



PLAINS PRESBYTERIAN

26TH JULY 2020



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Mastery of the Emotions

The words of Jesus from the second beatitude, 'Blessed are those who mourn, for they will be comforted' (Matt: 5/4). These words contain a truth in which I would be certain today's social scientists would agree. Most psychologists and psychiatrists would agree that being aware of our emotions is a first step toward experiencing good mental, emotional, and spiritual health. The fact is that whenever we are unwilling to face and feel a negative emotion it indicates that we are not in charge of it but, that it is in charge of us. God did not intend us to be mastered by our emotions but to draw upon His resources to enable us to live life well.

Some would have us believe that if you are feeling overwhelmed or low in spirits then you should pretend that you are happy and content, then in time the unhappy feelings will dissolve away and hopefully be replaced by joy. But, Christians are people for whom pretense is totally unacceptable.

When our stomachs are churning with grief, sorrow or hurt, instead of pretending that we are not feeling the pain, we can come before God with a prayer along these lines:

'Lord, right now I'm hurting so much I do not think I can endure it. I feel like screaming, running away or even hitting someone. I do not want to feel like this, Lord, but then I do. Thank you for loving me just as I am. Help me now to handle my feelings in a manner that glorifies You and honours Your great name.'

In this way you have not denied your emotions but have opened them up to the Father and asked for his help. Being real and honest with yourself in his presence is part of the mourning process.

These words have been taken from the Bible reading notes "Every Day with Jesus." The authors final words – 'It has worked for me and you will find it will work for you also.'

From Ephesians 4: 26. "*In your anger do not sin"; do not let the sun go down while you are still angry.*"

Kia ora prayer whānau,

On July 26th, that's this Sunday, we are inviting many more people to enter the sacred space of prayer with us. The call has gone out to churches and individuals to unite with us in a posture of service and goodwill as we pray for Aotearoa New Zealand's media.

Our desire is to embody the loving heart of Christ by praying for the wellbeing of media personnel.

As people who believe in the centrality of prayer within our faith, we believe this is an opportunity to pause together, to turn our hearts towards the media and place them before our God who infinitely loves each and every person. This is an act of embrace when we live in a time of cheap division.

In prayer we unite with God and one another, and we demonstrate the love of Christ.

So, this coming Sunday, let's take time to pause, to consider all those who work in Aotearoa New Zealand's media, seek their best, and make them a focus during a sacred time of prayer.

You can find out more at MediaPrayerDay.com

Ngā mihi nui.

Your friend,
Rev. Frank Ritchie

26 JULY 2020
media
prayerday

A Touch of a Hand ---- A parable of our time: Anne Lilburne. [1991]

Recently I joined with a group of trampers for a walk, part of which led through the Karangahake tunnel on a long disused railway line.

Once into the tunnel, the group seemed to scatter, and we found ourselves picking our way separately over the rough scoria track. The light at the entrance was soon lost and we were walking in complete and very deep darkness, unable to see walls, floor, or each other. Suddenly my foot slipped slightly, and I gasped a little "oh" but quickly regained my balance and continued. A gentle hand touched mine and a voice asked, "Are you all right?". I was all right. I had not fallen and had no fears, yet I immediately experienced an uplift of spirit having not realised anyone was so near.

As we continued on our way, a small gleam of light filtered through a crack near the roof, reflecting briefly on the wall two shadowy figures walking together. In a flash I saw the parable of our time: two walking together through a dark tunnel towards a light. Our "tunnel walk" had been a fun thing. We knew the road was rough, the tunnel very dark and others were with us. We were also certain of the light at the end, one kilometre away, and that refreshments and transport awaited us too.

But there is a long and very dark tunnel out there, where many sad and lonely people are stumbling along, unable to see a light ahead and feeling utterly alone. If they stumble - what then? Would there be a touch of a hand to show them someone else is near and travelling the same road? The touch of a hand in their darkness could surely give them that uplift of spirit that I knew that there were others there and that there was a light at the end.

The touch of a hand in the Darkness! You may not have met a victim of a war disaster or a refugee, but perhaps in these turmoil times, you may know of someone who has become redundant, or lost a loved one, needing financial support and a helping hand. We think of folk dealing with illness and the fear of a permanent disability, families dealing with an uncertain future.. Just a touch of a hand in their darkness, showing that someone else is travelling the same road, could bring a lift to the spirit and a song to the heart. Could that hand be yours? The people who walked in darkness have seen a great light. They lived in a land of shadows, but now light is shining on them. Isaiah 9: verse 2

Communicating to the Parish

St Andrew's Mission Meeting 21st July ~ Reviewed the Community Foodbank which now has been set up at St Mark's church.

St Andrew's groceries, given at the community dinner 16th July, to be donated to the Rakaia school. Dorothy, with support of the mission committee, set up an emergency supply of groceries to be kept at St Andrews. A recent working bee has tidied up the church grounds and pea straw to be placed., thank you to John Stewart and Ratu. Gutterings and downpipes cleaned.

St. Andrew's Rakaia

Tuesday 28th July

10:30 AM | Rakaia Fit Kids with Miranda A time for friendship, fun, and support. Welcome to all pre-school children.

1:00 PM | Steady As You Go | Balance, strengthening and gentle exercises for senior folk's health and well-being.

Saturday 3rd October

Plants 4 U @ Rakaia | Lots of interesting plants. Jam, produce, baking, white elephant.

All morning fair, no need to be there at 9 specials throughout the morning... Donations of all goods welcomed.

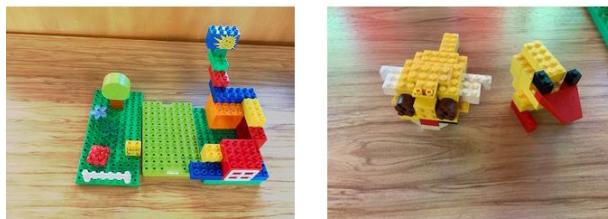
Community outreach groups all back in action. Encouraging numbers at worship services and Shieh working well with the children at their special time. We thank our ministers, all of them travelling a distance. Discussions on a new approach to communication within the parish, also the planned zoom bible study and leadership retreat.

*Jams, pickles, and a fresh brew of Heather's Marmalade for sale in the St Andrew's Foyer.

Message from St. John's Methven - Good to have Rev Neville Burns back with us on Sunday 19th July.

Neville spoke about the importance of having a strong faith.

The children used Lego to illustrate Creation - Gods earth (spot the sun) and creatures.



Sunday Services

26th July 9:30 am
 10:30 am

St. Andrew's Rakaia
St. John's Methven

Rev. Neville Burns
Rev. Arii – combined
with Staveley

2nd August 10:30 am

St. John's Methven
(Shared Lunch)

Rev. Arii – Parish Service

9th August 9:30 am
 10:30 am

St. Andrew's Rakaia
St. John's Methven

Rev. John Titlow
Rev. Arii



Father, I long not to be controlled by my emotions but to recognize and understand them. Teach me this art.
Jesus lived so well. Now that he lives in me, grant that I shall live well also. In His name I pray. Amen

