

# the **+**Helper

June 2007



## Discovering Jesus In Every Day Life

### Including:

- Are you a Techno-Savvy Mum?
- Juggling Priorities!
- Reports on Short Term Missions

**That fact that I am a woman does not make me a different kind of Christian, but the fact that I am a Christian does make me a different kind of woman.**

*- Elizabeth Elliot*

**The Magazine for Women**  
Grace Presbyterian Church of New Zealand

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## Editorial

Discovering Jesus in everyday life and living each moment for Him – isn't that what being a Christian is all about? Yet how we fail! Too often we live for ourselves, and when we do try to live for the Lord, we act as though it's all up to us. We try to "do it alone" rather than live out of the fullness He promises those who rely on Him.

I've seen weaknesses in my own heart in this regard as I've been preparing to go to the United States with my husband Andrew and younger son John. Time and again I've found the desire surfacing to have everything "worked out" and under control. I've still much to learn about living with my Lord one day at a time!

And yes, I've found myself worrying. Who doesn't fall prey to this sin again and again? Recently I came across this statement pinpointing

what often lies behind worry: "Worry is most often a prideful way of thinking that you have more control over life and its circumstances than you actually do." (*June Hunt, in The Woman's Study Bible*). Ouch! I found that really helpful for attacking worry at its root.

In this edition of *The Helper* we have included articles by women who are learning to lean on the "power of Christ" for strength in their everyday circumstances. We hope you find these encouraging.

In the next edition we plan to feature recipes suitable for church luncheons, pot luck teas and other fellowship meals. Can you help by sending us



*The Helper Team:  
Katherine Young, Nola Young, Anne Camp, Michelle Willis (& Toby)*

your favourite recipe please? We would love to hear from you.

Pray for your sisters as you read of what is happening in their different church situations. Why not write a note of encouragement?

On behalf of The Helper Team (for which I am ever grateful)

- Nola Young  
Redeemer Presbyterian Church

# Fun, Fitness & Friendship



The Tour of Southland is a well known and popular national event on the serious cyclist's calendar. When a group of middle aged ladies started to enjoy the fun, fitness and friendship of biking together last year we decided a suitable challenge would be a ladies Tour of Southland – a slightly modified version! The invitation went out to some of our friends from work and other local churches. The response was great. We soon had a group of eleven keen cyclists and one very good support person. We got nice pink and white t-shirts with a suitable slogan on the back. We had a planning lunch at a local restaurant which we all biked to, as a little trial run! The trip was planned for three days as soon as school finished in December. The route was planned, accommodation booked, contingencies and safety measures taken care of and, of course, good eating places sourced.

We set out from □ore early one fine sunny morning having been photographed and farewelled by our dear husbands, some of whom were going to be on fulltime child minding duties for the next three days. We biked 78km through Northern Southland to Mossburn where we stayed the night. There were some very weary bodies that night as the NW winds had proved a real

challenge for the latter part of the ride. However, the next day we were up with the birds and on the road to Riverton (98kms) by 6.20am. We had a wonderful ride down through Otautau with a tail wind and arrived at 11.35am! Texts to the husbands drew disbelieving responses!

After a restful day and lovely meal out in the evening we set out again on our homeward journey to Wyndham next morning. On paper it looked so easy, just 74kms but it was to be a challenge. It was wet, cold and windy and we shared the road with logging trucks and milk tankers. We were very conscious of our Heavenly Father's loving care in keeping us safe. We also had a spate of flat tyres which tested our practical skills in the wet conditions but we had just the lady in Kate!

There was great rejoicing and a sense of real pride in having accomplished our little tour of Southland, when we rode into Wyndham, in the early afternoon, after 250kms.

Our cycle tour has

been a vehicle for building friendships where really good conversations were held as we biked along or sat around in the evenings. The group was quite diverse but there seemed to be a very easy camaraderie because we were sharing the struggles and fun on the road. There was no them and us atmosphere. There were Christian ladies having their Bible readings in cabins with non Christians and there was a real openness amongst the group. They are all keen for more cycle trips and we hope we will be able to do another one next Summer.

