



Western Heights Uniting Church

31 Douglass Street, Herne Hill, 3218.
(03) 5229 2681
Email: office@whuc.com.au
Website: www.whuc.com.au
ABN: 50 871 893 057



Loving God: Growing Together, Partnering Community, Sharing Faith

WESTERN HEIGHTS UNITING CHURCH

July 2016 Newsletter

July at a Glance

Friday 1st	10.00am	Vines Options Op Shop Coffee Morning
Sunday 3rd	8.45am	No early service
	10.15am	Worship
Wednesday 6th	1.30pm	Mission Outreach
Friday 8th	12.30pm	WHISH
	7.00pm	KFG—Ten Pin Bowling
Sunday 10th	10.00am	Worship
Tuesday 12th	1.00pm	Senior Retirees Outing
Sunday 17th	10.00am	Worship & Congregational Lunch
Tuesday 19th	2.00pm	Midweek Communion
		Friends from Vines
Wednesday 20th	7.00pm	Ministry Teams Meeting
Sunday 24th	10.00am	Worship
	4.00pm	Messy Church
Sunday 31st	10.00am	Worship

July Preaching Plan

Western Heights Services:

Sunday 3rd	8.45am	No early service	
	10.15am	Rev. Jan Taylor, Michelle Eastwood	Guests: Ken & Jane Rookes
Sunday 10th	10.00am	Rev. Paul Stephens	
Sunday 17th	10.00am	Rev. Isabel Greenall	All Together & Communion
Tuesday 19th	2.00pm	Rev. Isabel Greenall	Midweek Communion
Sunday 24th	10.00am	Rev. Isabel Greenall	
	4.00pm	Messy Church	
Sunday 31st	10.00am	Rev. Isabel Greenall	

Other Services:

Sunday 17th	Audrey Kateena	McKellar Centre
Tuesday 26th	Audrey Kateena	mecwacare Elstoft House

Annual Leave

Isabel will be on annual leave **21st June – 10th July**, inclusive. During this time worship will be led by a variety of people/groups and urgent pastoral matters including funerals should be referred to Audrey Kateena.

Karen Morgan will be on annual leave **27th June—11th July**.

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 1st July at 10.00am**.



Western Heights Mission Outreach 2016

Wednesday 6th July, 2016

1.30pm Horizons Room

Theme: “Book Marks by Bettine James

Devotions: Bettine James

Afternoon Tea

All welcome

Contact: Dorothy Matthews - 5278 9491

KFG (Kids Friendship Group)

Ten Pin Bowling

Friday 10th June, 2016

7pm—8.30pm

Years 3—7

\$3.00

**RSVP to Karen by
Wednesday 8th June, 2016**

Karen.morgan1968@hotmail.com or 0404435261
or office@whuc.com.au

Friendship Club

Please Note there will be no Friendship Club meeting in July or August, as the weather is just too bleak to venture outside.

We will look forward to seeing everyone again on 24th September—Agenda Item still to be set.



Senior Retirees Outing

The July meeting of the Senior Retirees will be a film afternoon at the St. Mary's Church theatre on **Tuesday 12th July** starting at **1.30pm** followed by afternoon tea in their rooms. Pick up at 1.00pm as usual. Put this date in your diary.

Graeme & Michele Hardy

Congregational Lunch

Imam Mohammad Ramzan

to speak

Music from our own harmony singers

Mid-Year Sunday Luncheon

Sunday 17th July

*** A Luncheon not to miss ***

We have invited the local Imam to tell of the faith and life of the Geelong Islamic Society

Please bring a plate to share.

Friends from Vines

Our next gathering is a **Movie Night** at one of Geelong's Theatres on **Tuesday 19th July**

Check 17th July pew sheet or contact Joan on 5241 5683 for further details.

Many thanks to those attended our last gathering and enjoyed Rachel Van Zetten's presentation of her experiences as a volunteer at Kais Village Community Orphanage in rural Cambodia.

Truly an example of *Loving God: Growing Together, Partnering Community, Sharing Faith*

Many thanks also to those who have financially supported the work of KaisKids. Further details can be found on the website <http://www.kaiskids.org/site/who-we-are/our-story>. Donations can also be made via the website or by talking to any of the Van Zettens.



