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**ig** @bfamilychurch

*Remember. Meditate.  
Reflect. Trust*

**BURNSIDEFAMILYCHURCH.COM**

## **REMEMBER, MEDITATE, REFLECT, TRUST**

**Ellia Delaney**

I have spent a good 25+ years struggling with what was recently diagnosed as obsessive-compulsive disorder (OCD). That's given my brain enough time to become deeply engrained with its own idea of ways to keep us safe. It has conjured up countless strategies to protect me from perceived harm and does the utmost to keep me out of unbearable situations surrounding germs and contamination.

Despite the near constant state of anxiety this caused, there is a level of comfort in harbouring my protective mechanisms. It had become automatic and I believed that if I upheld my compulsions, I would be safe.

And then I had kids.

What was once merely self-limiting had suddenly become something that had a more obvious impact on others. Before kids, I could quietly hide my "quirks" and need for control more easily. I could control me. But raising four bold and increasingly independent young ladies, meant prying the wheel of control out of my hands.

I remember shortly after Amayah was born, a home visiting midwife asked me when I would start to feel less anxious about contamination around Amayah. But nearly 8 years on, I'm still learning to let go.

Pruning is a selective removal of fruitless or even dangerous branches. It allows for an increase of air flow and light to reach the fruitful branches. But let me tell you, who are fortunate enough not to understand OCD... it is painful! I liked my dead branches! Why do we find comfort in something that we know can be damaging?



In Numbers 14, we find the Israelites complaining that God had taken them from their bondage in Egypt into the wilderness. They cried aloud that they would have been better off in the familiarity of slavery. This grumbling follows accounts of God's miraculous provision. Water, food, meat, in a place where there should have been nothing. These provisions should have built trust in the hearts

of the Israelites towards God, but instead of gratitude, they whinged about their lack.

We can reflect on these Bible passages and ask, “how could the Israelites be so ignorant and forget God’s provision? Why didn’t they trust Him?” Yet when it comes to our own hearts, we don’t measure up either. Despite seeing God’s provision and care, I find myself still trying to take control.



But the difference lies in our heart’s attitude, and the choices we make from that. The Israelites did not appear to have a true relationship with God. He is sometimes referred to as the God of Abraham, Isaac and Jacob, (or in Hebrew El Avoteinu, ‘the God of your ancestors’) but when He reveals himself to Moses, in Exodus 6:2-3 there is a shift. He says, *“I am the LORD. I appeared to Abraham, Isaac and Jacob as God Almighty, but I didn’t make myself known to them by my name, the LORD.”* This shift shows that not only is God there to protect and provide, as He has for generations,

but He is committed to His people and desires a personal relationship with them. Despite this, the Israelites went to Moses to make their petitions to God.

Do you have a relationship with Jesus, or do you only know about His works? Despite the discomfort of pruning, are you open to growth? Have you walked with Jesus long enough to build trust in His faithfulness?

I thought having ongoing anxiety was a sign that I wasn’t bearing the fruit of the Spirit. That if I was anxious, I couldn’t also yield peace. Yet we see David, a man after God’s own heart, share his shortcomings in Psalm 143:4 – *“my spirit is weak within me, my heart is overcome with dismay.”* But he goes on in verse 5, *“I REMEMBER the days of old. I MEDITATE on all you have done. I REFLECT on the work of your hands. I TRUST in you.”*

Choosing to remember, meditate, reflect and trust in God, are the actions that separate grumbling Israelite hearts from a heart that says I don’t have it all together, but I have seen God move before, and I trust Him to be my provision as I walk with Him.

## BIRTHDAYS IN MAY



Celebrating birthdays is one way we can honour the gift of life God has given each of us. Happy Birthday from us!

Your birthday not showing up? Tell us when your birthday is so we can celebrate with you.

