



A special welcome to visitors to West, a place of shelter, faith and laughter. We are an all-age, all-stage community where everyone is included.

Morning tea is part of our time together, so you're warmly invited to stick around for a fairtrade tea or coffee after the sitting-down part of the service.

We especially love having kids involved in the service on Sundays. So please don't worry if anyone with you makes a little bit of noise – we're glad to have you with us!

Look out for people assembled in the area near the side exit door – they will be happy to pray with you after the service.

See inside for more....

A MONTH OF SUNDAYS

AUGUST 2021

1 AUG Mental Health & Well-being #1
Why God cares about Mental Health

8 AUG Mental Health & Well-being #2
Panel Discussion with Laura & David

15 AUG Mental Health & Well-being #3
Strengthening well-being in our living for God

22 AUG Mental Health & Well-being #4
Responding to Mental Health distress

29 AUG Mental Health & Well-being #5
Understanding significant Mental Distress
With Jamie Allen from Taranaki Retreat

5 SEPT Father's Day!



Kia ora West,

(This photo was taken somewhere between Ruatahuna and Murupara.)

This month we're focusing on growing our understanding of mental health and well-being. These are very important topics and challenging topics. We will be doing a number of things to help these services feel safe, helpful and relevant. We'll be starting each service with some shared words to remind us of God's character and goodness and love. We'll have information on where and how people can access help. We'll have

people available to pray with after services. (Prayer support is available anytime through contacting Andrew or the Leadership Board, through friends and other trusted people, through our prayer chain, or simply by asking somebody to be praying for you during the week.)

Week 1 is about why God cares about Mental Health & Well-Being. Then we have our own experts, Laura and David address common myths and any other questions people might have. (Please send your questions to me this week.) On week 3 we'll be looking at how we can be good stewards of our God-given minds. Week 4 will be awesome. David will be speaking about how we can respond to Mental Health distress. I've seen his notes... it'll be funny and informative. On our final week (5) we're stoked to have Taranaki Retreat pioneer, Local Hero Medal winner (from NZ'er of the Year Awards), and all-round legend Jamie Allen with us to help us understand what's going on when there's significant mental distress in people's lives. I'm looking forward to engaging together in this super-important topic. At the heart of it is an invitation and challenge to embrace empathy and compassion and to grow in understanding.

The Christian life seeks to reflect God's character. Gentleness, kindness, joy, peace, love, patience, faithfulness, goodness, self-control. If this is what God is like and how God interacts with humanity (which is the case – we see this in Jesus), then speaking with 'hate' (even undefined hate – words that are harsh, judgemental, condemning) doesn't seem to fit with a God honouring way of being.

In the following link two Christian views are presented on the "proposals against incitement of hatred and discrimination" – commonly called "Hate Speech." Please have a read of this very readable article that features in the now online Baptist Magazine. <https://baptistmag.org.nz/christian-views-on-hatred-and-discrimination-proposal/> Response from the public to the proposals is welcome up until August 6.

Peace and grace

Andrew 😊

west: making a difference

We have a portfolio of people and communities we support around New Plymouth and the world. The basics:

Paul and Sarah, Mikayla and Malachi (S Asia/ NZ)

Please pray for health and safety in this second wave and second lockdown. Pray for clear communication with our leadership team, as we can't meet face to face..

Charlie and Jo (S Asia): We are thankful for all the people who are our friends, who have been taking care of us and journeying with us. Pray for us while we engage with our community here, and as we plan to head back to our place in South Asia.

Ryan and Sophie, Spencer and Emerson. Schools in South Asia have been closed for 14 months. This is a long time for kids to be out of school, so our prayer is that schools would be able to reopen soon.

Closer to home:

Music & Play: Welcome to the team Meryl! Is there anybody else who could join this fun and friendly team? Please speak to Carol, Heather, Faye, Val or myself to find out more. Music & Play is on Fridays during the school term, from 10 – 11.30am. We're especially keen on people who enjoy chatting with parents, grandparents, and pre-schoolers. People who can help with practical things are super welcome too!

We love and partner with **Spotswood Primary School**, across the road. We're involved with HPP Reading, KickStart Breakfast Club, Pastoral Care,

Mother's Day Brunch, Morning Tea for staff at the start of each term, Citizenship Award, and other areas individuals volunteer in. There are many ways you can serve our school community if you're interested.

Spotswood Primary Chaplaincy. Andrew spends Wednesday mornings at the school. He is a part of regular pastoral care team meetings which seek to collaboratively support children and families, and he spends time listening to and supporting children. Andrew is also working on developing a partnership between West, School and Big Brothers Big Sisters mentoring.

