

HELPING PEOPLE EXPERIENCE GOD



www.illawarrachurchofchrist.com.au

JULY 2026

On Sunday 21st June we had our first annual fundraiser 'Biggest Morning Tea' for the cancer council and raised \$312. Thanks for the support for this wonderful cause. These funds are used to provide support to those with cancer or for research purposes. We've starting prayer walking our local area with the Wednesday night bible study doing a prayer work of Forrestgrove on Wednesday 24th at 7.30pm. If you want to join us then contact me. (Thanks Anne Trezise for the idea.)

The Tuesday Bible Study has changed to a Men's Coffee Group meeting at 1.45. Fortnightly we meet at Passionate Palace Cafe in Forrest Grove and the other fortnight meet in group member homes. All men welcome.

Pastor Peter Watson

To subscribe to this monthly newsletter go to
www.illawarrachurchofchrist.com.au/resources or scan QR code.









New to Church

So we can connect please either scan this QR code to complete this form to provide your name & contact details **OR** fill out the contact form on the information desk **OR** text details to Peter at 0407-278-175.



Coming Events & Guests

Sunday lunch	Dapto Citizens Bowling Club 102 Fowler's Rd.	
Soup Sunday	Next is 6 July	
Baptism / Membership Discussion	Interested in baptism or membership? RSVP to Peter to join the BBQ & discussion at Peter & Linda's house on the 19th July from 12pm. RSVP to Peter.	Baptism Membership
26 July & 20 September	 16/8 Adrian Jackson	
30/8 Ian Forrest-Jones	 18/10 Carol Preston	



Mission to Sea Farers

www.mts.org.au/port-kembla

The Mission to Seafarers Port Kembla, invite you to the annual Sea Sunday Service which gives thanks, honours and shares stories and concern for the seafarers of the world. The service will be held on **Sunday the 12th July at 2.00pm** at St. Michael's Anglican Cathedral, 74 Church Street - Wollongong.

CHURCH OF CHRIST: WHO ARE WE?

- Want to become a church member?
- Want to know more about what we stand for?
- Considering getting baptised?

Check out our information page. Use the following link or scan the QR code.

illawarrachurchofchrist.com.au/churches-of-christ-who-are-we/



CHURCHES OF CHRIST: WHO ARE WE?

These messages outline some of the key things that distinguish the movement 'Churches of Christ' that Illawarra Church of Christ is a part of.



[Click here for a copy of 'The Journey of Baptism'](#)

This Month's Big Question:

How do I cope with anxiety?

Coping with anxiety through a biblical lens involves shifting our focus from our overwhelming circumstances to the character, promises, and presence of God. Following are some resources to help you:

Important Note: Seeking professional medical support alongside pastoral care is fully consistent with a biblical worldview that values holistic health.

- Sermon at www.illawarrachurchofchrist.com.au/messages/: WORSHIP Pt 3 by Peter Watson, Date: 18th May 2025, Scripture Focus: Psalm 94:18–20. This message looks at Psalm 94. Verse 19 explicitly says, "When anxiety was great within me, your consolation brought me joy." This sermon models how worship is not just something we do when things are going well; it is a vital shelter when our feet are slipping and anxiety takes over. Turning to God in worship helps dismantle anxiety by replacing the chaos of our thoughts with the soothing consolation of His presence.
- Key Biblical Story to Reflect On: Elijah in the Wilderness. To see how God handles a believer experiencing severe anxiety, panic, and emotional burnout, reflect on the story of Elijah in 1 Kings 19:1–18. The Context: After a massive spiritual victory on Mount Carmel, Queen Jezebel threatens Elijah's life. Overwhelmed by fear, isolation, and exhausting anxiety, Elijah flees into the desert, collapses under a bush, and prays that he might die. The Biblical Truth to Apply: Notice how God responds to Elijah's anxiety. God does not scold or condemn him for a lack of faith. Instead, God provides for his physical needs first—sending an angel to give him food, water, and rest. Then, God meets him in his emotional distress. God wasn't in the raging wind, the earthquake, or the fire, but in a "gentle whisper" (a still, small voice). Application: When anxiety makes your world feel loud and threatening, God invites you to step away, rest, take care of your body, and listen for His gentle whisper of grace rather than the loud voices of your fears.

