SOUTH COAST PRESBYTERIAN CHURCH

*Ordinary people* “continually praising “*an extraordinary God*

**ISSUE NINE: 31st MAY 2020**

## See the source image

How wonderful it has been for us to start seeing friends and be able to share a coffee or meal together, as we tentatively start venturing out of isolation.

This time has affected people in many different ways. For some it has been a restful time and yet other it has caused anxiety with job losses and struggling with changing financial situations. For our children or grandchildren unable to be at school learning and mixing with friends they too have been under pressure as they have had to adapt to a different and sometimes difficult new way of learning.

We have all been touched in different ways and as we move forward into the next phase of this virus journey, we need to continue to be there for each other and know God is with us though out this journey.

 ***Same Storm, Different Boats***

***Author unknown***



*I heard that we are in the same boat.
But it's not that.
We are in the same storm, but not in the same boat.
Your ship can be shipwrecked and mine might not be.
Or vice versa.
For some, quarantine in optimal: a moment of reflection, or reconnection.
Easy, in flip flops, with a whiskey or tea.
For others, this is a desperate crisis.
For others, it is facing loneliness.
For some, peace, rest time, vacation.
Yet for others, Torture: How am I going to pay my bills?
Some were concerned about a brand of chocolate for Easter (this year there were no rich chocolates).
Others were concerned about the bread for the weekend, or if the noodles would last for a few more days.
Some were in their "home office".
Others are looking through trash to survive.
Some want to go back to work because they are running out of money.
Others want to kill those who break the quarantine.
Some need to break the quarantine to stand in line at the banks.
Others to escape.
Others criticize the government for the lines.
Some have experienced the near-death of the virus, some have already lost someone from it, and some believe they are infallible and will be blown away if or when this hits someone they know.
Some have faith in God and expect miracles during 2020. Others say the worse is yet to come. So, friends, we are not in the same boat.
We are going through a time when our perceptions and needs are completely different. And each one will emerge, in his own way, from that storm.
It is very important to see beyond what is seen at first glance. Not just looking, more than looking, seeing.
See beyond the political party, beyond biases, beyond the nose on your face. Do not judge the good life of the other, do not condemn the bad life of the other. Don't be a judge.
Let us not judge the one who lacks, as well as the one who exceeds him. We are on different ships looking to survive.
Let everyone navigate their route with respect, empathy and responsibility.*

**Socializing Is Critical for Mental Health by Candice Lucey** Contributing Writer crosswalk.com

Psychologists, counsellors, doctors, and the Bible all promote positive relationships for mental and physical health.

Everyone [at every age needs friends](https://eldercarealliance.org/blog/importance-of-socialization-in-aging/): “throughout life, close friends provide a strong foundation of compassion and trust for many people, and they can become even more important as we age.”

Here are **six ways that socializing promotes mental health:**

**1. Encouraging a Healthy Lifestyle**

It’s easy to get into bad habits, both emotional and physical, without people to keep us accountable. [Galatians 6:1](https://www.biblestudytools.com/galatians/6-1.html) puts it this way: “if anyone is caught in any [transgression](https://www.christianity.com/wiki/christian-terms/what-does-transgression-mean-in-the-bible.html), you who are spiritual should restore him in a spirit of gentleness.”

When others see us, we are more likely to take a close look at what we eat, what we say, how we act, and even how we think. Is our tone of voice kind or harsh? Are we sharing? Grumpy? Compassionate? Greedy? Rude? Lazy?

Friends encourage one another to eat well for good mental and physical health. They challenge each other to be positive and to consider others’ needs.

When we emulate the positivity and compassion of our peers, we simply feel better.

**2. Preventing Depression and Anxiety**

Too much “self” promotes depression and anxiety. “High and low self-esteem are [two sides of the same coin](https://www.gospelproject.com/how-should-we-understand-self-image-by-sharon-hodde-miller/) [...] preoccupied with the self,” while they both “supplant God as the centre of one’s life.” This quote comes from Tim Keller’s book *The Freedom of Self Forgetfulness*where he explains how self-involvement robs “Christians of meaningful purpose and life-giving joy.”

Godly friends help us to keep Christ at the centre of our lives and, by doing so, help us cling to joy.

