



# PLAINS PRESBYTERIAN

10<sup>TH</sup> MAY 2020



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You can go to bed without fear...lie down and sleep soundly.' Proverbs 3:24 NLT

Insomnia is a miserable thing. At any given time, it affects 30 to 50 per cent of the population. You dread bedtime, toss and tumble all night, and walk around exhausted the next day. And, when it continues for weeks or even months, it can depress you and rob you of your joy.

Is that what's happening to you right now? Then let God help you. His Word says he 'gives rest to his loved ones' (Psalm 127:2 NLT). His promise is, 'You can go to bed without fear; you will lie down and sleep soundly' (Proverbs 3:24 NLT). And if you'd like to stop taking those sleeping pills, the Great Physician can heal you.

Make this your prayer today: 'Father, shine your light on the root cause of my sleeplessness. Whatever anxieties are stopping me from entering into a state of restorative slumber, I cast them all on you as instructed, knowing you care for me (see 1 Peter 5:7). Calm my racing thoughts and restless mind. Help me to be still and know you are my God (see Psalm 46:10). I submit to your command not to worry about anything, but to pray about everything instead. I bring my needs to you and thank you for all you have already done. Your Word assures me that if I do this, I'll experience your peace, which is more wonderful than the human mind can understand, and that it will guard my heart and my mind (see Philippians 4:6-7). By faith I will lie down tonight without fear or anxiety and enjoy pleasant dreams. Yes, I will lie down in peace and sleep because you...Lord, will keep me safe (see Psalm 4:8). In Jesus' name I pray, Amen.'

Bob and Debby Gass – Word for the Day

Mary and Martha.

On the days before Lockdown, we were a busy world and here in Rakaia folk were involved in many interesting activities. Social gatherings, gardening, meetings, work, school, home activities just to name a few. But since late March, life has been so different for all of us. With the over 70's advised to stay at home relying on family, friends or the goodwill of grocery and chemist proprietors to deliver the essentials. It's a shock to the system after a life of doing what your health allows you to do. Yes, most of us have busy lives in various ways and often a change can overwhelm us. Life changed for everyone with the Lockdown and we had to become creative in filling in the "Time". "Stay at Home", suddenly we started to think about all the projects we could do. Finish of this, clean cupboards, repair jobs, gardening, painting the house, baking, sort photos, do a jigsaw, the chores came thick and fast. Many found time for walking, a great idea for fitness, health is better. General comments from people were, they found plenty of activities to occupy their time, especially with children being home from school. Perhaps we all had more "Me Time", but did we also have time with God.

We know the story of sisters Mary and Martha - how Martha rushed around seeing to guests, while Mary sat at Jesus's feet, listening to him. When Martha remonstrated, Jesus told her that she was anxious about many things, but only one thing was important. Stuff has to be done, of course; we all have commitments. But Mary chose to forget about some of that. Jesus was there and she wasn't going to pass up on the chance to sit and listen to him. She didn't allow herself to be put off by the idea that she should be in the kitchen instead of sitting with the men. Martha was frazzled, and so she became impatient. She thought she knew what needed to be done and nobody was helping her to do it. She was annoyed and so she told Jesus what he should be doing about it. "Tell my sister to help me!". We can't tell God what to do; we have to listen and get in line with what he's already doing.

So, in this time of Covid 19, a frightening world, don't be overwhelmed by the many things that need to be done. One thing is necessary for our peace and our wellbeing. Take time out to sit at the feet of Jesus and listen to him. "Come to me, all you who are weary and heavy-laden, and I will give you rest," he invites us. Can you find that moment in the day, a little patch of time, when you sit at the feet of Jesus and let him take over? It's not just a good idea - it's Essential.

P.S The jigsaw is still in the unopened box.

Luke 10. V's 38 – 42

When Jesus called at Martha's house, she gladly asked Him in. But she was much too busy then to stop - take heed of Him. But sister Mary welcomed Him and hearkened to His words. And only wished to hear much more, Amazed - at all she heard. Then Martha asked if Mary could help to prepare their place, but Mary knew what Jesus said would bring amazing grace. Lord Jesus then to Martha spoke, showed her how Mary's way, would bring her greater blessings now, To always with her stay. Praise God that we can see today that earthly toil must pass. But following Jesus - loving God, will save us all - at last. {Stress to Strength}



**Mother's Day** this year falls on Sunday 10<sup>th</sup> May. This day is celebrated around the world to express respect, admiration, and love towards mothers. Mother's Day is meant to honor the role of mothers, acknowledge the efforts of maternal bonds and the part mothers have in our society.

When Jesus saw his mother there, and the disciple whom he loved **standing nearby, he said to his mother, "Dear woman, here is your son," and to the disciple, "Here is your mother".**

John 19: 26-27

Mother is God's plan for humanity - for the human life to be carried, born, nurtured and reared. It is a plan patterned in love since the beginning of creation. There is no plan B, no other means of procreation. There never was. Every living person is born of a mother. And we each are indebted and grateful for each of our own mothers without whom we would not experience life. Bless you our dear mothers.



