

Here are five simple ways to give your brain a happiness boost:

1. **Do one unexpected act of kindness every day.** Hold a door, buy someone coffee, or offer a genuine compliment.
2. **Reach out.** Send a quick text or call someone who could use encouragement.
3. **Make gratitude visible.** Thank people specifically and sincerely.
4. **Help without being asked.** Small gestures often have the biggest impact.
5. **Model kindness.** Your actions inspire others to pay it forward.

Te Aroha
Co-operating Parish
September 20, 2026,
Worship 10.00 am

Worship Leader
Megan Gore
Musician
Myra Calwell
Readings
Heather Hayden
Prayers
robyn brown

Te Aroha

Sunday September 27

10.00 am Worship, followed by Morning Tea

Waitoa

Tuesday each week

10.00 am to 1.30 pm

Red Cross Opportunity Shop in the Waitoa Church Hall.

Wednesday September 23

10.00 am Friendship Group

Sunday September 27

9.30 am Rainbow Club Worship – Deacon Dianne Hight

Looking Ahead:

Sunday October 18
10.00 am Special Service of Thanksgiving for
Springs Community Trust

St David's	September 27, 2026
Welcomer Worship Leader Reflection Worship Leader Assistant Musician Reading Prayers of the people Sound and data Morning Tea	Leleia McDermott robyn brown Rev Andrew Doubleday Peter Kampenhout Diane Bellamy Robbie Powick Deacon Dianne Hight Peter Kampenhout John and Heather Hayden

Lectionary Readings:

Exodus 16: 2-25; Psalm 105: 1-6, 37-45; Philippians 1: 21-30;
Matthew 20: 1-16

Contacts:

Deacon: Dianne Hight Ph.884 7947 or 0274 817 643

PC Chair: Patrick Chong Ph 022 684 0387

PC Secretary: Graham Robertson Ph. 884 4155/0274 422 546

Parish Coordinator: robyn brown 021 448 831

Parish Website: www.tearohacooperatingparish.org.nz

Prayer Chain:

If you, or someone you know is in need of the ministry of prayer, or if you would like to join the Prayer Chain to pray for those in need, please contact

Ruth Hale 0274 808 087.

Creative Expo:

24th October 10am-3.00pm

St Stephens Methodist Church Hall, 9 Brookfield Tce Brookfield. Tauranga.

Come and exhibit your crafts or present contributions of music, dance, drama.

Please let Margaret Birtles know of your contribution for any of the above.

(Ph: 07 5603042 ; txt: 0212606504 m.a.birtles@xtra.co.nz)

Food for Thought:

What if improving your mood, reducing stress, and boosting your brain chemistry didn't require a new routine, supplement, or therapy?

According to a recent article by Minda Zetlin, the answer may be surprisingly simple: Be Kind. A review of 201 scientific studies found that performing small acts of kindness benefits not only the person receiving them — it actually changes what's happening inside your brain.

Kindness isn't just a nice idea — it's a scientifically backed strategy for improving mental health, strengthening relationships, and creating a more positive environment wherever you are.

One of the most powerful ways to improve your own well-being is to make someone else's day just a little brighter.

See page 1 for suggestions: