



# Western Heights Uniting Church

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Loving God: Growing Together, Partnering Community, Sharing Faith

WESTERN HEIGHTS UNITING CHURCH

## November 2015 Newsletter

### November at a Glance

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Sunday 1st	10.15am	All Saints Day <b>No 8.45am Service</b>
Tuesday 3rd	11.00am	WHISH
Wednesday 4th	1.30pm	Mission Outreach
	7.00pm	Small Groups Contact's Meeting
Friday 6th	10.00am	Vines Options Op Shop Coffee Morning
Sunday 8th	10.00am	Worship
Friday 13th	7.00pm	KFG—Old Fashioned Fun and Games
Sunday 15th	10.00am	Worship
Tuesday 17th	6.30pm	Friends from Vines
Wednesday 18th	7.00pm	Ministry Teams Meeting
Sunday 22nd	10.00am	Worship
	4.00pm	Messy Church
Saturday 28th	7.30pm	Friendship Club
Sunday 29th	10.00am	Worship—Congregational Brunch

### November Preaching Plan

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#### Western Heights Services:

Sunday 1st	8.45am No Service	
	10.15am Rev. Isabel Greenall	All Saints Day
Sunday 8th	10.00am Rev. Isabel Greenall	
Sunday 15th	10.00am Rev. Isabel Greenall	Baptism of Jacob Tingate All Together Service & Communion
Tuesday 17th	2.00pm Rev. Isabel Greenall	Midweek communion
Sunday 22nd	10.00am Rev. Isabel Greenall	
	4.00pm Messy Church	Baptism of Clancy Edwards
Sunday 29th	10.00am Rev. Isabel Greenall	“Middle East in the time of Jesus” Congregational brunch in Horizons Room

#### Other Services:

Sunday 15th	Michele Hardy	Birregurra
Sunday 22nd	Michele Hardy	Newington
Tuesday 24th	Audrey Kateena	Vincentian Village 3.00pm

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## All Saints Service 2015

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This years All Saints service to honour the memory of loved ones who have died during the past year, including those who were associated with our church, and those whose family is associated with us, will be held on **Sunday 1st November**.

If you wish to ensure that a loved one is remembered in this year's service please contact Audrey on 0435 064 088 or Jan at the office on 5229 2681 or by email: [whuc@bigpond.com](mailto:whuc@bigpond.com),

## Western Heights Mission Outreach 2015

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Wednesday 4th November, 2015

1.30pm Horizons Room

Contact: Dorothy Matthews - 5278 9491

## Small Groups Update

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Contact's Meeting 7pm Nov 4<sup>th</sup> in the Minya Room. All Small Group Contact people are encouraged to bring along another person from their group.

We welcome Janet Pavlakis as one of the co-ordinators for the Small Groups Program, joining Isabel G and Roger D.

## Vines Options Op Shop—Coffee Morning

All past volunteers from Vines Options are invited to catch up for coffee and a chat at Soft Café in Minerva Road on **Friday 6th November at 10.00am**.



## KFG (Kids Friendship Group)

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Old Fashioned Fun and Games

Friday 13th November, 2015

7pm—8.30pm

\$3.00

RSVP to Jan or Karen by  
Wednesday 11th November

[Karen.morgan1968@hotmail.com](mailto:Karen.morgan1968@hotmail.com) or 0404435261  
or [office@whuc.com.au](mailto:office@whuc.com.au)

## Friends from Vines

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Tuesday 17th November, 2015

“Christmas Celebration”

All ladies welcome to share in a meal & fellowship.

Those attending are asked to bring a gift suitable for a boy up to 12 years old or suitable Christmas food item to be donated to *UnitingCare*.

Joan 5241 5683

0438 722 035



**Messy Church @  
WHUC**

Sunday 22nd November 4pm

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

## Congregational Advent Lunch

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There will be a free Advent Lunch on **Sun 29th November** in the Horizons Room. The food will be provided by the Congregational Life Ministry Team and will be in keeping with our understanding of Middle Eastern food in biblical times. All welcome!



KFG

Out and  
about on a  
Bike Ride  
9th October





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 –



Winchelsea Uniting Church

**ART &**

**PHOTOGRAPHY**



Globe Theatre, Winchelsea  
52672 488

**OCT. 30 - NOV. 2**



## 2015 Advent Festival

Newman College November 28-29, 2015

If you have ever imagined yourself in the cloisters of a medieval monastery—surrounded by the peaceful sounds of Gregorian chant, splendid architecture, and beautiful manuscripts—then the Advent Festival will open this world to you. The festival offers the opportunity to side step the Christmas rush and pause in Melbourne's culturally rich oasis of Newman College.

*Gary Ekkel, Artistic Director*

Pamphlets and booking forms are available from the information table.

