

The Corner Post



8th July A.D. 2018 *Weekly Bulletin for Cornerstone Presbyterian Church* cornerstonehobart.com
Cornerstone is part of the Presbyterian Church of Australia, and supports the vision100.org movement.

Welcome to Cornerstone!

Today Michael Riske will bring God's Word to us from John 3:1-21, "Jesus teaches us how to get into heaven."

Michael served as a Ministry Apprentice here at Cornerstone 2015-16, and was then accepted by our Presbytery as a Candidate for Ministry. He has been studying theology at Christ College in Sydney since the start of 2017. Michael will be preaching at Cornerstone at the end of this year, December to January, while Campbell is in Europe on long service. Michael is married to Lauren and they have two children, Abigail and Elijah.

John 3:1-21

Now there was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council.² He came to Jesus at night and said, "Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him."

³ Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again."^{la}

⁴ "How can someone be born when they are old?" Nicodemus asked. "Surely they cannot enter a second time into their mother's womb to be born!"

⁵ Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. ⁶ Flesh gives birth to flesh, but the Spirit gives birth to spirit. ⁷ You should not be surprised at my saying, 'You must be born again.' ⁸ The wind

blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."

⁹ "How can this be?" Nicodemus asked.

¹⁰ "You are Israel's teacher," said Jesus, "and do you not understand these things? ¹¹ Very truly I tell you, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. ¹² I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? ¹³ No one has ever gone into heaven except the one who came from heaven—the Son of Man. ¹⁴ Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, ¹⁵ that everyone who believes may have eternal life in him."

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ¹⁷ For God did not send his Son into the world to condemn the world, but to save the world through him. ¹⁸ Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son. ¹⁹ This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. ²⁰ Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. ²¹ But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

Farewell Lunch for Naomi



Naomi is heading off to France and we want to send her off in style!

Lenah Valley Hall (Creek Rd) Sunday 29 July after church. A traditional French lunch will be served at 12.30 and prizes given to the best dressed! Cost - \$5/head or \$15/family

Please RSVP and pay by Sunday 15th July.

Payments can be made via direct deposit to the church account (ref: lunch) or in cash to Melanie, Amy or Trish.

More info: asglynn517@gmail.com



DOING FRIENDSHIP IN A BROKEN WORLD

What does Bible say about friendship?

As Christians, how should we be thinking about friendship?

How do we respond biblically when friendship fails or friends hurt us?

 facebook.com/wwatasmmania

Register online: pwwa.newfrontdoor.org

It's Chemistry! Practical Advice for Protecting Your Marriage from an Affair

June 19, 2018, by Le Ann Trees

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Photo by [Arūnas Naujokas](#) on [Unsplash](#)

Most Christians enter into marriage thinking neither spouse will have an extramarital affair, but it does happen, as we sadly know. Here is some practical advice for protecting and strengthening your marriage.

Countless affairs are ignited by "chemistry."

Extra-marital affairs can start because of [sexual chemistry](#)—and Christians should never underestimate the power of this kind of chemistry. We hear stories of pastors having affairs, and we wonder how that could happen. Of course he knew better—he is a pastor! What a hypocrite! Well, most of the time, we can bet that sexual chemistry ignited the fuse.

It is helpful to recognize the role hormones play when it comes to the feelings of sexual attraction humans experience. [According](#) to the research institute ASDN (Atomic Scale Design Network),

First attraction, first "sparks" in the air followed by falling in love are caused by combination of three neurochemicals: phenylethylamine, norepinephrine and dopamine. Later stages of long relationships are guided by another two: oxytocin and serotonin....Phenylethylamine



(PEA), acts as a releasing agent of norepinephrine and dopamine. The first attraction causes us to produce more PEA, which results in those dizzying feelings associated with romantic love. Large quantities of PEA increase both physical and emotional energy and at the same time release more dopamine.

Be acutely aware of the difference between feelings of friendship and sexual chemistry.

