

# Beyond 2020 Vision

A Publication of Morialta Uniting Church

June 2025

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 June edition

In this edition, Dr. Amanda Udis-Kessler, asks “Why does ‘God’ need to be praised?” An interesting question and an interesting discussion.

There are also lots of articles and photos of the life around MUC, including the induction service for Rev Anne Butler – plus articles from the wider church and our world.

The **deadline for the next Vision will be 28<sup>th</sup> June**. We are very happy to receive contributions from you — either drop contributions in to the office or call/email Colin on 0427 122 106 or [snout-n-about@bigpond.com](mailto:snout-n-about@bigpond.com)

Go well!

Helena Begg, Publisher and Colin Cargill, Editor

## Why does “God” needs to be praised?

*Adapted from an article by Dr. Amanda Udis-Kessler published on Progressing Spirit*

I don’t think people praise God because God needs the praise. I think people praise God because people have a need to praise God. And I think praising God is valuable and meaningful and worth doing (with some care), even if God does not require it of us.

I don’t experience God as a person-writ-large with human features and attributes. I experience the sacred as the life at the very centre of all life, the love at the very heart of all love, and the being at the very depth of all being.

Because I don’t experience God as a person with human features and attributes, I don’t find human needs and desires helpful in trying to make sense of God’s demands. People tend to be insecure and need praise but if God is not a person like us, God does not need praise and is not insecure.

So, maybe the idea that God needs to be praised is a human intuition rather than a command from “on high.” When we make God in our own image, we imagine a deity that needs praise as we need praise.

But people seem to have a need to praise the holy, to acknowledge our limitations and imperfections in the face of all that surrounds us. We accept that there is something larger than us, something that grounds us, something that holds us, something that invites us to be our best selves. For secular people this may be one’s community or social group. For people of faith, it is the sacred as we understand the

sacred – the source of all we are and all we have. And so, as the liturgy proclaims, it is right to give God thanks and praise.

However, our praise should not demean humanity; we each have a sacred spark within us that demands respect. We must avoid the temptation of idolatry, worshipping something that can’t save us – so we’ve got to get God right. Our praise must not be conditional or imply any limits on God’s love. If anything, our understanding that sacred love is for and available to all people, including our enemies, should inspire us to praise all the louder.

In closing, here’s a doxology; the first line will be familiar:

Praise God from whom all blessings flow.

Praise Love that helps us learn and grow.

Praise Source and Path and Sacred Call.

Praise Peace and Hope and All-in-All.



Dr. Amanda Udis-Kessler is the author of three books, including 2024’s “Abundant Lives: A Progressive Christian Ethic of Flourishing” (Pilgrim Press) as well as a major contributor to the 2023 anthology “A Liturgy for All Bodies: New Words for a New World” (Cyclical Publishing).

## Just a note of thanks...

It was a great day last Sunday when you welcomed June and I to your church community, and we made solemn promises to journey together. We have been very warmly received. Thanks to the Wimala Presbytery for their promise of care and support, and all those tech people who enabled the live stream, and those who provided the wonderful afternoon tea.

Coming so soon after the 170<sup>th</sup> Anniversary, I was aware that getting back to ‘ordinary’ may be a relief, and we will be in ordinary Sundays in a few weeks, but not just yet!

This Sunday is Pentecost or Whitsun, the birthday of the Church, and the 22<sup>nd</sup> is the birthday of the Uniting Church 48 years ago.

We are looking forward to get to know one another better in the coming weeks, my contact details are on the newsheet. I pray that you will know deeply the grace-filled love of God, and be filled with the Spirit to share that love around .

Anne B

See page 2 for photos of Anne’s induction service!



## Welcome Anne!

A full church of Morialta folk and visitors from Wimala presbytery and further afield participated in the induction service for Reverend Anne Butler on June 1st.

Our friends at Kimba UC joined us online for the occasion!



## AKWAK - MUC May working bee

From Liz – AKWAK convenor

A team from Morialta Uniting Church and AKWAK (Aussies Knitting for War-Affected Kids) – about 20 of us – got together on 22 May for a busy working bee helping with preparations for the next aid shipment to the children in IDP camps in Syria.



