



Book Reflection: Broken Bread, Tilly Dillehay - PART 1

'So whether you eat or drink or whatever you do, do it all for the glory of God.'

~ 1 Corinthians 10:31

At some point during January this year, I resolved to start thinking more carefully about the way I eat. I wasn't after a new diet plan or advice about incorporating the latest superfood, but I wanted principles that would help shape my views on eating, taking captive the unhelpful thought patterns I'd fallen into: the rule-following, the rule-abandoning, the guilt, the over-thinking.

This book was one of the few on offer at the Christian bookstores that didn't look like a weight-loss plan disguised as Christian literature. Tilly Dillehay writes as someone who has not had an easy journey with food. Having suffered from an eating disorder in the past, Dillehay knows what's at stake if we don't relate wisely to food. But in a culture that has built a religion around which foods to eat, how much to eat and when to eat, it can be hard to keep looking to Jesus and examining our own hearts.

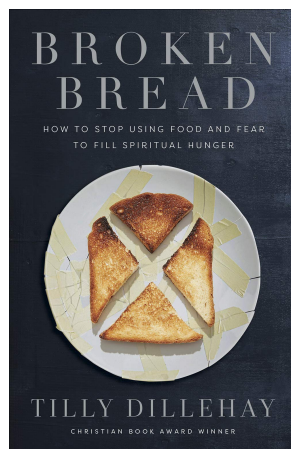
To begin that examination, Dillehay begins by introducing us to the four food poles. They are ways of attaching diagnoses to the main pitfalls in our relationship with food. They are really two sets of twin vices:

- There is **asceticism** versus **gluttony**; and,
- There is **apathy** versus **snobbery**.

At different times and in different ways we can slide from one vice to the other. Each of these is worth unpacking further, hence this is only Part 1 of my reflection!

Our problems with food often begin with a heart that seeks its own glory before Christ's. But Christ is greater than our hearts and has made a way out of bondage. I'm hoping this snapshot of Dillehay's book might help start a conversation between you and another believer today.

- Susan Pursell



Church News

Gary Findell Funeral

A service to remember Gary Findell will be held at our church at **11am this Monday 16th May**, and will be followed by light refreshments.

The livestream link for the service is:
youtu.be/qV2s9R3usVk.

'Loving the Lovells'

Sunday 22nd May.

Graeme Sedorenko from CMS will be our guest preacher next Sunday.

We will be having a special Bolivian themed lunch, and there are a couple of recipes still available if you wish to contribute.

A special video message will be shared from Adrian and Anita.

Working Bee

Are you free on **Saturday 28th May** from **9am to 12pm**?

We will be holding a working bee around the grounds and inside the church, and we would love your help.

See Harley Mills for more details

Ladies' Craft Afternoon

The ladies are coming together for a fun afternoon at the church on **Saturday 28th May from 2pm to 4pm**.

Bring along any craft or knitting that you might be working on. Afternoon tea will be provided. Please register with the office.

General Synod of the Anglican Church in Australia

For information regarding the sessions from the General Synod, held earlier this week, head to sydneyanglicans.net for full coverage.

Birthdays

16th David Crook

Anniversaries

20th Andy & Magda Peters

Financial Update (YTD 12th May 2022)

Income \$58,299

Expenses \$68,901

Difference **-\$10,602**

The people who are serving us

9.30am Service	15th May	22nd May
Welcomer:	C Smith	D Slocombe
Bible Reader:	K Dobbie	A Browne
Prayer Leader:	P Taylor	R Hannam
Kids' Program:	M Klasson/ P Moore	B Firley/ V O'Regan
Morning Tea:	C Bonnici/ R Eton	A Hadley/ R Slocombe
Meal Clean Up:	K Eton	C Bonnici

5pm Service	15th May	22nd May
Welcomer:	R Slocombe	M Peters
Bible Reader:	J Hoffer	D Rainey
Prayer Leader:	V O'Regan	A Peters
Afternoon Tea:	S Stanojevic	V O'Regan
Meal Clean Up:	V O'Regan	A Peters

Saturday Cleaning: A & M Peters

Saturday Mowing: N/A

Jonah: The Lord Who Saves

The compassion of the LORD

Jonah 4:1-11

Sam Pursell • 15th May 2022

1. Gracious God (1-4)

2. Angry Jonah (5-9)

3. Having God's heart (10-11)

Next Sunday...

