

## Helen's Corner



## APPRECIATIONS

It's a good practice to recount the things you are grateful for everyday. Over time this creates a positive, spiritual momentum and sense of well being in your life. An attitude of gratitude will help you focus on the goodness of God and the power of His Kingdom, rather than the seeming impasse you might be facing.

The same applies in relationships: When you feel out of sorts with yourself and God and others you are in 'non-relational' mode, disconnected, grumpy. Maybe you came home with an expectation of welcome, meal

cooked or of being able to relax, but something bumps up against that and it all goes pear-shaped. Possibly the last thing you feel like doing is appreciating anyone.

But when you deliberately and regularly focus on and say the things you appreciate about your spouse or your child or your flatmate... you may be able to get yourself back online. Appreciation actually comes from acts of kindness, service, generosity... that are "small," but that have an overall effect that accumulates with thousands of repetitions. For example, Wayne takes care of our accounts. This would not be a big deal if it happened once, but when I think about how he does this week in and week out, I can feel some serious gratitude. Recently Wayne and I began a practice of ending the day, a few times a week with 5 specific things we appreciate about each other, naming positive memories we have had and naming the consistent little things the other person does. It's okay to appreciate the same thing more than once.

You can tell when appreciation, both giving and receiving, is working because we feel better about life, it releases chemicals in the brain. The more effectively we succeed in deliberate appreciation the more robust our subjective feeling of gratitude will be, and the more robust our gratitude, the more solid our return to relational mode. I.e. feeling a sense of well being and connection to God, myself and others.

**Food for Thought:** "Live in the present. Do the things that need to be done. Do all the good you can each day. The future will unfold." (Peace Pilgrim-Mildred Norman Ryder)

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<b>Ministers:</b>	Richard Dawson	(Currently on leave until July)		
	Helen Harray	027 473 0042		<a href="mailto:hmharray@paradise.net.nz">hmharray@paradise.net.nz</a>
<b>Studentsoul:</b>	Ivan Martinez	022 1909 499		<a href="mailto:ivan@studentsoul.org.nz">ivan@studentsoul.org.nz</a>
<b>Parish Manager:</b>	David McKenzie	027 765 1922	<a href="mailto:parish.manager@leithvalley.org.nz">parish.manager@leithvalley.org.nz</a>	

## Next week

**Service Leader:** Lynne Baab

**Speaker:** Helen Harray

**Prayers for Others:** Paul Trebilco

**Duty Elder:** Liz Christensen

**Welcome team:** Judith Forbes

**Data Projector:** Sandi Jull

**Sound:** Ged Forbes

**Offering Counter:**

**Worship Team:** Latafale

**Door & Offering:** Trebilcos

**Bible Reading:** Dave Baab

**Setup Team:** Craig's team

**Prayer Ministry:** Gill Trebilco

**Morning Tea:** Robin Gauld / Lynn Williams



# Leith Valley Church

"Growing great community"

## Sunday 25 May 2014

**Service Leader:** Ged Forbes

**Worship Leader:** Jess Palmer

**Speaker:** Kristin Jack



**Today's Reading:**  
Roman 12:1-8

## WELCOME!

⇒ A special welcome if you are new or visiting. We'd love to get to know you over morning tea at the end of the service.



## Studentsoul 7pm Tonight

**Monthly Missions Meal and Prayer TONIGHT at Leith Valley.**  
5.30pm-7pm  
Bring your tea.

A big THANKYOU to all those who 'adopted' students for lunch last Sunday—it was thoroughly appreciated.

⇒ Please note that tonight is the FINAL studentsoul service for the semester  
⇒ Calling all bakers! Studentsoul is seeking baked goods for exam period. Please contact Amanda, 022 312 0213 or drop off between 10-3, Tuesday-Friday at 15 St David Street, 1st floor. Thanks!

