



## 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

# November 2016 Newsletter

## November at a Glance

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|                |         |                                      |
|----------------|---------|--------------------------------------|
| Wednesday 2nd  | 1.00pm  | Mission Outreach                     |
|                | 7.00pm  | Small Group Contact Meeting          |
|                | 7.00pm  | WHUC Men's Activity                  |
| Friday 4th     | 10.00am | Vines Options Op Shop Coffee Morning |
| Saturday 5th   | 9.30am  | Sacred Places Meditation             |
| Sunday 6th     | 10.15am | Worship                              |
| Tuesday 8th    | 12.00pm | UCAF Fellowship Coach Tour           |
| Friday 11th    | 12.30pm | WHISH                                |
|                | 7.00pm  | KFG-Bike Ride                        |
| Saturday 12th  | 9.30am  | Sacred Places Meditation             |
| Sunday 13th    | 10.00am | Worship                              |
| Wednesday 16th | 7.00pm  | Ministry Teams Meeting               |
| Sunday 20th    | 10.00am | Café Church                          |
| Saturday 26th  | 7.30pm  | Friendship Club                      |
| Sunday 27th    | 10.00am | Worship                              |
|                | 4.00pm  | Messy Church                         |
| Tuesday 29th   | 6.30pm  | Friends from Vines                   |

## November Preaching Plan

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### Western Heights Services:

|             |         |                      |                          |
|-------------|---------|----------------------|--------------------------|
| Sunday 6th  | 8.45am  | No early service     |                          |
|             | 10.15am | Rev. Isabel Greenall | All Saints Day           |
| Sunday 13th | 10.00am | Rev. Isabel Greenall | All Together & Communion |
| Sunday 20th | 10.00am | Rev. Isabel Greenall | Café Church              |
| Sunday 27th | 10.00am | Rev. Isabel Greenall | Advent 1                 |
|             | 4.00pm  | Messy Church         |                          |

### Other Services:

|              |                      |                                  |
|--------------|----------------------|----------------------------------|
| Sunday 6th   | Rev. Isabel Greenall | McKellar Centre                  |
| Sunday 20th  | Michele Hardy        | Birregurra                       |
| Tuesday 22nd | Audrey Kateena       | mecwacare Elstoft House (3.00pm) |

## Staff Annual Leave

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Isabel Greenall 26th October—3rd November

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## Western Heights Mission Outreach 2016

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Wednesday 2nd November, 2016

1.00pm—3.00pm Horizons Room

Note: Earlier Time

“Birthing Kits for Uganda Packing Day”

Note: There will be no formal meeting

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Tuesday 8th November, 2016

We will be hosting the UCAF Fellowship Coach Tour for lunch

Arriving around 12 noon

Help on the day will be appreciated.

Contact: Dorothy Matthews - 5278 9491

## WHUC Men's Activity

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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

## 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 November at 10.00am.



## KFG (Kids Friendship Group)

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Bike Ride

Friday 11th November, 2016

7pm—8.30pm

Years 3—7

\$3.00

RSVP to Karen by  
Wednesday 9th November, 2016

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

## Help Appreciated

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2nd November, 2016 1pm—3pm

“Birthing Kits for Uganda”

Volunteers are needed to help pack these kits.

Join in this outreach project.

## Friendship Club

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We would like to remind our members that our Annual General Meeting will be held on **Saturday 26th November, 2016 at 7.30pm** in the Horizons Room.

As our Christmas Break up will follow, it would be appreciated if a “Special Supper” plate be provided to mark this occasion.

We will also have a segment of “A Funny Thing Happened...” by any participating members.

## Friends from Vines

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Tuesday 29th November, 2016

6.30pm

“Celebrate Christmas”

With a light meal, fun & fellowship

All Ladies Welcome

RSVP 12.11.2016

Joan Murphy 5241 5683



Messy Church @  
WHUC

Sunday 27th November 4pm

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

## Welcome to the Neighbourhood Program

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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.