**Messy Church @
WHUC**

Sunday 24th July 4pm

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

Feedback from Western Heights Uniting Church Community Survey

Context: In the past few months all groups have been invited to reflect on how they are intergenerational, warm, welcoming, inclusive and cares for others and how they will endeavour to develop in these areas during the rest of 2016.

Thanks to 23 of our 31 groups for taking up the opportunity and giving your responses to the Leadership Advisory Team for collation and feeding back to the community! What a great effort! The Sunday morning survey has not been fully completed as yet so isn't included in this feedback.

It is hoped that in feeding this information back to all of the groups that

1. Groups will continue to hone their plans and put them into action
2. Groups will be inspired by other groups ideas to think differently
3. Groups who haven't completed the survey will still find ways to improve how they are intergenerational, warm, welcoming, inclusive and cares for others. It's not too late to complete the survey! They're available in the office.

Summarised Plans of the Groups for Developing Each Area

A. Intergenerational

Invite reps of ages not present in gp to share with gp as a one off.

Offer to assist with Messy Church

Host breakfast/brunch on a Sunday

Intentionally do things with younger/older people

Intentionally look for and relate with others of different ages at events

Increase opportunities for contribution of all people

Mix up junior/senior pairings at tennis practice

Encourage social membership take up from junior coaching

Taize service with all ages leading

Host fortnightly/monthly meditation gp at WH

Host retreat day based on stone carving

Increase size of ministry team

Support playgroups

Welcome new residents in wider community

Assist Vision Sisters Group

B. Warm, Welcoming, Inclusive

Meals/coffees together, meals for new members

Use name tags

Photos of participants with names

Prepare info sheets/pamphlets about group

Provide directory of names/numbers (noting privacy laws)

Invite members to join Facebook

Awareness of people on outer/new/on own

Intentionally invite others to meetings/services/events

Investigate social needs for men

Host meditation series

Communicate tennis club activities to congregation

Change end of winter tennis presentation to after Sun morning worship

Hand out white flowers on Mother's Day

Proactive re gender balance on team

C. Cares for Others

Deepen relationships within group eg openness, caring, follow-up, sharing time within meeting, use google docs

Provide directory of names/numbers (noting privacy laws)

Communication & care beyond the group eg letters, meals, phone, visits

Prayer

Sharing resources eg finances, club tennis racquets for loan, mission project

Be more specific in groups practical help

Meet with other groups

Make audio readings for the elderly

Investigate how/what more we could do in the local elderly residential complexes

Moving Forward: On your own and in your groups, have a look at all of these ideas from the WHUC community. You may want to tweak your groups plans. Whatever you do in the light of these, do action your plans! We are and want to be intergenerational, warm, welcoming, inclusive, caring for others.

For further info, comment, questions please contact the Leadership Advisory Team (Isabel Greenall, Audrey Kateena, Rodger Marsden, John Matthews, Karen Morgan).

June 2016

July BLANKET Appeal

The Monday Afternoon Small Group is co-ordinating this appeal to support

UnitingCare Geelong.

Can you help by donating?

NEW or CLEAN USED BLANKETS or RUGS

(No Linen please)

Contacts: Neil Shirley 5277 1867, Joanne Aughey 5278 8197



Pas†oral Care & mental illness

Are you aware that one in five Australians aged 16-85 experience a mental illness in any year? The most common mental illnesses are depressive, anxiety and substance use disorders.

Whilst the work of *beyondblue* (<https://www.beyondblue.org.au>) and other organisations has lessened the stigma of mental illness, we can be left feeling unsure of how to pastorally care for someone with a mental illness asking ourselves the questions: *What do I say? What do I not say? What do I do? What do I not do?*

As with any illness, the most important thing you can do is **be there**, to let them know they are valued, to ask, “*How can I help?*” Initially this is best done in an unobtrusive way via text or email.

“Grow your ears and open your heart”. Having asked the question, **listen** to their response with **empathy** and **compassion**. Allow them to share as little or as much of their experience as they choose. As with any life crisis, mental illness can be a time when faith and spirituality is challenged and questioned.

