



Peel Valley Congregation

Gowrie, Hallsville & West Tamworth

3-5 February 2017

Meg Mangan 0466 337 005

P.O. BOX 3315 WEST TAMWORTH

Isaiah 58:1-9a (NIV)

True Fasting


58 "Shout it aloud, do not hold back.
 Raise your voice like a trumpet.
 Declare to my people their rebellion
 and to the descendants of Jacob their sins.
² For day after day they seek me out;
 they seem eager to know my ways,
 as if they were a nation that does what is right
 and has not forsaken the commands of its God.
 They ask me for just decisions
 and seem eager for God to come near them.
³ 'Why have we fasted,' they say,
 'and you have not seen it?
 Why have we humbled ourselves,
 and you have not noticed?'
 "Yet on the day of your fasting, you do as you please
 and exploit all your workers.
⁴ Your fasting ends in quarreling and strife,
 and in striking each other with wicked fists.
 You cannot fast as you do today
 and expect your voice to be heard on high.
⁵ Is this the kind of fast I have chosen,
 only a day for people to humble themselves?
 Is it only for bowing one's head like a reed
 and for lying in sackcloth and ashes?
 Is that what you call a fast,
 a day acceptable to the LORD?
⁶ "Is not this the kind of fasting I have chosen:
 to loose the chains of injustice
 and untie the cords of the yoke,
 to set the oppressed free
 and break every yoke?
⁷ Is it not to share your food with the hungry
 and to provide the poor wanderer with shelter—
 when you see the naked, to clothe them,
 and not to turn away from your own flesh and blood?
⁸ Then your light will break forth like the dawn,
 and your healing will quickly appear;
 then your righteousness will go before you,
 and the glory of the LORD will be your rear guard.
^{9a} Then you will call, and the LORD will answer;
 you will cry for help, and he will say: Here am I.

Change your thoughts and you change your world. ~ Norman Vincent Peale



One tree can start a forest;
 One smile can begin a friendship;
 One hand can lift a soul;
 One word can frame a goal;
 One candle can wipe out darkness;
 One laugh can conquer gloom;
 One hope can raise our spirits;
 One touch can show you care;
 One life can make a difference,
 Be that one today. ~ BJ Gallagher

Psalm 112:1-10 (NIV)



¹ Praise the LORD.
 Blessed are those who fear the LORD,
 who find great delight in his commands.
² Their children will be mighty in the land;
 the generation of the upright will be blessed.
³ Wealth and riches are in their houses,
 and their righteousness endures forever.
⁴ Even in darkness light dawns for the upright,
 for those who are gracious and compassionate and
 righteous.
⁵ Good will come to those who are generous and lend
 freely,
 who conduct their affairs with justice.
⁶ Surely the righteous will never be shaken;
 they will be remembered forever.
⁷ They will have no fear of bad news;
 their hearts are steadfast, trusting in the LORD.
⁸ Their hearts are secure, they will have no fear;
 in the end they will look in triumph on their foes.
⁹ They have freely scattered their gifts to the poor,
 their righteousness endures forever;
 their horn will be lifted high in honour.
¹⁰ The wicked will see and be vexed,
 they will gnash their teeth and waste away;
 the longings of the wicked will come to nothing.

Meg's Musings

I recently saw a TV programme about health. During the programme it was stated that thinking about doing exercise (in a very specific way) for a set time each day, actually caused the participants existing calf muscles to become more effective. It seemed strange!

That got me wondering about what might happen if people began to think more about God, instead of choosing to banish God from their thoughts, and their lives. Would it help to grow parts of themselves which are repressed when they decide not to allow God into their lives? We don't know for sure, but my hunch would be that they may become more tolerant of differences, and perhaps kinder to themselves and other people. I can't imagine my life without God. As well as being my steadfast rock, God is my source of love, goodness and generosity. Imagine what each of us may be like if we chose to keep God in our thoughts all of the time!

Blessings from Meg



I can and I will; just watch me!

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 Marie Meyer Barbara Murray
 Doss Wark Ross Davidson Gillian & Bruce Jarrett



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



PRAYER LIST

- We thank God for an enjoyable trip to Breeza, and for the fellowship which we experienced with the Quirindi, Werris Creek and Gunnedah church members. Thanks too, to Judy and Marshall who "manned" the bus.
- Please continue to keep Elphie in your prayers.
- Barbara and John Murray would appreciate our prayers for their health.
- We pray for the children who commenced school this week - that despite the heat, they may enjoy the experience.
- We pray for Pat Hoyt. She is to have further treatment, but is waiting for the medication to become available.
- Bob Forrester's health has greatly improved - he was able to join us and travel to Breeza last Sunday.

Never forget the three powerful resources you always have available to you: love, prayer, and forgiveness. ~ H. Jackson Brown, Jr

1 Corinthians 2:1-16 (NIV)

2 And so it was with me, brothers and sisters. When I came to you, I did not come with eloquence or human wisdom as I proclaimed to you the testimony about God.² For I resolved to know nothing while I was with you except Jesus Christ and him crucified.³ I came to you in weakness with great fear and trembling.⁴ My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power,⁵ so that your faith might not rest on human wisdom, but on God's power.

God's Wisdom Revealed by the Spirit

⁶We do, however, speak a message of wisdom among the mature, but not the wisdom of this age or of the rulers of this age, who are coming to nothing.⁷ No, we declare God's wisdom, a mystery that has been hidden and that God destined for our glory before time began.⁸ None of the rulers of this age understood it, for if they had, they would not have crucified the Lord of glory.⁹ However, as it is written: "What no eye has seen, what no ear has heard, and what no human mind has conceived"—the things God has prepared for those who love him—¹⁰these are the things God has revealed to us by his Spirit. The Spirit searches all things, even the deep things of God.¹¹ For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God.¹² What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us.

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves. Buddha

| | | |
|--|---|---|
| | 1st Sunday of the month | 4th Sunday of the month |
| | ~ Luncheon @ West | ~ Markets @ Hallsville |
| | 3rd Sunday of the month | 26 February |
| | ~Trading Table @ West Tamworth | |



Matthew 5:13-20 (NIV)

Salt and Light

¹³"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

¹⁴"You are the light of the world. A town built on a hill cannot be hidden.

¹⁵Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house.

¹⁶In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

The Fulfillment of the Law

¹⁷"Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.

¹⁸For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished.

¹⁹Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven.

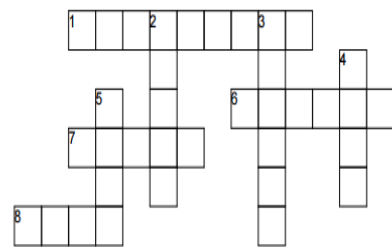
²⁰For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

The Salt of the Earth

"You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless." Matthew 5:13 (NLT)



Complete the activity below.



ACROSS

- 1. Has no value
- 6. The way a food or drink is recognized from its taste
- 7. The planet we live on
- 8. Unable to be found

DOWN

- 2. To eat or drink a small amount of something.
- 3. Having a taste of salt
- 4. The opposite of bad
- 5. A white mineral compound used to season food

CHURCH SERVICES

| | | | |
|-------------|--------|-------------------|--------------|
| 10 February | 6pm | Hallsville | ~ no service |
| 12 February | 8.30am | Gowrie | ~ no service |
| 12 February | 9am | Hallsville | ~ Meg Mangan |
| 12 February | 11am | West | ~ Meg Mangan |