To be clear, this kind of chemistry is not a deep, abiding feeling of friendship for someone of the opposite sex. According to psychologist Dario Nardi in his [article](#) "PEA—The Hormone of Love," the hormones involved in feelings of sexual attraction result in infatuation and produce sensations that include giddiness, "butterflies" in the stomach, sleeplessness, and a narrow focus on a particular person.

"Chemistry" can ignite suddenly and unexpectedly. What was once a nice friendship can become sexually charged in an instant.

Sexual chemistry can be even more powerful when the illicit relationship has appealing aspects that are missing in your marriage, because you may be starved for them and not even realize it. Yet, as Nardi [explains](#), the effects of hormones such as phenylethylamine (PEA), norepinephrine, and dopamine don't last forever:

For better or worse, after a certain period of eighteen months to four years the body builds up a tolerance to the effects of PEA and related hormones.

Even though the feelings of attraction that are produced by hormones such as PEA are likely to diminish over time, the destructive effects of an affair remain. Sometimes a marriage can still be saved at that point—but not always.

This reduction in certain hormones may also be a significant reason why married couples tend to struggle with feeling as romantic with each other as they did when they were dating. It's good to be aware of this, so you don't think there is something wrong because these feelings have diminished.

Flee from inappropriate sexual chemistry.

You should never play with fire and sexual chemistry is no different in that aspect, as both can produce disastrous results. If you find you have sexual chemistry with someone who is not your spouse—or the person is married and you are single—the best thing you can do is stay away from that person as much as possible. We find a good example of this in the Bible where Joseph had to repeatedly refuse the advances of Potiphar's wife and eventually had to flee from her presence to avoid

committing sexual sin ([Gen. 39](#)).

Sexual chemistry is extremely powerful, with [effects that have been compared](#) to that of taking highly addictive drugs such as cocaine. It is nothing to be dealt with lightly, as can be seen from the havoc and wrecked lives left in its wake. In some circumstances, you may even need to quit a job and find another one to remove yourself from temptation. If you want to protect your marriage and/or someone else's marriage, you need to—and must—avoid igniting or fueling chemistry.

There is an “80/20 Rule” that occurs in many marriages.

Most of you have probably heard of the 80/20 rule, also known as the [Pareto principle](#). For instance, in an organization, typically 20 percent of the workers produce 80 percent of the results, and so forth.

Marriages can follow an 80/20 rule as well, but in a different way from the Pareto rule. You may love 80 percent of your spouse, but you wish you could change the other 20 percent (okay, maybe more!). You get so comfortable that you take the 80 percent for granted and just get used to the 20 percent not being there. When you experience sexual chemistry with someone who also has desirable qualities that are missing in your spouse, you are facing a very explosive situation.

It is not uncommon, after the sexual chemistry in an extramarital affair has died down, for a person to realize that the 20 percent they were missing before the affair wasn't nearly as important as the 80 percent they had with their spouse—but didn't appreciate.

Work on your “20 percent” to strengthen your marriage.

Along with being faithful in prayer, church attendance, reading and studying God's word, and submitting yourself to godly accountability, a practical step you can take to protect your relationship with your spouse from an extramarital affair is to reflect on the “80/20” in your marriage. Maybe you feel it's the

other way around and there's 80 percent you wish was different about your spouse, not just 20—hopefully, this isn't the case. If it is, you would likely benefit from sound pastoral and professional marriage counseling. It's worth it, so please make the effort. If your spouse won't go, then go alone if you can.

I want to encourage you to be proactive regarding that 20 percent and not just say, “Well, this is how my life is.”



First, you need to remember that there is 20 percent of you that your spouse might like to be different. And you probably have a good idea what that “20 percent” is.

Work on it. Try to improve. Show your spouse that it matters to you. Show that your spouse matters to you by making the effort. Make it also a matter of earnest prayer, and especially consider praying together for these areas of your marriage.

Then your spouse might start working on their 20 percent. Your spouse may know what that is, but you might need to share what it is gently—not all at once—but here and there without overwhelming them, in an encouraging way, giving affirmation when your spouse does something to improve in those areas.