# 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

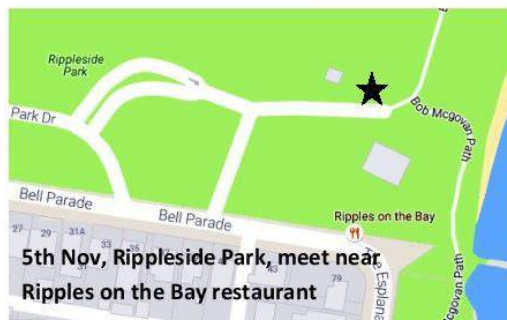


29th Oct, Botanical  
Gardens, meet entrance

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

## "END OF LIFE CHOICES"

*HOW WILL THIS EFFECT YOU ?*

*A full explanation and discussion with  
Presenter - Hon. Edward Donohue  
(Chair, Interparty Parliamentary Committee)*

*also Geelong Community Panel*

**Wednesday, 30th November 3.30—5.00 pm**

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

**"Partnering Community"**

## ***Pastoral Care – Palliative Care***

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Reading a recent blog, found at [http://www.huffingtonpost.com.au/entry/california-is-the-first-st\\_b\\_12249344](http://www.huffingtonpost.com.au/entry/california-is-the-first-st_b_12249344), reflecting on the fact that “California has become the first US state to recognize that spiritual care is a standalone discipline in health care and has made it mandatory that a trained and certified Palliative Care chaplain be available for patients”, brought to mind the questions: What does it mean if someone is receiving Palliative Care? What is Palliative Care?

Palliative Care has evolved from hospice care, based on the theories of Dr Cicely Saunders, first articulated in the late 1950s. After over a decade working with the terminally ill she advocated for the concept of multidisciplinary teams as the most effective way of relieving the “total pain” of a dying person in the context of their family. These theories were further developed and gained wider acceptance in the 1960s with the work of United States psychiatrist Elisabeth Kübler-Ross and her now classic book, *On Death and Dying*.

The term “Palliative Care” was coined by Canadian surgical oncologist, Dr Balfour Mount, in 1974, to highlight the concept of ‘cloaking or protecting’ the hospice patient, focusing on their quality of life as they journeyed to life’s end.

Unlike these early beginnings, modern Palliative Care is no longer reserved for those at the very end of their journey of life. Whilst cancer is the primary diagnosis of most individuals, Palliative Care has been defined as “...*the active total [holistic] care of people whose illness is not responsive to curative treatment...*” (W.H.O. 1990).

The overriding focus of Palliative care is on helping people gain the strength to live as actively as possible and to improve their quality of life, by providing them with relief from pain and other symptoms and psychological, social, emotional and spiritual support - *whatever the diagnosis*. Palliative treatments may be used to alleviate the side effects of curative treatments, such as relieving the nausea associated with chemotherapy. Palliative Care may increase, reduce or stop, as needs change.

The team concept is still at the core of Palliative Care which is delivered by coordinated medical, nursing and allied health professionals and is provided, where possible, in the environment of the person’s choice, be it at home, in hospital or in hospices. In addition to end-of-life care, admission to hospital or a hospice can be for a variety of reasons including: management of symptoms such as pain, nausea, etc.; rehabilitation; respite care for the family and/or patient.

In Victoria, you can request assistance, at any time after diagnosis, from a community Palliative Care service without a doctor’s referral. Contact Palliative Care Victoria 03 9962 9644, <http://www.pallcarevic.asn.au/> for further detail.

If you’re visiting someone receiving Palliative Care, consider the essentials of pastoral care:

- Actively listen with empathy.
- Set aside your assumptions and allow the other person to lead the conversation.
- You may have questions you’d like answers to but remember they may not be ready to answer them.
- Be alert to their comfort level and respond appropriately — watch for eye contact, bodily movement (turning away, restlessness) and disengagement from conversation.
- Keep an eye on the length of your visit. Too little time is preferable to too much time
- Don’t underestimate the value of silence in a supportive presence.
- Ask if they would like prayer support via yourself, the Prayer Chain, the Prayers of the People and/or the Pew Sheet, and what they would like pray about and what detail they’re comfortable to have disclosed.
- If necessary liaise with Audrey or Isabel for additional pastoral care.