Cycling is a great way to reach out to your friends and enjoy some fun and fitness as well.

- Alison Ure  
Wyndham Evangelical Church



*How many women does it take to change a tyre?*

# Anita's Story

## Facing the Unexpected

Being a mother is such a blessing and a rich reward from the Lord. The day you discover you are pregnant your mind whirls with all the excitement of what is to come. You dream of holding your baby, feeding it and cuddling it. You assume there will be midnight feeds and dirty nappies to change. You even think of preschool, school, marriage and grandkids. Something wonderful is starting!

What happens when those dreams turn into, well, a nightmare? What happens when your life is turned upside down? All the basics things you assumed your baby would do, yet, they just don't.

Aria was born ten days overdue. She was the little girl I had hoped for. About eight hours after her birth she started to vomit bile (a nasty green coloured liquid) and wouldn't feed. After about two weeks in Starship we were given the worst news a parent could hear. Aria's bowel would never function. She would never be able to eat and therefore could not live. (For you and I, food enters our stomach, and then travels along our bowel, allowing the goodness to be absorbed through the intestinal wall into our blood stream, with the remnants coming out the other end - as you know what. For Aria her bowel does not contract to push food along. It can go into her stomach but that is it.

That moment was one of profound devastation. There are no words I can use to describe the utter pain and complete heartbreak. I had carried and given birth to this baby and two weeks later she was going to be taken. That is not what I had planned or how the story was supposed to go!

But alas, this was for real. Aria was soon heaven-bound unless God revealed a different plan. The next day a couple came to visit us, to comfort and help I guess. They brought with them the idea to seek another medical opinion and to find out what was going on overseas with kids like Aria. In hindsight, it was obvious to seek a second opinion, but in our grief-wracked minds we couldn't comprehend any way on earth that a medical doctor could 'fix' Aria. No pill or potions or anything else could make her bowel work, so what hope was there?

What we didn't know though was that children overseas with bowel failure can be given a bowel transplant. They live at home on TPN (intravenous 'food' given directly into their blood stream) and later on receive a transplant. Easy, right? No. The price tag is \$1-2 million US dollars, the transplant is high-risk and it means going to the US. Even if we did decide to proceed down this path, Aria's liver would probably fail anyway as children who live only on TPN often die of liver failure within the first few months.

We had a choice to make. God with the advice of the medical profession and end Aria's life or proceed down this narrow pathway full of danger and pain. There was no real choice to be made. God made it incredibly clear: "Trust in Me". The money, the liver, and the operation were all things that God could overcome easily should it be His will.

One year on there is still much pain and much joy. We live daily with a



child that is nothing but a miraculous gift from God. Her liver - normal! Normal!!! As if she was eating marmite sammies and stewed apple. The money - God has and is providing through generous people and media opportunities. There is a long way to go, but we are on the road.

There have been tests of faith and extra curve balls. Aria's liver is great but her kidneys are not. They are small and we are still trying to understand if that is a problem. It probably is and means we will have to go to transplant sooner, meaning less time to fundraise and a riskier transplant for Aria but more opportunity to see God work. We were also told that Aria's condition was genetic and there was up to a 50% chance any future children would also have her disease. Her DNA was taken along with ours and after a six month wait we learn that God had been gracious. The extra good news - the 'risk' to future children has dropped to only 1%!

As a mother I have struggled with what God has required from me. He makes me live daily without the security of knowing Aria will probably attend my funeral and not the other way around. There is much pain in having a child different to the rest, pain in the long isolating days in

# Anita's Story

...continued from page 4

hospital, pain in missing out on breastfeeding and dirty nappies (yes it might sound great but it isn't). Pain, for a time, that there might not be any more children for us. Pain ultimately that will never go away or be fixed. Pain that isn't often understood because her condition is rare and there is no coffee group or support network.

