

the **+**Helper

October 2008

**BOOK REVIEW THOUGHTS ON HOSPITALITY RECIPES
BARBARA BARKER'S STORY TIPS MAKING A HOME
WHAT ARE THE GPNZ WOMEN UP TO? PRAYER POINTS**

HOME LIFE

The Magazine for Women
Grace Presbyterian Church of New Zealand



A DREAM OF A YEAR

Jan Taylor shares her incredible story page 4

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Editorial

Last night it snowed for the first time since we arrived in Wyndham. And I thought spring was just around the corner!!

Being in the south of our country has given me a fresh appreciation of the first signs of spring. After what, for us, has been a cold winter (the locals tell us it has been a mild one!!!), I find myself looking eagerly for the appearance of new buds on trees, golden daffodils in the garden, and new born lambs frisking in paddocks.

But these are not the only things I am looking forward to. I am eager to have our children visit us – we left three of them in the North Island when we came south. We thank God that they are doing so well in their family, church and work lives and can't wait to catch up with them in person.

Then there is the planned visit of my dear friend, Mrs. Barbara Barker, next May. Barbara, the wife of Frank Barker, the founding pastor of Briarwood Presbyterian Church in Birmingham, Alabama, has agreed to come and speak at regional conferences next year. She is a wonderful woman of God and I know she will prove to be a great inspiration and encouragement to women in our denomination. She describes herself not as a "speaker", but as a "sharer", because "When I speak I am just sharing from my heart what the Lord has so graciously taught us [she

and her family] through His Word and from our experiences in trusting Him."

We have included an article about Barbara in this edition (*see page 10*) to whet your appetite for her visit. While in the United States last year I was greatly blessed to get to know her personally and to attend Bible studies she led. It was one of the high points of my Christian life. I know we will be in for a feast when she comes. Get ready to be encouraged greatly in your walk with the Lord!

Over the next months, the committee organizing Barbara's visit (part of the GPCNZ Women's sub-committee) will be sending out more information about what is planned for the different regions. She will be in the country from 19th May until 4th June 2009. Mark those dates in your calendar now and be sure to get to the conference in your area. Above all, please pray for Barbara and for those arranging her visit.

We have made the focus of this issue of *The Helper* on home life. We hope you enjoy it. Feel free to share your responses. The editorial team was both helped and heartened by your feedback from the last issue.

On behalf of *The Helper* Team.
- Nola Young

When 'Home' is another Culture



Nayhouy Greenfield was a Cambodian refugee who settled as a child in New Zealand and was part of St Andrews Presbyterian Church in Manurewa. She was asked to write an article for Reality magazine "on being a refugee" and we have included excerpts from that article for you to read and appreciate what life is like when you must make another culture your home.

When we meet someone for the first time one of the questions we often ask is "Where are you from?" That simple little question has never seemed simple to me. How do I explain that while I was not born in New Zealand, New Zealand is the country I identify with – and that I can't really identify with the country I was born in or the people that live there?

Although ethnically Chinese, I was born in Cambodia where several generations of my family have lived. Shortly after I was born, while my mother was pregnant with my brother, Pol Pot's Khmer Rouge took over Cambodia. In three years they slaughtered over two million people starting with middle class and educated people. During this time my family was separated. My father went off to fight. Like most of those who went with him, he never returned. My mother, aunty, brother and I were sent to backbreaking labour in the fields

We eventually escaped with a ragtag group of others by hiking for weeks over the mountains and through the jungles and landmines into Thailand where there was a refugee camp set up for the survivors of the Khmer Rouge regime. How my mother did it with two children under five I will never know.

Nay and her family were finally accepted as refugees to New Zealand and we pick up her story from when they arrived in Manurewa.

Eventually we got a home of our own in Manurewa and I settled into a primary school. Although I had a lot of good friends throughout my school life, there were hard times. I was sent to the junior class to learn with the little kids. It was very embarrassing and humiliating. Praise God I was a quick learner and that didn't last long.

I was teased constantly for my height (or lack of it) and being the shortest in the line I had to stand in the front of every single class photo. There were some teachers who could never pronounce my name correctly. I felt out of place and that I never really fitted in. For my mother – a 28 year old widow with two young children in an unfamiliar land with

strange language, culture, people and food – it must have been amazingly daunting. She worked long hours in a sewing factory and tried very hard to keep things together for the three of us.

As the oldest, it was my job to be the interpreter: the one who went to the bank and paid the bills at age eight. I even went to my own parent-teacher interviews and interpreted my teacher's comments to my mother. I explained all the letters that came in including my detention letters from school. I told my mother which letters to sign (or whether she should sign) and explained to her what everyone was saying. I was only a little girl but a lot was expected of me. At the time I resented it, but now I realise what a helpless and frustrating life it must have been for my mother. Only now, as I have my own children, do I realise and appreciate the sacrifices she has made for me.

Integrating into Kiwi culture was strange and hard but we were blessed with wonderful Kiwis who supported us in so many ways. As I was growing up, "Grandmum" and "Grandad" were the most significant people in my life – they helped us get into school, found jobs for Mum and Auntie, found a house for us, taught us how to shop (no bargaining remember!) took us to the doctors, showed us where to pay the bills, fixed our roof, painted, gardened and so much more.

Our church had a Girls Brigade and when I was little I loved attending with my friends from church. One day we had a party and were all supposed to bring a plate. Being a generous person I brought two plates – one for me and one for someone else. When I got to the hall, I saw girls coming in with plates of food! Nobody told me my plate had to have food on it. I just wanted to shrink smaller than I already was. But the leader took my plates with an understanding smile and sent me to join my team – no one was the wiser – only next time I knew to bring food on my plate!

While I found acceptance at church, school was sometimes a different story. As one of only a few Asian kids in the school, I was a target for torment and name-calling. Later as more Asians came to New Zealand old stereotypes surfaced. "All Asians are the same – they all have black hair and brown eyes." Yes, Asians do have black hair and brown eyes, but we are all so different! We have different hair texture, facial features, socio-economic groups, languages, values, personalities... just like everyone else in New Zealand.

As I got older I realised that I couldn't really escape it. It wasn't just strangers, rude and racist people who said hurtful things, but people I knew and cared about did it too. "Not you Nay, you're one of us" usually followed a rude remark about Asians. So I learned to be a little

more vocal and opinionated rather than just ignoring the people or the comments.

As a child I was always drawn back to Cambodia the land of my birth, my people – people who looked like me. As a Christian this desire was to see God glorified in that country, to do something to contribute to God's kingdom. From an early age I proclaimed that I was going to be a missionary and a teacher. I have always had a heart for young people and especially people who have known hardship as I did.

After twenty years in New Zealand, including three years teaching in South Auckland, I left the place I now knew as home to return to Cambodia and serve those who are called "my people". My husband Craig and I wanted to live amongst the poor people we were ministering to and so we chose to go with Servant to Asia's Urban Poor. We lived in a small wooden home on stilts in a poor slum community – a million miles from our lovely house in New Zealand.

Being a missionary is not what I thought it would be! Nor is Cambodia what I expected. It's the place I was born but I am so Kiwi that people say I am more Kiwi than my blonde, blue-eyed Kiwi husband! People here look somewhat like me, part of me is of this culture, part of me is Kiwi, these are my people but so are Kiwis (and of course I support the All Blacks!).

