



Morialta Vision

A Publication of Morialta Uniting Church

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From our Minister, Reverend Bob Hutchinson

A seed that is planted does not shoot up as the same seed but into something very different. However, it still retains the essence of the seed, and in itself that which is new produces seeds to be buried and then to be reborn – and so the cycle continues. Some time ago I planted some broad bean seeds in the garden and with the right conditions, water and nurture of the soil, eventually shoots appeared, but they didn't look like what I planted.



As the plant grew, and I staked the stalks they kept growing and some weeks later, there were green pods hanging off the stalks, that contained.....broad beans!

New life out of something different? New life out of some past action? New life out of something that wasn't planned? That is what St Paul is writing about in the Bible in the letter to the Corinthians (1 Corinthians 15: 35-38, 42-50, the set reading for Sunday 23 February). John van de Laar writes, *While Paul's discourse in 1 Corinthians 15 does deal with the resurrection of our bodies – the transformation of a "physical" mortal body into a "spiritual" immortal one, the danger is to make resurrection about nothing more than what happens to our current bodies after we die. When we think that Paul referred to his Damascus Road experience as a resurrection*

appearance of Jesus, we have to admit that Paul sees resurrection as more than just a transformation of the physical body.

Death, dying, birth, new life, it's all about the cycle of living. Transformation now, transformation as a process, as an ever rolling cycle of new out of the old, sometimes faster and sometimes slower. Yet in all the cycles and transformation, something must give way to something else, something must 'die', 'fall', 'change', 'evolve' – sometimes by choice and sometimes not.

When our ancestors/settlers built churches in open land or on the town hill, the open paddock, the vineyard, or in the new suburbs, they built with the idea that they would be amongst change, that the community would grow around them. What did community look like 150 years ago in Magill? What about 50 or 25 years ago? What does community look like today? Can you imagine what it might look like tomorrow?

In all of change and development, of visioning for the future, the community has been entrusted into good hands (usually!). Along with the grief of change and development, of loss and growth, there has been faith, faith that good will prevail, that some will benefit from past actions and plans. Maybe in times of change we grieve and fear that something dear to us won't continue or live on. But take comfort, we are in good hands, hands that want to see the church and expressions of the Christian faith be active in the future. Yet one thing is for certain, it will be different.

One of the groupings of the 'new year resolutions' that we recorded in a worship service during January, was about families and children and youth in the life of the church, a desire to see this area grow and mature and develop. How might that look in the future? Will it be what we think it should look like? One thing is for certain, if it is a seed, then it will not look like it does now.

Rev Bob

Blankets for Lent

It might be warm now, but it will get cold in Adelaide. In a recent children's focus time in worship we discussed how, and what, we can use blankets for. One response was the thought to give blankets away to help those without a home or place to sleep during the colder months.

The invitation was given to the Morialta congregation to collect or donate unwanted (clean) blankets that we could give away. Already blankets have begun to arrive at the church office. As Lent is a time for reflection and for some, a time to give up something, maybe during Lent you or your family could offer unused or unwanted blankets, or maybe a monetary donation to purchase blankets.

Please read this invitation as a Lenten action reflection for our church community giving out love in practical ways.





Chairperson writes ...

Warm Lenten greetings, everyone, as we embark on our first *Vision* magazine for 2019, leading us

into the season of reflection and preparation before the celebrations of Easter. My hope is that you have experienced true relaxation and refreshment over at least part of the summer 'break' – and have returned eager and ready for what is to come at Morialta Uniting!

In my December *Vision* piece I outlined some of the challenges we face, and spoke about a need for 'creative, open discussion, ... open always to the promptings of the Spirit' to help us discern our way forward. Now I can tell you a little more of how this will take place – in a way designed to give us all time to reflect and pray, and ample opportunities to contribute to the deliberations.

- The action plan we will follow emerged from Council's retreat in early February and was firmed up with team leaders at the February Council meeting, taking into account the analysed 'New Year Resolutions for the Church' (displayed on a noticeboard in the hall).
- A *Resource Document* has been prepared, which outlines our current situation as Council sees it, and two possible 'scenarios' for the next 3-5 years – two different sets of mission priorities – each with a set of actions arising for our life together.
- This document will form part of the papers distributed to you all before the Congregation Meeting of 31 March – with time to read them ahead of the meeting.
- At the meeting, I will speak to the document, explaining more as I go, and then open the conversation up to questions and comments.
- We won't be making decisions at this time – more opportunities for

discussion are on the drawing-board. Our July Congregation Meeting will be the time for deciding which way we want to go.

I look forward to working with Council and with you all over the coming months, to discern a creative and life-giving way forward for Morialta Uniting as we seek to participate in the way of Jesus in our local community and beyond. To support our moves in this direction, we urgently need volunteers to step up into the many vacant positions in the congregation: please see my December piece for details, as well as recent newsletter inserts. Please consider nominating as an Elder, or for team leadership or membership.

And don't forget – be in touch by phone, by email or in person with any and all questions and comments on anything Morialta-related. I look forward to hearing from you!

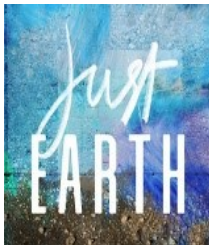
Margaret Cargill

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LENTEN REFLECTIONS 2019

Sign up on the sheets in the foyer
or phone the church office on 8331 9344



JUST EARTH is prepared by The Environmental Action Group, affiliated with Effective Living Centre.

At a time when the natural eco-systems of our planet are under greater stress than at any time since the advent of human-kind, **JUST EARTH** reminds us of our responsibility and opportunity to nurture and care for God's creation. This is our home. There is nowhere else.

JUST EARTH is a free App for your Smartphone.
Download the free app in the Apple and Android stores:

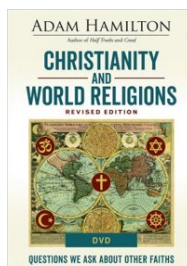
<https://itunes.apple.com/us/app/just-earth/id1451886485?ls=1&mt=8>

<https://play.google.com/store/apps/details?id=com.app.earthapp>

Having downloaded the App, on each day of Lent you will be presented with a short, inspiring Biblical reflection with quotes, prayers and actions on the theme of Lamenting and Caring for the Earth.

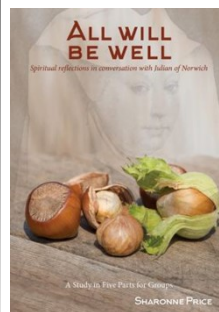
Then join with others in the church for an hour on Sunday mornings at 11.am for a discussion with a leader.

CHRISTIANITY AND WORLD RELIGIONS: Questions we ask about other faiths by Adam Hamilton.



A six-week DVD based study exploring Hinduism, Buddhism, Islam and Judaism and comparing the beliefs of each with Christianity, led by Chris Ayles.

Fridays 7.30 pm from 8 March. Venue TBA. Suggested donation \$5 per person towards cost of DVD can be paid on the night to Chris Ayles.

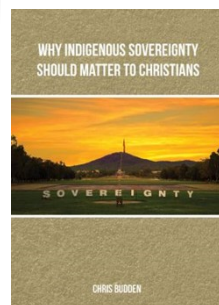


ALL WILL BE WELL: Spiritual reflections in conversation with Julian of Norwich by Sharonne Price.

A five-week study group, led by Rev Bob Hutchinson.

Tuesdays 10 am from 12 March,

Hibernia Café, Magill Road, Limit 8 people. Study book \$11.95 available from the church office.



WHY INDIGENOUS SOVEREIGNTY SHOULD MATTER TO CHRISTIANS by Chris Budden.

A GATEWAYS BY DAY FOR LENT READING GROUP

"It's a conversation about sovereignty but also about how we stand as disciples of Jesus. The heart of the book is an attempt to help people see Indigenous sovereignty as an issue of faith and discipleship, and not just politics." Rev Dr Chris Budden.

"This wonderful book provides a fresh way of thinking about the just claims of First Nations Peoples which stem from their sovereignty. I commend it as a "must read" for all who would walk in the ways of justice." Stuart McMillan, former President Uniting Church in Australia

A six-week reading group, **Tuesdays 2pm from 12 March** in the Kooka Room, led by Rev Christine Garner.