Yes there is pain, but God has not left me without hope and comfort. There is something great about having to live each day in total reliance on Him. I have to entrust Aria to Him, and I do. I have to entrust myself to Him. Without Him I am lost, I have nothing,

no hope, no way forward. I do not have a million dollars in my bank account and I can't make the transplant a success. When I was comfortable I was complacent, I didn't need God. I loved Him and knew I was a desperate sinner but I didn't know Him like I do now. He has brought healing that I never thought would come. He has spoken to me in ways I never dreamed. He has sustained me on days I really thought I would lose the plot. He has provided things I haven't even had the faith to ask for.

Yes it is hard but "I know the plan I have for you" declares the Lord 'plans to prosper you and not to harm you,

plans to give you a hope and a future" (Jeremiah 29:11). Aria has hope and she has a future. God knows what He is doing: her future is ultimately in His arms. She is a gift for but a moment. How long that moment is, is up to God. But He knows. He loves me and cares for me. What else is left to do but to hope and trust?

- Anita MacDonald  
Redeemer Presbyterian Church

To find out more about Aria and how you might be able to help, visit her web site: [www.aria.org.nz](http://www.aria.org.nz)

## Are You A Techno-Savvy Mum? Texting, MSN, MySpace, Bebo and Blogging?!!



If you are the parent of teenagers no doubt you are familiar with some of the following vocabulary – texting, MSN, MySpace, Bebo and Blogs/Blogging. But do you know what they all mean?

You may also have had a conversation that goes something like this:

**Parent:** *Have you got praise-group practise tonight?*

**Teenager:** *Not sure, I'm waiting on a text back from Joe.*

**Parent:** *How long have you been waiting?*

**Teenager:** *20 minutes.*

**Parent:** *Don't you think it would be quicker to phone?*

**Teenager:** *No, they'll text back soon.*

Well the times we live in surely are a' changing! The telephone is definitely regarded as an archaic instrument that should only be used in the most dire of circumstances and when all other modern means of communication have been exhausted! Whereas in the past, contact with the outside world was limited to the telephone, the printed word, movies and inviting friends home (and which you as a parent could easily monitor); with electronic communication a whole world is able to enter your home via the internet at any hour of the day or night (and over which you may exercise little control). As parents in the 21<sup>st</sup> century, we need to consider how a Christian family responds to these electronic forms of communication and establish clear boundaries and guidelines for their use based on principles from God's Word.

So where do we begin? God's Word has much to say about how we should communicate with others and what we should allow to influence our minds. Ephesians 4:29 says "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen". Our speech is to be truthful, gracious, honest and open, appropriate and humble. Contrast that to an advertisement enticing people to buy a cell phone so they could engage in "gab, blab and gossip."

The fact that texting and chatting is so instant and avoids face-to-face contact means we can easily get caught up in what scripture clearly prohibits: slander, gossip, whispering, tale bearing, babbling/chattering, defaming, repeating matters and meddling.

# Are You A Techno-Savvy Mum?

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As Mary Kassian says in her helpful book, *Conversation Peace*, “According to the Bible, tale bearing does not build strong relationships. It tears them down (Prov 26:20-21). It breaks faith with our friends and also breaks faith with God (Psalm 15:1,3). Those who are wise will avoid tale bearing, gab, blab and gossip.”

We need to encourage our children to respect others when they communicate and be cautious before hitting the “send” button on either a text, email, or msn. If engaging in blogging (a sort of on-line diary) consider carefully what issues you address and whether they are helpful for the building up of the body of Christ or merely contributing to the “foolish and stupid arguments that produce quarrels” that Paul warns us to avoid in 2 Timothy 2:23.

With regard to what we view on the internet, we need to remind our children of Philippians 4:8 and concentrate on what is right, pure, lovely, admirable, excellent or praiseworthy. This means we will teach them to avoid using the internet to pursue what God clearly forbids in his Word – the temptations of the world, the flesh and the devil – and use the internet for that which will build us up in our faith.

