



Peel Valley Congregation

Hallsville & West Tamworth



5 July 2026

Rev Geoff Flynn

Rev Sam Sadrata

Meg Mangan (Pastoral Care)

Roman 7:15-25a (NRSVU)

¹⁵ I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.

¹⁶ Now if I do what I do not want, I agree that the law is good.

¹⁷ But in fact it is no longer I who do it but sin that dwells within me.

¹⁸ For I know that the good does not dwell within me, that is, in my flesh. For the desire to do the good lies close at hand, but not the ability.

¹⁹ For I do not do the good I want, but the evil I do not want is what I do.

²⁰ Now if I do what I do not want, it is no longer I who do it but sin that dwells within me.

²¹ So I find it to be a law that, when I want to do what is good, evil lies close at hand.

²² For I delight in the law of God in my inmost self, ²³ but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members.

²⁴ Wretched person that I am! Who will rescue me from this body of death?

²⁵ Thanks be to God through Jesus Christ our Lord!

Matthew 11:16-19, 25-30 (NRSVU)

¹⁶ "But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

¹⁷ 'We played the flute for you, and you did not dance;

we wailed, and you did not mourn.'

¹⁸ "For John came neither eating nor drinking, and they say, 'He has a demon'; ¹⁹ the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

Jesus Thanks His Father

²⁵ At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶ yes, Father, for such was your gracious will.

²⁷ All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

²⁸ "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.

²⁹ Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

³⁰ For my yoke is easy, and my burden is light."

Other Lectionary Readings:

Genesis 24:34-38, 42-49, 58-67
Psalms 45:10-17 Song 2:8-13



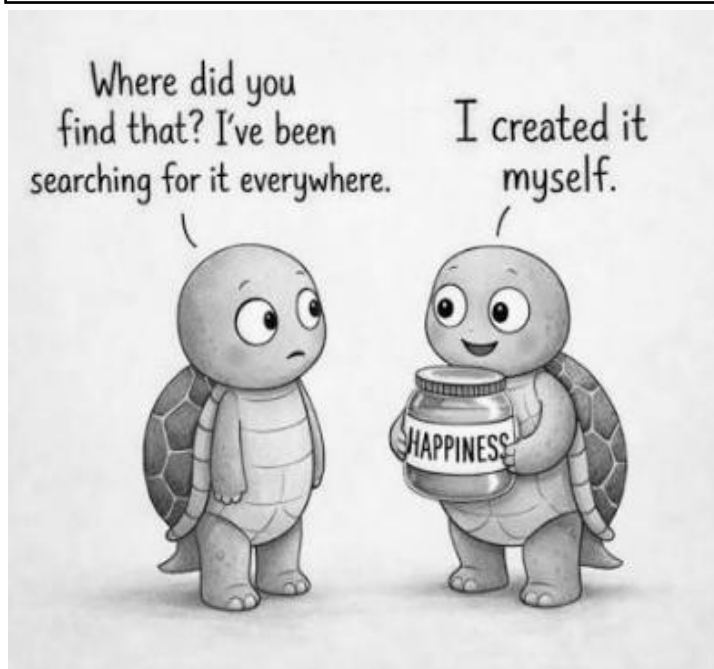
CHURCH SERVICES 11am West

12 July ~ Meg Mangan

19 July ~ Rev Sam



Let's remember the importance of simply being there for one another. ~ anon



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



IN OUR PRAYERS

- We pray for Doug Crowell as he continues to recover from surgery.
- We thank God for sunshine and warmth.
- We pray for the world leaders who are striving for peace - that peace will prevail.
- We pray for the people of Venezuela as they continue to experience aftershocks.
- We pray for people who are grieving at the moment, and especially the Hatfield family.

Meg's Musings

Over the years The Upper Room has printed a number of devotionals which I have written. On 30th June they published another one. They also asked me to contribute a "follow up" to the devotional. As you have all been so much a part of this journey, I wanted to share it with you. Unfortunately, The Upper Room is not longer published in Australia, but it is available online.

It's winter time in Australia. In our garden, the jonquils are having their best winter ever, with lots of yellow and creamy, white flowers. There has been enough sunshine to keep our gazanias happy too, and some of our succulent plants have bright orange flowers. The native daisy bush has many bright yellow flowers, and the rosemary has bees busily at work among its prolific purple blooms. It's easy to grab a handful of parsley from the garden to include in healthy winter soups.

