NEWS FROM THE PEWS





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Adventist Community Church

WHY CHURCH?

Why Church? Why, more than 2,000 years after it all began, do we still do this thing we call church? It faces constant criticism and ridicule. Is it just a club full of hypocrites? Is it relevant? Is it still needed in 2018?

My conviction is that The Church, or as we like to call it around here, The Gathering, is God's Plan A for changing the world and He doesn't have a Plan B. If this is true, then we really have to pay attention to the kind of gatherings we are growing. Of course, there are those who would say that we don't build the gathering, Jesus does, and I totally agree with that but sadly, we often spend a lot of time arguing with God and each other over His plan and purpose, in preference for our own comfort and preferred plan and purpose.

I believe there is nothing more powerful than being part of a movement where people from radically different backgrounds, cultures, ages and places in society come together. Those who are rich and poor, well-connected and not-so-well-connected, with a wide variety of occupations and skill sets unite with a common passion and mission to love on each other. Out of that love we make honest assessments of the real issues facing our community while maintaining an unshakeable belief that, with God and through community, things can improve. People who step up and step out of their comfort zone to move forward and bring about the change needed.

One of my favourite quotes says, "There is

nothing like the local church when it's working right. Its beauty is indescribable. Its power is breath-taking. Its potential is unlimited. It comforts the grieving and heals the broken in the context of community. It builds bridges to people, it provides resources for those in need and opens its arms to those of us who feel forgotten, downtrodden, and disillusioned. It breaks the chains of addictions, frees the oppressed, and offers belonging to the marginalized of this world. Whatever the capacity for human suffering, the church has a greater capacity for healing and wholeness".

The potential of The Gathering is almost more than I can grasp. No other organisation on earth is like it. Nothing even comes close; but it needs all of us to do what we do and bring what we bring so that every person that comes through our doors experiences and begins to live out Inclusive Community, Staunch Following, Dynamic Change, Selfless Service, Compelling Creativity, Mind-blowing Generosity, Holistic Living, Reconciliation, and Restoration.

One of the greatest privileges in our lives is when Jesus taps us on the shoulder and says, I've got a really important role for you as I build my gathering in this world. I've been preparing you your whole life for it. How do we say no to that? How do we ignore that? There's nothing better we can do with our lives. What will you answer?

BY KARYN NEWSON



PAPSDA ON A MISSION TO SOUTH AFRICA

You might ask, "What difference can a church in South Auckland make in a troubled and divided country like South Africa?" And it would be a fair question. Let me give you three answers.

PETUNIA

Petunia is 15 and in the 6th Grade. She lives with her mum and two younger brothers. She doesn't remember her dad. Many of the girls in Petunia's class want nothing more in life than to have a baby, not because they want a child to love and raise but because as a young mum they will receive a government benefit of NZ\$30 a month—enough to get your hair done and buy a new outfit each month. In the Bushbuck Ridge area, it has become a status symbol.

Petunia has spent a great deal of time at Khomelela. "It's my other home," she says. She wants to become a surgeon. If she does, only time will tell, but she has a dream—a big dream. Petunia has people who believe in her. She has role models who are leading the way and she knows that her body and her future are worth more than a \$30 a month benefit—because the Khomelela team have invested in her life.

BRAVEMAN

Braveman was 12-years-old when Papsda did their first trip to Khomelela Community Centre in 2009. It was a daily part of life to see the Khomelela community carers offering practical in-home help to people who were very sick or dying. Braveman is now 21, and halfway through a medical degree. His dream is to return to the area and serve his own community as a doctor.

"I have been so blessed growing up here at Khomelela and learning from Mamma Martha. I want to give back all the gifts that God has given me," he says.

The road has not been easy for Braveman but role models at Khomelela have shown him that hard work and determination help you reach your dreams. He is very clear that God has a purpose for his life.