Cost of Book \$22.95 Order from MediaCom Education, phone 1 800 811 311. Your book can be collected for you by Christine Garner if you let her know through the church office. Or you can purchase an e-book pdf on line for \$20.95

www.mediacom.org.au

Leadership at Morialta

by Jan Thornton

It is lazy and naive for any to believe that the success of our church should rest solely on the shoulders of our minister. We have a great, empathetic minister, who has the skill and drive to lead us, but needs support from others to enable him to carry the church forward to where he could take us. For this he looks to his elders, who in their turn must also rely on other congregation members.

Who are our leaders? Do they have a vision that matches the one our minister has, and that of the majority in the congregation? Are they willing to learn as well as teach or are they so weighted down with dealing with all the 'little jobs' which others could fill, that they are time-poor when it comes to dealing with bigger issues?

Leaders should provide direction and support to others to become ever more effective within the church, because lack of true leadership prevents any church from moving forward. Everyone has it in them to help others and this in part, is what being a leader is all about. Just at this present time our church has great need of people to come forward and offer their assistance in some important areas.

There are changes ahead and to cope with those changes we need people to step forward and offer help. In its simplest form, the message must be – if you are not prepared to help, then who will?

Look around as we wait for a church service to begin, and what do we see? Many who could, several who should, a few that do and some that do too much? Not everyone has the courage to take on the role of leading others but everyone has it in them to try.

The vibrancy of our congregation persists despite the pervasive changes which have come about through decades of challenges to our faith. The call is now out for people to help in pivotal roles within the church community. There are many occasions when the church has need of extra hands – and not all those roles are of high visibility, so if you truly feel that you cannot be a leader, then please offer help in any way you can.

Even the widow's mite made a difference and turning that 'mite' into 'might' would help to provide our minister with the knowledge that we are all, not just on his side – but right behind him – all the way.

Think about it. He deserves nothing less!



Kym Purling Live in Concert@Sea (on Land)

Supported by Tim Bowen (Bass), John McDermott (Drums), Josh Chynoweth, Emile Ryjoch and Alex Taylor (Horns)

Kym will be offering a new kind of concert in the form of the two cruise ship shows he does at sea. Each show will run for 45-50 mins in length with a 20 minute intermission between shows.

Tickets: \$30 adult and children over 12, \$20 seniors and concession card holders – children under 12 free.

Tickets can be purchased on-line through Trybooking <https://www.trybooking.com/BARFX> Tickets are also available from 1.00pm (cash only) or from the office prior to the concert.

Refreshments: Wine, tea and coffee will be on sale during intermission. Free chilled water also available!

Kym is donating his talents and time to the Morialta Uniting Church Community and proceeds will go to supporting our church projects and the Sunrise Children's Association Inc. in Vietnam.

In return we need your help – If you are available to help set up the church during the week before the concert, or sell refreshments on the day, please contact Colin Cargill or Helena Begg. We really do need volunteers!

Morialta folk with Facebook pages – can you please advertise this to your friends and networks – click on

<https://www.facebook.com/events/1436840566445890?ti=c>

and forward Kym's Facebook Event.

Everyone - please spread the word!

Paws for Thought...

Hello again,

Boy, doesn't time fly when you get older!

It doesn't seem like a year since the football started and now its nearly here again!

At least Bruce doesn't get too upset when his team loses, however, Wallace is another thing.

Ever since he has been taking Bruce to the matches Wallace has become an expert, or he thinks he is!

Wallace used to keep me awake with all his analysis last season. It got so bad that I had to go to bed in another room!

Anyway, go the Crows!

Keely

P.S. I'm the handsome one on the left in the photo!



Wallace: It's only four weeks to the first match!

Keely: I hope it is cooler then.

Wallace: Yes, but the Crows are in good shape.

Keely: I wasn't thinking about them. Remember, if it's too hot you won't be going!

Wallace: That's right. What will they do if I'm not there to cheer?

Keely: What's more to the point, how will I get any rest if you stay home?

Where was Jesus at Christmastime?

Preachers these days seem more content speaking of God than of Jesus. They seem to have some profound knowledge and presume they should pontificate about the unknowable.

There's plenty of sentimental emphasis on the baby Jesus and for some he apparently has not yet grown to maturity.

Jesus did say "Those who have seen me have seen the Father" but I think we might replenish our faith if we stop talking about God for a time and focus on Jesus.

Tell of his loving kindness: tell of his compassion: tell how he confronted ignorance and prejudice. Tell of his profound strength and love that enabled him to speak with grace, not to run away nor hide his convictions. Tell how he unswervingly faced crucifixion. Tell how he came prepared to die if such should be his lot.

Tell how Jesus takes his place with other majestic lives. Tell how love triumphed.

No one ever expressed all this better than Charles Wesley. Nothing will stir the Church to action better than this verse from Wesley should we ever hear it sung enthusiastically in a crowded church:

*O that the world might taste and see
the riches of his grace:
the arms of love that compass me
would all mankind embrace.*

The Church's world-wide commission is in that verse.

I believe humanity's need is still "we would see Jesus", so perhaps for a time we should stop talking glibly about God and focus on Jesus, the light of the world and ponder the wonder of being encompassed by his love.

Rev David Pill

Violinist in the Metro

*Adapted from Psychology Today –
A psychology experiment by Joshua Bell*

A man sat at a Metro station in Washington DC and started to play the violin; it was a cold January morning. He played six Bach pieces for about 45 minutes. During that time, since it was rush hour, it was calculated that thousands of people went through the station, most of them on their way to work.

Three minutes went by and a middle-aged man noticed there was a musician playing. He slowed his pace and stopped for a few seconds and then hurried up to meet his schedule.

A minute later, the violinist received his first dollar tip: a woman threw the money in and, without stopping, continued to walk.

A few minutes later, someone leaned against the wall to listen to him, but the man looked at his watch and started to walk again. Clearly he was late for work.

The one who paid the most attention was a 3-year-old boy. His mother dragged him along, hurried, but the kid stopped to look at the violinist. Finally the mother pushed hard and the child continued to walk, turning his head all the time. This action was repeated by several other children. All the parents, without exception, forced their kids to move on.

In the 45 minutes the musician played, only 6 people stopped and stayed for a while. About 20 gave him money but continued to walk at their normal pace. He collected \$32. When he finished playing and silence took over, no one noticed it. No one applauded, nor was there any recognition.

No one knew this, but the violinist was Joshua Bell, one of the most renowned musicians in the world. He played one of the most intricate pieces ever written, with a violin worth 3.5 million dollars. Two days before his playing in the subway, Joshua Bell sold out at a theatre in Boston where the seats average \$100.

This is a real story. Joshua Bell playing incognito in the Metro station was organized by the Washington Post as part of a social experiment about perception, taste and priorities of people. The outlines were: in a commonplace environment at an inappropriate hour, do we perceive beauty? Do we stop to appreciate it? Do we recognize talent in an unexpected context?

One of the possible conclusions from this experiment could be: If we don't have a moment to stop and listen to one of the best musicians in the world playing the best music ever written, how many other things are we missing?



**SUNDAY
31ST
MARCH
2019**

**MORIALTA UNITING
CHURCH COURTS**
26 Chapel St, Magill SA
4-7pm



**Jumping Castle
Goal Shooting
Competition
Sausage Sizzle
Dad's v A Grade
Face Painting
Cake Stalls**

**NETBALL
AND
TENNIS
COURT
OPENING**



**All welcome to
come and celebrate
the completion of
the renovation of
the courts!**

PARDON?

"I don't think Peter likes me". Thus said a gracious lady to Mary.

"He just looks fierce because he can't hear", she replied.

Peter has a hearing deficit.

When failing to hear, a request may vary from the cryptic to the ultra polite. "Eh!", "Pardon!", "Sorry", to "Would you please repeat what you said". If he appears to ignore you or says something that is way out of context he has not heard you.

Because of this problem, which is not cured with hearing aids, as many wearers will attest, there can be a drift towards social isolation. Being part of a group discussion is unsatisfactory when one cannot hear what others are saying. Noisy halls and cafes make hearing impossible and even attending plays at the playhouse has been dropped because understanding the dialogue is an essential part of being able to enjoy a performance.

What to do?

Don't say anything to him unless you know he is primed up to hear. While mis-hearing can lead to amusing situations make sure he has heard and understood. Recently a neighbour was pulling his leg about a fictitious bill and all he understood was that his neighbour's printer was not working.