As parents we need to be aware of how important electronic communication is to the social world of our teenagers. We need to keep in touch with what is happening in their world and seek to guide them in appropriate ways that honour God.

Here are a few practical suggestions to get you started:

- Consider carefully where you place the computer in your home. Keep it in an open, public area so that you are able to monitor what is on the screen.
- Ask your children to explain terms that you are not familiar with (i.e. bebo, blog etc). Let them to show you their own “MySpace” page and talk about what they have included and why.
- Talk about whether they should make their “MySpace” or “Bebo” public or private (only open to those they choose to have access).
- Keep the lines of communication open with your children. Encourage them to talk about their friends and what they are chatting to others about.
- Limit the time that your children spend on the computer. Make sure that they have healthy social relationships in the “real” world.
- Own a cell phone, and ensure you know how to use it!
- Consider what criteria you will use to decide when a teenager gets a cell-phone. (i.e. they are a particularly helpful tool for staying in touch once they are driving and out and about on their own.)
- Encourage responsible cell phone “etiquette”. (i.e. it is rude to be constantly texting when you are in the company of other people who are trying to interact with you!)
- Don’t hide behind electronic communication when a face-to-face

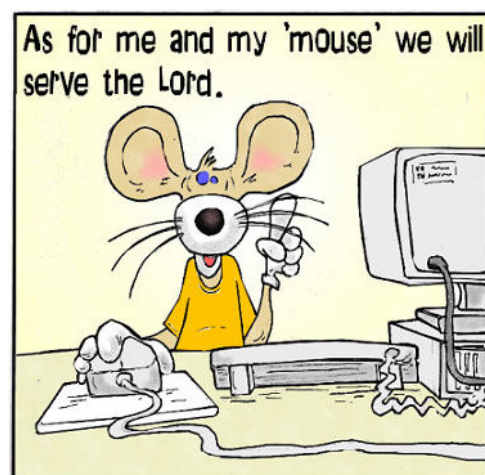
encounter would be more appropriate (i.e. communicating decisions, during conflict).

- Be responsible in following up on electronic communication. Texts do not always make it through to the other person. You need to be responsible for checking that your message has been received.
- Remember that the communication process is made up of three parts – verbal (7%) vocal – tone of our voice (38%) and Visual – our body language (55%). Electronic communication can therefore be of limited value and should never replace face-to-face contact.
- Ensure there are “electronic free” times when your children are unavailable for contact (i.e. switch phones off at night, put phones away during family time etc).

May the Lord encourage us to think through how we can best use electronic forms of communication and be responsible for guiding the next generation in what is healthy, helpful and honouring to God.

- Anne Camp  
Covenant Presbyterian Church

PS: To find out what the rest of the above terms mean, ask a teenager!



Joshua 24:15 revised for our online society.

# Jesus and my 'To Do' list

## The Juggling Game!



Another day, another 'To Do' list. Again I wonder . . . . . How do I work out what to do first, where to spend my time?

This dilemma pertains to all of us, but can be especially challenging for a woman working

in paid employment. The demands on us come from every direction: work, home, church, other community involvement, and often husbands and children.

God's Word, as usual, holds the answer. In Colossians 3:23 we are urged to work as working for the Lord, not for men. Therefore our first priority is always Him. But does this mean church activity comes before any other? Not necessarily. The key is to begin to see home and work, community and church **all** as places of service. Places to share the truth and joy we find in Christ Jesus. Places to **be** Christ.

How does this work out in practice? I have a friend who is a part-time hairdresser. On her workdays she diligently prays that the Lord will use her to particularly encourage one or two clients. She often prays silently, with scissors in hand, for direction in a conversation that is towards eternity and uplifting or challenging. Her aim is to please her employer and the customer with a good haircut, but to go beyond that to minister as God's ambassador.