MARTHA

Martha and her late husband co-founded Khomelela Community Centre in 2006. She now leads a team of 54 staff who daily invest in the lives of over two thousand children and young people. She has the biggest, craziest dreams that she gives to God—and then works hard to achieve them because she knows that lives depend on it. Like the new preschool complex recently completed through Papsda volunteers, donors and prayers. So many of Martha's dreams are now a reality.

"The New Zealanders come and give us hope for the future. You build beautiful buildings, but more than that, you love us all."

Martha's current greatest concern and highest priority is the 10-15-year-old girls in the surrounding community. Her dream is for them to go counter-culture. To stay at school, study and know that their great value is in who God made them to be.

In a country filled with turmoil and political uncertainly, Martha and her team bring unity and hope to their community through modelling unconditional love and teaching boundaries for a healthy happy and whole life. And at Papsda we are privileged to be a small contributor to a very big dream.

BY LEANNE DAVIES

THE GOOD PAPSDASAMARITANS

Luke 10:33-37

"But a despised Samaritan came along, and when he saw him, he felt deep pity. Kneeling beside him the Samaritan soothed his wounds with medicine and bandaged them. Then he put the man on his donkey and walked along beside him till they came to an inn, where he nursed him through the night. The next day he handed the innkeeper two twenty-dollar bills and told him to take care of the man. 'If his bill runs higher than that,' he said, 'I'll pay the difference the next time I am here.' "Now which of these three would you say was a neighbour to the bandits' victim?" The man replied, "The one who showed him some pity." Then Jesus said, "Yes, now go and do the same."

He saw...

He felt deep pity...

He knelt to be at his level...

He soothed...

He provided...

He bandaged...

He transported...

He walked beside...

He provided shelter...

He nursed him through the night...

And he paid...

"Engaging the community the way we are is messy, inconvenient and expensive. But it's what we believe God is asking us to do, so we've stepped into this space by faith."



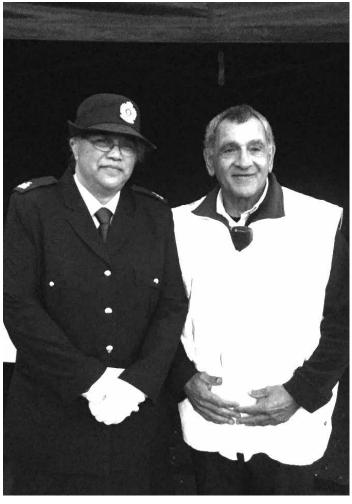
I would love to think that this would be our template for engaging the community that we find ourselves in. As I reflect on what he did and I look at those descriptions, those actions, not one of them is easy, convenient or cheap. Quite the opposite! Engaging the community the way we are is messy, inconvenient and expensive. But it's what we believe God is asking us to do, so we've stepped into this space by faith.

I'm excited about the work Richard Newson is doing. He is creating a full wrap-around service we call *Papsda Life* where anyone we come across who is in need can be offered assistance.

I love how we **saw** a need and couldn't help but do something. Are we doing exactly the right thing? I'm not sure yet, we're just navigating as we go and listening to lots of advice, but we are doing something, which in my book, is better than doing nothing!

When we see the vulnerable come through our doors, those of us who are there genuinely feel *deep compassion* for these people. Our hearts go out to them. This applies to people who come to us through our CAP Debt Centre, through our counselling service, through our emergency







food bank, through our community gyms (Solid and ShedX) and through our pastoral care ministry.

I want to take this opportunity to thank all of you who volunteer in our community ministries.

"...whenever they work in the community, they always look after the outside; they are never invited inside. They said that we are the first organisation that has invited them inside!"

To those of you whose names are on the volunteer roster for our Thursday night shelter; thank you for serving tirelessly in the kitchen; for making up our bed packs; for serving breakfast; for preparing and packing all the linen for laundering; for having conversations with the people who find shelter in our facility—we appreciate you.

To those of you who support our CAP families both financially and pastorally—thank you.

To those of you who visit our sick and suffering in hospitals, in retirement villages, in hospices—thank you.

