



## Western Heights Uniting Church

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Loving God: Growing Together, Partnering Community, Sharing Faith

WESTERN HEIGHTS UNITING CHURCH

# December 2015 / January 2016 Newsletter

## December/January at a Glance

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|                     |             |  |
|---------------------|-------------|--|
| Tuesday 1st         | 1.30pm      | Mission Outreach & Senior Retirees       |
|                     | 5.00—7.00pm | “Walk the Labyrinth”                     |
| Saturday 5th        | 4.00-5.00pm | Messy Church 2016 Planning Session       |
| Sunday 6th          | 8.45am      | Traditional Worship                      |
|                     | 10.15am     | Worship                                  |
| Tuesday 8th         | 5.00—7.00pm | “Walk the Labyrinth”                     |
| Friday 11th         | 7.00pm      | KFG—Bollard Walk                         |
| Sunday 13th         | 10.00am     | Worship & Congregation Elections Meeting |
| Tuesday 15th        | 5.00—7.00pm | “Walk the Labyrinth”                     |
|                     | 7.00pm      | “Service of Hope”                        |
| Wednesday 16th      | 7.00pm      | Church Council                           |
| Sunday 20th         | 10.00am     | Worship                                  |
|                     | 4.00pm      | Messy Church                             |
| Thursday 24th       | 7.00pm      | “Carols for Kids”                        |
|                     | 11.30pm     | “Welcoming Christmas...Quietly”          |
| Friday 25th         | 9.00am      | “Christmas Day Celebration”              |
| Sunday 27th         | 10.00am     | Worship                                  |
| <b>January 2016</b> |             |  |
| Sunday 3rd          | 8.45am      | Traditional Worship                      |
|                     | 10.15am     | Worship                                  |
| Sunday 10th         | 10.00am     | Worship                                  |
| Sunday 17th         | 10.00am     | Worship                                  |
| Tuesday 19th        | 6.30pm      | Friends from Vines                       |
| Sunday 24th         | 10.00am     | Worship                                  |
| Sunday 31st         | 10.00am     | Worship                                  |

## Church Office Hours & Staff Leave over December-January

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The office will be closed from **Wednesday 23rd December** and re-open on **Wednesday 20th January 2016**.

Taking into account annual leave, time in lieu and public holidays, staff members will be away as follows:

Karen Morgan from Christmas until January 17th

Jan Grigg from Christmas until January 5th

Audrey Kateena from Christmas until January 27th

There will be no pew sheet until Sunday 24th January 2016 and the monthly newsletter for February will be available on Sunday 24th January. Please make sure all notices are in before the 20th January 2016.

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# December/January Preaching Plan

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## Western Heights Services:

|               |   |                       |
|---------------|---|-----------------------|
| Sunday 6th    | 8.45am Rev. Isabel Greenall             |                       |
|               | 10.15am Rev. Isabel Greenall            |                       |
| Sunday 13th   | 10.00am Rev. Isabel Greenall            | All Together Service  |
| Tuesday 15th  | <b>No Midweek Communion</b>             |                       |
|               | 7.00pm Audrey Kateena                   | Service of Hope       |
| Sunday 20th   | 10.00am Rev. Isabel Greenall            |                       |
|               | 4.00pm Messy Church Christmas           |                       |
| Thursday 24th | 7.00pm Carols for Kids                  |                       |
|               | 11.30pm "Welcoming Christmas...Quietly" |                       |
| Friday 25th   | 9.00am Rev. Isabel Greenall             | Christmas Day Service |
| Sunday 27th   | 10.00am TBC                             |                       |

## January

|              |                              |                          |
|--------------|------------------------------|--------------------------|
| Sunday 3rd   | <b>No Early Service</b>      |                          |
|              | 10.15am Rev. Isabel Greenall |                          |
| Sunday 10th  | 10.00am Rev. Isabel Greenall |                          |
| Sunday 17th  | 10.00am Rev. Isabel Greenall | All Together & Communion |
| Tuesday 19th | <b>No Midweek Communion</b>  |                          |
| Sunday 24th  | 10.00am Rev. Isabel Greenall |                          |
| Sunday 31st  | 10.00am Rev. Isabel Greenall |                          |

## Other Services:

|               |                |                            |
|---------------|----------------|----------------------------|
| Thursday 3rd  | Audrey Kateena | Nangatta & Murray (Kalkee) |
| Sunday 20th   | Michele Hardy  | McKellar Centre            |
| Thursday 24th | Audrey Kateena | Vincentian Village 1.15pm  |

