







'What Is Vour 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 selfimprovement 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/



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	Genesis 50:15-21	Romans 14:1-12	Matt 18:21-35	
	Psalm 114 or Exodus 15:1b-11, 20-21	Psalm 103:(1-7), 8-13			
	LX0003 13.15 11, 20 21				
Sep 20	Exodus 16:2-15	Jonah 3:10-4:11	Philippians 1:21-	Matt 20:1-16	
	Psalm 105:1-6, 37-45	Psalm 145:1-8	30		
Sep 27	Exodus 17:1-7	Ezekiel 18:1-4, 25-32	Philippians 2:1-13	Matt 21:23-32	
	Psalm 78:1-4, 12-16	Psalm 25:1-9			
Oct 4	Exodus 20:1-4, 7-9, 12-20	Isaiah 5:1-7	Philippians 3:4b-	Matt 21:33-46	
	Psalm 19	Psalm 80:7-15	14		

Inside Out

NEW TIME
11:30am Sunday via
Zoom

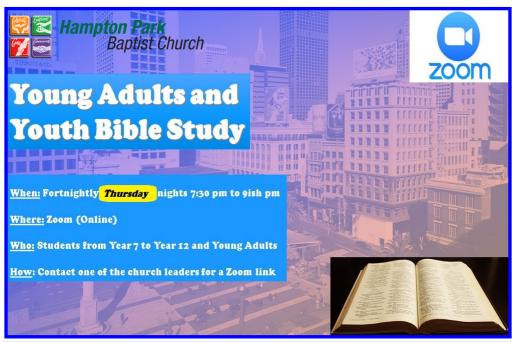
- We will be sending the Zoom link via email each week.
- Please inform Angela if you are not receiving these emails or have not received your Inside Out home pack.

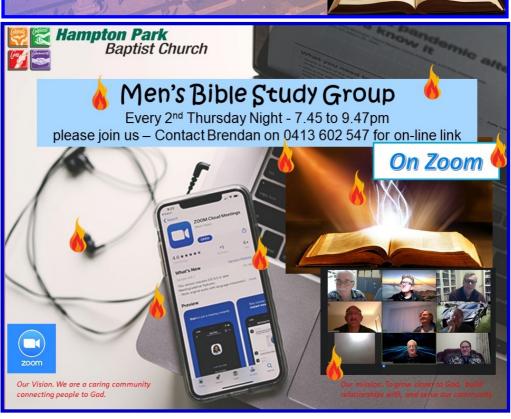
Inside Out is for primary school aged children grades 1 – 6.



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

hpbcheartbeat@gmail.com by Tuesday 22nd September The <u>October</u> edition will be available on Sunday 27th September







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.





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



Prison Fellowship Australia
WE GET THROUGH.

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.

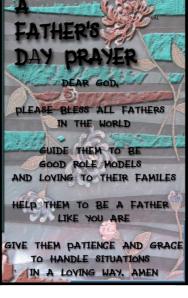
Saturday: Volunteers Day

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.





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 19

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