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PSALM 30: 1— 5 (NIV)

A psalm. A song. For the dedication of the temple. Of David.

- ¹ I will exalt you, LORD,
for you lifted me out of the depths
and did not let my enemies gloat over me.
- ² LORD my God, I called to you for help,
and you healed me.
- ³ You, LORD, brought me up from the realm of the dead;
you spared me from going down to the pit.
- ⁴ Sing the praises of the LORD, you his faithful people;
praise his holy name.
- ⁵ For his anger lasts only a moment,
but his favour lasts a lifetime;
weeping may stay for the night,
but rejoicing comes in the morning.



Moore River retreat



Services commence at 9.30 am



This roster is subject to change as some speakers are yet to confirm.

Date	Leader	Speaker	Special Event
2011 January 30	Graeme Jennings	Tony Quick	
February 6	Rani		Communion
13	Ken & Duncan	Chocolate Sunday	
20	Rochelle		
27	Clare		
March 6	Bevan		Communion
13	Tricia		
20	Marita		
27	Tim Newhouse		
April 3	Leigh		Communion
10	Thelma & Anna	Chocolate Sunday	

SINGERS

Singers had such a good time last year that we are singing on into 2011, after a rest over summer.

Lets start the singing year on **Thursday 10 February at our place, 7:30pm** (usually winding up about 9pm) and go on from there every **SECOND** and **FOURTH** Thursday of a month unless things change (or I get confused with dates - the latter more likely).

New singers are welcome at any time. Quite a few of us find it easier to hold a part if someone else is singing it with us (or even just attempting to sing it with us!) and would love company. (We did consider calling ourselves something like 'Together at the End' to reflect our propensity for finding our parts somewhere along the way to that last note, but with James able to sing any part at any time and lift us up when we lose the tune we have got much better.)

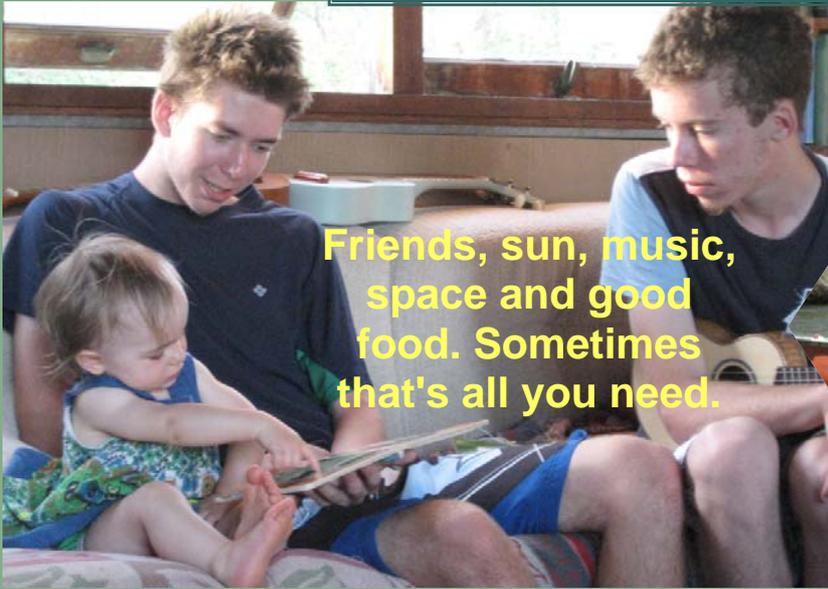
This email is a little early as Tyson Eva & I will be in Victoria with my family for the next two weeks, arriving back 8 Feb.

Thanks all, looking forward to singing with you through 2011

Clare



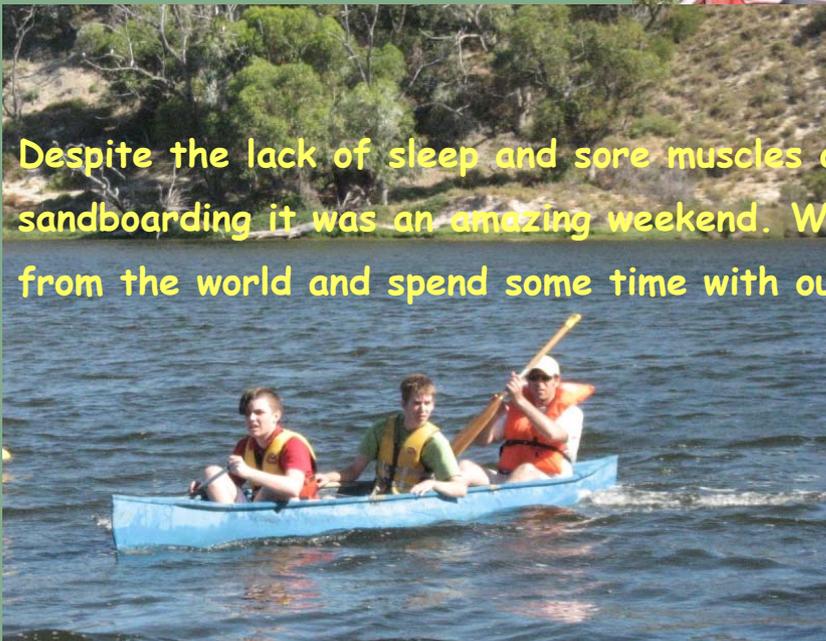
TEENAGERS MOORE RIVER RETREAT JANUARY 2011