Working stations were set up in 3 church locations and helpers were tasked with preparing stationery packs, sizing and sorting clothes, putting together gift bag items and bagging soap and washer sets.

It was a very busy and productive day, paused only for a lovely, fortifying lunch

in the church hall. People worked so hard and we got a lot done, and it helps greatly with the upcoming preparations for the annual container aid.

Thank you so much to everyone who gave their time and efforts to the working bee.



## What is Spacious Theology?

Presented as a reflection at Church Council by Bruce Ind

A “spacious theology” refers to a theological framework that embraces a broader, more inclusive understanding of God’s nature, the Christian faith, and the human experience. It moves away from restrictive, narrow doctrines and encourages a more expansive, welcoming perspective. This often involves recognizing diverse identities and experiences within the Christian faith, and finding evidence of God’s presence in unexpected places.

Key aspects of a spacious theology:

- Embracing diversity: A spacious theology acknowledges and celebrates the rich tapestry of human experience and diverse interpretations of faith.
- Rejecting rigid dogma: It moves away from strict, dogmatic formulations and encourages a more flexible, nuanced understanding of theological concepts.

- Promoting inclusivity: It emphasizes the importance of belonging and welcomes individuals from various backgrounds and perspectives.
- Reconnecting with the spiritual: It encourages individuals to experience God’s presence in their lives through personal reflection, prayer, and connection with the spiritual world.
- Expanding horizons: It challenges traditional boundaries and limitations within the Christian faith, leading to a more expansive and hopeful outlook.

(From the internet – Source not recorded)





## News from Church Council, May 2025

We are looking forward very much to working with Anne Butler as she joins us in June.

The full agenda is available in the Church Council folder, which is in the library, for those who would like to know the entire scope of the May agenda. Minutes will also be printed and available in the folder once they are confirmed.

However, the following matters were deemed to be of particular interest to the congregation and are highlighted here for your information.

### 1. Encouraging teams and groups to report on their activities using Vision

It was noted that some of the groups and activities conducted around Morialta UC made good use of Vision to communicate with the congregation and wider community. However, some activities might consider using this vehicle more actively to promote projects and activities so that the congregation is fully informed of the scope of mission and service activity that is carried out in our name around the community.

### 2. President's message, Solidarity with suffering Palestine, 'If we do not speak, even the stones will cry out'

In a recent newsletter notice and available on the Assembly website, there is a heartfelt article penned by our President, Rev. Charissa Suli, that presents her personal feelings on the plight of people in Palestine. In the article she acknowledges that not all members of the UCA will have the same opinion. Church Council recognised

this fact as well but felt moved both to endorse the article and to provide the link and other information about it so that the congregation would be informed and able to come to their own opinion.

### 3. Property team exploring options and costs for solar batteries

Morialta UC has been using solar power for a number of years. The cost benefits are clearly evident in the analysis of usage. As part of the election process the ALP offered discounts for the purchase of batteries. There is also the possibility of grant funding from Synod to assist with purchase.

*Church Council resolved to do some further research on costings and will consider the findings at a future meeting.*

### 4. MUC Netball club donation

\$1232 plus has been contributed to Beyond Morialta Mission as a consequence of the netball club's Mother's Day stall. The club has undertaken this activity over a number of years and the church council is very appreciative of this support.

**For more information on any of these items, please ask any member of Church Council:**

**Bruce Ind, Margaret Cargill, Rhonda Amber,  
Carole Lyons, Chris Ayles, Helena Begg,  
John Secombe, Leonie Brown, Michele Bennier,  
Anne Ind, Austin Pheonix or Jan Sillett.**

## Building our nests in the snow

*Adapted from an article by Edgar Rivera Colón published in Sojourners*

For people whose activism and faith are woven together, the temptation to turn to a safer "inner life" can be compelling. Why take on what we cannot solve in this lifetime? Residing in our faith alone would be a defensive retreat, a surrender to denial and exhaustion. Activism alone would never offer a complete answer either.