### UPCOMING DIARY DATE REMINDERS

<b>1<sup>ST</sup> MAY</b>	<i>Ablaze Youth Commences for Term 2</i>
<b>2<sup>ND</sup> MAY</b>	BICC Prayer Breakfast @ St. Saviour's - 7:30am
<b>7<sup>TH</sup> MAY</b>	Tamil Group Gospel Outreach (English) Visiting Evangelist: Robert Roy
<b>8<sup>TH</sup> MAY</b>	<i>Kid's Club Commences for Term 2</i>
<b>10<sup>TH</sup> MAY</b>	Mother's Day Service - 10am
<b>17<sup>TH</sup> MAY</b>	Music Practice - 12-2pm
<b>30<sup>TH</sup> MAY</b>	Tamil Group Gospel Outreach (Tamil) Visiting preacher: Pastor Gnanaselvin
<b>31<sup>ST</sup> MAY</b>	Tamil Group Gospel Outreach (English)

*April-May Teaching Series*

# COLLOSSIANS

Supremacy | Sufficiency | Sanctity



# May 2026

April '26

June '26

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	9.30a Prayer 10a Worship Gathering Little Sparks / Ignite	<b>27</b> W1 First day of Term 2	<b>28</b> 9.00a Prayer 10a Talking Tuesday 7.30p enCourage Connect	<b>29</b>	<b>30</b>	<b>1</b> 6.30p Ablaze Youth	<b>2</b> 7.30a BICC Prayer Breakfast 6.30p Interspersory Prayer
<b>3</b>	9.30a Prayer 10a Worship Gathering Little Sparks / Ignite	<b>4</b> W2 7.00p Elders	<b>5</b> 9.00a Prayer	<b>6</b> 10.30a Magill Estate 7.00p Flourish Connect	<b>7</b> 10.00a Good Life Group 6.30p Gospel Outreach Evg. Robert Roy (English)	<b>8</b> 5:15p Kids Club 6.30p Ablaze Youth	<b>9</b> 6.30p Tamil Bible Study
<b>10</b>	<b>Mother's Day</b> 9.30a Prayer 10a Mother's Day Service Little Sparks / Ignite	<b>11</b> W3	<b>12</b> 9.00a Prayer 10a Talking Tuesday 7.30p enCourage Connect	<b>13</b> 7.30p Glenside Connect	<b>14</b>	<b>15</b> 5:15p Kids Club 6.30p Ablaze Youth	<b>16</b> 9.00a Men's Conference Concordia College
<b>17</b>	9.30a Prayer 10a Worship Gathering Little Sparks / Ignite	<b>18</b> W4	<b>19</b> 9.00a Prayer	<b>20</b> 7.00p Flourish Connect	<b>21</b> 10.00a Good Life Group	<b>22</b>	<b>23</b>
<b>24</b>	9.30a Prayer 10a Worship Gathering Little Sparks / Ignite	<b>25</b> W5	<b>26</b> 9.00a Prayer 10a Talking Tuesday 7.30p enCourage Connect	<b>27</b> 7.30p Glenside Connect	<b>28</b>	<b>29</b> 5:15p Kids Club 6.30p Ablaze Youth	<b>30</b> 8.45a Women's Conference Concordia College 6.30p Gospel Outreach Ps. Gnanaselvin (Tamil)
<b>31</b>	9.30a Prayer 10a Worship Gathering Little Sparks / Ignite 6.30p Gospel Outreach (English)	<b>1</b> W6 7.00p Elders	<b>Notes</b>				

