



⁹ ***Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.*** Galatians 6:9 (NIV)

From The Pen of Pastor Judi

What are You doing here?

Have you ever found yourself in a place where you heard God ask you, "What are you doing here?" Elijah did. And he heard this question in the immediate aftermath of one of his most victorious mountain top experiences. Even though he was among the mightiest of all God's men, Elijah was given to spiritual depression. He was living proof of the fallacy that only those who know failure get depressed.

Depression is real. Just ask anyone who has had depression come knocking unwelcome and uninvited at their door. Since we are made up of spirit, soul and body, we need to determine where to seek the most appropriate help.

The first step in overcoming spiritual depression is to address your **physical needs**. It is significant that Elijah immediately fell asleep. And the first thing the angel that woke him said was, "Arise and eat." (1 Kings 19:5). Proper diet and healthy eating habits coupled with adequate sleep and exercise are some of the best ways to fight depression and get back on the road to healing.

Have you ever been somewhere that you thought God didn't want you to be? Stop hiding. Face the foe: face your depression. When we are experiencing depression we often want to withdraw.

None of us is immune to bouts, of spiritual depression. When you are experiencing this, don't just treat the symptoms, treat the source of the depression and rest in the fact that God has the solution.

And His solution still comes to us in that "still small voice"

Thought Provoking Words.

You can never change the past. But by the grace of God, You can win the future. So remember those things which will help you forward, but forget those things which will only hold you back.

Richard C. Woodsome



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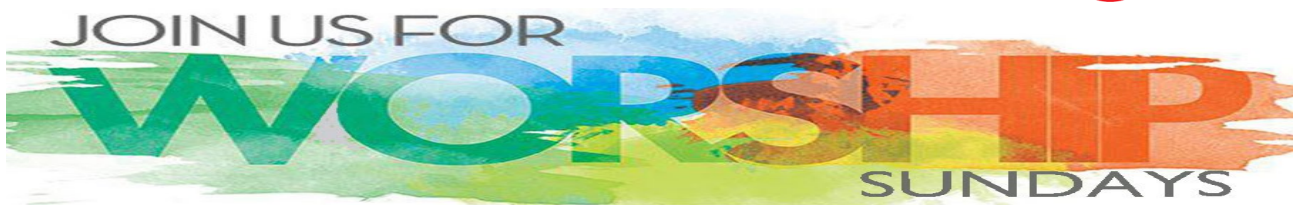
The Pastor Is In:

Pastor Judi provides pastoral care to all who attend the church and overall site throughout the week. She is able to meet on or off site, depending on your preferences.

Best contact 0423 375 714.

Please note: Pastor Judi is in the office all day Mondays, and half a day on Wednesdays and Fridays only. Pastor Judi does not work Tuesdays, Thursdays or Saturdays. However she will return your call if it is an emergency.

Please have your mobile phone on silent



Sunday Services:

<u>November 10th</u>	<u>Subject:</u>	The Feast	<u>Preacher:</u>	Judy
Readings:	Mark 14:22-31	Val	Mark 14:32- 42	Noel
Helpers:	Val & Noel		Communion	Judi
<u>November 17th</u>	<u>Subject:</u>	The End	<u>Preacher:</u>	Judi
Readings:	Mark 14:53-65	Tony	Mark 15:1-34	Marg



THINK GOD

⁵ Trust in the LORD with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight.
Proverbs 3:5-6 (NIV)

The Wonder of His Grace

*When I came to Jesus with my sin and shame
And to him confessed my deepest need,
When by faith I trusted fully in his name,
God's rich grace was granted me indeed.*

Major Howard Davies (ret)
(Salvation Army Officer)

Church Happenings

Church Surveys:

A church survey form was distributed. The results will assist the Church and its members to determine where we wish to be in the future given the changes happening in the surrounding community.

Please ensure you give completed survey forms to Len. All comments are welcome.

Church Directory Update:

Today is the last day for you to complete an address book update form. If you have not completed and handed one to Len, please make sure you do so today.

Successful Seniors Month:

Boy what a busy month October turned out to be. We had 27 people attend our Trivia afternoon and, after catering costs, raised \$100.00.

We welcomed 42 extras to our "Big Breakfast" and the feedback to all the sessions was overwhelmingly positive.

New Blinds in Hall:

Watch this space – they will be installed next week.

Galatians

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ABBA	EAT	LEAVEN	STAND
AGAR	FAITH	LIE	STRIFE
ANGEL	FORBID	NONE	TESTIFY
ARABIA	FRUIT	NOW	TITUS
BAPTIZE	GENTILES	PAUL	TREE
BARNABAS	GOD	PETER	TRUTH
BEGGARLY	GOSPEL	PROFIT	TUTORS
BELIEVE	GREEK	REAP	WEAK
BEWITCHED	HEARTS	RESTORE	WEARY
BLOOD	HEED	SENT	WOMAN
BODY	HOPE	SINAI	WOMB
BONDAGE	IDOLATRY	SON	YEARS
COVENANT	INHERITANCE	SPIRIT	YOKE
CROSS	JEWS	SPY	ZEALOUS