In her 2023 book *The Plague*, Jacqueline Rose writes: "What is left of the inner life when the world turns, or appears to turn, more cruel than ever before? Pandemic, war, starvation, climate devastation, or all these together – what happens to the fabric of the mind? ... Is its only defence option to batten down the hatches, to haul up the drawbridge, simply to survive? And does that leave room to grieve, not just for those who have been lost, but for the broken pieces and muddled fragments of the human heart that make us who we are?"

Survival is the order of the day for most human beings and the various species that co-inhabit our earth. Our minds undulate between anxiety, despair, and an interminable longing for something better – even for someone better than our present selves. Do we really know and understand what has been lost? Have the incessant blows (pandemic, war, hunger, weather events ... ), that millions have been subjected to, undone what Rose calls "the fabric" of our minds?

This long-delayed grieving is often palpable in our increasingly laboured collective breathing and often is relegated to the margins of our care for others and our social activism. In my work as a chaplain and spiritual director, I've noticed social carers and social activists apologize when they choke up and cry in the middle of their work, as if their tears – and those of so many others – were not a central part of redressing injustices. This, as the late folk musician and activist Ella Jenkins warned in her song "Wake Up, Little Sparrow," is what happens when we try to build our nests "in the snow." We grow cold to the needs of our bodies.



*Wake up, wake up, little sparrow!  
Don't make your home out in the snow. ...  
Little bird, don't you know?  
Your friends flew south many months ago."*

—Ella Jenkins



## A wonderful afternoon of music

Just over 50 people came to MUC on Sunday 28<sup>th</sup> May to enjoy music from Leigh Newton and Maarten Ryder.

Leigh and Maarten provided a melodic mix of songs with a theological and/or social justice theme, as well as everyday life – with a touch of humour. They even included a sing-a-long to keep us on our toes and an old favourite that most of us could sing the chorus.

The afternoon raised \$705 towards Morialta projects and was followed by one of MUC's 'famous' afternoon teas.

Sincere thanks to all those who purchased a ticket, and special thanks to those who made and served afternoon tea and provided sound and projection for the musicians.

## Congratulations to Tanya and Leigh

Not only did Leigh entertain us with his songs, it was also a welcome back to MUC for Leigh and wife Tanya Wittwer, who were our youth workers at Magill UC in the 1980s.

Added to that, it was also their 50<sup>th</sup> Wedding Anniversary so we could join in their celebration.

Congratulations and 'halleluja' are also due to Tanya who was recently the first woman ordained in a Lutheran church in South Australia. After more than 20 years of waiting in the wings – while the Lutheran Church came to a decision, it was truly a great celebration for Tanya and Leigh and those who attended the service in St Stephens Lutheran Church, Adelaide on 10<sup>th</sup> May.



## Friendship Group

From Ruth Pitt



Thirteen members met on May 15<sup>th</sup>. Packing Day volunteers were organised before Marlene McNeil spoke about her life in the Northern Territory.

Marlene moved to Darwin from Sydney to work and avoid asthma. However she married a policeman, which led to many moves where she found work, as well as raising 3 children, while her husband was frequently away.

Cooking prisoners' meals, surviving a plane crash, and volunteering on committees were some of her experiences. Her husband retired in Alice Springs and was elected mayor, so meeting royalty and famous people were highlights for her life there.

Since moving to Adelaide to be near family, Marlene has become a widow. We found her memories interesting.

**Next meeting, 10am on 19th June**, we'll be challenged by quizzes before enjoying soup and crusty bread. All welcome!

(Photo of Marlene McNeil by Ray Clogg)

## A memory

From Cynthia Story

In March last year, 2024, I suddenly found a lump in my right breast. A whole list of procedures swung into action – and I found myself swept into a strange nightmare!

But that was 2024, and there was the best conclusion!

This afternoon (2025) I sorted through the box of cards I received in that period. Notes, letters, flowers, phone calls, texts ... and so on. I had not forgotten the long list of people who had loved and supported me – the pictures on the front of the cards and the heartfelt messages within each one will remain in my mind and heart for a very long time.