## Today's team

**Door & Offering:** Lesas

**Bible Reading:** Judith Lorimer

**Duty Elder:** Catherine McKinlay

**Welcome team:** Lynn Williams

**Prayer Ministry:** Lovelocks

**Offering Counting:** Ruth Pearce

**Prayers for Others:** Judith Forbes

**Setup Team:** Steve C

**Data Projector:** Steven Foote

**Sound:** David McKenzie

**Morning Tea:** Jane & Andrew Dawson/  
Scaddens

# LV info & events

## Groups at Leith 267 Malvern St



### Senior Youth Group

Tuesday 7-9pm

### Women's Coffee groups

Weds 10am: Contact Rose

466-7874

Thurs 10.30am: Contact Gill

473-9628

Helen Harray is in Melbourne officiating at a wedding this weekend. She will be back in the office on Wednesday.  
Ivan Martinez is available for any urgent pastoral concerns in the meantime.

## Philippians: Sermons and Studies ... coming in June

A 5 week series of sermons on the book of Philippians begins next weekend.

During this time, small groups will also be following studies on this theme. "Philippians: A Book about Friendship and Formation"

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If you aren't already in a group, but would like to join one for this period, please feel free. You can

talk to Helen Harray, pick up a small groups flyer from the table today, or look on the website under 'small groups'.

One new group, led by **Bruce and Pauline Geddes**, is starting in St Kilda on June 3rd.

(Tuesday nights, phone 456 3564)

## PROJECT BURKINA FASO

### Upcoming Fundraisers ... how YOU can be involved:

#### Saturday 31 May: Garage Sale



(next Saturday)

This will be held next to 412 High St, 9am. Come for a bargain!

If you have something to contribute, please drop at 396 High St, or Harrays (30 Mechanic St).

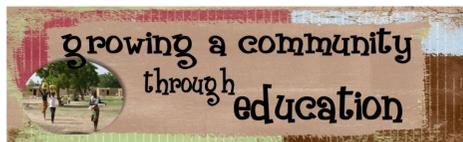


#### Sun 8 June: Bake Sale and Cake Auction

This will be held after the morning service (11.30 am).

All contributions gratefully received (especially specialty cakes for the auction).

AND come prepared to buy something on the 8th June



### The next Evening Contemplative Service at Leith Valley will be held on Sunday 8 June

# Noticeboard

## THIS WEEK in Dunedin:

Inequality, Sustainability and Wellbeing, Profs Kate Pickett and Richard Wilkinson

**Mon 26 May, 5.30pm,  
College of Education Auditorium**

A highly recommended lecture—the book written by these two ("Spirit Level") has become very famous.

They will present the evidence showing that reducing the income differences between rich and poor is crucial to achieving higher levels of sustainable well-being in the future and then go on to suggest the policies which can ensure that greater equality becomes deeply embedded in our societies.

Public Lecture, all welcome.

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## Songs for the Road

New Songs for a New Season

Featuring music by Natalie Yule Yeoman, Malcolm Gordon and Jordon Redding

**Thurs 29 May, 7.30pm  
Mosgiel Presbyterian Church**

(See posters on noticeboard)

## Children's Ministry Training

With experienced Sydney based trainer Emma Collett.

For veteran children's workers and newbies alike.

**Saturday May 31  
1.30-4.30pm**

Queens Drive Gospel Hall  
33 Queens Drive, St Kilda

**Cost: Free!**

## COMING UP:

### Saline Process

Facilitators: Drs Glennis Mafi & Ross Pettigrew

**Sat 21 June, 9.45am-6.30pm  
DCBC Ministry Centre**

A course designed to help healthcare professionals bring Christ into everyday life.

### Conflict, Community & Church

Growth - Reading Galatians

Presented by Dr Chris Caradus

(Mornington Presbyterian)

Part of "Faith Thinking 2014" Series

**Friday June 20, 7-9pm  
and Saturday June 21, 9-12.30**

**Mornington Presbyterian Church**

## CONGRATULATIONS to

Lara Temple-Doig and family on the safe arrival of their son, **Isaac Paul**.



## Keep up with coming events

on our  
website...



... and keep up  
with Richard



and Fran's travels

on their blog:

[www.rickdaws1.wordpress.com](http://www.rickdaws1.wordpress.com)