



# Western Heights Uniting Church

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ABN: 50 871 893 057



Loving God: Growing Together, Partnering Community, Sharing Faith

WESTERN HEIGHTS UNITING CHURCH

## October 2016 Newsletter

### October at a Glance

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Sunday 2nd	<b>Daylight Savings begins. Turn clocks one hour forward</b>
	8.45am Traditional Worship
	10.15am Worship
Wednesday 5th	2.30pm Mission Outreach
Friday 7th	10.00am Vines Options Op Shop Coffee Morning
Saturday 8th	9.00am Stone Carving Workshop & Meditation Retreat
Sunday 9th	10.00am Worship
Friday 14th	12.30pm WHISH
	7.00pm KFG—Mystery Night
Sunday 16th	10.00am Worship
Tuesday 18th	6.30pm Friends from Vines
Wednesday 19th	7.00pm Church Council Meeting
Saturday 22nd	9.30am Sacred Places Meditation
	7.30pm Friendship Club
Sunday 23rd	10.00am Worship
	4.00pm Messy Church
Saturday 29th	9.30am Sacred Places Meditation
Sunday 30th	10.00am Worship

### October Preaching Plan

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#### Western Heights Services:

Sunday 2nd	8.45am Kathryn Stoel (Candidate for Ministry)	
	10.15am Kathryn Stoel (Candidate for Ministry)	
Sunday 9th	10.00am Rev. Isabel Greenall	Frontier Services Sunday
Sunday 16th	10.00am Rev. Isabel Greenall	All Together & Communion
Sunday 23rd	10.00am Rev. Isabel Greenall	
	4.00pm Messy Church	
Sunday 30th	10.00am Audrey Kateena	

#### Other Services:

Tuesday 25th	Audrey Kateena	mecwacare Elstoft House (3.00pm)
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#### Staff Annual Leave

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Karen Morgan 26th September—3rd October

Isabel Greenall 26th October—3rd November

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## 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 7th October at 10.00am.**



## Western Heights Mission Outreach 2016

**Wednesday 5th October, 2016**

**1.30pm Horizons Room**

**Card making with Pat & Bettine**

**Distribution of Funds**

**Plans for hosting lunch for UCAF Bus tour to our**

**Church on Tuesday 8th November**

Contact: Dorothy Matthews - 5278 9491

## KFG (Kids Friendship Group)

**Mystery Night**

**Friday 14th October, 2016**

**7pm—8.30pm**

**Years 3—7**

**\$3.00**

**RSVP to Karen by  
Wednesday 12th October, 2016**

**Karen.morgan1968@hotmail.com or 0404435261**

**or office@whuc.com.au**

## WHUC Men's Activity

**Wednesday 2<sup>nd</sup> November – 7pm  
“The Way”**

**Film night with supper at St. Mary's Theatre  
Donation \$10**

**Tickets from Richard Worland 5221 2808 or  
Barry Edwards 5241 7073**

## Frontier Services Outback BBQ

There will be a BBQ following the **10 am service on Sunday 9<sup>th</sup> October.** It will cost \$5.00 per person for a sausage & your choice of salad, with lamingtons, chocolate crackles, honey joys and a cuppa, to follow.



Proceeds will go to Frontier Services to support people such as Padre John Dihm, who work with people in remote areas of Australia.

## Friends from Vines

**Tuesday 18th October, 2016**

**6.30pm**

**Munchies, Musings & Music**

**All Ladies Welcome**

To bring along a plate of food and their favourite CD to join in a time of sharing

Joan Murphy 5241 5683

## Friendship Club

Have much pleasure in announcing that Ross and Elizabeth Taylor have agreed to share their experiences of the Balkan States with us on **Saturday 22nd October, 2016 at 7.30pm** in the Horizons Room. Please come along and enjoy a very interesting and informative tour with them.



**Messy Church @  
WHUC**

**Sunday 23rd October 4pm**

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

## Issues for Discussion

Have you come across an interesting article of late that you think would be a good one for our small groups to consider? It needs to be about a current issue, not too long, readable, and a good prompter for discussion. If you've got something that you think is appropriate, please contact Roger Dingle 0407528533, Isabel Greenall 52505930 or Janet Pavlakis 52751711.

## WHUC 'Big Event' 2017

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On behalf of the BIG EVENT team we would like to thank those who contributed suggestions for what might become a WHUC BIG EVENT around April of 2017

In total 8 suggestions were put forward by members of the congregation.

3 main themes emerged.

