

Saint Mary's Newsletter: Oct 2016

Vicar: David Smithson 027 4213200 Fridays

07 8492761 Afterhours

Peoples Warden: Sally-Ann Riddell 07 8243850

Vicars Warden: Roger Jennings 07 8243712



SERVICES FOR OCTOBER

Sunday 2nd:

10am St Francis - PET BLESSING DAY

Refreshments - Brenda Stobie



Sunday 9th:

10am Family communion Service

Refreshments - Majella Heaton

Sunday 16th:

10am Praise Service

Refreshments - Melanie Holdsworth

Sunday 23th:

NO SERVICE - LABOUR WEEKEND

Sunday 30th:

10am All Souls/Saints Communion Service.

Refreshments - Sally-Ann Riddell



Pet Blessing Service In honour of St Francis (whose day is on the 3rd Oct) we are having our Annual Pet Blessing Service Sun 2nd Oct. Bring along your cat, dog, fish, bird...!

All Souls/Saints Service 30th Oct. Please bring along a photo of your passed loved one/s as this service is a special day to commemorate all those who have gone before us

Salt & Light Bible Study meets every second Sunday after the church service and morning tea. Bring along your "purple book. Meeting this month on the 16th and 30th

Labour Weekend: There is no service held Sun 23rd

Children's Church/Juniour Youth: Date/s for October Children's church/Juniour Youth to be advised

Youth Group (Year 9+): Combined churches youth Meet Fridays 7pm at Oaks Church Gordonton.

Scripture for the month:

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. – Philippians 4:8

Stress! Too often we are frantic to speed things up, determined to cram big things into small spaces, and forever trying to be everything to everyone, only to realize it's an impossible task, leaving us frustrated and stressed out. Let's look at some principles of Christian emotional wellness. I'm reminded in Isaiah 58:11, "*The Lord will guide you always... You will be like a well-watered garden, like a spring whose waters never fail.*" We are to lean on God in all things, as He will provide all of our needs. Here are some tips:

1. Pray often, multiple times a day. If we limit our relationship with God to a once or twice a day experience we miss out on a continual flow of His Grace and blessing. Prayer is communication with God, a way to develop a relationship. If we only speak to Him once a day, how can we truly know Him?

2. Make your daily resting-goal a minimum of seven hours of uninterrupted sleep. We don't need studies to prove lack of sleep results in a less than desired effect on our health, work, and relational habits. We must be refreshed to be refreshment to others.

3. Lay out clothing the night before – an excellent habit to teach your children. If you find yourself standing in front of your closet for more than two to three minutes deciding what to wear, you can benefit greatly by organizing your wardrobe..

4. Say "No" more often. Burning the candle at both ends has become an acceptable pastime for all "Good Christians." But living a multiple-wick life leads to early burn out. Getting our priorities straight -- God, family, job, and other – will help in choosing which wicks to light.

5. Delegation makes others stronger. Sure, you can choose to make yourself solely responsible for every detail of life in your house, or you can delegate tasks to capable others; your strength is seen in your weakest link. Teach the kids to set and clear the table, fold laundry, water the garden--any chore appropriate for their age and ability. Most important, don't stress out if they don't do it exactly "your" way.

6. Simplify and downsize your life, office, and closets. Keep, store, or give away – repeat every six months.

7. Exercise . Stress finds it hard to live in an active body.

8. Talk less; listen more. We have two ears, one mouth – there's a reason.

9. Count your blessings!

Allowing these simple changes to incorporate positive choices in your life will open doors of opportunity for you to shine as a child of the King.

Parish Giving

Please consider giving to the parish via Automatic Payment. Did you know that St Mary's has to pay for our vicar and all other costs of running a parish, as well as giving a proportion to the Diocese? Please help us to be sustainable by giving via Automatic Payment. It is an easy way to give and is useful for the parish in running its budget. The Parish Bank Account is:

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CHEQUES TO ST MARY'S :

If you are writing a cheque 3out for the parish, please ensure it is made out to: "Gordonton Anglican Church"

This Month in Christian History:

26 Oct 312: Two days before the battle of Milvian Bridge, the Roman emperor Constantine had a vision of the Cross of Christ. The vision ultimately turned him into a believer and a supporter of Christianity.



Anointing for Healing

For those who require prayer for healing, please see the vicar who will pray for you and anoint with oil