



# Western Heights Uniting Church

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



Loving God: Growing Together, Partnering Community, Sharing Faith

## SAFE CHURCH

Western Heights Uniting Church is committed to the safety, protection and well-being of all children and young people from all forms of abuse and neglect. We will make every effort to provide an environment of safety and support. All key leaders have completed a Working With Children Check. Western Heights UC has adopted the Synod "Keeping Children Safe" policy.

## November at a Glance

Wednesday 1st	1.30pm	Mission Outreach
Sunday 5th	8.45am	<b>No early service</b>
	10.15am	Worship
Tuesday 7th	7.00pm	Tuesday Night Meditation
Friday 10th	12.30pm	WHISH
	7.00pm	KFG—Trivia Night
Sunday 12th	10.00am	Worship
Tuesday 14th	7.00pm	Tuesday Night Meditation
Wednesday 15th	7.00pm	Church Council Meeting
Sunday 19th	10.00am	Worship
Tuesday 21st	7.00pm	Tuesday Night Meditation
Saturday 25th	7.30pm	Friendship Club
Sunday 26th	10.00am	Worship
	4.00pm	Messy Church
Tuesday 28th	6.30pm	Tuesday Friendship (note change of date)
	7.00pm	Tuesday Night Meditation

## November Preaching Plan

### Western Heights Services:

Sunday 5th	8.45am	<b>No early Service</b>	
	10.15am	Audrey Kateena	All Saints
Sunday 12th	10.00am	Rev. Peter Greenwood	
Sunday 19th	10.00am	Rev. Jan Taylor	All Together & Communion
Sunday 26th	10.00am	Rev. Peter Greenwood	
	4.00pm	Messy Church	

### Other Services:

Sunday 12th	Michele Hardy	St. Albans/St Andrews
Tuesday 28th	Audrey Kateena	mecwacare Elstoft House (3.00pm)

WESTERN HEIGHTS UNITING CHURCH

November 2017  
Newsletter

## Western Heights Mission Outreach 2017

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Wednesday 1st November, 2017

Helen Sleep—Japanese Experience

1.30pm

Contact

Dorothy Matthews

5278 9491

## All Saints Service 2017

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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 5<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 **Thursday 2nd November**

## Tuesday Friendship

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Tuesday 28th November (4th Tuesday)

“Christmas Celebration”

6.30pm

All ladies are invited to share with friends, food, fellowship & fun.

Donation of a food item for Uniting Barwon Christmas Hamper would be appreciated—suggestions—can of fruit, biscuits, fruit juice, tea or coffee.

RSVP 26th November

Phone 0438 722 035

Joan Murphy

## Bikes for Refugee's

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Any old pre loved bikes (push) can be donated to Refugee families.

Please ring Bruce Rookes 0402 135 313

## Staff Leave

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24/10 – 3/12 Isabel Greenall is taking long service leave and annual leave

## KFG (Kids Friendship Group)

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Trivia Night

Friday 10th November, 2017

7pm—8.30pm

All invited to come

RSVP to Karen by  
Wednesday 8th November, 2017

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

## Friendship Club

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Saturday, 25th November, 2017,

at 7.30pm in the Horizon's Room.

Looking forward to seeing you .



Messy Church @  
WHUC

Sunday 26th November 4pm

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

## Planned Giving Report to 30th September 2017

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	<u>Budget</u>	<u>Actually Received</u>
Envelopes	49,870	47,140
Direct Debits	<u>57,680</u>	<u>55,290</u>
Sub-total	107,550	102,430
Open Plate	<u>6,390</u>	<u>6,070</u>
Total Offerings	<u>113,940</u>	<u>108,500</u>

## Financial Situation to 30th September 2017

Total Income	144,900
Total Expenses	163,670
Operating <u>Deficit</u>	<u>- 18,770</u>

## Summary of Church Council Minutes of meeting held on 20 September 2017

(Priority Business Meeting)

## The formal minutes of this meeting still need to be approved at the next CC meeting on 18 October, 2017.

### CC Purpose Statement

***Church Council shall give priority in its life to building and supporting the church community in Loving God, Growing Together, Partnering Community and Sharing Faith. We will seek to sustain the church community and each other in hope and realise a fuller participation in Christ's mission in the world through fostering a culture of empathy, purpose, conversation and learning.***

1. Peter Morgan took devotions and the topic was Partnering Community. He spoke about 'Relay for Life', a 24-hour fundraising event for cancer. The participants repeatedly asked this question of one another: "Who are you relaying for?" One congregation set up church at the event. Both fine examples of pastoral care and partnering community.
2. Review of Ministry Teams: Structure and Recommendations:
  - a. That CC adopts the Review Team and Isabel's suggested structure, with the proviso that a Review Team is formed to "develop new approach to pastoral care that is more diverse and engages members/groups in this ministry". (Year 2 Strategic Plan - Actions for Pastoral Care and Small Group Co-ordinators.)
  - b. That research be undertaken by each MT as to their role.
3. Strategic Plan discussion, including minister's focus areas for the next 5 years: Recommendations:
  1. That Rev. Isabel Greenall creates a profile of her remaining time at WHUC. This profile is to include:
    - a. % of time spent on various aspects of her work.
    - b. Aspects of her work that require more of her time.

Velma Oliver, CC Secretary.

### **Early Service Review**

Thanks to everyone for participating in the conversation about the Early Service and considering together how best to respond to the associated issues. All of the feedback was given to the Church Council at its October meeting and the decision was taken that from 7<sup>th</sup> January 2018, the Early Service and 10:15am service begin worshipping together at 10am, with the inclusion of generally two hymns within the service. This means that the final Early Service will be on the 3<sup>rd</sup> December 2017. The Early Service has been an important part of our worshipping life for many years and we give thanks for it and for the people who have been involved in the leadership and attended. We wait on God to see how our worshipping life may continue to evolve.

