNESDAY HOLY COMMUNION

Commencing Wednesday 4 February, 7.45 – 8.15 am, all are welcome to participate in this weekly quiet, reflective service online.

Each provides their own piece of bread & wine/juice.

A fresh zoom link will be available for this year - watch this space in the Bulletin in coming weeks.



### RAY OF SUNSHINE

Rev. Ray Gormann is enjoying the first summer of his retirement, putting his new electric golf buggy to good use - he hasn't lost a game using it yet!



## CAN Congregation - Offerings to the Church of All Nations Parish Mission

Your offerings support the ministry and mission of the congregation. The Congregation budget contributes the major component of the Community Support budget as well as ministry costs and other mission support.

Offerings can be made during the church service OR by regular bank transfer. Bank transfers can be regular as weekly, fortnightly, monthly Offerings, OR as an occasional offering

Bank details are:

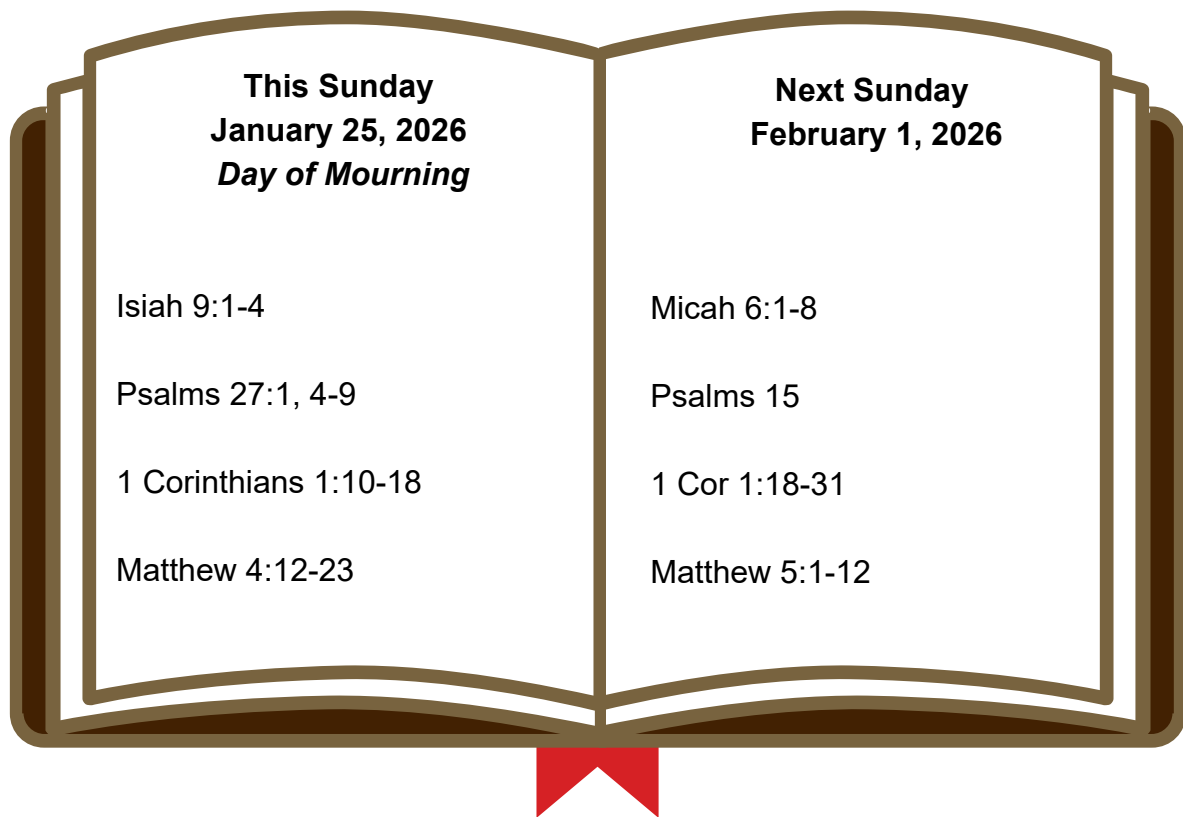
**Bendigo Bank BSB:** 633000

**Account No:** 191446954

**Name:** Church of All Nations of Carlton



## Lectionary Bible Readings



## Donations to CAN Community Support

Donations to CAN Community Support are tax deductible and can be made online at [www.givenow.com.au/canparishmission](http://www.givenow.com.au/canparishmission), in person at CAN Community Support's Administration Office (Tuesday - Thursday) in the CCS Centre, OR by bank transfer as follows:

**Bendigo Bank BSB:** 633000

**Account No:** 191170380

**Name:** CAN Community Support

