

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!

Fifth Sunday of Lent

Lent 5

6 April 2025

Liturgical Colour: Violet

*Lent is a season of
preparation for Easter*

Rector:

PTO: The Rev
Gary Blundell

Contacts

Church Office:
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9.00am-12.00 M—F
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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

Those who go out weeping, bearing the seed for sowing,
shall come home with shouts of joy, carrying their sheaves.
Psalm 126.6

Collect

O God,
the Redeemer of all who trust in you:
heed the cry of your people,
and deliver us from the bondage of sin,
that we may serve you in perfect freedom
and rejoice in your unfailing love;
through Jesus Christ our Saviour,
who lives and reigns with you and 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

Readers: Rosemary S
Prayers: Brenda H
LA: Grant C & Petrea M
Welcomer: Anne A & Elizabeth G
Off / Count: Joan & Ian Hall
Sound Rm: Di G
Morning Tea: Dianne K, Sue R & Marina A

Roster for Next Week Sunday 13 April 8.30am One Service

Readers: Brad G & Elizabeth G
Prayers: Diana O
LA: David A
Deacon: David A
Welcomer: Joan S & Lorelle W
Off / Count: Joan S & Nikki H
Sound Rm: Kym
Morning Tea: Elizabeth B

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

DIARY DATES

Friday 11 April: 6.30pm Pizza & Palm Crosses
 Sunday 13 Apr: Palm Sunday
 Monday 14 Apr: 10.00am St Mark's Sewing Group
 Friday 18 April: 8.30am Good Friday
 Sunday 20 Apr: 8.30am 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 Commemoration
 Monday 28 Apr: 10.00am St Mark's Sewing Group
 Saturday 3 May: Federal Election—BBQ and stalls
 Sunday 11 May: 8.30am Bruce & Libby Hayes visit
 Saturday 17 May: Working Bee

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
 please provide full name and contact details

NOTICES

Morning Tea

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

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.

Mothering Sunday

Thank you to everyone who attended the Mothering Sunday High-Tea. A special thank you to everyone who helped. The event was very successful and was enjoyed by all.

Working Bee

The next Working Bee is scheduled for **Saturday 17 May**. Pop it on your calendar! Everyone is more than welcome.

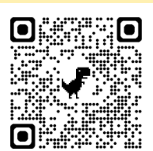
Save the Date

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!



TENNIS COURT

You can book the tennis court online:
www.stmarksclayfield.org/facility-hire/tennis-court/

Tennis payments



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:

Jean Morgan
Mary Fryar
Bill Carter
Wendy Jowett
Dorothy Ina Johnson
Athel Foote
Brian Howe
Francesca Randazzo
Peta Power

Wider Mission Focus for this Month:

The Bush Ministry Fund. For ministry in western Queensland.

FIRST READING Isaiah 43.16-21

¹⁶ Thus says the Lord, who makes a way in the sea, a path in the mighty waters, ¹⁷ who brings out chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick: ¹⁸ Do not remember the former things, or consider the things of old.

¹⁹ I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. ²⁰ The wild animals will honour me, the jackals and the ostriches; for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, ²¹ the people whom I formed for myself so that they might declare my praise.

Hear the word of the Lord

Thanks be to God

PIZZA!



Pizza & Palm Crosses

This coming Friday

Come and join GFS for pizza and then palm cross making on **Friday 11th April** at 6.30pm in the hall.

Everyone welcome!

If you are able to join us, please write your name on the list at the back of the church.



KidsPlus+ is held on the 4th Sunday of the month.

The next will be **27 April** during the **8.30am service**. All children are welcome to be involved in the service and after communion join in with games and craft .

Psalm 32

- ¹ When the Lord turned again the fortunes of Zion:
then were we like those restored to life.
- ² **Then was our mouth filled with laughter:
and our tongue with singing.**
- ³ Then said they among the heathen:
'The Lord has done great things for them.'
- ⁴ **Truly the Lord has done great things for us:
and therefore we rejoiced.**
- ⁵ Turn again our fortunes, O Lord:
as the streams return to the dry south.
- ⁶ **Those who sow in tears:
shall reap with songs of joy.**
- ⁷ They that go out weeping, bearing the seed:
shall come again in gladness,
bringing their sheaves with them.

REMINDER

There is a Parish Council Meeting this coming
Tuesday 8 April at 7.00pm.

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**



 **Eligible Containers**

NOTICES

100 years in Clayfield



Over the years we have had the privilege of Baptising many beautiful babies . Some have been 3rd generation baptisms. Baptisms are always welcome at St Mark's

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 - John 12:1

The Gospel of our Lord Jesus Christ according to John, chapter 12, beginning at verse 1.

Glory to you Lord Jesus Christ

¹ Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. ² There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. ³ Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume.

⁴ But Judas Iscariot, one of his disciples (the one who was about to betray him), said, ⁵ 'Why was this perfume not sold for three hundred denarii and the money given to the poor?' ⁶ (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.)

⁷ Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial. ⁸ You always have the poor with you, but you do not always have me.'

The Gospel of the Lord

Praise to you Lord Jesus Christ

Holy Trinity Community Food Pantry



This week's special requests are:

Dried goods: Milk (UHT carton), Tea, Coffee – granulated not powder, sugar, pasta, pasta sauce, two minute noodles, spaghetti, rice,
Crackers /biscuits: sweet & savoury & Gluten free.
Toiletries: Body soap, toothbrush & toothpaste (small).

The Holy Trinity food pantry are so very grateful for the food that is donated from St Mark's.

Many thanks.

SECOND READING Philippians 3.3-14

³ For it is we who are the circumcision, who worship in the Spirit of God and boast in Christ Jesus and have no confidence in the flesh—
⁴ even though I, too, have reason for confidence in the flesh. If anyone else has reason to be confident in the flesh, I have more: ⁵ circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; ⁶ as to zeal, a persecutor of the church; as to righteousness under the law, blameless. ⁷ Yet whatever gains I had, these I have come to regard as loss because of Christ.

⁸ More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ ⁹ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith.

¹⁰ I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, ¹¹ if somehow I may attain the resurrection from the dead. ¹² Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own.

¹³ Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴ I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

Hear the word of the Lord

Thanks be to God



EASTER RAFFLE

This year's Easter Hamper Raffle is now on display at the front doors.

Don't leave without your tickets!

\$2 per ticket

Drawn after the Sunday Service—13th April—during Morning Tea.