

Helen's Corner



Post Traumatic Stress Disorder: do we all have it?

When your mind goes over and over something, around and around and can't get out of the rut, over processing, reliving, examining and not letting go. I think this is post traumatic stress on the lower end of the continuum. You may not have had a dramatic trauma such as being in a war, accident or earthquake for which you are diagnosed with PTSD, an extreme end of the continuum, but you may well have had significant interruption to normal functioning as a child which expresses itself in very similar patterns on a lower end of the continuum, but just as debilitating. You may not have survived combat, but you 'survived' childhood and now have the same kinds of disturbances.

I don't like being told off. Well who does!! But my childish response to this was to vow to be 'good' and never put myself into a position in which I felt ashamed and would have to say sorry. This set up the rather unhealthy dynamic of having to be super aware, super organized and to guard reactions and emotions all the time. It's tiring. We might think this just gets better as we grow up but very often it does not. The inner child is just as wounded as the day it happened, until the memories are faced and resolved.

I do believe that present conflicts that often produce 'over-reactions' in us are an invitation to look behind the stirred emotions and see what unresolved things are being triggered. So instead of just being angry with the person and trying to justify my responses, or feel powerless and doing nothing, we can learn a better way.

When someone telling me off recently set off my PTS processing pattern again, I faced the memories of my mother being constantly angry with me. As I allowed Jesus into them, the truth and insight he brought renewed my mind and the love he communicated restored my soul. I took responsibility to repent and break the power of the inner vows that set up a core belief pattern...in this case: to be good and to avoid situations where I will have to apologise. And so I could even rejoice in the current situation which had enabled me to grow.

www.leithvalley.org.nz

Church Office: 267 Malvern St, Leith Valley. Phone: 467 9208

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Ministers: Richard Dawson (*Currently on leave until July*)
 Helen Harray 027 473 0042 hmharray@paradise.net.nz
Studentsoul: Ivan Martinez 022 1909 499 Ivan@studentsoul.org.nz
Parish Manager: David McKenzie 027 765 1922 parish.manager@leithvalley.org.nz

Next week

Service Leader: Helen Harray
Speaker: Lynne Baab
Prayers for Others: James Lovelock
Children's Talk: Bronwyn Bennington
Welcome team: Hilary & Craig C
Data Projector: Any volunteers?
Sound: Liam Hutton
Setup Team: Craig Campbell

Worship Team: Geoff Bevan
Door & Offering: Clair & Phil S
Bible Reading: Fiona Cooper
Duty Elder: Paul Trebilco
Prayer Ministry: Wayne Harray
Morning Tea: Dave Baab + ??
 Mark Lokman



Leith Valley Church

"Growing great community"

Service Leader: Paul Trebilco
Preacher: Helen Harray
Worship Leader: Rod Galloway



Sunday 22 June 2014

Welcome to our service

- + This morning Helen continues our series in Philippians.
- + If you are new or visiting, we hope you'll stay for some morning tea so we can get to know you.
- + If you haven't had a copy of the Annual Report yet, these can be picked up from the notices table

Have the same attitude of mind Christ Jesus had

Philippians 2:5

Today's Readings: *Philippians 4:1-3* *Ephesians 4:22-26, 4:32-5:2*



Monthly Missions Evening

Tonight, Leith Valley

5.30pm: Bring your tea and eat together

6-7pm: Join in discussion and prayer for our missionaries

Today's team

Door & Offering: Rose & Bri Adams
Prayers for Others: Miranda Fairmaid
Duty Elder: Judith Forbes
Welcome team: Judith Forbes
Data Projector: Rachel Elder
Sound: Liam Hutton
Offering Counter: Sandi Jull

Children's Talk: Jocelyn Springthorpe
Bible Reading: Kent Rickerby
Setup Team: Josh Bruce
Prayer Ministry: Alastair Yule
Morning Tea: Richard and Chris Newton
 Debbie Griffiths

LV info & events

Leith Valley AGM

Next Sunday

11.20 Meeting

11.45 Shared lunch and "Ministry Expo"

A chance to wander around and see what happens in the various ministries at Leith Valley

Please bring some light finger food to share.



Tidy Two bedroom flat

Available for rent in Duncan Street near city centre. Suitable for a couple or two singles. Short or long term lease.

\$220 pw. Comes with white-ware and a queen-sized bed, new carpet throughout, recently renovated, off street parking.

Ph Simon 021 02680618 or 4737360

Couple with two children require **House sitting** in Dunedin from the end of June. Phone Miranda 0275187360 Or 4737360

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

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.

April 2014	YTD Actual	YTD Budget	YTD Diff
Offerings (\$)	86 033	97 668	-11 635
Grants etc (\$)	19 000	16 332	2 668
Expenditure (\$)	101 010	114 000	-12 990

Philippians Resource

Please see Helen if you would like an emailed or printed copy of the Philippians Study book.

Finances are still pretty tight with our projected income down by nearly \$10 000 at the end of April. Things haven't really picked up from there, so please pray for God's provision and think about whether you can be part of the solution!

Noticeboard

FLECKS IN DUNEDIN

Kim and Kenneth Fleck, sent out from East Taieri Church, work with Radical Grace Ministry in Thailand. They are currently in New Zealand and invite you to two events being run at East Taieri next week.

Wednesday: 7.30pm Open meeting to hear about their ministry

Saturday: A Mission Adventure in Facts and Food

If the dinner doesn't suit, you can still come along to the second part of the evening. Queries to 469 6308.

Kenneth and Kim will also be at the Missions prayer evening next month (Sun 27 July, 5.30pm at Leith)

Messy Church conference

Where: Hope Presbyterian Church, Christchurch

When: Friday 1 to Sunday 3 August.

How much: \$20 Fri/\$80 Sat & Sun.
Fliers on notices table.

Replenish

Women's Conference

Elim Church, 67 Harrow St.

Speaker: Marlinda Ireland from USA

Wednesday June 25th

9am-5pm and 7.30pm-late

See fliers on notices table

Saturday 28th June 2014

GO GLOBAL At The Hub
Corner Cemetery Rd
and Gladstone Rd
Mosgiel

A Mission Adventure in Facts & Food

PART 1:
6pm—8pm

Cost \$30 Adults, \$15 High School Students
A Global journey discovering mission facts and tasting regional food
Proceeds go towards purchasing a Truck for Radical Grace Ministry in Thailand.

PART 2:
8pm—9.30pm
Free
Coffee and dessert with the Fleck family.
Presentation on Radical Grace Ministry

Fresh Horizons Conference

"to inspire and equip people in the second half of life"

August 13-14th 2014, Tauranga Yacht Club
Keynote speaker: Rev Phil Potter from England
See notices table for more info.

Living Wisdom School

Christchurch, July 7-18th

Monday - Friday for 2 weeks 9am -3pm
2 textbooks included. \$800 inc GST per person.
Register online at www.livingwisdom.co.nz - calendar page - or phone the Living Wisdom office on 03 547 4386.

Also: Day seminars

+Moods and Emotions, July 5 Chch
+Building Better Relationships, July 19, Hanmer

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