

Healthy Ageing

My goal for 2016 was to lose just 10 pounds. Only 15 to go!

I ate a salad for dinner. Mostly croutons and tomatoes. Really just one big, round crouton covered in tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.

I just did a week's worth of cardio after walking into a spider's web.

I don't mean to brag but ... I just finished my 14 day diet in 3 hours and 20 minutes.

How to prepare tofu: A. Throw it in the garbage. B. Grill some meat.

A recent study has found that women who carry a little extra weight live longer than the men who mention it.

I may not be that funny or athletic or good looking or smart or talented ... I forget where I was going with this.

I love being over 50. I learn something new every day ... and forget 5 others.

I think I'll just put an "Out of order" sticker on my forehead and call it a day.



"This prescription doesn't cure anything, but it has fewer side effects than other drugs."

Bishop's Prayer & Praise

Dear Friends,

A two-week edition of Monday prayers!

The week before last I spent most of two days at a Ministry Coaches Training Course, where 15 Tassie leaders were trained as coaches for our clergy – this is the final part of our professional development plan including the learning cohorts. I spent Saturday in Melbourne at the Consecration of Bp Paul Barker, and then Sunday-Tuesday in Singapore attending the Global Council of the Anglican Relief and Development Fund. This fund supports development projects through the Anglican world, especially in the global south.

Last week, I was present at the book launch of our own Rev Simon Hattrell's book, *Election Barth and the French Connection*. Simon was described by one of the speakers as having "divine enthusiasm" – a perfect description of the coordinator of the Bishop's Certificate course! I also commissioned the Leaders for the Anglican Camping Tasmania summer season. What a great team of people who serve our young people each summer! (If you have children or grandkids, or young people in your church – please check out: www.anglicancamping.org for more information). The weekend was spent on Bruny Island, worshipping with the small but vibrant community there. What a glorious weekend to be there!

Please join me in giving thanks for:

- Our new ministry coaches
- The opportunity to support the world's poor through ARDF and other organisations like our own ABM.
- The work of scholars like Simon Hattrell
- Our Summer Camping Season – and all the faithful leaders of our ACT camps
- The faithful congregation holding out words of life on Bruny Island.

Please pray:

- For our clergy to become more effective, especially at leading us in making disciples, and for our newly trained coaches.
- That many would support ABM and ARDF with generous gifts.
- That all our parishes would swing behind Anglican Camping Tasmania, and many young people would attend camp this summer.
- For the Parish of Bruny Island, that God would strengthen and encourage them.

Richard

The Right Revd Dr Richard Condie - Bishop of Tasmania

News for the Pews

RIVERLINKS ANGLICAN CHURCH

**Growing a community of faith
committed to Christ and making him known**

Information & Church family news
for the congregations of
St David's & St Oswald's

Almighty God,
give us grace that we may cast away the works of darkness and put on the armour of light, now in the time of this mortal life in which your Son Jesus Christ came among us in great humility, that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Our Lord, you are King!
Majesty and power
are your royal robes.
You put the world in place,
and it will never be moved.

Psalm 93:1^{CEV}



RIVERLINKS ANGLICAN CHURCH

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Praise for:

- ✠ Those of us who are in good health, and prayer for those who are not
- ✠ Robin was with us again last Sunday, June has returned from her travels, and Marilyn has returned feeling improved
- ✠ The music on Sundays, for Joan as she chooses the songs, and for Norma & Ann as they support her
- ✠ The safety we enjoy in this place
- ✠ Faithful service from so many in our Parish
- ✠ Our Bible study groups
- ✠ Thanks to all those who came to help with the church clean up
- ✠ Graeme, Ken & Ross as they volunteer in church maintenance

Pray for:

- ✠ Healing in Bev's wrist
- ✠ Relief from the painful, constant headaches for Valerie
- ✠ Issy who has been hospitalised & has now been diagnosed with a form of muscular dystrophy. Pray also for Louise, and for the doctors as they try to find a way to treat & improve her condition
- ✠ Positive outcomes from the reviews being carried out in our Parish, for the will to use the recommendations for our ongoing future, and for guidance in how to accomplish this
- ✠ The world as it changes, the leaders who need to consider their ways, & people caught up in the middle of all strife

✠ Continue to pray for:

- ✠ Pray daily for those with ongoing needs
 - ✠Margot ✠Robin ✠Rona ✠Bill & Bev
 - ✠Dick & Jo ✠Joan Wilkins ✠Betty ✠Alison
 - ✠Roger & Julianne ✠Connie ✠Marie
 - ✠Ian, Helen & Sarah ✠Trish, Louise & Issy
 - ✠Tim & Emma, Sophie & Jake ✠Bill & Robert

What's going on?

Gingerbread House Making - 3pm to 5:30pm TODAY at St Oswald's Trevallyn, \$45

Riverside & Trevallyn Churches Christmas Lunch - Tomorrow Monday 28th November at the Trevallyn Bowls Club. Two course lunch approx. \$30

Blokes Pizza & BBQ Night - "The Father Heart of God." Friday 2nd December, 6:30pm at Riverlinks Centre Longford. \$10pp RSVP to Karen 6391 2202 by 28th November

Waverley Prayer Walk -Monday 5th December 9:30am, setting off from the lake, corner of Naroo & Magnet Streets, Waverley, to pray for Waverley, and for God to guide us in how to reach out to that community

Community Car Boot Sale - Saturday 10th December from 8am to 1:30pm at Trevallyn Life Church. Secure your space to sell your items, \$20 single or \$35 double space, by calling Kathy on 0407 817 349

Christmas Carol Celebration - Sunday 11th December with Riverside Primary at 4:00pm (no morning service)

Waverley Community Carols in the garden - Thursday 15th December, 6-8pm at Waverley Primary School featuring "the tattooed tenor" Matthew Garwood. Free family rides and activities. Low cost BBQ and market starting at 5:30pm. Bring rugs or chairs to sit on

City Mission Christmas Appeal

Stephen Brown, CEO of City Mission, will be speaking at next Sunday's service.

If you can, please bring along food items and gifts next week so that we can send him away with an overflowing basket of goodies for the Christmas appeal.



Services for the coming weeks:

Today

- 10:00 am Holy Communion at St David's
- 10:30 am Worship @ St O's

Wednesday 30th November

- 10:00 am Healing Service & Holy Communion at St David's

Sunday 4th December

- 10:00 am Holy Communion at St David's
- 10:30 am Worship @ St O's

Home Groups

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|---------------------------------|----------------|
| St Oswald's (at Collings' home) | Monday 2:30pm |
| Igglesden's | Tuesday 1:45pm |
| Pedley's | Tuesday 7:30pm |



Happy Birthday

to

Bill Menzie - 29th November

Laurice Whiddon - 30th November

June Hazzlewood - 3rd December

May your life be long a fruitful.
May lessons be gently learned
May the hearts of those you've blessed
send blessings in return.