These plants are providing color and scents during the winter while many others are taking a rest. Some plants are at their best in summer, while others thrive in the spring. Some plants grow large and provide shade; others are much smaller, which makes it easier for us to pick their flowers. Each has their place and their purpose.

Each of us needs to spend time with God regularly to find our place and purpose in life. Just as God enables the growth of all the different plants in the garden, God empowers us to take on new responsibilities and helps us to adapt to new circumstances. God wants to see us thrive, bloom brightly, and find our purpose.

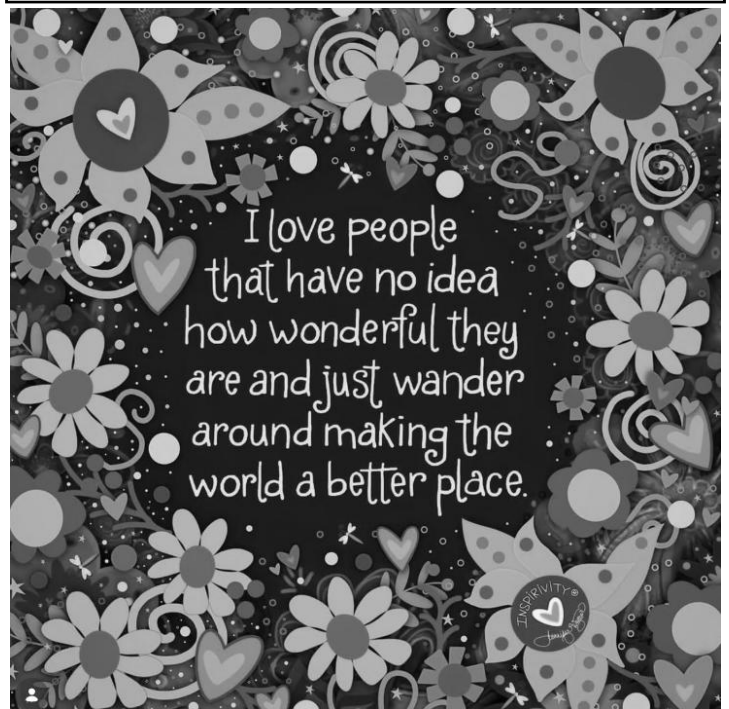
Much in my life has changed since writing this meditation in 2022. The meditation was written a few months after my husband was diagnosed with Parkinson's disease. Life was something of a roller coaster, and I became a "carer" for my husband. The dynamics of my marriage, and much of my life, changed over time.continued

My husband, Laurie, died in September of last year. That loss has created further changes. In some ways, everything is different, and yet so much around me remains the same. I live in the same city and the same house, I tend the same garden, and I am surrounded by the furniture and possessions that I had previously shared with Laurie.

Some relationships have changed over these past years. However, God hasn't changed. God is still the same! God's plans for me haven't really changed. I'm just becoming aware of some of the new dynamics within God's plan for me. I'm growing and adapting, just as plants grow and adapt as the seasons change.

"Blooming" is something I can manage on most days. On other days, that can still be a bit difficult. But God is there loving me, supporting me, and showing me what his plans for me are.

Blessings from Meg



When you stop comparing yourself to others, you become the best version of yourself."

~ Lao Tzu

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**

Rev Sam Sadrata 0431 216 188

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

Elder: **Margaret Crowell**

P.O. BOX 3315 WEST TAMWORTH



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Minister's Reflection

When We Don't Do What We Want to Do

One of my pet hates is trying to steer a shopping trolley with one wobbly wheel. You aim straight, but the trolley keeps pulling sideways. You correct it, but it still veers off. You're doing your best, but something inside the trolley has a mind of its own.

Paul understands that feeling. In Romans 7 he names it honestly: *"I do not do the good I want, but the evil I do not want is what I do."* He's describing that inner wobble — the gap between our best intentions and our everyday actions.

Paul is not making excuses. He's naming a truth about the human heart: we are complicated. We want to follow Christ wholeheartedly, yet we often act from fear, habit, impatience, or selfinterest. We know the way of love, but we don't always walk it. We know the words of kindness, but we don't always speak them. We know the call to justice, but we don't always live it.

