



GIRL TALK...

She.... Is Refreshed

Girlfriend,

Come, follow me into the inner chambers of our King.

This is a place of rest and refreshing. A place where your spirit soars and your soul sings.

This is the place where all our cares are removed. All the weight of the day is taken from us. I love the way as each day ends and I sink into a place of quiet, that I find myself "melting" into God's presence, and being enveloped by His Holy Spirit in a way that soothes and calms me.

I am wrapped in loving arms, where without a word, with just a sigh I can release all tension to the One who shares my

burden.

I can say as David did in the Psalms that I delight in the Lord. He is my strength and my shelter.

In Matthew 11:28 it says... "come to Me all who are weary and heavy-laden and I will give you rest. Take My yoke upon you for it is light..."

If you are bearing a burden of any sort—perhaps a rebellious child, an unhappy relationship, a need for work, healing—anything at all. Do as I do and take it to the Lord.

Choose a time perhaps at the end of the day, before you settle down to sleep, to go alone in the quiet before the Lord. Start with 5

minutes if that is all you have. Even this short time will make a noticeable difference. Close your eyes, breathe deeply and relax as you focus on the Lord. Picture yourself sitting before Him. Let go of the burdens—sigh or speak, whatever you have a need of at the time.

There will be times when your heart is breaking and times it is full of joy. But I can assure you that My Lord Jesus has never left nor forsaken me no matter what I have gone through. He is faithful and He is true. He is our shelter in storms and our cheer squad in times of rejoicing.

Be refreshed!

Love & blessings...

Jenny



Coming Soon...

You're invited!

GIRL TALK & COFFEE

Thursday 4 September 7pm

At the Centre

Speaker : Hilda Erikson

Cost : Donation



Girl to Girl—getting to know one another....

This week we are interviewing.....

Hilda Erekson, our Prayer Chain Co-ordinator

How & when did you become a Christian?

My Dad was a great influence in my life. When he gave his life to the Lord, his life literally turned right round. Shortly after, the family joined the church Dad was attending. At a Youth gathering a visitor gave her testimony, telling us how Jesus had saved her, that he died for her sins, and how she asked Him into her heart to be her Lord and Saviour. I didn't understand a lot of what she said and it irritated me. Mostly because she didn't explain how to ask the Lord into my life. Yet that same night before I got into bed, I was thinking about what she had said and I decided that if it was good enough for her, then it was good enough for me. So right then I asked the Lord into my heart. I forgot to tell the Lord I was sorry for all the wrong things I'd done in my life, but I know now that the Lord knew my heart's desire. The next day

was no different, and nothing had changed. I was still the same. What I didn't realise was that it wasn't a matter of my feelings, but about faith in the Lord to do what He promises. Some weeks later I felt a real hunger to know more about Jesus, and the Lord started to open doors of understanding to His Word, the Bible. And from that time forward, He has continued to surprise me.

What is your favourite Bible Verse & why?

Among my favourite Bible verses are those from John 14: 1,2. They tell how Jesus is preparing a place in Heaven for me. Now that's a real blessing and such an encouragement!

Is there a hymn or worship song that really touches you and draws you into our Heavenly Fathers loving arms?

My favourite hymn is "When I Survey the Wondrous Cross." We sang this in my school assembly. Oh, I'll never understand the extent of God's love, but to know He loves me

is overwhelming.

What is your favourite colour?

My favourite colour? I love bright colours, especially pure, clear red.

What inspires you most about being the Prayer Chain Leader?

As Leader of our Prayer Chain, I am so inspired to receive the feedback from our prayers. In fact, one member tells me her family sees the answers to their prayers in their own lives, and that of their friends. Yes, we have a faithful God. And my passion is to help others realise real prayer is simply talking to your Heavenly Father. He hears, He understands, He heals, and He always answers. Sometimes not in the way we expect, but always for our good.

Don't miss hearing Hilda speak at our next Girl Talk... You will be mightily blessed!

—a word from our Pastoral Care Co-ordinator, Doris...

FEAR....

I think all of us if we are honest can say that we are frightened of something, it might be a fear of spiders, fear of losing our jobs, not having enough money to live on, fear of sickness, fearing for our children's safety, in fact as I am writing this I can think of so many things we may be afraid of, but you get the picture. When we are fearful about something sometimes we can lose track of reality, we can even let our imaginations run riot, and I think it is important

that we should talk to someone we trust, who cares about us, and even if they can't do anything about the thing that we are afraid of, they can help to allay our fears by just being there and listening to us, we need loving support when we are fearful and not criticism.

If you feel that there isn't anyone you can talk to about what you are frightened of, please don't forget that you have a Father who loves you, someone who can be trusted because His word says in Hebrews 13:5b/6

"Never will I leave you; never will I forsake you" v6 So we can say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"

I pray that each and every one of you will have the faith to believe these words, as I do.

