



FALLING IN LOVE OR INTO DEPRESSION?

REV. DAVID RIETVELD

In our modern world, we believe falling in love is an internal event. Two things come together inside me, we imagine, to create love.

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First, I observe someone and have conscious thoughts about that person. I like the way he carries himself, she expresses herself, or the thoughtfulness of her actions. Second, I also encounter someone. Something chemical, something visceral, happens inside me. I am moved by this person – my heart skips a beat. Put these two together, and you have love!

Let's compare that with the ancient world. Love is the domain and the plaything of the gods – Aphrodite, or Eros (aka Cupid). To fall in love is to have the gods look on you with favour. Love is now something that originates outside you, exists before you, and then lodges in you (via a metaphorical arrow) from an external source.

The gods decide who loves who, and what unions are a match made in the heavens. The gods also have the wisdom, authority, and capacity to bless us with and protect us from the abuses of love.

Back to us – we imagine depression to be the opposite of love, but similar. Depression is also something that emerges from within us. Some dark combination of feelings and thoughts spirals out of control and overtakes us. While the pretext or trigger for depression might be outside us, it is our response, conscious or otherwise, cerebral or chemical, that permits the entrance and extent of depression.

For the ancients, evil is first a real thing outside of us. It is located inside black bile and is manipulated by demons or witches (who sway the spirits) to enter us and overtake us. The source and the solution to evil and depression are external, though it does have manifest internal expressions.

So, where do you think love is, and where does depression come from?

In Romans 5:5 Paul tells us that "God's love has been poured out into our hearts through the Holy Spirit". Jesus prays for Peter that Satan will not sift him and teaches us to ask the Father to "lead us not into temptation, but deliver us from the evil one". (Matt 6:13).

There is truth in both perspectives, but perhaps we need to learn more from the ancients.



To better utalise our forecourt and keep out children safe we are planning on installing a 1.2m fence at the front of our Ministry Centre. If you would like to contribute towards the fence you can:

• Transfer money to **Dapto Anglican Church**

BSB: 032686

Account Number: 120002 References: "Fence"

- Place an envelope of cash with 'Fence' written on it.
- Visit the office Monday to Thursday and donate via eftpos.

Psychological First Aid by Lifeline

Lifeline is running a "Psychological First Aid" course at the Ministry Centre on Thursday the 16th of November. The course runs for 3 and a half hours, 9am till 12:30pm. Develop skills to respond to those in distress after critical events and natural disasters. The workshop is interactive, encouraging you to ask questions and engage in learning activities as well as share personal experiences and self-reflections.

Register here.

https://www.lifelinesouthcoast.org.au/training/training-calendar/





Brightening Christmas for Children in need

This Christmas help St Luke's Preschool and Dapto Anglican Church give a special gift to those children who miss out on Christmas. Getting alongside Anglicare, the Preschool has set up a Christmas Tree in the Foyer. We are inviting families to bring a NEW unwrapped toy to place under the tree. These gifts will be used to bless our broader community.

If you would like to contribute bring in your gift by **Friday 8th**

of December.











Friday Nov 10th
10am till 2pm

Saturday Nov 11th
9am till 12pm

Please join us tomorrow and Saturday for our working and cleaning bee at the Ministry Centre. We'll be working in all areas of the church, cleaning, repairing and maintaining our property.

We'll have lists to work from and supplies.

If you'd be happy to bring along extra vacuums or power tools, that would help too.



Safe Ministry

Dapto Anglican Church is committed to Safe Ministry Practices. If you have a question or concern, we are here to help.

Please contact:

- Julie Houghton, Parish Safe Ministry Representative, by confidential email safeministry@daptoanglican.org.au or through our church office on 42611001
- Anglican Abuse Report line on 1800 774945



PRAYER FOR THE WEEK

Lord Jesus, Saviour and friend, we praise you that when you call us into the Family of God and welcome us into your salvation, you also empower us with your Spirit to witness to others how you have brought us out of darkness into your marvellous light. We ask for your Spirit to give us wisdom to know when to speak and when we speak, what to say. So, use us to bring others into the glorious hope of eternal life, we pray in your name. Amen

PRAY FOR OUR CHURCH FAMILY

EXPECTANT PARENTS

Tara and Nathan O; Lisa and Matt G.

HOSPITAL

Please pray for Ivy E (8am) who is in a Sydney hospital and unwell.

VILLAGES/NURSING HOMES

Please continue to pray for our people in Residential Care Homes: Jean W, Kath H, Phyllis D, Audrey & Alan R, Gae & Allen Q, Elsie N, Barbara L, Pamela B, Gordon M Beth W, Betty B (Piper House, Dapto); Robyn K (Digger's Rest, Corrimal); Helen S (Marco Polo, Unanderra); Ella H, Trevor W (Warrigal Care, A.P.); Wendye C Farmborough Uniting, Unanderra); Cheryl T (Hammond Care, Horsley); Graham S (The Links, Wollongong);

8AM / WED 2PM

Please continue to pray for good healing for Jim B, Phil W and Wal S.

10AM

Please continue to pray for good recovery for Michael V; Also pray for Jan J as she has more intensive treatment; Also please continue to pray for Andrew W and Phillip P who have health issues.

CAFE CHURCH/CREATIVE CONNECTION

Lynne N's brother, Stephen. Keep praying that his Targeted Chemo works on his Melanoma. Also keep praying for Lynne as she goes through the protocols for her new medication for her Crohns, and that the Squamous Cell treatment on her ear works well.