



Peel Valley Congregation

Gowrie, Hallsville & West Tamworth

7-9 August 2015

Meg Mangan 0466 337 005

P.O. BOX 3315 WEST TAMWORTH

2 Samuel 18:5-9, 15, 31-33 (NIV)

⁵ The king commanded Joab, Abishai and Ittai, "Be gentle with the young man Absalom for my sake." And all the troops heard the king giving orders concerning Absalom to each of the commanders.

⁶ David's army marched out of the city to fight Israel, and the battle took place in the forest of Ephraim. ⁷ There Israel's troops were routed by David's men, and the casualties that day were great—twenty thousand men.

⁸ The battle spread out over the whole countryside, and the forest swallowed up more men that day than the sword.

⁹ Now Absalom happened to meet David's men. He was riding his mule, and as the mule went under the thick branches of a large oak, Absalom's hair got caught in the tree. He was left hanging in midair, while the mule he was riding kept on going.

¹⁵ And ten of Joab's armor-bearers surrounded Absalom, struck him and killed him.

³¹ Then the Cushite arrived and said, "My lord the king, hear the good news! The LORD has vindicated you today by delivering you from the hand of all who rose up against you."

³² The king asked the Cushite, "Is the young man Absalom safe?"

The Cushite replied, "May the enemies of my lord the king and all who rise up to harm you be like that young man."

³³ The king was shaken. He went up to the room over the gateway and wept. As he went, he said: "O my son Absalom! My son, my son Absalom! If only I had died instead of you—O Absalom, my son, my son!"

Psalms 130 (NIV)

¹ Out of the depths I cry to you, LORD;

² Lord, hear my voice.

Let your ears be attentive to my cry for mercy.

³ If you, LORD, kept a record of sins, Lord, who could stand?

⁴ But with you there is forgiveness, so that we can, with reverence, serve you.

⁵ I wait for the LORD, my whole being waits, and in his word I put my hope.

⁶ I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.

⁷ Israel, put your hope in the LORD, for with the LORD is unfailing love and with him is full redemption.

⁸ He himself will redeem Israel from all their sins.



Ephesians 4:25-5:2 (NIV)

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.



³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

⁵ ¹ Follow God's example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

A Healing Silence

When anger rages

Resist the urge to speak

Words will only wound

Resolve is what you seek

Simply take a quiet moment

To let your feelings digest

Remember all that is good

Let nature do the rest

Within this moment of silence

Reason will abound

Animosity retreats

Again love is found

"The explanation requiring the fewest assumptions is most likely to be correct." ~ William of Ockham

CHURCH SERVICES

14 August 6pm	Hallsville	~ Rev S Hansford
16 August 8.30am	Gowrie	~ NO SERVICE
16 August 9am	Hallsville	~ Trevor Forrester HC
16 August 11am	West	~ Rev Bill Fischer



Bible Readings ~ August 16

1 Kings 2:10-12, 3:1-14

Psalms 111

Ephesians 5:315-20

John 6:51-58



PEEL VALLEY CONGREGATION

Our goal: "To be transformed communities, experiencing, enjoying & sharing the gift of the friendship of Jesus."

Mission: "Called to be Free, Gifted to Serve."

Pastoral Care: **Meg Mangan 0466 337 005**

Elders: Margaret Crowell Doss Wark
Barbara Murray

Ross Davidson
Gillian & Bruce Jarrett



..... enjoy & share the gift of the friendship of Jesus



IN OUR PRAYERS

- Nancy Parsons is appreciative of our continued prayers.
- Phyll Bylund has had the plaster cast removed from her arm, and is now able to begin rehabilitation exercises.
- We pray for absent friends - some have travelled to warmer areas, whilst others are having some problems.
- Glenda is expected to undergo bypass surgery in Newcastle in the next day or two. We pray for a good recovery.
- We pray for Bruce and Marie Westbrook. Marie was recently hospitalised with pneumonia, and continues to need lots of care.
- Beulah found the visit to see the specialist helpful. Thank-you for your prayers.



Meg's Musings

This week there was an article in the Sydney Morning Herald about a scientific study undertaken about diet. The study concluded that the participants who regularly enjoyed chillies and other hot, spicy foods, were likely to live longer.

The study was conducted in China, where people may have enjoyed a hot, spicy diet for millennia. But people who hail from an Anglo-Northern European background may not have adapted to chillies and other hot food nearly as well.

The assumption was that, what suits some people must suit, and be good, for everyone.

Making assumptions about other peoples' actions, habits or health issues can be dangerous.

King David assumed that, because he told his troops that he wanted Absalom spared, that this would happen. Unfortunately for David, it did not.

What assumptions do you make about other people which may get in the way of a better relationship with them?

Blessings from Meg



And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. ~ Mark 11:25 (KJ)

Your assumptions are your windows on the world.
Scrub them off every once in awhile, or the light won't come in.

- Alan Alda



HAPPY BIRTHDAY

9 August ~ Ross Davidson

It takes a long time to become young.
~Pablo Picasso



1st Sunday of the month

~ Luncheon @ West

4th Sunday of the month

~ Markets @ Hallsville

3rd Sunday of the month

~Trading Table @ West Tamworth

..... enjoy & share the gift of the friendship of Jesus



John 6:35, 41-51 (NIV)

³⁵ Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

⁴¹ At this the Jews there began to grumble about him because he said, "I am the bread that came down from heaven."

⁴² They said, "Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I came down from heaven'?"

⁴³ "Stop grumbling among yourselves," Jesus answered.

⁴⁴ "No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day.

⁴⁵ It is written in the Prophets: 'They will all be taught by God.'¹ Everyone who has heard the Father and learned from him comes to me.

⁴⁶ No one has seen the Father except the one who is from God; only he has seen the Father.

⁴⁷ Very truly I tell you, the one who believes has eternal life.

⁴⁸ I am the bread of life.

⁴⁹ Your ancestors ate the manna in the wilderness, yet they died.

⁵⁰ But here is the bread that comes down from heaven, which anyone may eat and not die.

⁵¹ I am the living bread that came down from heaven. Whoever eats this bread will live forever.

This bread is my flesh, which I will give for the life of the world."



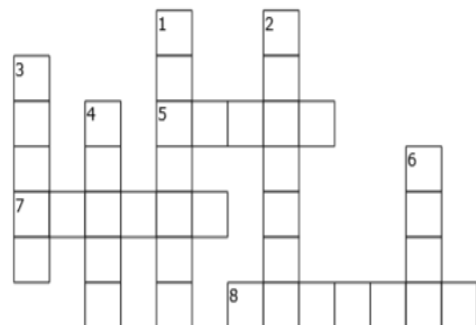
Heavenly Bread

"I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)

Puzzle is based on John 6:41-51



"I am the living bread."



ACROSS

5. To gain knowledge through experience or study
7. To make an effort to hear something; to pay attention
8. A person who speaks for God; Isaiah, for example

DOWN

1. To accept as true or real
2. For everlasting time; eternally
3. The earth with its inhabitants
4. The Son of God
6. To continue to be alive