In the end, I believe that it doesn't matter where you are from or what you look like, but the relationships that you build and the love of those people around you. I am often not accepted here as a Cambodian (Khmers often remark "surely you're Japanese... or maybe Korean?") and at times I feel like a refugee here as well, but for now this is the land God has put me in and I'll make it my home, just as I did

Nayhouy & Craig Greenfield and their two children spent several years ministering in Cambodia building up the HALO and other ministries. They are now based in Downtown Eastside of Vancouver, Canada. Craig is the International Co-ordinator for "Servants to Asia's Poor". In addition to their work with Servants they are also reaching out among the poor people in Vancouver.



A Dream of a Year

Jan Taylor, a member of the Wyndham Evangelical Church, was the national Weight Watchers "Slimmer of the Year" for 2008. In just under a year she lost an incredible sixty-three kilograms – more than half her body weight. Here is her story as she told it to Andrew and Nola Young:



Jan with husband Southland Farmer - Andrew Taylor at Slimmer of the Year 2008

Just over a year ago my life hit rock bottom. My husband Andrew and I had decided to take our two teenage children Mark and Rachel to Mount Cook, the place where we had spent our honeymoon. While there we set out to walk up the Hooker Valley track. After ten minutes I was panting for breath. I just could not carry on and told the others to go on ahead without me.

Alone on the track I did some deep soul searching. I felt terribly disappointed with myself. For perhaps the first time I faced up to the fact that I was not only overweight, but terribly unhealthy as well. And I could see that it was threatening our family life. I just could not play a full role in our family and we were all suffering for it.

I had always been a bit overweight, but for years had lived in denial. After our children were born and I went to work in Invercargill as a kindergarten teacher things really got out of hand. The crazy work schedules that Andrew and I kept (he was a shift worker) saw us more and more resorting to the fish and chip shop in Wyndham as our source of main meals. We fell into the habit eating takeaway food far more often than we should. And that didn't do my weight or health problems any good.

Sure, I often prayed that God would help me

lose weight but deep down I didn't really believe that I could. It took something like this walking track experience to bring me to the end of myself. There and then, alone and desperate, I handed my eating problem over to the Lord. It wasn't just his help that I needed; I needed him to take over the whole problem. So I handed it to him and believed that he gave me the strength to do something about it.

I had known the experience of reaching the end of myself years earlier when my son Mark was desperately ill. For weeks I had asked God to help me overcome my anxiety, but nothing happened. I was gripped with fear and used to have nightmares about my little boy. Eventually, when he faced life-threatening surgery, I reached a point of giving my little treasure over to Jesus. There was nothing I could do; I simply left him in Jesus' hands. And the moment I did I was filled with the most incredible sense of peace I had known.

It was like that now as I prayed on that walking track. Somehow I knew that the Lord would find a way for me to lose weight. And sure enough, He did.

Shortly after that a friend invited me to attend the Weight Watchers group in Invercargill. I went with her and was immediately impressed by their programme. It didn't offer a diet but a whole lifestyle change. I learned to eat better sized portions of food and steer clear of unhealthy food. But basically I was able to eat the same meals as my family. Portion size was the main thing. For years I had matched the servings I had dished up for my strapping six foot four husband. But that just wasn't sensible or realistic.

The great thing about the programme was that it encouraged taking small, achievable steps towards our goals. That was a life-saver for me. My big target – getting my weight below one hundred kilos – seemed beyond me. But I could manage one five kilo target, and then another, and another, and so on. A series of small steps towards a larger goal really did work.

Another thing that helped was recognizing what triggered my eating impulses. Tiredness and stress were the main culprits. I learned that I needed to substitute something else for food at such



Jan Taylor 'before'

times, and exercise turned out to be just the answer. At first I balked at the thought of having to do any vigorous physical activity, and did my best to excuse myself. But my wonderful Christian Weight Watcher's Leader Sharyon Ralph wouldn't let me fool myself. "How can I exercise, living way out in the country?" I protested. "Is there a road outside your gate?" she retorted. I was stumped. Less than fifty metres from my back door is a gently undulating road that looks out over the beautiful Mataura River valley. So I rugged up in winter clothes and was soon relishing my evening walk when I got home from work.

As the months passed the kilos came off. I could hardly believe what was happening. Soon my Weight Watcher's Leader encouraged me to enter a national competition for "Slimmer of the Year" and tell my story to the newspapers. I wasn't eager to do either of these



A Dream of a Year

- continued



No one was more surprised than me when I won first the regional competition, then South Island, and then eventually the national final. It was all a bit surreal. I would have been just

as happy for the other finalist – another Christian from the North Island – to have come out the winner, but the judges picked me. I felt incredibly humble and honoured – and deeply thankful to my family, my Weight Watcher's Leader and group, and my praying friends at church. It wasn't a solo effort.

But most of all I am thankful to the Lord. Through all this wonderful year I've seen him at work and been aware of his presence. It has been another case of him using my weakness to draw me closer to him. And I do feel closer to him. I have experienced his help all along the way in resisting temptation, developing

better eating habits, and in giving me strength to persevere. I've come to see that how I treat the body he has given me is important, and I want to honour him by taking better care of it.

I'm thankful too that he has given me my life back, as it were, and with it, my family. Now I can be the wife I long to be to my husband and the mum my growing children need. Four months ago I completed a four-day seventy-six kilometre tramp with my son Mark, something I could never have thought of doing a year ago. By God's grace I will never have to bail out of a walk along a tramping track with my family ever again.

Book Review

Love to Eat, Hate to Eat

*"Love to Eat, Hate to Eat" by Elyse Fitzpatrick.
Harvest House Publishers 224 pages*

This is not another diet book. In 'Love to Eat, Hate to Eat', Elyse Fitzpatrick openly shares her own struggle with "eating, dieting, and even bingeing and purging". It was not until she began to understand that "God had something more important in mind than merely her looking good" that she started to change and be thankful. Elyse takes us on a journey as she helps us understand God's purpose for us, who we really are in Christ, the underlying issues that so easily drive us and God's ability to enable us to change. It is only after laying such a foundation, that she shares principles that help us to rightly assess our eating habits, discern where sinful practices have been allowed to develop and to go on to establish new patterns for change both in our thinking and practice.

Elyse suggests getting a balanced diet guide from the heart foundation or a dietician to follow. Practical guidelines are given to help keep track of what is happening on a daily basis. This helps you see progress and identify areas that need more focus and attention. She also gives steps to take when you find yourself slipping back into sinful patterns again. A dear friend at church (who had also read this book) held me accountable in my progress for six weeks – she was a great help and encouragement to me.

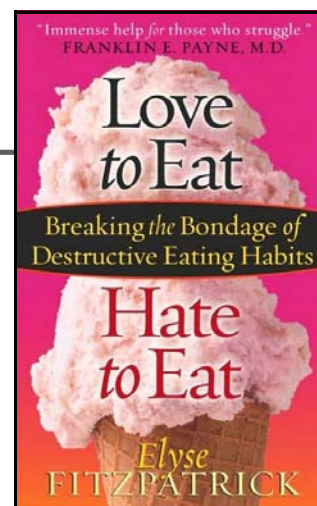
Included in the book is a chapter written for people struggling with anorexia, bulimia and compulsive overeating. It is worth reading to understand the dynamics that are involved – either for yourself or someone you are helping.

I can heartily recommend this thoroughly biblically based book to you. It may be primarily about eating and physical disciplines, but the principles are helpful for any sin we habitually struggle with. "So whether you eat or drink or whatever you do, do it all to the glory of God" (1 Corinthians 10:31)

This book may be available at your local Christian book store.

