



**LUTHERAN  
CHURCH**

OF AUSTRALIA

SUNDAY

05/07/2026

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**6TH SUNDAY AFTER PENTECOST**

**ST PAUL'S LUTHERAN CHURCH**

**CABOOLTURE AND BRIBIE ISLAND**

*Come to me  
and find Rest*



Upcoming Worship Service Times  
@ St Paul's

**THIS WEEK**

**Sunday 5th July**

Caboolture @ 9am

**Monday, 6th July**

Aged Care @ 10am

**NEXT WEEK**

**Sunday 12th July**

Bribie Island @ 8am

Caboolture @ 9am

**Monday 13th July**

Aged Care @ 10am

**Life can be heavy.**

Some burdens are easy to see—a busy schedule, illness, grief, financial pressures, or family struggles.

Others are hidden deep within us: guilt, regret, worry, disappointment, or the quiet frustration of knowing we keep falling into the same sins again and again.

God's Word speaks directly into that reality.

In Romans 7, the Apostle Paul honestly admits that he doesn't always do the good he wants to do.

If you've ever felt that same struggle, you're not alone.

Yet Paul's story doesn't end in despair—

it ends in the hope found in Jesus Christ.

In our Gospel from Matthew 11, Jesus extends one of the most beautiful invitations in all of Scripture:

**"Come to me, all you who are weary and burdened, and I will give you rest."**

Jesus doesn't ask us to carry our burdens alone or pretend everything is fine. Instead, He invites us to bring our failures, fears, and weariness to Him. He is the One who carries the heavy end of the load, offering forgiveness, peace, and rest for our souls.

Wherever you are on your journey, come and hear again the life-giving promise of Christ.

Together we will discover what it means to walk beside the One whose yoke is easy, whose burden is light, and whose grace is always enough.

**Bible Readings**

**This Sunday**

Romans 7:15-25a

Matt 11:6-19, 25-30

**Next Sunday**

Genesis 25:19-34

Romans 8:1-11

Matt 13:1-9, 18-23



*where love comes to life*

# What's On

at St Paul's

Together in Faith, Serving our Community



## St Paul's Lutheran Ladies Fellowship Caboolture

Our next get together is on  
**14th of July at 9am.**

For more details please see Mavis Thamm.



## St Paul's Caboolture and Bribie Island Church Fellowship Picnic

From 11am  
at Bribie Island.

**Sunday 12 July**



## GOOGA CHURCH Camp

FAITH. FRIENDS. Adventure.  
A WEEKEND TO GROW TOGETHER.



11TH - 13TH  
SEPTEMBER  
2026

JOIN US!

An awesome weekend of fun, faith and fellowship for all ages.



GREAT OUTDOORS



AWESOME PEOPLE



STRONGER FAITH



AVOCADO FESTIVAL

## Work in Progress

1st Wednesday of the Month

Join us for an evening of craft, games, and crafting.

For women of all ages

NEXT GATHERING

Wednesday  
5th August



St Paul's Lutheran Church

# 100th

ANNIVERSARY CELEBRATIONS



18th of October  
Formal Anniversary Service



25th October  
Informal Lonest Lutheran Lunch



We look forward to seeing you!

WORSHIP • GROW • SERVE • SHARE



# Sunday

# FELLOWSHIP

# Picnic

Everyone  
is welcome!

Bribie Island • Sunday 12 July • From 11:00am

Come along and join us for a relaxed afternoon together at our St Paul's Fellowship Picnic!



We'll have the BBQ fired up, with **sausages and bread provided.**

If you'd rather cook yourself a steak or something else, feel free to bring it along.

## PLEASE BRING:



A **salad** to share



A **chair**, if you have one (we'll have a few available)



Your **family**, your **smile**, and your **appetite!**



**Trestle tables** will be provided.

This is simply a great chance to enjoy good food, great conversation, plenty of laughs, and time together with friends—whether you've been part of St Paul's for years or have only recently joined us. **We'd love to see you there!**



**WHERE:**  
Col Fisher Park,  
Banksia Beach, Bribie Island



**WHEN:**  
Sunday 12 July,  
from 11:00am

We can't wait to spend the afternoon with you!

Finke River Mission  
Est 1877



# GIFT AND GIVING

The current Gift and Giving project  
will be raising funds for  
**Finke River Mission.**



## HIGHLIGHT on this week's Activity

..... Hermansburg Historic Precinct .....