## January

|             |                        |                           |
|-------------|------------------------|---------------------------|
| Sunday 3rd  | Rev. Isabel Greenall   | McKellar Centre           |
| Sunday 17th | Michele Hardy          | Birregurra                |
| Sunday 31st | Rev. Robert Van Zetten | McKellar Centre           |
|             | Audrey Kateena         | Vincentian Village 1.30pm |

## **Western Heights Mission Outreach 2015**

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### **Christmas Celebration**

**with Senior Retirees**

**Tuesday 1st December, 2015**

**1.30pm Horizons Room**

**Members please bring a plate of afternoon tea**

**All welcome**

Contact: Dorothy Matthews - 5278 9491

## **KFG (Kids Friendship Group)**

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**Bollard Walk**

**Friday 11th December, 2015**

**7pm—8.30pm**

**\$3.00**

## **Vines Options Op Shop—Coffee Morning**

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All past volunteers from Vines Options are invited to catch up for coffee and a chat at Soft Café in Minerva Road on **Friday 4th December at 10.00am.**



**Messy Church @ WHUC**

**Sunday 20th December 4pm**

Contact: Karen (0404435261) for more info or if you'd like to help!

## Enjoy the Festive Season!

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### “Walk the Labyrinth”

Tuesday 1st, 8th and 15th December, open 5-7pm

Beside Barwon River, end of Craigie Rd, Newtown

### “Service of Hope”

Tuesday 15th December, 7pm

A service for when hearts are hurting.

### “Messy Church Christmas”

Sunday 20th December, 4-6pm.

Activities, celebration and dinner for families.

### “Carols for Kids”

Thursday 24th December, 7pm

Carols for all the family.

### “Welcoming Christmas...Quietly”

Thursday 24th December, 11.30pm.

A gentle candlelit service.

### “Christmas Day Celebration”

Friday 25th December, 9am.

A service for all ages.

## Mixed feelings this Christmas?

You're invited to join us for our

## Service of Hope... *when hearts are hurting*

7 pm Tuesday,  
15<sup>th</sup> December 2015.

For those who for whatever reason have hearts that are hurting, this will be a special time when we acknowledge and name those feelings that Christmas can often bring, feelings that contrast with the merriment and festivities surrounding us as we approach Christmas.

**Western Heights Uniting Church**  
**31 Douglass Street, Herne Hill**

Melways Map 441 E11

### ***Light supper to follow***

For further information contact Audrey on 0435 064 088  
Email: [pastoral.carer@whuc.com.au](mailto:pastoral.carer@whuc.com.au)



## Friends from Vines

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Tuesday 19th January, 2016—6.30pm

All ladies welcome to join us for a meal at the Sphinx, to start off the New Year

Joan 5241 5683

0438 722 035

Winchelsea Combined Choir

Presents

## “Born to Die”

A Christmas Cantata

Text compiled and written by

*Martin Reilly*

Music written & directed by

*John Bumford*

At the **Globe Theatre, Winchelsea**

on **Sunday December 6<sup>th</sup>, 2015**

At **7.30pm**

Guest soloist, Soprano – Helen Ling

guest musicians: Trumpet: Ray Greer

Violin: Rita Sousa, Viola: Sara Senftleben

Violin: Flora Charatan, Cello: Jeanette Carnie

Entry - \$10 – supper

# The Labyrinth Project by the Barwon River

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## The Story

This is a really exciting project as it is one way of embodying our purpose statement - *Loving God: Growing Together, Partnering Community, Sharing Faith*. The most recent part of the story behind this project is that a few members of *With Intention* (WH meditation community) were thinking about what could be offered to the wider community in the Advent Season that is meditation based and simple. An idea of installing a labyrinth down by the Barwon River was suggested, although at that stage it was unclear if and how it could be done. Most labyrinths in public spaces are permanent (ie made of stone, brick, hedges) or in some cases rolled out on a huge piece of material like we had in The Horizons Room back in July this year. Steve who is the Public Art Officer for Greater City of Geelong took the idea and canvassed it with a few relevant people at Greater City of Geelong. It was received with enthusiasm and quite quickly a project application for a temporary labyrinth at the end of Craigie Rd, Newtown, was put in and approved. So, the project is supported by the Greater City of Geelong, Corangamite Catchment Management Authority & Western Heights Uniting Church!

## How Will It Work?

The labyrinth will be painted on the grass and available all through December for anyone to use at anytime. There will be a big sign next to the Labyrinth telling the community about the project, what it is for, times when people can come to walk it in a group experience, the organisations supporting it and a link to the WH website for more information.