Alternatively, contact:
Rob van Rij (Christchurch)
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Or: Better Way Books (Auckland)
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- Lynda Bayne
Ashburton Evangelical Presbyterian Church

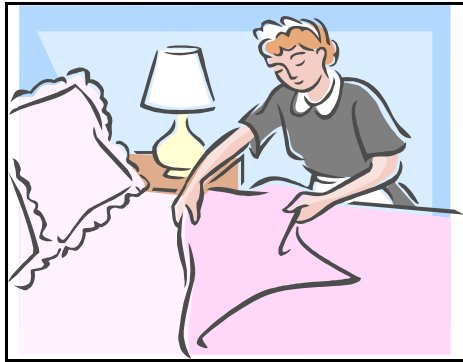


The 'disciplined' eating acrostic is used to keep our thinking and acting Biblical.

D	Do I DOUBT that I can eat this food without sinning? Romans 14:23
I	Will eating this food demonstrate a heart of IDOLATRY ? Exodus 20:3
S	Will eating this food cause a weaker brother to STUMBLE ? Romans 14:21
C	Am I eating this food because I am COVETING it? Exodus 20:17
I	If I eat this food will it create an INROAD for sin in my life? Romans 13:14
P	Can I eat this food with PRAISE and gratitude? 1 Timothy 4:4
L	Would eating this food harm my LIFE or health in any way? Exodus 20:13
I	Am I ILLUSTRATING good eating habits to others? 1 Timothy 4:12
N	Am I able to just say NO ? 1 Corinthians 9:27
E	Does my desire to eat this flow out of any sinful EMOTIONS ? Genesis 4: 7

Guess Who's Coming...

Hospitality Hints for Overnight Guests



Most likely you have heard the question "Guess who's coming for dinner?". But what about overnight? Are you prepared to have one or several people stay overnight?

Growing up, I lived near all my relatives and so my family had little need to have anyone overnight unless it was their children's friends. So when I married a man with out-of-town family, I began to have overnight guests. This became a more regular occurrence as I moved overseas and met people from all over the world. Thankfully, God never places more on us than we can handle (1 Cor. 10:13), but I often felt anxiety about this part of hospitality.

While the Bible does not give all the details on how people showed hospitality for believers, we know that Christians cared for one another. If we are hosting a non-believer, we really need to show Christ's love.

First, we should ask God for the right heart attitude especially if we do not feel we are given the gift of hospitality. Some are better at this than others! **The bottom line is:** We are selfish, depraved individuals who do not like to share ourselves, things or our private quarters unless there is something in it for us. Earlier in my adult life, I truly felt this way at times when I heard that someone was coming to my area and I needed to accommodate them. Surely there are others who have felt like me?!

I prayed about my feelings, and God helped me decide that I could and would have someone stay overnight in my home. He also taught me that various kinds of preparations could help me, my family and my guests feel at ease. If you are not at ease about having this person/people, they will pick up on your poor Christian testimony.

Preparations:

1. Communicate with your family before guests arrive. If you are married, you and

your husband should be on the same page as to who will do which tasks: e.g. greet them at the door, offer them a drink, deal with dinner dishes, show them their room, bathroom, sights in your area, etc. It is very important to inform your children well in advance that these people are coming and what their responsibilities are to be. Include your children in an exciting way so they will be more inclined toward hospitality as they become adults.

2. Stock your pantry and refrigerator with the essentials especially for breakfast, morning/afternoon tea and snack items.
3. It is a great idea to have at least one sit down meal together so you can properly visit with your guests. Plan for these meals. While it is fairly easy to "run to the store" for last minute items, save yourself stress and time by planning ahead. Avoid rudeness that they could feel if you do not have a meal for them.
4. If you have a spare key, give it to your guest (only if they are trustworthy) so they can come and go at leisure. This is less pressure on you too especially if they come in late or leave early.
5. Is the bed(s) already made? Enough blankets available (depending on the season)? Is there a bath towel and face cloth for each person?
6. Have a clean bathroom with enough toilet paper, shower gel or soap, community hand towel and rubbish bin.
7. Show guests where things are, especially in the kitchen unless you are going to be available to serve them food. Most women find it easier to put out dishes and breakfast food the night before, allowing their guests to serve themselves.

Best Rule of Thumb: Always ask, "Is there anything else you need?"

Do your best to put yourself in the shoes of your guests. This takes into account whatever situation they are in and also, you and your family. When people visit during a typical work or school week, many of us could feel more pressure. Unfortunately this may be the only time they are "passing through" your area. Before saying "yes" to their visit, consider whether or not your family can cope with extra people being in their weekly routine. If you do say "yes", accommodate your guests as best you can. However, be honest informing them that you and your family must continue a normal routine but you want them to "make themselves at home" in your house!

What about doing their laundry? I have experienced this both as a traveling guest and a hostess. If people are away from their homes for weeks, or guests in your home for a week or more, their clothes will need to be washed. You can decide whether you want to do their laundry yourself, let them do it themselves or a combination of the two. Please remember that they may be quite unfamiliar with how your system works.

If you take day trips with your guests, but know that you will be back home for dinner, then cook something ahead of time and freeze it. Place it in your refrigerator the night before, then it will be ready to heat up when you arrive back from your "tourist day out."

All of us should be willing to have people stay in our home overnight when there is a need. Whether or not we have a guest room and extra bathroom, a sofa bed or just space on the floor, the key is still *our attitude* toward this type of hospitality. Let us ask our Heavenly Father for His help. He will give each of us the *grace* we need for the task!

- Rita Williams
Tauranga Bible Fellowship

Perseverance Being Faithful To The Finish

Prizing the High Calling

Enlightened by Truth

Righteousness, my Shield

Self-Sacrifice to Gain that Which Cannot be Lost

Energy Derived from His Resurrection Power

Vain things of this World Not to be Desired

Equipped for the Battle

Running the Race According to the Rules

Acceptance of What Cannot be Changed

Nothing Can Separate us from God

Choose to Obey- The Choice is Mine

Enjoying God Forever

Thoughts on Hospitality

Is Hospitality Still Needed?



With an increasing number of eating places, accommodation outlets coupled with our own busy lives is there such a need in today's society to show hospitality? Maybe people do not go without a meal in our country but today people still need to see the love of Christ in action. Conditions may have changed, but people have not. Many people are lonely, separated geographically from family and friends (e.g. students, refugees, immigrants employment) or separated emotionally from family and friends. Their lives could be influenced for Christ because we took the opportunity to invite them into our homes.

What is biblical hospitality? Sometimes our understanding of hospitality is reduced to entertaining family and friends, or an industry, or a morning tea roster. In the Bible the word "hospitality" comes from a Greek word "philoxena" meaning a love of strangers. It involves a reaching out to strangers, bringing them into our homes and lives and expecting nothing in return.

The Bible is full of examples of reaching out to people.

- God created a hospitable environment for Adam and Eve. Gen 1.
- Abraham & Sarah entertained three angels. Gen 18.
- Lot in the city of Sodom took care of strangers at the gate. Gen 19.
- Boaz and his care of Ruth and Naomi. Ruth 2-3.
- Abigail made up for her husband's lack of hospitality to David and his men. 1 Samuel 25.
- The poor widow was willing to share her last meal with Elijah. 1 Kings 17.
- At the other end of the economic spectrum the affluent Shunamite woman provided a room for Elisha. 2 Kings 4:8-17.
- Mary and Martha, Luke 10:38-42; John 12:1-3
- Aquilla and Priscilla. Acts 18:1-3,26; Lydia. Acts 16:15

The New Testament also gives direct teaching on Christian living which included showing hospitality:

- Rom 12:13: "*distributing to the needs of the saints, given to hospitality*".
- 1 Peter 4:9: "*Be hospitable to one another without grumbling. Do not forget to entertain strangers for by so doing some have unwittingly entertained angels unawares.*"
- In 1 Tim 3:2 and Titus 1:8 hospitality is listed as a requirement for an elder.