# MAY SUNDAY TEAM

Date	Teaching Team		Kids Ministry		Music Team <small>(see elvanto for musicians)</small>		Service Team					Hospitality Team			
	Sermon	Com-munion	Chair/Notices	Kid's Church	Helper/Creche	Sound Desk	Media Desk	Comm Serving	Welcome	Collection	Count	Lock Up	Kitchen	Coffee Team	Comm Prep
3/05	Ben Delaney	Devinder Raju	Sharon	Lily	James Elizabeth	Joshua	Scott	Lorna Renee Brandon Benjamin	Jelita Ally C	Beth Amayah	Mark T Donovan	Andrew	Tony Vicky A	Hugh Ben	Michelle
10/05 Mother's Day	Ellia & Lily	-	Ben	Carol & Jim	Sharon Michelle	James	Andrew	-	Nick	Benjamin Brandon	Leonie Jenny S	Jim	Ally C Jelita	Lily Scott	-
17/05	Ben Delaney	Hugh Milchen	Alf	Laura	Joshua Sheila	James	Annabelle	Jelita Lorna Tony Vicky A	Sharon Andrew	Beth Amayah	Mark T Devinder	Mark H	Carol Benjamin & Brandon	Ben Helene	
24/05	Tony and Vicky Alkmitm	Elizabeth Reynolds	Jim	Ben	Hugh Lorna	Joshua	Sheila	Joanne Sunny Smita Devinder	Hannah Ally C	Amy Lily	Lyn Sheila	Nick	Sharon Lachlan Joshua	Liz D	
31/05	Ben Delaney	Scott Nippress	Laura	Mel	Lyn Andrew	Jeremy	Lachlan	Liz D Mark H Jelita Sheila	Khai Mark T	Ally T Annabelle	Jenny S Leonie	Jim	Jenny C Steve	Aaron Monica	Ally C

Thank you for serving the Lord, and blessing our Church family. If you need to swap with someone, please contact another person directly. A copy of the roster is up on the bulletin board.  
[info@burnsidefamilychurch.com](mailto:info@burnsidefamilychurch.com) // [www.bfc.elvanto.com.au](http://www.bfc.elvanto.com.au)

A decorative background featuring a light brown textured surface. In the top left, there are pink and white flowers. A green sticky note with the handwritten text "love you mom" is placed near the flowers. In the bottom left, a brown gift box is wrapped with yellow and purple string. The main text "Honoring Mothers" is written in a large, white, 3D-style font.

# Honoring Mothers

The logo for Burnside Family Church, consisting of a blue cross symbol to the left of the text "BURNSIDE FAMILY CHURCH".

**BURNSIDE**  
FAMILY CHURCH

*Sunday 10<sup>th</sup> May*  
*10am*

*'cafe-style'  
worship service*

# May

1  2 Cor 1:1-11 | 1 Sam 1-2

2  2 Cor 1:12-24 | 1 Sam 3-5

3  2 Cor 2 | 1 Sam 6-8

4  2 Cor 3 | 1 Sam 9-10

5  2 Cor 4 | 1 Sam 11-13

6  2 Cor 5 | 1 Sam 14

7  2 Cor 6 | 1 Sam 15-16

8  2 Cor 7 | 1 Sam 17-18

9  2 Cor 8 | 1 Sam 19-20

10  2 Cor 9 | 1 Sam 21-23

11  2 Cor 10 | 1 Sam 24-25

12  2 Cor 11:1-15 | 1 Sam 26-28

13  2 Cor 11:16-33 | 1 Sam 29-31

14  2 Cor 12:1-10 | 2 Sam 1-2

15  2 Cor 12:11-21 | 2 Sam 3-4

16  2 Cor 13 | 2 Sam 5-7

17  Gal 1 | 2 Sam 8-10

18  Gal 2 | 2 Sam 11-12

19  Gal 3:1-14 | 2 Sam 13

20  Gal 3:15-29 | 2 Sam 14-15

21  Gal 4:1-20 | 2 Sam 16-17

22  Gal 4:21-31 | 2 Sam 18-19

23  Gal 5:1-12 | 2 Sam 20-21

24  Gal 5:13-26 | 2 Sam 22

25  Gal 6 | 2 Sam 23-24



# BURNSIDE FAMILY CHURCH

# Blog

Head online to read regular blogs, devotions, and scriptures-of-the-week written by our very own members.