## Handel's Messiah

29<sup>th</sup> November 2015 2.30-5.00pm

Parks Hall, Newcombe St., Portarlington

Featuring Melbourne Opera & Essendon Choral Society

Adults \$30, Student \$15

(More details on Horizons Room Noticeboard)

## Portarlington Specials

Blooming Plants and Homemade Fair

Saturday 21st November, 2015

9am till early afternoon

## Geelong Inter-Church Social Justice Network

Meetings last Thursday of each month 7.30pm

Wesley Centre, Yarra Street

Thursday 19th November—Guest Speaker

Dr. Paul Collins

7.30pm

## *Pastoral Care*

- All of us have been touched in some way by dementia. What is dementia? Is it the same as Alzheimer's? How can we pastorally care for those living with dementia?
- Dementia describes a collection of symptoms that are caused by disorders affecting the brain. There are many different forms of dementia and each has its own causes. The most common types of dementia are Alzheimer's disease, Vascular dementia, Parkinson's disease, Dementia with Lewy bodies, Frontotemporal Lobar Degeneration (FTLD), Huntington's disease, Alcohol related dementia (Korsakoff's syndrome) and Creutzfeldt-Jacob disease.
- Dementia affects not only thinking, but also behaviour and bodily functioning. The interference in brain function affects the person's normal social or working life. Seen as an old person's disease it is not a normal part of ageing. Although more common in people over 65, people in their 40s and 50s can also have dementia.

### • TIPS FOR PASTORALLY CARING FOR THOSE LIVING WITH DEMENTIA

- Offer to shake hands when arriving and leaving. This is a non-intrusive way of offering touch which can be therapeutic
- Select a space that has minimal distractions and interference. Sit or stand so that you are at their level, making eye contact with them.
- Speak clearly and simply using short sentences containing single comments or questions. Use visual clues like pointing to an item you're talking about. Remember that they are not necessarily deaf!
- LISTEN. Don't be afraid of silence or pauses in conversation. It can take 5 times longer for those living with dementia to process information. Listen for the feeling behind the words. Think carefully before responding. Remember that your reality is not necessarily their reality. Whilst you may not be able to see their reality, focus on "feeling their reality".
- If asked a specific question be truthful. At some level they are aware of the truth. Phrase responses that are truthful but don't remind them of a painful reality. (Someone won't be coming today instead of telling them that they've died) Engage with their feelings about the person or situation.
- Accept their reality and don't contradict or argue with them. This may occasion feelings of shame which will last long after the words are forgotten.
- Don't ask if they remember something or someone, even who is in the photo at their bedside. They may feel embarrassed at not being able to remember. Introduce the topic from your perspective, using I, my, etc.
- Be aware of how your body language may be interpreted. Crossed arms may be misinterpreted as anger. Unless the topic is serious, remember to smile.
- If you're aware of favourite prayers or bible readings, offer to read with them.
- When possible provide them with options. Something as simple as, "which chair would you like to sit in", gives them some sense of control in their lives.

### • SOME HELPFUL LINKS

- A personal reflection on by Gisela Webb: <http://www.crosscurrents.org/webb.htm>
- Alzheimer's Australia: <http://www.fightdementia.org.au/victoria.aspx>  
Dementia Behaviour Management Advisory Service: <http://dbmas.org.au/your-state/vic/>
- Dementia Care Australia: <http://www.dementiacareaustralia.com/>
- The Dementia Centre: <http://www.dementiacentre.com.au/>
- Ozcare Dementia Support: <http://www.dementiasupport.com.au>.

# Bethel Workshop

## Bullying and Boundaries

run by Marcel Koper and Julie McDonald

This is a one day workshop for church council members, ministers and lay ministers who want to know more about:

- What bullying is and what it isn't;
- The impact of stress and trauma on individuals and congregations;
- How to respond to bullying;
- How to build a safe congregation.

Wednesday 11 November 2015

9:30am-4:00pm

Bethel Centre

59 Doncaster Road North Balwyn

Spaces are limited

Cost -\$10

To register, contact Marilyn on 9859 8700  
or email [marilyn@bethelcentre.com.au](mailto:marilyn@bethelcentre.com.au)

## mission shaped ministry (2016)

an experiential course of learning and relationships, exploring new ways of building communities around the Way of Jesus

**MSM Information Evening:**

**Thursday 10th Dec. 2015**

**7.30-8.30pm** (Light supper provided)

To register contact Adam McIntosh by emailing [themcintoshbunch@hotmail.com](mailto:themcintoshbunch@hotmail.com) or phoning 0414 725 887.

**Venue: Hoppers Crossing Uniting Church**

235 Derrimut Road, Hoppers Crossing



[www.missionshapedministry.org](http://www.missionshapedministry.org)



# Contact Details

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## Leadership Team:

<b>Minister:</b>	Rev. Isabel Greenall	<b>minister@whuc.com.au</b>	5250 5930 0419 602006
	Isabel's day off is <b>Monday</b> so please refrain from contacting her on this day.		
<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**