

WOTSON4SENIORS



August 2019

THANK YOU DREW

At the end of July, we will farewell our Lead Pastor, Drew Mellor. His new role as a Victoria Police Chaplain will be a challenging one.

Thank you Drew for your guidance and support of our Seniors' Ministry. We will certainly miss you. You go with our best wishes and prayers.

TRAIN YOUR BRAIN

Last month Emily Stokes, our Topic for the Month speaker gave us some very sage advice on "Managing Our

Medications".

In August, we welcome back Dr Elisabeth Miglic. In our February TYB – remember those warm days – she spoke to us about the importance of hydration and ways to prevent dehydration. This month she will speak about Balance which seems to diminish as we work towards reaching 100 years. We will start a new Activity Cycle this month. Your choices are: Mixed Skills, Rummikub (Numbers), Wordwinder (Word), SET (Perception), Slapzi (Memory). Which two will you choose?

EASY DOES IT

EDI will have a change in personnel. Sarah has been offered and accepted a school position. She will provide plans

for us to follow along with videos like we often use now. We will miss her but our best wishes go with her. Thank you, Sarah, for the great job you have done to assist our fitness and flexibility while we thoroughly enjoyed ourselves.

DATES & TIMES

TYB

August 3, Sept. 7, October 5
8.30am – 12noon

EDI

Each Monday at 1.30pm

CREATIVE CRAFT GROUP

August 21, 8pm – 10pm
Contact Lesley – 9803 1245

MATESPLUS

August 15
Post Office Gallery, Bendigo
Contact David – 9560 7582

GWAC WALKERS

August 24, 8.30am at GWAC
Contact John – 9560 6136

PRAYER MINISTRY

August 6
Praise in Song, noon – 1pm

Prayer Ministry
Tuesday 1 – 2pm

ENQUIRIES

tyb.edi@gwac.org.au

MATESPLUS

Last month MatesPlus went on a very informative tour of the Metro Train Control Centre. Their next visit will be to the “Royal visits to Bendigo” exhibition at the Post Office Gallery, Bendigo.
Contact: David Chamberlain, 9560 7582, for information.

CREATIVE CRAFT

Thank you to all the ladies who last month helped finish off items for charity. At their August meeting this creative friendly group will make a gift for any occasion – a mouse pomander pictured right.



Wednesday August 21, 8pm – 10pm,
Meeting Room 2
Contact: Lesley for details – 9803 1245

GWAC WALKERS

At the time of printing the Walkers had not finalised their August walk. For information please contact: John Butcher – 9560 6136.

PASTOR'S REFLECTIONS Rev Drew Mellor

At TYB in August, our resident Doctor, Elisabeth Miglic, will be speaking on Balance and our resident Physio will help us engage in some balancing exercises; what about balancing our approach to the



world that God has created and specifically the way we encounter God.

GWAC is a church that is passionate about helping people encounter God, in and through Jesus Christ and to help each other live in such a way as to reflect the 'balanced' approach to living that is modelled by Jesus Christ. When challenged by a religious leader, Jesus reminded the man that the greatest commandment was 'to love God with your whole heart, soul, strength and mind and to love your neighbour as yourself.' (Luke 10:27) Here we see the essence of a balanced approach to relationships and to life. When Jesus identifies 'heart, soul, strength and mind' he is effectively and practically emphasising the importance of living and therefore loving in a balanced way.

We are complex integrated human beings and not only are we able to offer love and action in an integrated holistic way we also need to approach life in an integrated holistic manner. What does it look like for you to live in such a way as to recognise and look after yourself, emotionally, consciously, physically and interactively/cognitively? How will you stay balanced as you relate with people, and work and serve and be re-energised and enjoy downtime? It is virtually important that each of us seeks to focus on all the areas of what it means to be human. One last point; often 'soul' is interpreted to be the 'spiritual' part of us, but that is not how the Bible speaks of 'soul'. The term in the bible actually means the whole integrated human being and includes the way we relate to God,

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to the 'Spiritual'. The reason 'spiritual' is not segmented off in this conversation between Jesus and the religious leader is because it was understood that to be human is to be spiritual and to relate with God as a spiritual being. This is why Jesus says that the balanced way to love God and others is to do so with every part of who we are.

If we are to do this appropriately we will need to recognise the balance that is needed and adjust from time to time so that each part of who we are as integrated human beings is being nurtured and looked after. As you think about living a balanced life so that you relate with God in an holistic way, do you need to recalibrate in some way? Do you need to pay attention to your emotional health, your physical health, your conscious self and your intellectual capacity? The great thing about the ministries among seniors at GWAC - 'Train your Brain' and 'Easy Does it', MU and friends, Mates plus and Creative Craft, GWAC Walkers and Praise in Song is that collectively they offer an holistic approach to health. So today, this month, please consider where you are with God, right now. Does your life allow room for fostering a vibrant relationship with the one who created you, and in love, has rescued you through Jesus Christ?