A teacher in the state school system makes it a priority to convey to each child she teaches how special they are. Though it is difficult to specifically talk about Jesus throughout the day, it is possible to love as He would. She remembers the children and their families in prayer, and seeks to build relationships with them outside the classroom where it is possible to specifically share her faith. Both of these women work part-time in order to meet the needs of their families and to be available as Christ's hands and feet in their communities.

For all of us in work situations it is particularly important to recognize that we may be the only Christians that our fellow workers or employers have contact with. How we use the time the Lord has given to us with them is of eternal significance. We can serve and love while praying

that we will be sensitive and ready to speak Gospel truth into their lives at an appropriate time. It's a cliché, but nevertheless helpful to ask, 'What would Jesus do?' as we face particular situations. As He lived his life, Jesus' priority was always to do the will of his Father. Often in practice that meant stopping to meet the needs of people that others would have overlooked. It meant sensitivity to real issues in people's lives. It meant challenging people in a loving way.

Jesus had a source of strength, a source of direction that is available to us as we plan our time. As we read through the gospels we 'catch' Jesus slipping away to talk with his heavenly Father. The direction for His days and the priorities of His life were sorted out in those sessions of communion. If we do not follow Jesus' example, then we miss out on the guidance we desperately need to sort the important from the unimportant, the fleeting duties from the eternal tasks.

As we look with the eyes of Jesus on today's 'To Do' list, we need to ask which items He would cross off. Which items would He give utmost importance to? Then as we complete today we can come back to the One who has given it to us and give Him thanks.

- Jan Jopson

Grace Bible Church, Dunedin



**People before things, people before projects;  
family before friends; husband before children;  
husband before parents; tithe before wants;  
bible before opinions; Jesus before all.**

- Jo Ann Leavell

# Learning To Say 'NO'

Covenant Women's Ministry Team launched their "Spiritual Mothering Programme" for 2007 with a 'Coffee and Dessert' evening which included a panel discussing practical issues of home life. Areas covered included: organising household cleaning; coordinating schedules in a busy home; morning routines and preparing the family for worship. The following article flows out of what Nola Young shared on "Learning to Say No".

Saying "No" to people is something many of us find hard to do. We let ourselves get "hi-jacked" by every well-meaning request and invitation that comes along. In the process the dishes do not get done, dirty clothes stay in the laundry box, and the kids get fish and chips for tea instead of a home-cooked meal!

Is there a secret to learning to say "No"? Where better to look than to the example of Jesus? Yes, he was the Son of God, but he was also perfectly human. He shows us how to order life in a way that connects both with everyday demands and the over-ruling will of our Father in heaven. Let us look at three times when he said "No" to people.

One occasion involved the enthusiastic townspeople of Capernaum (Mark 1:39-39). They had seen Jesus heal many sick and demon-possessed people one evening, and the next morning came looking for him, presumably to see him do more miracles. But Jesus was not into the miracle-working-for-show business. His Father had sent him to preach the gospel of the

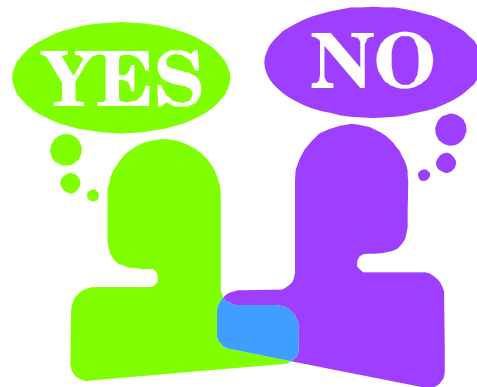
kingdom. So he said "No" to the crowd and went to other towns and villages.

This is a case where Jesus said "No" because people wanted his time and attention for the wrong reasons. Their requests did not fit in with what God had sent him to do. We, like him, should not hesitate to say "No" when people ask us to do something that is clearly outside the will of God for our lives – and in the end, will not do them any good either.

