

PRESSURE VALVE

By Bill Pugh

Pressure is a real experience at various times of the year.

How do we handle it?

Sometimes it becomes a cause for real anxiety and creates health problems.

We try alcohol, tablets, psychological help but it does not go away.

Busyness at Christmas time adds to our pressures.

Financial worries and work deadlines don't help.

Focus on faith is a real way forward.

Paul knew busyness, pressure and tension.

Let's pause, kneel and hand it over to the Lord Jesus.

In nothing be anxious.

Read Philippians 4:4-7.

www.victas.uca.org.au/resources | Photo by freepik.com | January 2024



Moderator's Emergency Response Fund

The new *Moderator's Emergency Response Fund* helps Victorian and Tasmanian communities with assistance in times of emergencies.

Donations can be made at any time, not just in response to a specific emergency. To donate, visit www.victas.uca.org.au



Uniting Church in Australia
SYNOD OF VICTORIA AND TASMANIA