



MORDIALLOC MOORINGS

A weekly newsletter from St Nicholas Anglican Church, Mordialloc

1st November 2026 All Saints Day

Words from Fr Chris

We are often encouraged to keep our attitudes in check. But what does this actually mean? While researching this I found out (as I thought it might) that "the phrase "keeping our attitude in check" refers to the ability to manage and regulate one's emotional responses in various situations. This skill is crucial for maintaining emotional intelligence, which encompasses self-awareness, self-regulation, and empathy. By effectively managing emotions, individuals can navigate challenges, make informed decisions, and foster healthier relationships. Techniques such as mindfulness practices, cognitive restructuring, and self-awareness can help in keeping emotions in check, leading to better emotional regulation and decision-making. (scienceinsights.org)

Well, this is a helpful and relatively a formulaic way to keep our attitudes "in check". However, the passage from this week's gospel- Matthew 5:1-12 deals with what the bible refers to as the B-attitudes. Are they ones that are in our B pile in life? No! Neither are they secondary in importance in being a success in life. The Beatitudes describe the character of people in God's kingdom—humble, compassionate, just, merciful, pure, peaceful, and steadfast under persecution. This may be challenging but it is a challenge worth pursuing for they actually are a powerhouse for the follower of Jesus to live a full life as kingdom people.

The beatitudes are statements Jesus made to his followers (that's us) to help us during time of complexity and strain as we walk the Christian journey. The term comes from the Latin *beati* ("blessed"), reflecting the opening word of each saying.

As we look closer at the statements of Jesus we see that the beatitudes are a way of thinking and engaging to keep a kingdom perspective in earthly situations. It is one way that we can align our minds and hearts to that of Jesus.

These teachings remain central to Christian ethics, portraying the values Jesus emphasized for a flourishing life aligned with God's will, it's not just a "B" attitude, it fits in as an "A" attitude.

Shalom my Friends - Fr Christopher

Nicholas' Happenings this week Sunday 1st November: no scheduled activities.

Forward Notice:

Sunday 8th November 9.15am Service Bishop Paul joins us in worship

Sunday 11th November 9.15am Service will include commemoration of Remembrance Day.

Notice of St Nicholas AGM

Sunday 22nd November
Straight after 9.15am Service
(approx. 10.30am)

Agenda and Electoral Roll
(confirmation of name
required) displayed in the
Narthex of the Church

Save the Date!

St Nicholas Dinner, celebrating our patron Saint St
Nicholas, will be held on Friday

4th December

Bookings can be made through Trybooking which you
can access <<by clicking here>>

Look out for the special visitor!

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Donation page

This year, Messy has been celebrated within the 9:15am Service on the
fifth Sunday of the month.

This month, on 29th November we will join the 9.15am Service for
opening prayers, then leave for activities based around our Theme:

“Advent: Waiting for the coming of Jesus”

Please note: Our complex is used by:

Peaceful Living Yoga

www.peacefullivingyoga.com.au

Monday 6.00 - 7.00pm & 7.15 - 8.15pm

Tuesday 10.00 - 11.00am

Thursday 10.00-11.00am

Parkinson's Support Group 2nd

Thursday of the month: 1.00-3.00pm

**Please avoid entering the Church at
these times.**

MU and the Melbourne Dioceses joins the annual
RESPECT Walk Against Family Violence Friday
20th November.

**We meet at 9.30am on the steps of St Paul's
Cathedral to walk to Birrarung Marr (Upper
Terrace), Melbourne for a 10am start.**

This QR Code opens chrome click the link and
be directed to St Nicholas Website



	Readings for the next two weeks
1st November All Saints Day	Readings: Revelation 7:9-17; psalm 43:1-10, 22; 1 John 3:1-3; Gospel According to Matthew 5:1-12 Hymns: TiS 456 Your hand, O God, has guided your flock from age to age; TiS 204 Come let us join our cheerful songs; TiS 525 You we praise, high priest and victim; TiS 455 For all the saints, who from their labours rest
8th November Twenty Fourth Sunday after Pentecost	Readings: Joshua 24:1-3a, 14-25; Ps 78:1-7; 1 Thessalonians 4.9-18; Gospel according to Matthew 25.1-13. Hymns: TiS 698 When the light of Christ; TiS 552 Come my way, my truth, my life; TiS 607 Make me a channel of your peace; TiS 210 O for a thousand tongues to sing

This Newsletter comes from the parish of St Nicholas Mordialloc

Vicar: Father Chris (Christopher) Garcia 0427 779 365

Parish contact: 9580 1192 vicar@stnicholasmordi.org.au