Repeating back to the speaker what was heard, usually complete nonsense, points up the problem. While you may think he is getting slow in his old age and his mental capacity is declining when his reaction to what you have said is off at a tangent, he probably did not hear you clearly. It is all too easy to nod wisely and say yes rather than seek a re-run of the conversation. He cannot survive watching television without subtitles!

Don't talk to him in a crowded area unless you are facing him. You have heard it all before.

He is not the only one in a church where an increasing number are wearing hearing aids to try to remedy a hearing deficit.

Peter Thornley

PS

On the way to school this morning two grandchildren were playing "Spotto" – shouting out the word when they saw a yellow car. Peter asked what they were saying. It took numerous repeats of the word, amusing incorrect attempts at what it might be, and eventually spelling it out, but still finding confusions with the "s" and "p" sounds. The girls thought it was hilarious, and it was undoubtedly funny, but it also carried a large degree of frustration for Peter, the listener, who was determined to get the right word! Ultimately success!

Mishearings

An excerpt from "The River of Consciousness" by Oliver Sacks page 124.

"A few weeks ago, when I heard my friend Kate say to me, "I am going to choir practice," I was surprised. I have never, in the thirty years we have known each other, heard her express the slightest interest in singing. But I thought, who knows? Perhaps this is a part of herself she has kept quiet about; perhaps it is a new interest; perhaps her son is in a choir; perhaps ...

I was fertile with hypotheses, but I did not consider for a moment that I had misheard her. It was only on her return that I found she had been to the chiropractor.

A few days later, Kate jokingly said, "I'm off to choir practice." Again I was baffled: Firecrackers? Why was she talking about firecrackers?

As my deafness increases, I am more and more prone to mishearing what people say, though this is quite predictable; it may happen twenty times, or not at all, in the course of a day. I carefully record these in a little red notebook labeled PARACUSES – alterations in hearing, especially mishearings. I enter what I hear (in red) on one page, what was actually said (in green) on the opposite page, and (in purple) people's reactions to my mishearings.

... Mishearings are not hallucinations, but they utilize the usual pathways of perception and pose as reality – it [often] does not occur to one to question them.

Why Save Water?

From Beyond Carbon Neutral

Problem: Water is essential for life and Australia is the driest continent on earth. We can't do without it but we can reduce how much we use. Saving water saves money and reduces our environmental impact. Using water also uses energy to treat, transport and pump it to our taps, so saving water is a triple saving.

The Challenge for Work, Home and Church – reduce daily water consumption.

Things we can do:

Swipe right for cold – using hot water uses more energy plus cooler water is better for your skin.

Fix leaks immediately – a leaking tap can waste up to 2,000 litres/month.

Run dishwashers when full or nearly full – don't rinse but scrape plates into an organic bin. **Dirty dishes can sit for a day or two without going mouldy.**

Install a rainwater tank – why pay for water when you can store it and use it later.

Half flush or even better pee while you shower - half flush reduces water used by 1.5 litres.

Low flow shower heads use 7 litres a minute – standard heads use up to 25 litres a minute. Take a 3 minute shower – buy a timer from a hardware store.

Don't buy bottled water – buy a refillable drink bottle – it's cool and cheaper to refill. One litre of bottled water a day costs \$555 a year more than drinking tap water. Also plastic water bottles are clogging our oceans and killing marine life. Drinking tap water in Adelaide is perfectly safe. If you prefer bubbles in your water, invest in a Soda Stream.

Buy appliances with high – water efficiency rating – they save you money.

Keep the garden green – around 40% of household water use is outside the home. Set up an irrigation system that waters the garden early in the morning (before 9am) and ensure that worn nozzles and broken seals are replaced to prevent leaking. Use mulch in the garden to help retain moisture. **Turn off your irrigation system in winter and when rain is forecast.** Buy water wise plants. Natives cope best with our climate.

Take care where you wash the car – washing the car in the driveway can be an environmental hazard. Chemicals in the waste water can run-off into the storm water system - then into rivers and the sea.

Remember World Water Day is on 22 March – check what you can do: <http://worldwaterday.org/>

Useful Links

SA Water: <https://www.sawater.com.au>

<http://www.sa.gov.au/topics/energy-and-environment/using-saving-energy/retailer-energy-efficiency-scheme>

Can't we all just celebrate being Australian?

Adapted from the Australians Together Website and an article by Kate Darian-Smith, Professor of Australian Studies and History, University of Melbourne, published in the Conversation, January 26, 2017

For many people, Australia Day is about celebrating the values, freedoms and pastimes of our country. It's a time for BBQs in the backyard, having a beer with mates and proudly flying the flag. On the surface, Australia Day seems to be about unifying all Australians, and yet ironically, it's a divisive day for some people. So what's all the fuss about?

You may have heard it said (or even wondered yourself), "Why are Indigenous people making this an issue? After all, isn't Australia Day for all Australians to come together and celebrate?" Others see the critique of Australia Day celebrations as excessive political correctness and governments pandering to the whims of minorities.

It's true, that as Australians, we should be able to come together and celebrate the things about our nation that we're proud of and grateful for. However, celebrating these things on the 26th January can divide us as Australians by marginalising and offending many Indigenous people who see this date as commencing a chain of events that had disastrous consequences for many Indigenous people.

The negative effects of colonisation continue to have a real impact on the lives of many Indigenous Australians in intergenerational trauma, generational poverty, health disparity, disconnection from culture, disappearance of language, family separation, social discrimination and more.

Aboriginal actor and writer, Nakkiah Lui, explains: *I'm an Aboriginal woman in her 20s... but it's only four generations back that my family felt the direct consequences of foreigners invading our land. There's my great-great grandmother, who survived a massacre; my great grandfather, who was forced back to the mission after his father died and wasn't allowed to own land; my grandfather, who was given "dog tags" dictating he was an "honorary white man" after he returned from being a prisoner of war in World War II; my mother, who was encouraged to not finish high school because she was Aboriginal. This is why, for us, Australia Day is a day of mourning.*

Lament and Confession

(used at Morialta UC on 20th January 2019 in a service to mark Day of Mourning)

In hope and faith we bring our lament and our confession.

Merciful God, we, the Second Peoples of this land, acknowledge and lament the injustice and abuse that has so often marked the treatment of the First Peoples of this land.

We acknowledge and lament the way in which their land was taken from them and their language, culture, law and spirituality despised and suppressed.

We acknowledge and lament the way in which the Christian church was so often not only complicit in this process but actively involved in it.

We acknowledge and lament that in our own time the injustice and abuse has continued.

We have been indifferent when we should have been outraged, we have been apathetic when we should have been active, we have been silent when we should have spoken out.

Liberating Jesus, hear our lament and by your Spirit bring healing, hope and transformation to the lives of our First Nations sisters and brothers and their communities, we pray.

Country Matters

Just what are 'Country Matters'?

What do people think when they talk about country matters?

Do they think about a land in tatters?

And the climate on the brink?

Do they think about the cattle starving?

Do they calculate the need?

Ask where the winter grass has got to?

Think about the cost of feed?

With no rain forecast through the autumn

As the leaves begin to fall

And desperate farmers stare at shotguns

Wonder if to end it all ...

It's safe to say that those in cities rarely think of this at all.



Sure, they sometimes praise the 'Battlers'

Who 'do the job' and never whinge

Contrasting them with urban bludgers

spending dole cash on the binge.

But 'Country matters'?

No not really, it's far away and lost in time.

Other things are more important -

like the rise in urban crime.

Housing prices and the homeless

lockstep rise in their ascent

People can't afford the mortgage

and there's nowhere left to rent.

All of these are pressing, urgent

- major parties heed the call!

It's the cities where the votes are,

country matters not at all.

Urban greenies go much further

lay the blame on farmers' heads

It's their fault the land is dying,

they brought in the quadrupeds

Chopped the trees down, made the desert,

let them drink the bitter cup

Ruminant munching ruined Eden

trod it down and broke it up.

Lets not bother with the farmer

who took the land just like a thief

Let's push for urban veggie gardens

and cut the size of drought relief.

Yes, the land was stolen from them,

and later on their children too

There should be proper reparation – as declared at Uluru.

The dispossessed were clever farmers,

we could learn a thing or two

And try at last to farm together

let something better come to birth

Before the fiery climate ending,

death of cities and of earth.