Secondly, Jesus said "No" to Martha when she asked him to rebuke her sister Mary for not helping her get the dinner ready (Luke 10:38-42). He was not unsympathetic to Martha, but at the same time he did not do what she wanted him to. He said that there was only one thing that was truly needed and Mary had chosen that better thing. In other words, Jesus was saying "No" because what Mary was doing was more important than what Martha wanted her to do.

This was really a case of priorities – spiritual priorities. Jesus is showing us that we can (and must) say "No" when spiritual priorities demand it. There will be times when you can not stop to talk, or can not go out for coffee, because something of greater importance demands your time (and perhaps your money).

Thirdly, Jesus in effect said "No" (at least temporarily) to Jairus when he stopped on the way to his house to heal his dying daughter (Mark 5:1-20). A woman who had been



suffering for 18 years had touched his cloak and he recognized that power had gone out of him (v. 30). This was a situation where his Father was clearly at work, and had work for him to do. Everything else had to stop – even his mercy mission for Jairus. He had to say "No" until he had dealt with the unexpected opportunity that had arisen.

Here is a third situation where it is right for us to say "No" – when God brings something unexpected into our lives that demands that everything else to be set aside. This might not happen often, but when it does, there is only one thing to do – say "No" to what we have been doing so that we can say "Yes" to what God wants us to do.

Seeing Jesus say "No" helps me see how I can do so as well. Whenever others want me to do something clearly outside God's will, or that is of a lesser priority than what I am doing, I turn them down. And again, when something unexpected breaks into my day demanding my attention, that is another occasion when I can say "No" to other people and not feel bad about it.

**Right priorities and good time management demand an awareness that today is the only time with which we ever have to work. The past is irretrievably gone, and the future is only a possibility.**  
- Dorothy Kelley Patterson

**So focus first on God himself; be practical in deed. And as you tell your world of Christ, you'll find he'll meet your need!**  
- Jill Briscoe



# Short Term Missions



The 2006 Japan trip was my second missions trip with Covenant to Nihon, and was just as much a blessing as the first time. The Lord provided

for us abundantly both leading up to the mission and during; financially, spiritually and physically, enabling us with excellent health and no serious sicknesses.

There were many highlights of my trip to Japan. One would be getting to know my Covenant brothers and sisters better on a more personal level. The Lord blessed our team with an amazing bond that enabled us all to feel and appreciate each other like a real family.

I also enjoyed catching up with old friends I had made from my previous

trip and also with friends I had made back in New Zealand. It was a real encouragement to see the way the Lord has worked in the lives of some and the spiritual growth that had occurred over the past few years as a few friends had taken on leadership roles within their churches.

I enjoyed visiting the many preschools but a particular highlight was the church services with other Christians in a foreign country – and even though we could not understand what was being said – the love and the joy the Japanese had for the Lord could be felt and was evident in their faces and expressions as we worshipped the same awesome God. It is such an encouragement to know that we have brothers and sisters of all races and cultures, all around the world that acknowledge and worship God as our one and only true Saviour.

My missions trip was a challenging one, and the Lord opened my eyes to many

## Journey to Japan

things including the many blessings we have here in New Zealand that we often take for granted. Japanese people face many hardships that are sometimes difficult for them to express freely. God has provided me with an amazing Christian family, friends and supportive church family that all encourage me through fellowship, prayer and friendship.

Japan is a great country, filled with friendly people, but the need for the Lord is evident. Missions trips are an awesome opportunity for one to serve and help make disciples as God requires in His Word. I have always had an interest in short term missions, and a particularly keen eye to serve anywhere in Africa!... but will jump at any opportunity the Lord provides for me – no matter where – trusting that what He has planned for me is what is best.

- Rosa Faletanoai  
Covenant Presbyterian Church

## Journey to the Philippines

At the end of last year I had the privilege of spending five weeks in Manila, Philippines where I was based with a local organisation, Christian Compassion Ministries. This organisation, through foreign sponsors, operates 6 homes for around 60 girls (where I stayed), a sponsorship programme to enable children to attend school, a weekly drop-in centre for homeless people, a Saturday medical clinic and a livelihood centre. During my time there I was involved in all these activities, plus end of year parties, Values Education in local schools, household chores (hand-washing sheets takes quite a while and so does cutting grass with old hedge clippers), editing reports for overseas sponsors, playing with children, and anything else that needed doing.