Reading with a child. Would anybody like to change the life of a child by sitting with them as they read a book at Spotswood Primary School? If so, please contact Syd (our resident child reading super-hero, or Andrew.)

west: growing

The **Movie Group** will meet weekly at various homes on Tuesday nights to watch and discuss movies on the themes of our sermon series. Phone Megan C for details of venues. On the first Tuesday of the month members take part in a Quiz night at Westside Grill at 6.30pm.

Carol and James McK host a fortnightly 'Chocolate Fish' Bible study at their home. See 'events' section for dates. Anyone looking for a fortnightly home group is welcome to check us out. If anyone new would like to join us you're welcome to come along.

Music & Play group is for preschool children and their parents or caregiver. Friday mornings at 10am during the school term. We begin with fun and interactive songs with lots of musical instruments, parachutes and ribbons. Followed by a yummy morning tea and play time. The group is an open welcoming space for all who would like to be a part of it. For more information feel free to check out the Music and Play Group Facebook page or phone Naomi on 021 203 3653.

Learning together about curating services and the church calendar. A bunch of our curators are meeting occasionally to engage with Mark Pierson's teaching on curating services. Contact Liane on 027 240 7237 to find out when we're next meeting.

If you'd like to find out more about study at Carey, or tapping into their wonderful webinars, hit <https://www.carey.ac.nz/>

Kickstart Breakfast Club. If you or somebody you know would like to help serve breakfast to students at Spotswood Primary once a term/month/fortnight/week, please contact Carol or Andrew. 7.45am – 9.15am, Monday/Tuesday/Wednesday/Friday.

Coffee! We're now using Common Good Coffee.

Common Good Coffee exists to support positive change in some of the poorest neighbourhoods in the world. Three times as good as regular coffee.

1. Drink Gooder. Made from the best tasting organic beans, expertly roasted in small batches.
2. Feel Gooder. Beans are ethically traded to ensure producers are paid fairly.
3. Do Gooder. Profits go to creating a better world through investment in community transformation.

THE MUSIC GROUP:

The Music Group are now meeting **once a month on the 4th Thursday of every month 7 - 9pm.** We would love to have some more musicians join us especially singers. If you feel this is something you can do, we would love it if you could join us.

Our next practice is **August 26th at the Church, starting at 7pm.**

Mosaic Youth is for school year 9 – 13. This is our collaborating youth group with a variety of other churches. We meet fortnightly during term time for fun, food, and faith discussions. It's a great place to make friends!

We will be meeting throughout Term 3 from 5.30 – 8pm at Holy Trinity Church, Fitzroy on Fridays July 30th, Aug 13th, Sept 3rd and 17th, and Oct 1st.

Also, there is a "Going Deeper" bible study after school (3.30 – 5pm) on the alternate Fridays, for those keen to really focus in on knowing God more.

And finally, we're having a social gathering on Saturday August 28th.

Please see the poster on the noticeboard for dates and contact James, Isabel or Andrew for more information.

Thursday night church (monthly) We are aiming to be a faith community that welcomes all people of all ages, physical abilities,

ethnicities, sexual orientations, gender identities, mental abilities and economic statuses. Thursday Night Church is a space for all people to gather, get to know one another, enjoy tea, coffee & cake, pray and engage together with some interesting content. A space for people to gather, get to know one another, enjoy tea, coffee & cake, pray, and engage together with some interesting content.

We're exploring something new as we're committed at West to trying new ways of being

west: in our community

church. We want to provide a safe space where people can connect with each other, God and themselves.

If you'd like to bake a cake for this, please contact Andrew. If you'd like to find out more, please ask David, Jacob or Andrew. Our next Thursday Night Church is 5th August, 7:30pm at West.

This week is the one year anniversary of the death of **Noah Keith, Melanie & Doug Keith's** son, from Northpoint Baptist Church. They are holding a service of lament on August 1st. Please consider praying for them.

Singing with Laura and Julian. Would you like to join in singing and music from different cultures around the world? Julian and Laura run a singing group on Monday evenings from 7.00 – 8.30pm at Knox Church Hall in Fitzroy, and everyone is welcome.

Baking: Thank you Meryl for joining this team of bakers! We love our precious partnership with Spotswood Primary School! Once per school term we communicate something of God's love by making a yummy morning tea for the staff. It is always highly appreciated and an opportunity to mention the partnership, our affection for the school community and especially the staff that input so beautifully into lives in our community.

Parenting: If you or somebody you know would like to participate in an outstanding parenting course, we have funds available to support people to do this. We are no longer running parenting courses, but can help connect people into them. Please contact Andrew.

Contact tracing App: Let's be responsible and caring by ensuring we use the contact tracing app or sign in everywhere we go – including at services on Sundays.

The Annual Giant Plant Sale Fundraiser for Taranaki Hospital Chaplaincy

Saturday 25th September 2021, 8am – 12 noon

We now invite you to collect some cuttings, select some seed trays, pot up some plants, and trees and prepare for this GIANT Plant Sale.