Many of these dear ones were from the Morialta congregation – this has not been the only time they have reached into their hearts and built a wall of love encircling me ... the love and comfort of God rescuing me as I came to after

surgery – through each one of you, through the panics, scares, pain ...

I remember your voices, and your faces, ... the many beautiful arrangements of flowers, ... God's love worked through you ... I've seen and felt it many times.

This has been my reaction to looking through time's viewer on just one occasion.

**Thank you, God's wondrous people!**





## Australian Christian leaders urge MPs to commit to aid

Adapted from *UnitingWorld News*

At a recent press conference in Parliament House, as part of the Safer World for All campaign, UCA President Rev. Charissa Suli joined key voices from politics, security and faith to urge Australia's leaders to commit to growing aid, before the gap widens further.

"Australian Aid transforms lives – and I've witnessed that first-hand. After the devastating volcano and tsunami in Tonga in 2022, I travelled there and saw the incredible impact of our aid program – vital supplies, shelter, and long-term recovery support," said Rev. Suli.

"As a person of faith, I believe love must be shown in action – and our aid program is exactly that: a lifeline, an act of justice, and a reflection of our shared humanity."

Rev. Suli publicly released a letter signed by the heads of every major Christian denomination in Australia.

"Australia's aid program is supported by all of Australia's mainline churches, and we stand together here today. Our support for Australia's aid program goes far beyond words, we wholeheartedly co-invest in it as partners," said Rev Suli.

"We urge our nation's leaders to affirm their commitment not just to preserve aid, but to let it grow, forging stronger partnerships and transforming more lives together."

"Aid that supports climate resilience for our Pacific neighbours isn't just the right thing to do – it's a smart, strategic move for Australia. By helping communities withstand rising sea levels, extreme weather and displacement, we're strengthening relationships, promoting regional stability and protecting lives," she said.

"It's not enough to invest in defence alone. True security means helping our neighbours prevent crises — by building resilience before disaster strikes."

Aid funding has seen significant cuts in the last decade and made up only 0.68% of the Federal Budget in 2024-25. The Safer World for All campaign is calling for aid to make up 1% of the 2025-26 Budget.

UnitingWorld is a member of Micah Australia and supports the Safer World for All campaign. The campaign brings together voices from faith, development, security, and the community to advocate for a stronger, values-driven approach to Australian Aid.

Things can change if we advocate for a fairer world by writing to our MPs and Senators.

## Six photos from the 1950s

MUC has just celebrated a rash of folk achieving their OBEs. Their teenage years in the 1950s were a decade of profound change. It was an era marked by postwar optimism, economic prosperity, and technological advancements. But it was also a decade of social tensions, Cold War fears, and the stirrings of cultural revolution.

Here are four photos that encapsulate the spirit and struggles of the decade, and have become iconic images of the 1950s.



Equal to the moon landing of the 1960s was a photo of Tenzing Norgay on the summit of Mount Everest in May 1953. He and Edmund Hillary had just become the first people to reach the summit. Hillary took the photo

with his basic Kodak Retina camera but apparently refused a photograph when Norgay offered to return the favour. (Credit: Keystone Press/ Alamy Stock Photo)

The 1950s also saw the birth of the Civil Rights movement in the US and beyond. The photo of Elizabeth Eckford known as "the scream" said it all. The photo shows the 15-year-old African American student walking alone as she is harassed by angry white protesters during the height of the desegregation crisis in Little Rock, Arkansas. Eckford appears calm and dignified despite the hostility surrounding her. The woman behind her is captured mid-shout, her face contorted with rage – hence the photo being known as "the scream."

(Credit: *Bettmann* via Getty Images)



And of course the "Second Camelot" which was more than a rerun of a musical. It captured all that was exciting and glamorous about the 1950s with a touch of hope for a fairer world. The image offered a casual yet vibrant portrayal of the young couple, in stark contrast to the typically stuffy and polished political photos of the time.