Exploring Refugee Diversity Day event

Dying with Dignity/Euthanasia Forum

Musical events

Our recommendations and in further consultation resulted in placing the **Exploring Refugee Diversity Day** as what could be developed into a

### **BIG EVENT.**

We then recommended that **the Dying with Dignity/Euthanasia Forum** could be organised by Small Groups and presented by October of 2016 (due to impending legislation in the Federal government).

The suggestions of **musical events** could be put to the Singers and Musicians for their thoughts AND/OR follow up.

Thank you once again for your participation in this process.

We look forward to keeping you informed and excited about the **BIG EVENT.**

What is the **'BIG EVENT' 2017?**

***JOINING HANDS with refugees***

### **OUR AIMS**

With welcoming hearts we seek to connect with Refugee families.

Learn about their different cultures and struggles to get to this new land.

Show compassion, respect and support as they adjust to their new community.

JOIN HANDS with them through an event that will be about interactive experiences, exploring cultures, talking and eating, music, sports games and crafts.

We look forward to you as a member of this congregation being a part of this event in 2017.

Before then, we are looking for a few more people to join our planning team.

**If you have a passion for refugees,**

**If have been a refugee or migrant; or know someone who has;**

**If you have some other contribution to make to the planning team i.e. facebook savvy etc;**

**We would love to talk to you**

### **PLANNING TEAM SO FAR**

Bruce Rookes – 0402 135 313

Richard Worland - 5221 2808

Joan Walker - 0437 878 187

## Small Groups Update

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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 2<sup>nd</sup> November** in the Minya Room. Please bring along another member of your group with you, if possible.

## ***Pas Toral Care – Prayerful support***

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Many find prayer an enormous support in times of need, yet struggle to find the words especially when praying with or for someone else. When praying with someone it is important to ask what they are seeking prayer for. Whilst you might not use their words, you can then incorporate their thoughts and feelings into prayer. You may find the following selection a useful resource, adapting them for personal or shared use.

*God of the dark night,  
you were with Jesus praying in the garden,  
you were with Jesus all the way to the  
cross and through to the resurrection.  
Help me to recognise you now, as I wait for  
what must happen;  
help me through any bitterness and  
despair, strengthen me in my distress, help  
me to remember that you care for me and  
that in your will is my peace. Amen*

*NZPB p748 adapted*

*Heavenly Father,  
You understand my feelings at this  
moment; You know my fears and my  
nervousness; You know the thoughts  
that I cannot put into words.*

*Heavenly Father, thank You for all the skill  
and wisdom of the surgeon, the  
anaesthetist and the nursing staff.  
Give them Your strength during all their  
work, and help me to place myself in their  
hands.*

*Heavenly Father, I pray that I might feel  
surrounded by Your loving care, so that I  
might sleep peacefully waking with joy to  
the dawn of a new day.*

*Like my Saviour long ago, I say to You,  
"Father, into Your hands I commit myself  
... may Your will be done". Amen*

*Original source unknown*

*God, the source of life and health,  
when human resources fail, you alone  
remain our sure hope and defence.  
Grant N release from pain,  
refreshment of spirit,  
and wholeness in body and mind. Amen.*

*APBA p. 684/691 adapted*

***Psalms: 23, 121, 22, 4***

***Readings: Isaiah 40:28-31, Luke 4.40***

***John 14:27, Matthew 11:28***

*Do you have a prayer or favourite reading you'd like to share? Contact Audrey*

*Almighty God our heavenly Father,  
what you ask us to bear at times  
we find hard to understand.  
Sometimes we feel angry and confused,  
when your care and purpose seem distant,  
and we fear that in our faith  
we have been misled.  
Yet we believe that you are still our  
heavenly Father,  
and we long to know that your love has not  
lost control.*

*Strengthen our faith and assure us of your  
gracious compassion;  
through Jesus Christ our Lord. Amen*

*Original source unknown*

*God of this uncertain world,  
You sent Jesus to bring comfort and good  
news to the troubled and the suffering:  
Reveal yourself to N, who (the trouble is  
described).  
Help her/him to come to terms with this  
change in life and to retain hope, to search  
out their remaining purpose in life.  
Help her/him to be reconciled to the  
changes to come.*

*NZPB p 747 adapted*

You might like to adapt the prayer Jesus gave us to something like this:

*Our Father in heaven,  
make your name holy in and through N;  
bring your kingdom in and through  
her/him;  
accomplish your will in and through  
her/him, as promptly and fully as it is done  
in heaven.*

