



PLAINS PRESBYTERIAN

30TH AUGUST 2020



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Harm or Good?

We are told over the decades how fruits are important for our health and wellbeing. Scientific research has proven that certain fruits help our immune system to function well while other fruits help to nourish and strengthen muscles, ligaments, and blood cells and while other fruits tend to the outward appearance of the body. The thing about these scientific discoveries, is that its claims are constantly changing. What one research discovers to be good for you, another would claim the opposite. Over the decades people have operated within a guideline of a health food pyramid chart (you might recall) that was put out by health gurus for healthy living only to be told in more recent times that this food chart is doing more harm than good.

The Apostle Paul talks about the fruit in this way.

Galatians 5: 22 – 25

“.....the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, ²³ gentleness, and self-control. There is no law against such things. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also be guided by the Spirit.”

Paul says that if we operate from the Spirit, the fruit of the Spirit is produced unlike in the flesh, we take in the fruit to produce results. Here Paul is saying live in God's Spirit and the fruit love, joy, peace and etc. will overflow outwardly that reflects our personal connection and relationship with God. The fruit of the Spirit has and will never change for God is the same yesterday, today and forever.

The world has trusted the health gurus with guidelines to healthy living but have only managed to deceive it of its false claims. Many people are now paying the price for the damage done.

For Spiritual healthy living, Paul invites us to live in the Spirit by staying grounded in Jesus daily, take the time to read scripture and take time to have conversations with him who will guide, deliver and satisfy your needs.



When you take a bite of a fruit today, ask yourself, what harm or good will this bring?

- Arii

Alpine Presbytery Gathering

Registration is now open for the Gathering, which is to be held at The Village, Bryndwr, 11th & 12th September. Go to: <https://forms.gle/5wfRGs8Sa3sCY6dB6>, or you can also find the form on our website, on the Events page.

The Gathering is a chance for us to meet people from around our Presbytery and experience key learning and connecting time together. All ordained ministers and Presbytery Elders are encouraged to attend, but everyone is welcome!

The pre-Gathering event this time is the Rural Ministries get together: Stop for a moment and ask yourself what sort of ministry do you work in. Is it urban or rural? Rural parishes usually have a unique style and flavour compared to urban parishes. The issues they face can be very different, and the way in which they organise their parish life is often a response to the cycles of rural life and the community as a whole. We aim to gather rural ministry people together to encourage and challenge each other to be the very best that God wants us to be, where God has planted us. At times this might be physical but at other times it would be electronically. It would be a place to share ideas, get advice and develop resources for the mission.

So we invite those that wish to begin a journey of discovery together to meet over a BYO lunch from 12.30pm - 2.30pm to explore how we can encourage and support each other where God has planted us.

Draft outline of the Gathering

Friday 11th: * 12.30pm – 2.30pm Rural/small town ministries get-together * 3pm Aternoon tea * 3.30pm Welcome, devotions, introductions, commissioning of Martin Stewart as EO. Presentation and discussion around Strategic Framework * 5.30pm byo drinks (with nibbles provided) * 6pm Sit down dinner and celebration of Barry Ayer's ministry * 8pm - finish

Saturday 12th: * 9am Worship, including changeover of Moderator * Comings and Goings – inductions and retirements * Presentation of Have a Go (including a video from Whakatu), * Morning Tea * 11am Speaker/Interaction – Donald Scott * 12.30pm Lunch * 1.15pm TELT review discussion * Any other business.

A Work in Progress; from the Manse Window; written by Rev Andrew Watson

Don't worry Daddy, my daughter said, with all gathered wisdom of her five years, "You'll grow into it". I had lifted an XXL jumper instead of a medium, and the figure looking at me out of the shop mirror was a little ridiculous. Sarah wasn't worried. Children grow into their clothes, so why shouldn't dads. I smiled at her innocent faith, confidently repeating what she'd heard grown-ups say. Many years have passed, and my daughters are now teenagers who don't believe quite so easily. Dad may have put on a pound or two since then, but he'll never { I hope} be needing clothes that size.

Moments like this make me think of the Lord Jesus and his love of young children, how he welcomed them gladly, accepted their simple faith and blessed them. And how, on occasions, he used children to teach adults, telling respected leader Nicodemus he needed a spiritual "rebirth", and his disciples that, unless they changed their attitudes and became more humble and trusting, like little children, they would never enter God's kingdom

I, for one, am glad that faith in God can, at its heart, be that simple. Yet it's also true that children are meant to grow up and mature. If I have the occasional wistful moment remembering Christmas and the Tooth Fairy, and the hours of fun we had with playgrounds and swings. I get many more moments of happiness and pride as I see my children growing up, gaining independence, and accomplishing so much. And, again, I think of our Lord's commands to follow him and learn from him, that we might become more like him and serve him. We are supposed to grow in our faith and understanding as his disciples. Paul writes to his church in Ephesus that we are to "grow up into" Christ. And the beauty of it is, there is a growing to be had at every age.

As a forty- something - year - old I may have so much to learn about patience, humility, forgiveness, courage, faithfulness and more. While I am glad to be identified as a Christian, I'm still on this learning curve. I don't mind admitting I'm a work in progress. With God's patient help, in my daughter's terms "growing into it". Those things that really encourage us are the accounts in the Gospels when we discover that the original followers of Jesus were every bit as human as James, Peter and John, Mary and Martha who were not perfect. But they learned to trust Christ with a childlike faith and despite their mistakes, grow in faith, to the benefit of all who knew them. If, they, and countless others down through the ages since, can "grow into" a life as followers of Jesus, then so can you and me.

Notices

***All Annual Reports are due in by the 12th September 2020. Please send in as it is important that we have them on time.**

All reports can be sent to Miranda. Email: Plainsoffice@gmail.com

St. Andrew's Rakaia

Tuesday 1st September

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 | Still in the plans, while being aware of Covid. Lots of bargains throughout the morning. Plants, white elephant, produce, jams plus baking. All morning fair starting at 9 am

*This Sunday at St Andrews Cafe Church with Rev John, commencing with morning tea, Rakaia to provide.

Alert 2 restrictions in place. Welcome all.

St. John's Methven

Tuesday 1st September

7:30 pm | **St. John's Focus Group** | Meeting in the Lounge

Sunday 6th September | Thanksgiving Service | As we missed Harvest Thanksgiving this year, we have decided to have a

"Thanksgiving" Service as a way of supporting Presbyterian Support in Ashburton. Donations of nonperishable goods are welcome.

These can also be left at Graeme Mangins prior to the Service.

***No service at St. John's** this Sunday. Anyone requiring a ride to the Rakaia Service please contact Brian & Lyn Blackwell 3028476

St John's Focus Group meets on Tuesday 1st September at 7.30 p.m. in the Lounge

* Please remember to tick the Register or use the Covid Tracing app at St John's while we remain at Level 2

Sunday Services

30 th Aug.	10:30 am	St. Andrew's Rakaia	Café Church with
		Morning Tea provided by St. Andrew's folk	Rev. John Titlow
6 th Sept.	10:30 am	St. John's Methven	Rev. Arii (Communion)
13 th Sept.	9:30 am	St. Andrew's Rakaia	Rev. John Titlow
	10:30 am	St. John's Methven	Rev. Arii

PRAYER

God of Creation, Be with us today as we continue our daily chores and routine. Reminds us to live for you and to reflect your qualities in what we do and say. Teach and guides us in the way ahead to trust and rely on your Spirit produce the fruit that describes who you truly are in the world. Teach us to love, have joy, extend peace, to be patient, to show kindness, to give generously, to be faithful, gentle to others and to practice self-control, Amen.