



Holy Trinity Hillcrest

News Letter July 2016

Rector's Reflections

Dear God's people,

The Thompson household is gearing up for the arrival of their new grandchild expected in September. So our minds are focused on baby things and when we are out shopping Tessa scans the baby sections to see what we can get for the new arrival. This started me thinking about baby things and nursery rhymes until I started reciting Humpty Dumpty. This rhyme is about brokenness and not having the ability to put oneself together again. In many ways we are like Humpty Dumpty. We operate as if we have the fineness of the shell and at the same time easily cracked when we make contact with something hard. From a religious perspective SIN is the primary cause of our brokenness and like Humpty Dumpty we are not able to put ourselves together again.

During the season of Pentecost the Church's focus is on how we can do just that, being made whole again. St John teaches that God had given us God's spirit, the Holy Spirit, to lead us into all truth. In John 14 Jesus calls the Holy Spirit the Advocate and in John 16 he defines the work of the Advocate as, "he will prove the world wrong about sin, and righteousness and judgement: about sin because they do not believe in me; about righteousness, because I am going to the Father and you will see me no longer; about judgement, because the ruler of this world has been condemned." (NRSV)

Like Humpty Dumpty needed the "King's Men and the Kings horses who couldn't put him together again" so we are in need of someone to help us be

ing put together. Fortunately we have someone wiser and more capable than the 'king's men'. We have God the architect of all life forms who in His compassion demonstrates His love by paying the ultimate price for our salvation and patiently hovers around us to guide us along the pathway that will reward us with that great prize.

Archbishop Fulton Sheen in his book, Remade for Happiness, writes, "If man is ever to be redeemed, {made whole} redemption must (1) Come from without; (2) Be done from within". He goes on to explain, "Salvation must come from without because you can destroy life; but you cannot create it; you can blind your vision but you cannot restore it; you can destroy your communion with God by sin, but you cannot restore it."

He asserts that for humanity to reclaim the unity that initially existed between God and mankind (Genesis 1&2) two conditions are essential:

"Man must be redeemed from without because no man can lift himself up by his own boot straps. Since the offence of man's sin is infinite, and the reparation he can make is only finite, it follows that it can be adequately done only by God.

Man must be redeemed from within, otherwise the redemption will have no relation to man, and man wants to play the role in his own regeneration. He does not merely want his sin forgiven; he wants to atone for them. To answer that need God becomes man." Ibid



We are extremely privileged that God refuses to give up on us no matter how hard we often try shaking loose from the commitments made, at our Baptism and Confirmation, to strive for union with God. As we journey {as the word implies making a deliberate attempt to forge ahead} against the headwinds of social, political, economic, spiritual and health challenges we stride in the confidence that God is beside us. In this confidence we persevere in our weakness with the certainty that God alone can lift us out of the doldrums and free us from the bondages of our brokenness.

With my love and prayers

Your brother in Christ

Fr Gary





Not long ago, a seasoned marathoner had just crossed the finish line with an impressive time when he suffered a heart attack and died. From the outside, he looked to be the picture of health, but a fatal condition was hiding on the inside.

Every one of us needs an occasional visit to the doctor for a checkup to make sure everything is working alright and that we don't have an unknown serious internal condition.

The same is true with our spiritual lives. As creatures of habit, we tend to go through life on autopilot. We often miss clues that indicate that our spirit is not enjoying the good health that God created it for.

In the same way that the doctor puts us through a battery of tests to diagnose potential physical problems, God has given us a process of evaluating spiritual problems in our lives:

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." (Galatians 5:22-23)

Each of these is a characteristic of the Holy Spirit's active presence in our daily activities. Let's look at each one and ask some diagnostic questions to make sure we're healthy.

1. Love. This word for love doesn't refer to warm feelings but to a deliberate attitude of good will and devotion to others. Love gives freely without looking at whether the other person deserves it, and it gives without expecting anything back.