Someone made a good point that even the 20 percent you're not crazy about in your spouse—as long as it's not harmful in any way—is part of what makes them who they are. If you can appreciate to some extent the aspects about your spouse that are not your ideal, there is grace in doing so.

Don't ever settle for an “okay” marriage.

While appropriate sexual chemistry is a beautiful gift from God, always be on guard against inappropriate

sexual chemistry and all its destructive consequences:

Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body. ([1 Cor. 6:18-20](#))

It is critical to note that not all marriages can be saved, due to the presence of sin in this world. There are valid and necessary reasons for divorce, and this is why all Christian couples should be under the care and oversight of faithful pastors and elders in a local church so that they can better navigate the complexities of a marital union.

As much as is honorable in the sight of God, your marriage is worth working on, cherishing, fighting for, building, and strengthening as long as you both are living. This is where character and fortitude are developed. Your marriage matters to God, your children, your extended family, your church, and society as a whole.

Don't ever just settle for an “okay” marriage, because it can be—and should be—so much more to the glory of God in all.

Pray without Ceasing

Sunday before church, 9.15-9.45 AM.
Tuesday 9.15-9.45 AM at St John's, 188 Macquarie Street.
Wednesday, 7.30-8.15 AM at the church office, 45 Melville Street.

Wanted ... a lead singer (or singers) to join our music roster. Lead singers help to prompt and enable the musical worship of the congregation during services by modelling the pitch and timing of worship songs. While no formal training or qualifications are necessary for this role, there is a process in place to ensure that all new members to the music team are suitable for the role (both musically and spiritually). If you are interested, please contact Thomas Elkhair on 0438264280.

Cornerstone Contacts

Elders James Baker 0400 791 190
 Simon Boonstra 0458 600 286 Derrick
 Clack 0419 004 167 Campbell
 Markham (Minister) 0404 456 962
 Rafael Muggeridge 0477 529 137 Des
 Richardson 0417 554 385 Nathaniel
 Richardson 0419 962 473 **Evangelist**
 David Gee 0421 022 202 **Women's**
Ministry Cristiane Baker 0404 392 812
Overseas Missionary Naomi Warwick
 naomi.warwick@sim.org
Cornerpebble Anna Gee 6247 8976
Deacons Jane Maarseveen 0498 367
 536 Trish Smith 0416 562 715 David
 van Emmerik 6278 1668 **Treasurer**
 Libby Dilger 0448 554 845. **Admin.**
 Trish Smith 0416 562 715 *If you need
 help or prayer please contact an elder
 or deacon.*

Sewing Bee for PNG

Come along to help sew sanitary products
 for women of PNG. People of all (or no)
 sewing skills welcome, there is something
 for everyone to do!

Morning tea and lunch provided.

When: Saturday 14th July

Where: Cornerstone Presbyterian Church

What Time: 10am - 2pm

What to Bring: Sewing machine, overlocker,
 scissors, polyester thread

RSVP: Please let Amy know if you can
 come by Wednesday 11th July

For more details please contact Amy
asglynn517@gmail.com

Growth Groups

Study the Bible in a small midweek group!

Wednesday Night in Kingston
 7.30pm at the Vonk's, 48 Corlacus
 Drive, Kingston. 6267 1113

Ladies' Group Wednesdays
 10:00am for coffee & chat, study starts
 @10.30am, at Libby Dilger's, 40
 Phoenix St, Howrah. Phone 0448 554
 845.

Thursday Night 7.30 PM in Kingston, 6
 Tanina Mews, Contact Ian and Kym
 Headley on 0419 525 292.

Thursday night in Lindisfarne 7.30pm at
 James and Cristiane Bakers'. 164
 Derwent Avenue. Contact leader Matt
 Delphin 0478 769 009.

Thursday Night 7:30pm-8:30pm in
 West Hobart with the Bartlett Family.
 Studying Luke. Contact Paul Bartlett
 0406 605 419

Women's Bible Study, Thursday 1:30 -
 3pm at Annie Bartlett, West Hobart.
 Led by Melanie Muggeridge. Contact
 Annie Bartlett: 62319493, 0466 980
 887.

