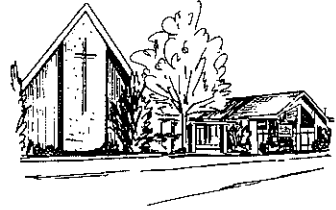


St David's Union Church Allenton, Ashburton

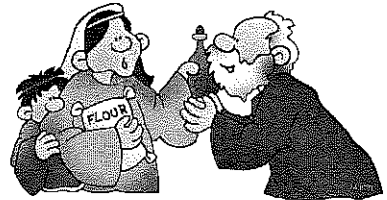
Parish Newsletter JULY 2022



FROM OUR MINISTER

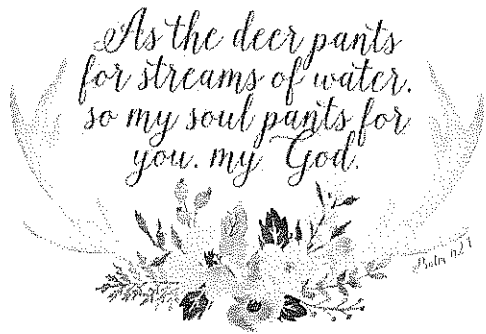
Recently, I spoke on the theme of rest in one of our worship services in June. In a research on sleep and psychological well-being among New Zealanders, study leader Carol Lee, of the University of Auckland found that nearly 40 cent of Kiwis are spending fewer than seven hours sleeping and this problem is common and can lead to psychological distress and a poorer sense of health, self-esteem and life satisfaction.

When we sleep less, it means we rest less and we become restless. We have a story of the prophet Elijah in the Old Testament who was stressed in his work as a prophet. Elijah was the prophet of God who prophesied that there wasn't going to be rain for about three years and that came to pass and so there was a great famine in the land and Elijah the prophet of God was fed first by Ravens and he drunk water from the brook and later when after the brook dried, he was looked after by a widow at Zarephath who only had a handful of flour in a jar and a little olive oil in a jug. The prophet had a rough and tough time trying to do God's will in a challenging environment. In doing God's will and overcoming over 850 false prophets, Elijah became a wanted man and so he ran away from Mt. Carmel, running away from Jezebel to the entrance of Jezreel (I Kings 18:46), a place where Elijah was seeking refuge. We can appreciate that this left Elijah physically and emotionally exhausted.



Your Parish Visitor

Elijah became like a deer panting for water to be refreshed. His soul and spirit was downcast and his tears become his food day and night. His soul was disturbed within him and he just wants to die. He became discouraged and even depressed some people have suggested.



God heard the prayer from this tired and discouraged man of God and we hear that ... ***at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.***

The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you."

Rest was what Elijah needed, to be refreshed because of the long journey ahead.

Rest is important especially when you are in a demanding role as a mother, a father, a church or community leader or an employee or even a business owner.

In a world where our dignity and worth is sometimes measured by what we do or how much we can do, it is easy to lose ourselves and work ourselves to the grave early, instead of living in the abundant grace and life that Christ has brought us.

Christ says- Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

When Elijah was physically and emotionally exhausted, he was prone to discouragement and despair and the Lord saw this and came to help him.

The invitation to rest is for you and me too, to find rest in God. Friends, rest is important for our physical and spiritual well-being. God commands us to rest and when rested, God recommissions us for the next phase in our ministry.

In our rest, we take refuge in God who is our fortress. In resting, we our hope in God, and praise him, for He is our Savior and God who watches over us. God is our rock on which we can stand and He is the rock of ages that is cleft for us. When we take refuge in the Lord, we will hear God's still small voice guiding you in life. We know what happens when we slow down. Our body is recharged, and our soul is revived.

Work has its place in our lives, but rest must never be sacrificed in order that we get ahead or push forward in our careers. Jeannie Ewing in her article – "Do you Understand the Spiritual Importance of Rest?" states that Our hearts, when rooted in prayer, are naturally drawn to periods of rest. It is during times of quiet when we are most attentive and attuned to God's murmurings and stirrings in our hearts. Rest in the biblical view is an act of trust: a statement of confidence in God and his provision for us, for our loved ones, and for the work God has given us to do.

Rest is a spiritual discipline. So Rest!

Henry Mbambo

*The Lord is my rock,
my fortress, my deliverer,*

my God,

*in whom I take refuge, my shield,
the strength my salvation, and my stronghold.*

Psalm 18:2



MATARIKI

Matariki is the Māori New Year, timed by the Matariki cluster of stars reappearing in our night sky. What's it about? What do you do at new year? This is a time to reflect on the past year, celebrate the present, plan and look forward to the year ahead.

The Matariki star formation has different names around the world. In English, it is called by its ancient Greek name, Pleiades or the Seven Sisters.

A new year starting in the middle of winter?