Think about the land in tatters

Country matters.

Poem by Gill Burke was required and inspired by the poetry workshops held by Nicola Bowery and Wendy McMahon Bell at Braidwood Regional Art Group (BRAG) during May 2018.

Acknowledgements: The poem was published in "Art on Farms", a Braidwood Regional Arts Group Project – edited by Christine Anne Dimmer www.bragart.com.au

More Travel Notes from the UK

The last time I wrote I failed to mention an incident which happened to us when we were still in the south of England. We had decided to drive into Cromer, a sea-side town in Southern England, still holding true to the fishing village it once was. We parked on a steep hill with a line of cars parked behind us, intending to wander around the old streets. Within minutes we were hit by the car behind which had gently rolled forwards and shocked us with a BUMP! This was an impressive looking Jaguar estate car that the driver had left in neutral gear – no hand brake on – and with doors unlocked. By the time we had pushed the car away from our much smaller car and a kind passer-by had gingerly opened the door and put the brake on (no-one had any idea how the large dog on the back seat would react!) the driver had returned and driven off before any dialogue could take place. Fortunately no damage was done to our hire car and all we could do was put it down to experience and be glad that the dog wasn't in a bad mood!

Another event which I should comment on was going to Hampton Court for a Trafalgar Day service in the Chapel Royal and afterwards having lunch in the Garden Room along with all the other ARNO guests. John is a member of ARNO (Association of Royal Navy Officers) and this was an opportunity to meet once more with old friends and reminisce about 'auld lang syne'. The private tour of the palace afterwards was the cherry on the cake of what was 'a day to remember'. We were treated as VIPs and the envy of all the other visitors who wondered why we were treated so royally. At the end of a magical day, John and I wandered off chatting to friends, but it wasn't until I got to the car park that I realised we had wandered off with different groups. I was there – the car was there – but husband with car keys was somewhere else! John had a UK mobile phone but I did not. After some time of waiting in a rapidly emptying car park, the sympathetic car park attendant offered me his phone so I could make contact. I couldn't remember our UK phone number, so I phoned my aunt in Derbyshire (who had been given the number) and asked her to call John and tell him where I was. As I handed the phone back I told the attendant that when he returned my husband would have steam coming out of his ears. As he strode into the carpark, the attendant who had waited with me, turned and said, "You were right about the steam!"

On our way to Scotland we visited Derbyshire, where I was brought up and have many relatives and friends. Our first stop was to deliver a copy of a book written by Alison Reynolds who lives in Willunga. Alison is a cookery historian and I met her when I was at the launch of her book about the origins of Anzac biscuits. During a conversation we discovered that we had much in common, including the fact that her best friend had just moved into a house in the same English town where I had been born. When I delivered the book to the address I was given by Alison, I realised that I knew the house well. It has now been sub-divided into small cottages but was once the surgery and home of the local vet. When I was a schoolgirl I spent every weekend and school holiday working as a kennel maid at the dog and cat kennels that the vet also kept in his expansive grounds. I had an interesting conversation with Alison's friend and we were both amazed at the circumstances that connected us. She was eager for us to meet again but our time was limited by the number of people we had arranged to meet in the period we spent in Derbyshire, so a second meeting will have to take place on another occasion.

We didn't envisage being in the UK again for a few years, but before we left we were contacted by one of John's ex-naval friends who is trying to arrange a reunion group of submarine engineers to celebrate 50 years since their training course began in 1969. As we are the only couple living outside of Britain they have decided to plan the reunion around our visit – whatever date we pick. So, it looks as if we may have yet another UK adventure looming before us, and I may be able to have that promised cup of coffee with Alison Reynold's friend. Watch this space!

Jan Thornton



The Year of the Pig

Compiled by the Editor



According to the Chinese Zodiac, 2019 is the Year of the Pig.

The Pig is the twelfth of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived at his party. Pig was late because he overslept. Another story says that a wolf destroyed his house. He had to rebuild his home before he could set off. When he arrived, he was the last one and could only take twelfth place.

The pig is not thought to be a smart animal in China (*totally untrue* – Ed). It likes sleeping and eating and becomes fat (*very true* – Ed). Their chubby faces and big ears are signs of fortune. People born in the Year of the Pig will be fortunate in wealth and love.

Personality and characteristics

Pig people might not stand out in a crowd. But they are very realistic. While others may be all talk and no action – Pig people are the opposite.

They are energetic, patient and are always enthusiastic. If given the chance, they will take positions of power and status.

Men born in the Pig year are optimistic and gentle, but very focused. Once they decide on a goal, they'll commit. They are also quiet and love learning - but don't always know how to put their knowledge into words. They're not conversationalists, but treat everyone warmly. This results in a large social circle and though people will lie to them, more will love them.

Women born in the Pig year are full of excitement. They attend social events whenever possible and treat everyone genuinely. They gain everyone's trust. However, they are sometimes over-friendly and forget to give others personal space. At home they are highly organised. If the room is messy, they'd stay up the entire night to clean it up!

Wise words for 2019 from John Wesley

"Do all the good you can,
by all the means you can,
in all the ways you can,
in all the places you can,
at all the times you can,
to all the people you can,
as long as ever you can."

Submitted by Dale Corrigan

Respectful dialogue and relationship are the keys to unity among churches

Adapted from a speech by His Eminence Archbishop Angaelos, the first Coptic Orthodox Archbishop of London.

The Archbishop spoke on the theme of "Ecumenism: Present and Future" at an event hosted by National Council of Churches in Australia and the NSW Ecumenical Council in August 2018. The event was a prelude to celebrations of the 70th Anniversary of the World Council of Churches (WCC).

Archbishop Angaelos is currently the President of Churches Together in England and a Member of the Central Committee of the WCC.

His comments, although about ecumenical relationships, they apply equally well to the UCA.

"Ecumenical relationships are not always easy because unity requires respectful dialogue and relationship. We must not step over our brothers and sisters of other denominations to get where we want to go.

However one simple step we can take is to attend each other's churches.

Lamentably and increasingly we meet our brothers and sisters from other denominations in many other places and spaces, but so rarely attend worship with them.

Archbishop Angaelos of London

His Eminence Archbishop Angaelos was enthroned as the first Coptic Orthodox Archbishop of London on 18 November 2017, having served as General Bishop of the Coptic Orthodox Church in the United Kingdom since 1999. He is widely acknowledged for his extensive advocacy work, which was recognised when the Queen made him an Officer of the Most Excellent Order of the British Empire. Having started as a parish priest, he now specialises in initiatives relating to advocacy, international religious freedom and development work.

When there are areas of disagreement between us we should embrace those differences in open and respectful ways. If we are looked upon by God with eyes of love, forgiveness, grace and reconciliation, how in turn should we look upon each other?

Those of us who live in nations that allow us to speak should also come together wherever there is persecution and injustice across the world. We must stand together to be a voice for these voiceless people, for our silence also speaks, negligence at best, complicity at worst.

I challenge all church members to be aware of the world around us, both within and beyond our own communities and country. Currently we see persecution of Orthodox Christians in the Middle East, Africa and other places, as well as the plight of Muslims and people of other faiths in many regions across the world. Do not forget that while we speak out about issues of justice, we must never stop speaking about Christ, about God's love, forgiveness and justice.

Sometimes our ecumenical space looks grey and disinteresting. Ecumenism isn't about being a formless, tasteless mass, about our lowest common denominator. Instead, we can be a beautiful glass mosaic, each part having its own unique colour and shape, but coming together to make an artwork of great beauty.

He was born in Egypt and immigrated (with his family) to Australia in his early childhood. He obtained his degree in Political Science, Philosophy and Sociology, and later completed postgraduate studies in law while working in the same field. He returned to Egypt in 1990 and entered the Monastery of St Bishoy in Wadi-El-Natroun where he was consecrated a monk by the late Pope Shenouda III and served as his private secretary until 1995, when he was delegated to serve in the United Kingdom.



Ethical Ecology

In his book "God Ethics and the Secular Society", John Gunson suggests that religion needs to offer men and women the challenge of human maturity and responsibility in recognition of our interdependence with all of life, accepting responsibility for all of life. This he calls Ethical Ecology. For him Ethical Ecology relates us successfully to a modern scientific understanding of our world and our place in it... The "beyondness" of an ethical ecological view of life, is our total dependence upon and interdependence with the whole biosphere – without singling out some separate life force within it.