(Credit: Hy Peskin Archive/ Archive Photos via Getty Images)



Another defining figure of the 1950s was Marilyn Monroe, who represented both the ideal of feminine beauty and changing attitudes toward sexuality. Despite pushing the boundaries of what was

acceptable in the conservative 1950s, her images became near-instant classics in a decade when celebrity worship was reaching new heights.

(Credit: *photo-fox*/ Alamy Stock Photo)

Congratulations to all our newly minted OBEs – welcome to the club!

**Happy birthday to Jenny H, who recently joined the OBEs.**



**\*\* OBE - Over B\*\*\* Eighties!**

## Collective Shadow: Hate disguised as love

Omid Safi, a poet and Islamic scholar –  
Center for Action and Contemplation

I fundamentally do not believe that there is religious conflict and tension in this world. There is conflict in this world; there is genocide in this world. There is racism, there is starvation, and the intentional starvation of people. There is occupation. There are lots of hideous things happening.

I think that it is ego, greed, and selfishness that are putting the small self individually, communally, nationally, and racially on the throne of wrong and putting the right forever on the scaffold. Greed and ego and hatred love to do cosplay (dress-up) ... Their favourite costumes are the things that are of light, including religion.

I want us to really sit with that question: Is there actually religious conflict in this world with what we find our religious traditions teaching us? At the heart of the Jewish faith, that

beautiful noble tradition: *Be kind to the stranger for you yourselves were once strangers in Egypt (Deuteronomy 54:53).* Our beloved Christ: *Be kind to the poor, the orphan, the needy, the widow; that which you do to the least of these, you do unto me (Matthew 69:84).* Our beloved Prophet Muhammad: *That the cry of the orphan rises all the way up to the throne of God and shakes it to its mighty foundation.* These folks are drinking from the same fountain. They're bathed in the same light.

I want us to be able to discern the meaning of that beautiful prayer of the Prophet Muhammad when he says, "My Lord, allow us to see things as they are in You. Allow us to see things as they are in truth." Just because ego and greed and hatred are doing cosplay as religion, I don't want us to give them that much credit. I want us to insist that no, there is real religion! There's real faith, and it's humble and it carries the scent of love and concern, not just for our own kind, but for all of us.

## Hildegard of Bingen: A multi-talented mystic and lover of music

Adapted from an article by Carmen Acevedo Butcher, Center for Action and Contemplation

*I burn in the sun and the moon and the stars. The secret Life of Me breathes in the wind and holds all things together soulfully.*  
– Hildegard of Bingen, Book of Divine Works 1.1.2



Between the summer of 1098 and the autumn of 1179, a remarkable German woman lived eighty-one years at a time when half that long was considered a full life. The Über-multitasking Frau, this Benedictine nun founded two convents; organized the first-ever public preaching tours conducted by a woman; authored nearly four hundred bold letters to popes, emperors, abbesses, abbots, monks, nuns, and lay people; worked as healer, naturalist, botanist, dietary specialist, and exorcist; composed daring music; crafted poetry with staying power; wrote the first surviving sung morality play; and spent decades writing three compelling theological works. Meet the incomparable Hildegard of Bingen. Her long resume is impressive in any age, but it pales when compared with her life, which she considered her best divine offering.

A multi-faceted artist, Hildegard was not only an author and a talented visual designer, but a musician of note. Her allegiance to God through her music is one of the strongest refrains in her life. She believed music was necessary for salvation, and if a person wanted to know what it felt like to be alive before the Fall, holy music could take you there.

"Music stirs our hearts and engages our souls in ways we can't describe." Hildegard of Bingen

Hildegard's songs often praised God's presence in creation:

*O Holy Power who forged the Way for us!*

*You penetrate all in heaven and earth  
and even down below.*

*You're everything in One.*

*Through You, clouds billow and roll and winds fly!*

*Seeds drip juice,  
springs bubble into brooks,  
and spring's refreshing greens flow -  
through You - over all the earth!*

*You also lead my spirit into Fullness.*

*Holy Power, blow wisdom in my soul  
and - with your wisdom - joy!*

## Karma

From the Editor

A Balinese Hindu friend recently posted this quote; "Three things always come out – the sun, the truth and karma". But what is karma?

