

# Beyond 2020 Vision

A Publication of Morialta Uniting Church

October 2023

Morialta Uniting Church—follow us on Facebook or check out our website at [www.morialtauca.org.au](http://www.morialtauca.org.au)

## Welcome to our October edition

Colin Cargill, Editor and Helena Begg, Publisher

In this issue, Steven Koski, who was minister at Brougham Place, reflects on judgement and curiosity. Also, Rev David Purling shares a reflection on the view through the Samaritan's eyes.

There is an obituary for the late Bob Lloyd, a short article from Cynthia Story and news about the Quilt Book in the Library.

We look back at some recent news in our community, and ahead to some coming events that we hope you will support.

The cut-off date for November Vision will be **Friday 27<sup>th</sup> October**. Either drop a copy in to Nicole at the Office or call/email Colin on 0427 122 106 or [snout-n-about@bigpond.com](mailto:snout-n-about@bigpond.com)

Go well.

## Judgement or curiosity

Adapted from a sermon by Rev Dr Steven Koski, First Presbyterian Church, Bend, Oregon

Be curious, not judgmental. It was curiosity that first brought Nicodemus to Jesus. Nicodemus, a highly respected religious official, comes to Jesus at night, not wanting to be seen talking to Jesus, who was thought to be a troublemaker by the religious authorities.

From John's Gospel we read: "Now, there was a pharisee named Nicodemus who was a member of the Jewish Ruling Council. He came to Jesus at night and said, Rabbi, we know you are a teacher who has come from God, ... Jesus replied 'Very truly, I tell you, no one can see the kingdom of God unless they are born again.' 'How can someone be born when they are old? Nicodemus asked. Surely, they cannot enter a second time into their mother's womb to be born.' Jesus answered 'Very truly, I tell you, no one can enter the kingdom of God unless they are born of water and the spirit. Flesh gives birth to flesh, but the spirit gives birth to spirit. You should not be surprised at me saying you must be born again. The wind blows wherever it pleases. You hear it's sound, but you cannot tell where it comes from or where it's going.'"

Now Nicodemus is saying to Jesus, What I see in you, Jesus, is a mystery. I don't understand. Tell me your secret. Give me the answers.' We crave answers. We don't like not knowing. We like certainty. But when we cling to certainty, we stifle curiosity. We lose our capacity to wonder. The opposite of faith isn't doubt. It's certainty. Judgment comes out of a sense of certainty, because if you are certain, everyone else is wrong. But we are closer to God when we are curious, when we are asking questions, than when we think we have all the answers.

Judgment always comes out of certainty. But certainty leaves no room for curiosity, no room to learn from others' experiences, no room for wonder, no room for mystery. Jesus said to Nicodemus, 'Unless you are born again...'. The Greek word can also mean born from above, or it can mean born anew.

What if born again means being born anew? Letting go of preconceived ideas and starting fresh, starting all over again

with curiosity and wonder. Poor Nicodemus. With all his theological sophistication and his religious status, he seemed to have absolutely no imagination.

You might call Nicodemus the first fundamentalist. He is a literalist. Nicodemus asks "How can anyone be born after growing old? Can anyone enter a second time into the mother's womb?" That's the kind of mental gymnastics that are necessary when you take the Bible literally.

But we can take the Bible seriously without taking it literally. You can almost hear Jesus's sigh. How do you explain the full spectrum of colour to someone who sees only black and white?

Jesus didn't say, "You must be sure of yourself without any questions or doubts, certain with ready answers for every question in a Bible verse suitable for every occasion."

Maybe 'You must be born again' means being open to the movement of the Spirit, like the blowing of the wind. Open to growth and change even in your most deeply held convictions. Maybe being born again means moving from judgment to curiosity. Being willing to say I don't know. Saying I don't know is a spiritual practice I encourage. Saying I don't know is an act of vulnerability that opens us up to learn and to grow and to be changed, to be transformed, to be made new. Saying I don't know opens us to love. Because love really is at the heart of curiosity.

