



Coronavirus (COVID-19) Update - 24th April 2020

Hello Everyone

Overcoming Worry (1)

It is said that most things we worry about, never actually happen. From my experience I think that is probably true. A lot of emotional energy can be needlessly invested. God tries to spare us this unnecessary pain by simply saying - please don't worry ! Firstly, worry cannot change the circumstances; secondly I will look after you.

Now it is almost impossible to stop that first emotional response to a perceived problem. However, what we do with that initial concern is what makes the difference. We can simply choose not to engage our minds worrying. This discipline of saying no has to be cultivated over time; it's not a natural response. Think of it as readdressing an envelope. You scratch out your name and address and replace it with God's. It's never good to open someone else's mail !

I am a slow learner – sometimes I am a reluctant one as well. However, over the years God has shown me how to resist the temptation of unpacking all the possibilities and instead, handing it all over to Him. I have never won a mind game battle in my whole life. In fact – it just gets worse and worse and everything spirals down even further. Much better to hand it over straight away.

Matthew 6:25-27

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?"

This Sundays Interview : Chris Pascoe

Chris is a nurse who works at a local hospital in the emergency department. He is currently working in the Coronavirus ward. You will be encouraged as Chris shares how things are progressing and how our faith can enable us to face challenges with a real confidence and hope. Thanks Chris and all the front line workers. We really appreciate what you do for us and we will continue to support you in prayer.

Counselling

Sometimes we need help overcoming worry. There are many sources for possible anxiety. The church offers pastoral care and professional counselling services. It is

always a wise decision to seek help and to set a path where with God's help, our peace and joy can be restored. Give me a call and we can discuss the various options available.

Pastoral Care “Ring Around”

As a team we are now finding our feet with online services and communication. So we are free to take on a new challenge. Pastorally we miss having our normal contact with our church family. So we hope to call everyone over the next 2-3 weeks. That's around 800 people. It's a challenge we willingly accept. So consider prayer points and needs within your family circle as we would love to pray for you over the phone. If we speak to one family member this time we'll try and cover others on the next cycle. Personally it means I still only catch up with a small part of the family but working together as a team, we hope to achieve our goal. If you are new to the church in recent months or we may not have your details, please contact the website and we would love to add your family to our list.

Alpha Online

This series will help you understand more about God and his plan for your life. The first introductory section runs over 4 weeks. Is there more to life than this? Who is Jesus? Why did Jesus die? How can I have faith? We watch a short video presentation and then chat together, answering any questions that arise. We can now enjoy this from the comfort of our own homes. This can be done one on one or within a small group environment. Send me an email, call or text to register your interest or for more information. Maybe you know someone who would benefit from this course. Why not offer to do it with them ?

Church Online

Would you ask God for the opportunity to promote our online services to your neighbours and friends. They may not feel comfortable attending a church but joining with us online, from the comfort of their own home may suit. People are certainly more open than usual. Pray and then proclaim. God will bless your obedience. Sunday Service 9am at vpbc.com.au and then uploaded for you to watch at your convenience.

Take care, stay safe and God bless -

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