

# SU\_Stainers: What sustains you?

*Coolamatong Sept. 23-25 2011*



## PEOPLE/RELATIONSHIPS:

Consistent friends  
A loving Christian wife.  
Cherish friendships  
Friends, children, grandchildren.  
Close Christian friends  
Care of Christian friends. The love and support of a Christian friend.  
Always a big smile!  
Church friends  
Encouraging friends  
Family friends  
Community in each place.  
Friends- challenging, encouraging.

## CREATIVITY:

Pottery  
Music  
Craft

## BEING ACTIVE:

Swimming  
Walking. Going for a long walk.  
Riding and driving my pony

## MUSIC:

Music- Songs of faith  
Songs with substance (*'Don't give up, don't give in, give it all to Him, for He cares so much than you know,. When it seems who you really want to be is someone you'll never become, just look how far you've come'* Jamie Owens Collins.)  
'Great is thy faithfulness'  
Scripture in Song (from the 70's)  
CSSM choruses

## CHRISTIAN

### WALK:

Just knowing that God is in control.

Big nudges from God at crisis times.

Fellowship of believers

Good teaching

'Your foot shall not slip'

'I will never leave you or forsake you'

The words 'I know WHOM I have believed'

Encouragement of friend's assurances that God has more for me to do.

My Spiritual Direction journey in the midst of changes in me and my world.

'Let not sin reign as king in your mortal body'

'Lord, to whom shall we go? You have the words of eternal life' John 6:68

'I know the plans I have for you says the Lord. Plans for good, not to harm you'  
Jeremiah.

The psalms.

Holding on to God's goodness

Bible reading notes- SU, Selwyn Hughes

Philippians 4:8 'Whatever is good, noble, holy- think on these things'

Psalms 23: The Lord is my Shepherd, I shall not want'

'Do not be anxious about anything, but in everything, through prayer and supplication let your requests be known to God.

The prayers of other people

'Praise God from whom all good things flow'

Regular, lengthy re-reading of the gospels

Simply trust and obey

Make time to be with God

'Walking the walk' with friends

SU notes- long term

SU notes since I was 12.

SU daily Bible reading

The idea of 'seek and you shall find'.

Unswerving knowledge that at all times and in all my situations of life, God's word is true- Truth- and will speak! Speak to me and say what is appropriate.

The Scriptures- a daily searching, musing, pondering, exploring God's word.





### PEOPLE OF FAITH:

Modelling Christian life style by  
older Christians, especially hos-  
pitality

Mother's constant prayer

Grandma's prayer taught to me  
as an infant

Fellowship group prayers and

### ATTITUDES:

Do- don't just stand there, *do* some-  
thing!

'Encourage one another'

If you can't say something good  
about someone, don't say anything

Learn one new skill every year

Always have some project where  
you do something for nothing.

Never take offence

Open your eyes to the wonders

God has made

'This too shall pass'

Two men looked out/ through prison  
bars/ one saw mud/ the other saw  
stars.

A wonderful heritage

New people, places, challenges,

### PLACES/ENVIRONMENTS

The garden

God's sky at night with no street  
lights.

Water

Nature- sea, sand, hills, moun-  
tains, birds.

Walks, sun, fresh air

Appreciation of nature's beauty

Being in the country

### READING/BOOKS:

I get enormous enjoyment from  
reading about church history.

My book about William Tyndale  
is a treasure. Other books:

Narnia, Emrysion.

Poetry: 'Loveliest of trees'

Shropshire lad.