

LIVING JESUS' EXAMPLE

Chelsea Community Church of Christ

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From The Pen of "The Rev"

Facing Your Giants.

God doesn't make our problems just disappear – if He did we would never learn, never grow, never mature in our journey.

Moses picked 12 men to spy out the land of Canaan at the command of the Lord. When they returned, they reported that the land flowed with milk and honey but the people were powerful, strong, of a great size and the cities were fortified.

But Caleb said to Moses – we should go up and take possession of the land, for we can certainly do it. But those who had gone with him were held in bondage to their fear of the people. They said we seemed like grasshoppers in our own eyes and we looked the same to them. They spread their fear throughout the rest of the people.

Only Caleb and Joshua held their faith, remembering God's faithfulness and power and to trust in the Lord. The other ten forgot all that God had done and spoke of returning to Egypt. Because of their lack of faith the entire generation of unbelieving Hebrews were left to wander in the wilderness for forty years, until every adult had died, except Joshua and Caleb – the two spies who trust the Lord.

Fear holds us in bondage – it doesn't matter how old we are or what circumstances we have been through, the memories can prevent us from moving forward.

God is just a prayer away: change you thinking from "this is too hard" to "God is faithful, He has helped me through before and He will help me through again – He will take care of my problem"

Spending time with God every day, even praying a few simple words, will change your circumstances and your life.

As Isaiah 40:31 says: "Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."



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The Rev. Is In:

Rev. Judi is available to provide pastoral care/counselling. Appointments are required. Due to Covid19 restrictions Judi can only see people, face-to-face at the Church in times of urgent crisis. All other support will be provided by phone.

Please phone Rev. Judi on 0423 375 714.

TRUST AND OBEY, KEEP THE FAITH.

Special COVID 19 Newsletter.

The following is a summary of a term developed by Dr. Pauline Boss – called “ambiguous loss.”

This is the type of grief we are living with due to COVID19. The feelings of stress, sorrow and frustration are what we are living with because our “normal” lives have been turned upside down.

It is challenging because it is a reaction to the ambiguity of losing more intangible parts of our lives. It is confusing and disorienting and defies popular ideas about “closure.” There appears to be no end to the current COVID19 pandemic and that’s part of what makes our emotional experience of this disease so taxing.

The first thing to know is that feeling distressed due to ambiguity is *normal*. Practicing accepting your (and others) emotional reactions to it is critically important to begin the coping process.

What can help:

Recognise conflicted emotions: your feelings may seem at odds with each other but this is a common reaction. It can be helpful to share your ambivalence with others and hear their experience of grief in order to bring these conflicting feelings to the surface and begin to process them.

Find meaning: notice what is still present about your pre-COVID19 life:
Where you are resilient and then sharing this with others?
What are you still doing well despite the stress?
What new things have you discovered about yourself or your family?
Where are you thriving?

If you find this difficult it can be helpful to try small activities that you know you can accomplish, to experience a sense of mastery. Taking small steps towards trying things you can achieve can help you feel successful, thereby softening your experiences of grief and feeling out of control.

This pandemic is isolating, as ambiguous losses often are. But because we are universally grieving, we can also know we are not alone.



CHURCH HAPPENINGS

Church and Care Works activities:

Wednesdays:

Take-away brekky:

7.30 – 10am is still operating, however it is strictly take-away only. No guest is permitted to remain on site to eat their meal.

Food pantry:

7.30-10.30am by prior appointment only. These must be made through Di as Pantry Facilitator.

Sundays:

Live-streaming of the Church Service from 10-10:30am. Check on facebook or our webpage www.chelseachurchofchrist.org.au. You can download the sermon via our webpage.

Weekly Bible studies:

We have completed our planned 7 weeks using the book “We make the road walking.” Rev. Judi will consider what the next studies will be. These are also available to download via our webpage.

What if I don't have access to a computer, or printer or email?

For those who wish to receive hard copies, Rev Judi will continue to deliver these (around 15 people) to your post box.

Weekly Pastoral support/counselling:

Rev Judi will provide phone support due to restrictions. However, in situations of a crisis, she is able to meet someone at the church office via mutually planned appointments. These will be restricted to Mondays and Friday mornings if required.

Selected Verses to Help Get You Through COVID :19 Pandemic (NIV Bible)

Deuteronomy 31:8 The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Psalms 56:3-4 When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Psalms 29:11 LORD gives strength to his people; the LORD blesses his people with peace.

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Isaiah 26:39 You will keep in perfect peace those whose minds are steadfast, because teach you all things and will remind you of everything I have said to you.

John 14:26-27 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.