



WEEKLY NEWS

THE OFFICIAL NEWSLETTER OF
DAPTO ANGLICAN CHURCH

HAPPINESS AND SELIGMAN

REV. DAVID RIETVELD

Have you ever seen a counsellor or a psychologist? Martin Seligman is a psychologist, and he came to realise we see mental health professionals when we feel down, and we want to get back to baseline – from minus one back to zero. How do you get from zero to plus one?

OFFICE PHONE - 4261 1001
WWW.DAPTO.CHURCH
OFFICE@DAPTOANGLICAN.ORG.AU
PO BOX 25, DAPTO NSW 2530

Seligman is the founder of 'positive psychology'. He comes up with a formula: $H = S + C + V$. That is, Happiness (sustained, not momentary) = S (your Set range, determined by genes – 50%) + C (Circumstances – 10%) + V (Voluntary Variables you control – 40%).

Half of happiness is biological (according to Seligman). You are either optimistic or pessimistic by nature. Let's bracket this, as we can't change our biology.

Your circumstances account for only 10% of your happiness. Research tracks the level of happiness of normal people who win the lottery versus normal people who become permanently disabled. A couple of years later, both returned to their baseline happiness levels.

It's easy to focus too much on our circumstances. They give us an initial 'spike' or 'dip', but we soon become habituated to our new normal. Like drugs, we need more to get the same effect. Pleasures correlate with happiness when they are occasional and savoured.

The biggest factor inside our control that makes a difference is 'V' – voluntary variables.

When you are thankful, or stop and dwell on your achievements, forgive yourself and others – these voluntary activities help you feel better about the past.

When you are hopeful, have faith and put it into action, are confident, and trust others – these voluntary activities help you feel more optimistic about the future.

According to the research, we are happiest when we find a state called 'flow' in or voluntary activities. Actions that stretch us but are achievable, not rushed, but we dwell in the moment, involve relationships, and bless others.

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Much of Seligman fits with the Christian life. We are called to give thanks, pause and pray, forgive, be gracious, continuously grow as a disciple, serve, be kind, just and merciful to others. The self-absorbed, flesh-pleasing, driven-ness of our culture turns out to be lies of Satan, not the life Jesus promises.

Leaders in Training (LiT)



1030 young people and leaders together from 165 churches went away last week to LiT (held at two sites this year, Port Hacking and Shoalhaven) with a goal to be equipped to read and teach the bible, and to serve in their local kids, youth and schools ministries. They spent time in 2 Samuel, learning about God's eternal kingdom and how God fulfills David's promises through Jesus. We pray that those who have attended LiT have left equipped, encouraged and ready to serve the Lord in their church context.

Prayer and Praise Night

Our Prayer and Praise night is officially here (Thursday, the 1st of Feb)! This is an awesome opportunity to come together and lift up our voices to God. While we will sing a few songs, the main focus of the evening will be on covering our church, ministries and each other in prayer. Whether you are new to our church or a long-time member, we welcome you to join us for this powerful and uplifting evening. See you in the Auditorium at 7pm tonight!



1 Thessalonians 5:16-18; "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

CONNECT KIDS



DAPTO YOUTH
DY

THE WAIT IS OVER!

CONNECT SUNDAYS & OXYGEN

Returns Sunday
4th February

CONNECT FRIDAYS

Returns Friday
9th February

4:00pm - 5:30pm
\$5.00 per child
Max \$10 Family

FRIDAY YOUTH

Returns Friday
9th February

7pm till 9pm
Year 6 to 12
\$5.00 per child

Storytime

Playpatch is having another Storytime at Smiths Ln Dairy! We would love for you to come along on Wednesdays, from 9:30am, throughout February to share in stories and songs, enjoy a hot coffee, and be in community together! Aimed at children aged 0-6 and their parents/carers.



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

Almighty God, King and Judge of all mankind, look in pity upon the nations oppressed by strife, bitterness and fear. We acknowledge our share in the sins which have brought us so often to the brink of destruction. May your goodness lead us to repentance, that we may yet be spared. Restrain the pride, the passion and the follies of men, and grant us your grace, mercy and peace. Through Jesus Christ, our Saviour. Amen.

PRAY FOR OUR CHURCH FAMILY

EXPECTANT PARENTS

Lisa and Matt G.

HOSPITAL

Please continue to pray for Alan C (8am) who is still in Wollongong Hospital following leg surgery. Please pray for Mary J's (10am) husband, Michael, who has had surgery on his hip.

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.); Wendy C, Helen K (Farmborough Uniting, Unanderra); Cheryl T (Hammond Care, Horsley); Graham S (The Links, Wollongong).

8AM

Please pray for Jill S who fell recently and fractured her T12 vertebrae. Please pray for pain management and healing. Please pray for Deb P's brother, who is very unwell.

10AM

Please continue to pray for Ruby D, for mobility and pain control; Also please continue to pray for Andrew W, and his health issues; and also for Phillip P and his health problems. He has now moved to Gwynneville and is hoping to attend Keiraville Anglican. Please also pray for Andy H having microsurgery at the Sydney Hand Clinic (today, Thursday) following a severe laceration to his hand.

6PM

Please pray for Christine L who has an insertional Achilles tear. Pray for healing and recovery.

CAFE CHURCH/CREATIVE CONNECTION

Please continue to pray for Lynne N and her family with health problems.