



Peel Valley Congregation

Gowrie, Hallsville & West Tamworth

11 August 2024

Meg Mangan 0476 375 989

P.O. BOX 3315 WEST TAMWORTH

John 6: 35, 41-51 (NLT)

Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.

⁴¹ Then the people began to murmur in disagreement because he had said, "I am the bread that came down from heaven."

⁴² They said, "Isn't this Jesus, the son of Joseph? We know his father and mother. How can he say, 'I came down from heaven'?"

⁴³ But Jesus replied, "Stop complaining about what I said.

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

⁴⁵ As it is written in the Scriptures, They will all be taught by God.' Everyone who listens to the Father and learns from him comes to me.

⁴⁶ (Not that anyone has ever seen the Father; only I, who was sent from God, have seen him.)

⁴⁷ "I tell you the truth, anyone who believes has eternal life.

⁴⁸ Yes, I am the bread of life!

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

⁵⁰ Anyone who eats the bread from heaven, however, will never die.

⁵¹ I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh."

I am the bread of life.

He who comes to me shall not hunger;
he who believes in me shall not thirst.

No one can come to me
unless the Father draw him.

*And I will raise him up,
and I will raise him up,
and I will raise him up on the last day.*

The bread that I will give
is my flesh for the life of the world,
and he who eats of this bread,
he shall live for ever,
he shall live for ever ~ Sister Suzanne Toolan

Living in the Light

5 Imitate God, therefore, in everything you do, because you are his dear children. ² Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God. ~ Ephesians 5:1-2

Robyn Williams in every movie he filmed, he asked the production company to hire at least 10 homeless people. During his entire career, he helped approximately 1520 homeless. - What a legend. ~ Disney

CHURCH SERVICES

18 August 8.30am **Gowrie** ~ Meg Mangan

18 August 11am **West** ~ Meg Mangan

25 August NO SERVICE

31 August **2pm** **City Church** ~

Induction of Rev Sam Sadrata

1 September TBA **Southside** ~
Combined Service

Other Lectionary Readings:

2 Samuel 18:5-9, 15, 31-33

Psalms 130 Ephesians 4:25-5:2



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



IN OUR PRAYERS

- We give thanks for the friends and family members who love us the most. Let us never take that love for granted.
- We continue to pray for Beulah Fenwick.
- We also pray for Glenda Whitten.
- We pray for Sam and Mary Sadrata as they prepare to move to Tamworth - hopefully later this week.
- We pray for wisdom for world leaders as problems within the Middle East continue to escalate.

Meg's Musings

It has been interesting to watch some of the televised Olympic Games.

In some competitions people have taken substantial risks in order to try and win a gold medal.

In the women's gymnastics, most of the competitors took a tumble off the balance beam. In the skateboarding many young girls took quite a tumble. They are prepared to risk all for the chance of glory. The idea of winning, and being the best, has captured their heart.

What captured Jesus' heart was the souls of men and women. For that he gave up everything!

What captures your heart? Is it family, friends, health, wealth or is it something else?

Blessings from Meg



It's not what you give; it's why you give it ~ SLV

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."**

Minister: **Rev Geoff Flynn 0421 338 202**

Pastoral Care: **Meg Mangan 0476 375 989**

Elders: Margaret Crowell Daryl Lush



Singing Group - West Tamworth

2nd & 4th Monday 10am

Followed by a cuppa and a chat.....



Fabulous Finds Op Shop @ Hallsville

Open 9:30 to 1:00pm

Thursdays, Fridays, Saturdays.

Cuppa & chat always available.



Words from Rev Geoff - Be Imitators of Christ

This week I am attending the Saltbush Spring Retreat for Rural Minister's which is being held at the St Joseph's Catholic retreat Centre in Kincumber. I valued this opportunity to withdraw from the weekly routine of ministry to focus more intentionally on my own spiritual journey as an imitator of Christ.

Our call to action in this Sunday's Epistle reading is to "be imitators of God, as beloved children, and live in love as Christ loved us" (Ephesians 5:1) This word translated as "imitators" or "followers" comes from the same Greek word as the word mimic. It has the positive connotation of emulating a pattern set by an admired role model, and it is used seven times in the New Testament to advocate following or emulating certain early church leaders, Christ, and, ultimately, God.

We are to imitate Christ and model our lives after him in the same way as a child imitates their parents. It's how children learn everything from washing their hands to putting away toys to treating others with respect. Young children want to grow up to be like their parents, and they will often pretend to be their parents—trying on their parents' shoes, wearing their hats or baptising their dolls if their parent is a Minister. Mimicking your parents is an important part of childhood play.

For over 500 years, The Imitation of Christ by Thomas A Kempis was the classic devotional textbook to encourage Christians to lead deep spiritual lives characterised by holiness, simplicity and humility. I was given a copy by my field education supervisor, and I often turn to it when I am feeling spiritually dry. Thomas reacts strongly to Christians who claimed superior authority and biblical knowledge but lacked an intimate relationship with Jesus. For Thomas a certain amount of withdrawing from the world is essential if we are to cultivate the spiritual life.

