

Parish Life



St Mary's
ANGLICAN CHURCH
MORWELL

Rector's Reflection

Gratitude in Daily Routine

Finally, weaving gratitude into everyday life can make it a sustained practice rather than a one-time task. For example, some families share things they're grateful for around the dinner table, a ritual that can foster emotional connection and a positive mindset in the household. Health experts [from Harvard](#) note that even on bad days, making the effort to acknowledge a few good things is good for cardiovascular health and may even extend your life.

How to Build Gratitude Into Your Day: You can practice "gratitude prompts" during routine activities, like thinking of something you're thankful for each time you wash your hands or when you walk through a doorway. The goal is to use everyday situations to regularly pull your attention toward the aspects of life that you appreciate, big or small. This consistent gratitude attitude can help buffer daily stressors. And remember, gratitude doesn't mean ignoring problems or forcing positivity; it's about balancing out our natural stress bias by deliberately focusing on the sources of goodness and support in our lives. In doing so, we nourish both emotional resilience and cardiovascular health.

So much of your heart health comes down to factors we can influence, including how we handle stress and emotional well-being. Gratitude offers a scientifically supported, low-cost, low-barrier way to tip the scales toward better heart health.

It's not about replacing medical advice or treatments but about layering in an emotional habit that strengthens your overall resilience. The body and mind are deeply connected. Caring for your emotional heart is an essential part of caring for your physical one. This is your reminder to slow down, appreciate, and thrive.

Love and prayers, Sue.



The Anglican Parish of Morwell

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suejacka@outlook.com

Associate Priest: Revd Kathy Dalton

Retired Clergy: Revds. Clem Watts, and Russell Jones

Rector's warden: Sandra Wagner
0402 351 612

Fossick and Find: 74 George St Morwell,
Mon– Fri 10am–3pm (03) 4120 0840

ST MARY'S DAY



This year we will celebrate our Patronal festival or 'Feast of Title' on Sunday August 17th. Former rector, Archdeacon Heather Marten will be preaching at 8am and 10am services and I know that many of you will remember her time here fondly. Heather served here before Reverend David Head, so it's a while ago now!

Please wear something blue as this is the colour associated with Mary, the mother of Jesus. In preliterate days, when people learned their Bible stories through the oral traditions, they would recognise who was being portrayed in stained glass windows or paintings by the colours associated with them as much as by the content of the images.

We will have a parish lunch in the hall after the 10am service.



Long Service Leave



Sue and Ross have had a lovely time away.

"Camping out in cold mornings in some beautiful spots- a good reason to get moving! Hot springs at Pilliga, catching up with a friend and then Miriam's brother (no photo of that) on the Gold Coast. "

THANK YOU

A sincere thank you to Revd Marilyn Obersby for covering Sunday services and two of the nursing homes, and Revd Kathy for Wednesdays and covering Mitchell House as well as her rostered Sunday. Sue will return to work on Friday 8th

Love, joy and peace are at the heart of all Jesus is trying to grow in the soil of your life.

And all three are incompatible with hurry.