When certainty says "If homeless people would just help themselves, there would be fewer homeless", curiosity asks "I wonder what that person's life has been like and what would love look like for that person?" When certainty says "I just don't get people who use they, them as pronouns. That's just silly" curiosity asks "I wonder what these pronouns mean for this person. How can I understand them better? How can I help them feel seen and heard? "

When certainty says "They are wrong and ignorant" curiosity asks "I wonder how their stories shape their beliefs. I wonder where life hurts for them. I wonder what I can learn from someone who sees the world so differently than I do."





## Adelaide Male Voice Choir @ Morialta UC

*From Community Building & Fundraising Team*

The Adelaide Male Voice Choir will be presenting “Music for a Springtime Afternoon” at Morialta Uniting Church at **2.00pm on Sunday 15<sup>th</sup> October.**

Come along and enjoy a springtime treat of delightful music presented by:

- The full Adelaide Male Voice Choir
- The Octet (the AMVC’s a cappella ensemble)
- Guest pianist Jacob Fabich

Bring your friends for a variety of music of different genres – popular show music, spirituals, folk songs and sea shanties. There will also an opportunity to sing along with the choir.

Refreshments (included in the ticket price) will be available at the conclusion of the concert.

Tickets \$20 are on sale after church each Sunday, by phone through the church office (8331 9344), on the door, or at

<https://www.trybooking.com/CLZAJ>

Proceeds will be shared between Morialta UC and AMVC, and if we all bring one friend it will be a great success!

## 2023 Mighty Magill Christmas Market

By now many members of the congregation are busy propagating plants, stitching seams and sorting out storage cupboards in readiness for this year’s market.

The 11<sup>th</sup> of November is the day when all roads lead to Chapel Street for a time of fellowship and fundraising. The market will be open from 9.00 to 12noon, and is a wonderful time of teamwork and an opportunity to show the community our best side.



If you haven’t got a job yet this year, please contact one of the conveners or Helena or Bruce.

Posters and flyers will be available for people to share with family, friends and neighbours soon. Even if you can’t assist on the day, you can encourage others and tell your network about the market!

## Adelaide Wind Orchestra goes to Gwangju, South Korea

Congratulations to Mandy Hutchinson who is one of the flautists with the Adelaide Wind Orchestra (AWO).

Described as a “world-class ensemble in our midst” (Barefoot Review), the AWO is among a very limited number of ensembles worldwide to be selected to perform at the 20th International Conference of the World Association of Symphonic Bands & Ensembles (WASBE) in Gwangju, South Korea, in July 2024.

AWO is the sole Australian representative, which makes the invitation a landmark achievement for this type of ensemble. They are only the second wind orchestra in the history of the WASBE conference to represent Australia, after the Sydney Conservatorium Wind Symphony in 2019. The focus of the trip will be the conference performance. To maximise the value of the trip, they also plan to perform in a conducting workshop as part of the invitational conference, and at fringe events. Their main performance will be professionally recorded and released.

The repertoire performed by internationally-renowned wind ensembles is dominated by music from Europe and the USA and this is a key opportunity for AWO to showcase the artistic practice of Australians on the world stage. AWO will be giving the world premiere of a new work by South Australian composer Martin Cheney and their WASBE conference program will also include music by Adelaide composers Anne Cawrse, David John Lang, and Connor Fogarty, and Australian composer Holly Harrison.

This project will benefit the broader Australian art music and wind ensemble community, by highlighting and promoting the work of Australian performers and composers to an international audience. If you would like to support AWO in promoting Australian music on the world stage, you can donate at [www.awo.org.au/southkorea2024](http://www.awo.org.au/southkorea2024) or contact the AWO at [awo@awo.org.au](mailto:awo@awo.org.au) Your support will help transport 55 musicians plus instruments from Adelaide to Gwangju.

The AWO’s next concert, ‘Smoke and Mirrors’, will be held in Elder Hall at 7:30pm Saturday 25<sup>th</sup> November. Check the AWO website at [awo@awo.org.au](http://awo@awo.org.au) for more information.





