



# Hampton Park Baptist Church

SEPTEMBER 2020

# Heartbeat



## ***'What Is Your Purpose as a Father'***

Sooner or later, our kids will make us suffer. When they're babies, their crying keeps us up at night. Later, their teenage shenanigans might rob us of more sleep. Some of us stay at jobs we hate so that our kids will never have to wonder where their next meal will come from. We can battle with our co-parents over issues like housework and discipline, testing love we might have once thought would last forever.

These stresses and sacrifices can be painful, but studies are finding one thing that can help us to weather them: a sense of purpose. That is to say, our long-term, meaningful goals as fathers.

A sense of purpose shapes day-to-day goals and behaviour. Seeing a destination on the horizon helps us to lift our eyes over the dirty dishes and temper tantrums, to a future that is better than the present. Purpose makes that pile of dishes matter. It reminds us that we matter, if only to our kids. Purpose keeps us at home with them when we wish we were elsewhere.

For many men, raising kids means that they need to make self-improvement and self-care part of their purpose. After the birth, *"It was no longer acceptable for me to simply go through the motions," said Blake Overbay, a sergeant with the Massachusetts Army National Guard. "I had to outwardly demonstrate that I was working to better myself. Like deliberate and exaggerated movements to warm-up before a workout."*

With permission from Jeremy Adam Smith (editor GGSC's online magazine) <https://greatergood.berkeley.edu/>



**Hampton Park**  
Baptist Church

## **2 Corinthians 9:7**

**Each of you should give what you have  
decided in your heart to give,  
not reluctantly  
or under compulsion,  
for God loves a cheerful giver.**



**If you prefer not to use online banking  
please save tithes and offerings  
and when ready contact  
Rev Angela Garton to make collection arrangements.**

# Lectionary Readings for...

## September 2020



Date	First reading	Alternate readings	Second reading	Gospel
Sep 6	Exodus 12:1-14 Psalm 149	Ezekiel 33:7-11 Psalm 119:33-40	Romans 13:8-14	Matt 18:15-20
Sep 13	Exodus 14:19-31 Psalm 114 <i>or</i> <i>Exodus 15:1b-11, 20-21</i>	Genesis 50:15-21 Psalm 103:(1-7), 8-13	Romans 14:1-12	Matt 18:21-35
Sep 20	Exodus 16:2-15 Psalm 105:1-6, 37-45	Jonah 3:10-4:11 Psalm 145:1-8	Philippians 1:21-30	Matt 20:1-16
Sep 27	Exodus 17:1-7 Psalm 78:1-4, 12-16	Ezekiel 18:1-4, 25-32 Psalm 25:1-9	Philippians 2:1-13	Matt 21:23-32
Oct 4	Exodus 20:1-4, 7-9, 12-20 Psalm 19	Isaiah 5:1-7 Psalm 80:7-15	Philippians 3:4b-14	Matt 21:33-46

## Inside Out

\* NEW TIME \*

11:30am Sunday via  
Zoom

- We will be sending the Zoom link via email each week.
- Please inform Angela if you are not receiving these emails or have not received your *Inside Out* home pack.

Inside Out is for primary school aged children grades 1 – 6.



**Please send all articles and information for the next edition of Heartbeat to email address...**

***hpbcheartbeat@gmail.com by Tuesday 22<sup>nd</sup> September***

**The October edition will be available on Sunday 27<sup>th</sup> September**





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# Young Adults and Youth Bible Study

**When:** Fortnightly **Thursday** nights 7:30 pm to 9ish pm

**Where:** Zoom (Online)

**Who:** Students from Year 7 to Year 12 and Young Adults

**How:** Contact one of the church leaders for a Zoom link



**Hampton Park**  
Baptist Church

## Men's Bible Study Group

Every 2<sup>nd</sup> Thursday Night - 7.45 to 9.47pm

please join us – Contact Brendan on 0413 602 547 for on-line link

**On Zoom**



*Our Vision. We are a caring community  
connecting people to God.*

*Our mission. To grow closer to God, build  
relationships with, and serve our community*



More from the Joke file...

## Our new COVID-19 society - Part 5...

Two grandmothers were bragging about their precious darlings. One of them says to the other, ***"Mine are so good at social distancing, they won't even call me."***

My husband purchased a world map and then gave me a dart and said, ***"Throw this and wherever it lands—that's where I'm taking you when this pandemic ends."*** Turns out, we're spending two weeks behind the fridge.

Pharaoh seeing us all freaking out over just one plague.



@christian\_theology\_memes

***"You want ME, to wear a mask?!"***



My dad always told me I wouldn't accomplish anything by lying in bed all day. ***But look at me now, dad! I'm saving the world!***

I never thought the comment ***"I wouldn't touch them with a six-foot pole"*** would become a national policy, but here we are!



**Please pray...**



**and Cathie Staunton**  
Charlie, Ruby and Hugo

Serving in Cambodia

GLOBAL INTERACTION

empowering communities to develop their own distinctive ways of following Jesus

### Staunton family prayer points...

- ♦ For God to sustain them in this unusual season, and to use them to bear fruit for him
- ♦ For blessing on their language learning efforts
- ♦ For Charlie, Ruby and Hugo to connect with the neighbourhood children
- ♦ For the Khmer children who have no access to remote learning (and therefore no school at the moment)
- ♦ For the Khmer people, many of whom rely on the tourism industry and who are therefore out of work



# WEEK OF PRAYER 2020

6-13 SEPTEMBER

# PEACE

LEAVE YOUR ANXIETY WITH GOD

PHILIPPIANS 4:6-7



Prison Fellowship Australia  
WE GET THROUGH.

[www.prisonfellowship.org.au](http://www.prisonfellowship.org.au)

## Sunday: Reconciliation Sunday

**PRAY** for prisoners to be reconciled with victims, families, and communities.

## Monday: Victim Care Day

**PRAY** that the Lord heals crime victims and they come to understand his love.

## Tuesday: Restorative Justice Day

**PRAY** for government legislators to enact laws that enable restoration in justice.

## Wednesday: Ex-Prisoner Welcome Day

**PRAY** that ex-prisoners receive resources and support to successfully re-enter the community.

## Thursday: Correctional Services Day

**PRAY** for peace and protection for prison officials and their families.

## Friday: Family Support Day

**PRAY** that prisoners can maintain a strong connection with their family.

## Saturday: Volunteers Day

**PRAY** for volunteers to be blessed in their work and be refreshed.

## Sunday: Transformation Sunday

**PRAY** that prisoners, ex-prisoners, victims, and their families come to know Jesus.

My father gave me the greatest gift anyone could give another person, he believed in me.

- Jim Valvano

powered by  
**QUOTEZNE**

## A FATHER'S DAY PRAYER

DEAR GOD,

PLEASE BLESS ALL FATHERS  
IN THE WORLD

GUIDE THEM TO BE  
GOOD ROLE MODELS  
AND LOVING TO THEIR FAMILIES

HELP THEM TO BE A FATHER  
LIKE YOU ARE

GIVE THEM PATIENCE AND GRACE  
TO HANDLE SITUATIONS  
IN A LOVING WAY. AMEN

“A family is like a forest, when you are outside it is dense, when you are inside you see that each tree has its place. ~ African Proverb”

<http://www.inside-africa.co.za>