I want to take this opportunity to thank the various leaders of the different ministries that serve our 'Seniors' who are connected with GWAC. This will be my last Pastoral reflection in WOTSON, and I have so much enjoyed seeing the vibrancy and enthusiasm shown by you, the more 'mature' members of GWAC. Maz and I finish up at the end of July and move onto new ministry but we will forever remember the great friends we have made here and the great encouragement groups like yours offer people who connect with GWAC

Shalom
Drew (and Maz)

PRAYER MINISTRY

in the Fellowship Area at 1 pm.

The regular Tuesday Prayer Ministry in the Chapel 1pm-2.30pm

Our monthly Praise in Song begins at 12 noon, August 6 in the auditorium. Our guest pianist will be Revd Lauren Mallaby. Light refreshments will follow



QUIZ CORNER GROUP

Here are some more Paraprosochians:

1. A clear conscience is usually the sign of a bad memory.
2. You do not need a parachute to skydive. You only need a parachute to skydive twice.
3. The voices in my head may not be real, but they have some good ideas!
4. Always borrow money from a pessimist. He won't expect it back!

Last month we had a giggle with some **Paraprosochians**. Remember they are figures of speech in which the latter part of a sentence is unexpected.

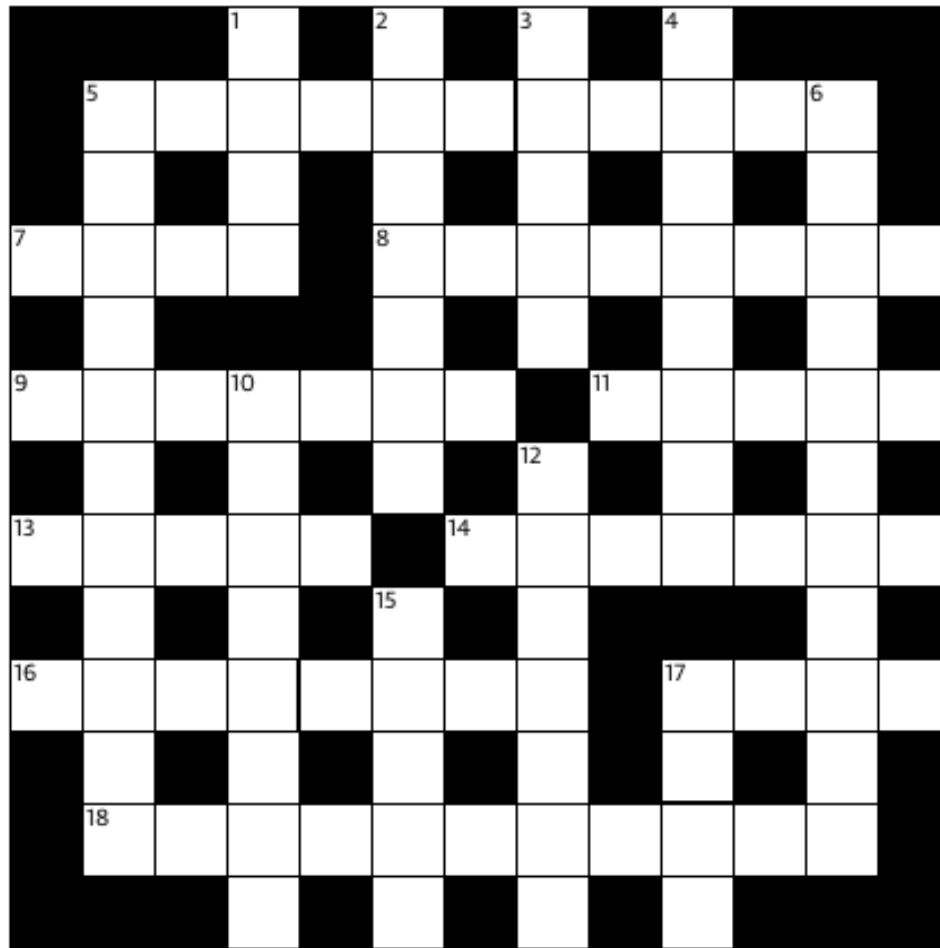


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5. Hospitality: making your guests feel like they're at home, even if you wish they were.
6. Money can't buy happiness, but it sure makes misery easier to live with.
7. Some cause happiness wherever they go. Others whenever they go.
8. When tempted to fight fire with fire, remember that the Fire Brigade usually uses water.

A Quick Crossword



Across		Down	
5	Tall silky-haired dog (6,5)	1	Poultry products (4)
7	Male offspring (4)	2	Visitors (7)
8	Praiseworthy (8)	3	Raise one's voice (5)
9	Acquire (7)	4	Capital on the Blue Danube (8)
11	Demise (5)	5	Non-metric system of weights (11)
13	Comical (5)	6	True oilseed (anag) – harmful (11)
14	Pungent condiment (7)	10	Undisguised disrespect (8)
16	Self-government in local matters (4,4)	12	With little or no sound (7)
17	Incandescence (4)	15	Hasten (5)
18	More than is needed (11)	17	Proceed (2)