However our biggest motivation for hospitality should come from gratitude. Eph 2, "*once we were without Christ, being aliens from the commonwealth of Israel and strangers from the covenants of promise having no hope and without God in the world. But now in Christ Jesus you who were once far off have been made near by the blood of Christ.*" The ultimate act of hospitality was Christ who died that we might become members of the household of God.

So what discourages us from being hospitable?

- We lack time and energy. It does require sacrifice. Often I find it is more to do with lack of organization and getting around to it!!
- Our fear, pride or insecurity in our house-keeping and culinary skills. This can really cripple our ability to serve as we compare ourselves with others. (Believe me no one ever visits when the house is in a presentable state.)
- Our children's behavior. It is harder to deal with problems with children when you have visitors.
- The amount of time one can spend with your spouse and family is decreased because of the "intrusion" of others into the home.
- Financial considerations. It costs.
- The vulnerability of our children to abuse.

Hospitality is never finished and its value can not be readily measured. So it can be discouraging. Actually hospitality does not require any unusual resources but it does require a willingness to share ourselves and what we have. It is giving someone our attention; making them feel welcome, wanted and warm! It does not have to involve food and should not be about impressing people with our skills. It is too easy to become "distracted and troubled by many things" like Martha, so that one does not actually relate to the visitors.

I remember guiltily inviting an overseas family around to share our leftovers but it was the biggest compliment I could have paid them. They were being treated as "family". Having said that, bringing out the good china is a sign of

showing honour to your visitors and highly appreciated by certain cultures.

So what are we doing when we bring people into our homes?

1. We are showing our own children love and compassion in action.
2. We are providing an example of real Christian life, warts and all. We have had a number of students from Christian and non-Christian homes from New Zealand as well as overseas. They have appreciated this opportunity to observe. It is humbling and scary when you realize years later the things that impacted them.
3. We are sharing the love of Christ and his message in a natural comfortable setting. We have always had a time of family devotions after tea and I have been surprised at the impression it has made on various folk over the years. I remember the unexpected reaction of a young rugby billet Mohammed, from England we had staying for two nights. He was so impressed that we were reading and discussing the Bible as a family that he was going to suggest to his father that they also read the Bible as a family each day.

About 9 years ago a young couple who we knew slightly asked us to look after their newborn baby for a number of weeks. I wondered how I would cope as we had my mother-in-law suffering with Alzheimer's living with us at the time. Other people were great and relieved me but the joy and pleasure Oma got from holding that wee baby was worth the stress and it did seem as though we had an angel visiting us. We have been able to share so much about the love of God with this couple because we were able to help them at that time.

Hospitality of course is not restricted to families reaching out. It is a ministry available to all ages and stages. I remember a brave young bachelor inviting our family of seven for Sunday tea. It was much appreciated by us but I do remember his bemusement as he realized we had eaten his week's supply of bread.

Our labour is not in vain in the Lord. Remember the words of Christ from Matthew 25:35, 40, "*I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me I was in prison and you came to visit me... I tell you the truth whatever you did for one of the least of these brothers of mine, you did for me.*"

- Bev van Rij
Grace Presbyterian Church, Christchurch

Beastly into Beautiful

Making a Home, Sweet Home

Well, actually my home is neither beastly nor beautiful! The house I've lived in for the last 29 years was originally a Beasley home (a group housing scheme nick-named 'beastly' homes) built in the 1960s in what is now a 'low decile' area of Manurewa, South Auckland. But for me it is my precious home which I've sought to beautify and make a haven for my family. Its provision for us as returning missionaries without savings or salary was another story of God's gracious provision.

Its placing on the traditional nearly ½ acre section of the time, was to maximize the exposure to the sun. Thus the morning sun greets us for our breakfast in the dining corner many days of the year and the floor to ceiling windows and French doors of our west side floods our sitting room area with warmth much of the year. Having been born in Gore, teenager in Christchurch and Dunedin then acclimatized to the tropics in my early marriage, these sunny aspects 'sold' me our home. That, plus the fact it was in the church area where we believed the Lord led us to worship and serve.

We originally furnished it with inherited missionary gifts and second hand furniture and made do with the carpeting and curtaining of the previous owners.

One of the Bible verses I had learnt as a young Christian was "I have learned in whatsoever state I am therewith to be content" (Phil 4:12). I was tested in applying this to my own life when I graduated with an Otago Home Science degree (once considered the 'finishing school of NZ!') and began my married life in a small farm cottage whose previous occupant had been NZ's longest 'on the run' prisoner. However, I was in love and thrilled to be serving the Lord with my husband.



One of the most helpful things I remember from my art appreciation course was: *'only acquire or keep any article in your home when you are convinced of its usefulness or inspired by its beauty'*. To this I would add: *'or value the sentiment of its giver'* – because *people* (and our relationship with them) *are more important than things*.

While I believe all good gifts are from God and are for us to richly enjoy, I do enjoy bargains and have a tendency to argue that as stewards of God's gifts we should be economical and spend a minimum – after all my inheritance is Scottish Presbyterianism!



That little first home was followed two homes later, by the flashiest manse in New Zealand, (influenced strongly by the original Sir James Fletcher) followed three years later by one of the smallest and simplest missionary homes in Malaysia.

Until our Beasley home I never had any choice in our house, wall colours, flooring or furniture. In my strong desire to turn the house into our home, I learnt that pictures, curtains, ornaments china, vases, flowers, pot plants and even books and photo albums could play a significant part.

For instance I once bought several yards of a very strong blue high quality material (at a sale of course!). I made it into bedroom curtains and complemented these with a lovely blue patterned bed sheet in the tropics (where no other bedding is needed) and a home-made bed cover in NZ.

Believe it or not I have only replaced them this year after 34 years! To this I added a framed poster of a dove and blue sky, a collection of cheap but beautiful recycled blue glass vases and bottles. In spite of the different coloured walls, floors, and furniture surrounding, this blue became the loved focus of our bedroom even when it was also my hubby's study for one period and the baby's room at another time. I learnt this trick from another minister's



wife who showed me their bedroom. I remember the surprise of how strikingly beautiful her room looked and then realized it was simply the effect of a very strongly coloured picture echoed in the equally strong colour of her curtains.

Another tip I've learned about bedrooms: It always pays to take time to make the bed. One can spend a lot of time tidying a room without much effect showing, but a made bed has much more impact in less time. In my opinion a neatly mown lawn has the same effect in the garden!

Here are some hints for the top of a dresser, mantelpiece, piano etc:

- Remember you must like them, or the memories they evoke.
- It looks better if at least two items have a repeated theme – same colour, material, shape or from same part of the world.
- Arrange them in balanced fashion – not just symmetrical but from midpoint make sure left side balances right. For instance small light things on left far from centre and taller heavier on right nearer centre or vice versa.
- Within group have different heights with tallest in centre of each group.
- Pictures on the wall behind can contribute to the balance. For instance a vase of tall flowers ¼ way across mantelpiece balanced by picture on wall half-way between centre and right of mantelpiece.
- If you have collected too many ornaments you can give them away or display different collections at different times.