### **Western Heights Directory**

The first edition of our Directory is now available for collection. The overall purpose of the directory is to facilitate 'growing together' as a church community. It is provided to be used solely by those included in the Directory: confirmed members, baptized members, members in association and adherents of our congregation along with other members of their households. Contact Jan at the office or Audrey on 0435 064 088 for your copy



Music  
Sports  
Television  
Famous Faces  
What's that Sound?  
Animals  
Australia  
Movies  
Science  
Food

FRIDAY - 7PM

**10th Nov**

Everyone's invited to the...

**K.F.G**

**TRIVIA NIGHT**

31 DOUGLASS ST, HERNE HILL



Refugee's Tennis Coaching held during the September School Holidays.



September Messy Church visited Uniting Barwon where we learnt how it operates. We donated food, clothing and seedlings and packed food on shelves.



## Entertainment Book

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The 2017/2018 Entertainment Book has been released. These books make ideal gifts.

Still just \$60 giving you over \$20,000 worth of offers.

Offers of up to 50% off and 2 for 1 offers, from best restaurants, hotels, activities, travel and more.

WHUC gets 20% of sales for each book.

See Helen Sleep

## Positions Vacant Board

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It takes a community of people to be a healthy church! In the Horizons Room there is a positions vacant board listing a variety of roles/tasks in our church community that are currently vacant. Some are quick and easy, some take a little more time, some require a bit of thought. There is something there for everybody whatever the age! Have a look and see what you might be able to do. Or, have a look and think about others you know in the church who might be suitable for particular roles and ask them if they'd consider taking up the challenge. People have already taken up the opportunity to contribute in new ways. Thanks to Lynda for looking after the stamps and aluminium foil drop-offs, thanks to Maralann for sorting out the photo board. It is being updated regularly so please check for changes. If you think that an ad is missing from the board or are aware of a position being filled, do let Isabel know.

## Piano Required

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If you have a piano you are no longer using please consider donating it for a new life to a newly arrived family to teach others on.

Please ring Bruce Rookes 0402 135 313

## Create Quiet Space

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Help set up and oversee a small area in the worship centre where people feel welcome to sit quietly, reflect and or pray, and maybe light a candle. This Quiet Space could be used by people before or after worship.

Contact Rhonda Dingle: 0437 245 671

## UCA Working With Children Checks

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All UCA congregations are required by law to ensure that the following members of the congregation have current Working With Children Checks (WWCC).

These include and is not limited to: Ministers, Lay Ministry Workers, Lay Preachers, Church Councillors, Worship Leaders, Music Leaders, Organists, Pianists, anyone commissioned by the Church Council to perform a leadership role, Bible Study Leaders, volunteers at Messy Church, those in leadership at Congregational Meetings. Volunteers at the Western Heights Secondary College Breakfast Program are also included.

Copies of the UCA letter from the General Secretary are available to all members of our congregation who are affected by this requirement. It is important that, if you are affected by this requirement, you get a WWCC or update your details immediately. Attached to this letter is a step-by-step procedure to guide those:

- (a) needing to make application for a WWCC for the first time, and
- (b) members of the congregation who are holders of current WWCC's and need to update their details.

Copies of the letter and the attached step-by-step guide are available from Karen Morgan.

The WWCC Regulations require Cardholders to update their details on the Dept. of Justice website. All locations where the person volunteers or is employed need to be recorded. Please update your details at <http://www.workingwithchildren.vic.gov.au/home/cardholders/update+your+details/index.html>. You must notify the Department of Justice and Regulation within 21 days of any changes to your personal, contact and organisation's details.

A very special thank-you to all our members who have already applied for and received a valid WWCC. These have now been entered onto the secure Synod database. Again, thank you. Karen Morgan

Recent press articles have reported that dementia is second only to heart disease as the leading cause of death in Australia. 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.

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, Fronto Temporal 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.

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

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**", asking how they are feeling about what they perceive is happening.

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.

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.

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>

Dementia Care Australia: <http://www.dementiacareaustralia.com/>

The Dementia Centre: <http://www.dementiacentre.com.au/>

Ozcare Dementia Support: <http://www.dementiasupport.com.au>.

# Uniting



formerly UnitingCare Geelong

Each year Uniting Barwon provides approximately 300 food hampers to our clients in need of extra assistance for the Christmas Break. This is thanks to the wonderful support of our local churches and community groups.

In recent years we have seen a greater need for staple foods rather than the traditional Christmas and snack foods. We are seeking assistance to fill the hampers with essential food items such as-

- Tinned vegetables
- Tinned fruit
- Cooking oil
- Coffee
- Tea
- Long life milk
- Pasta sauce
- Cereal
- Rice
- Tinned meat
- Tinned salmon or Tuna



***CAN YOU HELP?***

***Thank you for your support***

# Contact Details

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## Leadership Team:

**Minister:** Rev. Isabel Greenall **minister@whuc.com.au** 0419 602 006  
Isabel's day off is **Monday** so please refrain from contacting her on this day.

## **Church Administrator:**

**Children & Families Co-ordinator:** Karen Morgan **karen.morgan1968@hotmail.com** 5276 1042

**Pastoral Care Co-ordinator:** 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](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.**

## **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**

## **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.

## **Ring Pulls from Cans**

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You can collect your ring pulls from cans to be used for prosthetics. If you would like to help Rings for Limbs you can send your ring pulls to Mark Jewell, PO Box 1128, Horsham, Vic, 3402