Thank you to all who have supported this event in the past – we look forward to seeing you all again this year! We have seed trays and pots available if you need them, just contact us – Louisa at Hospital Chaplaincy on 753 6139 ext 7968.

west: people



Congratulations Tiffany on your new teaching role at Spotswood Primary School! Room 13 are so fortunate to have you! Here's Tiffany in the school Korowai (cloak) which was placed on her as a sign of the mana and

Please continue to **pray for and support** those who are struggling with ongoing health difficulties, and those unable to meet on Sundays – **Eric P, Margaret O, Ruth S, Lyn S, Marlinka R, Jocelyn D.**

West has a private Facebook page for connecting with each other. **“West Baptist New Plymouth Connection.”**

belonging she now has at the school.

west: events

AUGUST CALENDAR:

- | | | | |
|---------------------------|--------------------------------|----------------------|------------------------|
| 5 th | Thursday night Church, 7.30pm | 13 th | Mosaic Youth group |
| 6,13,20,27 th | Music & Play, at West, 10am | 26 th | Music Practice, 7pm |
| 10,17,24,31 st | Movie Group at venues TBA | 28 th | Mosaic Youth gathering |
| 12, 26 th | Chocolate Fish Group, at McK's | Sept 2 nd | Thursday night Church |

west: pitching in

Heather and Val made a super yummy morning tea for Spotswood Primary School Staff on the first Wednesday of the new school term (28 July.) The staff collectively (and many individually) asked me to pass on their heartfelt thanks. It's such an encouragement to them and is really appreciated!

West Baptist assist regularly at **Spotswood Primary School** in preparing **Breakfast** for the children. We are short of volunteers for Fridays this term – if you think you might like to help, please chat with Carol.

Prayer: If you have a prayer request, please contact Andrew who would be delighted to pray with you and/or put your request on the prayer chain.

We have an **e-mail prayer chain** where a dozen people are committed to praying for any request, as they are able. All West people are encouraged to be a part of this. If you'd like to join the prayer chain as a pray-er, please contact Andrew.

Each month we will keep the church informed of our progress. We have budgeted for \$9,600 per month in offerings; in June our offerings were \$11,096.

If you'd like to set up an **automatic payment** or use envelopes to contribute financially to the work of the church please see our treasurer, Brent G. (751 0010.) The government will rebate a full third of what you give.

| | 7 AUG | 14 AUG | 21 AUG | 28 AUG | 4 SEPT |
|-----------------------------------|---------|---------|-----------|---------|--------|
| Cleaning & Morning Tea | Roi SM | Bedford | Sangsters | Sue J | Gane |
| | Jude SM | family | Erin R | Steve J | family |
| Lawnmowing | | Allan W | | Wayne L | |

THE MEANEST MOTHER IN THE WORLD

I had the meanest mother in the world.

While other kids got a chocolate biscuit for breakfast, I had to have cereal, eggs or toast.

When other kids had lemonade and chips or crisps for lunch, I had to eat a square meal.

My sister and brothers had the same mean mother as I did.

She insisted on knowing where we were at all times. Who our friends were, and what we were doing. If we said we'd be home in an hour, we were home in an hour, or else.

I'm nearly ashamed to admit it, but she actually punished us. Can you imagine someone punishing a child just because of disobedience? Now you begin to see how mean she really was.

The worst is yet to come. We had to be in bed by nine each night.

On Saturday, we couldn't have a long lie-in like our friends. My mother actually had the nerve to make us work. We had to wash dishes, make beds, learn to cook, chop wood, mow the grass, weed the borders, and all sorts of cruel things. I believe she lay awake at night thinking up mean things to do to us.

On Sunday, she had the nerve to make us go to church, while our friends joined something jolly like flower power people.

She always demanded we tell the whole truth and nothing but the truth, even if it killed us – and it nearly did.

By the time we were teenagers, our life became even more unbearable. She embarrassed us no end by making our friends come to the door to get us.

I forgot to mention, my old-fashioned mother refused to let me date until I was 15 – and then only for the school dance.

My mother was a complete failure as a mother. None of us have ever been in trouble. None of us has ever been a vandal or a layabout.

Each of my brothers served his time in the service of his country. And who do we have to blame for the terrible way we turned out? You're right – our mean mother.

Look at all the things we missed. We never got to wave banners in a protest march, take part in a riot, or smoke pot, or any usual things a normal youngster is expected to do.

She actually forced us to grow up into God-fearing, educated, honest adults.

Now I am trying to raise my three children. I'm proud to be a mean mother too. Because you see, I thank God for giving me the meanest mother in the world.

AUTHOR UNKNOWN.