To those of you who serve in our community gyms, whether it be running exercise programmes, sharing life-changing stories, praying with people at the end of a workout, or sitting empathetically with someone who is going through a stormy season—thank you.

To those of you who have been referring your friends and family to our counselling service—thank you for trusting us with your loved ones.

Lastly, I'd like to make a special mention of a group of incredible community warriors known as the Maori Wardens. The Wardens are becoming like family to us. They supervise our Thursday night shelter, but they do so much more than what they are supposed to. It is a pleasure to work with an organisation that genuinely cares about vulnerable people. But what I am excited about the most is that when they come into our space they feel loved ... by us! A regular remark by the Wardens is that they feel the Spirit in our space more than they have ever felt it anywhere else. Thomas, the Head Warden, made the comment that whenever they work in the community, they always look after the outside; they are never invited inside. They said that we are the first organisation that has invited them inside!

Thank you Papsda for fostering a spirit of inclusiveness that other organisations can feel as soon as they come onto our premises.

May God continue to lead us as we continue to press into the community we've been placed in.

THE AMAZING EPIC AMAZING RACE

Finding clues, figuring out mystery locations, completing chal lenging tasks, working out mind game activities and laughing out loud non-stop as teams attempted to manoeuvre through various obstacles are just some of the reasons why the EPIC Amazing Race is so much FUN!

On Saturday night, August 18, sixty EPIC children and their families joined in the fun of this year's EPIC Amazing Race. The organising team was very intentional and passionate about building relationships and connecting families, and to witness their contagious spirit of love rub off on the other parents who showed up— well, that for me was the **win** for this year's EPIC Amazing Race! I walked away with my heart overwhelmed by the picture of God experienced through the love, joy and care of being around others.

I saw God in the way parents turned up on that Saturday night and said, "Here I am. What do you need me to do?"

I saw God in the way parents walked into the kitche and whipped up a beautiful spread for the children without being asked to.

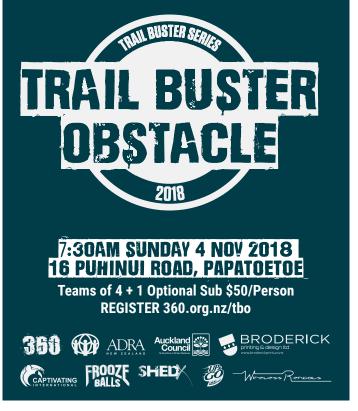
I saw God in the way the team of volunteers held it together in spite of the little mishaps that were encountered.

I saw God in the way each team was celebrated at the finish line despite where they came in the race

I saw our Papsda values of *inclusive community* and *selfless service* in action.

Life is better when you are **connected**, so if you have children aged 3-12 years, make sure you join us for our next EPIC Adventure on September 22.

BY FEE TAMANI





A FREE COURSE TO HELP YOU MANAGE YOUR MONEY WELL







A new FREE course starts 10:00am, Wednesday 26 September 2018 3 Wednesday mornings (26 Sep, 3 Oct & 10 Oct) from 10:00am-12:00pm in the Lower West Wing, Papsda Your facilitators will be Keith Blackburn & Nina Nateba.

WHAT IS THE CAP MONEY COURSE?

The CAP Money Course is a revolutionary, free money management course that teaches people budgeting skills and a simple, cash-based system that really works. This course will help anyone gain more control over their finances so they can save, give and prevent debt

"I feel so much more in control and spending money is more pleasurable. I've felt like I've had more money although I've been spending a lot less."

WHO IS THE COURSE FOR?

No matter what your financial situation is, the CAP Money course can benefit you. The tools that are taught on the CAP Money Course are vital life skills, so whether you are financially well-off or not, self-employed, or need a little help with your finances—this course is for you!

As well as the core principles covered in the CAP Money Course, there is also extra material provided to help support:

- Those on a low income
- Couples
- Families
- Those who are self-employed
- Those preparing for retirement

WHAT DOES THE CAP MONEY COURSE TEACH?