This would be normal for agricultural societies, *viewing each new year as a cycle of planting and harvesting crops*. The Northern hemisphere did the same - which is where our calendar-year comes from (January 1st). Matariki has no one meaning or timing. For different Iwi, the dates of the celebration are different – sometimes for a week, sometimes for a month. The customs and meanings associated with it also vary...

...except for the central thread that it is the new year, so you (1) look backwards with thankfulness remembering those who have gone before, (2) while gathering to celebrate with loved ones today – (3) looking (or planning) forward with hope to the future.

Practices that suit the occasion -

Building fires, singing songs and telling stories is an apt application. In the church:

- Give thanks to God for events of the past months and year
- Tell stories of those who have gone before us—living by faith, bringing blessing to our nation. They are role models
- Gather with whanau/with loved ones/community around food and celebration
- Look to the future to see where hope and opportunity might lie.

Highlights from the June Parish Council meeting

The congregational meeting to discuss the status of the hall will be held on June 19.

We are still considering installing a defibrillator that would be available to the public. Contributions to help us purchase this will be gratefully received.

We have recently received a number of generous monetary gifts from parishioners and Parish Council is very appreciative of these.

A number of parishioners are affected by covid-19 (including the Mbambo family) and we wish them all the best in their recovery and thank others who are stepping up to fill the gaps. A number of services are affected by these disruptions.

The church building will have sections inside and out painted this month.

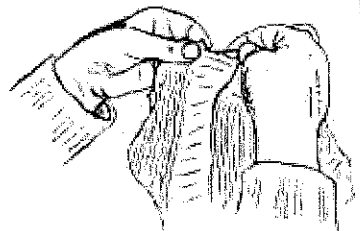
CRAFT 'N' CHAT

Join us on the first and third Friday.

1.30pm—4pm in the Fellowship Centre

Bring your own craft projects
or just call in for a cuppa.

Everyone welcome. Enquiries to
Philippa phone 3087644



Malawi Report—July 2022

Country of Malawi—Malawi is experiencing difficult economical times like much of the world owing to the Covid epidemic and the Ukraine war. Recently they had a 20% devaluation of the currency. This means an increase in living costs. The government is working hard to put measures in place to help the country through this time. A recent headline stated Chakwera is determined to heal Malawi's sick economy. One issue is the lack of jobs for young people. The government is investing in having widespread schemes to train the youth in skills that can lead to jobs. We appreciate your prayers for Malawi and for President Lazarus Chakwera in his leadership. Pray especially in the battle against corruption. **STUM**—The work of the Sunday School Teachers United movement continues on with -

1. Another printing of 1000 Sunday School teacher lesson books. They cost \$9NZ each to print
2. The development of the CCD initiative which is the Childrens Christian Development organisation to have churches and organisations working together to develop the work of children in churches. On the 25th June a meeting was held in the north of the country and a committee was formed to develop it. We now have a national committee and a southern and northern regional committees to move the work on. Appreciate your prayers for this initiative that it will have people in these committees who have the will to see children evangelism and teaching developed.
3. STUM has a partnership with a USA organisation that is promoting stewardship in the churches, helping children to see the importance of Giving. They get children to bring to church a handfull of Maize and it is gathered up and the Maize is either used for the needy or it is sold and the money is used in helping others. Pray this will develop a mindset of giving that offsets the evils of corruption.
4. STUM owns land and it wants to build a house and office for the director. Pray we will have the money to fulfil this aim.
5. Pray for John and Gladys Msowoya and Simon and Grace as a family and in the work of John directing the work. Pray for Levton who supports John through being the main trainer of teachers.

Sent by Jim Young

The Core values below are what will support the vision of our church, shaping our culture, and reflect what our church values.

The Centrality of the Gospel

The gospel is the message of hope for the world and grace for the sinner. It is not just a collection of the words of truth spoken by Jesus over 2000 years ago, but the very power of God which transforms, grows, changes, and shapes everything today.

Worship

Encourage and facilitate the worship of God in spirit and truth in order that God would be glorified and His people would find complete satisfaction in Him.

Discipleship

It is God's desire for those who have put their faith in Christ that they become lifelong disciples deepening their faith as God's people who are being transformed by the power of the Holy Spirit to be Christ like. Discipleship will provide followers of Jesus a safe place and resources to develop a deeper relationship with God.

Prayer

Maintaining a humble posture of prayer both corporately and individually in order to experience the presence and power of God in all aspects of our ministry and life.

Mission and Outreach

Being obedient to Christ's Great Commission to make disciples of all nations, we will seek to communicate the gospel of Jesus Christ with integrity and in love in the city and to the ends of the world.

Fellowship

Encourage small fellowship Groups in order to strength relationships as brothers and sister in Christ, encouraging one another for spiritual nourishment.

Stewardship

Honoring God with our lives by understanding what it means to manage responsibly and giving generously, cheerfully, and sacrificially of our talents, treasures, and time.

