

Forgiveness Pt 2

When we've been deeply hurt, how can we forgive? (from Joyce Meyer)

- 1. First, admit the pain.** When we name a painful emotion (without suppressing or rehearsing it) we actually decrease that negative emotion's intensity.
- 2. Journal.** Processing our pain through writing it down can lessen the pain and help us gain better perspective. But don't let journaling become another way to rehearse and reinforce your pain. Through journaling seek to gain God's perspective and healing.
- 3. Begin to choose to forgive the person.** Notice that I used the word 'begin.' Some offences can be quickly forgiven. Some may take a long time to fully forgive. Forgiveness is a process. The deeper the pain, the longer it takes. It's not so much forgive and forget - forgiveness is more like remembering it less and less.
- 4. Leave all vengeance to God.** That's no longer your business. Hebrews 10:30 says "It is mine to avenge; I will repay; it is the Lord who will judge"
- 5. Reframe the story & see yourself not as a victim, but as a hero - the heroic survivor of an ordeal.**
- 6. Draw deeply from God's grace.** At the root of the Christian faith lies grace: receiving God's grace and extending it to others who have hurt us. We forgive as we have been forgiven (Matthew 6:14-15).



Leith Valley Church welcomes and includes Children and Youth

CHURCH OFFICE

267 Malvern St, Leith Valley
Phone: 467-9208
Website: www.leithvalley.org.nz

PASTORS

Kristin Jack 022 075 3286
Nancy Parker 021 457 360

STUDENTSOU

Tom Mepham 027 337 1703
Lynne Taylor 027 304 6228

CHILDREN AND YOUTH

Miranda Fairmaid 027 518 7360 Children
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OFFICE STAFF

Bronwyn Miller, admin admin@leithvalley.org.nz
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Fran Dawson 027 456 1188

PARISH CLERK

Ged Forbes 021 852 291

CHURCH ACCOUNT NUMBER

030883 0620501-00

NEXT week's team

Service Leader	Waldir de Souza
Preacher	Helen & Wayne H
Worship	Hannah's team
Prayers for Others	Bill Lee
Bible Reading	Kent Rickerby
Door & Offering	Koh family
Morning Tea	Crossleys Chrissie C
Sound	Ged F & Joseph K
Data	Rachel E
Duty Elder	Russell E
Prayer Ministry	Patersons
Welcome	Bronwyn M
Offering	Trudie C
Set up	Jono D
Playground	P Dawson, Niblock & Hill families

LEITH VALLEY PRESBYTERIAN CHURCH

Sunday 17th June 2018



Hebrews 12:14-15

Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

Welcome! It's great to have you with us this morning. If you are visiting today please help yourself to a WELCOME PACK from the back table. We'd love you to leave us a contact form so we can get back in touch. Hand this to Kristin or Nancy (our Pastors)

Communion
Today



Also... Kids clothes
'swap' today! See
inside for details.



SERVICE LEADER:
NANCY PARKER
PREACHER:
KRISTIN JACK
WORSHIP:
PAULINE LOVELOCK

**DUTY
ELDER:**
BILL LEE



**TODAY'S
READING**

Matthew
18:21-35

Today's Team

Welcome Team:	Campbells	Set up Team:	Craig's team
Door Greeting:	Daleys	Offering Counter:	Janine K
Prayers for Others:	Jenny P	Morning tea:	Fran & Liz D Jan S
Bible Readings:	James L	Playground Supervision:	Pettigrew, Caldwell, Ross families
Sound:	Fiona C	Lock-up:	Craig Campbell
Data Projection:	Bronwyn B		
Prayer Ministry	Crossleys		

Seeking God's Kingdom Growing Great Community

Leith Notices



Coming Up:

Sunday July 1

Mid-Winter Christmas Lunch

Bring and Share Christmassy food

At Leith Valley Church
267 Malvern St., after church

Parents & Toddlers, Mums & Bubs group

Meets this *Thursday*
21st June, 11.30am at
98 Tanner Rd, Glenleith
Friendship - Support -
Bible study.
Contact *Charlotte Smith*
027 315 3620

Kids Clothes Swap Today!

Clothes table of free kids' clothes will operate after church today in Room 9, which is the first classroom, opposite the stairs on the deck. Please take any spare clothes you have to that room before church. Leftover clothing will go to Orphan's Aid.

Regular events at Leith:

Men's Breakfast: *Wednesday mornings 6.30am-7.30am*
Parents and Toddlers Group: *Alternate Thursday mornings 11.30am at 98 Tanner Rd, Glenleith.* Next meeting June 21st
Missions Prayer Meeting: *1st Sunday of the month at 5pm*
Breakfast Club: *Last Saturday of the month 8.30-9.30 am.* Next meeting June 30th
Phone the Church Office for more information 467 9208



Hospital Chapel Assistance

All churches in the Dunedin area are asked to help at the Hospital chapel twice a year and it's our turn on...

Sunday 1 July

9.45 - 11.30am

If you can help with bed-pushing and assisting patients to get to the chapel service please sign the clipboard coming round today or let us know at the Church Office. 8-10 people are required.
Thank you!

Wanting to rent:

A one bedroom place that allows a tidy cat, around \$250. Very tidy person also! Phone Chrissie on 020 4138 4126

Opportunities

Faith Thinking Ignatian Spirituality:

Father Mark Chamberlain,
University Chaplain and Priest,
Holy Name Parish
20 June, 7:00pm - 9:00pm

Room 4C11, 4th floor Arts/
Burns Building, Albany Street,
University of Otago.
Each Course \$20.
register online at
www.otago.ac.nz/continuingeducation

Further information on notice board



Operation Refugee

The Dunedin Quaker Team are raising funds by taking part in Operation Refugee, living on refugee rations from 16 - 20 June.

Donations support kindergartens, children's camps that include sports, choir, art classes and drama, agricultural and technical training, women's health and empowerment programmes, trauma care, mental health, literacy, and food to supplement basic rations.

You can be part of these people's future by donating via www.cwsoperationrefugee.nz or direct to the page at <https://cwsoperationrefugee2018.everydayhero.com/nz/dunedin-quaker-team>

NZ Presbyterian Research Network

*"Surely the Lord is in this Place:
Presbyterian Church Architecture in New Zealand"*

Professor Murray Rae,
Department of Theology & Religion

This lecture will offer a sample of the variety of ways in which Presbyterians have spoken through architecture of the gospel planted in this land.

Thursday 5 July: Seminar Room, KCML, Hewitson Building, Knox College, Arden Street, Opoho, Dunedin