Respond without judgement or criticism. This **acceptance** is so important in not minimising their pain. People don’t choose to live with mental illness and it isn’t possible for them to just “snap out of it”, “cheer up”, or “not worry about it”. It’s useful to use ‘I’ statements such as ‘I have noticed...and feel concerned’ rather than ‘you’ statements.

If you find conversation difficult you can “be there” in other ways be it via text, email, or a card or the offer of a cooked meal.

Invite the person out to coffee or lunch, but **don’t pressure** them to participate in activities.

Be patient, a lack of response doesn’t mean it’s not appreciated. As Deborah Serani says, “These gestures provide a loving connection [and] they’re also a beacon of light that helps guide your loved one when the darkness lifts.”

When we see someone in pain we ache to take it away. But just as we can’t mend a dis-eased body, we can’t mend a dis-eased mind. Encourage them to **seek professional help** if they haven’t already done so. Medically their GP is a great first step. You could offer to go with them if they’re worried or need extra support. Alternatively, there are a number of excellent online resources. Encourage them to contact Isabel or Audrey if they are struggling with spiritual questions. Respect their choices and remain patiently supportive, offering help and suggestions when asked.

The exception is when you think someone may be in immediate danger or at risk of hurting themselves or someone else. In this case it’s important that you or they seek help immediately. Dial 000 or one of the following:

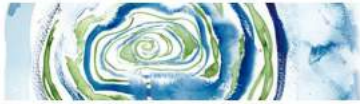
- **13 11 14** Lifeline - 24/7 crisis phone counselling
<https://www.lifeline.org.au/Find-Help/Online-Services/crisis-chat/default.aspx>
www.lifeline.org.au available 8pm-4am AEST
- **1300 659 467** Suicide Call Back Service - 24/7 crisis phone counselling
<https://www.suicidecallbackservice.org.au/> - video counselling
- **1800 55 1800** Kids Helpline - phone counselling 24/7 for those aged 5 – 25
<https://kidshelpline.com.au/kids/get-help/webchat-counselling/> for those aged 5 – 12 or
<http://www.kidshelp.com.au/teens/get-help/web-counselling/> for those aged 13 – 25
available 8:00am to Midnight (AEST) 7 days a week
- **1800 650 890** or www.eheadspace.org.au
Phone or online service for those aged 12 – 25, available 9am to 1am AEDST

Other Useful Links:

<http://resources.beyondblue.org.au/prism/file?token=BL/0114> Getting Help - How much does it cost?
<https://youtu.be/XiCrniLOGYc> I had a black dog, his name was depression
<https://youtu.be/2VRRx7Mtep8?list=UU07-dOwgza1IguKA86jqxNA> Living with a black dog
<https://www.sane.org> (18 years and older),
<http://au.reachout.com/> (under 25 years)
<https://www.headsup.org.au/> mental health in the workplace
<http://www.blackdoginstitute.org.au/docs/Factsandfiguresaboutmentalhealthandmooddisorders.pdf>

Church Privacy Policy

Requests to the church office for phone numbers or addresses of church members cannot be acceded to as this would contravene our privacy policy of confidentiality.



Workshops Bethel Centre 2016

The Bethel Centre warmly invite ministers, lay ministers, church council members and staff of the Uniting Church VicTas to attend our workshops. Each half day workshop has been designed to raise awareness and support congregations to foster an inclusive community and safe place of worship. These will be held at the Bethel Centre, 59 Doncaster Road, North Balwyn, Vic 3104 from 9.30am – 1pm and will be facilitated by Julie McDonald and Ann-Marie Hughes. The cost is \$10 per person and morning tea will be provided.

6 th July	Bullying and Boundaries
14 th September	Congregational Dynamics
26 th October	The Process of Forgiveness

To reserve a place or for further information, please call 9859 8700 or email ann-marie@bethelcentre.com.au Reservation deadline is one week prior to the event.

Winchelsea Uniting Church

CASSEROLE LUNCHEON



& Musical Program

with Baritone Graham Ford
and John Bumford on piano

Wednesday, July 6th, 2016

12 noon

in the
Winchelsea Uniting Church Hall

Donation \$15 All Welcome



Entertainment Books are still available from Helen Sleep. Cost is \$60, a portion of which goes to the Church.

Reminder, the 2015 | 2016 Entertainment™ Memberships are about to expire. Renew now!