From God Ethics and the Secular Society by John D Gunson published by Morning Star Publications

Be Fruitful... Despite Rising Emissions

From Climate Caretakers

God blessed them and said, 'Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth.' – Genesis 1:22

New reports show that, after several years of reductions, greenhouse gas emissions in 2018 rose by 3.4% in the USA and were the highest on record in Australia. This discouraging "backward progress" will mean that more people suffer from the effects of droughts, severe storms, and sea level rise.

We know that scripture calls us to care for our fellow human beings, but consider that God also cares for wildlife as well. Most of us are familiar with God telling humans to "be fruitful and multiply," but in Genesis 1:20-21 we see that God created the birds, the sea creatures, and everything that moves, and in vs. 22 God "blessed them, saying 'Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.'" It is clear from the very first page of scripture that God's desire for the earth is to have an abundance of wildlife.

So let us continue to press on toward carbon reductions in order to create a safe world for people AND God's creatures to thrive and be fruitful.

Heavenly Father, we repent for failing to comprehend your heart for all of your creation, and we pray that our political leaders will make wise decisions to support human flourishing and an abundance of wildlife. We pray that as the world comes together to implement the Paris Agreement, that we as the Body of Christ will raise our voices to speak for those who cannot speak for themselves. We ask that you renew our minds and awaken our hearts to your care for ecological systems that support life on earth.

Amen.



CLIMATE
CARETAKERS

Adapted from Uniting Church of SA
Environmental Action Group (EAG)

Fact sheet # 6

PLASTIC: Our addiction to plastic and its effect on the natural world!

What can we do to change?

Plastic is now everywhere. Recent research indicates that Australians discard 9.7 billion plastic items each year – 2.6 billion coffee cups, 3.3 billion plastic bags, 1.3 billion water bottles — and straws. *Lots of plastic straws.* Each year 370 million plastic bottles go into landfill.

On average, Australians produce 1.5 tonnes of waste per person each year; of this about 130Kg (or 9%) is plastic. At present only 12% of this is recycled. Alarming up to 130,000 tonnes of this plastic will find its way into the ocean. Plastic takes **hundreds of years** to break down, and in fact may never fully degrade.

Facts

- Packaging accounts for over 40% of total plastic usage.
- Nappies - In Australia and New Zealand alone 3.75 million disposable nappies are used each day. Up to 4% of Australia's landfill now consists of disposable nappies.
- At sea, plastic is deadly. Marine animals like turtles can choke on plastic bags mistaken for jellyfish. Seabirds and fish get entangled and larger animals like whales can starve because their stomachs are so full of plastic they've eaten. 85% of Australian seabirds are affected by plastic pollution.
- Nurdles are pre-production plastic pellets, about the size of a pea, used in almost all plastic products. But nurdles are also an environmental scourge, making up part of the 8 million tonnes of plastic that is flushed into our oceans every year. Nurdles are particularly dangerous because marine animals - fish, turtles and birds - often mistake them for fish eggs. When ingested, they can obstruct an animal's digestive system, leading to it becoming malnourished or starved.
- The "great garbage patch" of plastic waste in the North Pacific is now almost the size of Russia. That is, about 15 million sq km, with an estimated 1.8 trillion pieces of plastic.

Another patch in the North Atlantic is the size of Queensland.

- Plastic particles enter rivers, lakes and the sea. Tiny marine animals ingest plastic.
- Larger marine animals eat the smaller ones, and swallow plastic. Then humans catch fish, to eat at meals.
- Like it or not, we are now eating and drinking plastic because it is in the food chain.

Sources: UCA WA, WWF, Ethical Super, Australian Ethical Investments Pty Ltd

Leading the Change Away from Plastic

For the sake of our children, grandchildren, great grandchildren, we need to reduce our use of plastic overall, and altogether refuse single use plastics. We can all begin by changing our own personal habits, perhaps long ingrained, to minimise how much plastic we use.

Reducing Our Use of Plastic

How can we reduce our use of plastic in a world where everything is plastic wrapped or packaged?

Here are possibilities and ideas

- Buy un-stickered and unpackaged fruit and vegetables from bulk bins
- Use paper bags or bring your own bags and re-use them many times
- Choose products packed in glass or compostable containers
- Patronise businesses using compostable packaging and takeaway cups
- Actively look for paper bags or cardboard cartons to carry things in and encourage shop owners to provide them.
- Use a thermos or a KeepCup when you buy takeaway coffee
- Instead of cling-wrap, use containers with lids, or beeswax wraps
- Avoid buying water in plastic containers - take your own bottle and refill it as needed
- Refuse the straw! Use your lips.
- Avoid using disposable plates and plastic utensils for your party. Use your own or borrow.
- Use an electric shaver. It saves on hot water and avoids disposable plastic.
- Buy refills for cleaning supplies, pens etc.

- Shop at family owned hardware stores (such as Hines Hardware, Magill Rd) that sell nails and screws unpackaged rather than prepacked in plastic.
- Invest in cloth nappies. Your initial outlay for cloth nappies might seem expensive, but in the long run you'll save wads of cash. And if you reuse the nappies for another child, you'll be saving even more.
- Make the best use of the 3 Bin system rubbish disposal. By recognising what can be put in the green or yellow bins and acting on it, we can greatly reduce our general waste and prevent harmful plastic entering the natural world.

Most Local Government Authorities issue guidance for using the bins we have for waste disposal. Here is the web address for the Unley Council's War On Waste.

<https://www.unley.sa.gov.au/waste-recycling/recycling-waste#hash-slide-the-three-bin-system-133>

We can measure our progress by seeing less and less plastic each week in our waste disposal bins.

Support moves to get businesses and Governments to phase out plastic packaging of all kinds as soon as possible.

Caring for God's creation is OUR business!

For more information go to the EAG Website: environmentalaction.org.au/

Banning the use of plastic cups is nothing new - old ideas are new again!

A proposal was put to the recent Synod that the use of single use plastic cups and cutlery etc. should be banned. I recall a similar proposal being passed many years ago. One result was that a water heater had to be installed in the Synod office in Epworth Building so the new cups could be washed.

At the time I was a member of the Epworth Building Board. This was before the requirement of 30% females on boards was removed.

Julie Lomman



Palm Sunday Rally – save the date Sunday 14 April 2019

One of the big events of 2019 will be the Palm Sunday Rally, to be held on Sunday 14 April. It's a great time to bring the community together to show refugees and asylum seekers we support them, and to remind politicians what matters.

This is a reminder to save the date. Justice for Refugees SA (J4RSA) is asking for **volunteers** to help with promotion, organising speakers and music – including choirs. You can contact them at info@justiceforrefugeessa.org.

As a nonpartisan organisation J4RSA intends to lobby each of the major political parties in the forthcoming election campaign. They offer training for volunteers to speak with politicians, and get involved in other projects. Again, if you're interested in supporting J4RSA, email them at info@justiceforrefugeessa.org.



The cost of off-shore detention versus a refugee living in the community

J4RSA has released some interesting statistics about the economic cost of offshore detention in comparison to living in the community on a bridging visa.

It costs:

- \$400,000 a year to hold an asylum seeker in offshore detention;
- \$239,000 to hold them in detention in Australia;
- Less than \$100,000 for an asylum seeker to live in community detention;
- Around \$40,000 for an asylum seeker to live in the community on a bridging visa while their claim is processed.

That means that 10 refugees living in the community costs as much as one refugee being held on Manus Island or Nauru.

A message from Aziz Abdul Adam on Manus Island

This letter was received through our membership of Justice4Refugees SA from Asylum Centre Resource Centre. It was written by Aziz Abdul Adam who is detained indefinitely on Manus Island. The letter was adapted for Vision.

Dear Friends,

I am Aziz Abdul Adam and I have been indefinitely detained on Manus Island for six years.

I have seen 12 of my brothers lose their lives from violence or mental illness.

I cannot tell you how hard it is to live with physical and mental pain and trauma when you don't know what's going to happen to you in the future.

Sick friends are taken to Port Moresby for hospital or other treatment, but come back still sick. Some have had the wrong treatment that has made them worse.

I take care of at least 30 people who have harmed themselves – they don't have anyone else. I try to give them some hope; I am their friend and their counsellor. We are the family that we have been separated from for over six years.