Notice how [Colossians 3:16](https://www.biblestudytools.com/colossians/3-16.html) encourages ‘one another’ living:  “Let the word of Christ dwell in you richly, teaching and admonishing one anotherin all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”

**3. Finding Purpose**

After retirement, a person might wonder what he is supposed to do with his life. People don’t need him as much as they did when he managed a company, taught school, worked as a cook, or fixed car engines.

Friends remind a retiree that there is still purpose in life: to keep growing and learning. With fewer responsibilities, this is a great time to get to know God better; to really learn about Him. Finding purpose is often easier as part of a [Bible](https://www.biblestudytools.com/) study, prayer team, or care group than in isolation.

From adolescence onwards, one might think that a successful life involves making money and achieving career status, but the real reason we are here is to know God, love Him, and to glorify Him. “For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” ([Ephesians 2:10](https://www.biblestudytools.com/ephesians/2-10.html))

One way He speaks to us is through relationships. These relationships also offer opportunities to find purpose as mentors and to continue being mentored, even in our 60s, 70s, and beyond. “Give instruction to a wise man, and he will be still wiser; teach a righteous man, and he will increase in learning.” ([Proverbs 9:9](https://www.biblestudytools.com/proverbs/9-9.html))

**4. Holding on to Memory**

“One study found that [cognitive abilities declined](https://eldercarealliance.org/blog/importance-of-socialization-in-aging/) 70 percent more slowly in individuals who had frequent social connections compared to those who had little social contact with others.”

You can see that when a person is isolated, she tends to forget things more easily. She isn’t accountable to anyone. She doesn’t have to remember engagements or speak to anyone. With less purpose, memory slips away; at least short-term memory. Socialization may improve memory.

Our memories are important to us, especially when we are hurting emotionally. “But the Helper, the [Holy Spirit](https://www.crosswalk.com/faith/spiritual-life/10-supernatural-ways-the-holy-spirit-wants-to-empower-you.html), whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.” ([John 14:26](https://www.biblestudytools.com/john/14-26.html))

A good memory more easily calls to mind the teachings of Christ. When we need His encouragement and covet His guidance, a good memory will recall life-giving words or at least remember where to find them.

**5. Discipleship: Helping Others Grow**

We always have something to offer as mature Christians, even if we are young in [faith](https://www.crosswalk.com/faith/) but rich in life experience. Socializing helps us stay mentally and spiritually fit, and we also have a responsibility to encourage mental and spiritual health in our peers through discipleship.

We can impart our passion for Christ and support people in our own age group or young Christians. While it’s tempting to stick with our contemporaries, younger people need to be mentored. “One generation shall commend your works to another, and shall declare your mighty acts.” ([Psalm 145:4](https://www.biblestudytools.com/psalms/145-4.html))

As one who came to Christ in my thirties, with a non-Christian background and no believing elders in my family, I am so grateful for the older women in my church who have taken the time to patiently teach, correct, and encourage me through the Word of God.

New Christians at any age benefit from elders with wisdom to spare. Discipling younger believers is obedient and also has a positive effect on mental health: “[Looking up to your elder spiritually](https://www.focusonthefamily.com/get-help/encourage-your-elders-faith-and-spiritual-life/) is very affirming to him.”

**6. Encouraging Empathy**

The speck in another person’s eye is glaringly obvious when we never see ourselves through the eyes of others. We speak harshly about people who are different from us, forgetting how we appeared to God before Christ saved us.

Now we stand before the throne of God, washed clean by the blood of the lamb, and we are called to reach out to others with that message of hope. We are not to judge but to act out our [faith](https://www.crosswalk.com/faith/) by clothing, feeding, teaching, and comforting others.

God commands us to spread a message of hope which, by its very nature, involves socialization. Although this is an act of obedience, a life lived on mission tends to provide a person with greater [empathy](https://www.psychologytoday.com/ca/blog/social-empathy/201812/five-ways-empathy-is-go%20od-your-health) which “connects you to other people

in deep and meaningful ways.”

Connectedness will save us from losing our memories, feeling depressed, and from feeling as though life is meaningless as we age. God is a relational God after all; He said from the beginning “it is not good for man to be alone.” ([Genesis 2:18](https://www.biblestudytools.com/genesis/2-18.html))

The Lord was working from His own perfect, triune model—perfect relationship with Jesus and the Holy Spirit.



