

## SENIORS ORAL CARE PROGRAM

### Summary of program:

This program offers seniors a fun and informative morning focusing on maintaining healthy teeth and gums. Participants will learn about common oral health issues, such as tooth decay and gum disease, and discover practical strategies for prevention, including proper brushing techniques and diet tips. The program will also cover the link between chewing and cognitive function, demonstrating how oral health can impact overall well-being. With interactive activities, prizes to be won, and a workshop on oral care, participants can expect a lively, engaging session that empowers them to improve their oral health and quality of life.

### Learning Objectives for the Seniors Oral Care Program:

- Understand the impact of oral health on overall health, including the connection between oral health and cognitive function.
- Learn different ways on how to maintain healthy teeth and gums through brushing, interdental and denture care.
- Identify common oral diseases, such as tooth decay, gum disease, and oral cancer, and how to prevent them.
- Recognize the importance of diet and nutrition for oral and brain health.
- Gain practical tips for managing oral health in daily life.

### The presenters:

Dr. Carol Tran (BOH, PhD, regd.OHT) is an oral health therapist who has over 15 years of clinical experience in oral health and community care. She holds a PhD in dental research and has taught at the University of Queensland and CQUniversity. Carol is passionate about providing accessible oral health education to seniors, with a focus on preventative care.

Leigh Harrison-Barry (BHSc, BBus, regd.OHT) brings over 37 years of experience in oral health therapy. She has worked with diverse communities, including seniors, and has developed and led innovative oral health programs. Leigh is dedicated to empowering seniors with the knowledge to maintain their oral health as they age.



## THE ANGLICAN PARISH OF CLAYFIELD

~ Celebrating 100 years in 2025 ~



Welcome  
to  
St Mark's!

Third Sunday of Lent

Lent 3

23 March 2025

Liturgical Colour: Violet

Lent is a season of  
preparation for Easter

Rector:

PTO: The Rev  
Gary Blundell

Contacts

Church Office:  
3862 2221  
9.00am-12.00 M—F  
admin@  
stmarksclayfield.org  
Postal address:  
60 Bellevue Terrace,  
Clayfield 4011

After hours : for urgent  
matters please call  
Dianne Kemp  
0413 494 832

Churchwardens:  
David Adams  
0403 666 941  
Bromwyn Barber  
0403 882 332  
Robert Standish-White  
0447 277 337

www.  
stmarksclayfield.org

Today:

8:30am Holy Communion

Celebrant & Preacher:  
The Rev'd Gary Blundell

Sentence of the Day

Seek the Lord while he may be found, call upon him while he is near. *Isaiah 55.6*

Collect

O God, the fountain of life,  
to a humanity parched with thirst you offer the living water  
that springs from the Rock, our Saviour Jesus Christ: stir up  
within your people the gift of your Spirit, that we may profess  
our faith with freshness and announce with joy the wonder of  
your love.

We ask this through our Lord Jesus Christ, who lives and  
reigns with you in the unity of the Holy Spirit, one God, for  
ever and ever. **Amen.**

Acknowledgement of country

As we gather in this Church, we acknowledge the traditional custodians  
of this land, the Turrbal and Jagera people, and pay  
our respects to their elders past, present and emerging.



We have a  
hearing loop  
available. Please  
turn hearing aids  
on to "T" switch.

## ROSTERS

### Roster for Today 8.30am One Service

**Reader:** Brad G & Rod McLary  
**Prayers:** Margaret R  
**LA:** Alison R  
**Deacon:** David A  
**Welcomer:** Jan J , Fred & Margaret L  
**Off /Count:** Jan J & Margaret L  
**Sound Room:** Di G  
**M/Tea:** Kirsty T & John R

### Roster for Next Week Sunday 30 March 8.30am One Service

**Readers:** Rod McL & Robert S-W  
**Prayers:** Brenda H  
**LA:** Diana O & Petrea M  
**Welcomer:** Joan & Ian H, Dianne K  
**Off / Count:** Joan & Ian Hall  
**Sound Rm:** Kym A  
**M/Tea:** 7.30am People