I have several lasting impressions from my time there. Talented performances by smiling, confident sponsored children who otherwise would not have been able to attend school. Mothers who appeared content and ordinary women, yet who lived in 'homes' of patched corrugated iron, wood and concrete maybe 3 by 6 metres housing 5-17 people. Single Christian women who were making the most of their 'singlehood' to serve the church and the poor. The malnourished 18-year-old boy with epilepsy who lived tied to a desk, the blind girl begging in the streets and the open sores on the street people, without a free health care system to serve them. The 17-year-old girl who ran away from the girl's home and returned to the stealing ways of her early childhood, despite years of love and



apparent responsiveness. The frustration of not being able to communicate and the importance of learning the language of the people you work with.

Overall I loved the Filipino culture and people, I made some special friends, I realised afresh the reality and complexity of poverty, and my interest in missions deepened.

- Katherine Young  
Redeemer Presbyterian Church

# In Brief

## Happenings from around the country

### MISSION : POSSIBLE

**At the time of going to print the Southern Presbytery has just had another conference. Here is a report and a few photos of what went on...**

Around 75 women from all over the Southern Presbytery joined together in Wyndham on Saturday the 19<sup>th</sup> May for "Mission Possible". As well as enjoying the luxury of the newly refurbished church building and some wonderful

food, we were treated to challenging and very encouraging talks on the theme of "being part of the Great Commission - both in our local communities and all around the world." By the time Ian and Lenys Bayne, and Andrew and Kate Ure finished speaking we were motivated and challenged to go and put these things into practice in a very practical way. Praise God for the opportunity to "Spur one another on"!



## SOUTHERN PRESBYTERY

### INVERCARGILL

#### Grace Presbyterian Church

TOOT aka Time Out On Tuesday has seen a small increase in numbers with new ladies coming along each time, however not repeat attendees. We have had Jewellery Making, Making Nylon Flowers as well as Making Origami & Sushi. The time spent together is warm and enriching.

### GORE

#### Grace Presbyterian Church

Melissa writes; "A six year old girl in our congregation came home from school upset last week because they were having a grandparents day at school and she didn't have a grandparent to take. After some phone calls another grandmother in our church decided to go as the girl's grandmother for the day. This was a great encouragement to the young girl and her mother, and a reminder how the Lord uses us when we give what we can."

### MILTON

#### Tokomairiro Grace Bible Church

As an outreach to the children in Waiholo, a Race Holiday Programme was held during the second week of the April vacation. Jean Pirvan ably led it with Alf Bradfield, our pastor, as the speaker. We established the following objectives as a purpose for planning the proposed programme.

- a) To provide an outreach to the children in the local community, helping them to understand and appreciate God's Word.
- b) To establish a caring environment for children to have enjoyment and fun.

These were abundantly met!

This new venture for our church proved to be a positive and encouraging time for our ladies and the children who attended, as they shared together in the various activities related to Gospel truth.

# In Brief

## Happenings from around the country

### DUNEDIN

#### Grace Bible Church

On the evening of Tuesday 1<sup>st</sup> May, Alison Paton spoke to an enthusiastic group of girls, from 12 years up, about "Home Management: Life Management." Alison spoke about the importance of training ourselves in Holiness, so that we might manage our homes effectively, bringing glory to God and blessing to our families. With thought provoking quotes, scripture, personal antidotes, and practical suggestions, she challenged and inspired us as she brought home the importance of our need to "work", with the aid of the Holy Spirit, to obtain Holiness.