## Fellowship news

From Joan Wagner

Our meeting on Thursday 21<sup>st</sup> September, with the theme 'SHARE A TREASURE', began with the plans for the rest of the year and heartfelt thanks to Kath Cheel for the many years she has provided our morning teas, as she now needs to provide special care for her husband, Rob. We also viewed the varied collection of Christmas cards now on display in the church foyer until 15<sup>th</sup> October, supporting Frontier Services. After morning tea, prepared by Mandy Wood, we were ready to begin our Treasure Trek!

Members had been asked to bring a treasure that had special value and meaning for them, either in the past or present, to share their story.

We saw a silver trophy presented for athletic achievement, a medallion from the Governor of SA for being the 100<sup>th</sup> blood donor, samples of ores from the Broken Hill mines, chopsticks from Japan with names engraved, a pill box from St Petersburg, hand-painted china family plates, a china doll, another antique doll that has been passed down through the generations, a childhood statue and Golden Memory Book for mother, school blazer and ties etc., family plaques in honour of being mother and grandmother.



It was a time of laughter and happy reminiscences.

In the present we saw a valued puzzle book and a pressure cooker that continued to preserve fruit from the garden and a cutter for fruit and veg.

Our next meeting will be at 9.45am on October 19th, when we will visit Lochend House, with access from Hill Street, Campbelltown. This historic home was built by the Scottish migrant Charles Campbell who gave his name to the suburb of Campbelltown.



## Faith, hope and love

Contributed by Joan Wagner

A second book of Judith Purling's beautifully quilted rugs has been donated to the library. The book is displayed on a small table at the rear of the library for you to view. It contains photographs of every member of Mordialta Community who has received a rug, signed by the members of the congregation, when they moved into care or moved away from our area.

It takes many hours to design the rug, stitch the squares together, collect the signatures and process the fabric before presenting it to those who have been greatly involved in our community.

'Faith, Hope and Love and the greatest of these is Love'  
1 Corinthians 13:13.

Thank you, Judith!

## The last word?

From Cynthia Story

A further account of the trial and tribulation of unhappy travel in a wheelchair in competition with the ever present and always moving high speed traffic in its many forms and menaces ...

I have to pause for breath there, flounder around, looking for a light to walk towards. I have always known there is a way out, another entrance – out into the daylight or bright moonlight.

It's no use telling myself to pick my feet up like I used to – they won't do that anymore. I feel myself skimming along as if on the ice, or the top of blue and white water with its waves, coming and going, but always carrying me nearer and nearer??

So, this is no longer about the speed of the traffic as it rushes past me ... it's about keeping my mind still, to look for a silent moment, to just let bird song be heard ... to let that mad roadster freeze in its passage along the Parade – so that I can behold a moment of stillness ... a chilled red roadster in a silence all around me – where nothing moves.

However, neither the red roadster nor I want to stay trapped in that scenario, that wonderful image, where I can both see, feel and hear the silence...!

With some practice – I will be able to find those moments... again... and again... and again...





## Bob Lloyd (1931 – 2023)

Born on 23<sup>rd</sup> August 1931, Robert Kingsley Lloyd (Bob) was the 5th child of Reuben and Adelaide Lloyd of Burra South Australia. He grew up on the family farm at Leighton, about 12km west of Burra.

Bob attended the Leighton school, which was about a mile from the farm and after school he worked on the family farm until he was 18.

In 1945 his father Reuben died and his brother David took over managing the farm. Around 1950 Bob moved to Magill with his mother and started work at the Waymouth Motor Company. Later he joined the PMG (now Telecom/Telstra) working as a linesman before becoming an estimator. He retired in 1989 after 37 years of service.

Bob met Elma Mae Smart at a dance in Adelaide and after a courtship they married on 16<sup>th</sup> April 1955. They first lived in Russell Street, Magill while building their home in Vine Street around 1961.

Bob always had strong ties to the country and farm life and as both his and Elma's families were from the land, the Lloyds were regular visitors to their farming relatives – helping with farm work at either Clare, Snowtown, Mount Bryan or Leighton.

When the family was young, Bob gave his time as a scout leader, serving on school committees, umpiring cricket and encouraging their involvement in his church.