**NOTE:** Following Parish Council directive, at this stage, Sunday Services will remain at 8.30am

### DIARY DATES

**Monday 24 Mar:** 10.00am St Mark's Sewing Group  
**Sunday 30 Mar:** Mothering Sunday High Tea (note change of month)  
**Saturday 5 Apr:** 7.30-9.30am Parish Social Breakfast at Honey Café at Stafford City  
**Sunday 13-20 Apr:** Palm Sunday  
**Friday 18 April:** Good Friday  
**Sunday 20 Apr:** Easter Sunday  
**Wednesday 23 Apr:** 9.30am Seniors Oral Care Program  
 St. Luke's Uniting Church Hamilton  
**Sunday 27 April** St Mark's Day and ANZAC Day  
**Sunday 11 May:** 8.30am Bruce & Libby Hayes visit



You're invited to our free:

# SENIORS ORAL CARE PROGRAM

LEARN & DISCOVER:

- Chewing & Cognition
- Oral Link & Overall Health
- Oral Care Workshop
- Morning Tea Provided
- Interactive Activities
- Free Goodies & Prizes

**Wednesday 23rd April 2025**  
**9.30am - 12pm**  
**St Lukes Uniting Church**  
**Cnr Jackson and, Oxford St,**  
**Hamilton QLD 4007**

**Register by 7th April 25!**

TEXT: 0422 425 980  
 or  
 EMAIL: [admin@oralhealthhome.com](mailto:admin@oralhealthhome.com)  
 please provide full name and contact details

## NOTICES

### Morning Tea

Please join us for Morning Tea following the 8.30am service .

### Bruce & Libby Hayes Visit

Save the Date - 11th May

CMS missionaries Bruce and Libby Hayes will be joining us on 11th May. They have now retired after 30 years in Nepal.

Bruce will be speaking at the 8.30am service and they will then join us for morning tea to chat with us.

### GFS Youth Group

GFS meets every 2nd, 4th & 5th Friday night of each month in the hall.

This group is for girls in high school and older and has now recommenced.

### WEEKLY OFFERING

#### DIRECT DEBIT DETAILS

Bank: NAB

Account Name: St Mark's

Clayfield

BSB 084-004

A/c 50-838-9619

Budgeted Weekly Collection \$2,038

Collections last week \$



Follow **St. Mark's Clayfield** on Facebook, and watch the Sunday services on Youtube, at your leisure!



## PRAYER

### FOCUS

#### for this week

**For St Mark's Outreach and Mission:**

The Holy Trinity Pantry at the Valley — for those in need in the inner city.

**The Sick:** Please use the Intercessions Book for those who you know would like to be named in our Prayers of Intercession.

#### Anniversaries of the Faithful Departed:

Evelyn Anderson  
Penelope Middleton  
Jill Downing  
Margaret Wilson  
Sheelagh Nason  
Joan Lucy James  
Lester Padman  
Tony Prain  
Mark Wilson  
John Tibbits

#### Wider Mission Focus for this Month:

CMS Missionaries. For cross-cultural mission. [www.cms.org.au](http://www.cms.org.au)

## FIRST READING Isaiah 55.1-9

<sup>1</sup> Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. <sup>2</sup> Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food.

<sup>3</sup> Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David.

<sup>4</sup> See, I made him a witness to the peoples, a leader and commander for the peoples. <sup>5</sup> See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the Lord your God, the Holy One of Israel, for he has glorified you.

<sup>6</sup> Seek the Lord while he may be found, call upon him while he is near; <sup>7</sup> let the wicked forsake their way, and the unrighteous their thoughts; let them return to the Lord, that he may have mercy on them, and to our God, for he will abundantly pardon.

<sup>8</sup> For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. <sup>9</sup> For as the heavens are higher than the earth, so are my ways higher than our ways and my thoughts than your thoughts.

Hear the word of the Lord

**Thanks be to God**

### Kids Plus+ TODAY

KidsPlus+ is on TODAY during the **8.30am service**. All children are welcome to be involved in the service and after communion join in with games and craft .

### Containers For Change!

In 2024 our parish gained over \$2577 simply through keeping cans and bottles and taking them to the Albion collection centre.

Remember to recycle your wine & spirit bottles as well!

**So easy - drive into 22 Collingwood St Albion, a nice person will meet you, provide the code below and \$\$ comes to the parish!**

**Our Parish member number is: C10089230**

## Psalm 63.1-9

<sup>1</sup> O God, you are my God:  
eagerly will I seek you.

