

## What's happening in January & February @ ACPC?

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
20	21	22	23	24	25	26
		6.30pm Young Adults' Group	10.30am Tea & Talk			10.30am Sunday Service  6.00pm Auckland Anniversary BBQ @ Cornwall Park
27	28	29	30	31	1	2
<b>AUCKLAND ANNIV. DAY</b>		10.30am Ladies' Group  6.30pm Young Adults' Group	10.30am Tea & Talk  7.00pm Prayer Group			10.30am Sunday Service  3-5pm Table Tennis
3	4	5	6	7	8	9
	7.30pm Professionals Group	6.30pm Young Adults' Group	<b>WAITANGI DAY</b>		10.00am Remuera Home Group	10.30am Sunday Service  3-5pm Table Tennis
10	11	12	13	14	15	16
	7.30pm Professionals Group	6.30pm Young Adults' Group	10.30am Tea & Talk			10.30am Communion Service  3-5pm Table Tennis

### ACPC Home Group Contacts

Professionals:	Robert Fong	027 274 2570
Greenlane:	George Lowe	021 739 838
Remuera:	Ken Cheung	021 431 607
Young Adults:	Rob O'Callahan	021 783 289

## AUCKLAND CHINESE PRESBYTERIAN CHURCH

105 Vincent Street, Auckland City  
19 January 2020

### praying for others

- **Rev Tang & Pastor Cox** – for God's guidance, wisdom, love, and strength in leading our ministries. We pray for blessings on them and their families. We especially pray for Rachael Cox and her family following the death of her step-mum on Friday, and travelling mercies for Rev Tang as he travels to visit family tomorrow.
- **ACPC's needs** – we pray:
  - May God put His mission and His will in the prayer of each church member in this New Year;
  - For our leaders' wisdom and patience when seeking God's will and guidance;
  - Praise God for His provision in our building needs, in particular we continue to pray for the sale of 105 Vincent Street;
  - For those who are injured, unwell or troubled by difficult circumstances, may You give comfort, and peace.



### Rhythms of Renewal Part 1:

#### Rest and Restore

#### Psalm 80

Pastor Andrew Cox

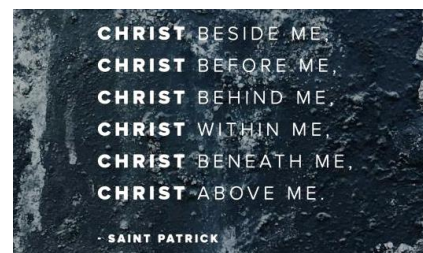
*A very warm welcome to everyone, especially visitors, to the service today!  
Please join us for morning tea afterwards.*

contact us:

Pastor Andrew Cox

Email: [andrewcox@acpc.org.nz](mailto:andrewcox@acpc.org.nz)

Cell Phone: 021 858 771



## Serving @ acpc

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

## This week

Glenda Choy  
Darren Koo  
Janet O'Callahan  
Brendon & Lidia Fraser  
Mandy Lowe, Rob Fong  
Linlee Chan, Eva Yeung,  
Benson Fong

## Next week

Jono Yu  
Natalie Wong  
Suan Tan  
Suan Tan & Benson Fong  
Harvey He, Blake O'Callahan  
Michelle Wai, Ken Meng Chan,  
Bryony To

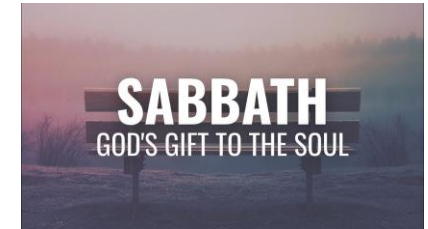
## This Sunday



In Psalm 80, Asaph prays for God to restore his people after the devastating destruction wrought by the Assyrians. God is in the restoration business! In her book, Rhythms of Renewal, Rebekah suggests four rhythms to follow: rest, restore, connect and create. We'll look at the first two today.

### rest

1. Take an inventory: Reflect and Journal – *Some good questions: What's Right? (Gratitude) What's wrong? What's confused? What's missing?*
2. Tech Detox: Silence the noise
3. Get quiet create space and listen
4. Do the heart work: Examine and Confess - *3 questions: What do I need to confess? What do I need to release? What do I need to change?*
5. Routines for deep sleep
6. Morning Routine - coffee, candle and a pen - *What's your morning routine? Do you drag yourself out of bed late, slog through a rushed and harried process of getting out the door and entering into the demands of the day? Or do you take it more slowly, settle into God's rhythm, and let his comfort dictate the pace?*
7. Stop the work: Practise Sabbath



## Reaching out each week @ acpc

### Tea and Talk - games, tea and English conversation:

Thursdays 10.30am-12pm starts up again on this Thursday 9<sup>th</sup> January.

Table tennis: is formally taking a break over December and January.

## A Word from Andrew

A recent (satirical) article in the Babylon Bee goes like this: "Family Makes Resolution To Show Up To Church No More Than 15 Minutes Late This Year." It goes on to say that "Some are calling the resolution "far-fetched," but the Manninos insist that if they try hard and believe in themselves, they can roll into church and miss only three or four worship songs each and every Sunday for this entire year..."



You may laugh at their "New Year Resolution" (hopefully you do) but it makes a point. The Manninos haven't actually set the bar very high in terms of their church commitment. So how important is church to you? I'm not about guilt-tripping anyone into turning up on time for church, but let's all remember the importance of gathering together so we can encourage each other to follow Jesus wholeheartedly. Let's make ACPC services unmissable in 2020!



## Coming up...

**BBQ and Picnic at Cornwall Park:** We won't have a pot luck dinner in January. Instead, everyone is invited to Cornwall Park from 6pm on Sunday 26 January (Anniversary weekend). Meet at the grassy area near the big BBQ facilities to the south of Twin Oaks Drive. Bring meat and salad to share. Games for kids from 5-6pm.

**Church Camp:** 28 February to 1 March 2020, Moirs Point Christian Centre, Mangawhai Heads. Have a chat to those who enjoyed this year's camp (its great facilities, wonderful food, laughter, games and friendships, the inspiring studies and discussions, and did we mention the lodges?) and mark your diary today.



### restore (See Isaiah 58:11-12)

8. Permission to Play: giving up control - *When was the last time you took an intentional break from work to play something?*
9. Eat smart brain food
10. Know your identity: labels don't define you
11. Take a walk: clear the brain fog
12. Seek Adventure: take a trip - *What are some intentional ways you can create an adventure that requires you to face and overcome your fears?*
13. Break a sweat: use the workout pants
14. Push yourself: move beyond your comfort zone



**God wants you not only to survive, but to thrive.**

**When we are healthy and growing, we are going to be far more help to others who need support.**