After Bob caught the caravan bug, he and Elma travelled extensively, either as members of the API Caravan Club or by themselves. They travelled from the tip of Cape York to Tasmania, to Broome and Perth, and across the Tasman. Bob had fond memories of his trips with Elma and after her death, he continued to take every opportunity to travel, mostly on tours by bus or 4wd with brother David. His adventures included touring the Murray River from end to end, both upstream and downstream.

Bob was a keen photographer and worked through all the different mediums (slides, prints and digital) capturing all his adventures on film.

After retirement, Bob took up wood turning and spent many hours turning pieces of wood into sawdust. There was always

a bowl or serving dish or plant stand materialising out of his workshop, and he would jump at the chance to make pieces on commission. He later joined a woodworking group, Toymendous, becoming a regular at their workshops and making wooden toys for charity. Like most things Bob did, he did it with dedication – making hundreds of toys for children by himself.

When Elma passed away in 1996 after a protracted illness, his family and friends worried how Bob would manage by himself, as Elma was always a driving force. However, he just got busy and quickly developed a weekly schedule of volunteer activities which included Toymendous, the Morialta UC Men's shed and Monday Boys, Neighbourhood Watch and Probus club. Bob received a citizenship award from Campbelltown Council for 25 years-service as a volunteer graffiti removalist. He also kept busy with regular lunches and dinners with friends.

Bob was a dedicated gardener growing, vegetables, roses, flowers and shrubs. His garden was always immaculate, weeds were abolished, his roses seemed to flower for most of the year and his vegetables were always premium quality. Although Bob was justly proud of his garden, he was not only a gardener, he was also very knowledgeable about plants. Every year he generously provided sound advice to both customers and volunteers on the plant stall at the Mighty Magill Market.

Being a man of routine, he kept fit by taking daily walks around his part of Magill, delivering vegetables to neighbours and saying hello to everyone he met. Sadly, his walks ended when he sustained a foot injury which, hampered by diabetes, took 18 months and extended hospitalisation to heal.

But Bob was fiercely independent until the end, adamant to live at home and manage the house and garden. Instead of walking Bob would tour the neighbourhood daily on his mobility scooter, complete his shopping and come to church every Sunday, nothing seemed to slow him down.

Then out of the blue he surprised everyone and passed away suddenly at home on 28<sup>th</sup> August after having recently celebrated his 92nd birthday.

Bob was an active and loyal member of Morialta Uniting Church for more than 60 years – from back when it was Magill Methodist. His presence every Sunday will be missed.

“He lived a full and contented life”.

## Toymendous

Bob Lloyd was, amongst other things, a keen supporter of a group known as Toymendous. This is a group of men and women who make toys for the children of under-privileged families.

Their story began in 1988 when a small group of Woodgroup SA affiliates donated handmade wooden toys to the Salvation Army Christmas Appeal. Now each year their members construct thousands of toys to donate to various charities.

Toymendous is backed by businesses that supply them with consumables and their workshops are held at the Grand

Junction Training Centre. With the facility's workshop and their own equipment, volunteers have a wide array of machinery at their disposal for the manufacture of toys.

The club provides the opportunity to get together in a charity project supporting the work of other welfare agencies in the community.

For more information go to <https://www.toymendous.org.au/>





## Two Australian families

*Adapted from a post by Van Badham  
– Australian author and journalist*

This is a story about two Australian families – one of the families is mine.

My mother’s family originated from County Kerry, Ireland. They were poor Irish Catholics. Under British colonial rule they had no property and no right to own property.

So my mother’s grandfather emigrated to Australia in 1908. He brought his wife with him and found work as a sheep-shearer. My grandmother and her four siblings were all born in different places as the family travelled with him from sheep station to sheep station. Eventually they moved back to an established Irish community in inner Sydney.

My grandmother found work in Newtown, which is where she met my grandfather - another Irish Catholic boy from the community.

The Depression hit and retail work was suddenly unstable. My grandfather did whatever he had to do and took whatever work he could.

When World War II broke out, my grandfather joined the infantry and was gone for years. After the war he received the benefits of the “War Service Homes” scheme provided for veterans. This life changing policy gave him access to low-cost government home loans with low insurance costs - which enabled my working-class Catholic family to finally own property.