<sup>2</sup> **My soul thirsts for you, my flesh longs for you:  
as a dry and thirsty land where no water is.**

<sup>3</sup> So it was when I beheld you in the sanctuary:  
and saw your power and your glory.

<sup>4</sup> **For your unchanging goodness is better than life:  
therefore my lips shall praise you.**

<sup>5</sup> And so I will bless you as long as I live:  
and in your name will I lift my hands on high.

<sup>6</sup> **My longing shall be satisfied as with marrow and fatness:  
my mouth shall praise you with exultant lips.**

<sup>7</sup> When I remember you upon my bed:  
when I meditate upon you in the night watches,

<sup>8</sup> **How you have been my helper:  
then I sing for joy in the shadow of your wings,**

<sup>9</sup> Then my soul clings to you:  
and your right hand upholds me.

## PARISH SOCIAL BREAKFAST

**Saturday 5 April 7.30-9.30am**

### Honey Café & Restaurant

**Situated at the back of Stafford City near the  
Cinema entrance**

*(There is plenty of parking outside the entrance leading to the cinemas)*

Come along for fun, conversation, and a relaxed  
breakfast!

\*\*\*\* **All welcome** \*\*\*\*

## NOTICES

### 100 years in Clayfield



In 2006 a group from St Mark's lead by Father Phil went on a mission trip to Bollon in Western Queensland.

Some of the group stayed at the Bollon pub and others camped at the showgrounds.

They painted the church, did repairs to the building, hosted a community BBQ, enjoyed catching and racing yabbies, made a banner and worshipped in St Mary's.

A memorable mission, the second of many.

### ST MARK'S PARISH CENTENARY 2025 – EVENTS IN THE HALL



If you have any photos of Parties, Dances, Shows and/or associated items that have taken place in St Mark's Hall please consider submitting them for the display in the hall as part of the 100-year Parish celebrations. Any names and stories attached to the visuals would be most appreciated. Originals will be scanned and returned to you.

If you have artefacts you'd be prepared to loan briefly we could use these in small video presentations planned online.

For further information or a chance to participate contact Margaret Moxon on **0417 071 284**.

## GOSPEL READING - Luke 13:1-9

The Gospel of our Lord Jesus Christ according to Luke, chapter 13, beginning at the first verse.

### Glory to you Lord Jesus Christ

<sup>1</sup> At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. <sup>2</sup> He asked them, 'Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans?' <sup>3</sup> No, I tell you; but unless you repent, you will all perish as they did.

<sup>4</sup> Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? <sup>5</sup> No, I tell you; but unless you repent, you will all perish just as they did.'

<sup>6</sup> Then he told this parable: 'A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. <sup>7</sup> So he said to the gardener, "See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?" <sup>8</sup> He replied, "Sir, let it alone for one more year, until I dig round it and put manure on it. <sup>9</sup> If it bears fruit next year, well and good; but if not, you can cut it down."'

The Gospel of the Lord

Praise to you Lord Jesus Christ

### Last day for donating to raising funds for backpacks for kids in Foster Care

This is the last day to donate to the **Anglicare** backpacks to provide children and teens who are being removed from their homes and transferred into foster care. If you would like to donate, please take an envelope for your donation or you may donate via bank transfer, using the details on the last page, with the reference "*backpacks*".



## SECOND READING 1 Corinthians 10.1-13

<sup>1</sup> I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, <sup>2</sup> and all were baptized into Moses in the cloud and in the sea, <sup>3</sup> and all ate the same spiritual food, <sup>4</sup> and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ.

<sup>5</sup> Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness. <sup>6</sup> Now these things occurred as examples for us, so that we might not desire evil as they did.

<sup>7</sup> Do not become idolaters as some of them did; as it is written, 'The people sat down to eat and drink, and they rose up to play.' <sup>8</sup> We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. <sup>9</sup> We must not put Christ to the test, as some of them did, and were destroyed by serpents. <sup>10</sup> And do not complain as some of them did, and were destroyed by the destroyer.

<sup>11</sup> These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. <sup>12</sup> So if you think you are standing, watch out that you do not fall. <sup>13</sup> No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Hear the word of the Lord

Thanks be to God

### Holy Trinity Community Food Pantry

#### This week's special requests are:

Canned goods: Meat & Vegetables, soup, packet cup of soup, tomatoes, canned vegetables—peas, carrots, corn, Fish (tuna, salmon or sardines), fruit (small tins).

Many thanks.