The Historic Precinct at Hermansburg consists of old buildings and their contents, including artifacts from the late 1800s and early 1900s. Established in 1877 by Lutheran missionaries from Germany, most of the buildings were constructed during the time of Pastor Carl Strehlow. The mission is strongly associated with him, his wife Frieda and his son, T G H (Ted) Strehlow, with Pastor F W Albrecht and his son Paul, and with the famed Arrernte watercolour painter Albert Namatjira. Visitors can tour the buildings, including the original church and visit the gallery that houses two original watercolours by Albert Namatjira and also offers for sale contemporary watercolours in the Hermansburg style.



Please contribute at Gift & Giving Basket  
at church's entrance desk –  
or by direct deposit to our bank account.



### Bank Account Details:

BSB: 034640 | Account No: 169299 | Use Ref: GandG

# WALKING WITH THE LORD

## Exercise Daily

### Monday: When Life Feels Heavy

Matthew 11:28

Everyone carries burdens. Some burdens can be seen—a walking stick, a hospital appointment, financial pressures, or the grief of losing someone we love. Other burdens remain hidden beneath a smile: anxiety, guilt, disappointment, loneliness, or fear. Jesus knows every burden you carry. Before you even tell Him, He already understands. Yet He still invites you: "Come to Me." Notice what Jesus does not say. He doesn't tell us to carry the burden a little longer. He doesn't tell us to try harder or become stronger first. He simply invites us to come. This invitation is for weary people, not perfect people. Sometimes we think we have to sort ourselves out before coming to God. But Jesus welcomes us exactly as we are. He receives the exhausted, the anxious, the guilty, and the broken. His promise is not that life will suddenly become easy, but that we will never carry life's burdens alone.

What burden feels heaviest in your life today?

What would it look like to place that burden into Jesus' hands today?

***Lord Jesus, You know every burden I carry. Help me to stop relying only on my own strength and to trust You with every worry, fear, and sorrow. Thank You for inviting me to come to You.***

***Give me Your peace today. Amen.***

Faith In Action (F.I.A) Spend five quiet minutes telling Jesus everything that is weighing on your heart.

### Tuesday: The Battle Within

Romans 7:15–25

If you've ever wondered why following Jesus can still feel like such a struggle, Paul has good news for you. Even the great Apostle battled sin every day. He loved God. He wanted to obey Him. Yet he continually failed. That sounds remarkably familiar. The Christian life is not about pretending we've conquered sin. It is about honestly confessing that we haven't. Martin Luther described Christians as "simultaneously saint and sinner." Through Baptism we belong completely to Christ, yet our sinful nature still clings to us until the day we enter eternal life. The struggle itself is evidence that the Holy Spirit is at work. Dead people don't fight. Only living faith struggles against sin. When you are discouraged by your failures, remember that Christ has not abandoned you. He continues His work of forgiveness, renewal, and transformation.

Where do you most often experience this struggle?

How does Paul's honesty encourage you?

How does confession bring freedom rather than shame?

***Lord Jesus, thank You that You know my weaknesses. Forgive me for the sins I continue to battle.***

***Strengthen me by Your Holy Spirit so that each day I may grow in trusting You and following You. Amen.***

F.I.A: Read Psalm 51 slowly as your personal prayer.

### Wednesday: Childlike, Not Childish

Matthew 11:16–19, 25

Jesus praises childlike faith but warns against childish hearts. Childlike faith trusts.

Childish faith demands. Children happily admit when they need help. Adults often struggle with that.

Spiritually, we can become just like the people Jesus described—always wanting God to do things our way, always finding reasons to complain, always expecting faith to fit comfortably around our own plans.

Childlike faith simply says, "Lord, I trust You, even when I don't understand." Faith isn't about having every answer. It's about trusting the One who does. That kind of faith is a gift from the Holy Spirit, who continually points us away from ourselves and toward Jesus.

In what ways have you trusted God like a child?

Are there areas where you've wanted God to work only on your terms?

How can you grow in simple trust this week?

***Heavenly Father, give me the simple trust of a little child. Teach me to depend upon You rather than my own understanding. Help me to receive Your gifts with gratitude and confidence. Amen.***

F.I.A: Whenever you begin to worry today, simply pray, "Father, I trust You."