This took financial strains off our family and enabled other opportunities. As my cousins and I got older, we pursued further education. With the help of that single housing asset, our family went from immigrant, itinerant shearers to university educated in three generations.

Many immigrant families have similar stories of opportunity and transformation...

... But many Aboriginal Australian families don’t.

I told the story of the little fibro house and its role in our family’s class transition on a panel a few years ago. One of the other panellists was a Murri woman from Queensland.

Her family were also working class, and had also weathered the Depression. Her grandfather had also served in WW2, and was a veteran like my own, bearing the same, unspoken witness to those unimaginable events.

But her grandfather wasn’t offered a loan for a “War Service Home” – because he was Aboriginal Australian, and Aboriginal Australian veterans were excluded from the scheme. While my family were slowly building some intergenerational wealth with a cheap house subsidised by the government – her family couldn’t even get access to a commercial bank loan. Many families were not even able to open bank accounts, merely because they were Aboriginal Australians.

So, consider how one single policy decision discriminated against her family and benefited mine and structuralised an ongoing inequality. That is before you consider the dispossession from their land, the removal of children, the racism, violence and abuse.

Yep, this woman and I sit on the same panels in a society that finally acknowledges our equality through the law... but her family has not had equal opportunities to mine. Her parents died far younger than mine did. She has had a harder fight than I did to get to the same place. And Aboriginal Australian children born today still have that harder fight ahead of them because those old, structural inequalities still have not been redressed.

Material reality doesn’t go away just because our social attitudes change. So before you vote on 14<sup>th</sup> October, please ask yourself – Do you believe that Australia should be a nation of opportunity for all its citizens? I hope that you do.



*The little fibro house*

## Billie Holiday (Lady Day)

*From the Editor*

Several members from Morialta UC recently attended the musical play “Lady Day at Emerson’s Bar and Grill” directed by Kym Purling, who also appeared in the role of pianist.

While we enjoyed the singing, the music and the portrayal of “Lady Day” by Zahra Newman, it was a sad and confronting story.

As well as displaying her talent, the play highlighted the double standards towards race of the era, both pre- and post-Second World War. One of the amazing scenes happened in a



club in New York when Lady Day was the singer in Artie Shaw’s band. Because she was the only African American in the group she had to enter by the back entrance and eat in the kitchen. So, Arty Shaw and his white musicians all decided to enter through the back door and also eat in the kitchen. Still the manageress preferred for her kitchen staff, including the chief chef, to be seriously inconvenienced, rather than allow the extremely talented star of the show to eat with her ‘white’ guests.



## Guess who came to lunch!

On Sunday 17th September lunches happened at the homes of Anne and Bruce, Helena, Margaret and Colin, Margaret and Ray, Mandy W, Rhonda, and Judith.

Thanks to all who hosted guests and especially to Judith for co-ordinating the event!



## Pastoral Care Group

*From Joan Morrison*

Our Pastoral Care group met recently at Warrina Park so that we could include Beverlie Hopkins. Jenny Charlesworth also joined us. We enjoyed a delicious afternoon tea with plenty of lively chatter. We also took the opportunity to farewell Mandy H with our best wishes for their upcoming move.

Our Pastoral Care group meets regularly and is a great way to have closer contact with some of our church family.



## Gateways dinner

Members of Gateways enjoyed a “5<sup>th</sup> Friday meal” at Juniper & Pine on Magill Road.



## Seeing the world through the Samaritan's Eyes

*Contributed by Rev David Purling from WCC Resources for the week of prayer for Christian Unity 2024*

He went to him and bandaged his wounds, having poured oil and wine on them. (Lk 10:34)

The Good Samaritan did what he could out of his own resources: he poured wine and oil and bandaged the man's wounds and put him on his own animal. He went further still by promising to pay for his care. When we see the world through the Samaritan's eyes, every situation can be an opportunity to help those in need. This is where love manifests itself. The example of the Good Samaritan motivates us to ask ourselves how to respond to our neighbour. He gave wine and oil, restoring the man and giving him hope. What can we give, so that we can be a part of God's work of healing a broken world? This brokenness shows itself in our world in insecurity, fear, distrust and division. Shamefully, these divisions also exist between Christians. Though we celebrate sacraments or other rituals of healing,

reconciliation and consolation, often using oil and wine, we persist in divisions that wound the Body of Christ. The healing of our Christian divisions promotes the healing of the nations.



