



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

September 2016 Newsletter

September at a Glance

Friday 2nd	10.00am	Vines Options Op Shop Coffee Morning
Sunday 4th	8.45am	Traditional Worship
	10.15am	Worship
Wednesday 7th	2.30pm	Mission Outreach
Friday 9th	12.30pm	WHISH
	7.00pm	KFG—Olympics
Sunday 11th	10.00am	Worship
Tuesday 13th	1.00pm	Senior Retirees Outing
Sunday 18th	10.00am	Worship
Tuesday 20th	6.30pm	Friends from Vines
Wednesday 21st	7.00pm	Ministry Teams Meeting
Saturday 24th	6.00pm	Friendship Club
Sunday 25th	10.00am	Worship
	4.00pm	Messy Church

September Preaching Plan

Western Heights Services:

Sunday 4th	8.45am Rev Isabel Greenall	
	10.15am Rev. Isabel Greenall	
Sunday 11th	10.00am Rev. Isabel Greenall	
Sunday 18th	10.00am Rev. Isabel Greenall	All Together & Communion
Sunday 25th	10.00am Rev. Isabel Greenall	
	4.00pm Messy Church	

Other Services:

Thursday 1st	Audrey Kateena	Kalkee—2.00pm Nangatta, 3.30pm Murray
Sunday 11th	Michele Hardy	McKellar Centre
Sunday 18th	Michele Hardy	Birregurra/Warrion
Tuesday 27th	Audrey Kateena	mecwacare Elstof House (3.00pm)

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 2nd September at 10.00am.**



Western Heights Mission Outreach 2016

Wednesday 7th September, 2016

1.30pm Horizons Room

Valdeth Galley

Afternoon Tea

All welcome

Contact: Dorothy Matthews - 5278 9491

KFG (Kids Friendship Group)

Olympics

Friday 9th September, 2016

7pm—8.30pm

Years 3—7

\$3.00

**RSVP to Karen by
Wednesday 7th September, 2016**

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

Weekly Offering

Many of our congregation use our printed and dated offering envelopes for their regular Sunday offering. They find the envelopes useful in helping them keep track of where they are up to, and provide greater privacy when they place their offering in the open plate.

Also, over 30 of our people or families have arranged for their regular offering to be Direct Debited from their bank accounts. The direct debits can be arranged weekly, fortnightly, monthly, etc., and can be date selected to suit you. People using this system find it useful not to have to remember to bring their offering each time – it is automatically debited from their nominated bank account and credited directly to the church.

If you might be interested in either of these two methods, you are invited to talk to Geoff Coots about them.

Hurry last chance for ordering the Entertainment Books closing September 4th.

Great Father's Day present.

See Helen Sleep



Senior Retirees

The next outing for the Senior Retirees will be held at the new Geelong Library where we will take part in a Library and Heritage tour on Tuesday September 13th, 2016.

The Library is very “senior friendly” with lifts etc. so all will be able to take part comfortably.

This will be followed by afternoon tea back at the church. Hope to see you there.

Graeme and Michele Hardy

Friends from Vines

Tuesday 20th September, 2016

6.30pm

Bring a sample of your “Hobbies—Interests”

Meal—Small plate to share

All Ladies Welcome

Joan Murphy
5241 5683

Friendship Club

A “warm” welcome is extended to all our members to a Pizza Tea to be held on **Saturday, 24th September, 2016 at 6.00pm** in the Horizons Room. This will be followed by the showing of a DVD Australian Icon Towns—Darwin, Surfers Paradise, Gundagai, Bendigo and Broken Hill.

We look forward to seeing everyone after such a “cold” break.



**Messy Church @
WHUC**

Sunday 25th September 4pm

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

Stone Carving Workshop & Meditation Retreat

Saturday 8th October 9am-12noon OR 1:30pm – 4:30pm, including light refreshments

Queenscliff Uniting Church,
cnr Hesse St & Stokes St.

Join us for a creative retreat incorporating a simple stone carving workshop which will conclude with a time of quiet meditation. Each participant will complete 2 small carvings that can be used in times of quiet reflection and meditation. Choose from a morning or afternoon session.

The carving retreat will be facilitated by local artist Steve Singline, no experience is necessary and the retreat is also open to children over 8 accompanied by an adult.

Cost \$15 per person.

Each session is limited to 15 people so bookings are required. Registration to

withintention@whuc.com.au or add name to the list on the kitchenette bench at the back of the worship space by Sunday 25th Sept.