How do I cope with anxiety? (con't)

You also might like to reflect on: Philippians 4:6–7; 1 Peter 5:6–7; Matthew 6:25–34

Recommended Books:

- **Experiencing God: Knowing and Doing the Will of God by Henry T. Blackaby.** Anxiety often stems from feeling like the weight of our life, future, and decisions rests solely on our shoulders. Experiencing God helps reorient your mindset to see that God is already intimately at work around you, inviting you to rest in His sovereign timing and rely on His strength rather than your own.
- **Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado.** This book is a comforting, practical guide based entirely on Philippians 4:6–7. It walks readers through a roadmap of C.A.L.M. (Celebrate God's goodness, Ask God for help, Leave your concerns with Him, and Meditate on good things).
- **Feeling Great by Dr. David Burns.** Introduces TEAM cognitive behavioral therapy, rapidly crushing depression by transforming negative thoughts into insights about your positive values.
- **When Panic Attacks by Dr. David Burns.** Offers powerful cognitive behavioral techniques to defeat anxiety without drugs by exposing fears and dismantling distorted, terrifying thoughts.

Other Resources

- Christian Counseling & Educational Foundation (CCEF): [ccef.org/resources](https://www.ccef.org/resources) – Offers deeply insightful, biblically grounded articles, podcasts, and booklets specifically addressing the intersection of scripture, faith, and mental health struggles like panic and anxiety.
- Focus on the Family Australia: <https://families.org.au/topic/anxiety/> – Provides excellent faith-based articles, professional counseling referrals, and practical toolkits for managing stress and anxiety within families and individuals.

BIBLE IN A YEAR: July

A Navigators Bible Reading Plan: Each month has 25 days of reading so you have a few 'free days' in case you get behind. You can read all four readings each day to read the whole bible in a year or select less columns to read over a longer period. Video summaries of each book can be found at www.youtube.com/@bibleproject/playlists. [Look for the Old Testament or New Testament playlists.]

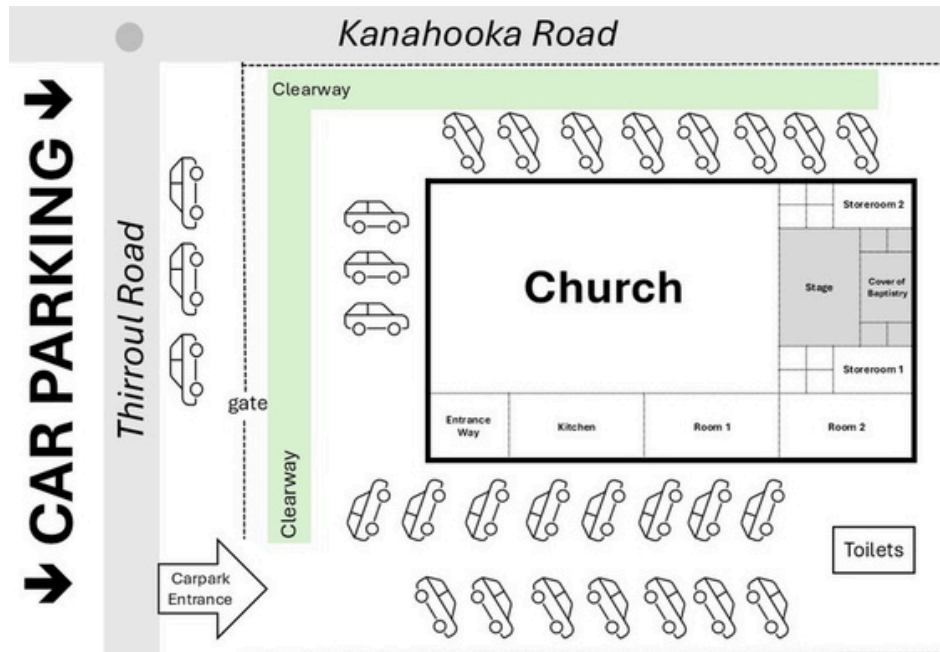
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3.	<input type="checkbox"/> 7:36-50	<input type="checkbox"/> 2:1-7	<input type="checkbox"/> 126	<input type="checkbox"/> 5-6
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5.	<input type="checkbox"/> 8:16-25	<input type="checkbox"/> 2:16-23	<input type="checkbox"/> 128	<input type="checkbox"/> 10-11
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15.	<input type="checkbox"/> 10:25-37	<input type="checkbox"/> 4:1-10	<input type="checkbox"/> 140	<input type="checkbox"/> 6-7
16.	<input type="checkbox"/> 10:38-42	<input type="checkbox"/> 4:11-18	<input type="checkbox"/> 141	<input type="checkbox"/> 8-9
17.	<input type="checkbox"/> 11:1-13	<input type="checkbox"/> 5:1-11	<input type="checkbox"/> 142	<input type="checkbox"/> 10-12
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25.	<input type="checkbox"/> 12:49-59	<input type="checkbox"/> 3:14-18	<input type="checkbox"/> 150	<input type="checkbox"/> 34-36