If I can be of any help, please do not hesitate to call me. God Bless.

Doris

Jesus... Our Advocate...

When you read the Bible you will be amazed to discover the numerous names given to Jesus... one of those names is Advocate.

1 John 2:1 [AMP]

*My little children, I write you these things so that you may not violate God's law and sin. But if anyone should sin, we have an **Advocate** (One Who will intercede for us) with the Father—[it is] Jesus Christ [the all] righteous [upright, just, Who conforms to the Fathers will in every purpose, thought and action].*

The Greek for Advocate is *parakletos* which means counselor, comforter, supporter, backer, helper.

The Macquarie Dictionary says Advocate means

*to plead in favour of; support or urge by argument;

*one who defends, vindicates, or espouses a cause by argument;

*one summoned to help another

To be someone's advocate means you willingly take on a legal responsibility for that person to ensure their best interests.

In the case of Jesus being our Advocate, it means that He will speak to our Heavenly Father on our behalf.

John Wesley writes :

Jesus, my Advocate above,
My Friend before the throne
of love,
If now for me prevails Thy
prayer,
If now I find Thee pleading
there,
If Thou the secret wish convey,
And sweetly prompt my heart
to pray;

Hear, and my weak petitions
join,
Almighty Advocate, to Thine.

Praise the Lord that not only did Jesus' willing sacrifice provide a way for salvation and also eternal life through His resurrection. It also provided us with an Advocate to stand with us and also on our behalf before our Heavenly Father.

The Bible says once we are His, Jesus will never let us go. I love the way Jude 1 says that we are loved by God the Father and kept by Jesus Christ. The word kept gives a sense of being cared for and looked after, not just initially but in an ongoing way.

Daily He stands interceding on our behalf!

What a wonderful God we serve!

Impressions with Trish...

On a chalkboard outside the Chemmart Pharmacy in Jannali, were written these words: -

"HAPPINESS IS HAVING A LARGE, LOVING, CLOSE-KNIT FAMILY IN ANOTHER CITY."

When I read this, I immediately thought of Heaven : -

Many of us treasure our families. But many others have endured a lifetime of broken heartedness stemming from twisted family relationships. In Heaven neither we nor our family members will cause pain. Our relationships will be harmonious—what we've longed for.

When someone told Jesus that His mother and brothers were wanting to see Him, He replied,

"My mother and brothers are those who hear God's word and put it into practice" [Luke 8:19-21]. Jesus was saying that devotion to God creates a bond transcending biological family ties. Jesus also said that those who follow Him will gain "brothers, sisters, mothers, children" [Mark 10:29-30]...

Fifteen times in Revelation 21 and 22, the place God and His people will live together is called a city. To be part of a city is to be a citizen. The apostle Paul wrote... "Our citizenship is in heaven." [Phil 3:20].

In Revelation 22:1-2 John describes... "the river of the

water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city." Notice that the source of this powerful stream is the throne of God, occupied by the Lamb (Jesus); The great river reflects His thirst-quenching, need-satisfying nature.

Jesus said, "If any man thirst, let him come unto Me and drink" [John 7:37].

And the spirit and the bride say, "Come!" And let him who thirsts come. And whoever desires, let him take the water of life freely [Rev 22:17]

Trish



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GIRL TALK...

A ministry of
Oyster Bay Christian Church

NEED PRAYER?

Call Hilda's Prayer Chain
Phone 9520 0921

NEED PASTORAL CARE?

Phone the Pastoral Care Team
Co-ordinator, Doris on 9528 9028

COME & JOIN US!

SUNDAY AT O.B.C.C.

PRAYER TIME

9 AM

WORSHIP & TEACHING SERVICE

9:30 AM

EVENING FELLOWSHIP

6:30 PM

EMAIL US

Join the email list to get this newsletter or encourage us with how this newsletter has blessed you, or why not send a prayer request.

Email us at

obcc_women@optusnet.com.au

**EXALT THE SAVIOUR
EQUIP THE SAINTS
EVANGELISE THE SOCIETY**

THINGS TO DO

MONDAY

Evenings

Bible Study Home Group with Angeline

For more details phone—9589 0846

TUESDAY

10am—12noon

Playtime with Lisa— 9525 1811

7:15pm

Bible Study Home Group with Ed

For more details phone—9589 0403

WEDNESDAY

1st Wed of Month

Garden Club with Marj

Phone 9528 9119

2nd & 4th Wed of the Month -

Over 21s with Marj

Phone 9528 9119

FRIDAY

Porcelain Art Class with Annette

For more details phone—9528 8157

VARIOUS OUTINGS

Call the church office for more information

OBCC Bikers

OBCC Caravaners

OBCC Crazy Campers

GIRLS JUST WANT TO HAVE FUN!



*It is a great honour & privilege to serve
the Lord and His Cause.*

May you be blessed by this newsletter!