



LIFE

WORDS



Seasons Greetings

Welcome to our summer edition of LIFEWORDS. By the time you get this you will be in the thick of the Christmas season, you may have already had your work parties and many of you organised ones would have secured your Chrissy presents by now. We hope you have a wonderful and enriching time both in the lead up and over the Christmas/new year season. And that you find time for relaxation and recuperation but also finding quality time with people and for reflection on the whole 'reason for the season:' the babe in a manger 2000 years ago' who changed the world and continues to transform lives.

COMMUNITY CAROLS NIGHT

With the Trinity Puppeteers

Highlights:

- Sing your favourite carols with the band plus some Christmas readings
- Puppet show
- Singer/songwriter Matt Couper
- Christmas Mince Pies

Wed. December 17th. 7:30pm.

Greenhithe Village Hall. Greenhithe Rd. Bring the family and a candle!

LIFE TIPS FOR FAMILIES

The Christmas season can be a wonderful time to teach the understanding behind the words of Christ; 'It is more blessed to give than to receive.' At a time when kids are naturally focussed and excited about what Santa is going to bring them and the family, it's an opportune time for them to experience the satisfaction and compassion of giving to others.

A recent article in the Littlies mag (December issue) had some great tips for how to bring this giving value and dimension to the way your family celebrates Christmas. Here are the major excerpts from it:

..Young children have little understanding of money, so encourage your children to spend their time and effort rather than asking for a donation from their piggy banks. Ask your child what kind of jobs they could do for other family members (ie setting the table or fetching the mail) and help them make 'vouchers' that the recipient can redeem at the appropriate time.....the spirit of generosity starts with the ability to consider other people's feelings, so this is a good opportunity to talk to your child about others who are less fortunate. Take your child grocery shopping with you and ask them to choose some extra groceries for a food bank or homeless shelter. Or you could have a baking session with your child and help them wrap the goodies in red or green cellophane to deliver to the sick or elderly in your street. Another idea is to take your child to a toyshop to choose a toy for a less fortunate child of the same age. Help your little wrap the present and make a card to go with it, then drop off together at your local Christmas toy drive. (banks and libraries often collect presents throughout December)

(Littlies Monthly Mag, December issue)

SERVICE TIMES

Sunday Worship service 6pm
Free BBQ meal from 5pm.

Greenhithe Village Hall
Greenhithe Rd, Greenhithe.
Ph/fax 09 442 1495
m.yates@shoregrace.org
www.shoregrace.org

RESPONDING TO STRESS

We call this the 'silly season', but it can also be the 'stressful season' especially at home and in the workplace. We look forward to the easier pace in January and wonder how we might avoid becoming so stressed and 'run off our feet' in the new year that awaits us. All stress is not bad however and although you might think life without stress would be simpler, it might also be duller, a lot less challenging and maybe even shorter – some researchers have argued that some stress is necessary to keep us alive and moving – but the same researchers know that too much stress can kill us. While eustress is a positive stress experience that comes from such things as promotion, moving to a new house etc, distress is the type of stress that can be unpleasant and harmful. There can be any range of factors in this stress, both external and self inflicted which this article does not have space to detail. Broadly stresses come from physical influences (biological, health, sleep deprivation etc); psychological stresses (frustration, conflict, fear, anxiety, external pressure etc); social stresses, (marital conflict, economic and occupational stress etc); spiritual stresses (whole of life issues, lack of direction, purpose, guilt etc)

The summer break is a good time to re-evaluate priorities and develop strategies for responding to stress. First identify the stressors in your life in the categories above. How might you adjust your expectations of yourself and others in these categories to relieve you of unnecessary stress and focus on the things you really want to do, for example, spend more time with the family. Make some realistic goals with the benefit of the past year experience. Making changes can be healthy response to stress. Consider how you might respond to stressful occasions, for instance there is value in taking an inventory of what is causing the stress and what might be done to tackle the problem. This can have a calming effect and help put stressful situations in perspective. It often helps to talk with a caring helper, someone who is not going to judge you but help you to get perspective. There is nothing wrong with seeking external counselling from skilled counsellors either or getting some kind of social support. In addition to taking an inventory and making changes, anticipating future stress can help. The technical term for this is 'stress inoculation' which is the process of understanding and preparing for what is ahead so we become less anxious and fearful. Simple things like attention to our bodies can help, such as getting sufficient rest, having a balanced diet and taking time to exercise.

Finally we often miss out a key factor in a whole of life response to 'stress.' That we are more than just atoms and molecules, there is a spiritual dimension to our lives and we will lose balance and perspective by not bringing that to bear in our everyday stress management. The One whose birthday we celebrate at Christmas had ample teaching about stress response during his life in this world. Teachings on how a primary focus on materialism will bring soul fatigue and unrest rather than the simple joys of peace, wholeness and strength in a loving God. Prayer is a great way to seek support, strength and peace in stressful times. 'Cast your cares on Him,' the bible says and you will find that exciting things will happen when you do.

GREENHITHE PLAYGROUP

We are a group of parents and preschool children meeting at the Greenhithe Village Hall
Tuesdays and Thursdays 9:30 till 11ish.
Please come and join us.
PLAYGROUP COORDINATOR: MICHELLE YATES
c/o Greenhithe Medical Centre , 22 Greenhithe Rd Greenhithe. Ph. 4138562, yatesie@xtra.co.nz

For support in the significant and challenging stages of life contact Rev. Mike Yates for

- SUPPORT AND COUNSELLING
- MARRIAGE and COUPLE COMMUNICATION
- LIFE COACHING
- PREPARING FOR MARRIAGE AND WEDDINGS
- CHILD DEDICATION

Contact no. ph 09 4421495
Greenhithe Village Hall Office, Greenhithe Rd.

...Where questions of LIFE
and faith are explored and
community restored...
sharpening your focus for
LIFE and work

GREENHITHE'S NEW CHURCH
COMMUNITY. A WELCOMING AND
ENCOURAGING EXPERIENCE FOR
EVERYONE.

**SUNDAY EVENINGS FROM 5PM AT
THE GREENHITHE VILLAGE HALL.**
FREE BARBECUE MEAL AND GOOD
COFFEE FROM 5PM. PROGRAMME
OF RELEVANT AND INSPIRATIONAL
MUSIC, MULTIMEDIA AND
MESSAGE COMMENCING 5PM.