I am not a doctor but I try to do my best. I get very tired and I am traumatised myself. But I stay strong for my brothers, we get through together.

Sick people will die in offshore detention without urgent medical treatment.

The ACRC released data on the medical condition of 49 cases from their case-work to show that most people on Manus and Nauru have been waiting for 2 to 3 years, with some waiting more than 5 years.

The local doctors on Manus don't want to treat us, they send police when someone attempts suicide instead of a medical nurse or doctor.

While some Australians are concerned that sick people are a threat to your national security, many men here become permanently disabled or need extensive medical and psychiatric care to ever get better.

I really miss my family so much, no words can describe my feelings at the moment. My hopes and my future depend on the lives of the men on Manus.

I look forward to the day we can meet somewhere when I am free.

Yours in hope,

Aziz Abdul Adam

UNHCR End of Year Message

While 2018 was a year of humanitarian need, UNHCR was overwhelmed by the generosity of Australians. Thank you!

Across Australia and the world, citizens and communities stood in solidarity with refugees and demanded their protection. Two million people signed a petition demanding that governments protect refugee rights.

UNHCR, plus many of their supporters, also joined in the #KidsOffNauru coalition, which mobilised a nationwide movement that has so far seen over 100 refugee children evacuated from Nauru.

The global headlines can be overwhelming. But it all comes down to people. Every intervention, however small, changes a life.

The compassion of people made a world of difference in 2018 and can again in 2019.

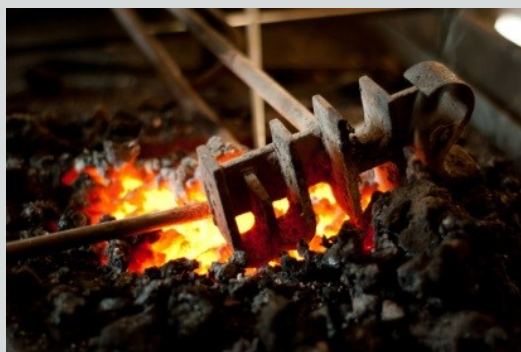
Every action means a few more refugees feel safe and regain control over their lives.

On behalf of all the men, women and children you have helped protect this year, a heartfelt thank you.

Naomi Steer, National Director
United Nations High Commissioner for Refugees

Stigmatising those in need

Adapted from an article by Andrew Hamilton
published in Eureka Street in May 2018



The Greek word stigma originally referred to the branding of slaves and traitors. Adultery, desertion, Jewish descent, certain other religious beliefs, imprisonment, and other crimes have led to branding or wearing distinctive clothing to mark people as outsiders.

In Australia such external forms of stigmatising are generally seen as a bit crude — though the recent withdrawal of medical benefits from people brought back from Manus Island for treatment shows that crudity and cruelty are alive and well. But the expectation that the state will ensure that the weakest and most disadvantaged in society can live with self-respect has caused problems for governments. How much the wealthier should contribute to support for the disadvantaged has to be balanced against fear of the electoral consequences of being seen as heartless.

The current arguments over Newstart allowances and refugees are good examples. The unemployed are referred to as dole-bludgers and refugees are called illegals, and both are accused of ripping off the community. This enables society to regard the hardship imposed on the targeted groups as justifiable.

However the brutality and cynicism inherent in such frontal attacks is becoming recognised as such. The reduction in the welfare budget is no longer presented as punishment but as a way of addressing social evils. Such rhetoric implies that the

people in need of benefits are social groups infected by evil. An example is the tens of millions of dollars being committed to programs addressing alcohol and drug dependence among unemployed Australians. Who could argue with the need for programs that address drug dependence? But the association of drug dependence with unemployment encourages the public to see addiction as **the** problem affecting all unemployed. In truth addiction is a problem in most groups of our society. From such a subtle approach we progress to tying receipt of benefits to being free of drugs. According to Hamilton there is no evidence that this would be any more successful in reducing addiction than compulsory breath testing reducing alcohol addiction among politicians. But it does suggest that unemployed people as a whole are affected by addiction, and humiliates those tested. Humiliation rarely contributes to the freedom people need to change their way of life.

The effect of the stigmatisation is to deprive people in need while reducing the cost to government. It can also make it seem that unemployment is the fault of the unemployed rather than a scarcity of jobs and a changing workforce.

Another example of stigmatisation is the cashless card, widely rejected and seen as demeaning by Indigenous communities.

It seems a worthy response to severe alcoholism, domestic violence, absenteeism from school and diversion of welfare from women and children to support addictive habits. But it also encourages the view that Indigenous communities are incapable of taking responsibility for their own lives, and that increased funds will only extend the evil. To address a problem that has its root in loss of self-respect, associated with widespread unemployment, by further humiliation and reduced self-respect, seems contradictory. The white cashless card is like the Dunces cap emblazoned with a capital D.

Even a government report produced no hard evidence that it had done any good — with many respondents believing it had done harm. Perhaps the cost of the program would be better directed to increasing employment.

We need a change in our thinking. Governments (and society) have a duty to respect people as human beings and not as ciphers, to provide benefits that help people to live with self-respect, to take responsibility for their lives and to involve them in its healing. Support of people who are disadvantaged is a responsibility to be accepted not slithered out of.

Thursdays in Black Campaign

In every country, gender-based violence is a tragic reality. This violence is frequently hidden, and victims are often silent, fearing stigma and further violence.

We all have a responsibility to speak out against violence, to ensure that women and men, boys and girls, are safe from rape and violence in homes, schools, work, streets — in all places in our societies.

Thursdays in Black grew out of the World Council of Churches (WCC) Decade of Churches in Solidarity with Women (1988-1998), in which the stories of rape as a weapon of war, gender injustice, abuse, violence, and many tragedies that grow outward from such violence became all the more visible. But what also became visible was women's resilience, agency and personal efforts to resist such violations.

The campaign was inspired by:

- The Mothers of the Disappeared in Buenos Aires, Argentina who on Thursdays protested at the Plaza de Mayo, against the disappearance of their children during the violent dictatorship;
- The Women in Black in Israel and Palestine, who up to now protest against war and violence;

- Women in Rwanda and Bosnia who were protesting against the use of rape as a weapon of war during the genocide;
- Black Sash movement in South Africa protesting against apartheid and its use of violence against black people.

Reflection

One scripture often used to express love is 1 Corinthians 13:4-8. *Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails...*

What does that scripture mean to you?

Join us in saying: *Love heals, not hurts!*

The **Thursdays in Black** movement of people and organisations can make a difference to individuals, communities, and national and international policy forums.

For more information go to – <https://www.oikoumene.org/thursdays-in-black>

A Thoughtful Response to Third Places

I am still working my way through the December Vision, but I feel compelled to comment on the article adapted from a piece written by Tony Matthews and Joanne Dolley in March last year.

My imagination is taken by the concept of Third Places, something I feel so necessary for folk in this world where one can be (or feel) almost totally alone. When the Friday Morning Coffee and Chat came into being, I "grabbed it with both hands" as the lifeline I needed so badly. Apparently others felt the same, and soon a regular/not so regular group of people met each Friday, talking and listening with compassion, humour and without any judgment or discrimination.

John Powers was the organiser behind the scenes, as were the tireless and affable folk who waited on us with grace and

sparkling humour. The essence of the group was that folk who were unable to come to church regularly could come and feel completely at home. The 'at homeness' was underlined by the attendance of the Art Circle painters toward the end of the morning. Office staff added another essential dimension, not to be missed.

Would you impress on the powers that be that "the Friday mornings" are an essential part of Morialta's outreach, and with the warmth and love surrounding each member around the table, it is a happening that should continue into 2019, without any changes that might alter that. I trust that these hopes and prayers will strike a chord in the minds of those who have the responsibility for making such decisions!

With the grace and peace that can be found in a New Year,

Cynthia Story

Pain is pain, right? Well yes and no...

Adapted from an article by Beck, Tory and the Vital Core team

We've all experienced pain. But why is it that the same pain feels worse sometimes than at other times? The classic example is if you roll your ankle. Often you can't walk on it immediately afterwards. However, what if you were hurrying to cross a busy street and you roll your ankle? Would you stop and sit down in the middle of the road? No, you hobble to the side of the road before you attend to your injury. So how can you do this when you are in "so much pain?"

