

## what's going on @ acpc in march? and countdown to easter!

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12	13	14	15	16	17	18
	7.30pm <i>Professionals Group</i>	10.30am <i>Ladies' Group</i> 6.30pm <i>Young Adults' Group</i>	10.30am <i>Tea &amp; Talk</i> 8pm <i>Greenlane Group</i>			10.30am <i>Communion Service</i> 3-5pm <i>Table Tennis</i>
19	20	21	22	23	24	25
	7.30pm <i>Professionals Group</i>	6.30pm <i>Young Adults' Group</i>	10.30am <i>Tea &amp; Talk</i> 7.30pm <i>Prayer Group</i>		10.00am <i>Remuera Home Group</i>	10.30am <i>Service</i> 3-5pm <i>Table Tennis</i> 6pm <i>Pot Luck Dinner &amp; Games</i>
26	27	28	29	30	31	1
	7.30pm <i>Professionals Group</i>	10.30am <i>Ladies' Group</i> 6.30pm <i>Young Adults' Group</i>	10.30am <i>Tea &amp; Talk</i> 8pm <i>Greenlane Group</i>			10.30am <i>Combined Easter Sunday Service</i> 3-5pm <i>Table Tennis</i>
2	3	4	5	6	7	8
	7.30pm <i>Professionals Group</i>	6.30pm <i>Young Adults' Group</i>	10.30am <i>Tea &amp; Talk</i>			1:00 pm <i>Combined Baptism and Dedication Service (replaces 10.30am Service)</i>

## AUCKLAND CHINESE PRESBYTERIAN CHURCH

105 Vincent Street, Auckland City  
11<sup>th</sup> March 2018

### praying for others

- **Rev Tang & Rev Vogel as they minister at ACPC** – for wisdom & God's guidance in leading our ministries.
- **ACPC congregations** – we pray that we can make a fresh commitment to pursue You today, excited to see the amazing things You will do in our lives.
- **For our neighbours in the city** – that we take the opportunities to show Your kindness, love, mercy, grace and hope to our neighbourhood, especially those without homes.
- **During Lent** – Help us to prepare for Easter, remembering Christ's sacrifice for us and what it means to follow Him.
- **For those in mission** – we pray that God will guide and uplift missionaries around the world in their journey of sharing the good news.



### Is the gospel still relevant today?

Rev Werner Schroeder

### 2 Corinthians 5:16-21

*A very warm welcome to everyone, especially visitors, to the service today!  
Please join us for morning tea afterwards.*

contact us:

rev stuart vogel

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## Serving @ acpc

Service Leader  
Music Leader  
Bible Reader  
Ushers  
Techno  
Cup of Tea & Dishes

## This week

Jono Yu  
Ant Yan  
Benson Fong  
Ricky Yap, Jean Wong  
Michael Yu, Avery O'Callahan  
Michelle Wai, Ken Meng Chan,  
Cindy Lowe

## Next week

Robert Wong  
Peter Ting  
Janet O'Callahan  
Suan Tan, Gena Gan  
Harvey He, Rob Fong  
Linlee Chan, Yanna Ho,  
Soo Land Wong

**Join us for lunch today...** After morning tea, we'll be heading to the Golden Century Restaurant in Hobson Street with Werner and his family, Susan, Alexander and Reuvan. We have booked three tables so hope you can come along for lunch.

## Reaching out each week @ acpc

**Tea and Talk - tea and English conversation:** every

Thursday at church from 10.30am-12pm

**Table tennis:** Sundays 3 - 5pm weekly, a good way to develop your table tennis skills in a friendly, stress-free atmosphere.



**It's that time of year again...** The 2018/2019 Entertainment Book is available again. If you order ONLINE between March 1 and March 15, not only you will receive over \$200 of bonus Early Bird Offers, but you will also receive two complimentary Event Cinemas eVouchers. Please talk to Glenda if you want the offer emailed to you!



## EM Retreat - Save the date Apr 14th!

We're still in the planning stages, however a retreat is planned for the EM with something for the whole family on **Saturday April 14<sup>th</sup>** (the day after school finishes). Mark this in your calendars for a time of learning, laughter, friendship and great food! More details to follow.

## After the service each week, please remember to...

Lift and place the chairs as quietly as practical when putting them away. If it's dry, please exit through Jenny's lovely garden and down the side of the church. If it's wet, please be as quiet as possible when using the stairs while the CM service is still going.

**We would like to...** encourage people to deepen and strengthen their faith. Please consider joining a home group if you haven't already done so. In addition, we will soon have a 6 month Bible reading plan for those who wish to take part and there are Bible studies and prayer suggestions on the website.

Please consider prayerfully taking your next step in discipleship, which might be becoming a member or taking on a task within the Church like sharing in the outreach at our monthly Pot-Luck dinners. You are very welcome to talk to Stuart about this.

## Handling Panic Attacks

[www.rhema.co.nz/the-word-for-today](http://www.rhema.co.nz/the-word-for-today)

'Do not be afraid of sudden fear.' Proverbs 3:25

In the Bible, panic attacks are referred to as 'sudden fear'. You can't breathe, your palms sweat, your chest gets tight and you feel weak. If you've ever experienced a panic attack, you'll recognise these symptoms.



Doctors estimate that in our stress-filled world, about a third of us experience at least one panic attack a year. If you are one of them, here are some things you can do to help yourself: (1) Breathe deeply. Panic makes you breathe in short, shallow bursts, whereas breathing deeply helps to calm and relax you. So, when you start to feel overwhelmed, stop and breathe the name of Jesus. Try it; it works! (2) Talk to yourself. Say, 'By God's grace I can handle this' (see 2 Corinthians 12:9). If you respond with more panic you'll just end up in double trouble. Allowing yourself to feel panic without reacting to it may sound difficult at first, but it helps you break the cycle and take control of your thinking. (3) Do something calming. This may be the last thing you feel like doing, because panic attacks make you instinctively think thoughts that feed your fear. So, take a minute and whisper a prayer, quote a Scripture, listen to inspirational music or talk to a friend.

And if your panic attacks continue, there's no shame in getting professional help. After all, it's God who gives doctors the skills and abilities to intervene. Here's a Scripture you should write down and keep handy:

**'You can go to bed without fear...and sleep soundly. You need not be afraid of sudden disaster...for the Lord is your security' (Proverbs 3:24-26 NLT).**