During the sessions you will learn:

1. How to build a budget

This is the cornerstone of managing your money well. Building a budget can be very freeing, allowing you to spot where you're wasting your money, prioritising what you want to spend and helping you build good financial habits.

2. The CAP Money system

This system is a way to manage your finances by using three accounts to keep track of exactly where your money is going. The CAP Money system helps you to prioritise your expenditure and make sure that your money goes towards the things you have planned.

Studies have found that people spend up to 18% more when they pay by card than when using cash.*

18%

3. How to live from week to week using cash

Using cash instead of cards is counter-cultural, but has many advantages. Cash helps you bring the value back to what you're spending and means you know exactly where you are with your money at all times.

"OUR FINANCES WERE IN A MESS. GOING ON THE COURSE HAS MADE A MASSIVE DIFFERENCE."



of delegates said they would recommend the CAP Money Course to others.



of delegates said that the CAP Money Course helped them to create or achieve savings goals.

JOIN THE NEXT COURSE!

Pick up a brochure from Guest Central for more information on the next CAP Money Course held here at Papsda. Alternatively, register by emailing Brigitte Bagg at brigitte@papsda.co.nz

The CAP Money Course is devised by the award-winning debt counselling charity, Christians Against Poverty.

"IT'S LIKE A HEALTH CHECK FOR YOUR FINANCES."

*Dun & Bradsheet



If you have not realised it already, our Papsda young people are filled with both potential and raw talent. I am reminded of this talent each time we do a production together. From the actors, dancers, musicians, singers, coordinators, and every role in between, it is always humbling to see what happens when young people are brought together and given a platform.

Later this month we have the opportunity to share with you, FOUND: a 360 production. This production has been written, produced and performed by our 360 youth team and tells the story of a family:

Richard works hard to provide the life for his children he missed out on. Jade has never been able to find a home that lasts more than a few months. Zack wants to live outside the shadow of his dad.

Found is their story.

Invite your family and friends and support our young people who have poured time, energy and commitment into this story. Celebrate with us a story about being seen, being heard and most importantly being found.

TWO IDENTICAL PERFORMANCES FRIDAY, 28 SEPTEMBER AT 7:00PM & SATURDAY, 29 SEPTEMBER AT 7:00PM

Entry by koha / donation

BY SARAH RYAN

EPIC PARENTS LIFE GROUP

One thing we all know about parenting is that it does not come with a manual or with specific "how to" instructions. A person's parenting skills are acquired from either our personal experiences with our parents, caregivers or from what we have observed. That's one thing that makes parenting challenging, intriguing, thought-provoking, and yet exciting. Parenting, though challenging, when done as a community, makes it that much more do-able and this is where the EPIC Parents Life Group comes in.

The beautiful quality about this life group is that it was started by parents who just felt they wanted fellow parents to talk to about their parenting experience. We all felt we needed a safe platform that was positive and all-embracing. A place where all participants are given an opportunity to share their parenting experiences openly without fear of being judged. So, we all brainstormed and came up with ideas on what we thought the group could look like. After some discussion, EPIC Parents Life Group was born.

The EPIC Parents Life Group helps you assess the skills or strategies you have acquired through the years. The great news this life group brings is that even though the skills appear less than ideal we can learn new ones and be the best parents we can be to our lovely and beautiful children.

The EPIC Parents Life Group is a life group that is open to all—be it parents of teenagers, newborns, caregivers, single mums or dads. The lovely thing is that we all are from different walks of life and feel like

we can all learn from each other's experiences. Everyone is given an opportunity to speak which gives us a voice and a sense of belonging. Many times, when we watch a video during our sessions, we are just in awe of what we discover. Sometimes the room stays quiet for about twenty seconds or so because we have had an "aha" moment and just discovered how something makes so much sense. Most sessions, if not all, have left us enlightened and have made us become aware of things we did not know. It is so great to see how parents come with open minds and are so willing and eager to learn new parenting strategies. It is a life group that gives hope along with tools to equip us for this fun, God-given gift of parenting our beautiful children. A life group that comforts and builds confidence and a group suitable for all parents. Our children are the most precious human beings in our lives so why not equip ourselves with the best tools available, so we can be parents.