Welcome to the Neighbourhood Program

The outreach ministry team is planning to visit those who will soon move into our area.

We need your help!

Please advise the address of any homes or flats in your area with noticeboards – “For Sale”, “To Let”, or “To Lease” to members of the ministry team, **Richard Worland, Michele Hardy, Jenice Coots or Barry Edwards**

When the newcomers move in, the ministry team will visit with a brochure about WHUC and a gift of homemade cookies.

Please join in this ministry of outreach.

WHISH

Western Heights Inclusive Sharing & Helping.

WHISH is a group of people who acknowledge their various challenges in life and aim to:

1. Provide an inclusive and safe place for members of the group to share and grow together in matters of life and faith.
2. Be companions for one another through the journey of life, acknowledging our diversity and offering encouragement, care and support.
3. Welcome new people into the group.

Transport is available.

WHISH meets regularly each month, usually on **2nd Friday of the month at 12:30pm** over a shared lunch and activities organised by the group.

For further information contact Audrey on 0435 064 088.

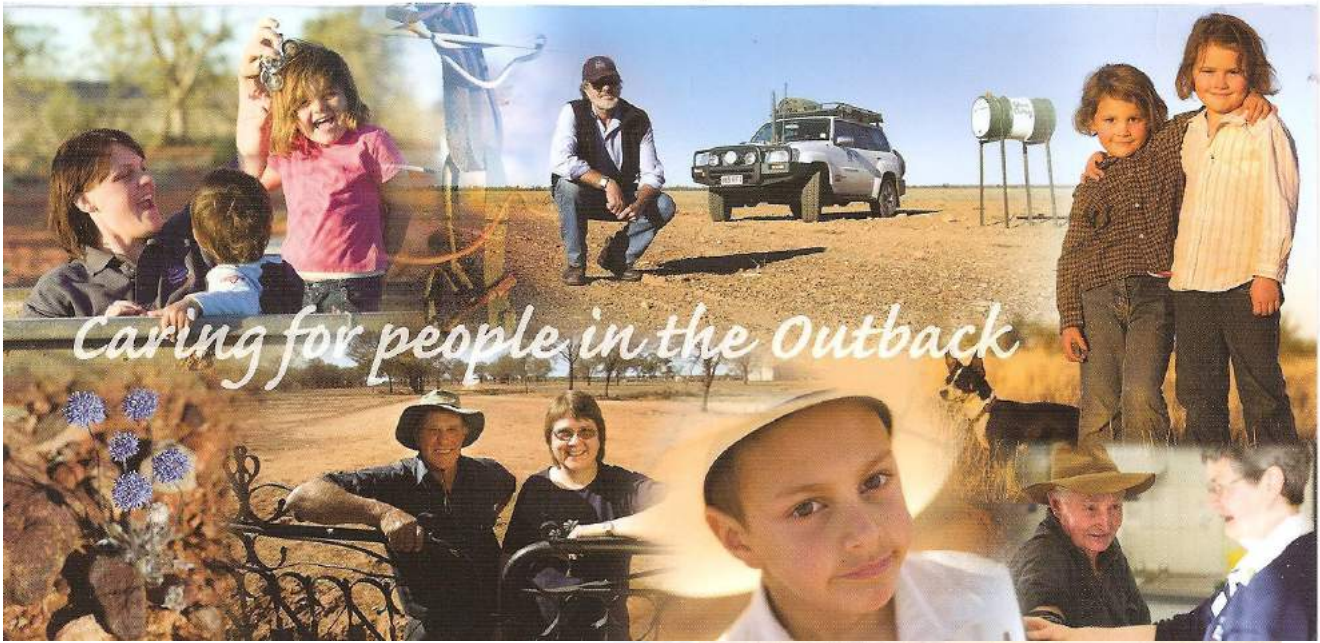
Dear ALL.

26/5/2016

BLOSSINGS & THANKS FOR YOUR BIRTHDAY GREETINGS.
Keep up the Prayers and Support. It is very
COMFORTING KNOWING, THAT PEOPLE DO CARE.
JUST BACK FROM A WEDDING UP NORTH, 2 DAYS
TRAVEL TIME. NEAR FITZROY CROSSING.
GREAT CELEBRATIONS.

