

What baggage do you carry around? This does not mean your handbag or even your man-bag.

Are you the kind of person who holds onto grudges, mistakes that have happened in the past, whether they are your own or those committed by someone else.

We often worry about the extra kilos we may be carrying around so we try to eat less and exercise more. Baggage such as blame, hurt feelings, disappointments weigh so much more than our extra kilos and cause more damage to us especially our Spiritual Health. Just as we clean the house to get rid of dust and rubbish, we also need to clean our mental and spiritual health.

Praying, reading, journaling, meditation, counselling and exercise are all good ways to help ensure that past issues don't seep into your current relationships.

Our Scriptural motto should be: 'be gentle, kind, meek and patient.. Put up with each other and forgive anyone who does you wrong, just as Christ has forgiven you. Love ties everything completely together.' (Colossians 3:12-14)

The Pastor Is In



Judi is available to provide pastoral care – **Mondays and Wednesdays from 8-4pm** either in her office or she can

visit you. Judi is available outside of these hours only in times of crisis. Our Elders are also available for pastoral care.

Judi - 0423 375 714, Bob - 8588 1906 or Val - 9772 4183.



Prayer Points: Give thanks that one of our long-term homeless is now in a unit and can be reunited with his daughter.

Give thanks for the overwhelming generosity of **YOU** our congregational members for donations to our building fund.

Please pray for success with our grant to keep our breakfast going and for donations to continue for our Pantry as we do not have funds available.

Children's Choir: What a wonderful night we had listening to the songs and testimonies of the African children. May God continue to bless their wonderful journey.

Homelessness Week August 6th to 12th. This is an exciting event as we put the call out for 'Coins or Cans' to the local community. On Saturday 12th we will line up all the cans donated to see if we can cover the entire Hall floor. Our local MP is on board. We wish everyone to be involved and we hope that we have so much canned food we will be able to donate it to other places who support the homeless.

Story-telling trail - as mentioned our foyer will be decorated to tell the story of 'Marigold in Godmother's House'. The official opening will be **Saturday 7th October** which is also the date for our **Seniors Week Gospellaires afternoon concert.** What a great combination of activities. More updates to follow.



9 July 2017

Speaker: Colin - Gospellaires Reading: Leah - Genesis 24:34-38 & 42-49 Val - Matthew 11:16-19 & 25-30 Communion: Val / Janice

16 July 2017

Speaker: Laurel - Prison Network Reading: Fiona / Jeanne Communion: Judi



23 July 2017

Speaker: Judi Reading: Noel—Genesis 28-19 Leah—Matthew 13:24-30 & 36-43 Communion: Chrissy



The 2nd & 4th Sunday of every month dust off those vocal chords and come along and enjoy some good old-fashioned Gospels in a warm and friendly environment.

WHAT'S ON

MONDAY	 Fit Mums Ladies in the shed Music with Mummies 	8-9.00 - Hall 9.30-12.30pm 9.30-10.30 - chapel
TUESDAY	 CS Mornington in the Mens Shed Music for Mummies 	9-12 noon - Mens Shed 9-12noon - chapel
WEDNESDAY	 Community Breakfast Men's Shed 	8-10am—hall 9-2pm—backyard
THURSDAY	Men's ShedAA in the Chapel	9-2pm—backyard 11am—chapel
FRIDAY	 Prayer Meeting Bible Study for Women Men's Shed Afternoon Games 	10—1030am Annex 1030—1130am Annex 9-12noon - Mens Shed 12 -3.30pm - Chapel
SATURDAY	• Ladies in the shed	10-1pm
SUNDAY	Worship Service	10-11am—chapel Followed by cuppa—hall

Church and Mission office 3-5 Blantyre Ave Chelsea Office: 03 9773 0301 Minister: Judi Turnham 0423 375 714 See phone list for contact details Website: www.chelseachurchofchrist.org.au