

Series: 'Healthy Church'

*"It is impossible to be spiritually mature, while remaining emotionally immature."
Peter Scazzero*

27th August 2023

**The only thing you sometimes have control over is perspective.
You don't have control over your situation.
You do have a choice about how you view it.**
Chris Pine

Message: 'The Zoom Call'

You can zoom in, or you can zoom out,
- it's your call, choose your view wisely.

Scripture:

- Psalm 43: 5. NIV.
- 1st Corinthians 2: 11-16. NIV.
- Romans 12: 1-2. NIV.
- Philippians 4: 4-9. NIV.



Zoom buttons on digital devices, for example phones and cameras, allow us to examine images from many viewpoints.

They also provide a fitting metaphor for how we view life.

Let's be honest, from a distance we can appear confident, competent, spiritually and emotionally mature adults, a closer look may well reveal a heart and a soul that are deeply troubled.

When we view life from God's (the grown-up in the room) perspective, two things happen:

1. You know His will for you,
2. You know He is pleased with you.

When those two things happen, your self-perception is changed, and you are no longer at the mercy of other people's opinion, evaluation or expectation of you.

When you zoom in on God's grace – His unearned, undeserved, unfailing favour towards you – it profoundly changes how you view, and how you feel about yourself, and how you view, feel and act towards other people.

~ Much Grace, Orrell ~

What's on?

- * **Prayer & Communion** - Tuesdays, 8am, in our Gympie Church
- * **Father's Day Celebrations** - Next Sunday, 3rd Sept, 9am, Imbil & Gympie
- * **Chaplaincy Breakfast** - Saturday, 9th Sept, from 7.30 to 9am, Kandanga Hall
- * **Shoobox Packing** - Wednesday, 13th September, 2pm, Imbil
- * **Men's Shed Open Day** - Saturday, 23rd Sept, 11 am to 3pm, Amamoor
- * **Jim Hall's Commissioning Service** - Friday 6th October, 10am, Bli Bli UC
- * **HymnFest** - Sunday, 15th October, 2.30pm, in our Gympie Church
- * **Bible Society Christmas Carols** - Friday, 1st December, 9.30am, Gympie

Explore The Iceberg

Listed below are four questions to help you identify and pay attention to your emotions, particularly those that may be hidden beneath the surface.

Before engaging the questions, close your eyes and sit quietly for a few moments.

Ask God to guide you and speak to you.

Be open to anything God may want to bring to the surface.

Allow about two minutes to reflect on and write your responses to each of the four questions.

Write down whatever comes to mind.

Draw from the present, recent past, or distant past.

- ***What are you angry about (a betrayal, a co-worker's hurtful comment, a car breakdown, unanswered prayer, etc.)?***
- ***What are you sad about (a small or big loss, disappointment, or a choice you or others have made)?***
- ***What are you anxious about (your finances, future, family, health, church)?***
- ***What are you glad about (your family, an opportunity, your church)?***

As an option, you may also consider exploring the iceberg with a safe friend. Your friend simply asks you the questions, one at a time, and listens attentively as you verbalize what is happening inside you.

I meet many people who are afraid to feel; they are worried that getting in touch with their emotions will release a torrent of hate, bitterness, or despair from within.

Perhaps that's true.

But an amazing by-product of paying attention to our pain is a fresh discovery of God's mercy in the gospel.

We discover God actually loves and accepts us where we are.

In fact, when I feel my emotions, I not only get connected to His love, but the defensive walls I've built to keep people out begin to crumble.

I realize that, if I risk living out of my true self in Christ, I won't die."

From "Emotionally Healthy Discipleship: Moving from Shallow Christianity to Deep Transformation" by Peter Scazzero)

Church Office During September

Reminder: Cherylie will be on Annual Leave from 4th September to 3rd October inclusive. The Vibe will not be published over this period and nor will usual office hours apply. Keith Brown will have the office mobile phone - all relevant inquiries can be directed to him on 0493 442 250.



Father's Day ... Next Sunday, 3rd September

Gympie Father's Day Breakfast Service ... beginning at 9am sharp with Communion. Immediately after Communion, you can leave to go do some 'Dad Stuff' with your families or stay for Breakfast, doing some 'Dad Stuff' here together - concluding at 10:30am. (No livestreamed message).

Imbil Gathering in the Church Hall at 9am. Guest Speaker, Len Hasson, will present his testimony and the morning will be rounded off with a delicious morning tea.



Mary Valley School Chaplaincy Breakfast

To support Mary Valley School Chaplaincy, you're invited to a Community Breakfast on **Saturday, 9th September** at Kandanga Public Hall. Breakfast will be served between 7.30 and 9am. If you'd like some more information, contact Helen on 5484 3143. Cost: \$7 per person, \$25 for a family of 4 (additional children \$5) and bring some spare cash for the raffles.

Samaritan's Purse Christmas Shoebox Packing

There will be lots of boxes to pack so, the more volunteers we have, the quicker we'll get the job done. We're packing the boxes on **Wednesday, 13th September** starting at 2pm in the Imbil Church Hall.

This is always a fun afternoon and we'll enjoy a tea break together. If you can help, please let Helen know (5484 3143) or the church office. We're hoping to have some volunteers from Gympie who can car pool for the drive to Imbil.

Mary Valley Men's Shed Open Day

Would you like to see how these guys operate? Then, come along to their open day and FREE Sausage Sizzle. **Saturday, 23rd September**, 11am to 3pm at 13 Busby St. Amamoor. For more information, contact Ken on 0428 605 393.

Jim Hall's Commissioning Service

Mary Burnett Presbytery and Blue Care invite you to Jim's Commissioning Service on **Friday, 6th October, 10am** at Bli Bli Uniting Church (10 LeFoes Rd, Bli Bli). RSVP by email to Kylie at ... admin@maryburnettpres.org.au

HymnFest

We're having another HymnFest ... singing more of your favourites. **Sunday, 15th October** at 2.30pm in our Gympie Church. You are welcome to invite family and friends and a plate of Afternoon Tea to share would be appreciated.

Bible Society Christmas Carols

Friday, 1st December, 9.30am in our Gympie Church. We'll bring you more information closer to the time.

OUR AIM: Unity and Maturity in The Body of Christ

UNITY “¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through ³the bond of peace. ⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.”



UNITING 4570
So we can be one

MATURITY “¹¹So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹²to equip his people for works of service, so that the body of Christ may be built up¹³until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. ¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.¹⁶From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.” *Ephesians 4.1-6, 11-16 NIV*

About UNITING 4570

Worship

Worship Services... **Gympie:** 15 Red Hill Road - 9am + Kidz Church (school term)
Imbil: 3 Elizabeth Street - 9am

Live-streaming... Sunday messages are usually livestreamed to facebook & YouTube; look up 'Gympie Regional Uniting Church'

Church Office... P: (07) 5482 2985 M: 0493 442 250 E: cherylie@gruc.org
www.gruc.org.au F: www.facebook.com/guchurch

Office Hours... Mon & Fri 8.30am-12pm; Tue 9.30am-3pm; Thu 8.30am-3pm

Rev Orrell Battersby.. 0423 985 200 orrell@gruc.org

Pastoral Care... Please contact the office by phone or email

Contact Details

Offering & Attendance Last Sunday

Attendance: Adults 80 ♦ Children 9 ♦ Facebook 102 ♦ YouTube 19

Total Week's Offering: \$3225.00 ... 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)