



## How to cope with Christmas

Grief is a normal emotional response associated with any form of loss. Most of us will experience close personal grief during our lifetime, but how do we cope with Christmas? This seminar on **Wednesday 3<sup>rd</sup> Dec 7:30pm** at the chapel is to help us form a strategy to move through the festive season honestly and healthily.

**All are invited to our**

### Annual Memorial Service

**10th December 7:30—8:30pm  
in the chapel**

Through this we provide:

- *An opportunity to support those who grieve at Christmas*
- *A safe place to remember our loved ones who have passed away in recent years*
- *A caring outreach to our community*

#### MINISTRY TEAM

Stephen Cathcart	Senior Minister	0419 460 487
Richard Oakes	Associate Minister	0434 104 555
John ParkKorean	Korean Minister	0425 833 510
Loida Dart	Chaplain	9440 3723
Tina Phillips	Youth Minister	0413 990 449
Louise Joyce	Office Administrator	9988 4688

#### Prayer Hotline

9487 3918

*Hanna Dijkstal*

All requests are kept confidential and treated with the greatest respect.

*North Turramurra Church of Christ*

## Focus on Today's News

### " Rejoice with those who rejoice, mourn with those who mourn..." Romans 12:16

Identifying with others in their joys and sorrows is indeed a privilege.

Today we can rejoice and mourn, we can enjoy each others company and reach out to our community at Octoberfest this morning. We can laugh, rejoice and congratulate those going through good times, even if we aren't. We can also (with God's help) walk alongside those who mourn, tonight and at anytime.

Dr. Geoff Glassock reminded us in May that "the greatest period of pain and shock of grief takes at least two years, but in the case of a sudden or untimely loss, it can take much longer." No matter how many years, let us mourn with those who mourn.

Dr Glassock explained that " research into grief has only come to light in the last 30 or so years, starting with Kubler Ross." In many ways there is still so much about grief we don't understand.

That's ok, we don't have to be experts, but just be willing to sit, listen and mourn with those who mourn.

We pray that tonight's 'Service of Remembering' will give you an opportunity to support others in a Christ -like way and that all may experience the comfort that only God can give.

*—Richard*

**5 October 2008**

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**Thanks to all those who helped at the Footsteps Holiday Club in all sorts of ways. Thanks to all those who gave donations of food, gave up their time and served in a vast number of avenues. Thank you!**

### ***HSC Service of Affirmation and Encouragement***

The HSC is a difficult time for young people and their parents. To help affirm our young people on Sunday 12th is our annual HSC service. This is an opportunity to encourage and affirm those who are about to embark on a huge test. Three of our young people will be sharing about how they handle obstacles that will inspire you and provide comfort at this time.

*Live, Learn, Love*



### ***Sycamore***

Our young adults group is meeting on **Wednesday at 7pm** at the church. This week we are cooking up a storm—all are invited, so bring your friends along.

## **GRIEFCARE**

Working through grief is time consuming and energy sapping. To help each of us understand and to move through this time we are offering a 5 week course.

**Wednesdays 7:30-9pm**  
**Beginning 22nd October to 19th November**  
**At the Church**

To Register your interest in attending, please call Stephen Cathcart on 0419460487 or email him at [stephen@northturramurrachurch.org.au](mailto:stephen@northturramurrachurch.org.au)



### ***Christianity Explained***

Christianity Explained is conducted by Loida over 6 weeks. Here's an opportunity to learn about the basics of the Christian faith. This is an ideal course for those seeking to understand faith & for those who want to learn. This series has already proved highly beneficial to many in our church family.

*If you would like to be part of Christianity Explained please see Loida*

***One way that we can encourage one another is through prayer. We want to pray for encouragement, protection, family relationships and God's blessing on these families this week...***

### **This week please pray for:**

MONDAY: Kate DOUGLAS  
TUESDAY: Marena ERENS  
WEDNESDAY: Janice FERNANDES  
THURSDAY: Mervyn and Joy FIEDLER  
FRIDAY: Nancy FIG