The answer lies in the fact that pain and the experience of pain are not the same. While pain is very real, the experience of pain is caused by your brain. The brain constantly assesses information from millions of nerves throughout the body. After processing this information it decides what you will 'experience'. The information includes:

- You and your physical make up (anatomy, physiology, hormonal etc.);
- Previous experiences of pain and also of life;
- Education and understanding levels;
- Current location and situation;
- Current mood level of stress;
- Myriad of other factors.

The brain then decides how best to act. It may decide that you are in mortal danger (such as putting your hand on a hot plate) and fire a long and consistent alarm in the form of severe pain so that you change your behaviour to protect yourself. Or it may decide that you're actually ok and you can just get on with your day.

It is important to note that the severity of an injury and severity of pain are not correlated. You can have significant injury to tissue and experience minimal pain and the reverse.

So what about memory of pain?

World renowned pain scientist Dr Lorimer Mosely tells a great story about an incident with a snake. He was bush walking one day – enjoying the sunshine, company of friends and the amazing surroundings of the bush. Suddenly he stepped on a stick which flicked up and whacked him in his shin. It really hurt. However, very quickly a companion noticed that it was in fact a Brown snake – one of the most venomous snakes in the world. Panic set in and suddenly the pain was excruciating! The next few hours were extremely stressful and the pain continued. He could 'feel' the poison travelling through his blood. The 'what if' became overwhelming! He survived and thankfully made a full recovery and returned to bush walking.

However the next time he was walking and he stepped on a stick which flicked up and hit him in the shin, what do you think happened?

He immediately went into blind panic. The memory of the snake bite was real and he was sure that it was happening again. The pain was excruciating. Until his friends said "It's OK mate, it's just a stick".

The take-home message

Previous experiences can bias the brain's response into thinking it's an emergency even when it's not. Because of a previous experience, your brain is capable of sending off an exaggerated alarm excessive of the actual threat to you. Unless you are able to tell the brain "it's ok I'm not under threat" that alarm can continue and your experience of pain can be excessive. Most of us can quote examples just like this. Have you ever had severe back pain which took you a long time to mend? Then some time later when you hurt your back again you immediately thought "Oh no, I've done my back again". It may be a completely different injury, or not even an injury at all, but your brain relies on the previous experience to determine how much danger you are in. Studies done on people with chronic low back pain have shown they are infinitely more sensitive to

light touch on the painful side of their back than they are on the other side.



The problem with this excessive alarm response is that if it continues for too long you may start to alter your activity levels and thought processes. The brain then becomes further sensitised requiring less and less to trigger the 'alarm'. This is what is seen in patients with chronic pain.

A major management goal for people with chronic pain is to turn down the alarm response. Each person must be assessed to determine the activities that pain is preventing them from doing.

Also, what are their goals? Do they want to get back to walking around the block? Care for grandchildren? Travel overseas?

By refocusing on goals your physiotherapist can remove the word 'pain'. First the patient must be assessed to determine where they are weak, strong, stiff or mobile. The focus is away from 'pain' so that gradually the brain's expression of pain is reduced by focusing on a management plan that has clear goals.

Exercise performed carefully and accurately can have a positive influence on the experience of pain. By moving and NOT experiencing pain we teach the brain that we CAN MOVE without pain.

Exercise strengthens the body and encourages normal movement. These movements are sent as signals to the brain, which in turn says that "Yes you can move without pain".

Exercise causes the release of hormones that promote a feeling of well-being. A positive and calm mind has an increased ability to dampen the experience of pain.

Pain management by a professional health provider can change your life.



Apologies for the inconvenience...

... as work begins on repairing the stonework at the front of the church. Scaffolding will mean it is not possible to drive up to the front door for a while.

If this is an issue for you, please let us know and we will see what we can do to help.

Morialta Magpie



Campbelltown Senior Citizen of the Year Nominee Rob Webbe

"As Rob approaches his 80th birthday, he is still a very active member of our Community. He has given service in four aspects of community life: faith, youth, environment and older people. He has given long and distinguished service to the youth of Campbelltown and the Morialta Uniting Church and has made the Community a better place by reducing the impact of graffiti in our neighbourhood. The main beneficiaries of Rob's service are the Scouts and members of his Church including the students living in Uniting Church accommodation.



Age comes with its own special challenges. As Bette Davis said 'growing old ain't for sissies'. Rob keeps getting up in the dark to hunt graffiti, he undertakes manual tasks maintaining church and Scout properties, and has a sharp mind suited to his administrative work. Rob presses on even though he has had some significant health issues that have tried to slow him down."

What some people do for a thrill!



As the Messenger paper stated – "Age no barrier to our oldest roof climber".

Our own intrepid thrill-seeker, Jill Thompson, suspended over the Adelaide Oval, was making her first Adelaide Oval roof

climb, at age 92. Congratulations to Jill and Fay Goldsworthy who accompanied her.



Fellowship

The 2019 Fellowship year started with a "Picnic in the Park" at Koster Park, Trinity Gardens. On a lovely balmy summer evening, 26 members and one beautiful dog enjoyed a relaxed time of Fellowship together. The evening was completed with coffee at McDonalds, where much chatting and laughter took place.

We have a very interesting program planned for the year. Everyone is welcome to join us. Talk to Margaret Clogg to find out more!



Nicolas sang for us in our January worship



John and Helen celebrated their 52nd wedding anniversary



Communion was served differently in January



Dale and Brian met each other 55 years ago on Auckland Day in NZ



Ray and Margaret celebrated another wedding anniversary



Jan and Margaret celebrated birthdays



Betty, Arlene, Pauline, Sam and Anne all celebrated birthdays



Gil and Eunice celebrated their wedding anniversary

We need to rethink our moral obligations to create a better world

Adapted from an article published in the Conversation by Anne Schwenkenbecher, Lecturer in Philosophy, Murdoch University, March 2018



Large-scale adoption of a more plant-based diet could have a great impact on climate change mitigation and anti-microbial efficacy.

Understanding individual actions as a collective action problem.

A good example of a collective action problem is our collective overuse and misuse of antibiotics, which is accelerating drug resistance, leaving people increasingly vulnerable to infections that can no longer be treated. This applies not only to the use of antibiotics in human medicine, but also in animal industries.

A collective action problem is one where an individual rational action leads to a collectively undesirable outcome. Small things that many of us do, often on a daily basis, can have disastrous consequences in aggregate. The most challenging problems humanity is facing are collective action problems. These include plastic pollution of our oceans and waterways; the heightened concentration of greenhouse gases in the atmosphere leading to global warming; and the over consumption of meat and its contribution to environmental degradation.

The common thread with collective action problems is that they cannot be resolved by individual groups on their own. We need global, coordinated policies to address these issues successfully. Governments, international organisations, and even alliances of states – need to cooperate.

But Schwenkenbecher believes that if we leave it to policy makers and our political representatives to address these questions, we are violating important moral obligations as individuals.

Aggregate individual actions can actually have a significant positive impact on alleviating problems of collective action (even if they will not resolve them).

For example, in the case of antibiotic resistance WHO has identified a number of actions each of us can take to help reduce the spread of resistance. These include limiting the medical use of antibiotics (where that is a safe option), minimising the use of antibiotics in food production, and preventing infections through improved hygiene.

Similarly, climate researchers have identified individual actions that will help mitigate climate change, provided enough people join in.

The paradox of collective action is that while none of us can individually make a difference to the overall outcome, together we can. However to make progress we need to rethink some of our common assumptions and intuitively held views about morality. Most of us tend to neglect the moral import of small (often imperceptible) contributions to large-scale problems. We work on the presumption that if an action of mine does not make a perceptible difference to an outcome then my moral responsibility to perform it is reduced. This lets everyone off the hook.

Maybe we need to rethink our moral obligations and understand our responsibility to address problems as shared, rather than individual. If we only campaign for Governments to make changes, but still drive to the supermarket to buy a loaf of bread, are we meeting our moral obligations or responsibilities? Sometimes our obligation to perform certain actions or to produce certain outcomes is because we can make a difference as individuals. At other times, the source of our obligation may relate to a collective pattern of action that we perceive as morally right. So reducing our carbon footprint, or reducing our anti-microbial footprint, are actions that are about doing the right thing collectively.

Another way of putting this is to say that individual moral responsibility not only applies to situations where we have impact as an individual, but may derive from our collective responsibility and our joint ability to make a difference.