Small Groups Update

Over the next few months the Small Group Co-ordinators will be seeking to visit each of the small groups. Either Roger, Isabel or Janet will visit each group as a support to the group: checking in with how the group is going, any issues/suggestions, following up progress on the groups action plans for further developing in the areas of being intergenerational, warm, welcoming, inclusive & caring of others.

Small Group Contact people are invited to a meeting 7-8:30pm Wed 2nd November in the Minya Room. Please bring along another member of your group with you, if possible.



Yuróra is a multicultural Christian youth festival of word, arts and celebration. It will be at The Tops Conference Centre, Stanwell Tops NSW.

Yuróra is hoping to gather delegates aged 16-25, as well as adult volunteers, from around Australia. There will also be programs for younger siblings and children. Yuróra values our multicultural society, and places special emphasis on the participation and relationship with the First People of Australia and the Second Peoples of Australia.

Each morning allows attendees to connect with festival communities and bible studies. The afternoon and evenings follow a festival program, offering many options, streamed according to your interests. Most nights, all delegates gather together for worship and celebration.

What is unique to Yuróra, however, is the experience beyond the program. Spaces for hanging out, learning, creating and playing permeate the venue, and provide the opportunities to connect with other delegates from around Australia and the Pacific, over a coffee or a stick of hot corn.

Check out www.yurora.com for more info & registration. If you would like to go as a delegate or as an adult volunteer, Western Heights would love to support you. Please see Isabel if you're interested.

Pastoral Care – Empathic Listening

An essential ingredient of a pastoral conversation is that the person being cared for feels that that have been empathically listened to. So what is empathic listening?

The following quote from Carl Rogers, a pioneer in psychotherapy, is helpful in understanding what is required to be empathic:

*"When someone really hears you without passing judgment on you, without trying to take responsibility for you, without trying to mold you, it feels damn good. . . . Empathy is saying to someone:
"I'm trying to be a companion to you in your search and your exploration.
I want to know, am I with you? Is this the way it seems to you?
Is this the thing you're trying to express? Is this the meaning it has for you?"
So in a sense I'm saying,
"I'm walking with you step by step, and I want to make sure I am with you.
Am I with you?"
So that's a little bit of my understanding about empathy."*

Think about those people who you experience as empathic. What did they do or say?

Effective empathic communication requires your full attention and emotional presence so is best undertaken when you've the most energy rather than when you're longing for bed!

Indicate you are listening by

- Giving nonverbal acknowledgements, e.g., head nodding, facial expressions
- Providing brief, noncommittal responses that acknowledge what you've heard.
- Giving open invitations to say more, e.g., "Tell me about it," "I'd like to hear about that."
- Maintaining eye contact along with an open and relaxed posture.

Remember these good listening guidelines:

- Keep focused on what they are saying and avoid rehearsing your reply in your own head.
- Reflect back to the speaker what you understand them to have said and how you think they feel, adding or subtracting nothing. Steer clear of phrases like "It's not that bad," or "You'll feel better tomorrow", as these diminish the speaker's feelings.
- Avoid asking lots of questions, otherwise people may feel they are being interrogated.
- If asking questions, use open questions that can't be answered with a simple yes or no.
- Don't interrupt, change the subject or move in a new direction.
- In a pastoral conversation the aim is usually to enable someone to come to their own answers, so avoid teaching or giving advice.

In order that you can be experienced as empathic, you need to set aside your own attitudes and values so that you can authentically enter the other person's world without any bias or judgement. Not only do you see their shoes but you walk comfortably in them with compassion, selflessness and a lack of judgment.

As Carl Rogers said:

"People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, "Soften the orange a bit on the right hand corner." I don't try to control a sunset. I watch with awe as it unfolds."

Resources: <http://cultureofempathy.com/References/Experts/Carl-Rogers-Quotes.htm>,
<http://www.beyondintractability.org/essay/empathic-listening>, <http://sfhelp.org/02/listen.htm>
<https://www.psychologytoday.com/blog/encountering-america/201303/its-not-enough-listen>
<http://www.simplypsychology.org/carl-rogers.html>
Graeme Griffin, *Coming to Care - An introduction to Pastoral Care...* 1995



#bringthemhere
 #Naurufiles
 #Lovemakesaway

Rally for refugees at Sarah Henderson's office MP run by Western Heights UC, partnering the community.



Do you have a passion for pastoral and spiritual care?

Austin Health Clinical Pastoral Education Centre is now inviting applications for the:

- Summer full-time program (14/11/16–27/1/17)
- Semester 1 2017 part time program (14/2/17–22/6/17)

Applications close Friday 16th September 2016

For further information please contact Sue Westhorp, sue.westhorp@austin.org.au, ph. 9496 2908 or visit the website <http://www.austin.org.au/page?ID=363> where forms are available for download.



