



Theme: **Overcoming Shame**

Bible Reading: **Genesis 3:1-13 (RSV)**

"Oh you stupid idiot! What did you do that for?" a voice berates in my head. Another voice adds to the tangle of thoughts. "See, this just proves how useless you are. No one is going to want you. No one could love you. Worthless." Tears streaming down my face, I believe these voices. The voices of shame. The same voices that I expect Adam and Eve heard, hiding in the bushes, trying so desperately to cover themselves with fig leaves, afraid of being found out, afraid of punishment. Not because God is angry and vengeful, but because shame distorts the truth.

Last week, Pastor Col said that "there is now no condemnation for those who are in Christ Jesus" (Romans 8:1). But how do we, as Christians, overcome the voices of shame that drown us in self-condemnation and self-hatred to find this freedom?

In 1 John 4:18 we read, **"there is no fear in love, but perfect love casts out fear"**. As we have seen from Adam and Eve, fear follows shame. So, this verse might also read, "there is no shame in love, but perfect love casts out shame".



How to Deal With Guilt and Shame

So how do we overcome shame?

Firstly, we need the Holy Spirit to bring revelation to our hearts of who God REALLY is, of His great love, mercy, and grace for us. It is only as our distorted view of God is corrected that we can begin to understand our worth and value as a dearly loved child of God.

Secondly, we need to speak of our shame to others. Shame keeps us bound through running and hiding in darkness and secrecy. As we choose to bring our shame into the light with a trusted friend, mentor, or counsellor, the power of shame is broken. And finding mercy, grace, forgiveness, and love, instead of rejection and punishment, is so incredibly healing.



JOY Circle

Everyone is welcome to come along to our Joy Circle gatherings ... meeting on the last Thursday of the month (unless otherwise advised). This is a great opportunity to get to know one another better, share some laughs, a delicious morning tea and do something special or a little different.

Joy Circle will meet this **THURSDAY 31st JULY**, from **9:30 to 11am** in the CE Room. There'll be **TABLE GAMES** to play and we'll be **CELEBRATING OUR BIRTHDAYS** ... after all, we've all had a birthday in the last 365 days! Why not join us?



Congregational Meeting

*Save
The
Date*

Please, join us at Uniting 4570's Congregational Meeting set for **Sunday 17th August, 10:45am** in our Gympie Church. This start time allows for a quick morning tea in Gympie between the Worship Service and the meeting and enough time for any of our Imbil Church Family to drive into Gympie.

HymnFest

Narelle Towner is organising the next HymnFest for **Sunday, 24th August, 2:30pm** in our Gympie Church. You are very welcome to invite friends and family and it would be appreciated if you could bring some Afternoon Tea to share.



Gympie: Rev Col Shenfield (HC)

Imbil: Ken Ward

Containers for Change - Lid Removal

Our local depot has asked us to remove all bottle tops - only after which can the depot issue a refund. **PLEASE** only drop off containers identified as refundable. Thank you Mike for looking after this income stream and for unscrewing all those bottle tops last week!

Christmas Shoeboxes



During August, we're asking for funds towards the **Cost of Freight** (approx. \$12.50 per box). Donations can be placed in an envelope labelled "Shoebox" and dropped into the offering plate/box; given directly to Helen or the church office; or deposited into our bank account identified as "Shoebox" (account details on the back page).

If you have any gift donations still sitting at home, please bring them in by the end of August.

Thank you so much for your generosity once again this year.

COL'S CORNER

@ IMBIL

RENEWING YOUR MIND



Theme: Transformation !!

Bible Reading: Romans 12: 1-8 (NIV)

Paul encouraged every Christian to be **continually transformed by the renewing of our mind**. For the mind controls our **thoughts** and our thoughts lead to our **actions** and our **speech!!** When the Christian is **born again**, we become a **new creation!!** "The **old has gone and the new has come!!**" 2 Cor. 5:17. Only through the **renewing of God's Holy Spirit** can we be **totally transformed** from the **old self to the new creation** in **Christ** that we are called to be!! How is **God's transformation in me progressing??**

Blessings, your Pastor,

Col

Gympie Winter Shelter

In last week's Vibe we shared some information about the Gympie Winter Shelter ... providing a reprieve for local homeless people who've been sleeping out in the cold. REMINDER: the Gympie Anglican Church (15 Amy St.) is hosting a **Commissioning Service** for this shelter initiative ... next **Sunday 3rd August** at **5:30pm**. All are welcome.

Backpack Swags

The Gympie Ministers' Network is seeking donations to purchase Backpack Swags for local people in need this winter - those who don't have a roof over their heads. The swags retail for \$144 each. If you can help in any way, please enclose your donations in an envelope labelled 'SWAGS' and place in our offering box.





Jnr Horse & Farm Hand Needed

Hope Reins, a Christian faith-based organisation dedicated to rescuing horses and offering healing through human-horse connection, is seeking a Junior Horse & Farm Hand for a 12-month temporary role (casual/part-time).

We're looking for someone with solid horse care knowledge, confident riding experience, and a willingness to assist with a variety of farm duties. A current driver's licence and Blue Card (or willingness to obtain one) are essential. If you're passionate about creating a safe haven for horses and making a real difference in people's lives, we'd love to hear from you.

Contact Jo at admin@hopereins.org.au for more details and Position Description. Applications close 17th August 2025.

Worship

Worship Services... **Gympie Uniting Church:** 15 Red Hill Road: 9am + Kidz Church
Imbil Uniting Church: 3 Elizabeth Street: 9am

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

Contact Us

Church Office... M: 0493 442 250 P: (07) 5482 2985 E: uniting4570@gmail.com
www.gruc.org.au F: www.facebook.com/guchurch

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

Rev. Col Shenfield ... 0429 090 355 cklcshenfield@bigpond.com

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

- Need the services of a Justice of The Peace? ...
Glenda 0418 187 698
- Need a lift to church? ... Jill 0421 333 538
- Need prayer? ... call the church office 0493 442 250
or join us at 8am on Tuesdays in the CE Room.



UNITING 4570
Better Together

Offering and Attendance Last Sunday

Attendance: Adults 80 ♦ Children 17 ♦ Facebook 71

You can give your tithes & offerings by direct transfer into the church's bank account Westpac BSB 034 127 Acct: 29 4101 (Please identify your bank transaction as either 'Tithe' or 'Offering', 'Shoeboxes', etc. Thank you).