BLOSSINGS TO YOU ALL,

Rev. JOHN DIHM



Caring for people in the outback



May 2016 FrontierNews 13

Partnerships Prayer of Francis of Assisi

Lord, make me an instrument of your peace,
Jesus was a walker! He walked into the Jordan to be
baptized and into the wilderness to be tested.
He strolled beside the sea to call disciples.
And across hills to instruct them. He walked from home
to home to commune with friends and between towns
to heal strangers.

Does this sound like the start of 'partnerships'?

We can have many partnerships such as -
Husband and Wife,
Parent and Children,
Church Partnerships,
Business partnerships,
Paro minister and Stations,
Mining Partnerships.

In my work as a mining chaplain I form many
partnerships for a short journey with FIFO
(Fly in Fly out) people. Some of these people are
from overseas such as Ireland. But some of these
partnerships remain long after they return home or
stop the FIFO life.

Some partnerships are intense some are fleeting. But all
partnerships need to be worked on with both parties.
'Where there is doubt, faith,

'Where there is despair, hope,'

Doubt and Faith are very strong ingredients in a
partnership. They are a strong base to form a
partnership.

'Where there is despair, hope,

'Where there is darkness, light'

In a partnership we can work together to overcome
much darkness and despair.

Also remember that God is the central fact of life. Each
partnership understands and experiences life solely
in the context of a partnership with God.

Each is the nurturing force that assures its fruits.
Prayer: Lord, make me a 'carrying vessel' through which
your love can flow.
Amen.