Mothers also show up in different forms. Usually, the norm is as our biological mother. But mother can also describe those who cared for you, took you in, provided for you, gave you a home, adopted you, were a guardian, step or foster mother to you...the list goes on. Mothers come in many different roles. Their characteristics are all similar as providers of love, care, food, shelter, education, discipline, comfort, attention and so much more. Mothers are sacrificial, unconditional, constant, family and...always there. This is the experience for most of us. Certainly, this is my experience in my life. I have so many brothers and sisters because of my loving, beautiful mothers.

A true story. My father is a preacher, I am a preacher, my younger brother is a preacher, my eldest nephew is a preacher. My youngest son, at age 14, was asked "Who is the greatest preacher in your family"? My son answered quickly, "My Mother". Sometimes, men and women who never stand at a pulpit preach the greatest sermons through living out the Word in their daily lives. Again, this is very real in my life, in my experience with my mothers. And in my reality - the mother of my children.

There is a sad situation where some of us experienced hurtful, and unfortunately painful, times with our mothers. I am sorry if this is your case. My hope and prayers are for you. Be at peace, the peace of Christ. If you can, give to Jesus that burdensome experience. Forgive, let go and move on. Make something wonderful of your life. In all cases, your mother gave you life.

There is a wonderful mother's perspective that I learned from my wife. And I suppose it is the same for all mothers. "I have a favourite child" my wife shared at a Women's Fellowship Dinner. Startled, and somewhat annoyed, I glanced at her. We treat all our children the same. As far as I am aware, I work hard on making sure my four children realise without a doubt that they are all equally loved. With her voice breaking, tears flowing, eyes roaming the gathering from side to side my wife said, "My favourite child is my daughter who is stressing out in Wellington, caring for Nana and sitting her final nursing exams; my son who has been made redundant and moving back to Auckland; my daughter who is training so hard but not enjoying her sport; my youngest son who is moving to Australia." All her children are her favourite child. I realised the depth of a mother's love, for each of her children.

My sons are big, strong men. When they are ill, feverish and down, they seek out their mother. Lying on her lap since they were born. In fact, all my four children do the same thing. The only time they run to me, or I am their first port of call, is when they need my card, my car, my cash. I love this.

***"Mother is the name of God in the lips and hearts of little children."***

- William Makepeace Thackeray

Right Rev Fakaofa Kaio, Moderator, Presbyterian Church of Aotearoa New Zealand

What did the mother rope say to her child?

- "Don't be knotty"



### Wage subsidy

Plains has now claimed the wage subsidy that the government offered as we count as a business from their perspective. Presbytery told us how to apply and on the day we submitted the online form we were paid over \$15000 for our three workers. Although Aarii is called to her work from our perspective and the government Aarii is classed as a full-time employee. On calculation we have been paid too much and the extra has been put into another church account in case it is asked to be returned. Currently the assessment is being thought about by Presbytery and by ourselves.

I ask for your prayers in all these decisions. Our finances are still in good shape so please do not panic monetary wise at the current moment.

As we think about the effect of this huge loss for all the world, remember we have HOPE for the future in God's grace.

Yours in Christ Gill James (Treasurer)

### Alpine Notices

#### Scouting Team

We are looking for people to join our scouting team, those who love thinking and talking about what the future could hold. Let Darryl Tempero know if you are interested, [darryl@alpinepresbytery.org](mailto:darryl@alpinepresbytery.org).

#### Moderator's Appeal for Vanuatu—Cyclone Harold

It is great sadness that I write to you. Tropical Cyclone Harold has taken a great toll on the people of Vanuatu. Those on affected islands have lost homes, livelihoods and the means to sustain their families. Category 5 Cyclone Harold hit Vanuatu's island on Monday, 6<sup>th</sup> April 2020. The damage was severe, including on islands where the Presbyterian Church of Vanuatu {PCV} is actively in ministry and where many of our congregations have supported projects over the years. The PCV has sustained damage to churches, pastors' homes, schools and other facilities in several islands. Many of these communities are remote and will take a long time to recover.

The cost of recovery will be beyond the PCV capacity to manage alone and as one of their key partners, we will once again stand alongside and offer assistance.

Donations are welcome. Online PCANZ Global Mission 02 0500 0086963010 with the reference Cyclone Appeal. Cheques can be mailed to the PCANZ Assembly Office. PO Box 9049, Wellington 6141.

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### Keeping Connected

Sunday 9.00 am with the Moderator Right Rev Fakaofu Kaio.

A time of Devotion reflecting the Lectionary reading for the day

<https://www.facebook.com/modpcanz/>

Sunday 10:00 am with Dr Rev Tokerau Joseph, Mairangi, Castor Bay Parish

A 30-minute responsive service with singing. <https://youtu.be/BKXvwTAwDro>

Video service, podcast, and Zoom with Rev Aarii and Tai

Timaru Presbyterian Parish with Brent and Rory can be sourced through Dorothy.

