

In the Barn!

Barneys Newsletter



No. 17 – July 17th



Cornered Feeling

next was out of my control.

Getting ready for work was like preparing for a date with dread. I checked my phone. There was a reply from my friend: Happy to help. I burst into tears.

Why do we cry at kindness? I'd been holding in my feelings of dread, but someone offers everyday kindness, and it touches the weak spot, ever so gently and the emotion is released. It feels safe to let it go; somehow it doesn't when we feel bad. Crying at kindness is like crying for lost hope that has been regained by that simple act of love. Crying at lost hope takes us further down the pit of despair, better to cling onto what he still have, and claw our way back up. Often we can't claw our way back up. We're stuck on a ledge, jammed in, too white knuckled with fear at falling further to take those first tentative steps upwards. An act of kindness reminds us

I woke recently feeling utterly miserable about work. Endless persistent demands, being hounded from all sides. I felt as though I was doing everything badly. I shuffled around the bedroom, beaten down, defeated.

The night before I'd texted a friend, to ask for help with a project I wanted to do at home. I don't like asking for help, I feel like I'm being a pest. I felt relieved once I'd put myself out there; what happened

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St Barnabas Renovation Update

This week Nicky interviewed James Mayfield about the renovations that have been happening over the last few months at church.



Can you please tell us what renovations have been planned for the church and the rationale behind why we are doing them?

We're upgrading the facilities at St Barnabas in order to make them more accessible to all members of the community. In particular, we're focussing on people, who for whatever reason, have some difficulty getting around. This will include people who use a wheelchair, a walking frame, or any other mobility aid, or anyone else who might have a bit of trouble negotiating steep paths and stairs. We're putting in a new access door to the side (where the "pram area" has

been), with a nice flat landing outside, new concrete paths replacing the uneven paved ones, and a nice smooth walkway to get around the whole site. But most importantly we're demolishing the old toilet block and putting in a brand new one. The new one will have a fully-accessible cubicle and have a total capacity to fit 9 people at once.

2. Where are we up to with the renovations?

We've received our council approval, and works have commenced. The concrete paths to the front of the church have been completed, and the new door has been installed (see the photos). The toilet block works will be commencing very shortly, and there are some more paths to

be concreted. We also have a few finishing touches to do on the work that has been completed so far. Like a lot of projects around the place, we've experienced delays as a result of the COVID-19 situation, but we're progressing well, and we hope we will be able to get it all completed in the next month.

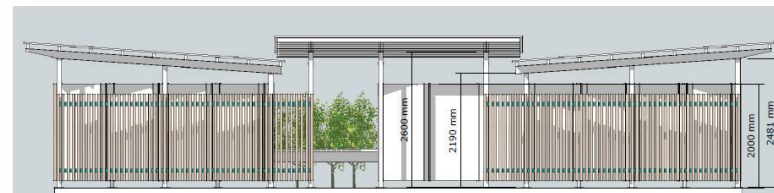
3. What has been your role with the renovations? Who else is on the team with you?

I'm overseeing the project as the project manager, and also getting involved in all the activities. But there have been a lot of people helping - dozens in fact. I do particularly want to single out Mick Dunajcik though. Mick has done so much for this project. He has helped me with advice and expertise, and has also been there on site on many, many days working away with the concreting. Without his assistance we would not have completed as much as we have!

4. How can people be helping with the renovations?

There are two important ways:

- Firstly, by praying for all of the people involved. It's a BIG project, with a lot of moving parts, and God is sovereign over it all. Please pray for health and safety of the people working on the project, and pray for God's blessing on the project. Also be sure to thank God for the project, and the way He has provided for us to date.
- Secondly, by volunteering to help. Almost all labour on the project is being done by volunteers from our church. You can give me a call, or send me an email (james.mayfield@barneysingleburn.com) if you can spare some time to help. You don't need to be a builder or tradie, or even physically fit. There are lots of jobs that need doing, and lots of ways people can help.



how far we
are from the
top; so we can
let go enough to be
rescued by that act of
kindness.

My day wasn't all joy, and ease, and jollity after that, but I could see hope. I could see a way upwards. I contemplated the tangled web of my to-do list. I chose one thing and focused on it. It was little but I did it. I moved on to something else, and slowly I felt I was achieving something. I regained my sense of control. Someone's act of kindness to me opened up my own

kindness to myself. Steady as she goes, one thing done is one thing done.

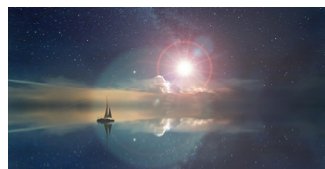
Kindness, at its core, is an act of grace. An undeserved gift. We don't generate kindness out of ourselves. 1 John 4:19 tells us: We love, because He first loved us. The greatest act of kindness of all time was from God himself – Jesus Christ dying for our sins, so we could be close to God. Jesus died for sins I haven't committed yet. He died for sins of people who haven't been born yet. How can we look on that, and not be changed inside?

Kindness is in integral part of

our lifelong journey to grow into mature Christians. First we allow Jesus Christ to be kind to us. Accepting kindness makes us feel weak, and humble; we feel indebted to those who are kind to us. The reality is we can't pay back an act of kindness. An act of love is priceless, it can't be paid back, it's impossible to quantify.

Kindness comes out of a changed response to others, as we grow closer to God. It is not a decision to do nice things for people as an added extra to our daily lives. It is an outpouring of the love we feel in our hearts for God for his kindness towards us. We love because He first loved us. Kindness is a way of life that starts in our heart and works outwards. It does not start at our fingertips or our mouth, or our feet. It starts from the joy in our hearts that can't be contained.

Kindness is to have faith in Jesus Christ's death for us – the greatest kindness mankind will ever know – and let it change us. To change us from the inside out, so kindness is entwined irrevocably with the whole of our life. That is the journey of a lifetime, and the greatest privilege we can ever be given. It is joy unsurpassed, and worth every tear we shed.



Find-A-Word - Renovate

Accessible	Generate	Mobility	Someone
Achieve	Generosity	Quantify	Volunteer
Barnabas	Impossible	Regain	Manager
Community	Kindness	Renovate	
Concrete	Little	Renovation	
Cubicle	Love	Sins	

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