Bible study for Mums with young
 children. Thursday 10 am at Elodie
 McCausland's, 101 Norma Street,
 Howrah. Led by Anna Gee, 6247 8976.

Women's Winter Festival



Crossroads, Cornerstone, Mt Stuart
 and Soul Church in Hobart are
 hosting 3 nights over winter
 welcoming women of all ages,
 beliefs and backgrounds to have
 your hearts warmed with
 encouraging Bible talks, food, and
 fellowship.

Talks on Surprising Heroines by:
 Amanda-Sue Markham: August 4th

C. S. Lewis on Heaven

A continual looking forward to the eternal
 world is not (as some modern people
 think) a form of escapism or wishful
 thinking, but one of the things a Christian
 is meant to do. It does not mean that we
 are to leave the present world as it is. If
 you read history you will find that the
 Christians who did most for the present
 world were just those who thought most
 of the next. The Apostles themselves, who
 set on foot the conversion of the Roman
 Empire, the great men who built up the
 Middle Ages, the English Evangelicals
 who abolished the Slave Trade, all left
 their mark on Earth, precisely because
 their minds were occupied with Heaven. It
 is since Christians have largely ceased to
 think of the other world that they have
 become so ineffective in this. Aim at
 Heaven and you will get earth "thrown
 in": aim at earth and you will get
 neither. *Mere Christianity*, chapter 10.

Whatever else a modern feels when he
 looks at the night sky, he certainly feels
 that he is looking *out*--like one looking
 out from the saloon entrance on to the
 dark Atlantic or from the lighted porch
 upon dark and lonely moors. But if you
 accepted the Medieval Model you would
 feel like one looking *in*. The Earth is
 'outside the city wall'. When the sun is up
 he dazzles us and we cannot see inside.
 Darkness, our own darkness, draws the
 veil and we catch a glimpse of the high
 pomps within the vast, lighted concavity
 filled with music and life. And, looking
 in, we do not see, like Meredith's Lucifer,
 'the army of unalterable law', but rather
 the revelry of insatiable love. We are
 watching the activity of creatures whose
 experience we can only lamely compare
 to that of one in the act of drinking, his
 thirst delighted yet not quenched. For in
 them the highest of faculties is always
 exercised without impediment on the
 noblest object; without satiety, since they
 can never completely make His perfection
 their own, yet never frustrated, since at
 every moment they approximate to Him in
 the fullest measure of which their nature is
 capable. You need not wonder that one
 old picture represents the Intelligence of
 the *Primum Mobile* as a girl dancing and
 playing with her sphere as with a ball.
 Then, laying aside whatever Theology or
 Atheology you held before, run your mind
 up heaven by heaven to Him who is really
 the centre, to your senses the
 circumference, of all; the quarry whom all
 these untiring huntsmen pursue, the
 candle to whom all these moths move yet
 are not burned. *The Discarded Image*.

Systematic Theology Course, 2018-19

7-9PM Tuesday Nights

Unit 3, The Work of God

Commencing Tuesday 17 July

More info: Contact course
 administrator Cristiane Baker on
 0404 392 812 or
 c9baker@gmail.com.

Giving at Cornerstone

At Cornerstone you can give by putting your offering in
 the Blue Box at the back of church, or electronically.

BSB: 037001, Account: 586161

Budget 2018, \$15,500 per month.

January \$21,423, February \$15,278, March
 \$15,699, April \$17,134.

Roster	15 July	8 July
Leading	Campbell	David
Music	Team 3	Team 3
Data	Isaac	Isaac
Welcome	Ian and Kym	Gail, Raphael
Kitchen	Kym	Trish
Morning Tea	Lee, Trish, Naomi	Lisa, Amy Marianne,
Creche	Christine Lauren	Catherine, Amy
Setup	Bakers	Headleys