*Give N the bread she/he needs today.  
Forgive her/his sins, and give her/him  
grace to forgive all who have sinned  
against her/him.*

*And lead N—not into temptation,  
but deliver her/him from evil,  
for the kingdom and the power and  
the glory are yours, now and forever.  
Amen.*

*<https://www.guideposts.org/blog/pray-the-lord-s-prayer-for-someone>*



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## The Narrative Lectionary

### Who & Why?

The Narrative Lectionary is a four-year cycle of readings. It was initiated in 2010 by Profs. Rolf Jacobson and Craig Koester of Luther Seminary, in partnership with congregations across North America. Though the Revised Common Lectionary has united the church in its reading of scripture and has given much-needed structure, it doesn't present scripture -- especially the Old Testament -- in a way that helps people to become fluent in the language of faith. The Narrative Lectionary is an attempt to take nine months to do just that.

### What?

On the Sundays from September through May each year the texts follow the sweep of the biblical story, from Creation through the early Christian church. The texts show the breadth and variety of voices within Scripture. They invite us to hear the stories of Abraham and Sarah, Moses and the prophets, Jesus, and Paul. Listening to the many different voices within Scripture enriches worship together and the life of faith.

The texts include the major episodes in Scripture. They are arranged in a narrative sequence to help us see Scripture as a story that has coherence and a dynamic movement:

- From September to mid-December the texts begin with the early chapters of Genesis, move through the stories of Israel's early history, the exodus, the kings, prophets, exile and return.
- From Christmas to Easter there is sustained reading of one of the four gospels.
- From Easter to Pentecost the texts are chosen from Acts and Paul's letters.

Texts were selected that lead well to the proclamation of what God is doing. The stories tell of hope and disappointment, suffering and redemption. In all these varied contexts, we find God dealing with the complexities of human life. Stories from the gospels differ each year, avoiding repetition and highlighting what is distinctive about each gospel's telling of the story of Jesus.

The Church Year helps to shape the flow of the Narrative Lectionary. Old Testament readings move through the story of God's dealings with Israel and culminate in Advent with the prophets who speak of longing and hope. Readings from the gospels fit the movement from Christmas and Epiphany to the Transfiguration, Ash Wednesday, Holy Week and Easter. Selections from the book of Acts and Paul's letters trace the outward movement of the resurrection message, culminating on Pentecost with readings focusing on the Spirit.

### The other three months?

Winter is the perfect time to delve deeper into the Bible with a sermon series. For Winter this year we did two sermon series: 2 Corinthians (6 weeks); Job (6 weeks).

The new Narrative Lectionary began this year on 11<sup>th</sup> September. Let's enjoy the journey through the Bible together!

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## Welcome to the Neighbourhood Program

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

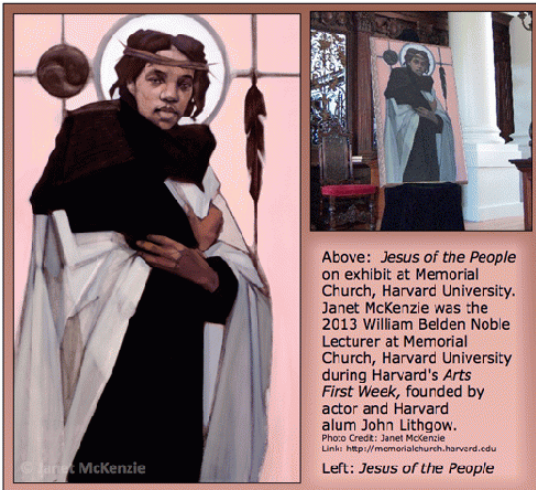
We need your help!

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.

## Possible Small Group Study Series



Above: *Jesus of the People* on exhibit at Memorial Church, Harvard University. Janet McKenzie was the 2013 William Belden Noble Lecturer at Memorial Church, Harvard University during Harvard's Arts First Week, founded by actor and Harvard alum John Lithgow. Photo Credit: Janet McKenzie. Link: <http://memorialchurch.harvard.edu>  
Left: *Jesus of the People*

At the annual synod meeting this year, Rev Dr Sally Douglas led the daily bible studies exploring the imaging and celebration of Jesus as the female divine in biblical writings. Videos of the four studies are available for personal learning or group discussion. Handouts for each study include quotes from early Christian sources and Sally suggests watching only one study at a time, and then taking some time to reflect and discuss what you have heard (rather than watching two or more of the studies in one sitting). Further information and all of the resources are available online at <http://ctm.uca.edu.au/lay-ministries/woman-wisdom-bible-studies/>

“First unveiled on NBC’s Today Show in 2000, Janet McKenzie’s painting, *Jesus of the People* was the first place winner of the National Catholic Reporter’s global competition to identify an image of Jesus for the New Millennium. Janet paints multicultural images which honour gender and race, spotlighting women and people of colour, both of which she notes are under-represented in iconic Christian imagery.”