Sermons

Audio & YouTube versions of our Sunday message can be found at www.illawarrachurchofchrist.com.au/messages. At [Youtube.com/@IllawarraChurchofChrist](https://www.youtube.com/@IllawarraChurchofChrist) you will find the audio with the PowerPoints from Sunday added.



Church Parking



Meaning of our logo

Our logo represents key ideas behind what we believe and are committed to as a church. The colours represent that we are 'a church anyone can come to' because we are not all the same and accept people with different backgrounds, experiences and ideas. Each triangle represents one of the 5 key practices we invite everyone into.



Grace-filled **Welcome** (Romans 15:7)

Awe-struck **Worship** (Psalm 95:6)

Joy-filled **Wonder** (Psalm 145:5-7)

Life-transforming **Word** (Romans 12:2)

Kingdom-building **Works** (Matthew 16:18)





PHILIPPINES 2027

**Find out how to
support or
participate by
talking with
Catherine Green**



**Financial
Support**



One of the ways that regular church attendees support the work of the church is through their financial contributions. You can do this by:

- Giving cash during the offering time in the Worship Service.
- Giving online contributions via our bank account. The details are as follows: Bank Account Name: 'Illawarra Church of Christ'*; BSB: 112879; Account Number: 477353233

Volunteering Service Opportunities

Let us know what you can help with around the church by completing the Task Survey. It only takes 5 minutes.



Complete a **Church Task Survey** to indicate areas you would be willing to serve in. Go to <https://tinyurl.com/5n94t43z>







The survey asks about areas such as speaking, worship, outreach, setting up, prayer, hospitality, children/youth, administration tasks, etc.

Following are a couple of roles that we require help with:

- **Welcome Team:** Involves either coordinating or being on the welcome team on Sunday morning.
- **Monthly Newsletter:** Requires computer literacy and access to internet.
- **Rosters Coordinator:** Requires creating the roster involving some phone calls and/or emails.
- **Church Cleaning:** Involves being on a roster to do a basic tidy of the church building each month.
- **Garden:** Requires keeping the garden next to the front door tidy.

Helpful Information

www.illawarrachurchofchrist.com.au

					
Parking available on grass around church. Except when wet.	Toilets in outside block. If locked, key on wall in kitchen.	Lunch from 11:45 at Dapto Citizens' Bowling Club 102-104 Fowlers Rd, Dapto.	Visitor QR Code to let us know your contact details. Code also on notice board.	Signup for monthly newsletter on website via resource tab.	Use QR code to leave Google review to help people find us online. Code also on notice board.

Pastoral Contact

My normal contact hours for the church.

- I'm available anytime for hospital visits.
- For catchups I'm normally available Tuesday or Thursday but can do other times as well - contact me to arrange a time and convenient venue.
- Tuesday bible study 2pm at church building.
- Wednesday bible study 7.30pm at our home, 32 Brooks Terrace.
- Regular Friday night BBQ events at our home.
- Sunday lunch at Dapto Citizens Bowling Club.