Group EPIC Parents Life Group When Friday (Fortnightly) Time 10:00am to 11:30am

Where Treehouse, Kids Corridor, Papsda

Look us up on Facebook: Papsda EPIC Parents Life Group

EPIC Parents Life Group is facilitated by Brigitte Bagg who has run similar parenting courses/classes for more than 12 years. We also have two babysitters, Janese and Caitlyn, in case you have preschoolers.

BY NAMATE MUBANO



MAN CAMP MENTIONS

"Man Camp was cool" Ricky, 56

"I felt cared for..." Josh, 10

"We have to do this more...so good" Matt, 36

"I love Man Camp" Ben, 27

"I want to stay off the computer and be more active" Shelford, 14

"This is the first time I've ridden a motorbike! I love it—it's better than rugby!" Freddy, 36

"What, we're playing paint ball? Wow!!" Christian, 37

"This is the best thing for us men." Richard, 72

"I love the mix of men here...very different backgrounds but no one is excluded...I love it" Norman, 52

"That was so much fun..." Denison, 44

"I loved the messages in the worships" Henry, $32\,$

MAN CAMP YEAH, MATE

Over the weekend of 23-26 August, over 65 Papsda men and their mates came together for a weekend of

- Great food
- Real mate-ship
- Challenging messages
- Heaps of fun
- And lots of laughter

And we all came away realising that we need this space we affectionately call *Man Camp*.

We need it because

- Sometimes we just need to get off our white horses
- Sometimes we just need to take off our armour
- Sometimes we just need to lay down our weapons
- Sometimes we just need to talk to other warriors
- Sometimes we just need to be with our sons
- Sometimes we need to say things the way we say them

Sometimes our sons just need to be with

- Sometimes we just need to stop shaving
- And sometimes we just need to eat Choc Tops—and very little salad!

'Man' worship is a huge part of Man Camp. And it was a pleasure to open Man Camp with a powerful word from our 'Man' pastor, Pastor Karyn! Karyn wrote an amazing letter to all of us, letting us know how proud she and our faith community was of us men.

MEN NEED TO KNOW THEY MATTER

Then she addressed the different 'Warriors' that were gathered there...our very young warriors, our teenage warriors, our young adult warriors, and our 'seasoned' warriors. And she challenged us all to step up for our families, for our communities, and especially for our expression of kingdom building, Papatoetoe Seventh-day Adventist Community Church

MEN NEED A CHALLENGE

And then, she straight up told us how much we are loved!

- Loved for the joy we bring
- Loved for the patience we show
- Loved for being vulnerable, real and raw
- Loved for the way we love our faith community.

MEN NEED LOVE

Thanks, Karyn for being our Man Pastor! We love you. We love our faith community!

The messages shared were based around acronyms that addressed things men struggle with. The acronyms are designed to raise awareness and provide quick responses in the

midst of struggle. Here they are.

A.A.A.

Affordability, Accessibility, Anonymity. (3 reasons that make it so difficult for men to navigate temptation)

H.A.L.T.S.

Hungry, Angry, Lonely, Tired, Stressed (these represent the worst times to make decisions)

D.D.D.

Distract, Delay, Decide (a tactical approach to dealing with situations brought about by H.A.L.T.S and A.A.A.).

Of course, having FUN is a bedrock of man camp. Regardless of how numerically old you get, that little boy is always there and man camp provides an opportunity to let him out to play—just for a little while!

So on behalf of our men, I just want to thank you for allowing us to retreat into our man cave for a bit. I pray that we've come out of our cave

- Ready to protect our families and our communities
- Ready to fight for what's right
- Ready to be a true friend to anyone who needs friendship
- And ready to create, cultivate, laugh, sing, dance, worship and love the way God created us too!

