

# Upper Umgeni Presbyterian Church

**17th March 2024**



Good morning to you!

Jonah now finds himself nearing death as he is swallowed by the great fish. It is in his deepest and darkest place, caused by his own sin and rebellion, where he finally reaches out in prayer to the God of grace. As we will see, it is when Jonah remembered who God is and what He does for us, that God heard and answered his prayer.

Jonah's great prayer is a remarkable confession of faith and trust in God, and it is no coincidence that he quotes from or refers to no less than 10 of the Psalms in his prayer. A practical lesson for us is that when we don't know what to pray, or we feel that God has somehow forgotten about us, we would do well to turn to the Psalms and use them in our prayers.

Salvation belongs to God, and this is the central message of the Bible.

**Soli Deo Gloria**

Biblical references used in today's sermon:

Jonah 1:3, Psalm 86:15, Jonah 1:12, 1 Peter 5:5-7, Matthew 27:46, Mark 15:34, Psalm 22:1, Mark 9:24, 1 Peter 1:23, John 6:66-69, Romans 8:35, 37-39, Jeremiah 31:3, 1 John 2:1-2, Romans 8:16-17, 31-32, Matthew 1:21

**Financials: The Month So Far**  
(In order to meet our monthly commitments we need an income of R140 000 per month)  
Total as at 15 March: R72 066

[www.howickpresbyterian.weebly.com](http://www.howickpresbyterian.weebly.com)

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Office hours: 9:00am - 1:00pm

**(The Church office is closed on Mondays)**

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**Banking details:**

FNB Howick (branch 220725)

Account 52530975477

*Happy Birthday!*

Sun 17th Richard Grundy  
Mon 18th Garth Charlton  
Wendy Perritt  
Wed 20th Laureen Funnell  
Lizelle Pienaar  
Thu 21st Peter Aitken  
Fri 22nd Terry Thompson (80)  
Maureen Vermeulen

*Wedding Anniversaries*

Mon 18th Mark and Cindy Backhouse (46)  
Sat 23rd Ted and Jean Walsham (61)

## PALM CROSSES

Next week (24th) is Palm Sunday.

Join us at 9.30am on Friday 22nd for fun, chatter and refreshments with hot cross buns as we learn to make palm crosses and fellowship together.



**Please pray for these folk recovering from surgery:**

Des Muller, Denise Riddell, Sheila Gard, Lynda Bell, Janet Hulse

**And also for:**

James & Di Holderness	Denise Riddell	Christy Mulder
Maddy Lynn	Hector & Mona McDonald	Gerrie Odendaal
Allan Rowe	Tony Francis	Ada McEwan & family
Kelvin McIlrath	Peter & Lynn Haldane	The Candler family
Rob Buchanan	Terry & Norma Meikle	John & Joyce Hodgkinson
Pat & Heather Hill	Hilda Robertson	Dave Gemmell
Eric Hamberger	Sally Murray	Charles Gibbon

Serving Roster	Today	24th March	31st March	7th April
ELDER	Hazel Archer	Rob Ainslie	Cheryl Duckham	Des Muller
TEAM	Red	Pink	Orange	Turquoise
FLOWERS	Lenor Johnson	Ada McEwan	Norma Meikle	Ros Tessendorf