



## Stillness

I am continually amazed at the innate differences between our two children. Abby, once she is engaged with an activity (especially her iPad), can stay with that for hours, barely moving. Isaac on the other hand, is constantly on the move, chopping and changing between different activities. Maybe it's an age thing, a male/female thing, but one thing for sure, Isaac does not sit still for long.

This week we went to Kurrimine for a couple of days, just to have a small break. It was a lovely time. We visited Paronella Park, swam in the pool and enjoyed some family time. But there was limited stillness. I know it's the stage of life we are in, especially with a toddler, but I find it very rare to find moments of stillness in my day.

God's Word, though, tells us that we need to be still.

Be still before the LORD and wait patiently for Him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! (Psalms 37:7)

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth! The LORD of hosts is with us; the God of Jacob is our fortress. Selah. (Psalm 46:10-11)

Being still enables us to listen, to focus and to concentrate on Him. Stillness removes the tumult, the craziness of our day, and enables us to commune with Him. This is a daily struggle for me. By the time I often have time to be still, I am tired from my day. But, if I take the time to be still, God meets me where I am, in my fatigue and tiredness, and is able to restore. Where better to meet my Saviour, than in the stillness, where His Spirit can minister to me in my fatigue, my cares?

I pray that we will all find moments of stillness in our days, where we can commune with our God. Where we can be still enough to hear Him speak to us, where we can "[cast] all [our] anxieties on Him, because He cares for [us]" (1 Peter 5:7), where we can express our gratitude to Him for all He's done.

Let us be still and know He is God.

- Sharyn

## TRIVIA Night

For the Trivia carnage - hardest round 40% sports, easiest 63% movie soundtracks. The easiest questions - Strand Ephemera, Star Wars and Grease tunes, Halley's Comet all 100%. The hardest - those Spanish guys earning millions in the A-league, the North Korean stadium, the Hydro States (all 5), and Vincent Lingiari the equal, pay / land rights pioneer all 0%. Sorry I punished you all so much..... JB

A big thank you to all who attended the Trivia Night on Saturday. It was a fantastic, fun, night & we raised \$1700 for our local Chappies.

Well done to the winning team 'Blue Bags' & 'X-factors + 1' who came 2nd.

A big thank you to all who helped make last night's Trivia Night a fantastic success...

from those who helped with set up, table decorations, serving food, looking after kids, prize & adopt-a-bucket donations, judging, general running of the night, cleaning & packing up or participating on a team...

THANK YOU!!!

## on the calendar

### October

29th Connect Sunday

### November

4th Prayer Meeting

5th Connect Sunday

## Connect Sunday - 29 Oct

Message	Adrian
Greeters	Tim O
Set Up Crew	Matt B, Bevan, Karl
Sound Desk	Bevan/Geoff
Music Leader	Sandy
Singers	Sandy, Bec, Nadine
Keyboard	Leighton
Guitars	Tim T, Sean, Brendo
Drums	Justin
J Kids	Karl
Mini Js	Linda
Morning Tea	G-N surnames

**Church directory update** Oops! I missed including **Linda Osbaldiston's** birthday in the latest directory. It's **27th November**. Please email me at the news email to notify of any other changes etc

**THE FIRST TO APOLOGISE**  
*is the bravest.*  
**The first**  
**TO FORGIVE**  
*is the strongest.*  
**THE FIRST**  
*to forget*  
*is the happiest.*

echoNQ invites you to 3 consecutive workshops on how to make disciples that multiply.  
Monday nights November 13, 20, 27 from 7-9pm @ Northreach.  
No cost - just bring some nibblies to share, a heart for the lost, a Bible, paper & pen.  
RSVP to Steve & Mel Behrens on 0448 176 272 by November 5th.  
All welcome.