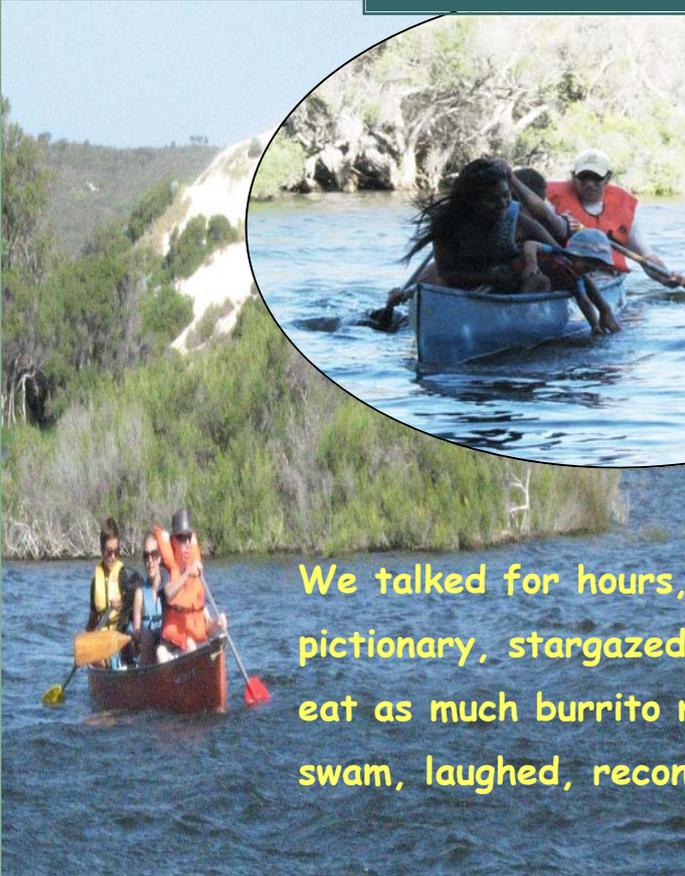
Friends, sun, music,
space and good
food. Sometimes
that's all you need.



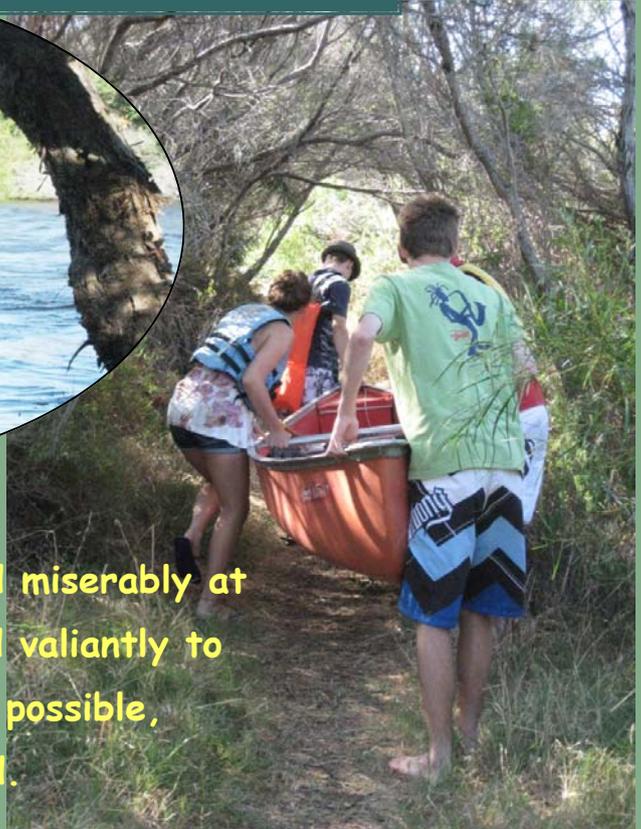
Despite the lack of sleep and sore muscles and bruises from our attempts at sandboarding it was an amazing weekend. We really valued the chance to escape from the world and spend some time with ourselves and each other.



TEENAGERS MOORE RIVER RETREAT JANUARY 2011



We talked for hours, failed miserably at pictionary, stargazed, tried valiantly to eat as much burrito mix as possible, swam, laughed, reconnected.



We would like to say a huge thank you to Clare, Tyson, Kristy and everyone else who helped, for providing us with a space to simply be.



..... Then abandon yourself

Abandon your self

Lose your self to find your self

Let go

Die to self

Be born again

Become like a child

Begin again.

