

LIVING JESUS' EXAMPLE

Chelsea Community Church of Christ

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From The Pen of The Rev.

The Eye of the Storm

Let us not grow weary or become discouraged in doing good, for at the proper time we will reap if we do not give in (Galatians 6:19).

The Prophet Elijah was very weary, worn out and in desperate need of a word from the Lord. The Lord spoke to Elijah directly: "Go out and stand on the Mount before the Lord." And behold, the Lord passed by and a great strong wind rent the mountains and broke in pieces the rocks before the Lord – but the Lord was not in the wind. After the wind came an earthquake – but the Lord was not in the earthquake. After the earthquake came a fire – but the Lord was not in the fire.

But after the fire came the sound of gentle stillness and a still small voice spoke to the prophet Elijah from within – his inner witness, his knowing – the voice of the Holy Spirit. (1 Kings 19:11-12)

More than ever before people are living frantic lives, hurried and stress-filled. We sometimes feel the strong winds, earthquakes and fires from within, not knowing which way to turn or who to turn to.

As the Lord spoke to Elijah, He speaks to us today with the same small voice:

Stand still, listen, feel the still small voice. It is a knowing deep within us, our inner witness. Listen to your heart. Trust God – do good.

Psalm 46:10 "Be still and know that I AM GOD. I will be exalted among the nations. I will be exalted on the earth."



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The Rev. Is In:

Rev. Judi is available to provide pastoral care/counselling. Appointments are required. Due to Covid19 restrictions Judi can only see people, face-to-face at the Church in times of urgent crisis. All other support will be provided by phone.

Please phone Rev. Judi on 0423 375 714.



CHURCH HAPPENINGS

GOD IS GOOD.

Stage 4 Restrictions:

The Church, as an Employer must provide Permits for those needing to be at the church. Judi, as the Minister has some flexibility in assisting those needing pastoral care in times of a crisis. However, any administrative work or non-urgent maintenance cannot be undertaken.

OUR WEEKS WILL NOW LOOK LIKE THIS:

Mondays: Di and Leah will be on site specifically for pantry shopping 9.30 – 11.30am with Judi's times from 9-2pm where required.

Wednesdays: Judi, Di and Noel overseeing food pantry and take-away breakfasts only – plus sanitizing the site after these activities have finished. 7-1pm.

Tony – our chef plus maximum of 3 other volunteers will be on site to cater for the take-away breakfast from 7-10:30am only.

Sundays: Judi, Kevin and Margaret or Noel will present our sermon via Live-Streaming 9.30-11.30am.

Resilience during COVID. In a crisis, our energy is used responding to pressures, changes and challenges of surviving and coping. It is important to stay informed, however take a break from listening to the news.

It is important to take opportunities for processing your thoughts and emotions, due to the necessary isolations in place. Make a list of helpful resources that you can turn to when things feel out of control.

Lean into a deeper relationship with God—when adversity strikes, prayer and scripture become even more significant. Increase your time with God.

Phone others within your church community and encourage to pray for each other, perhaps together over the phone.

Try mindfulness—a focussed and disciplined thinking. You can use scripture, music, art, photographs, quotes and reflections.

When emotions are high—take 10 deep breaths, recognise and then take steps to regulate your reactions.

Recognise what is and is not within your control. Normal life has been disrupted at present. Redevelop a daily and weekly routine which provides some structure to life in the midst of this crisis.