Romans 7 reminds us that faith is not a straight line. It is a journey with stumbles, detours, and moments when we disappoint ourselves. But Paul doesn't leave us in frustration. He leads us to hope. After describing the struggle, he cries out, *"Who will rescue me from this body of death?"* And then comes the turning point: *"Thanks be to God through Jesus Christ our Lord!"*

The good news is that our failures do not have the final word. Christ does. The grace of Jesus meets us in the gap between who we are and who we long to be. God does not abandon us to our contradictions; God works within them. The Spirit nudges, strengthens, and reshapes us, slowly forming Christ's character in us.

Romans 7 invites us to be honest about our struggles without losing sight of grace. It encourages us to keep trying, keep trusting, and keep turning back to the One who rescues us. Our imperfections are real, but so is God's mercy. And mercy is always stronger.

In the end, Paul's message is simple: We are not perfect, but we are not alone. Christ meets us in the struggle and leads us toward life.

Rev Geoff



Be the reason someone believes in kindness.

Some people are like lighthouses. They spend their days shining for everyone else, offering comfort, guidance, and hope whenever someone is lost in the middle of a storm. They answer messages, listen to problems, and remind others to keep going, even when their own hearts are exhausted. But what many people don't see is that while they're helping others find their way home, they're often standing alone in the rain, carrying burdens they rarely talk about. Sometimes the strongest people are not the ones who need help the least—they are simply the ones who have learned how to suffer quietly while still becoming a light for everyone around them. ~ Cyyyy



Some people are like lighthouses.

They spend so much time guiding others through storms that no one notices they're standing alone in the rain.

The only one qualified to throw a stone *didn't*.

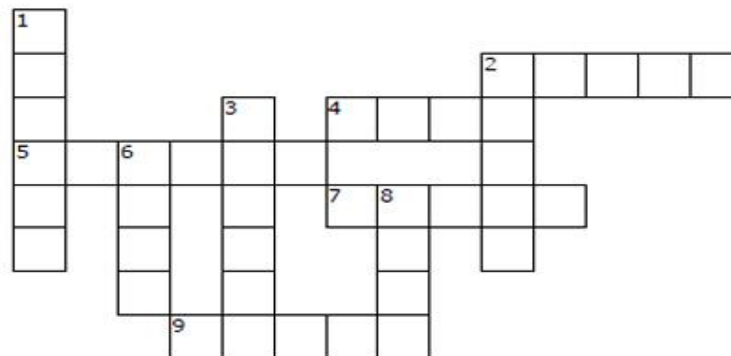
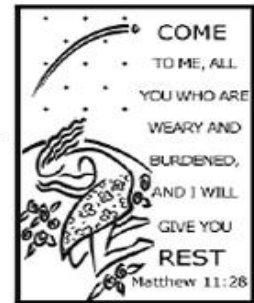


The one who lives for others will be remembered far longer than the one who lives only for himself. ~ Leo Tolstoy

Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Based on Matthew 11:28-30 (NIV)



ACROSS

2. Not heavy
4. The opposite of go
5. A heavy load that you carry
7. The place within a person where their feelings or emotions are
9. Very tired, especially after working hard for a long time

DOWN

1. Not proud or not believing that you are important
2. To get knowledge or skill about a subject
3. Calm, kind or soft; not violent
6. Stop and relax to regain your strength
8. Not difficult

WEARY COME	HUMBLE HEART	EASY LIGHT	BURDEN GENTLE	REST LEARN
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F Q N E Y M Y V K K D X G X E
 Q Q K O Q R G H U M B L E M S
 W O Q F A V E I E D T E O R Z
 Y M O E V B N Y Q Q K C T B V
 F N W L S W T H V A D C M U W
 P H K G R O L E T R W T F R D
 E M G I B U E A G E W W R D A
 Z A A V G P S R R W C H V E Y
 M S S E Z J Z T F E C W L N T
 Q U Q Y V X T H G Q A R X J N
 R E S E M X E N U E L Y N R W
 X C C O I I Y X M J F I A A K
 E I Z A U S S L Y J K E G Y D
 Y I J O L L V N I X L E R H V
 W G T R L L S K E R E S T K T

HUMBLE SOULS COME	ALL WEARY GIVE	LEARN GENTLE EASY	LIGHT TAKE BURDEN	YOKE HEART REST
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Sermon4kids4

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