## Acts of Kindness Gift Catalogue

We all know the feeling – a loved one’s birthday is just two weeks away and we don’t know what to buy them! What do you buy the person who says they are lucky enough to have everything they need? A delicious lunch, a wonderful book, a pair of new socks... Or maybe something bigger, something that will keep on giving long after the presents are opened. The gift of kindness towards someone with no one to love them and nowhere safe to turn.

As the fundraising arm of UnitingCare, Share is proud to fund work that makes a real difference in the lives of many when they need it the most. People living without food, shelter or safety; mothers and children fleeing abuse; young people neglected by the adults they should be able to rely on; teenagers driven to dropping out of school; homeless people with no place to turn; people seeking refuge from war; and families who never imagined they would struggle to put food on the table.



This year, celebrate life’s joyous and memorable moments – weddings, birthdays, anniversaries, graduations – and give a gift that brings happiness, dignity and hope back into reach.

In partnership with our generous supporters, Share transforms lives by funding programs that offer instant relief as well as long-term support, ensuring that all people, regardless of race, religion, gender or age, can live a life of dignity and hope.

Your gifts support a broad range of vital UnitingCare and Uniting Church programs in Victoria and Tasmania, such as:

- Emergency relief for people who are in crisis in the form of food, shelter or clothing
- Child, youth and family services

Counselling, drop-in centres, peer support and rehabilitation for individuals and families Education and employment programs to provide hope for the future

Check out the gifts online at <http://www.sharegifts.org.au/#gifts> or pick-up a catalogue on the table at the back of the worship space.

Uniting Church in Australia Welcomes all to

# Blooming Plants And Homemade Fair

Saturday 29<sup>th</sup> October 2016

9am until early afternoon

At the Portarlington  
Uniting Church Hall

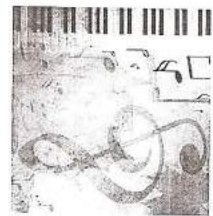
*Corner Newcombe & Fisher St, Portarlington*

- Pelargoniums Galore – More than 120 potted – most in full bloom!
- Heaps of garden plants at bargain prices
- Home-made cakes and slices for sale
- Craft Stall
- Morning Tea – Scones with Jam and Cream



For further details call Barry Ruler: 0427 513 950

Email: [bruler@bigpond.com](mailto:bruler@bigpond.com)



*St Andrews Uniting Church Presents*

# CORYULE CHORUS

A Pleasant Sunday Afternoon

of Choral Music

Sunday 2<sup>nd</sup> October 2016

2.00pm

Uniting Church Hall

Newcombe Street, Portarlington



Tickets \$15, including afternoon tea

Tickets available at the door or call Barry Ruler on 5259 3304

*"A great afternoon of choral music for all tastes from the highly acclaimed Essendon Choral Society"*

*Coryule Chorus in Affiliation with Voice Moves WA*

# SACRED PLACES

Meditation series in nature

9:30-10:30am Sat 22nd, 29th Oct, 5th, 12th Nov.



**22nd Oct, Fyans Park,  
meet carpark end of West  
Fyans St, Newtown**

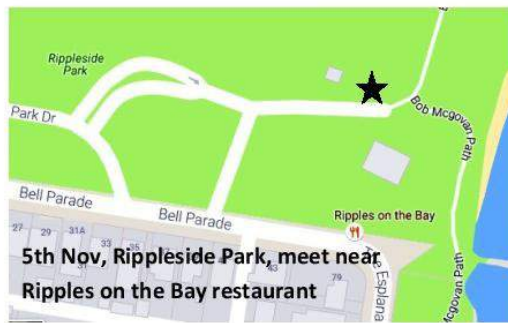


**29th Oct, Botanical  
Gardens, meet entrance**

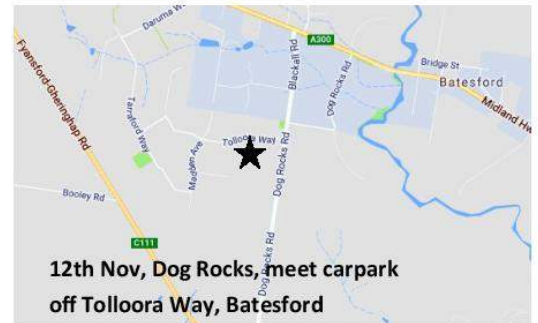
An activity of With Intention  
—meditation community  
associated with Western  
Heights Uniting Church.

