

Richard's Corner



I wonder if you've felt bad about your performance recently? Said the wrong thing to your spouse? Lost it with the kids? Didn't get things right at school or uni? Not coping with what should be a normal set of tasks? The deep sense of unworthiness and shame which inflicts itself upon us at these times is, frankly, almost universal. Of course, some of us can ignore it more easily than others and others of us simply refuse to accept that we have underperformed. In general, however, we are our own worst critics and it leads, more often than not, to a reaction or set of reactions which are unhelpful to say the least. One is to get angry with something. Anger is a easy way to blow off steam and if we can be angry about something else, anything else, it eases, somewhat, the burden of shame we are carrying. Avoidance is another unhelpful reaction since we tend to choose unhealthy ways of diverting our attention such as over-eating or watching porn. A third unhelpful way of dealing with shame is to find a way of becoming immune to it—to turn off our conscience or our empathy for others. This, of course, leads to the development of some really twisted habits and behaviours. There is a Christian way of dealing with shame, however, that works. Firstly we must honestly confront what it is we're ashamed of and try to get some objectivity about it. Most of the time the thing we've done or haven't done is not all bad and there maybe only an aspect of our behaviour where we went wrong. If we can be honest at this point it will help us be honest about the bits which are issues and about which we can change. Confession is good!

Leith Valley Church Contact Details

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Ministers:	Richard Dawson	027 224 2026	rdawson@ihug.co.nz
	Helen Harray	027 473 0042	hmharray@paradise.net.nz
Studentsoul:	Ivan Martinez	022 1909 499	Ivan@studentsoul.org.nz
	Studentsoul office	474 9470	
Youth Worker:	Tim Gonzales	027 240 0907	Kidztime: Fran Dawson 473 0311
Worship Team:	Pauline Lovelock	473 1106	Treasurer: Keith Wallis 454 5338
Parish Manager:	David McKenzie	027 765 1922	parish.manager@leithvalley.org.nz
Church Admin:	Rachel Bates	467 9208	(Office 9am-2pm Tues-Fri)

Next week

Service Leader: Richard Dawson	Speaker: Richard Dawson
Worship Team: Matt Dent	Prayers for Others: Catherine McKinlay
Bible Reading: Ged Forbes	Door & Offering: Fenella Cand Alex L
Data Projector: Ruth Pearce	Sound: Craig Campbell
Duty Elder: Judith Forbes	Setup Team: Bill Lee
Offering Counting: Shane Turner	Prayer Ministry: Peter&Jessica Crothall
Welcome team: Wayne and Helen Harray	Morning Tea: Kristin and Susan Jack Sarah Tiong



St Stephens Leith Valley

"Growing great community"

Sunday 2 June 2013

You are
the salt of
the earth



Matthew 5:13

WELCOME

It's great to have you with us this morning. If you are new or visiting we hope to catch up over some morning tea after the service.



Service & Worship Leader:

Richard Dawson

Speaker: Helen Harray



CHURCH LUNCH TODAY!

Bring some food and come and eat together after the service.
12.30pm, Leith Valley premises,
267 Malvern St

Contemplative
Evening Service
Next Sunday 9 June



6pm Dinner
tonight at the
Studentsoul office
Next service
14 July.

Studentsoul

Today's team

Door & Offering: Ken and Lynn Williams
Bible Reading: Miranda Fairmaid
Sound: Wayne Harray
Setup Team: Phil Scadden
Prayer Ministry: Adrienne K, Alastair Y
Morning Tea: Sandra Dillon, Dave and Lynne Baab

Prayers for Others: Dave Baab
Data Projector: Sandi Jull
Duty Elder: Alastair Yule
Offering Counting: Shane Turner
Welcome team: Richard D

THIS WEEK @ Leith Valley

Tuesday Senior Youth Group 7-9pm
Wednesday: Men's Breakfast Group 6.30am
 Prayer Meeting 7.30am
 Women's Coffee Group, 10am-12noon
Thursday: Coffee Plus, 10.30am-12noon
Friday: Community Playgroup 10am-12noon

Set up teams

Thank you to the **one person(!)** who has responded to the call for more set up volunteers. We still need 4 or 5 more people (men or women) to make sure all the teams are operating on a minimum of four people. Let Rachel know at the office if you can help.

Studentsoul Notice:



Semester exams are upon us and we would love to have volunteers bake goodies for our students. The next two weeks we will have the Studentsoul office open for students to drop in, take a break from studying, and enjoy a hot drink and homemade treat.

Also, we are looking to borrow an electric griddle or two for a pancake lunch we are hosting on Thursday at the Studentsoul office. If you are able to help, please contact Amanda 022 312 0213



amanda@studentsoul.org.nz



FIRST CHURCH WINTER WARMER FAIR 2013

**SATURDAY JUNE 8
11am-2pm**

First Church Burns Hall and Grounds
415 Moray Place Dunedin

FOR SALE:-Books and Music
Cakes, Bric-a-Brac, Clothing.
Silent Auction, Jewellery, Pikelets,
Tool Shop .

Stay for Brunch or Lunch

The Cook Islands and Samoan groups will be serving a variety of food.

Plus hot drinks and soup



noticeboard

Regional Director



We need an extraordinary person to oversee Christian Religious Education in State Schools throughout Otago.

The position is initially for 15 hours per week, for 12 months, reliant on continuing funding.

The Regional Director would work with the Otago CEC Trust, and alongside our current Chaplaincy Coordinator.

The position includes fundraising, promotion, administration, mentoring, liaison with schools and team leaders, volunteer teacher training and support. For more information go to

cecotago@allmail.net



Lost Property

Don't forget to check at Leith Valley for any items you've left behind at church on a Sunday morning. Rachel is clearing out the box soon so don't delay!

CHARITY BALL

See noticeboard
for more details



**Saturday 6 July
Memorial Hall
Cromwell**

\$25 Adults / \$20 Students
Family deals available.