Question: Am I motivated to do for others as Christ has done for me, or am I giving in order to receive something in return?

2. Joy. Unlike happiness, joy is glad-

ness that is completely independent of the good or bad things that happen in the course of the day. In fact, joy denotes a supernatural gladness given by God's Spirit that actually seems to show up best during hard times. This is a product of fixing your focus on God's purposes for the events in your life rather than on the circumstances.

Question: Am I experiencing a joy of life on a regular basis, or is my happiness dependent on things going smoothly in my day?

3. Peace. It's not the absence of turmoil, but the presence of tranquility even while in a place of chaos. It is a sense of wholeness and completeness that is content knowing that God controls the events of the day.

Question: Do I find myself frazzled by the crashing waves of turmoil in my life, or am I experiencing "the peace that passes all comprehension" (Philippians 4:6-7)?

4. Patience. Other words that describe this fruit are lenience, long-suffering, forbearance, perseverance, and steadfastness. It is the ability to endure ill treatment from life or at the hands of others without lashing out or paying back.

Question: Am I easily set off when things go wrong or people irritate me, or am I able to keep a godly perspective in the face of life's irritations?

5. Kindness. When kindness is at work in a person's life, he or she looks for ways to adapt to meet the needs of others. It is moral goodness that overflows. It's also the absence of malice.

Question: Is it my goal to serve others with kindness, or am I too focused on my own needs, desires or problems to let the goodness of God overflow to others?

6. Goodness. While kindness is the soft side of good, goodness reflects the character of God. Goodness in you desires to see goodness in others and is not beyond confronting or even rebuking (as Jesus did with the money changers in the temple) for that to happen.

Question: Does my life reflect the holiness of God, and do I desire to see others experience God at a deep level in their own lives?

7. Faithfulness. A faithful person is one with real integrity. He or she is someone others can look to as an example, and someone who is truly devoted to others and to Christ. Our natural self always wants to be in charge, but Spirit-controlled faithfulness is evident in the life of a person who seeks good for others and glory for God.

Question: Are there areas of hypocrisy and indifference toward others in my life, or is my life characterized by faith in Christ and faithfulness to those around me?

8. Gentleness. Meekness is not weakness. Gentleness is not without power, it just chooses to defer to others. It forgives others, corrects with kindness, and lives in tranquility.

Question: Do I come across to others as brash and headstrong, or am I allowing the grace of God to flow through me to others?

9. Self-control. Our fleshly desires, Scripture tells us, are continually at odds with God's Spirit and always want to be in charge. Self-control is literally releasing our grip on the fleshly desires, choosing instead to be controlled by the Holy Spirit. It is power focused in the right place.

Question: Are my fleshly desires con-

trolling my life, or am I allowing the Spirit to direct me to the things that please God and serve others?

10. Walk by the Spirit. While not a fruit of the Spirit, the final item on the checkup produces all nine qualities listed above. When we follow the Spirit's lead instead of being led by our self-focused desires, He produces the fruit.

But even when we don't walk by the Spirit, He is the very one who convicts us that things are not in proper order in our lives.

God promises that if we are willing to admit that we have been walking our own way and ask for His forgiveness and cleansing, He will empower us

through His Spirit to live above ourselves and live the abundant life for which He has created us.

Question: Am I actively depending on the Holy Spirit to guide me in God's ways so I don't get wrapped up in myself? If not, am I willing to confess to God that His ways are better than mine, and that I need the Spirit's guidance to live above the fray?

*Are you Son
ripened?*

Copyright © 2008 by FamilyLife.

God is good...
All the time God is good.

How amazing is the power of prayer? At our healing service 2 weeks ago, we prayed for our son-in-law, who has lymphoma. He was due to start Chemotherapy this week. In the preliminary tests to determine his dosage, they found his cell count had halved which up until now had been steadily climbing. His Chemotherapy has now been called off for a month depending on further tests. Thank you Lord for your goodness.