Contact Audrey for further information.

## Love finds a way

Love finds a way,  
Nothing but nothing can restrain its desire  
To be again at the heart of everything.

Into our pride and our disbelief,  
Into the clots of our constraints,  
Love finds a way.

Into our guilt and shame,  
Into the guts of our undoings  
Love finds a way.

Into our defences and our knots  
Into the scar tissue of our hurts  
Love finds a way.

Into our addictions and our deceipts,  
Into the veins of our self-hate  
Love finds a way.

Through the fractures of our fears and unforgiving  
To the child crying out in our unliving  
Love finds a way.

© Noel Davis- Shekinah Creative Centre- Love finds a way

It's time:

# CLOSE THE CAMPS RALLY 1PM, SAT NOV 5

State Library cnr Swanston & La Trobe Sts Melbourne



# BRING THE REFUGEES HERE

• Permanent protection now • Boat rescues not turnbacks • No to Islamophobia



**CHRISTIAN PERSPECTIVES ON TREATY,  
SOVEREIGNTY AND  
CONSTITUTIONAL RECOGNITION  
AN ECUMENICAL FORUM**

**KEYNOTE SPEAKERS:**  
Mr. Stuart McMillan, President, Uniting Church in Australia  
Ken Sumner, Ngarrindjeri man and Victorian State Director, Uniting Aboriginal and Islander Christian Congress

**PANEL SPEAKERS INCLUDE:**  
Brooke Prentis,  
a descendant of the Waka Waka people, Salvation Army;  
Vicki Clark, Mutthi Mutthi / Wemba Wemba woman, previous co-ordinator Aboriginal Catholic Ministry Melbourne and Member Interim Treaty working party Victoria;  
Rev. Glen Loughrey, Wiradjuri man, artist and priest-in-charge of St Oswald's Anglican Church in Melbourne; Adam Frogley, Taungarong/Woi-Wurrung man from the Yarra Valley region of Victoria. Adam will give a grass roots perspective.

**M.C.:**  
Rev. Alistair Macrae, Minister, Wesley Uniting Church  
Come and hear the wisdom and perspectives from indigenous leaders and Church leaders from within our Churches.

Open to anyone to attend – please bring your questions for the Q&A!  
**RSVP ESSENTIAL:** [http://bit.ly/VCC\\_Treaty](http://bit.ly/VCC_Treaty) or by phoning 9251 5266

**WEDNESDAY 9TH NOVEMBER 7PM-9PM (6.45PM REGISTRATIONS)  
WESLEY UNITING CHURCH, 148 LONSDALE STREET, MELBOURNE**

Hosted by  
**Victorian Council of Churches**  
Social Questions Commission

**A Taste of  
The Camino**

Wednesday 2nd November  
6pm Dinner  
*catered by Daella Dan Geelong*

**7.15 Digital Story**  
Personal reflections on the Camino Pilgrimage  
produced by local journalist  
**Denis Walters**

The Camino Francaise is an 800 kilometre journey commencing in St Jean Pied de Port in France and ending in Santiago in the North of Spain. Scenery changes often as the trail winds through the Pyrenees. Ancient villages, small towns, larger cities- you never quite know what to expect or who you might meet. This is one 'pilgrims' presentation, in the form of a digital story, that gives an insight into some of the adventure, excitement, scenery, pain, community dinners, spirituality, humour, religion, music, food, wine, stories- and the people one meets along the way.

**Tickets: \$25 bookings essential**  
book online [www.unitingqueenscliff.org.au](http://www.unitingqueenscliff.org.au)  
or Contact Jan on 5258 2854

*Wine Available*

[www.unitingqueenscliff.org.au](http://www.unitingqueenscliff.org.au)  
contemplation creativity compassion

# Contact Details

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## Leadership Team:

|  |  |                                     |                          |
|--|--|-------------------------------------|--------------------------|
| <b>Minister:</b>                             | Rev. Isabel Greenall   | <b>minister@whuc.com.au</b>         | 5250 5930<br>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**