

## Helen's Corner



One of the most significant things you might actually do to progress your relationship with God is to 'do nothing'. Sounds really strange and almost incomprehensible doesn't it? We all work hard almost every single day in a variety of ways and probably most of us feel like we never ever get everything done and we are just tired in all sorts of ways.

But we are designed to routinely do nothing, to 'sabbath'. Research has uncovered that our heartbeat, blood pressure, body temperature and more rise and fall in seven-day patterns. But all of these weekly conditions are dependent on a restful period of time. Our bodies and our brains need rest on a weekly basis in order to operate at their maximum capacity. We can "Sabbath" one day

a week and for short times every day. Routinely doing nothing is the way to be in harmony with our natural design. Give yourself permission!!

Resting, really resting is also productive. In fact it increases output and creativity. Scientists at the University of California discovered that when rats experience something new, their brains show new patterns of activity. Yet, it's only when rats take a break from exploring that they process those new patterns and create a persistent memory of the experience.

Loren Frank, one of the testing scientists, comments, "Almost certainly, downtime lets the brain go over experiences it's had, solidify them, and turn them into permanent long-term memories. And when the brain was constantly stimulated, you prevent this learning process."

I encourage you to 'do nothing' on a regular basis.



# Leith Valley Church

"Growing great community"

## Sunday 11 May 2014

# Welcome

Service Leader: Kristin Jack

Worship Leader: Rod Galloway

Speaker: Kevin Knight

## www.leithvalley.org.nz

### Leith Valley Church Contact Details

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<b>Youth Group:</b>	Nat Christensen	027 301 0825	<b>Kidztime:</b> Fran Dawson 473 0311
<b>Worship Team:</b>	Pauline Lovelock	473 1106	<b>Treasurer:</b> Keith Wallis 454 5338
<b>Church Admin:</b>	Rachel Bates	Church Office 9am-2pm Tuesday to Friday	

## It's great to have you here today!



Welcome to Kevin and Leakhana Knight who are visiting from Cambodia. Kevin will be speaking this morning.

In the month of May we have a focus on *growing our relationship with God*; taking another step toward developing that intimacy and friendship with the community of the Trinity. Taking up the opportunity to come aside for a while to a facilitated retreat might be one way to progress this. Having a specific prayer focus such as the *Acts 29* resource might be another. Details can be found inside this newsletter.

**Contemplative Service at Leith Valley tonight.**  
6.30pm meal, 7pm Service

**Studentsoul**  
7pm  
George St

## Next week

**Service Leader:** Helen Harray  
**Speaker:** Helen Harray  
**Prayers for Others:** Latafale Auva'a  
**Duty Elder:** Susan Jack  
**Welcome team:** Craig & Hilary Campbell  
**Data Projector:** Sandi Jull  
**Sound:** Stephen Trebilco  
**Offering Counter:** Clair Scadden

**Worship Team:** Matt/Geoff  
**Door & Offering:** Bronwyn B, Ruth P  
**Bible Reading:** Pip Robertson  
**Setup Team:** Phil Scadden  
**Prayer Ministry:** Helen & Mal Crossley  
**Morning Tea:** Richard & Chris Newton  
 Sarah Tiong

## Today's team

**Door & Offering:** Christensens  
**Children's Talk:** Junior Kidztime Item  
**Prayers for others:** Helen Harray  
**Prayer Ministry:** Alastair Yule  
**Morning Tea:** Ruth Pearce  
 Steve Springthorpe

**Bible Reading:** Steve Springthorpe  
**Setup Team:** Wayne Harray  
**Data Projector:** Bronwyn Bennington  
**Sound:** David McKenzie  
**Duty Elder:** James Lovelock  
**Welcome team:** Helen Harray

# LV info & events

## WOMEN!

If you are free on a Thursday morning come along to



**Coffee Plus** this week and hear from Leakhana Knight as she shares with us.

**10.30am**

**Leith Valley Church**

Any queries to Gill Trebilco 473-9628  
*Pre-schoolers welcome*

**NEW ROSTER  
May to July 2014**  
Please pick up your copy from the notices table before you leave.  
Thanks to everyone for your continued help.

REMINDER:

## MEN'S RETREAT

Next Saturday 17 May 1.30pm-3pm

## MEETING FOR PARENTS OF SENIOR YOUTH

Tuesday 8.45pm at the end of youth group.

A short meeting before you take your youth home.

This Thursday is our monthly prayer day. Check your email on Tuesday for a link to the prayer schedule and a list of prayer needs.

**Communal Prayer time at Leith,  
1pm Thursday 15th.**

If you would like a copy of the "Acts 29" prayer resource, please contact Rachel at the office during the week.



## ADOPT-A-STUDENT LUNCH NEXT SUNDAY

Hosts should have received an email about this with some names of students to contact and invite.

**Students**, if we don't have your details but you'd like to be involved text Rachel on **027 7377 295**

## Reminders

**Office hours** are 9am-2pm Tuesday to Friday. You can leave a message outside these hours.

**Notices** for the newsletter need to be into the office by Friday 9am.

**Our email prayer group** would love to hear of needs in the congregation that they can be praying for.. Contact Rachel and she will email the details out to them.

## Money Matters

For giving online/by automatic payment please use the following account number:

**03 0883 0620501 00**

Ring Rachel at the church office if you would like a donation number for tax purposes.

# Noticeboard

## Lecture series at Opoho Church

There has been some interesting thinking around the role of Christianity in the development of early NZ in the last few years and some of those thinkers are presenting lectures at Opoho Church over 3 weeks on Thursday evenings.

8, 15, 22 May, 7.30pm followed by supper and a chance to chat. All are most welcome.

Contact Margaret Garland for more details.

Phone 3956129 or 027 7572367

[marg.garland@gmail.com](mailto:marg.garland@gmail.com)

## The Hope Project Roadshow

[www.hopeproject.co.nz](http://www.hopeproject.co.nz)

You'll hear the largely untold story of the Gospel in our early bicultural history, how the Gospel going to every home in our nation this October, and how your involvement could help those efforts become an even greater success!

**Friday 16<sup>th</sup> May, 7pm**  
**Mornington Presbyterian Church**



## CAIRA TRAINING

**Taste and See:** An opportunity to learn more about CAIRA Pastoral Supervision as a pastoral tool in the church and community.

**Saturday May 24th** 10 am-12 noon  
Morning tea provided.

Lindis room of the **Brydone Hotel**,  
115 Thames Street, **Oamaru**

**[BROCHURES ON NOTICES TABLE]**

## Soul Tour: May 16-18

A weekend course based on the *Living Wisdom* material from Dave Riddell in Nelson

Recommended age is 16-28, people up to their mid-30s can also register. See [www.soultour.co.nz](http://www.soultour.co.nz).

## Children's Ministry Training

With experienced Sydney based trainer Emma Collett.

**Topics include:**

- Understanding the developing child
- Teaching the Bible to children
- Applying the Bible with children
- Storytelling, music, craft, games and more!

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!**

## ENGAGE Conference

**Next Saturday 17th  
9am-12noon.**

**(Still time to get to the Men's retreat!)**

*Evangelism is in the 'too hard box' for many in our churches. We can show you how to get it back out - and without scaring you! People rave about this content after hearing it. It's an opportunity!*