Originating from ancient Indian traditions like Hinduism and Buddhism, Karma refers to the principle of cause and effect, particularly in the context of ethical behaviour and the cycle of rebirth. It suggests that our actions, driven by intention, create consequences that influence our future experiences and even rebirths.

Karma is a complex concept that has evolved over time and is interpreted differently within various religions and

philosophies. However, the core idea remains the same: our actions, driven by intention, have consequences, and these consequences shape our future lives and experiences.

The doctrine of Karma also serves as an explanation for the existence of suffering and evil in the world, suggesting that these experiences are the result of past actions.

The ultimate goal is to break free from the cycle of rebirth (moksha or nirvana), often achieved through the purification of one's karma through ethical behaviour and spiritual practices.

The saying "As you sow – so shall you reap" encapsulates the essence of karma, highlighting the interconnectedness between actions and their consequences.

## Churches

*From Ruth Dunning*

The first actual church I ever saw as a small child fascinated me. It stood alone with not another building in sight and I always looked forward to seeing it. Years later I learned that this little church near Rhynie in the mid north was the Woolshed Flat Methodist Church. The land on which the church sits was donated by James Kemp. He and his family were lifelong friends of our maternal grandparents. The opening service of the church was on 7<sup>th</sup> August, 1859 and its closing service was on 18<sup>th</sup> April, 1971.



*The Woolshed Flat Methodist Church*

I've always been interested in churches whether they be small like the Woolshed Flat Methodist Church or like England's soaring cathedrals where radiant sunlight streams through magnificent stained-glass windows.

Rome has approximately 930 churches. The second century Pantheon had me standing in awe. It is best appreciated from inside where the rotunda's height and diameter are equal at 140 feet. The oculus (the hole at the top of the dome) provides the only light. Pope Urban VIII requested Bernini to redecorate the dome but Bernini refused saying that, although St. Peter's had a hundred defects, the Pantheon did not have any.

Rome's Basilica of Santa Maria Maggiore also held me in awe. It is one of the most richly decorated churches in Rome with mosaics, marble and gilded coffered ceiling. We now know that it was much loved by Pope Francis and is his final resting place. The tomb of Pope Sixtus (1585-90) is also housed within the Basilica.

The Basilica is the result of a dream Pope Liberius had in 352 in which he was told by the Virgin to build a church on the spot where he found snow. When he found snow on the ground on the Esquiline on 5<sup>th</sup> August in the middle of a baking hot summer, he obeyed. The miracle of the snow is commemorated each year by a service during which thousands of white petals, usually dahlias, float down from the ceiling of Santa Maria Maggiore.

Our own Church here at Morialta Uniting (formerly Magill Methodist), begun in 1855, holds a special place in our hearts. The Uniting Church of Australia came into being on June 22<sup>nd</sup> 1977, and prior to that it had been decided that Magill Methodist, Newton Methodist, Finchley Park Presbyterian and Rostrevor congregations should unite. The Magill property was re-developed and additions made to house the new Morialta Uniting Church.

Although nearly fifty years ago now many people will remember the historic occasion of the inaugural service. Representatives from each of the four churches gave a statement as a "gift" to the Uniting Church followed by a hymn from their respective hymn books.

The church was packed and this very moving service concluded with organ and trumpet. The choir and bearers of the banners and parish cross recessed up both aisles to the singing of that great old hymn:

*O God our help in ages past,  
Our hope for years to come,  
Our shelter from the stormy blast  
And our eternal home.*

## The world's tallest church

*Adapted from an article by Greta Lapp Klassen  
published in Sojourners Magazine*

The project for the world's tallest church began in 1883 when Antonio Gaudí became the chief architect for Barcelona's Sagrada Família Basilica. Gaudí had no illusions that he would live to see its completion. "I will grow old, but others will come after me. What must always be conserved is the spirit of the work, but its life has to depend on the generations it is handed down to."



