

## FEBRUARY / MARCH 2011 NEWS UPDATE

*Training—Equipping—Building Faith—Inspiring Hope*



### Ministry Report...

We trust the New Year has started well for you and that you are seeing the Lord's blessing in and through your lives.

In December and January I had the privilege of ministering in New South Wales, Victoria and the Philippines.

The meetings in New South Wales were powerfully blessed with many being set free from fears and phobias as the Holy Spirit touched their lives. At the start of one of the meetings I completely lost my voice! By faith I prophesied over a few of the people present then began to preach and as I did my voice grew stronger. Many people responded to break free from "routine" and religious

responses so that they could live with genuine passion for the Lord.

Before Christmas I also had the privilege of speaking at one of the campuses of our home church, where we had an excellent response in both meetings with many receiving a great touch from the Holy Spirit.

My visit to the Philippines was very productive. I ministered in churches and leadership gatherings. In one meeting I felt to pray for people who were close to quitting the Christian walk and who were finding it difficult to keep moving forward. Over 70% of the people responded and there were some wonderful releases in the Lord.

One of the highlights of the visit was meeting with leaders from two networks and exploring ways that they can work together to advance the Kingdom of God. Already plans have been made for joint activities and meetings, praise God.

Meetings have been accompanied by a great flow of the Holy Spirit with testimonies received from many people of pain leaving their bodies and powerful physical healings.

I believe that the Lord is wanting to increase the release and flow of His Holy Spirit in and through the Church and we continue to pray for numerous lives to be impacted by His power for His glory.

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### Family News...

Victoria is progressing well in her pregnancy and is now 28 weeks. She still needs a healing touch on her back and neck. Dave is doing well and remains busy at work.

Jonothan begins kinder this week and is very excited about making new friends.

Simon has some challenges in his job and would appreciate your prayers. Alyssa and Matthew are both staying healthy.

Mum Cairns remains in hospital. She had one operation but requires another one. The date for this

second op has been delayed twice and we value your prayers for major breakthroughs for her.

I have finally received results from my MRI scan which confirm there are no complications and my ears are back to full health, praise God.

## Heather's Health Corner...

**Research proves that 1 in 3 cancers are related to what people eat.** The Brassica Vegetable Family are powerful in preventing cancer so make sure you eat your vegetables each day!

Try to include cauliflower, brussel sprouts, broccoli, cabbage, horseradish, arugula, watercress and wasabi in your diet. These are all members of the cruciferous family and are a huge benefit to maintaining a healthy body.

Enjoy your potatoes also! Potatoes are loaded with potassium. In a recent study people who ate large amounts of potassium had a 20% lower risk of suffering a stroke. Potassium also helps lower blood pressure. It is much safer to get potassium from food as opposed to supplements so think about how you can include it in your meals this week.

## Kenya Missions Trip...

It is now only a few weeks before our annual Missions Trip to Kenya, which will take place in March. Mal May from Frankston, VIC will be travelling with me on his first visit to Africa.

We are really grateful for all those who have been participating in our monthly days of prayer and fast. The next one takes place on Friday 11 February and we invite you all to join with us as we pray for the Lord to move powerfully during our time in Kenya.

We have leaders travelling from various parts of Kenya to attend the conference, along with pastors and leaders hoping to come from Uganda and Malawi.

## February - March Ministry Itinerary...

### February

- 3** Alliance International Ministries Melbourne Team Meeting, Melbourne, VIC
- 5-6** Christian Fellowship Centre, Albury, NSW
- 10** John Cairns Ministries Board Meeting
- 11** Kenya Missions 2011 Prayer & Fast Day
- 11-21** Ministry in New Zealand
- 27** AM: Hope Church, Glen Waverley, Vic
- 27** PM: Joy of Life, Roxburgh Park, VIC

### March

- 3** John & Heather Wedding Anniversary
- 4** Kenya Missions 2011 Prayer & Fast Day
- 9 - 16** Ministry in South Africa
- 17-27** Mission Trip to Kenya

*Our Mission: To equip people to be victorious disciples of Jesus Christ*

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