From 5-7pm on Tuesday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> Dec the labyrinth will be open for a group experience of walking the labyrinth. People can come and go as they please during this time. There will be some representatives of *With Intention* to help guide the experience and be a friendly face.

## What if I am not so Mobile?

Where the labyrinth is situated there is a carpark very close and a flat, easy path to the area. There are some picnic tables nearby also. Participating in the labyrinth walk by simply watching others can be a very powerful experience in and of itself. There will be some reading material provided and some online information which will further enhance the experience. So, please do come even if you feel unable to actually walk the labyrinth.

## What is a Labyrinth?

The labyrinth is an ancient pattern found in many cultures around the world. Labyrinth designs have been found in pottery, tablets and tiles that date as far back as 5000 years. Many patterns are based on spirals and circles mirrored in nature. In Native American tradition, the labyrinth is identical to the Medicine Wheel and Man in the Maze. The Celts describe the labyrinth as the Never Ending Circle. It is also known as the Ka bala in mystical Judaism. One feature labyrinths have in common is that they have one path that winds in a circuitous way to the centre. Labyrinths are currently being used world-wide as a way to quiet the mind, recover a balance in life, and encourage meditation, insight, self-reflection, stress reduction, and to discover innovation and celebration. They are open to all people as a non-denominational, cross-cultural blueprint for well-being. A very famous labyrinth in the Christian tradition can be found on the floor of Chartres Cathedral in France. If you're looking for more local examples, there are permanent labyrinths on the foreshore at St Leonards, at Queenscliff Uniting Church and on the grounds of Santa Casa, Queenscliff.



## Labyrinth & Prayer

The labyrinth is simply an aid to prayer. The labyrinth is not a “maze” as there are no false paths or tricks to be overcome. Instead, we simply walk the narrow path to the centre, rest a little perhaps, and walk the same way out again. There is a wholeness, a completeness in this journey in, and the journey out. The labyrinth is a path that mirrors our spiritual journey, over a life-time, or when facing a particular concern or challenge, or when, in the here and now of today, we value this “tool” as a discipline of prayer over a half an hour or so – or as long as you wish. It is one way, among many others, of attending to our journey with God to that still point where encounter occurs and connections can be made – sometimes in a very mundane way (“down to earth”), sometimes in profound and mysterious ways. Action and reflection, walking and meditating, moving and being still, here are important elements of holistic Christian prayer. Walking the labyrinth provides a vignette of the pilgrimage of the heart to find its true centre, and a reminder that, having found “the still point of the turning world” (T.S.Eliot), we must take that stillness, that peace-filled centeredness, with us as we journey on. In Advent, walking the labyrinth is particularly powerful as we wait with hope for the coming of the Christ into the world.