Grace Bible Church has swelled significantly in the last few months. This has created a new dynamic within our church and the awareness that new strategies are needed to enable members to build relationships, especially among the women. In light of this, a greater need for Women's Ministry nights has blossomed. Alison Paton was our first speaker and the evening was so well received and enjoyed that, Lord willing, this concept will become a tradition. Our vision is that these nights will be held two or three times per year, depending on availability of speakers, with ministry and fellowship the focus and God's glory as our goal.

## CENTRAL PRESBYTERY

### ASHBURTON / FAIRLIE

#### Evangelical Presbyterian Church

The Ladies Bible Study is using Sinclair Ferguson's "Lets Study Philippians", and these studies are continuing well. Our Ladies Fellowship activities this year has centred around baby showers. Rachael Hoekstra and James Tarbotton arrived two days apart in March. A great blessing for their families and for our church family.

Macpherson's were with us and Lynley Clark coordinated our efforts into a beautiful album of memories.

We are planning a Ladies meeting each term. This term we are hoping to do an Exercise Evening.

We are hoping to get a Workshop together in mid-August on "Organisation"!

### CHRISTCHURCH

#### Evangelical Presbyterian Church

The EPC ladies had a fun evening putting together a photo album for Geoff and Marie, Hayden and Finlay. We collected photos of the 10 years that the

We have 4 Ladies Bible Studies at the moment.

- a 20s' group of working and student ladies.
- a Monday ESOL group who are Meeting Jesus.
- a Tuesday group who are studying Daniel.
- a Wednesday combined study with EPC and 'Rock of Ages' Church. ('Rock of Ages' is our sister Arabic-speaking church here in Christchurch, but note that this study is held in English!)

## NORTHERN PRESBYTERY

Recently, a Northern Presbytery Women's Sub-Committee was formed with a mandate to encourage stronger relationships between the women of the various congregations. It is hoped to hold two events a year, one more of a social nature and the other with a stronger 'teaching' component.

The first planned event will be a Mid-Winter Dinner on Saturday July 14<sup>th</sup>. Each congregation is being asked to present 'an item' as well as share some of the happenings in their congregation. Later in the year a "Complete Make Over Day" is being planned with a special emphasis on younger women.

Bracefield is leading the women in a series of studies looking at the lives of some women mentioned in the Bible. This is particularly challenging as we try to understand their experiences and what the Lord would have us learn in our own lives.

### SOUTH AUCKLAND - Flat Bush

#### Redeemer Grace Presbyterian Church

Our Sunday morning format has changed this year, developing separate Bible studies for men and women. Sue

### SOUTH AUCKLAND - Manurewa Covenant Presbyterian Church

For the third year in a row spiritual mothering groups have been meeting once a month for six months. This year there is a total of seven groups. It is a great way for women from different seasons of life to meet together in a small group to encourage one another. Topics this year include: practical help for personal devotions, practical help for developing our prayer life, using your time, friendship, lifestyle evangelism and encouraging spirituality in the family.

# The Back Page

## Event Photos

**Journey to Japan** - Sam Seccombe organised a morning for women to inform them of the Seccombe's family plans to go minister in Japan in July 2007. Here are a few photos of what went on:



Doreen Payne and Sam Seccombe leading a quiz on Japan.



Behind the mask: Sam gives insight into the life of a Japanese women.



Ikue giving her testimony



Talitha Seccombe in her very own kimono

# WANTED

Easy & economical RECIPES suited for shared fellowship meals, 'bring a plate' lunches or similar events.

Please send your favourite ones to: Ann Sinclair

Email: [ma.sinclair@xtra.co.nz](mailto:ma.sinclair@xtra.co.nz)

no later than August 31st 2007



Seae Darby demonstrates the art of sushi-making... and others give it a go!



Alf Bradfield speaking at 'ASK' - a race holiday programme outreach to the children at Waihola,

The Helper is a publication of the Christian Education and Publications Committee (CE&P) of the Grace Presbyterian Church of New Zealand, through its Women's Sub-Committee. Comments or inquiries are welcome and can be sent to:

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