What makes the world vibrate

'Believe me, once you have penetrated to the very axis of the Christian outlook, the theological, disciplinary and ceremonial excrescences count for little more than the musical theories when you are listening to music.'

There really is a Christian note which makes the whole world vibrate – like a huge gong – in the divine Christ.'

Teilhard de Chardin – A Biography,

Robert Speaight, 1968

Democracy in Colour

Adapted from the website <https://democracyincolour.org/>

Democracy in Colour is a movement of people of colour and their allies working together to tackle structural racism. It is a racial justice organisation led by people of colour – working towards a society where the inherent worth, dignity and humanity of everyone is recognised. It was formed to tackle structural racism.

They aim to hold political, cultural and corporate leaders to account for the things they say and do on race, as well as strengthen the political voice of people of colour.

They combine the proven model of member-driven, grassroots campaigning (used by organisations like GetUp!) with an organising model similar to that used by organisations like Lock the Gate and 350.org.

Why does Democracy in Colour exist?

Over the last decade, Australia has seen increased fear mongering and the rise of racist extremists. The organisation was formed to challenge policies that have resulted in black deaths in custody, restrictions on immigration, brutal refugee policies, and an often racist political discourse.

In a way it is a rejection of policies that treat people differently based on the colour of their skin, their cultural background, their gender, their sexuality, their able-bodiedness, and their class.

Democracy in Colour realise that they cannot change racial attitudes in Australia overnight but they can play a role. Their aim is to give people of colour a voice in the debate around policies which protect minorities. It is an independent organisation funded by its own supporter base.

For more information go to <https://democracyincolour.org/>

WELCOME TO THE MORIALTA UNITING CHURCH COMMUNITY LIBRARY HUB

The Future of Our Library

The future life of the library at our church has been in a state of suspense since the departure of our long-term librarian, Lorraine Powers, so on Friday, 4th January at 7.30pm, a meeting was held to consider the way forward. This was not an official meeting, but an opportunity for a frank discussion.

The people present were Margaret Cargill, Christine Secombe and the remaining members of the existing library committee: Jill Kerr, Miranda Clarke and Jan Thornton. Joan Wagner and John Thornton are not committee members and were not present. However, they were involved in past library operations and have expressed an interest in continuing to be involved in any future library endeavour.

The long term future of the library is something that all of us should think long and hard about, and it has been decided that some way of judging the feelings of the congregation will be carried out. It is vital that the church is aware of how important – or not – the continued operation of the library is for everyone and this can only be done by engaging the congregation in a review that looks at all possibilities, both negative and positive. Until there is some indication of what members of the congregation would prefer, and how this fits with Morialta's mission priorities, the library will continue in a somewhat low-key status quo, with borrowing available as before. Church Council will conduct the review early in 2019.

The library room is considered to be a valuable space for church usage and there was some discussion as to whether its use as a library continues to be justified. However, the room is multi-functional because it is not only employed as a storage area for books, which can be borrowed by members of the

congregation and others; it is also frequently utilised for meetings. Therefore, its purpose as a library does not negate its service in other areas for the church.

The financial aspect of running a library is a cause for concern to everyone. We are all aware of the mounting cost of buying books, and the small return that the church is able to recoup with the sale of those books once they are considered surplus to need. However, discussion has taken place with the Burnside Library and from early in the year we will be gifted books from them on a monthly basis. These books will cost us nothing, will not have to be returned, and can be sold by us once we decide that they are no longer needed. The books will not necessarily be brand new, as we have enjoyed in the past, but neither will they be any more 'used' than any other book that can be borrowed from any library, anywhere. It was decided to trial this offer and review the situation after a six month period.

Disappointment was expressed by library committee members that an amount of the income realised from book sales in last year's mid-year fundraising stall was not returned to the library for usage but delivered in its entirety to general church revenue. Perhaps this should be reconsidered for any further sales of books.

The group concluded their discussion at just after 9pm.

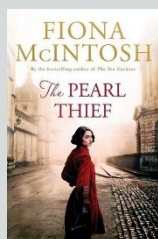
Jan Thornton

*** I understand that this was a verbal agreement between the librarian and the Community Building and Fundraising team early in the year.*

Editor

BOOK REVIEWS

The Pearl Thief by Fiona McIntosh



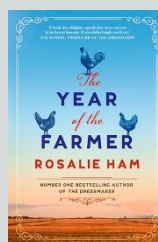
This is an intriguing tale which incorporates real history with a fictional story and brings the truths of World War Two into sharp focus. McIntosh's narrative is richly impressive and her agile imagination keeps you on edge almost through to the last pages.

The horrors witnessed and endured, by the main character, Severine, will stay long with the reader, and the devastating choices that she must make throughout many decades, shows the reality of acceptance and survival.

This is a book of intrigue and secrets, fear and horror but ultimately it's also about the longevity and healing of love.

Reviewed by Jan Thornton

The Year of the Farmer by Rosalie Ham



This is a darkly satirical novel, set in a small country town in New South Wales, in which the characters are battling the elements and one another.

Set during a period of extremely dry weather, and full of vivid descriptions of the environment and daily life, the story evolves with a plot packed with fascinating and cleverly drawn characters.

Written by the bestselling author of "The Dressmaker", this is a good book for a holiday reading list.

Reviewed by Jill Kerr

Dear Mrs Bird by A.J Pearce

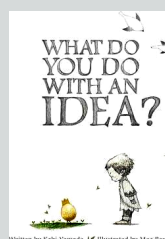


From the moment that I read about Emmy finding delight in the fortunate discovery of an onion for her stew, I knew I was going to love this book. By the time I was past the first two chapters I couldn't put it down, and by the time I got to chapter 20 I was grieving over the fact that there was so little left to read. I never wanted it to end and couldn't wait to find what the next page brought.

This story is a burst of nostalgia regarding a time long gone, when words like dignity and respect were held in high regard and keeping 'a stiff upper lip' was what was expected of everyone. Set in wartime England I was transported by writing so clever that it was made to feel simple. Emmy and her story beguile you in the gentlest fashion and make you sorry that she's not real and could be encountered. Funny, courageous and wonderfully loyal to those she cares about, Emmy is everyone's idea of the best kind of daughter, friend or employee. I can't believe that this is Pearce's first novel, and can only hope that it's not her last.

Reviewed by Jan Thornton

What do you do with an Idea by Kobi Yamada, illustrated by Mae Besom



This picture book contains a story for anyone, at any age. Beautifully illustrated, it is the story of one brilliant Idea, and the child who helps bring it into the world. As the child's confidence grows, so does the Idea itself. And then one day something amazing happens...

A truly delightful and inspirational book!

Reviewed by Jill Kerr

Praying with Australia and the world...

As creation groans, we remember all who suffer with her.
In the midst of...

Icy snow and raging fire,
Gentle rain and torrential flood,
Calming breeze and battering wind,
Sun gold warmth and scorching heat,
Refreshing pools and parching drought,
We reach out to you with our breaking hearts, Lord.
Walk alongside us and hear our cries.
Stretch out your hand, we pray.

Hold us in your palm
And cradle us...

Increase our strength of soul, O Lord,
So that, as we share your love and justice,
We reconcile and draw together,
Mending the broken and gathering the lost,
With wounded hands and healing hearts.
Amen

Rev Anne Hewitt



Diary Dates

Tuesday 5 March 2.00pm	Gateways by Day Lenten Reflections begin
Friday 8 March 7.30pm	Lenten Reflections at Jan Schroeder's begin
Monday 11 March from 11.00am	Adelaide Cup Picnic at the park opposite the church
Tuesday 12 March 10.00am	Lenten Reflections begin at Hibernia Cafe
Thursday 21 March 10.30am	Fellowship visit to Ronald Macdonald House
Sunday 24 March 2.00pm	Kym Purling Concert at Morialta
Sunday 31 March 4.00—7.00pm	Netball Club event to celebrate re-opening of courts
Sunday 7 April 2.00pm	Games Afternoon at Morialta—all welcome
Thursday 18 April 7.00pm	Maundy Thursday worship
Friday 19 April 9.00am	Good Friday worship
Sunday 21 April 9.30am	Easter worship (combined service)
Thursday 25 April	Anzac Day holiday

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Living Streams ~ Giving Life



**Deadline
for the next Edition**

1 April

To discuss ideas for Vision articles
contact the editor, Colin Cargill