Beastly Into Beautiful

- continued

My parents were keen gardeners but sadly I do not seem to have inherited their gift. Or perhaps the truth is I haven't been willing to put in the same effort. Hence, I don't have the bounty of flowers to bring into the home as my mother did. However, in my early teens I did have the blessing of being inspired by a visiting florist demonstrating a simple flower arrangement.

This was followed soon after by a holiday with an aunt who was a florist. So began my love affair with flower arranging. I'm not the most fastidious housekeeper but I try to keep my home clear of clutter and always have at least one small container of fresh flowers or greenery. The beauty of such, always reminds me of the Creator, His love for His creation and especially for us His children. Even if I'm not expecting anyone else to see the flowers, arranging a little vase always gives me joy and an uplift of spirit. I naively believe it catches

people's eyes and they don't so readily notice the dust or dirty windows!

It seems to me that many people upgrade their homes, believing that the more expensive their house the more beautiful their home. I know many of you might be incredulous to see my low value house and learn that I love it more than many of the homes of my wealthier friends across town. Please let me encourage you to beautify in small ways wherever you live. The magazine 'Your Home and Garden' is well worth a year's subscription (can sometimes be borrowed from libraries) for loads of inspiration at low cost.

Even well cleaned and tidy rooms can appear messy and cluttered or alternatively bare, cold and uninteresting by an overkill or absence of ornaments. Often it is in the arrangement of artifacts that attractiveness is achieved. Of course a beautiful home is only a museum

piece if it does not have at least one loving person living in it, welcoming and inviting others to share it and the Lord's goodness in its provision.

- Ronalda Warner
Covenant Presbyterian Church, Manurewa



Leading a Waihola Girls Camp

Experiencing God's Enabling



Every year, a number of women from Grace, Dunedin (and other churches in the southern region) participate in helping run camps at CYC, Waihola for children and teens. It involves many hours of preparation, as well as time and much energy during the actual running of the camp. Below is Jill Kumar's experience for one such camp.

Last year I was asked to run a CYC Waihola Girls Winter Camp in 2008. The importance was not lost on me, as I asked Jesus into my life at a CYC camp in Pukerau when I was 10 years old. I said yes, knowing that God would have to help me in this role.

Getting a team together was a challenge. With university holidays not coinciding, leaders were scarce. After making numerous phone calls, a team was put together (with help from Alison Paton, Joanne and Lisa Bullin). The camp theme was "Manna from Heaven". Late pullouts from leaders reminded me to rely on God. To give up a week's work or plans is a big ask, and I am very grateful to the wonderful ladies

who said 'yes'.

37 girls enrolled, with a mix of children from Christian and non-Christian homes. Each day started with prayer and devotions and included



activities, Bible dramas, talks, dancing, singing and games. Voluntary prayer sessions became increasingly popular (helped by manna points for attendance!). Rosie Pirie shared stories of God's power and forgiveness throughout the week, leading up to what it was to be a Christian by the end of camp. On opening the bookshop, it was inspiring to see a group of girls purchase a Bible for themselves! God's timing was awesome, as leaders were placed in just the right cabins. For example, a girl in my cabin said to me, "If I had known this was a God camp I wouldn't have come". At the next meal she was asking when the next camp was and that she wanted to come to it. By the end of the week, she was discussing what outfit she was going to wear to church (God had put an Auntie in her cabin that attended a church close to her house).

Being a leader at camp is truly rewarding, and I thank all my leaders for answering the call to serve God in this manner. Yes, you can feel challenged by the task, but God will enable you to serve, as he enabled me.

A Southern Lady

About Barbara Barker



Barbara Barker in action - leading a Bible study in her home



Some of the girls from Barbara's inner city Christian School Bible study

Barbara Barker is the wife of Dr. Frank M. Barker, Jr., the founding pastor and pastor emeritus of the 4000-member Briarwood Presbyterian Church in Birmingham, Alabama, USA. She and Frank have three grown children and 12 grandchildren.

Barbara is the epitome of what Americans call a "southern lady" - gracious, charming and feminine. But above all she is a woman who has learned to walk by faith. She is not reluctant to share winsomely and transparently the victories and failures of her own personal journey of faith as the Lord took her from being a privileged and promising young ballet dancer who believed God would honor her moral goodness, to the foot of the cross through the trials of being the wife of a busy church planter, with little money and a rapidly growing family and church. She says so much of her own Christian walk is the direct result of the Spirit-filled life Frank lived out before her.

Although Barbara's husband, Frank, retired from the senior pastorate several years ago, they both stay busier than ever teaching. Barbara teaches approximately 11 weekly women's Bible studies, both at Briarwood and in the Birmingham area. These include studies for career singles and a junior high girls Sunday School class. She also currently teaches a Bible class at a primarily African-American Christian school. In addition she speaks at conferences and weekend retreats all

over the U.S. Her teaching overflows with many quotes from Frank (who she says has taught her everything she knows), from the many whole books of the Bible she has memorized, and from the poems she has written.

Her life has been a testimony to the grace-ful living she espouses. Barbara and Frank have continually exhibited Christian hospitality in their home. Not only do they host several Bible studies in their home each week, but also a men's Saturday morning prayer breakfast which has been going on for decades; and throughout their ministry they have taken into their home many who have been struggling or who needed a place to live. They are living testimonies to their belief that people are more important than things.

Ballet has been her life-long passion. Before becoming a Christian and a pastor's wife, Barbara had trained to be a ballet dancer. The Lord has transformed this love for ballet into a vehicle for spreading the gospel and training young women in Christian character. She founded and continues to teach in the Briarwood Ballet School which has ministered to hundreds of girls over the years. Every year the Ballet performs several productions with an evangelistic message which Barbara writes and choreographs. They have taken their productions to several foreign countries where the Lord has used them to open doors otherwise closed to the gospel.

Barbara's biggest burden in life is the downward slide of culture and the influence it has had on the church. Christians have a serious lack of biblical knowledge. Christians don't know the Word, and therefore are not able to discern the impact the culture is having on them and their children. They are buying into the world's lies that there are no absolute rights or wrongs. Barbara says the first great foundational truth every believer needs to know is that God's Word is true, because everyone lives by one of two authority systems—either the reason of man or the revelation of God. But too often people who profess belief in God do not live by the truths they espouse, which is one reason the church has lost its influence in the world. But living out Christ's example of humility, sacrifice, giving and servanthood will glorify God before a watching world and bring believers closer to Him. Barbara has recently completed teaching a women's study at Briarwood on Romans 1-8. She says Romans

8 clearly illustrates the difference between those who walk by the Spirit and those who are ruled by their sinful flesh. Several years ago Barbara wrote a poem (see below) after hearing Frank preach on Romans 8.

Barbara is excited by Christians who see the challenge, and are moving out with the Word of God in biblical teaching and living, and creative ways of spreading the gospel. She longs to see her students move on from being just learners, to those who are also willing to become teachers of the Word they have learned.

From her experience as a dancer she has learned the importance of bringing every part of the body into unity and harmony in subjection to the head. The Head of the Church, the Body of Christ, is the Lord, and every believer is an important part, each created with his or her own combination of talents, abilities and passions to be used in service in His kingdom. Barbara's life demonstrates a willingness to step out in faith, take risks and trust the Lord to work through her. You will be encouraged by her teaching and the many illustrations from her own life to take the Lord at His Word and trust Him for the impossible.