Rev John Dihm

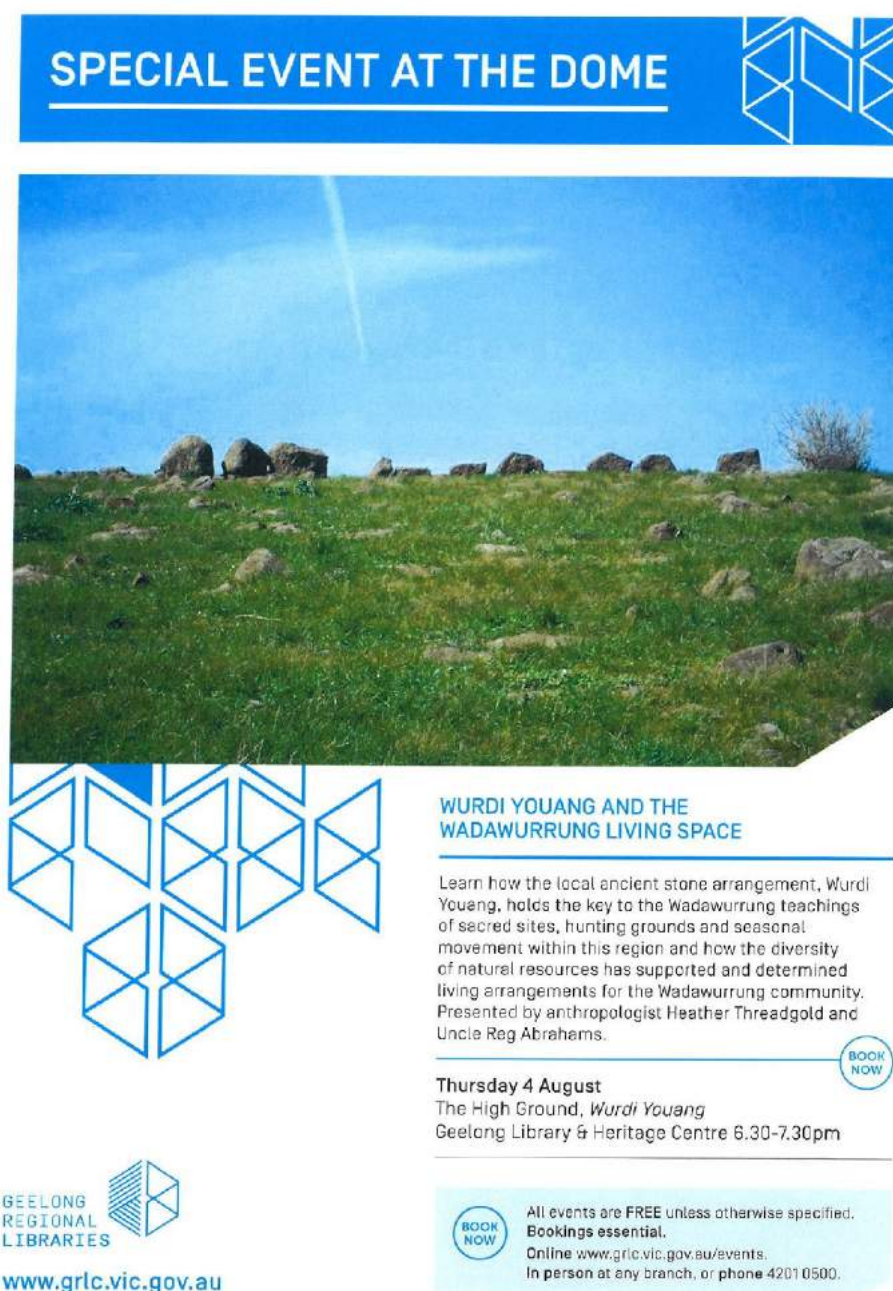
Pilbara Patrol, Western Australia

Special Event at the Dome

At the Synod of Vic-Tas meeting in June the following vision was adopted for the whole of the Synod:

“Following Christ, walking together as First and Second Peoples, seeking community, compassion and justice for all creation.”

Here is an opportunity to learn more about the First Peoples of this land, the Wadawurrung people.



The poster features a blue header with the text "SPECIAL EVENT AT THE DOME" and a geometric logo. Below the header is a photograph of a grassy field with several large, rounded stones scattered across it under a clear blue sky. To the left of the photograph is a large, stylized geometric logo composed of blue lines forming a series of interconnected triangles and squares. Below the photograph is the title "WURDI YOUANG AND THE WADAWURRUNG LIVING SPACE" in blue text. To the right of the title is a "BOOK NOW" button. Below the title is a paragraph of text describing the event. To the right of the paragraph is another "BOOK NOW" button. Below the paragraph is the event date and time: "Thursday 4 August, The High Ground, Wurdi Youang, Geelong Library & Heritage Centre 6.30-7.30pm". At the bottom left of the poster is the Geelong Regional Libraries logo and the website address "www.grlc.vic.gov.au". At the bottom right of the poster is a light blue box containing the text: "All events are FREE unless otherwise specified. Bookings essential. Online www.grlc.vic.gov.au/events. In person at any branch, or phone 4201 0500." and a "BOOK NOW" button.

SPECIAL EVENT AT THE DOME

WURDI YOUANG AND THE WADAWURRUNG LIVING SPACE

Learn how the local ancient stone arrangement, Wurdi Youang, holds the key to the Wadawurrung teachings of sacred sites, hunting grounds and seasonal movement within this region and how the diversity of natural resources has supported and determined living arrangements for the Wadawurrung community. Presented by anthropologist Heather Threadgold and Uncle Reg Abrahams.

Thursday 4 August
The High Ground, *Wurdi Youang*
Geelong Library & Heritage Centre 6.30-7.30pm

All events are FREE unless otherwise specified.
Bookings essential.
Online www.grlc.vic.gov.au/events.
In person at any branch, or phone 4201 0500.

GEELONG REGIONAL LIBRARIES
www.grlc.vic.gov.au

Art Inspired by Job

Job (pronounced Joe-b) is a faithful man from the land of Uz who has lost everything. His wife, his children, his sheep, his oxen, his camels and finally his health.

He curses, he laments, he despairs. He challenges God and God speaks back to him. In the end, all Job's treasures are restored and multiplied. It is a mythic tale of epic proportions.

Art is often a useful expression of the deep emotions that are expressed in the book of Job, and we would like to celebrate the artists among us at Western Heights.

If you are willing and able to contribute a piece of art to our Job theme, whether it is a painting, sculpture, a piece of music, or anything else please see one of the WMMT team - Michelle Eastwood, Isabell Greenall, Ashley Payne, Lynda Scott, Jan Taylor, or David Walker.

Contact Details

Leadership Team:

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



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

Pew Sheet

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

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

Future Monthly Newsletters

To be included in the Monthly Newsletter, please ensure your notices are at the church office by the **20th 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**