BY KARL SAIFOLOI















KHOMELELA COMMUNITY CENTRE, SOUTH AFRICA

Photos from the recent Papsda on a Mission trip to Bushbuck Ridge, in South Africa where 28 Papsda-ites served, built, taught and connected with the local community, 5-22 July 2018.



























AROUND PAPSDA Happenings from around Papsda and our local community.

















CAP DEBT CENTRE NEWS

We are now over half way through the year and are seeing lives changed in our CAP families and communities. I am often amazed at the opportunity to walk into a person's home, share the love of God, pray with them, and be a part of lifting the very heavy burden of debt. I love seeing the church come around these families and love on them in a way many have not experienced before.

So far this year we have:

- 16 clients faithfully paying off their debt or beginning their journey with CAP.
- Families seeing the love of God as members from Papsda surround them during difficult times bringing food parcels, meals and selflessly donating their time and resources.
- A young family struggling with debt, eviction, and sickness were shown
 the love of God through the Papsda family and were brought meals,
 shown care, and through correspondence with the landlord, found a
 way to remain in their home. Please continue to pray for this family as
 their journey has not been easy.
- Another client recently released from prison wants to turn her life around. In the process she contacted CAP to help with her debt, prayed to receive Christ, started coming to Bible study, and meets one-on-one with someone from Papsda to grow in faith and keep her life on track.
- A young single father has had the burden of debt lifted as he no longer feels alone in the journey out of debt. He is now able to budget wisely and provide for himself and his daughter as well as pay off debt.

As many of you know, we started the CAP Debt Centre four years ago and have had many families becoming debt free. Here is an update on a few of those families:

Many of you may remember the Taipuna family. The kids started coming to 360 events, boxing at ShedX and various church events. The mum rededicated her life to Christ, and the three kids and two neighbours accepted Christ as well. They are now debt free and have been for almost two years. Huge smiles and grateful hearts greet me when I go to visit as they are now able to work on a healthy budget.

When I first met the Paekau family, the husband and wife were separated and they had four beautiful children living in Clendon. Now they are back together, relocated to Gore and living with their children on a farm. God even provided contacts within the church in Gore to help them with their move!

Right now we have many families on the verge of beginning their CAP journey. Please continue to pray for these families as this journey is not an easy one!

If you are interested in being involved in this ministry please contact Trena on 021 135 9435.

CONVERSATIONSIN LEADERSHIP

Leadership can be defined simply as the art of motivating a group of people to act towards achieving a common goal. Whether that group is made up of you (just you) or your family, or work colleagues, everyone is in a position of leadership in some capacity. I have had the privilege and responsibility of being in leadership positions for most of my working life. To be honest, some of those opportunities were self-appointed (and not always executed well to be fair), and others were because someone recognised leadership potential in me. My leadership journey has been very rewarding and also challenging and I have learned a number of lessons along the way about leadership—some of them the hard way. Here are just three:

- Being a leader can be a lonely journey. (Can anyone else relate to this?)
- The longer I lead, the more I realise I need to learn about leadership and develop as a leader.
- Investing in my leadership skills doesn't happen unless
 I am intentional about setting aside time and space.
 The daily whirlwind of family chores and never-ending
 to-do lists at work easily encroaches on any professional
 development focused time on my schedule.

So with all that in the back of my mind I decided to start a group where I could be held accountable for my learning and support others to take time regularly to cultivate personal growth.

"Conversations in Leadership" is a newish space that is being hosted each month to invest in growing the heart, skills, and self-awareness necessary to lead well. I was inspired by the analogy of a light and mirror ... our time is an opportunity to reflect back on our own journey and also receive new light for the next stage of the journey ahead. The group is based on the premise that everyone has stories and experiences to share that will sharpen others, and through discussion and hearing each-other's story and being inspired by leaders who are living out integrity and great leadership, we all can grow to be more effective in supporting, nurturing and inspiring those we lead.

Each "Conversation in Leadership" is based around *connecting*, being *challenged* and *committing* to just one new practice in leadership.

