



Living Wisdom

Tweets  
with

David Riddell

# Anxiety



"Be anxious for nothing.....but by prayer and petition, make your needs known to God" (Philippians 4:6) An easy instruction for the Apostle Paul to write almost 2,000 years ago! But is his writing still realistic and relevant to us today? Anxiety stalks us at every turn as we juggle family schedules, working hours, technological advances, time frames, food groups, fitness and bank balances! We are never short of something to worry about! But what toll is constant anxiety having on our mind and body? Can we learn how to reassure ourselves and be at peace?

In this Tweet, David will offer several ways to break the habit of constant anxiety and worry. Yes it is possible, with insight and persistence, to retrain our mind to deflect it. Putting our concerns into their proper perspective, and walking away from obsessing over them is a skill to be learned. Anxiety is very much a part of our modern world - but it doesn't need to continue to be part of yours!

**When:** Friday 27 June, 2014 : 7:30 p.m.

**Where:** Living Wisdom Classroom,  
25 Woodstock Place, Stoke, Nelson

**Cost:** \$10 per person - *supper to follow*

**Register:** Email: [rosemary@livingwisdom.co.nz](mailto:rosemary@livingwisdom.co.nz)  
Or phone: Living Wisdom office - 03 547 4386  
Or online: [www.livingwisdom.co.nz](http://www.livingwisdom.co.nz) (*calendar page*)

*Registering your name IS IMPORTANT - pay on the night*



A Living Wisdom Presentation: [www.livingwisdom.co.nz](http://www.livingwisdom.co.nz)

# Book Fair

*The Book Fair is on Saturday 12 July, only 3 weeks away.*

Many thanks to all who have already volunteered to help and donated books, it is looking good. More books are always better, so see if your family friends and neighbours would like to donate! I am happy to have books dropped off or to pick them up.

We still have some opportunities for you to help for an hour to an hour and a half or longer if you want.

- putting up posters around town
- making cakes or scones
- serving morning tea
- being on the tills
- helping with the pack down after the Fair
- helping take the left over books to Founders after the Fair – it would be great if we could have a couple of strong guys and a ute or similar to do it in one run
- Take and give some Book Fair flyers to neighbours and friends

**If you can help please phone Shiona 544 5862.**

Thanks for your support for our Book Fair, all the proceeds go to the building fund.

