



Love the rush... One of the earliest slang words for the intense feeling brought on by heroin is the word 'rush.' I don't know what that feels like but I do know what it feels like to be in a rush—to be dealing with multiple problems, to be communicating with multiple people on multiple channels and to be high on just 'doing stuff.' It feels great... for a while till the adrenalin wears off and the body demands extra pay for extra work! Mind you, it's not a bad talent to have. When dealing with family or work pressures every now and then you just have to be able to deal with a perfect storm (though the definition of a perfect storm usually implies it can't be dealt with!) But if we push this way of living into a regular or normal lifestyle two things happen. Firstly we go into energy debt which will some day have to be paid back. Like a credit card which just keeps blowing out—we will some day have to deal not only with the debt but with the damage the debt has caused in the form of huge interest charges. Our bodies are the things which take the hit and they will tell us when we've been pushing it too hard and too long. The second consequence of this sort of lifestyle is addiction. Living fast is incredibly addictive and leads, as so many other addictions do, to other addictions. Whether it be eating, exercise, watching the wrongs things on TV or the more illegal highs—living fast is a recipe for personal disaster. The Christian answer is to deliberately slow down and to build 'slow down' habits into our daily living. To sit quietly for a period. To find solitude for a period. To deliberately still ourselves so that we can stop worshipping the fast life.

Richard

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Kidztime: Fran Dawson 027 456 1188

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NEXT WEEK'S TEAM

Service Leader Luke Benton
Preacher Luke Benton
Worship Team Youth
Children's Talk Youth
Prayers for Others Youth
Bible Reading Youth
Setup Team Phil Scadden
Door & Offering Youth
Prayer Ministry Gill T, Nick P
Welcome Team Helen Harray
Data Projector Sandi Jull
Sound Wayne Harray
Duty Elder Nick Palmer
Morning Tea Liz & Steve C
Judith & Ged F

Leith Valley Church

"Growing great community"



Sunday 15th March 2015

Service Leader: Paul Trebilco

Preacher: Lynne Baab

Worship Leader: Jess Palmer

Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.

Mark 1:38

Welcome to our service!

It's great to have you with us today. A special welcome to visitors and newcomers. Please make yourself known to us and if you plan to be around for awhile, fill out a **contact form** so we can keep in touch with you.

Our Ministers, along with 30 of our congregation are out at Tirohanga this morning on our annual Church camp.

Today's reading: Mark 1:14-39

Studentsoul Tonight 7pm



Next Sunday our service will be taken by the Youth Group and our Youth Pastor Luke Benton will be preaching.

Today's Team

Door/Offering: Hamish & Lara Temple-Doig

Morning Tea: Brett and Adrienne Knowles, Debbie Griffiths

Children's Talk: Alastair Mutch

Bible Reading: Shane Turner

Data Projector: ??

Set up team: Wayne Harray

Prayers for Others: Bill Lee

Sound: Ged Forbes

Duty Elder: Bill Lee

Find us on facebook or at www.leithvalley.org.nz

Leith Notices

THIS Week

(267 Malvern St, Leith Valley)

Tuesday

7-9pm TNT youth

Wednesday

6.30am Men's Breakfast group

7.30am Midweek prayer

10am Women's coffee group

(Rose Adams 4667874)

Thursday

10.30am Women's coffee group

(Gill Trebilco 4739628)

Liz and Andrew Buxton are back from South Sudan and will be joining us next Sunday. We will be taking up a **Love Offering** for them to help them with settling back into NZ.



This will be taken up next Sunday morning or you can give online during the week, referencing your payment BUXTON. On Sunday evening there will be an opportunity to hear from Liz and Andrew at **Leith Valley Church from 5.30pm**. Bring your tea or if you prefer have tea at home and come at 6pm.

Patti Velotta "Immanuel" Seminar

23-25 April

Easter Camp 2015

Tirohanga 2-6 April
Speaker: Ivan Martinez

Cost: \$120

Register before 24 March and pay only \$100

Email
eastercamp.dunedin@gmail.com

By 30 March

DON'T MISS OUT

Services over Easter

- ❖ Palm Sunday All Age Service
 - ❖ Maundy Thursday 7pm
 - ❖ Good Friday 9.30am
 - ❖ Easter Sunday 10am
- All at George St School

See flyer on
notices table

FIREWOOD

Attention home owners with wood burners. Place your order today and support the Leith Valley Van firewood fundraiser. \$225 for 3meters delivered or \$70metre pick up. You can pay direct into the Leith Valley acc, just put **firewood** in the reference. Please pass onto friends, family and colleagues, we have approximately 100 tonnes to sell.

Text Shane on
0274-786-055

Required either a room, flat or studio unit in a Christian home/flat

David Leung at 0276140404

Money Matters: Thank you all for your ongoing support in this area. If you would like to set up an Automatic Payment or donate online, the account number is 03 0883 0620501 00. A donation number can be issued for tax purposes, contact Rachel at the office.

DUNEDIN EVENTS

Women's Aglow International

- Tuesday 17 March, 6pm Meal (\$5), 7pm Meeting
- Maori Hill Presbyterian Church Hall
- Speaker: Frankie Collins.
- Contact Miriam 455-0592 / 021 2156 028.

Euthanasia and Assisted Suicide

Public Talk by Renee Joubert

EO of Euthanasia -Free NZ

- Wednesday 18th March
- 7.00 - 8.30 pm
- St Patrick's Community Centre,
32 Macandrew Road, Dunedin South
- FLYERS on Notices table today

Dunedin Presbyterial Region Meeting

- Weds 24 March 1.30pm
- First Church
- Rev Kerry Enright
- Afternoon tea to follow

Faith Thinking Course

Going Deeper into the Gospel of Luke

Deborah Bower (Synod leadership advisor)

- Friday April 17, 7.00 - 9.00 pm
- Saturday April 18 9am-12.30pm
- Burns 5, Albany Street, University of Otago
- \$20 per course
- Register: continuing.education@otago.ac.nz



"Neighbours Day continues to be a catalyst for thousands of Kiwis to connect with

their neighbours and turn their streets into neighbourhoods."

➡ **28 and 29 March, what will you do?**
neighboursday.org.nz

PSO NEWS

Copies of People magazine are available on the notices table, please take one if you like. If you would like to receive your own quarterly copy in future please let Rachel know.

Food bank Needs

- toilet paper (always on the list)
- tinned fish
- spreads
- items for children's lunch snacks
e.g. museli bars, raisins
- noodles

Operation Christmas Child

South Island Conference

Be part of an amazing opportunity to impact thousands of children around the world.



Last year 321,526 Christmas shoeboxes were sent out from New Zealand and Australia with the worldwide total being over 10 million. Come and join with others passionate about this ministry

Sat 18 April, 9am-5pm

**Opawa Baptist, Wilsons Rd
Christchurch**

No cost

RSVP by 28 March to:

philliph@samaritanspurse.org.nz

CULTURAL CORNER

Mozart Requiem Schubert Stabat Mater

- 28 March
- 7.30pm
- Knox Church

See noticeboard for details
Contact Gill Trebilco to purchase tickets 4739628