Proverbs 27:17 As iron sharpens iron, so one person sharpens another and Proverbs 4:23 Keep your heart with all vigilance, for from it flow the springs of life guide the planning each month for what we will discuss.

Everyone is welcome and the conversations are lively with input from seasoned experienced leaders right through to rookie wannabes. We are learning and living our leadership journey together. There is no prerequisite for attending, and those that have been to one (or more) of the sessions have given great feedback. And did I mention there is always homemade cake (or biscuits, or macarons, or yummy slice)? A hot drink and brain food makes for stimulating conversation!



We would love to welcome you to our next session, there are three left for the year on the 4th Monday of September, October, and November... Did I mention there is always cake?!

BY KERYN MCCUTCHEON



ON TOP OF THE WORLD

Congratulations to **Kristyn Gentry & Josh Anderson** who got engaged on a mountain top in Queenstown on 11 August 2018. "It was very lovely and exciting that it was finally happening after being together since I was 17." shares Kristyn.



ROMAN NUMERAL 2 Baby number 2 made his way safely into the world on 1 July 2018 at 1:45pm to **Heavyn**

FAMILY NEWS

Arama and **Joseph Toso-Burgess**, and adored by big sister **Lyla-Rose**. Adorable baby **Roman Metusela Burgess** weighed in at 7lb 9oz. Congratulations family!



WEDDING IN PARADISE

Congratulations to Vaea Puni & Jaz Newport who were married in Bali at Villa Ombak Biru on Wednesday, 8 August 2018. Despite unusual weather patterns and a [major] earthquake leading up, the day was hiccup-free and the happy couple were blessed with blue skies and a stunning Bali sunset. Over a hundred family and friends travelled to Bali to celebrate the special occasion.

BACHELOR FOR BRITTANY

No, we're not referring to Jarreau—she's already married to her dream beau. But huge congrats to Brittany Newport on recently graduating with a Bachelor of Business Major in Market Insights (Marketing, Advertising, Retail and Sales) and International Business from Auckland

University of Technology. Currently working in the early childhood sector, Brit is keen to join the corporate scene with a major brand, sharing, "It is this freedom to dream, create and potentially build messages, images, designed to resonate with your target market and then watch the market engage in your work that makes all the studying worthwhile"





WELCOME EMILY

Congratulations **Alysson Bortoli & Daiane Ramos** on the safe arrival of their first baby, **Emily Ramos Bortoli**. Emily arrived via caesarian on Sunday, 2 September 2018 weighing 3.4kg and measuring 53cm.





YEAR TO DATE (FIGURES AT 31 JULY 2018)

	Budget	Actual	Variance
Tithe	\$468,000	\$414,063	-\$53,937
Papsda Ministries	\$75,000	\$66,451	-\$8,549
Staff Fund	\$63,000	\$53,644	-\$9,356

Thanks Papsda, for your continued generosity to keep Papsda ministries funded and running effectively.

WAYS TO GIVE

Internet or Phone Banking	Giving Envelopes	Pushpay App
Papsda Bank Account: 12-3028-0537532-00 If making a donation or payment for something (camps, events etc), please clearly mark in the reference fields what your payment is for.	Available in the seat pockets in the main audi- torium. Please write clearly.	The smart-phone app that is easy to use. Search "Pushpay" in the Apple App Store or on Google Play. Once downloaded, search "Papsda".

2019 PREVIEW

GET READY!2019 IS COMING

Early 2019

Worship Camp
Papsda Connect Camp
Easter Production

Mid 2019

Relationship Weekend Man Camp

Late 2019

Spring Praise 360 Mountain Top Camp

HEART GROUP REINFORCES SCREEN TIME LIMITS AS USE AMONG KIDS SOARS

By Amy Orciari Herman Edited by Susan Sadoughi, MD, and André Sofair, MD, MPH

U.S. children aged 8 to 18 years spend, on average, over 7 hours each day in front of screens for recreational purposes, according to estimates reported in a new advisory on sedentary behaviour and childhood obesity from the American Heart Association.