Heather sent some prayer points for us all and also these wise rules for life taken from a missionary in 1800s all still so relevant today.

**Prayer Points 31st May – Father God we pray**

* Father forgive this world, a world that does not know you or even want to know you. Have mercy on us and forgive, turn your hand of wrath away.
* Thank you for your care and provision through these very difficult times; we know that we can depend on you and that you will carry us on eagles’ wings.
* We think of those who are in countries where there is inadequate health care, we know that the outcome looks bleak and we leave them in your care. Help those who know you to trust you in the darkness.
* We also ask for patience for all those who are struggling with being in close quarters with other members of their households.
* We ask that you will show people the blessings that come from spending more time at home, we pray that people will think more about you and seek you out.
* Thank you for the technology we have that enables us to hear your word expounded to us wherever we are.
* Meet people in their fear and give us words to speak in season.
* Finally, we pray for those you have lost loved ones, so many. Heal their broken hearts we pray.

**Adoniram Judson's Rules of Life**
(Judson was a missionary in Burma for almost forty years. He died in 1850.)

1. Be diligent in prayer, every morning and evening.

2. Never spend a moment in mere idleness.

3. Restrain natural appetites within the bounds of temperance and purity.

4. Suppress every emotion of anger or ill will.

5. Undertake nothing from motives of ambition or love of fame.

6. Never do that which at the moment appears to be displeasing to God.

7. Seek opportunities of making some sacrifice for the good of others.

8. Endeavor to rejoice in every loss and suffering for Christ's sake, remembering that like death, they are of great gain.

**The Spirit of the Lord GOD is upon me,
because the LORD has anointed me
to bring good news to the poor he has sent me to bind up the broken hearted,
to proclaim liberty to the captives,
and the opening of the prison to those who are bound Isaiah 61:1**

**If you want a Psalm to read try Psalm 147**

**It speaks of God’s power and his unfailing love**

RECIPES

BIBLE TRIVIA

1 According to the Beatitudes who will be filled?

Answer:

2 What does Simon Peter do for a living before he becomes an apostle?

Answer:

3 In the Gospel of Mark, how does the Virgin Mary learn of her pregnancy?

Answer:

4 Who is Stephen in Acts of the Apostles?

Answer:

5 By what name is Paul of Tarsus known before he begins his missionary activity?

Answer:

**{Answers next week}**

**week nine answers**

1 Finish this verse, “In every battle you will need faith as your\_\_\_\_\_\_\_ to stop the fiery arrows aimed at you by Satan."

Answer: Shield

2 Whose example does Paul say Christians should follow in Chapter 5 of Ephesians?

Answer: Christ’s

3 After Jesus fed 5,000+ people with two fish and 5 loaves of bread, how many baskets were left over?

Answer: 12

4 What does Paul say may “abound more and more in knowledge and in all judgement?

Answer: Love

5What tribe is Paul from?

Answer: Benjamin

As we are tending to have more morning and afternoon teas at home now I am always interested to find something easy, quick and of course tasty , and who can go past a good chocolate cake. Saw this simple Chocolate cake recipe on Facebook. It looked so easy and great for those with milk or egg allergies.



**Moist Chocolate Cake- No Eggs, No Butter**

**Ingredients**

1 ½ cup (180 grams) plain flour *sifted*

1 cup (200 grams) sugar

1/4 cup (28 grams) unsweetened cocoa powder *sifted*

1 teaspoon baking soda/bicarbonate soda

½ teaspoon salt

1 cup (250 ml) warm water

1/3 cup (80mls) vegetable oil

1 tablespoon vinegar OR lemon juice (15mls)

1 teaspoon vanilla extract

Preheat the oven to 180 degrees C.In a large bowl, combine the flour, sugar, cocoa powder, salt and baking soda. In a separate bowl, whisk the warm water, vegetable oil, vinegar OR lemon juice and vanilla extract. Add the wet ingredients to the dry ingredients and stir with a wooden spoon until just combined. Pour the batter into a greased and floured 20 cm (8 inch) pan. Bake for 15 to 20 minutes or until a toothpick inserted in the centre comes out clean. Cool the moist chocolate cake on a wire rack and dust with icing sugar or chocolate icing before serving.