Pastor Peter Watson

Email: peter.watson@illawarrachurchofchrist.com.au

Phone: 0407 278 175

GROUPS

DISCUSSION & GATHERING



www.illawarraChurchOfChrist.com.au/connect

- 'Experiencing God' one-to-one foundational course with Pastor Peter Watson, 0407278175.
- Tuesday 2.00pm Men's Coffee & Chat. Venue varies. Peter Watson 0407278175.
- Tuesday 5pm Online Book discussion: Beth Robinson 0412047146.
- Tuesday Evening fortnightly Youth Bible Study: Catherine Green 0427038640.
- Wednesday Monthly Social Event: Venue and times vary. Brian Healy 0417296983
- Wednesday 10am 'Knit & Natter' at Church: Robyn James 0402460795.
- Wednesday 7.30pm Bible Study at 32 Brooks Terrace, Kanahooka. Peter Watson 0407278175.
- Thursday 10am Women's Bible Study on 1st & 3rd Thursday at 4 Breynia Street, Figtree. Contact: Narelle Blue 0402032547.
- Friday evening (fortnightly) Christian Bikers 7:00-10:00 at Church. Contact: Gary Dronfield 0413915553.
- Friday evening Youth Events. Times and venue varies. Contact: Catherine Green 0427038640.
- Friday / Saturday Evening Visiting Tribute Bands. Stephen Corry 0402892552.
- Sunday 10am Sunday Service.
- Sunday 12pm lunch at Dapto Citizens Bowling Club 102-104 Fowlers Road, Dapto

Before attending check with leader as to time and venue.

ROSTERS



Date	Speaker	Bible Reader	Communion	Prayer	Morning Tea	WELCOME
28/06/2026	Peter Watson	Linda Watson	Linda Watson	Catherine Green	Wilma and Joyce	Robyn James & Sonia Oatley
05/07/2026	Peter Watson	Iwan Jones	Brian Healy	Graham Barker	Soup Sunday	Iwan & Joyce Jones
12/07/2026	Peter Watson	Brian Healy	Cath and Youth	Stephen Correy	Linda and Robyn	Bronwyn Halpin & Bronwyn Felger
19/07/2026	Peter Watson	Catherine Green	John Piper	Anne Tresize	Catherine and family	Robyn James & Sonia Oatley
26/07/2026	Dallas Thom	Linda Watson	Stephen Corry	Linda Watson	Dianne Kavanagh / Lorraine Graham	Iwan & Joyce Jones

Increase Church Profile

You can help increase our church profile by taking a few minutes to give a review on our Google Profile in Google. Positive reviews rank us higher in Google searches for a local church. You can do this by going to <https://g.page/r/Ce6WB6vsY0RPECA/review>



Church Statistics

	Worship Attendance	Average Weekly Giving
2022	35	\$1,495
2023	39	\$1,756
2024	45	\$1,874
2025	41	\$1,642
Our current 3 month average	43	\$1,182

RECOMMENDED RESOURCES



**FREE Copies on
the resources
table**

Experiencing God by Henry Blackaby

Experiencing God is a devotional and discipleship classic built around one central conviction: God is always at work around you, and the Christian life is about joining Him in what He is already doing.

Blackaby doesn't present a program; he presents a relational way of living that reshapes how believers see God, themselves, and their daily decisions.



The Bible Recap

Search your podcast player for 'The Bible Recap' for a series that takes you through the bible in a year.

Check out the great resources found at thebiblerecap.com

PRAYER



PRAYER CHAIN

To be added to the church prayer chain let Peter know at 0407-278-175. The prayer chain is a list of people willing to be sent a text about important prayer issues.

LOCAL PRAYER

We are committed to praying local churches in the Illawarra. Here is a list of churches and their key details:

www.5icm.org.au/Attachments/Illawarra_Churches.pdf

PRAYING FOR THE WORLD

Operation World at <https://operationworld.org/prayer-calendar>

Open Doors at www.opendoors.org.au

The Voice of the Martyrs at www.persecution.com

Global Mission Partners at www.gmp.org.au/

COMMITMENT PRAYER

Thank you, God our Creator, for inviting me into your family.

I believe Jesus is who He said He is: the Son of God from the beginning.

I believe Jesus was crucified and died for my sin.
I believe You raised Him to life again to show he is your Son.

I commit to You as the Lord of my life, seeking to live as the Spirit guides and empowers me.

Thank you, Heavenly Father, for making me your child.

WHERE TO GO FOR SUPPORT

If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately 

Help with a crisis

Lifeline 24/7	13 11 14
13 YARN 24/7	13 92 76
Suicide Call Back Service 24/7	1300 659 467
MensLine 24/7	1300 789 978
Brother to Brother 24/7	1800 435 799
Kids Helpline 24/7	1800 551 800
OLife (LGBTIQ+) 3pm to midnight, 7 days	1800 184 527
Open Arms Veterans and Families 24/7	1800 011 046
1800 RESPECT 24/7	1800 737 732
Wollongong Safe Haven 2-10pm Wed-Sat	0401 561 164
55 Urunga Pde Peer led safe space for people in suicidal distress	
NSW Mental Health Line 24/7	1800 011 511
Support to access Nowra SPOT (Suicide Prevention Outreach Team) and local Acute Care Team.	