Although television viewing has declined over the past two decades, increased use of smart-phones, tablets, and other devices has resulted in a large increase in overall screen time. The authors note that screen time is linked with adiposity — an association that often remains after accounting for diet and exercise.

In a news release, the chair of the AHA writing committee said, "We want to reinforce the American Heart Association's long-standing recommendation for children and teens to get no more than 1–2 hours of recreational screen time daily. Given that most youth already far exceed these limits, it is especially important for parents to be vigilant about their child's screen time, including phones." The AHA reiterated its recommendations against having screens in bedrooms and eating meals in front of screens.





LOOKING AHEAD

15 Sep	EPIC Family Movie Night 6:00pm
16 Sep	Stop the Traffick 5K (Cornwall Park)
22 Sep	Venus Girls Retreat 9:00am
22 Sep	Prayer Gathering 10:35am
22 Sep	Connections 12:30pm
24 Sep	Conversations in Leadership 7:00pm
25 Sep	Admin Board 6:30pm
25 Sep	Elder Board 7:30pm
26 Sep	CAP Money Course 10:00am
28 Sep	
28 Sep	360 Production 7:00pm
	Special Offering (Papsda Marae)
29 Sep	360 Production 7:00pm
	Daylight Savings Commences
8-13 Oct	360 Mountain Top Week
13 Oct	Pastoral Appreciation Day
13 Oct	Prayer Gathering 10:35am
13 Oct	Connections 12:30pm
14 Oct	The ADRA Run (Mission Bay)
15 Oct	Term 4 Commences

	NZC Youth Rally (Palmerston North)
20.21.Oct N	
20-21 OCL IN	NZC Youth Volleyball Tournament
22 Oct La	abour Day (Public Holiday)
22 Oct C	onversations in Leadership 7:00pm
23 Oct A	dmin Board 6:30pm
23 Oct El	der Board 7:30pm
26-28 Oct N	NZC Women's Retreat (Tui Ridge)
26 Oct P	raise Hymn 7:30pm
27 Oct P	rayer Gathering 10:35am
27 Oct El	PIC Church (Kids Church) 11:00am
27 Oct C	onnections 12:30pm
2 Nov 36	50 Lit 7:30pm
4 Nov Tr	ail Buster Obstacle
10 Nov P	rayer Gathering 10:35am
10 Nov C	onnections 12:30pm
14 Nov Fr	riendship Group Outing TBA
	PIC Family Adventure TBA
23-25 Nov N	NZC Sixties Plus Weekend (Tui Ridge)
24 Nov P	rayer Gathering 10:35am
24 Nov C	onnections 12:30pm
24 Nov A	ge Groups All In Event 1:00pm
26 Nov C	onversations in Leadership 7:00pm
	PIC Family Adventure TBA

27 Nov	Admin Board 6:30pm
27 Nov	Elder Board 7:30pm
1 Dec	EPIC Family Adventure TBA
1 Dec	NNZC Youth Rally (Auckland)
1 Dec	Connections 12:30pm
2 Dec	NNZC Soccer Tournament (Auckland)
5 Dec	The Friendship Group Xmas Lunch
7 Dec	360 Lit 7:30pm
8 Dec	Prayer Gathering 10:35am
9 Dec	360 Banquet TBA
15 Dec	Connections 12:30pm
19 Dec	School Holidays Commence
22 Dec	Prayer Gathering 10:35am
22 Dec	Christmas Praise 11:00am
27 Dec	Tui Ridge Family Camp (Rotorua)
23 Feb	NNZC Youth Rally (Rotorua)
24 Feb	NNZC Touch Rugby Tournament
7-10 Mar	ADRA Coromandel Classic
25-28 Apr	NNZC Youth Camp (Taupo)
1 Jun	NNNZ Youth Rally (Auckland)
1-3 Jun	NNZC Basketball Tournament
14-16 Jun	NNZC Family Retreat (TBA)