



5 Ways 2 LOVE

A monthly gathering of children and adults together exploring the good life in God's beautiful & broken world.

We live & worship on the land of the Gadigal People of the Eora Nation

www.paddington.church

SOMETHING NEW

FEB 13th 2022

This Sunday

SOMETHING NEW:

5 Ways to Love Paddington

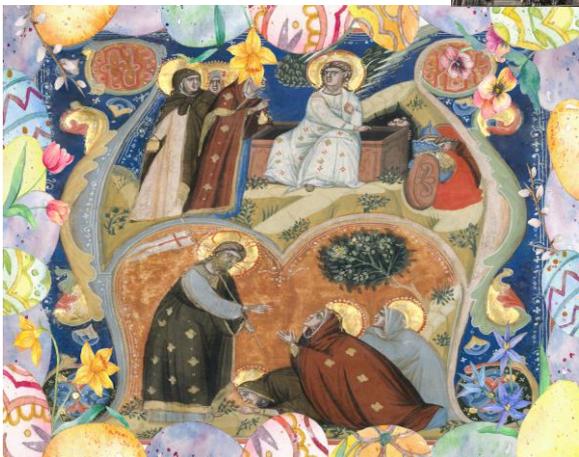
Join us this Sunday as we reflect on ways that we can love our neighbours. From caring for local gardens to standing up to bullies and taking responsibility for our own actions, we can love those around us in many practical ways!

I have been delighted to meet "The Guerrilla Gardeners of Paddington" – showing one way to love in the most practical of ways – getting dirt under their fingernails for their neighbours!



SOMETHING NEW IN 2022

We've begun to chart a course for Something New '22, but we would love your input! We love the experiences that Something New has offered, but as we get older, we're thinking about Escape Rooms and other activities for the older members. What do you think? Any ideas? Meantime we are committed to exploring big, God ideas in fun and practical ways that help us to love each other on the way!



EASTER 2022

Easter and School Holidays come in April

Easter is such a great celebration of new starts, focussing on Jesus' death and resurrection to make a new way for us, taking away our sins and opening a way to new life with God forever. I can't think of a better time for a new start than right now, can you?

We would love to celebrate with you at our Easter services as we consider the bright, glittering foil that wraps the extraordinary claims of life transforming freedom that are made through history about the Easter events -

Good Friday – 15th April

Easter Egg Hunt – 16th April

Easter Sunday Celebration – 17th April

5 (and a bit) WAYS TO SHOW LOVE TO YOUR NEIGHBOURS - You don't need a special holiday to show love in practical ways. These simple actions we talked about for loving our family actually work for **everyone!**

1. **Smile** - Showing love means letting people know you're happy to see them, smile! When you pass in the street or they walk by your house, acknowledge them!
2. **Praise** - Catch your neighbours doing something good and praise them for it. Nothing lifts a person's day like being recognized and praised!
3. **Speak** - Tell your family members you love them every day. Greet your neighbours by name, or ask if you don't remember! We all love to be known by our name!
4. **Hug** - Aside from just feeling good, research shows hugs with people we feel safe with can actually provide stress relief and keep us from getting sick!
5. **Be polite** - saying please and thank-you and expressing gratitude are subtle but powerful ways to show love.
6. **Write notes** - random notes and whimsical cards of appreciation are sweet
7. **Remember** – talk about happy times shared and remember the people who love you