Condemned?

Condemned am I? Oh, no! 'Tain't so!
Christ solved that problem long ago.
He broke those iron gates of sin
That had my helpless soul locked in!
He stood between God's wrath and me
And took my place so willingly.
He bore that cross - He bore my shame
He died to justify my name.

No world, just say, what right have you,
To tell my heart what I should do?
To make me feel so incomplete
If I don't worship at your feet,
When heaven's gate has opened wide
And swept this God-bought child inside;
Where I dwell, for now, by faith
While all its glories I embrace.

So how could I contented be
To walk in flesh like earthly men,
When I can, by the Spirit, soar
And live my life for sin no more?
When I can touch the throne of God
'Though still upon this earth I trod;
When I can know my path shall lie
In sovereign goodness till I die.

Ladies Discussion Group

What goes on at Invercargill's Fortnightly Get Together?

"And let us consider how to stir up one another to love and good works..." (Hebrews 10:24).

How? Looking to God's Word to show us who we are as daughters of God. How we should live and interact with the world we live in. Sharing experiences and ideas. Learning and being encouraged through God's Word and through each other.

For most of our gatherings ten ladies have attended – ranging in age, profession and Christian experience. This provides a broad scope from which ideas can be extracted, pondered, built upon and discussed. Everyone is constantly encouraged to contribute something, however small or seemingly irrelevant to the discussion. It becomes about more than just the topic at hand, and touches on exploring what we think, what Scripture

says about a certain topic and how we are shaping our ideas biblically. This relaxed and open environment fosters healthy communication with the only real barrier being who will go first. It also means that those who initially seemed rather quiet and on the shy side, have much scope to "let their light shine".

The regularity of gathering means that while we are not always in each others faces, a solid foundation is laid for enduring friendship, with the ultimate objective of pointing to the author and finisher of our faith, the Lord Jesus Christ.

Over the past three months, we have covered two topics. In "personhood, personal relationships and priorities" we have learnt about who we are as daughters of God, mothers, sisters, wives, friends etc; how we relate and glorify God in each of these

relational spheres; and how to deal with conflicting pressures and the expectations laid upon us by society. In "education" we have discussed issues with the secular schooling system, how secular teaching compares to Bible based teaching, how to instill a love of learning in children, and how to teach children in a biblical way and "train up a child in the way that he should go" (Proverbs 22:6)

Overall, I have found my involvement in these studies to be a primary example of Titus 2:4-5, learning from older women, yet having my ideas, opinions and experience valued. It has allowed me to contribute to the life of the church, while being ministered to by the other ladies of the group.

- Ashley Ward
Grace Presbyterian Church, Invercargill

Mid-winter Dinner

Auckland Ladies Give Thanks Together



Redeemer singing a song of thankfulness

Due to the popularity of last year's midwinter dinner, we have decided to make this an annual event. This year, our dinner was on Saturday 19th July and our theme was "Thanksgiving". Each church was asked to provide an item and prayers of thanksgiving for the ministries in their church. About 100 ladies gathered for food, fellowship and to share with one another.



Shirley Smith leading devotions

Shirley Smith led an interactive devotions using PowerPoint, scripture reading and song. She reminded us of how easy it is to grumble (just as the Israelites did during the Exodus), but God requires us to be a thankful people, recalling the spiritual bless-

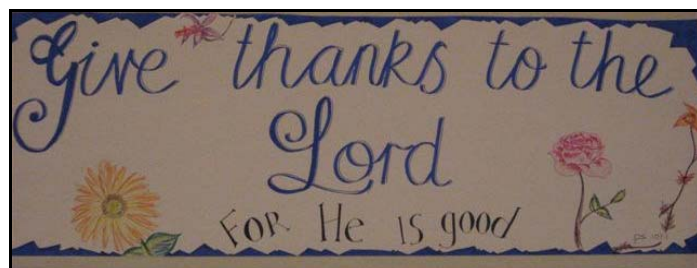
ings He showers upon us and the good gifts He gives us to enjoy and use for His glory.

There were a variety of items - music and skits - and we were able to appreciate some of the talents God has distributed amongst us. It was a great time of fellowship and especially encouraging to have a wide age range of teenagers to senior citizens!



Covenant Skit - Rosa Faletanoai & Louise Kennedy

Like father, like daughter - Madeline Boyd & Sarah Sonneveld



An update on Aria



Anita with Aria & Asher

The story so far - Aria is our two year old daughter whose digestive system does not work. Originally, when she was two weeks old, we were told she could not live. However God had a different plan and showed us Aria could have a bowel transplant over in the United States. The costs are huge, around two million dollars. We spend a lot of time in hospital and are busy fundraising for her transplant

and our living costs. So much has happened since my original story for *The Helper* over a year ago. Firstly the biggest thing would be the birth of our son Asher! WOW! We are so happy with God's decision to grant another baby to our family. Asher has brought such joy and healing to our family. His perfect health has granted us a different parenting experience. He is such a content and happy boy, constantly smiling. Aria loves her little brother. The first day we brought him home she kissed him and hasn't stopped!!

There have been many other blessings. God threw open the doors for us to purchase Andrew and Nola Young's house in Manurewa which has meant extra space and less stress with all Aria's medical gear. Hamish's work continues to be supportive and encouraging.

Aria has been well in recent months and over winter. She attends day-care once a week, which she loves, and we have seen huge positive changes in her. Her talking and walking has progressed very well after being delayed due to her many and various hospital stays.

Fundraising for Aria's transplant continues to go very well. God is providing in such wonderful and unexpected ways. I write this a few days after we got the news the Australasian Drilling Association raised **\$28,000** for



Aria at their annual conference on the weekend. A huge sum which has boosted our fundraising efforts. We were even given a car by a complete stranger! It was only six years old but she didn't want the stress of selling it so gave it to us after reading about Aria in the newspaper. Amazing.

We have learnt recently that we will most likely be off to the US at the end of 2009. This has been difficult news but I believe God had prepared our hearts and we are dealing ok with this. We are ready in some ways and not ready in others. We don't want to leave our family, friends and home. We know this transplant could either extend Aria's life or prematurely end it. Brief thoughts of facing life without Aria flash through our minds from time to time and it brings pangs of early grief. We try not to dwell on this and live life expectant of God doing great things with Aria.

Please pray for us over the coming months. We give thanks for Aria's good health currently and pray that it continues for many more months. We are in need of much prayer for fundraising and preparation for going to the States. Also pray for Aria's doctor and ourselves as we make decisions regarding Aria's medical care.

Thank you for those who have supported us and keep up to date on Aria's blog. If you would like to read updates please go to www.aria.org.nz.

- Anita MacDonald
Redeemer Grace Presbyterian Church

Editor's Note: Since writing this update, Aria has been very sick in hospital. We give thanks that she is gradually recovering but it has taken a heavy toll on all of the family. We are reminded of our total dependence upon God for sustaining of her life (and ours) each day.

Recipes for sharing

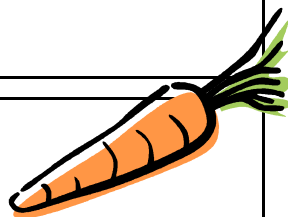
Thank you to all those who sent in scrumptious recipes for shared / pot luck meals. Here are just a few of the many delicious recipes we received. Sorry, we couldn't fit them all in. Perhaps in the next issue!