## Prayer

Gracious God, You who are the source of all love and goodness: enable us to see the needs of our neighbour. Show us what we can do to bring about healing. Change us, so that we can love all our brothers and sisters. Help us to overcome the obstacles of division, that we might build a world of peace for the common good. Thank you for renewing your creation and leading us to a future which is full of hope: you who are Lord of all, yesterday, today and forever. Amen



## Uprooted by disasters

From the Editor

When the second bomb was detonated in Bali – Channel 9’s TV news ran the story using file footage of the first bombing with images of the Sari Club.

Did that mean the scenes in the second bombing were too orderly to create drama and excitement? Does this mean that people will only respond emotionally when shown lots of shattered buildings and scenes strewn with body parts?

In the aftermath of the recent earthquakes in Morocco and floods in Libya – film of the carnage covered our screens nightly – with stories of people surviving amidst the chaos and destruction.

Imagine if you lost everything – your family and friends, your home, your job, your village, your local market, your Church or your Mosque or your Temple, your community, your identity papers... – how do you survive?

The dramatic footage on the nightly news certainly triggers an amazingly generous response. However, does it guarantee a long-term response? The people must also deal with longer-term issues such as loss and grief, rebuilding homes, schools, hospitals and essential services. There are also the long-term financial needs. People’s lives and visions have been totally derailed.



How we respond to natural disasters is quite a challenge. One practical way is to donate money, but not just while the nightly TV runs images of the disaster – we need to commit to longer term support. The effects of the bombings in Bali were not just while the TV cameras remained, they had long-term economic affects – especially for farming families – that continued over several years. With no tourists, farming families had no market for their produce. They could not afford school fees and a whole generation missed out on education. Many of those young people ended up on the street selling either drugs or sex.



Most of us have been spared or liberated from poverty. Most of us have not suffered the wrath of nature or even a terrorist’s bomb. One way we can respond to our good fortune is by being thankful and generous.

While an immediate response with donations of money, clothes or whatever is appropriate is timely, the people will still need support after the initial flood of donations has dried up. Support through regular monthly donations to recognised aid organisations allows for the support to continue. Another way is to write to our local MP and Senators asking them to lobby the Government to increase foreign aid.

In Micah chapter 6 we are told we should emulate God's mercy. God expects us to love mercy. In fact Micah said it all – “ ... what is it that the Lord requires ... to love mercy ... to do justice ... and to walk humbly with our God.

## Animals most likely to kill you in Australia

Adapted from an article by Gemma Chilton published in the Australian Geographic

Australia is renowned for its venomous snakes, scary spiders and even painful plants – but the animals that pose the biggest risk to our lives might surprise you.

Between 2000 and 2010, there were 254 reported and confirmed animal-related deaths in Australia. That’s probably not surprising, considering Australia’s reputation as home to some of the world’s most deadly snakes, scary spiders, and some surprisingly venomous critters such as the cone snail, box jellyfish and blue-ringed octopus. That is not including some of our most ferocious predators – sharks and saltwater crocodiles. Australia even has a plant that, while not fatal, has a sting so excruciating it may have once been investigated for use in biological warfare.

While snakes, spiders and other deadly species spread fear across the globe and give the continent its fearsome reputation – the animals that really risk our lives are far more commonplace.

Of the 254 confirmed and reported animal deaths in the 10-year period (2000-2010), horses, cows and dogs were the most frequent culprits, accounting for 137 deaths.

Horses (including ponies and donkeys) were the ‘deadliest’ animal in Australia, causing 77 deaths, mostly related to falls. Bulls and cows and other bovines accounted for 33 deaths – 16 where the animal caused a motor vehicle accident, the rest by crushing, piercing or ‘unknown’. The majority of the 27 deaths caused by the third biggest killer, dogs, were from attacks, with those deaths mostly occurring in children under four years old and in elderly people.