# WALKING WITH THE LORD

## Exercise Daily

### Thursday: Jesus Carries the Heavy End

Matthew 11:29-30

The image of the yoke is beautiful. Two animals were joined together so they could work as one. The stronger one carried the greater weight while the younger learned alongside it. That is exactly what Jesus does for us. Many years ago, a little girl wanted to help move chairs around the house. She held onto one corner while her father carried almost all the weight. She felt like she was helping, but really he was doing the hard work. That is our life with Christ. He doesn't simply stand nearby giving advice. He joins Himself to us. He carries what we cannot. Our guilt. Our shame. Our fears. Our failures. Our future. His shoulders are strong enough.

Which burden do you still find difficult to hand over to Jesus?

How have you experienced His strength in difficult times?

What does it mean to walk "yoked" with Christ?

***Lord Jesus, thank You for carrying what I cannot. Teach me to walk beside You each day instead of trying to live life on my own strength. Amen.***

F.I.A: Write one burden on a piece of paper, then pray and symbolically place it inside your Bible.

### Friday: Rest Through Word and Sacrament

Matthew 11:28-30

Where does Jesus continue to give us rest today? He comes through His Word. He comes through Holy Baptism. He comes through Holy Communion. Every Sunday we gather carrying burdens. Some visible. Many hidden. Jesus does not send us away empty. He speaks forgiveness. He feeds us with His own body and blood. He strengthens weary faith. He reminds us once again: "You are forgiven." Our rest isn't found in escaping life's struggles. Our rest is found in Christ's presence within those struggles. The more time we spend with Him in His Word and among His people, the more we discover the peace He has promised.

How has God's Word strengthened you recently?

What does Holy Communion mean to you personally?

How can you make worship a greater priority?

***Lord Jesus, thank You for continuing to come to me through Your Word and Sacraments. Strengthen my faith and refresh my soul as I receive Your gifts with thankful hearts. Amen.***

F.I.A: Read next Sunday's Gospel before worship and prepare your heart in prayer.

### Saturday: Rest That Changes Us

Matthew 11:28-30

When Jesus carries our burdens, something remarkable happens. We become free to help carry the burdens of others. There is an old story of a man who saw a small girl carrying her younger brother. "That's a heavy burden," the man remarked.

The little girl smiled. "He's not a burden. He's my brother." Love changes burdens. Jesus first carried us.

Now He invites us to carry one another. Sometimes that means listening. Sometimes praying. Sometimes sitting quietly beside someone who is grieving. Sometimes encouraging a weary friend. The Body of Christ exists so that none of us has to carry life's burdens alone. As we have received Christ's compassion, we now share that compassion with others.

Who around you may be carrying a heavy burden?

How could you encourage them this week?

How has someone else helped carry your burdens?

***Lord Jesus, thank You for carrying me every day. Fill me with Your love so that I may help carry the burdens of others. Make me an instrument of Your compassion and peace. Amen.***

F.I.A: Contact someone who may be struggling. Offer a listening ear, encouragement, or simply let them know you are praying for them.



# Growing FAITH at home

PROPER 9

YEAR A

**Jesus invites  
us to bring our  
worries to him**



**GrowMinistries**  
LCA CHILD YOUTH & FAMILY MINISTRY



[www.growministries.org.au](http://www.growministries.org.au)

Sunday between  
July 3 and July 9



## CONVERSATIONS

*Share your highs and lows, or respond to the following:*

1. Have you ever felt 'worn out'? Share your experiences.
2. Jesus invites those who are weary and carrying heavy burdens to come to him, and promises to give them rest. How does Jesus help us when we are weary?



## BIBLE READINGS

*Read the following Bible readings throughout this week.  
Talk about what words or phrases stand out for you.*

<b>S</b>	<b>Matthew 11:16-19,25-30</b>	Rest for the weary
<b>M</b>	<b>Genesis 24:34-67</b>	Isaac meets Rebekah
<b>T</b>	<b>Jeremiah 31:1-6</b>	God comes to give rest
<b>W</b>	<b>Jeremiah 31:23-26</b>	God will refresh the weary
<b>T</b>	<b>Matthew 6:25-34</b>	Do not worry
<b>F</b>	<b>Romans 7:15-25</b>	A slave to God's law
<b>S</b>	<b>Psalms 145:8-14</b>	The Lord is good to all

## VERSE OF THE WEEK

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

MATTHEW 11:28





## CREATIVE RESPONSE

Place a bowl of water on a table or bench in your home, and next to it a bowl of marbles or river stones.

Invite members of your household to symbolically place their worries into the bowl each day this week by dropping in a stone or stones.

