



PROJECT RECONNECT

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Liturgical Date: Year B, Transfiguration of Jesus, 11th February 2024

(The same readings for the 1st week of February were again used for this week, but there is a totally different emphasis in the message.)

Presenter: David Toogood

Focus Reading: Mark 1:29-39

Message 9 minutes 25 seconds

“Silence and Solitude”

Discussion Starters

- 1** Why do you think it has become so normal to fill every waking second with either an appointment or a distraction?
- 2** How can/do you incorporate silence and solitude into your life rhythm?
- 3** Do you think it is important for the church to promote a spirituality of being, over a spirituality of doing? Why?
- 4** How would living this practice impact the way you engage in the broader community as a person of faith?

Lectionary readings for the day

Isaiah 40:21-31 Have you not known/heard/understood what has been told? Compared to the power of God, we are like insects or frail plants, for God is the source of all strength. Those who wait on the Lord will “fly up on wings like eagles” (v31).

Psalms 147:1-11, 20c God helps the outcast, the broken-hearted, and the downtrodden; punishes the wicked; feeds the animals and birds; and takes pleasure in those who place their hope in him.

1 Corinthians 9: 16-23 Paul proclaims the gospel free of charge so that the power of his message will not be compromised. He has become “all things to all people” (v22), to save some.

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All Age Message: David Toogood

“Quiet Time is Sometimes Good Time ”

Length 4 minutes 40 seconds

Precis of AAM

Life is full of business and noise...concentrating fully can be quite difficult with a lot of noise. Even Jesus looked for quiet places so that meaningful connections could take place – especially with God.

Resources: Uniting in Worship (Blue Book). Psalm 147:1-11,20c 353-355

David Toogood

David is an Education and Resourcing officer for the Pulse Team at Uniting Education and Mission – working on training leaders and young people to lead across the spectrum of the Uniting Church in NSW/ACT Synod. When not at work he loves hiking, music, and cooking plant-based food.