

# The Vine

26<sup>th</sup> September 2021

Series: Advent Conspiracy

Message: Spend Less - ENERGY

Scripture: Psalm 23.

Psalm 42. 1-5. Isaiah 40. 28-31.



This Sunday we are encouraging you to consider spending less energy on the superficial aspects of Christmas.

Specifically, we are encouraging you not to: *'burn the (Advent) candle at both ends.'*

Working more is never the answer.

A biblical world view of stewardship can best be defined as:

"Utilising and managing all the resources God provides for the glory of God and the betterment of His creation."

*Body - Your physical energy – how healthy are you?*

*Heart - Your emotional energy – how content are you?*

*Mind - Your mental energy – how focussed are you?*

*Soul - Your spiritual energy – how hopeful are you?*

## **Romans 5:1-5**

## **Peace and Hope**

<sup>1</sup>Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup>through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. <sup>3</sup>Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; <sup>4</sup>perseverance, character; and character, hope. <sup>5</sup>And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

## **CONGREGATIONAL MEETING 1.30pm Today in Gympie**

Meeting documents have been emailed where possible.

Paper copies are available from the Information Table in the CE Room.

Church Council Membership nomination forms are also available.

# Preventative Maintenance

*An ounce of prevention is worth a pound of cure.*  
- Benjamin Franklin.

*A little precaution before a crisis occurs is preferable to a lot of fixing up afterwards.*

**Money:** → May I suggest that you don't wait until you are broke before forming and maintaining a budget?

**Time:** → May I suggest you budget time around priorities and stay within the budget?

**Energy:** → May I suggest you don't wait until your 'get up-and go' has 'got up and gone' until you address your experience of physical, relational, emotional, or spiritual fatigue?

**Effort:** → May I suggest you don't wait until you just can't be bothered before addressing the real issues behind your weariness with life?

Much Grace,  
Orrell



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## FRIENDSHIP CIRCLE ~ This Thursday 30<sup>th</sup> September, 9am

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Starting with a picnic on the lawn (picnic provided). Wear your favourite HAT - old, new, whatever. Please bring along a mug from home to use for morning tea.

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## FROM OUR BOOK OF LIFE ♦ This week please pray by name for ...

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Brett, Ruth, Debra, Ray, Di, Russell, Glenda, Norma, Brian, Mike.

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## CAFÉ GET-TOGETHERS

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Come along to our café mornings for a great time together.

Tuesdays & Fridays → 9.30am D'Café (Southside)

Mary Valley → 9:30am, second Wednesday of each month.

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## HELP WITH YOUR COMPUTER

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Struggling with your computer? Help is at hand! In connection with Mike Timperon's role with the Church Council, he's available to help you with your computer issues. The only cost to you would be any out of pocket expenses incurred. To discuss and arrange a time, phone Mike on 0403 271 413.

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## SAMARITAN'S PURSE SHOEBOX PACKING → TUESDAY 19<sup>TH</sup> OCTOBER

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Thank you for your very generous support again this year, both in gifts to be included in the boxes and for covering the cost of postage. The shoeboxes will be packed on Tuesday 19<sup>th</sup> October, 1:30pm in the Imbil Church Hall. If you'd like to help, phone Helen on 5484 3143. We're planning to take one or two carloads from Gympie - please contact Cherylie if you can to join us.

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### A RECOMMENDED READ - **5 Love Languages for Men**

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Books are available from the CE Room or phone the church office - \$22

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- Pete Greig of the 24/7 Prayer Room -

*“A prayer room is first and foremost a living room – a place where the Father waits for his children to come and climb into his arms.”*

*What an image!*

*Please ... join us in our Gympie Church, 8am Thursdays,  
and together we will climb into our Father's arms.*



## Physical Capital

### How much energy do we have available to invest?

One of the key elements in getting the most out of your life is finding what energizes you ... and by that, I don't mean coffee!!!

Energy is a powerful thing and it's best to understand how it works for you so that you can harness it. For each of us, there are things that bring us energy instead of taking energy away from us. Passion is an example. When you feel passionate about something, it fuels you, drives you to keep going when your body is tired or when obstacles are in front of you.

But, passion must be managed to avoid burnout. Our overall health comes into play here because it greatly affects our ability to invest energy. Things like getting proper rest and living in a rhythm of life that allows us to both work hard and rest are essential if we are going to steward our long-term physical capital.

**Jesus showed us how to do this when He taught His disciples how to work, rest and live, worry- and stress-free lives, that are more fulfilling and more fruitful.**

**Matthew 6. 25-34**



**UNITING**  
So we can be one

Our primary purpose is to fulfil our calling ... the calling of exhibiting the character of Jesus, spirit of humility, love, and unity, coupled with resurrection power, proving that the church is truly 'The Body of Christ' inhabited by God Himself!

### DATES TO NOTE:

**29<sup>th</sup> September:** National Police Remembrance Day Service. 10am, St Peter's Anglican Church (cnr Amy St & Lady Mary Tce)

**2<sup>nd</sup> October:** Mary Valley Trailblazers Bushman's Carnival

**5<sup>th</sup> October:** BIBLE SOCIETY Favourite Hymns & Morning Tea. 9.30am, Gympie Community Church (Cnr Pine & Myall Streets). Please bring a plate to share. Contact Narelle Towner for more details on 0418 729 268.

**18<sup>th</sup> October:** Concert supporting The Community Bus. Brad Sorensen will be performing. \$10 includes morning tea. Wesleyan church Hall, 9.30am.

**19<sup>th</sup> October:** Shoebox packing - 1.30pm, Imbil Church Hall.

**7<sup>th</sup> November:** Our AGM - 1.30pm, Gympie.

### GYMPIE REGIONAL UNITING CHURCH - HOW YOU CAN FIND US ...

#### WORSHIP

**Gympie:** 15 Red Hill Road - 8.30am & 10.15am

**Imbil:** 3 Elizabeth Street - 9am

#### Church Office

P: 5482 2985 E: office@gruc.org.au

www.gruc.org.au F: www.facebook.com/guchurch

#### Office Hours

Mon & Tue 8:30am to 12pm - Thur & Fri 9am to 3pm

#### Live-streaming

Gympie's 10:15am message is livestreamed

Go to 'Gympie Regional Uniting Church' on Facebook / Youtube

### OFFERING & ATTENDANCE LAST SUNDAY

Attendance: Adults 91 ♦ Children 6 ♦ Total Week's Offering: \$5098.00

Livestreamed audience: 144 views on facebook and 17 on YouTube

Thank you for your contributions to the Lord's work in our midst.

Budgeted Offerings per week is \$3,792.00.

Tithes & Offerings by Bank Transfer: Westpac BSB 034 127 Acct: 29 4101

*(Please identify your bank transaction as either 'Tithe' or 'Offering', Thank you)*