After they do, they can make the sign of the cross on their foreheads, remembering Jesus' love for them promised in baptism.



## MEALTIME PRAYER

God, you love and care for us more than we know. Thank you!  
Bless this food that comes from the earth you made. Amen.



## PRAYER

Please help us to bring our burdens to you. Amen.



## ACTION RESPONSE

Do you know someone who is burdened? (e.g. by sickness, grief, depression or other troubles?)

Send them an encouraging card or note featuring Jesus' words from Matthew 11:28



## BLESSING

May the Lord take your worries from you and give you rest.

# 4

## CHILD SAFETY STANDARD WE RESPECT AND WELCOME *children with diverse needs*



Every child is made in the image of God (**Genesis 5:1b; Psalm 139:13,14**), and God makes no distinction between people based on any human characteristics (**Acts 10:34,35; Romans 2:11**). The church, as the body of Christ, is made up of all sorts of people – including all sorts of children – all who make the church what it is (**1 Corinthians 12:12-18**). Furthermore, as Jesus reminds us, the poor, the crippled, the lame and the blind are to be invited to God's banquet (**Luke 14:13**). But, most importantly, when Jesus says: 'Let the children come to me and don't stop them' (**Matthew 19:14**), he doesn't specify what kind of children, but simply says, 'Whoever welcomes one such child in my name welcomes me' (**Mark 9:37**).



Every child belongs.  
Every child is valued.  
Every child is loved.



WE RECOGNISE THAT CHILDREN WITH DIVERSE NEEDS AND CHILDREN FROM DIVERSE BACKGROUNDS ARE MORE VULNERABLE. WE RESPECT, WELCOME, AND SUPPORT THESE CHILDREN TO HELP THEM STAY SAFE AND TO HELP THEM THRIVE IN THEMSELVES AND IN THEIR FAITH



Our congregation recognises that children from diverse backgrounds have unique vulnerabilities and are more likely to be at risk, or experience abuse or neglect. We know this is particularly true for children from Aboriginal and Torres Strait Islander backgrounds, children from refugee backgrounds, children from other cultural groups, children with disabilities, children who are diverse in their sexuality and gender, and children who are unable to live with their families.




We appreciate that all children have the right to worship God and to participate freely and happily in our church community. With this in mind, we are committed to minimising the barriers that these children face as we work towards ensuring that our congregation is a safe and welcoming place for all God's children.

Welcoming all  Valuing every child  Supporting each child  Safe in faith  Growing in love  
at Bribie Island






## Ladies FELLOWSHIP

*come for a chat and a cuppa*


-  Meet on the **1st Thursday** of the month.
-  Our next get together will be this week on **6th August @ 9.30am**
-  For address please contact **Linda** on **0431 570 299**



## BIBLE Study

-  Bible study is held on the **4th Thursday** of the month.
-  Pastor Michael Braunberger is leading Bible Study **on the Gospels**, and our next study will be on
-  the **23rd July @ 1.30pm** at 3 Elizabeth Batts Court Banksia Beach.



 All are welcome!

We look forward to seeing you there.

# Help us be a *Welcoming* CHURCH

When we know each other's names,  
we build a **stronger, kinder community.**



*Wear*  
**YOUR NAME TAG**  
so we can greet and  
connect with you!

OR



*Make*  
**A NAME TAG**  
at the entrance  
if you need one.

Thank you for helping  
us create a place  
where everyone  
*belongs.* ♡

A small chalkboard on a wooden easel. The text on the board reads "We're glad you're here!" with a green heart drawn below it.

We're glad  
you're  
here!



# Replenish

Women's Retreat

*... just breathe*



9 – 11 October 2026



Luther Heights, Coolum



This October, our Replenish retreat is just for you ... no cooking, no cleaning, no pressure.

Join us at picturesque Luther Heights, Coolum for a weekend where you can do as much – or as little – as you like. (We can recommend simply gazing at the ocean and the sky from the Ocean Outlook Hall or balcony!)

At Replenish retreat you set your schedule. We'll kick off with pre-packed light meals from 6pm Friday evening. Your registration also includes Saturday breakfast and dinner, Sunday breakfast and lunch. 2026 update: breakfasts are now at 8:00am!

The retreat offers space to connect as friends – old and new – for board games, shared interests, laughter and great food. Or if it's quietness and stillness that you crave, bring your books or projects, or simply enjoy the natural beauty of the area.

You may also choose to opt into a time of Christian reflection and prayer hosted by the planning team.