His message of unworldliness, withdrawal and humility seem almost counter cultural today as so much of our social media is about self-promotion and having the most followers. Yet if we are to find peace in this time of political and social then perhaps, we need to rediscover the great spiritual classics such as the imitation of Christ Revered as a way of relearn to walk in love, give sacrificially to others and offering ourselves fully as a child of God.

Reverend Geoff



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



Did You Know:
A 4 lb, 7 inch tall
Yorkshire Terrier
named Smoky
served in combat
during WWII?

In 1944 Smoky was found in a foxhole in the jungles of New Guinea by an American soldier who brought her back to camp and sold her to Corporal William A. Wynne for \$6.44.

For the next 2 years Smoky lived a soldier's life. Because she was not an official military dog, she did not get dog food or medical care. She shared Wynne's meals and slept beside him in his tent.

The little dog even flew 12 air/sea rescue and photo reconnaissance missions, secured in the soldiers backpack. She survived 150 air raids and saved Wynne by warning him of incoming shells. Like many Yorkies, Smoky also loved to learn tricks and perform. She did so with the Special Services - entertaining soldiers in hospitals. After the war Smoky was flown back to the US hidden in a oxygen mask carrying case.

For the next 10 years she made television and public appearances in Veterans hospitals until her death in 1957.

Smoky is considered the first Therapy Dog.

~ unknown

"The most important thing is to try and inspire people so that they can be great in whatever they want to do."

~ Kobe Bryant

**It was only a sunny smile,
And little it cost in the giving;
But it scattered the night
Like morning light,
And made the day worth living.**



Through life's dull warp a woof it wove
In shining colours of hope and love;
And the angels smiled as they watched above.

Yet little it cost in the giving.

It was only a kindly word,
A word that was lightly spoken;
Yet not in vain,

For it stilled the pain

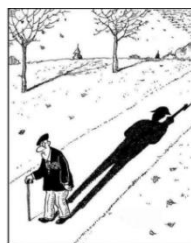
Of a heart that was nearly broken.

It strengthened a faith beset by fears
And groping blindly through mists of tears

For light to brighten the coming years,
Although it was lightly spoken.

~ Scott Fitzgerald

"We should always remember that those men in Tobruk gave us their today for our tomorrow."



Said veteran association boss Lachlan Gaylard of the death of WWII veteran Tom Pritchard who died at 102yo on Saturday.

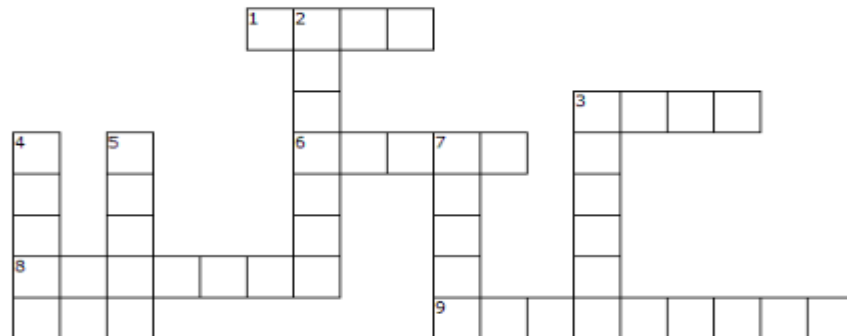
He was our last 'Rat of Tobruk' - the name given to the 14,000 Aussie servicemen who maintained control of the vital Libyan Port in the fight against the Germans in 1941. Lest we forget. ~ The Squiz

"Excellence encourages one about life generally; it shows the spiritual wealth of the world."

~George Eliot

The Perfect Role Model

Live a life filled with love, following the example of Christ.
Ephesians 5:2a (NLT)
Based on Ephesians 4:25-5:2



ACROSS

1. To be friendly, generous, or caring toward others
3. False statements presented as being true
6. A statement proven to be correct
8. One who serves as a pattern to be copied
9. Willing to overlook faults in others; to be merciful

DOWN

2. To copy the actions, appearance or speech of another person
3. Feeling or showing affection for others
4. A feeling of extreme displeasure
5. To take something without permission
7. A person who takes something without permission

W E K Q A S C E G D D P W P E
P W C G K Q R X O R T P E V C
E O T H I E F A O Q Q R I J U
X R X O G K Q M D C A S U K W
Y D Y N K S Z P K O U Y R T L
F S A O T V Z L Z B J F E U H
O P G W T J O E A B U S F E E
R W S T E A L I N G O P G G L
G O L I E S J F O U L A A I E
I R K L U X R M J E R U V T T
V K T O X Q T N H U G E A M M
I P B V K I N D O N D T U Y N
N T R E S V H C A I I M V G V
G E P U I B N L X M D A Z V U
M V Y U N E M T I P W K R V K

STEALING	ENCOURAGE	DEVIL	WORDS	LOVE
IMITATE	FORGIVING	THIEF	KIND	WORK
TRUTH	LIES	ABUSIVE	HELPFUL	GOOD
LANGUAGE	FOUL	EXAMPLE	ANGER	SIN

~ Sermons 4 Kids

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