I've been learning to do this

all my life.

I know it works.

It can be trusted.

I have witnessed this

repeatedly in my life.

And yet,

after all this time,

once again,

it feels difficult

to let go.

To again become a child in a new endeavour.

Even

as one part of me knows it works,

will bring joy and contribution,

it remains uncomfortable to let go of

the stories I hold and tell about myself:

my joys and struggles, gifts and shadows.

the roles through which I know myself,

and am known, seen and recognised by others.

It remains uncomfortable to step again into unknown waters

And here the hook to draw me forward greets and surprises me:

“unknown waters”

*This, catches the Artist Child.
That sounds intriguing!*

*As the child holds this curious gaze,
the attention shifts to the journey,
the exploration,
the discovery.
I wonder what's possible, if*

*The old habitual fears ..
Who are you to think you could do this?
What will others think of me?
What if I fail?
You'll never make a living out of this!
Dissolve.*

*Curiosity, wonder, trust
draw me forward,
clarify the mind.
The next steps emerge.*

*As I let go the certainties of constructed self,
Let these shattered fragments fall,
I trust
that something new, wondrous and unforeseeable
is emerging.
Something more richly and fully my self
than I could imagine.
Waiting to be surprised by joy.*

*This then is the witness of your life:
When familiar fears, doubts arise,
Acknowledge but don't indulge them.
Bear witness to the testimony of your life,
And take the next step.*

NEW BANK ACCOUNT FOR MHCC

Thank you to all those generous people who give to MHCC via direct credit.

MHCC has a new account, so could you please redirect your giving to the new account, namely:

BSB: 633-000

Acc no: 141537043

This new account earns 3.65% interest, while the old one did not earn any interest, so eventually we will close it.

Many thanks

Tricia, Treasurer



TEAR WA on the move

As of mid December we will be moving offices and joining Scripture Union in their new Bayswater premises. It could be the collapsing ceiling, oppressive heat in summer or perhaps even the cockroach infestation but we are sensing it's time to move! We are really thankful that SU are happy for us to move with them, there's a lot of practical benefits for TEAR but mostly they're just good people to be around. Our new address will be

7 Irvine St, Bayswater.

Hot Gospel comes to an end - kind of...

Over the last few years there has been a small group of volunteers working to create opportunities for people to explore the impact of climate change on God's good creation. A number of evening events and this year's *Fairer Homes and Gardens* conference were all organised by them. Sadly the working group has had to disband with interstate moves and increased commitments elsewhere making it not feasible to continue. However, this isn't the end of exploring the issue of climate change and what we can do as individuals and communities to respond (keep your eyes peeled for information on next year's state TEAR conference.) A big thanks to those people (they know who they are!) who were involved in the working group over the years.

Seeds of Hope 2011

In April of next year we are privileged to have Prom Pauv visting us from Cambodia. Pauv is the National Director of TASK (one of TEAR's Christian partners), a faith-based Cambodian organisation (NGO) that is passionate about helping people who live in slums and urban poor communities to have better quality of life, including improved physical, spiritual, social and emotional wellbeing. Through a number of integrated programs TASK provides assistance and hope to some of the poorest people living in Mean Chey district, Phnom Penh, Cambodia's capital city. Pauv's personal journey, from a motorcycle taxi driver to director of a Christian NGO, is inspirational and a wonderful example of the type of transformation and empowerment we love to see.



Pauv will be sharing at a breakfast on Sat 2 April at a soon to be announced venue.

SOME OF THE THINGS TO REMEMBER IN PRAYER

- † Glen and Chris Brooks
- † Glen's doctors
- † Peter, Bobbie, Nic
- † Ross - a quick return to health from whooping cough and strength when returning to work
- † Lani and Troy Kevill— good health and energy for Lani for the duration of her pregnancy and good health for her and the baby
- † Erica McKinnon and her upcoming surgery
- † Ken—starting his Chaplaincy work in industry
- † Elisa, Josh and Samuel in Cambodia
- † Committees within our church
- † Speakers
- † Service Leaders
- † Elders
- † How MHCC uses it's resources
- † Our children
- † Michael and Linden Prince and their work in the Solomon Islands
- † Wiggly Woo—Thanks for the commitment of working with the community, also thanks for the team leading and their donation to TEAR WAVE project in Africa.
- † Erica and Steve McKinnon and their work in Lockridge
- † TEAR
- † Paid teaching role in the church? What/how/who/when?
- † Those starting school or new courses at university, TAFE or other learning institutions, those restarting school or other training courses.
- † People in Queensland, New South Wales, Victoria, Carnarvon—affected by flood—loss of family and friends and homes
- † Lake Clifton fire victims
- † Northam, York and inland towns affected by cyclone Bianca
- † Flood victims in Pakistan, the international and national aid agencies working there

Judging Others

¹ "Do not judge, or you too will be judged. ² For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

³ "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? ⁴ How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? ⁵ You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

MATTHEW 7:1-5 (N)