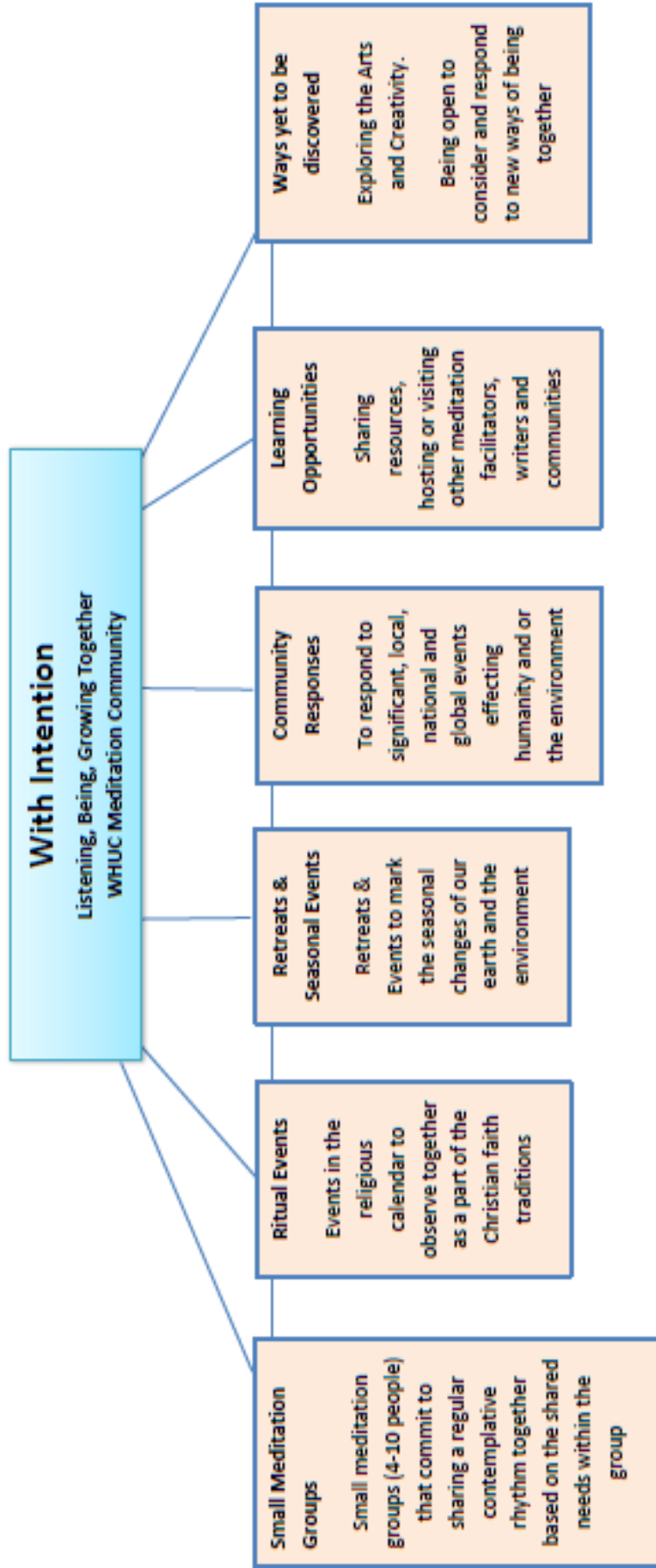
## More Information?

Chat to Steve Singline, Rhonda Dingle or Jen Stephens.



## Meditation Community Update – Action 4d in the Strategic Plan

Over the past few months those interested in meditation have met together twice to discern the way forward for further developing the meditation community. So far, the group has drafted up the following graphic representation as a guide into 2016. If you'd like any further info or to offer any feedback a couple of people you could talk to are: Rhonda Dingle, Jen Stephens, Steve Singline, Sue Ekkel, Isabel Greenall.



It is the intention of the meditation community to provide a range of experiences for people to share in a contemplative expression of faith and community. As a community of people we are open and welcoming of all people who are seeking to explore a quiet and reflective way of being with God and each other. We respectfully encourage each person's journey as they choose how they might share in the various expressions of the meditation community. We encourage growth and the development of leadership as people identify their gifts and capacity to share them with others in the community and their daily life. With intention we are committed to listening, being, growing together slowly.



Each year UnitingCare Geelong provides over 400 Christmas hampers to our clients in need of Christmas cheer and special treats for the Christmas season.

*We are seeking assistance to fill our hampers with food items such as –*



## Frontier Services Tyre Project

With donations of \$2725 we are supporting the work of Padre John DIHM in the Pilbara patrol. Watch the notice board in the Horizons room to track his activities each month, driving his white Nissan Patrol AS8863.

Padre John and his wife Marilyn are based at Tom Price; both are well and have just returned from a visit to family in Cairns ( 5 grandchildren and John's 91 year old mother )

He has eight Christmas services to take at different mining camps in the coming weeks. Last month he conducted a baptism at Jubilee Downs station and he has a wedding there in May. It is a one million acre property with over twelve thousand cattle.



### BAPTISM at WHUC

In November two baptisms were celebrated. Jacob Tingate and Clancy Edwards were welcomed into the church family at Western Heights.



## *Pastoral Care*

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Fed up with Christmas already? Racking your brain for ideas for gifts? Working through the Christmas card list? Christmas can be a joyful time and for some it is also a painful time.

At a time when family is emphasised, the pain of separation through death, divorce or some other circumstance is heightened.

The advertisements, enticing us to buy for our loved ones, give rise to a myriad of emotions in those struggling financially or those who have no loved ones.

People often feel pressured not to express 'bad' or 'sad' feelings, only those of happiness and joy. The reality is that for many, Christmas is a mixed experience with a hurting heart alongside the joy and wonder natural to the season.

### **So how can we care for each other pastorally at Christmas?**

If you think that this Christmas may be difficult for someone ask them an open question like, "what are your plans for Christmas...?" LISTEN to what is said and not said.

Asking someone what their memories of the Christmas season are gives people the space to share both their joyful and their painful experiences of Christmas, experiences that may be colouring their expectations of this Christmas Season.