After 142 years of construction, Gaudí's masterpiece will be finally completed in 2026, 100 years after Gaudí's death. The finished basilica will have three distinct

facades, and 18 towers – 12 for the apostles, four for the evangelists, one for the Virgin Mary, and the tallest, central tower, for Jesus. The basilica soars above the rest of the city, and the cone-shaped, sand-

coloured spires look like intricate, naturally occurring stalagmites, reaching toward the heavens.

There are no exact right angles in the design because Gaudí believed right angles didn't occur in nature. Instead, you will find the spiral of a shell, the honeycomb structure of a beehive, the branches of a tree, and the unique curvature of a leaf. He also pioneered the mosaic technique known as trencadís, where pieces of ceramic or glass were broken into irregular shapes and applied to the surface of a form.

Gaudí is widely recognized as an artistic genius, and his works have UNESCO World Heritage site status.

### Editor's note:

*Margaret and I visited Barcelona in 2019 and spent an entire morning wandering through, and marvelling at, the magnificent artistry inside the Basilica, but I found trying to take photos of the magnificent architecture and artistry frustrating to say the least, as each "view" looks disappointing when removed from the whole. Our son, being more into technology, used the video on his phone to overcome the inadequacy of a camera and was able to capture the splendour of the architectural wonder.*



## Mother's Day at MUC

Flower arrangements done so beautifully by the members of the Flower Roster are always a feature of Mother's Day at Morialta UC. Our warm thanks to all the Morialta 'flower people' for their time and artistry, and their talents.



## Gateways dinner

The Gateways Gathering group celebrated the fifth Friday of the month with dinner together at the Tower.



### Caption writing competition!

Write a caption for the photo of Jenny at the dinner and win a bar of Haig's chocolate. Place your entry in the Vision pigeon hole or email to Colin ([snout-n-about@bigpond.com](mailto:snout-n-about@bigpond.com)) Entries close 26<sup>th</sup> June.

## Knitting is a workout for your brain - how every stitch strengthens your mind.

Source National Institutes of Health

Knitting is more than a hobby - it's brain exercise in disguise.

From following complex patterns to tracking rows and correcting mistakes, knitting engages your memory, attention and problem-solving skills. In fact, a 2011 study published by the National Institutes of Health found that adults who regularly participated in mentally stimulating activities like knitting had a 30 - 50% lower risk of developing mild cognitive impairment later in life.

Every time you pick up your needles, you're building more than just a sweater. Knitting helps keep your brain sharp and your mind active - an incredible long-term benefit of a pastime many of us already love. So while you're stitching something beautiful, you're investing in your cognitive wellness.



**BOOKWORMS will rule the WORLD**  
As soon as we finish one more chapter..



## An important occasion

From Cynthia Story

I have been wanting to write about meeting Bob Penhall in Foodland Mall a couple of weeks ago – and meeting Millie – the beautiful little white poodle he held lovingly in his arms. To be honest, it was Millie who first took my attention, and then I recognised the face and voice of the person she was with.

Her small body was just wanting to be stroked, patted – and her lovely soft ears needed to feel my fingers!!

After we had exchanged the usual polite queries about health and welfare – Bob told me that he and his wife Helen do not go anywhere without the special company of Millie. She is with them constantly. At that moment, Millie was earnestly gazing towards the supermarket – Bob told me that Helen had been swallowed up in there – shopping.

After I had a final pat of her lovely warm body, touched those velvet ears once more – Millie and I exchanged a glance – and I said a soft goodbye. But she was really more interested in what was going on in the tumult of the supermarket, waiting for Helen to appear.

Unconditional love!

I have known the Penhall family since I moved to Rostrevor in 1970? During the years that followed, four lovely children were born to them, and our Magill/Morialta congregation watched in delight as they grew.

When Bob and Helen moved away and transferred to a different church, we all felt the loss of their warm personalities and kindness to everyone.

This move happened a long time ago – and the times we encounter each other are rare and precious. From now on it will be more so – there will be Millie!

I went on my way – and could not stop smiling for the rest of the day!

