

Newsletter

8th July

2018

epsom
baptist church

Leading: Anne Bartley

Preaching: Fred Brunell

Theme: **It's not just a story: A fresh look at favourite biblical narratives**

The Next Deacons' Meeting will be held on Tuesday
16th August 2018 at Epsom Baptist Church.



Today Fred Brunell begins a short three sermon series looking at familiar biblical narrative stories. Shown at left is a modern take on the story of David and Goliath...



There will be no **Mid-week Bible Study** for Wednesday July 11th.

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Saturday Evening and Sunday Morning Chinese Congregations:
Pastor Daniel Choi

Sunday Morning English Congregation: Pastor Jeff Whittaker

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From Pastor Jeff

Science is constantly discovering new things about the way our bodies work. So what is known about the causes of major depression? Already identified are things like genetics (often genes associated with circadian rhythms), trauma, and neurochemical imbalances. Now another causal link has been discovered: **disrupted circadian rhythms**. Put in simple terms, this means disrupted sleep patterns. But scientists are not sure which way it works. Does disrupted sleep lead to depression, or does depression lead to disrupted sleep? Whichever way it works, it's clear that getting enough sleep is hugely important for general health and mental health. Interestingly, the Bible speaks to this in Psalm 127. Verse 2 is a challenge to us to trust God for our daily bread. It says: **It is in vain that you rise up early and go late to rest, eating the bread of anxious toil, for he gives sleep to his beloved.** For some strange reason, when I was younger, my contemporaries prided themselves in how little sleep they could get by on. With the advent of electronic devices (whose light also upsets circadian rhythms), there are now more things to keep us awake at night. So, let's be sensible. Let's accept the good gift of God: enough sleep to keep us healthy. Let's turn off our devices at night, don't look at emails or take calls after 9pm, turn off the TV etc. Instead, take a short time to reflect on the day that's been, where God was and wasn't in it for us, and turn off the light with gratitude in our hearts to God for all God's goodness to us, including the gift of refreshing sleep.

Shalom, Jeff



July 2018 Sunday morning rosters...

Flowers: 1 Linda McBurney, 8, 15 Luanne Lau, 22, 29 Dawn de Stigter

Morning tea: Sim Patterson

Communion preparation: Sim Patterson

Door and Offering: Linda McBurney

Scripture reading & Communion: Janet Buckley

Offering counting: Helen Evans and Ann Guan

Lawns: Murray Hollis