[BURNSIDEFAMILYCHURCH.COM/BLOG](http://BURNSIDEFAMILYCHURCH.COM/BLOG)

*If you wish to contribute to our church blog, please talk to Pastor Ben, Lily or Elizabeth!*

## 60+ CONNECT

### Good Life Group

**When:** Thursday 10-11:30am fortnightly  
Coffee at 10am

#### Upcoming dates:

Thursday 7<sup>th</sup> May

Thursday 21<sup>st</sup> May

Thursday 4<sup>th</sup> June

Thursday 18<sup>th</sup> June

Thursday 2<sup>nd</sup> July



**UPCOMING FUNDRAISER FOR PCWS – SAVE THE DATE!**

**BURNSIDE INTER-CHURCH COUNCIL'S ANNUAL**

# Quiz Night



TICKETS

**\$25**



**FRIDAY 19<sup>TH</sup> JUNE 2026, 7.00PM - 10.15PM**

**BURNSIDE CITY UNITING CHURCH**

CNR PORTRUSH RD & FISHER RD, TUSMORE

**TABLE GAMES - SILENT AUCTION - TEA & COFFEE**

BYO DRINKS, NIBBLES, COINS

[TRYBOOKING.WWW.TRYBOOKING.COM/DIDGG](http://TRYBOOKING.WWW.TRYBOOKING.COM/DIDGG)

**ALL PROCEEDS SUPPORT OUR LOCAL PCWS**

## TITHES & OFFERINGS

EACH DECIDE IN YOUR HEART HOW MUCH TO GIVE, AND DON'T GIVE RELUCTANTLY OR IN RESPONSE TO PRESSURE. "FOR GOD LOVES A PERSON WHO GIVES CHEERFULLY" 2 COR 9:7

BSB - 035039 | ACC - 524397 | NAME - BFC  
Ref: "Giving" or "Missions"



LEAVE A LEGACY. MAKE A PLEDGE TO:

## CHURCH LEGACY FUND

A FUND TO STRENGTHEN OUR HERITAGE  
OUR LOCAL FACILITY AND GLOBAL MISSION

BSB - 035039 | ACC - 524418 | NAME - BFC  
LEGACY

Ref: "BFC Legacy"

[A service fee of 1.45% charged by the provider]

# CONTACT

## ELDERSHIP TEAM

Alf Chehade	0412 899 779
Jim Derrington	0433 447 795
Neville Langman	0409 642 005
Devinder Raju	0400 795 989
Andrew Jenkins	0422 556 420

## STAFF & OFFICE

### Lead Pastor

Ps Ben Delaney > 0421 578 034  
ben@burnsidefamilychurch.com

### Kids Ministry

Lily Nippress  
lily@burnsidefamilychurch.com

### Music Ministry

Elizabeth Reynolds  
elizabeth@burnsidefamilychurch.com

### Office

info@burnsidefamilychurch.com  
www.burnsidefamilychurch.com  
88 Lockwood Road Burnside 5066  
(08) 8333 1700



## ONLINE GIVING

### Westpac Bank Branch

BSB > 035039  
Account > 524397  
Ref > Giving or Missions  
EFTPOS is available

## WE'RE HIS CHURCH

...a house of prayer for all nations  
accomplishing more than we  
could dream for the  
brokenhearted to call on the  
name of Jesus [as vision]

...sent to make a difference every  
day in the name of Jesus to all  
generations [as mission]

## 10.00A SUNDAY

Starting at 10.00a, we usually finish by 11.30a. You will be greeted at the door and receive our newsletter and invited to take a seat of your choice. Our gathering begins with music with words shown on a media screen.

During the service, we share in communion which reminds us of the death and life of Christ we share. An encouraging message from the Bible follows and afterwards, everyone is invited to the Back Hall for tea and coffee.

We have a video stream into the rear Hall we call our Family Room and a recording of the service is posted online each week.