Next up was the beloved kangaroo, which (indirectly) caused the deaths of 18 Australians, mostly related to car accidents, followed by bees which killed as many people as sharks (16 each). Only at seventh and eighth place on the list do we encounter the notorious snakes (14 fatalities) and crocodiles (9 fatalities), followed by emus which caused 5 deaths, all indirectly from motor vehicle accidents.

Other deadly animals included fish, sheep, goats, camels, cats and jellyfish, which caused 39 deaths combined. Men need to be more worried than women, as almost three-quarters of victims were male, and most of the deaths occurred either on public roads, in the home or on farms.



Man with Australia’s three most dangerous animals

## What is the relaxation response?

*Adapted from an article published in Community Health*

When stress overwhelms your nervous system, your body is flooded with chemicals that prepare you for "fight or flight." This stress response can be lifesaving in emergency situations where you need to act quickly. But when it's constantly activated by the stresses of everyday life, it can wear your body down and take a toll on your emotional and physical health.

No one can avoid all stress, but you can counteract its detrimental effects by learning how to produce the relaxation response, a state of deep rest that is the polar opposite of the stress response. The relaxation response puts the brakes on stress and brings your body and mind back into a state of equilibrium.

When the relaxation response is activated, your:

- heart rate slows down
- breathing becomes slower and deeper
- blood pressure drops or stabilizes
- muscles relax
- blood flow to the brain increases

In addition to its calming physical effects, the relaxation response also increases energy and focus, combats illness, relieves aches and pains, heightens problem-solving abilities, and boosts motivation and productivity. Best of all, anyone can reap these benefits with regular practice. And while you can pay for a professional massage or acupuncture session, for example, most relaxation techniques can be done on your own or with the aid of free audio downloads or inexpensive smartphone apps.

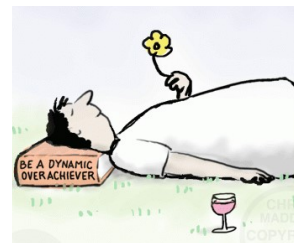
The important thing to remember is that simply laying on the couch, reading, or watching TV – while sometimes relaxing –

isn't enough to produce the physical and psychological benefits of the relaxation response. For that, you'll need to actively practice a relaxation technique.

The right relaxation technique is the one that resonates with you, fits your lifestyle, and is able to focus your mind and interrupt your everyday thoughts to elicit the relaxation response. You may even find that alternating or combining different techniques provides the best results. How you react to stress may also influence the relaxation technique that works best for you.

If you tend to become angry, agitated, or keyed up under stress, you will respond best to stress relief activities that quiet you down, such as meditation, progressive muscle relaxation, deep breathing, or guided imagery.

If you tend to become depressed, withdrawn, or spaced out under stress, you will respond best to stress relief activities that are stimulating and energize your nervous system, such as rhythmic exercise, massage, mindfulness, or power yoga.



Chris Maddern Cartoons

If you've experienced some type of trauma and tend to "freeze" or become "stuck" under stress, your challenge is to first rouse your nervous system to a fight or flight response (above) so you can employ the applicable stress relief techniques. To do this, choose physical activity that engages both your arms and legs, such as running, dancing, or tai chi, and perform it mindfully, focusing on the sensations in your limbs as you move.

## Conversation between grandson and grandfather

*Contributed by David Purling*

**Grandson** - 'What was your favourite 'fast food' when you were growing up Grandpa?'

**Grandpa** - 'We didn't have fast food when I was growing up, all the food was slow.'

**GS** - 'C'mon, seriously ...Where did you eat?'

**GP** - 'It was a place called home. My mum cooked every day and when my dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate, I was allowed to sit there until I did like it.'



By this time, the grandson was laughing so hard that grandpa was afraid the lad was going to suffer serious internal damage, so he didn't tell him the part about how he had to have permission to leave the table!



Jan Sillett's artistic design of a river flowing from a mountain enhanced worship on Sunday 10<sup>th</sup> September.

## A recent visitor to Morialta UC!

This visitor hopped into the shed area of the carpark at Morialta recently, then disappeared down Pepper Street - no doubt going to visit the shops!

*Photo contributed by Anne Ind*

