**For the New Year:   
Let me share the ‘7-UPS for the Year.**   
No, this has nothing to do with the soft drink. These 7-UPS fall under the heading of attitudes and actions.

The first one is **Wake Up.** Begin the day with the Lord. It is His day. Rejoice in it. Decide to have a good day.  
*This is the day the LORD has made; let us rejoice and be glad in it.*

The second one is **Dress Up**. The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks. It says something about your attitude.  
*The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart.*

The third is **Shut Up.** Watch your tongue. Don’t gossip. Say nice things and learn to listen.   
*Those who control their tongue will have a long life; opening your mouth can ruin everything.*

The fourth is **Stand Up.** Stand up for what you believe in. Stand for something or you will fall for anything. Resist evil. Do good.   
*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.*

Five - **Look Up.** Open your eyes to the Lord. After all, He is your only Saviour.   
*I can do all things through Christ who strengthens me.*

Six - **Reach Up.** Spend time in prayer with your adorations, confessions, thanksgivings and supplications to the Lord.  
*Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take*

And finally, **LIFT-UP.** Be available to help those in need--serving, supporting, and Sharing  
*Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done*

**This is my invitation for you** to join me on Saturday 25th January for a fantastic **Men's Breakfast at St Alban’s Church** with International Keynote speaker David Dusek from Florida, USA.   
David is a dynamic and greatly appreciated speaker at men’s events and Military events combining movie clips and relevant stories with Biblical truths and interaction. He speaks about suicide, mental health, loneliness, addiction, domestic violence, and how to be a faithful and supportive friend to others.   
This is an extraordinary opportunity for breakfasting with David. **Invitation is open to all men.** An offering will be taken to assist towards expenses. **Saturday 25th January 8am-10am**, $5pp, St Alban's Church, 339 Albert Street, Palmerston North

**Tithes and Offerings**

Internet Banking:

Milson Combined Committee  
BNZ 02-0727-0104804-000

For further info, talk to our treasurer, Yvonne 356 5503.

**Prayer** If you have a personal prayer need and would appreciate someone praying for you after the service, please indicate this to a service leader or someone with whom you feel comfortable.

**Communion** is held on the 2nd Sunday monthly. All who honour Jesus Christ as their Lord and Saviour are welcome to partake in the bread and the cup. [Offering Wine & grape juice. Gluten Free bread.]

Foodbank donations are passed on to the Methodist Social Services to assist people in need.



Contact Details

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Post: 24 Richmond Ave, 4410 PN

**Secretary**: Lynley Boyd  
**Bulletin & News link:** Sister.Lynley@gmail.com Phone: 358-4418.

**Pastoral**: Rev.Anne Bennett   
Ph. 355 2818.

**Stewards:**Anne Jackson, 355-3128  
Joanne Wilson, 355-3124

**Church Bookings & keys**Clive & Jenny 358-6053

**Roster**: Joyce 326-9671  
joyce.richards@xtra.co.nz

**Prayer Chain:** Confidential.   
Anne Bennett. Phone 355-2818

**Tuesdays** – Women’s Study Group - Prayer room Tuesday: 1.15 pm to 2.30pm.

**Programmes to start with school term**

**Sunday** King’s Kids,   
Anne J 355-3128

**Thursdays** - Milson Friendship Centre: 1.30pm to 3.30pm.

**Thursdays** Girls’ Brigade. 4.30-6pm Joanne 355-3124.

**Friday** Twinkle Toes. 9.30 a.m.  
Contact Anne 355-3128

**MCC Christmas Appeal**

**If you haven’t yet donated, there is still time**. Close off is Sunday 26th January. Please put your envelope in the plate after choosing the charity to make a donation.   
**Share with those who are in real need.**

To receive a gifting receipt for IRD, write your name on the appeal envelope.

**OHF - $145 received to date**Manawatu Child and Family Support.   
Open Home Foundation is made up of Christians from a wide variety of churches.   
The organisation has Jesus as its focal point.   
A strong prayer network sustains all its work.

**CWS - $175 received to date**Christian World Service works in 22 countries with local partners who are with the people who need the most help. **Be the Lifeline to people who need food, water and dignity.**

**Tear Fund. - $145 received to date**

**Restore** - Disaster risk reduction, recovery and peace building

**Protect** - Anti-trafficking, slavery and exploitation

**Nourish** - Water, healthcare, nutrition and education

**Empower** - Economic enterprise and empowerment

January 2020

Anglican – Methodist – Presbyterian

Corner Milson Line & Purdie Place, P.N.

*Growing a Community for Christ  
Welcoming in… Building up… Sending out.*

**Welcome to our Worship Service**

January 19th - led by Rev. Anne Bennett Les Boyd preaching.

January 26th - led by Lynley Boyd with Lynda Whitwell preaching.

STORIES OF FREEDOM – Lentin Study

We have been created to know freedom in life, and to live in pure relationship with God, one another, and creation.

But we don’t always live in that way. We choose to fracture these relationships, and Scripture uses language of bondage when describing it. As God’s people, repentance is part of our story.

We repent when we choose God’s ways, and in this repentance we are restored to new life.   
Once again, we know our created freedom.

Interested in taking part in a Lentin Bible study? These will be starting the last week in February. Let Rev. Anne Bennett know.