Carrot Salad

2 kgs carrots, peeled and diced 1 green pepper, diced
1 onion chopped
Cook the carrots, drain and while still hot add the pepper and onion.
Mix dressing ingredients (below) and bring to the boil before pouring over the vegetables
1/3 cup oil 1/2 cup sugar
1/2 cup vinegar
1 Maggi tomato soup mixed with 1 cup water
Leave to cool before serving.

Cole Slaw

Chop the following ingredients:-
Cabbage & Onion
add grated carrot & mustard
Boil 1/3 cup sugar, 1/3 cup oil, 1/2 cup vinegar, 1/2 tsp salt
Pour hot over veggies. Place in a container with a lid. Place in fridge until required.



Rice Salad

Mix the following ingredients in a large bowl:-
1/2 cup brown rice, rinsed and cooked 3/4 cup pine nuts
1/2 cup currants 1/4 cup poppy seeds
1/2 cup sultanas 1/4 cup sesame seeds
1 cup bean sprouts
Add any fresh chopped veggies you like such as peppers, carrots, celery, parsley, etc.
Combine the following dressing ingredients in a blender or shaker:-
1/2 cup oil, 1/2 cup raisins, 1/4 cup cider vinegar, 1 tsp curry powder, juice of 1 lemon, 2 tsp sugar. Blend/shake until smooth and stir through the salad ingredients.
The addition of some freshly chopped mint leaves is nice if it is all going to be used soon, but they will go black if left sitting in the fridge for a period of time.

Waldorf Salad

4 cups diced apples 3/4 cup raisins
1/2 cup pecan nuts (chopped) 1/2 cup whole egg mayonnaise
Combine ingredients and refrigerate until ready to serve.

Recipes for sharing

Vegetable and Dip Tray

Cut up a variety of raw vegetables and place on an attractive large platter or tray. Use different colours e.g. carrots, different coloured capsicums, cucumber, broccoli, radishes, etc. Make a tasty, but simple dip by mixing together 250 gm container of sour cream, 1 packet "Maggi" Onion soup mix and some dried parsley flakes. Place dip in centre of platter. Tastes and looks great!

Finger Foods

Delicious Bread Rolls

1 loaf sandwich bread
1 pottle cream cheese and 1 small tin pink salmon mixed together
Cut crusts off bread. Cut corner to corner. Spread with mixture. Fold long corners in and join with a small portion of mixture. For a larger size spread whole slice and roll.

Sandwich Filling

Cream cheese and chopped ginger mixed together. Spread on bread slices and dip in chocolate hail.

Snax

Cut bread slices in quarters. Place in patty tins. Fill with sausage meat, a small spoonful of apple, pinch mixed herbs, tomato slice or puree, and top with a small square of cheese. Bake in a moderate oven until cooked.

Cheese Balls

Mix mashed potato (which has been salted when cooked), grated cheese and salad dressing. Roll into balls and roll each in Cornflakes or Kornies. Place on dish. Can be warmed before serving.

Raisin Curry Toast

4 slices bread, 4 ozs Butter, ½ cup sultanas, 1 & ½ tsp curry powder, 1 cup grated cheese, Bacon strips
Toast the bread, melt the butter and mix in ingredients. Spread on toast then lay a small strip of bacon (3 strips to each slice). Cut each slice of toast into 3 mousetraps and grill.

Chicken Casserole (Very quick & easy)

1 cooked chicken (may be bought from the Supermarket) bone, skin and break into pieces.

Bring the following ingredients to the boil and simmer gently.

¼ cup sugar	1 pkt Crème of Chicken soup
1 cup of hot water	2 tsp butter
2 tsp soya sauce	1 Tbs vinegar

Add 1 medium tin pineapple (pieces or crushed) and 2 cups juice (make up amount with extra water) thickened with 1 tsp cornflour.

Pour sauce over chicken, add mushrooms and cashews (optional) and put it back in the oven and heat casserole through to boiling point before serving.

Porcupine Mince

1.5 kg lean mince	
250 grams uncooked rice	
2 beaten eggs	
Pinch of herbs	salt and pepper
Finely chopped onion	1 litre Tomato Soup

Mix all ingredients together except soup. Place soup in casserole. Form meatballs and place in soup.

Bake in moderate oven 1-2 hours or until cooked. Serves 12.



Sausage Roll Ultimate

1 medium onion	450 grams flaky puff pastry
500 gms sausage meat	½ tsp salt
2 tsps curry powder	1 egg
1-2 cups frozen veges (peas or mixed veges)	

Put veggies and chopped onion in a pot/or microwave safe dish with a little water. Boil for 5 mins and drain. Cool.

Roll pastry to a large rectangle shape. Place on tray or sponge roll tin. Mix sausage meat, veges, and all other ingredients together. Spread in middle of pastry longways. Make diagonal cuts at each side and then place alternate strips over the meat to look like a plait. Seal ends. Bake at 190 degrees C for 30 mins or until browned. Very tasty and popular with all ages!

Steamed Pudding

4 Tbsp butter	4 Tbsp sugar
2 Tbsp golden syrup	2 tsp baking soda
1 pkt (400g) mixed fruit or sultanas	

Pour over 2 cups boiling water.

Cool a little, add 3 cups of flour and 2 tsp baking powder.

Mix and put into greased bowl.

Steam 2-3 hours. Serves 10 to 12.



The Church Lunch

We have a shared lunch at our Church today,
It's great when all of the families stay
The tables are groaning with masses of food;
It puts us all in a nice relaxed mood.

There's big plates of sandwiches, sausage rolls and chips,
Some pizzas and a quiche and a platter with dips.
The cheerios are popular with all of the kids,
The casseroles smell scrumptious when we take off the lids.

The teenagers start and load up their plate,
So many choices, it all looks so great.
Oldies hold back 'cause what should they take,
The women are questioning, "What did you make?"

Someone's gone to the kitchen – there's hot soup to pour;
The place is now quiet, they're chatting no more.
Everyone settles, the food to consume;
All seem so happy as I look round the room.

It doesn't take long for the first course to go,
There's still more to follow the young ones all know.
Their eyes all light up as the puddings they spy,
There's everything there from fresh fruit to a pie.

When people are satisfied then the talking begins,
It's great to see everyone keen to join in.
The food is important – our inner man is filled,
But serving each other is what our Lord willed.

So don't ever feel you're too busy to stay,
When next it's announced "There's a shared lunch today!"
There are plenty of options of things you can make,
So here are some ideas so you'll know what to take.

- by Ann Sinclair

In Brief

Prayer Points from around the country

While not all our congregations feature in this edition please still be faithful in praying for them in their work of the Kingdom as well as those listed below. We trust you are encouraged by what you read, gain new ideas for what would also work for you, and are helped to pray more effectively for each location.

Northern Presbytery

MANUREWA

Covenant Presbyterian Church

- Give thanks for the women's bookclub - for friendship, fellowship and encouragement in the Christian walk as ladies from the Presbytery meet to discuss a Christian book.
- Pray for the planned Christmas outreach activity that the Presbytery women are organising for December. Give thanks for the positive feedback from some of the local malls who are happy for us to take a group of carol singers, complete with children's tableau. Pray for the organisation of this group and for wisdom as we plan to hand out gifts at the malls. Pray that the Christian message would be clearly proclaimed.
- Pray for the Women's Ministry team at Covenant as we meet in November to pray and plan for ministry for next year.
- Pray for the proposed visit by Barbara Barker that we may use her effectively in Auckland to encourage Christian women and reach out to those who have not yet heard of Christ.