Pam Skinner

8 Keys to Better Health

Nutrition
Exercise
Water

Sunlight
Temperance
Air
Rest
Trust in God



Sharing the **Winter Warmth**

Women's Group were invited to participated in this project for the Sunday School and readily agreed to do so despite the fact that they had their own project for the children in the crèche they support in Shongweni and for whom they provide jerseys. Our special thanks to Jill Saunderson, Connie Johnson and Rosemary Dickinson for their assistance in the regard. We have thus been able to provide each little person in our Sunday School with a jersey, tracksuit trousers and a beanie. The older children received fleecy jackets in a variety of colours and styles.

The Morning Women's Fellowship has delivered to Dawn Leppan, at 1000 Hills Community Centre, in excess of 70 jerseys, 12 pairs of tracksuit trousers and handmade blankets plus the Mother Theresa jersey and beanies which were received form the Anglican Church in New Zealand.

Thank you so much to all our Women's Fellowship members and also to our congregation and friends for the wonderful support in this worthwhile project of spreading the winter warmth to the less fortunate.

God bless you all.
Ann Maud



Some Humour!



Is it possible?!

If clergy can be defrocked and lawyers debarred, doesn't it follow that electricians can be delighted, musicians denoted, models deposed, dry cleaners depressed, bed-makers debunked, and organ donors delivered. And perhaps, too, we can hope politicians will be devoted...

BEING THANKFUL

A Rabbi said to a precocious six-year-old boy, "So your mother says your prayers for you each night? That's very commendable. What does she say?"

The little boy replied, "Thank God he's in bed!"



Have you thanked

God
for your eyes
Today?



And food for thought!



There is a famine in the world. Not a famine of food, but of love, of truth, of life. — Mother Theresa



PARISH CONTACT DETAILS:

Rector:

Rev Gary Thompson
031 765 2578 082 442 3241

Deacon:

Rev Bruce Woolley 079 544 7566

Church Wardens:

Peter Craig 082 896 3516
Harold Walker 076 055 4240

Alternate Warden:

Murray Phillpott 031-7655494

Youth Worker

Althea Kroone 031 765 5942

Parish Ministries:

Audio Visual	Enid Vreedenburg	031 765 5942
Bookkeeper	Doreen Hood	082 550 8387
Companionship	Glenys Dickson	031 767 2213

Environmental
Evening Women's Gp
Flowers
Food Parcels
Garden
Hospital Visitors
Lay Ministers
Martha's Friends
Morning Women's Gp
Musicians
Music Group
Prayer Chain
Publications
Recorder
Readers
Sacristans
Sides people
Tea Pourers
Treasurer
Warwick Link

Maggie Fleming	031 765 7157
Lynette Reynolds	031 716 8161
Margaret Vorweg	031 765 4390
Rosemary Dickinson	031 765 2782
Jill Howard	031 765 1061
Elaine Hutt	031 765 2188
Rosemary Combes	031 762 1176
Ann Maud	031 765 2111
Ann Maud	031 765 2111
Matthew du Sart	082 526 3518
Pat Dawson	031 765 8013
Julia Evans	079 814 9679
Enid Vreedenburg	031 765 5942
Marion Wakefield	031 716 8201
Sue Yates	031 765 4272
Brenda Saville	031 765 1111
Errol Hicks	031 716 8872
Joyce Mickel	031-7672927
Denis Saville	031 765 1111
Rosemary Combes	031 762 1176

PARISH CONTACT DETAILS:

Cnr Elangeni & Nqutu Roads, Hillcrest
P O Box 148 Hillcrest 3650

☎: 031-765 5941/2/3 ☎: 031-765 5077

✉: office@holytrinity.co.za / Website: www.holytrinity.co.za

Banking details:

Account Name:	Hillcrest Anglican Church
Nedbank Hillcrest Branch	1338 26
Account No.	1338 034 057

Please check our website, www.holytrinity.co.za, for all the latest news and activities!