Allowing people to voice their pain, to say how hard they are finding Christmas, normalises their feelings and counteracts the romanticised image of Christmas time. It is important to recognise that the joy of Christmas can co-exist with the sadness the season can bring.

If Christmas is or has been hard for you personally, it may be helpful to share that fact, enabling others to be honest with the feelings they experience around Christmas.

People's support networks often shrink at this time as family, friend and others are on holidays. Help them think about alternatives they might turn to.

As Christians we are called to remember that our neighbour is not only the one to whom we are naturally drawn but anyone travelling on the road of life with us. Be mindful of those who need extra help or support, giving them your care and attention. Ironically, Advent is a time of waiting patiently and also a time of hustle and bustle. January is a good time to catch up on all those unfinished "I must get in touch with ..." from the previous year.

It may be helpful to refocus someone's attention from the popular picture of Christmas, with the Holy family in the picturesque stable, to other aspects of the Christmas story:

The first Christmas was marked not by abundance or stability but by scarcity and hassle. Mary and Joseph were forced to journey away from home, and had no proper place to stay when Jesus was born. They later fled to new lands to save the life of Jesus.

Those who first met Jesus were not the leaders of society but shepherds, people on the fringes. God comes to us whatever our status in society.

One wonders what Mary's in-laws thought of the situation. Mixing with the in-laws probably wasn't an easy time for her!

Jesus came to bring light and life to a dark world. Through the story of Jesus life we are aware that He knows only too well the feelings of isolation and sorrow. For Christians, the wonder of Christmas is not in what is materially provided, or in temporary joys that are created on the day. The message is of eternal hope, lasting joy, grace and peace. This hope and joy can co-exist with the natural sadness that may come with the season, and may help to bring strength and support to those suffering at Christmas.

Drawn from an article by Ron Bushyager downloaded from [http://www.mindandsoul.info/Articles/423701/Mind\\_and\\_Soul/Resources/Leaders/Pastoral\\_Care\\_at.aspx](http://www.mindandsoul.info/Articles/423701/Mind_and_Soul/Resources/Leaders/Pastoral_Care_at.aspx)



# Contact Details

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## Leadership Team:

|  |  |                                     |              |
|--|--|-------------------------------------|--------------|
| <b>Minister:</b>                         | Rev. Isabel Greenall   | <b>minister@whuc.com.au</b>         | 5250 5930    |
|  | Isabel's day off is <b>Monday</b> so please refrain from contacting her on this day. |                                     | 0419 602006  |
| <b>Church Administrator:</b>             | John Matthews  | <b>dotjohn1b@gmail.com</b>          | 5278 9491    |
| <b>Children's Ministry Co-ordinator:</b> | Karen Morgan   | <b>karen.morgan1968@hotmail.com</b> | 5276 1042    |
| <b>Pastoral Care Contact:</b>            | Audrey Kateena   | <b>Pastoral.Carer@gmail.com</b>     | 0435 064 088 |
| <b>Church Council Chair:</b>             | Rodger Marsden   | <b>eagles@pipeline.com.au</b>       | 0419 717 774 |
| <b>Property Co-ordinator</b>             | Graeme Hardy   | <b>graeme.c.hardy@gmail.com</b>     | 0408 630 391 |

## **Communications**

**Administrator:** Jan Grigg 5229 5889

## WHUC Office:

Phone: 5229 2681  
Office hours: Wed: 1.30pm - 3.30pm  
Fri : 9am – 1:00pm  
Office email: **office@whuc.com.au**  
Website: **www.whuc.com.au**  
Facebook: [www.facebook.com/pages/Western-Heights-Uniting-Church/167518399975533](http://www.facebook.com/pages/Western-Heights-Uniting-Church/167518399975533)



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Playgroups are held in the Horizons Room on: **Tuesday mornings and Friday mornings 9:30-11.30am.**

## **Pew Sheet**

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If anyone wishes to receive the Pew Sheet information by email each week, please give your name and email address to Jan in the office.

## **Aluminium Foil**

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The Leprosy Mission is able to raise funds from the sale of many forms of recycled aluminium foil and cans. Please assist this worthy cause by leaving your used foil in the appropriate box in the foyer.

## **Future Monthly Newsletters**

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To be included in the Monthly Newsletter, please ensure your notices are at the church office by the **20<sup>th</sup> of the preceding month.** They can be dropped in to the office in a clearly marked envelope, or emailed to the office, at **office@whuc.com.au**