

# this week @ carey

26<sup>th</sup> March 2012



What a privilege to have Dr Pita Sharples interviewed by Laurie Guy and Chris Sola (The Dream Centre) on our campus last Thursday evening. What a humble, wise, and humorous man. Great questions Laurie!!

## Tuesday @ Carey

**Chapel:** Sarah Harris, facilitated by Naomi Compton and Lance Pilbrow

**Interview:** Dr Jonathan McKeown-Green (Senior Lecturer Auckland University in the Department of Philosophy)

## notices

### a big thank you - graduation 2012

Wow!! What a great afternoon our Graduation was on Saturday. A big thank you to the student community who helped make it such a memorable occasion – your hard work was greatly appreciated. Thanks heaps!!

### wednesday prayers

Come along on Wednesdays at 12.40 at the Chapel as we reflect on Lent. All are welcome!

### formation group plus

This is YOUR Formation Group, full-timers or part –timers, (unless you are a PL, YPL or Intermission)! Come along and join us - for personal formation and growth, encouragement, support and building friendship – and did we mention the morning tea? We meet on Tuesday Mornings from 10.00 - 11.10 in Room 1 (and you get to go to chapel, too, immediately afterwards). Contact Peter (email: [peter.hart@carey.ac.nz](mailto:peter.hart@carey.ac.nz)) if you would like to find out more...

### carey prayer chain

We're keen to offer faithful, daily prayer for students, lecturers and friends/family – please email your requests to [carey.prayer@gmail.com](mailto:carey.prayer@gmail.com) or anonymously in Nigel Irwin's pigeon hole if you wish. And if you'd like to join the prayer-chain, let me (Nigel) know. James 5:16, Phil 4:6

Siong Ng writes...

### *Repetition: is it good for you?*

I have a little monkey (nephew) that comes to my house three times a week. He just turned one. He knows the basic action of some of the nursery rhymes and you can tell from his face which ones he likes best. He insists on looking at the book that comes with the CD when he sings. He knows which song comes after This Old Man as he will start doing the action of the next song. Is he musical or did I introduce music to him way too early?

I don't think so. It's all about repetition. He listens to the CD at least 5 times a day and he reads every day. His routine is very repetitive. Personally, I think repetition is good for all of us. This has been proven in a number of methodologies. For example, Dr. Shinichi Suzuki, the man who developed the Suzuki Method, believes that very young children can learn to play a musical instrument. His method involves listening, imitating and repeating. He strongly argues that any skill can be acquired by constant repetition.

One day while looking at my monkey I reflected back on my own spiritual disciplines. Going to church, reading the Bible and praying regularly is it simply a routine that I repeat regularly? Calhoun in *Spiritual Disciplines Handbook* states that spiritual disciplines that do not help us partner with the trinity in worship are "empty worthless acts and a perfect waste of time". What a strong statement. On the other hand, Calhoun argues that "disciplines are intentional ways we open space in our lives for the worship of God". How about you and your spiritual practices? In what ways do you monitor your own spiritual disciplines? Is it just mainly repetition of things that you do every day?

Let me challenge you to set aside some time to think about your spiritual disciplines.

Have a great week  
Siong

p.s. One thing I can't figure out - my monkey likes to watch Sponge Bob Square Pants!

**Got a notice? Email [charles.hewlett@carey.ac.nz](mailto:charles.hewlett@carey.ac.nz)**