John Mark Comer



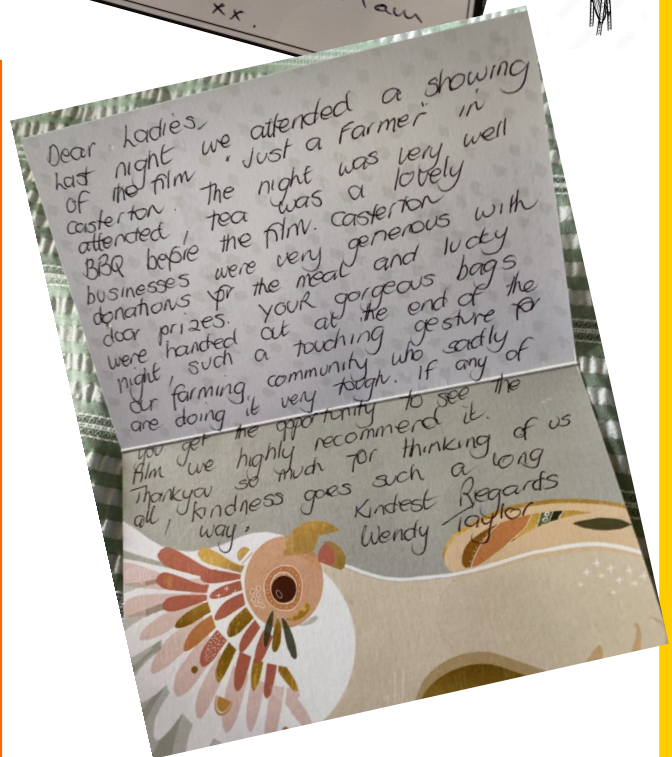
HOPE FOR FARMERS

Quite a few people responded to the very short notice request for Roses chocolates or shampoo and conditioner combinations for the farmers of the Casterton area who have been in a terrible drought for some time. We were supporting St Mary's Mirboo North in their creation of beautiful bags of goodies to provide a bit of hope and to let the people there know that people in Gippsland care about their troubles. It was good to see some letters of appreciation were sent and I share a couple



VALE MAXINE SMITH

We were saddened to hear that Maxine who was regular at our 8am service, had passed away suddenly. She had a number of complex health issues, but maintained her independence and interests. Only a few weeks earlier we had celebrated Maxine's 70th birthday at St Mary's. For a time Maxine volunteered at Fossick and Find where she was noted for her hard work and thoughtfulness. She was a part of Dorothy's Candle, the small group that Revd. Bec Hayman organised to cook a meal together and package it up for the homeless. Maxine was very generous donating groceries for Anglicare regularly and knitting for those in need. We farewelled her with a lovely service at St Mary's where many of her friends from church took part with readings or by speaking about her. Thank you to everyone who helped with her refreshments. We keep Meeghan, her daughter and her family, in our prayers.





Reflection from Marilyn

It's hard to believe that I've not been back to take a service at St Mary's for almost 30 years! This church and its people hold a very special place in my heart, because it was here, while John White was Rector, that my ministry in the Gippsland Anglican Diocese began in February 1996. For the first nine months I worked as a pastoral lay worker, and was ordained deacon on St Luke's day, 18 October, 1996, in this very church. On St Barnabas' day in 1998, while still a curate at St Mary's, with Keith South now Rector, I was ordained priest at St Paul's Anglican cathedral in Sale; and shortly after, I moved to the Traralgon parish as assistant priest to Clem Watts. Of course, I have been back in this church on many occasions for various events; but never actually to take services until now, while Sue has been on long service leave.

My time here has been most enjoyable; though getting up at 6 am to be get ready for an 8 am service has been a shock to my system! It has been wonderful to catch up with parishioners I knew long ago and to meet several new parishioners too. The

parish lunches have been an enjoyable way for me to talk to people, as well as the fellowship after each service. I have loved having dogs in church

Thank you for your warm welcome and your support, with technology and with music particularly. Sandra and Sandy have been able to answer all my questions and the chaplains at the aged care hostels have also been very welcoming and accommodating. I feel that I have been enabled to slot in with no real difficulties and hope that You have enjoyed my ministry as much as I have enjoyed our worship together and your company. May God continue to bless you all in this faith community. Marilyn



Winter Feast 2025

Your Chefs: Members of Traralgon Parish



Come and celebrate with other Friends of The Abbey as we enjoy the chefs' gourmet creations - a 3 course meal, with wine: \$60 per person.
Musical Interlude - Harpist Dr Cath Connelly

12 noon
Saturday 30th August 2025

Funds raised are for the operation The Abbey

1-25 First Parade, Raymond Island 3880
To book or further information
Phone: The Abbey on (09) 5156 6580
Email: info@theabbey.org.au
www.theabbey.org.au

JOKE OF THE MONTH

How do you know that atoms are Catholic? They have mass.