TAKANINI

Trinity Presbyterian Church

- Give thanks for the many new members at Trinity.
- Give thanks for the life of Lizzy Rawe, one of our new members now with the Lord.



Zelita, Clara and Debbie singing 'Hosanna'

PAPATOETOE

Providence Presbyterian Church

During the school holidays we had our regular meeting, with the theme of Respectable Sins. We looked at several chapters in Jerry Bridges' excellent book on this subject. It deals with the so called little sins in our lives that we often overlook – discontentment, irritability etc. Laura Levi also shared an encouraging testimony.

For Prayer:

- Please pray for our next meeting in October which will have a missionary theme.
- Give thanks for the birth of a baby boy to Megan & Bruce Levi.
- Give thanks for new ladies who have started attending church. Pray that they will grow in their knowledge and love of the Lord.



Trinity's Eva Panapa & Rosemary Burns sharing at the Auckland Ladies Thanksgiving Dinner

TAURANGA

Tauranga Bible Fellowship

- Praise for a safe and blessed trip to Europe to visit family for one of our ladies, Jeannie Overall.
- Praise for a small group of us who regularly come together to study God's Word.
- Pray that God will bring together those interested in the Reformed faith to meet and learn more about His Word.

GISBORNE

Grace Church Gisborne

- Give thanks for our expectant mothers, Marie and Gabby. Pray that God would sustain them and their families through their pregnancies and enable a safe birth and healthy new baby.
- Remember our older saints who continue to struggle with ill health. Give thanks for their witness to God during their difficult circumstances and pray that He would continue to sustain and keep them.
- Pray that some of the older girls who we have contact with in the community would come to youth group and for growth in relationships with them and their families.



REGIONAL CONFERENCES - MAY 2009

There will be conference in your region. Plan to be there.

Main Speaker: Mrs Barbara Barker

From Briarwood Presbyterian Church, Birmingham Alabama, USA.

If you would like to contribute to this financially contact Mrs Linea Winter on ajwinter@whoosh.co.nz for details.

More conference details coming soon.

In Brief

Prayer Points from around the country

Central Presbytery

CHRISTCHURCH

Grace Presbyterian Church

- We give thanks for a successful girls' camp recently. Alison Paton challenged the girls from Scripture in a fun fashion and everyone came home tired but happy.
- We have streamlined our Sunday School classes so the students enjoy classes more suited to their ages. Give thanks that this is going well.
- Give thanks for help in our music from career and uni people.
- Please continue to pray for us as we look for a pastor. Remember the people involved with the preaching as well as their everyday jobs.

ASHBURTON & FAIRLIE

Evangelical Presbyterian Church

- Pray for our Swiss family, Joshua and Heidi and little Naomi. After the English exam on the 31st of August they will leave for Ethiopia.

They were to return home for more study and the birth of their second child but are now going straight to Africa. We give thanks to the Lord for their time with us. We give thanks that Kris & Louise Morrison had them to stay and cared for Naomi while they did an intensive language study month in Christchurch.

- Give thanks that there was a good turn out to an afternoon tea before church in Fairlie in July. Please pray that some of these folk will join us for worship regularly.
- Give thanks that Irene Bayne had enough financial support from generous saints to go to Uni impact training with Josh and Kirsten Eyre in Brisbane in late July. She has an ideal flatting situation both temporary and long-term. Pray that the Lord will lead her to those students in whose hearts He is working and that He might use her to lead them to Himself, nurture them and enfold them into His church. Pray also that she will be equipped to continue in this work when she returns to Dunedin next July.

Southern Presbytery

DUNEDIN

Grace Bible Church

- Give thanks for the opportunities through Christian Youth Camps for women in our church to share the gospel with young people and show Christ's love to them.
- Pray for those who seek to follow up the young people from these camps and disciple those who have made commitments to Christ.
- Pray that the Lord would strengthen and sustain the women of our church through His Word that they would be thoroughly equipped for the variety of ways they serve.

WYNDHAM

Wyndham Evangelical Church

- A Ladies DVD evening was held in late July featuring the film "End of the Spear" which gives some of the 'behind the scenes' story of the killing of the five missionaries by Acua Indians back in 1956. An encouraging number of ladies from surrounding churches also joined us. We were all thankful for the privilege of seeing how God could take what appeared to be a 'tragic event' and turn it into good for thousands of people
- A number of our women are involved each week in teaching Bible in schools in the local Wyndham primary school. Do pray for this ongoing work.
- We continue to run a holiday programme each school holidays and are encouraged by the response and the eagerness of the children to return. We are seeking to start a regular Sunday School during the term, flowing out of the relationships established. Please pray for this effort to reach into our community.
- Most of the church's families are involved in farming. This time of the year has many added demands with lambing and calving. Please pray for the wives as they seek to support and encourage their husbands during this stressful period.

MILTON

Tokomairiro Grace Bible Church

- Pray for Izzy and Alf Bradfield as Izzy battles with cancer.

INVERCARGILL

Grace Presbyterian Church

- A group of our ladies were invited to be involved with a NZ Kindergarten Association initiative. This pilot scheme aims 'to find and put in place supports for mothers (and then families) at risk: a system to befriend, train, guide, encourage and help'. Our ministry focus was to work amongst the children, while mothers are in their group sessions. This helps us to get to know the children, and so gain natural acceptance from the mothers as we become known as interested in their children. Mothers come and go, checking on their children, and meeting up with us. Grace ladies attend three mornings weekly, with 'our' ladies and mums chatting quite naturally about many issues.
- We are experiencing a Babyboom with three darlings due very soon and one born recently. These young families making their 'home' among us are not physically close to their extended blood families. Pray for obedience and organisation so we would be active in welcoming their infants and helping them as young families.
- Pray for senior saints with ailing spouses. This is physically demanding and emotionally draining on the couples. Give thanks that we have lots of folk who visit, ring, encourage and follow up.
- Pray for our new families from different cultures and climates and for wisdom in how to minister appropriately to them.
- We need committed Christians for ministries e.g. 'next' generation Bible group leaders, Sunday School leaders. Please pray not only for our existing leaders but that we would be able to recruit, help and encourage next generation leaders.

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Thanksgiving Dinner - Song and Photos from Redeemer

Redeemer ladies sang this at the Northern Presbyterian Ladies Dinner in July in keeping with the theme of Thankfulness. Sung to the tune of 'Jesus Loves Me'

Strength we have to rise each day
Declare your word in every way
Playing, laughing, reading and
Praising God,
seeing what He's planned



Fellowship times around God's word
Praying, praising, music is heard
Wonderful cooks we enjoy great food
Praise the Lord in gratitude



**Yes, we thank Jesus,
Yes, we thank Jesus,
Yes, we thank Jesus,
He's so good to us.**



Thank you Lord for Corrin and Asher
Covenant kids - ain't nothing flasher
Thank you Lord for babies unborn
Three more coming need love to adorn



Church now meets in a local school
Room for all and Sunday School
Playground, court, and food to start,
Then we worship with all our heart.



Asian Students asked to come
English is quite hard for some
Want to find out who God is
Pray that soon they will be His



Wally said 'yes' to shepherd us
This had been just such a plus
Preaching, teaching, encouraging
Fitted in well with everything



Jesus loves the Redeemer girls
Their mixed up natures we try to unful
Jesus loves the Redeemer boys
Though they make a lot of NOISE!

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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