'Breaking Barriers' • Graeme Sedorenko • Readings: Isaiah 57:14-21 and Ephesians 2:11-22

Information about our Church

Your kids are welcome

Children are welcome to stay with you during church. Kids church starts roughly 15 mins into the 9:30am service (during school terms).

You may also take your child to the Cry Room at the rear of the church to watch us live on a TV.

Check out our bookstall

View our quality selection of Christian books for sale at the bookstall located at the rear of the church.

Join a Bible study group

Our midweek Bible study groups are great for connecting with others. To join a group, contact the office.

We are filming church

(9:30am service only)

For those unable to attend, we are streaming and recording video at live.oakflatsanglican.com.

You may be filmed.

Kids and Youth programs

In school terms, we offer a range of midweek programs for toddlers, children and youth.

Weekly prayer meeting

Saturday, 7:30am (online via Zoom)

A time to share, to encourage, and to pray for one another. Come join us and experience and power of prayer!

Contact Geoff Kyngdon for details.

Scan for the online 'Contact Us' form



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Website: oakflatsanglican.com **Livestream:** live.oakflatsanglican.com

Elvanto member website: oakflatsanglican.elvanto.com.au

Minister: Rev Sam Pursell - 0417 711 314 - sam.pursell@oakflatsanglican.com

Parish Administrator: Miss Valerie O'Regan - 0408 271 189 - val.oregan@oakflatsanglican.com

Office Hours: Mon & Fri: 9am-5pm

Wardens: Dave Crook - 0404 337 502; Andy Peters - 0414 799 001; Peter Taylor - 0448 190 946

Pastoral Care: Rhonda Slocombe - 0400 679 703 - rhonda.slocombe@oakflatsanglican.com

Prayer Coordinator: Geoff Kyngdon - 0417 044 565 - geoff.kyngdon@oakflatsanglican.com

Safe Ministry Representative: Harley Mills - 0409 562 932 - harley.mills@oakflatsanglican.com

GIVE ELECTRONICALLY - BANK DETAILS

Name: Oak Flats Anglican **BSB:** 633 000 **Account:** 164 385 841

Prayers

CURRENT PRAYERS

People in need

Jean Beetles, Olga & John Covetz, Dave & Jan Crook, Auriel & Barrie Hadley, Raija & Robert Hannam, Joy Meyer, Pam Moore, Paduch family, Allan Quinn, Merv Sercombe, Sue Simpson, Mary Straughan, Betty Uren, Greg & Sue Vickery, Chris & John Wilson.

The family of Gary Findell

Pray for the family of Gary as they mourn his passing away this week. The funeral is at our church on Monday at 11am.

Pray for Sherida and the family, that they would trust God and know his love in this difficult time.

Our world

Pray for our world which is hurting in so many ways at the moment.

Pray for the people of Ukraine, for protection, relief and comfort and that the forces of evil will be defeated. Pray for those whose lives have been devastated by COVID 19.

Pray that unbelievers everywhere will come to see that those things in which they trust are useless in such a crisis and turn to the one who is truly Lord of all.

Federal Election

Pray that God will direct the outcome of the upcoming federal election and that those elected will work together with wisdom and for the wellbeing of all peoples.

Anglican Church of Australia

Pray for the wider church in Australia and around the world. Pray for faithful, biblical leadership and support for those in 'liberal' diocese who wish to remain faithful to the Word of God.

REGULAR PRAYERS (CYCLE 3 OF 4)

Government

The Premier and NSW politicians.

World Focus

The continent of Asia.

Mission Partners

Stewart Continuing Ministries - training leaders of the persecuted church in ministry.

Organisations We Support

Youthworks and the Bible Society.

Word Ministry Training

Ministry Training and Development (MT&D) and the Ministry Training Strategy (MTS).

Staff and Senior Leadership

Wardens and Parish Councillors.

Children and Youth Ministry

Kids' Church.

Adult Ministry

Seniors (Time Out).

Local Evangelism

Outreach to emergency services and community groups.

Members unable to attend church

Those house-bound or living in nursing homes including Bob & Margaret Abrahams, Marlene Arthur, Audrey Ford and Lily Lyddiard.

Local Public Schools

Oak Flats Public, Balarang Public and Oak Flats High.

Contact our Prayer Coordinator, Geoff Kyngdon with any prayer requests or if you wish to be part of the prayer chain. He can be contacted on either 0417 044 565 or geoff.kyngdon@oakflatsanglican.com.