If it's raining, meet at  
Western Heights Uniting  
Church, 31 Douglass st,  
Herne Hill. Check Facebook  
for details at 9am on the  
morning of the event.

More info: Rhonda D,  
Michelle E, Isabel G.



**5th Nov, Rippleside Park, meet near  
Ripples on the Bay restaurant**



**12th Nov, Dog Rocks, meet carpark  
off Tolloora Way, Batesford**



## SAFETY IS NO ACCIDENT!

Work safely and follow safety rules



Uniting Church in Australia  
SYNOD OF VICTORIA AND TASMANIA



### Ear muffs / ear protection

Wear hearing protection such as earplugs or ear muffs



### Gloves

Wear gloves that fit and are the right type for the job



### Long pants

Wear long pants to prevent hazards to uncovered skin



### Dust masks

Wear a dust mask to prevent inhalation of dust and other particles. Do not use when using chemicals, toxic gases or where there is an oxygen deficiency.



### Safety glasses

Wear impact resistant lenses, or consider a full face shield if necessary.



### Safety boots

Wear strong, steel-toed boots to prevent foot injuries

For help or more information contact Mark Porter, Synod Safety Officer on  
P:03 9251 5430 | M: 0408 870 472 | E: Mark.Porter@victas.uca.org.au  
or see the OH&S Resources at [www.victas.uca.org.au](http://www.victas.uca.org.au)





## Christmas Card Range 2016



1 Peace, Joy, Hope



2 Mary & Joseph



3 The Shepherds



4 Peace Dove



5 Light of the World

Each pack of 10 cards is only \$8.50

All proceeds support the work of Share

\*A mixed pack of 10 cards is also available. It will contain two of each design.

To order: Call **1800 668 426**

For more information or to download the order form, visit [www.shareappeal.org.au](http://www.shareappeal.org.au)

## Special KFG Event Movie Night



Friday 28<sup>th</sup> October

7pm – 9pm

At Wesley Church

100 Yarra St. Geelong

Cost: \$3

RSVP: Leanne at [leanneearl@hotmail.com](mailto:leanneearl@hotmail.com)

or phone 0438 677 145

## Mission Outreach

Wednesday November 2nd 2016

Vision Sisters “Birthing Kit Packing Day”

The assembling of the ‘Birth Kits’ is expected to take place on: -

Wednesday 2nd November

1.00—300pm

This is dependent on the goods arriving on time.

Pental Products have already generously donated soap for the kits.

Please keep this date in mind to help with the packing.

Dorothy Matthews

Karen Morgan

## All Saints Service 2016

Our annual All Saints Service, to honour the memory of loved ones who have died during the past year: those who were associated with our church, and those whose family is associated with us, will be held on **Sunday 6<sup>th</sup> 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: [pastoral.carer@gmail.com](mailto:pastoral.carer@gmail.com), by **Sunday 23 October**.

## Barwon Health Seminar: “Dignity in Care” with Dignity Therapy founder Dr. Harvey Max Chochinov

Dignity in Care is an approach that acknowledges care tenor or ‘tone of care’ as a vital element of healthcare. Dignity in Care subsumes various important and related concepts including personhood, therapeutic effectiveness, and the notion of healthcare provider as witness. This seminar will introduce attendees to these critical issues, along with various studies – illustrated by clinical case examples - that attest to their importance in shaping patient experience. Attendees will also be exposed to various tools and approaches that can help them achieve optimal care tenor, and hence Dignity in Care. For further information see the flyer on the noticeboard.

**For:** Anyone working or volunteering in health care **When:** Thursday 17th November 2016 1pm - 5pm

**Where:** Deakin University, Waurn Ponds Campus, REACH Building, Lecture Theatre dd2.101

**Cost:** Barwon Health Staff \$60; other healthcare staff \$120; volunteers \$30 (plus 5% Eventbrite booking fee)

**Bookings:** <https://www.eventbrite.com.au> (search Dignity in Care)

# 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 &amp; Families Co-ordinator:</b>	Karen Morgan	<b>karen.morgan1968@hotmail.com</b>	5276 1042
<b>Pastoral Care Co-ordinator:</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 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**

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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**