Worship Services July 2022

Sunday 3 July Rev Henry Mbambo	9:30am	Worship & Communion
Wednesday 6 July Rev Henry Mbambo	11:30am	Mid-week Service, Communion & Lunch
Sunday 10 July Rev Henry Mbambo	9:30am	Worship
Wednesday 13 July Rev Henry Mbambo	10:45am	Terrace View
Sunday 17 July Rev Henry Mbambo	9:30am	Worship
Tuesday 19 July Rev Henry Mbambo	11:00am	Worship Radius Millstream
Wednesday 20 July Rev Henry Mbambo	11:30am	Mid-Week Service, & Lunch
Sunday 24 July Rev Henry Mbambo	9:30am	Worship
Sunday 31 July Rev Henry Mbambo	9:30am	Worship

PLEASE NOTE: All gatherings are subject to any COVID 19 restrictions applying at the time.

Readings and Sermons from worship services each Sunday are available to listen to on the church website—www.stdavidsashburton.org

FITNESS AND EXERCISE GROUPS

**Every Monday at 6.00 am and 6.00 pm
and Wednesday and Friday at 6.00 am—
Circuit Training**

Sweaty Bettys Exercise Group meets in the hall



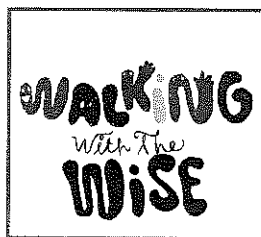
Every Wednesday at 9.30 am

Steady As You Go Exercise Group
Meet in the Fellowship Room

Every Tuesday at 9.30 am

Walking Group meets at the church

EVERYONE WELCOME



Meetings of Parish Council, Work Groups and Committees

Parish Council

1st Wednesday of the month

Parish Council Executive—meets occasionally as
required

Christian Education

Christian Education Team meet monthly.

Worship Committee

3rd Thursday most months at 2.00 pm in the Lounge

Pastoral Committee

—occasional meetings

Finance Committee

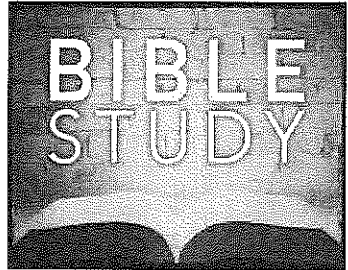
—occasional meetings

Property Committee

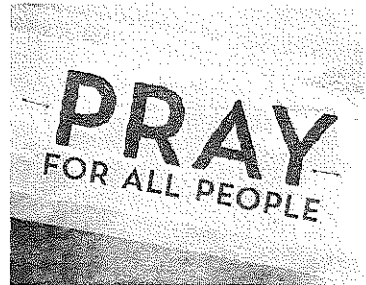
—occasional meetings

Prayer Gatherings and Growth Groups

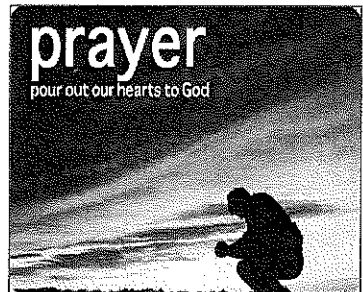
Bible Study Group: Every Thursday from 7.00pm. (*Starting date to be advised*).



Prayer Meeting: Come and join in for a time of Prayer every Friday at 10:30 am in the Fellowship Room.



Prayer Ministry available each Sunday at the conclusion of the 9.30 am service; at the rear of the church (piano side) beside the small exit door.





CHILDREN AND YOUNG PEOPLES ACTIVITIES

FIT KIDZ

Every Thursday 10.00 am—in the fellowship room—

A music and movement programme for
0—5 year olds and their parents/caregivers.

Cost: \$2 per child and a piece of fruit
for a shared morning tea.



YOUTH GROUP

Meet weekly on Wednesdays 5.30 pm to 7.30 pm
in the Youth Room.

Contact the church office for more details.

*(These group activities are run throughout the school
terms).*



St David's Union Church, Allenton, Ashburton

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Parish Office Hours: Tuesdays to Fridays 10.00 am to 12.30 pm,

Email: office@st-davids.org.nz

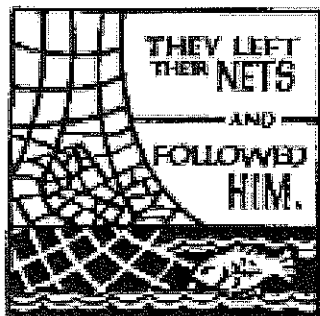
Website: www.stdavidsashburton.org

All staff members can be contacted through the church office, Phone 3085174 or a message can be left on the answerphone.

Pastoral: The minister is available for pastoral care needs. Please call the office 308 5174 to make an appointment, or talk to Henry after the Sunday worship services to make an appointment. If you know

PARISH COUNCIL

Chairperson	David Henson
Secretary	Alison Early
Treasurer	David Fisher
Envelope Secretary	Peter Yates



Closing date for the next
newsletter will be

19 July 2022