Help after a suicide loss

StandBy Support After Suicide	1300 727 247
Thirrili Indigenous Postvention Service 24/7	1800 805 801
Griefline 8am to 8pm, 7 days	1300 845 745

Help with your mental health

NSW Mental Health Line 24/7	1800 011 511
Head to Health Shellharbour	1800 595 212
Wollongong Mental Health Hub	02 8358 5838
Shoalhaven Mental Health Hub	1800 841 190
headspace (12-25 yrs)	1800 650 890
Wollongong	02 4220 7660
Shellharbour	02 4225 5670
Nowra	02 4446 7300
SANE 10am-8pm, Mon-Fri	1800 187 263
Beyond Blue 24/7	1300 224 636
Butterfly Foundation 8pm to midnight, 7 days	1800 334 673
Blue Knot Helpline 9am-5pm, 7 days	1300 657 380



To find more information on these and other supports, including websites and webchat options, scan the QR code

Or visit: suicidepreventioncollaborative.org.au/get-help

Aboriginal services

Illawarra Aboriginal Medical Service	02 4229 9495
South Coast Medical Service Aboriginal Corporation	1800 215 099
Waminda	02 4421 7400
Strong Yawa	1800 953 736
After Hours Support from 5pm	

Multicultural services

Illawarra Shoalhaven Multicultural Health Service	02 4221 6770
Translating & Interpreting Service	13 14 50

Help for carers and family supports

Stride Family and Carer Service	
Wollongong	02 4229 7254
Nowra	02 4422 1547
ARAFMI Illawarra	0450 414 393
SANE website for carers sane.org/you-are-not-alone	
Carer Gateway	1800 422 737

Help for family and relationships

Family Services Australia Illawarra	1800 372 000
Relationships Australia	1300 364 277
Family Connect and Support	1800 267 327

Help with alcohol and other drugs

Illawarra Shoalhaven Drug and Alcohol Service	1300 652 226
Lives Lived Well - Watershed	1300 727 957
Lives Lived Well - Nana Muru	02 6362 5337
Kedesh Rehabilitation Services	02 4260 7111
Alcohol & Drug Information Service	1800 250 015

Additional help

National Debt Helpline	1800 007 007
Gambling Help	1800 858 858
Illawarra Legal Centre	02 4276 1939
Shoalhaven Legal Centre	1800 229 529
Link2Home Homelessness 24/7	1800 152 152
Find the help you need, now and nearby	askizzy.org.au

Becoming a Church Member



Membership is open to all who have openly confessed their faith in Jesus Christ as Saviour and Lord (Romans 10:9), and who support the church and regularly attend. We recommend that all follow the Bible's teaching and follow Christ in the waters of Believer's Baptism by immersion. (Information below.)

Membership requires that you indicate you wish to be a member which can be done by completing this form.

<https://docs.google.com/forms/d/e/1FAIpQLScqpPCI23gLrkPtnoDaQ24lhfZV--vMT7RLJV1Ws8GvQReaA/viewform>

Contact details or updating contact details



<https://docs.google.com/forms/d/e/1FAIpQLScqpPCI23gLrkPtnoDaQ24lhfZV--vMT7RLJV1Ws8GvQReaA/viewform>

There is also a paper version on the resources table. If you complete the paper version please give it to Pastor Peter Watson or John Piper.

Social Media Links

YouTube: www.youtube.com/@IllawarraChurchofChrist

Facebook: www.facebook.com/IllawarraChurchOfChristWollongong

Facebook Group:

www.facebook.com/groups/illawarrachurchofchrist

KEY CONTACTS:

Pastor Peter Watson: 0407-278-175,

peter.watson@illawarrachurchofchrist.com.au

Board Chairperson: Anne Trezise, 0434-350-913, anne@planningplus.net.au

Board Secretary & Treasurer:

John Piper, 0409-808-119, john@piperpiper.com.au

Board Members: Robyn James, 0402-460-795; Bronwyn Halpin, 0415-366-977

Mercy Ministries Coordinator: Catherine Green, 0427-038-640,
shimmerc1@hotmail.com

Safer Kids

We are committed to ensuring the safety of everyone, especially our kids and youth. If you have any questions or concerns regarding keeping our kids and youth safe you can contact either John Piper (Board Secretary), Anne Trezise (Board Chair) or Peter Watson (Pastor) at the numbers listed above.