Safe Church Training

Queenscliff Uniting Church

Thursday 15 September 2016

3.00pm – 6.00pm

The Uniting Church affirms that all people are made in the image of God. The Uniting Church commits itself to the care, protection and safety of all people with whom it comes in contact. As a community of faith, we are committed to providing a safe environment for both children and adults to encounter God, to develop relationships as part of a community and to grow in faith.

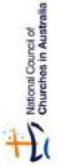
Who should attend a Safe Church Workshop?

- ❖ Anyone who is involved in ministry with young people (0-18 years old)
 - ❖ People in leadership and pastoral roles within the congregation, such as Elders, Church Council members and Ministers.
 - ❖ Anyone interested in learning more about practical ways of making our churches safe places.
- 
- Participation in Safe Church Training is a requirement for Safe Church Recognition.
- ❖ Each participant will receive a comprehensive manual. Topics covered in the workshop will include:
 - ❖ Safe Church foundations
 - ❖ Protecting vulnerable people
 - ❖ Child Protection
 - ❖ Duty of care and accountability
 - ❖ Understanding and responding to abuse
 - ❖ Protective behaviours
 - ❖ Safe leadership
 - ❖ Safe programs and environments
 - ❖ Uniting Church Policy and procedures

Safe Church Workshops are offered across the Synod without cost to church members.

<https://ucavt.goregister.com.au/safechurchtraining2016/registration/queenscliff/>

For further information please contact the Safe Church Educator Josh Woollett.
Phone: (03) 9340 8810 or email: safechurchtraining@victas.uca.org.au



Free—Understanding Dementia MOOC (Massive Open Online Course)

The University of Tasmania's Massive Open Online Course (MOOC), Understanding Dementia, is an easily accessible 9 week online course that builds upon the latest in international research on dementia. It's free and anyone can enrol.

Conducted by the Wicking Dementia Research & Education Centre at the University of Tasmania **the course begins on 30th August** and runs for nine weeks. The course is divided into three units: the brain, the diseases, and the person. It requires a commitment of approximately three hours per week. Since 2013 more than 70,000 people worldwide have completed the MOOC which was recently listed in the Top 50 online courses of all time, as well as rated the No 1. Online Health / Medical MOOC by Class Central (a leading aggregate of over 6,000 online courses). You can get more information and enrol for the course on the website: <http://www.utas.edu.au/wicking/understanding-dementia>. **Applications close 8th September 2016.**

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.

Image credit: Sourced from Iamface: Uniting Church Messy Church. Used with Permission



CENTRE FOR
THEOLOGY
& MINISTRY



Make it Messy!

2016 Victorian Messy Church Training Day

Make it Messy! will assist those already engaged in Messy Church, churches contemplating beginning a Messy Church and people genuinely curious about the Messy Church phenomenon take the next step in their Messy journey.

Join with others from churches across the state for a day of active engagement, stimulating discussions, encouraging stories and helpful electives that will empower your ministry in your local context.

Topics to explore include...

- Starting a Messy Church
- Sustaining your Messy Church
- Supporting your Messy Church team
- Messy Church and discipleship
- Messy Church as a missional community
- Messy Church as an intergenerational space
- Resources for Messy Church
- Faith, families and Messy Church
- Putting the Messy Church values into practice

“Make it Messy! 2015 was an excellent day, well prepared and well presented, which provided inspiration; an opportunity to find resources; and the chance to exchange ideas and learn from the experiences of others.

All presenters were most professional and passionate about Messy church. Very well organised! Make it Messy! was well run, valued our time and was a Saturday well spent.

Event Details

What: 2016 Victorian Messy Church Conference

Date: Saturday, 10 September

Time: 10am – 3pm

Cost: \$30 (Register by Monday 5 September \$25)
\$20/person if already part of a registered Messy Church.

Register and pay online:

<https://ucavt.goregister.com.au/messychurchconference2016>

Registrations appreciated: Monday, 5 November

Location: Centre for Theology & Ministry
29 College Crescent, Parkville Vic 3052

Contact: 03 9340 8815; explore@ctm.uca.edu.au

29 College Crescent, Parkville Victoria 3052 | Telephone 03 9340 8800 | Facsimile 03 9340 8805
info@ctm.uca.edu.au | www.ctm.uca.edu.au | facebook.com/ctmrvictas | twitter.com/ctmrvictas

UNITING CHURCH IN AUSTRALIA



SYNOD OF VICTORIA AND TASMANIA

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**