This retreat is just for women over 18 years of age, up to any age.

Please join us. Come by yourself or bring your friends.

*Just breathe...*



Relax & Unwind



Rest & Recharge



Connect & Enjoy



Reflect & Renew

Enjoy great food, meaningful connection, time for stillness, beautiful surroundings and the option to join in Christian reflection and prayer hosted by the planning team.

*Come by yourself or bring your friends.*

Registrations open  
15 June – 27 September

*Under 35?*  
*Get up to \$100 off!*

Thanks to the generosity of the LLL, women 18–35 years old can get up to \$100 off their booking.



No cooking, no cleaning, no pressure – just time for you.



Space to connect, relax, explore, or simply be still.



Great food, beautiful surroundings, and meaningful conversations.

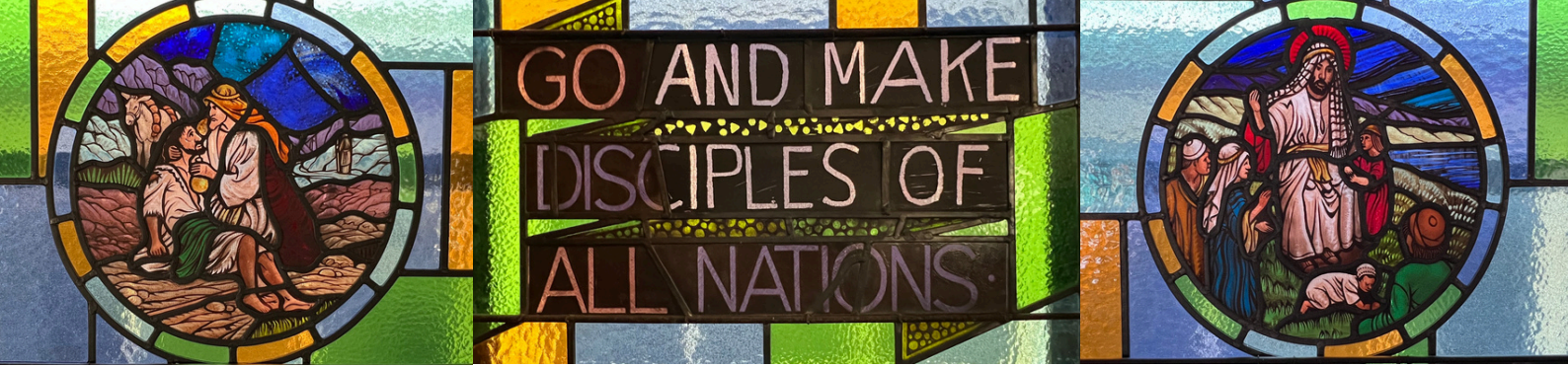


Christian reflection and prayer available if you wish.

*Scan to register!*



QUEENSLAND DISTRICT



**St Paul's Lutheran Church**

**Pastor James Leach**

65 Smiths Rd, Caboolture 4510

Mob: 0473 461 506

Email: [stpaulscab@gmail.com](mailto:stpaulscab@gmail.com)

Email: [james.leach@lca.org.au](mailto:james.leach@lca.org.au)

Ph: 5330 3353

[www.youtube.com/@StPaulsCaboolture](http://www.youtube.com/@StPaulsCaboolture)

[www.stpaulscaboolture.org.au](http://www.stpaulscaboolture.org.au)

[www.facebook.com/SPLCCaboolture](http://www.facebook.com/SPLCCaboolture)



Lord of all power and might,  
the author and giver of all good things:  
Graft in our hearts the love of your name,  
and increase our devotion;  
nourish us with all goodness, and by your mercy  
preserve in us what you have nourished;  
through your Son, Jesus Christ our Lord, who lives and reigns  
with you and the Holy Spirit, one God, now and forever.  
Amen.

*Please pray for...*

**Health & Wellbeing, Recovery:** Sue Ancell, Glenys Creevey, Clare Dopking, Marie Nicholson, Paul King; Cynthia Schulz, Peter Thamm, Leanne Maroske, Geoff Stapleton, Eileen Lattimer, Russell Wuersching; Ross Krieg; Wendy Riekstins; Ann Diment; John Smout; Dianne Kleidon; Gwen Horsfield, Robert Keller; Jan Maroske, Val Siegle

**Please continue to pray for God's comfort and peace for all of the Gerhardy family on the loss of Vince's mother.**

