



If undeliverable return to
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A SELF HELP CENTRE
for People with Disabilities
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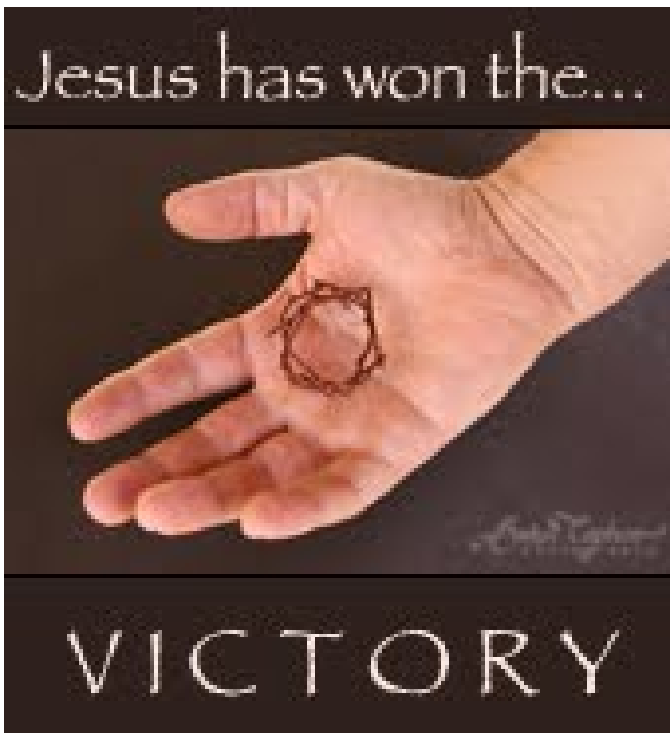
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Email: EmmanuelCentre@westnet.com.au
Web address: www.emmanuelcentre.com.au
EMMANUEL NEWS
April 2011

COMING EVENTS AS WE GO TO PRESS (Check before coming could be changed. Look inside for more info.)

- Friday April 1st** 7.30pm Stations of the Cross (Dramatised) St Denis Youth Group,
St Denis Church, Cnr Osborne and Roberts St Joondanna.
- Saturday April 2nd** Mass at St Denis (Power Point and Interpreter) 6.30pm St Denis Church
- Monday April 4th** "Challenges " 9.45-10.45am Emmanuel Centre
"Wii Fit" with Michele 11-12.30 noon
- Tuesday April 5th** "Painting with Geoff" 9.30-10.30am Emmanuel Centre
"Craft with Shirley" 11-1.30pm
- Wednesday April 6th** "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- Saturday April 9th** St Denis (Power Point and Interpreter) 6.30pm St Denis Church
- Monday April 11th** "Challenges " 9.30-10.30am Emmanuel Centre
"Wii Fit" with Michele 11-12.30 noon
- Tuesday April 12th** "Painting with Geoff" 9.30-10.30am Emmanuel Centre
"Craft with Shirley" 11-1.30pm
- Wednesday April 13th** "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- Wednesday April 13th** "Reconciliation Service at St Denis, Cnr Osborne St and Roberts Street, Joondanna. 7.30pm
Power Point and Interpreter available
- Thursday April 14th** Auslan Café St Simon Peter Parish, Cnr Prendiville & Constellation Dve OCEAN REEF
- Saturday April 16th** Mass at St Denis" (Power Point and Interpreter) 6.30pm St Denis Church
- Monday April 18th** "Challenges " 9.30-10.30am Emmanuel Centre
"Wii Fit" with Michele 11-12.30 noon
- Tuesday April 19th** "Painting with Geoff" 9.30-10.30am Emmanuel Centre
"Pet Care with John" 11-11.30am. followed by "Craft with Shirley" 11.30am -1.30pm
- Tuesday April 20th** Chrism Mass St Mary's Cathedral 7pm with Archbishop Hickey (Must be seated 6.45pm)
Power Point and Interpreter available
- Wednesday April 20th** "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- NO DAY TIME PROGRAMMES AT EMMANUEL CENTRE UNTIL MONDAY MAY 9th**
- Thursday April 21st** Holy Thursday at St Denis, Cnr Osborne St and Roberts Street, Joondanna. 7.30pm
Power Point and Interpreter available
- Friday April 22nd** Good Friday at St Denis, Cnr Osborne St and Roberts Street, Joondanna. 3.00pm
Power Point and Interpreter available
- Saturday April 23rd** Easter Vigil at St Denis, Cnr Osborne St and Roberts Street, Joondanna. 6.30pm
Power Point and Interpreter available
- Thursday April 28th** Morley Mental Health Group "Drumbeat" Infant Jesus Morley 47 Welling ton St Morley 7pm
- Saturday April 30th** Mass at St Denis" (Interpreter) 6.30pm St Denis Church
- Tuesday May 3rd** Challenges of the Desert and finding an oasis at Emmanuel Centre 7pm
- Saturday May 7th** Mass at St Denis" (Power Point and Interpreter) 6.30pm St Denis Church
Deaf Signs and the New Mass text 7.30pm at St Denis after Mass
- Monday May 9th** "Challenges " 9.30-10.30am Emmanuel Centre
"Wii Fit" with Michele 11-12.30 noon
- Tuesday May 10th** "Painting with Geoff" 9.30-10.30am Emmanuel Centre
"Scrapbooking with Edith" 11-12.30pm
- Wednesday May 11th** "Conversational Sign Language" 1-2.30pm Emmanuel Centre



It is amazing how quickly some people see the hand of God in disaster. The earthquakes in New Zealand and in Japan, for some people, are seen as punishment for the sins of the nation. The tsunami, for others, is simply balancing the population demographic. Others will ask, "How can God allow it to happen that people with little enough have that taken from them?"

How quickly we blame God for disaster. How slow we are to acknowledge the hand of God in the everyday. "Miracles keep happening; the sun rose in the East today" is the opening line of a song by Joan Baez. Whatever one may think of the singer/writer, Joan has highlighted a very important event. I have become more conscious of the miracle of my body as I think about how my lungs, every time I breathe in, are able to take out of the air I breathe the various elements like Oxygen and deliver it to all parts of my body. How I marvel that my brain can direct my hands to reach out in friendship and all those electrical signals that tell my hands to move don't get lost on the way from my brain. My eye automatically adjusts

to light conditions and focuses on what I want to see without any conscious effort from me. The miracle of the birth of a child continues to inspire awe. Do I thank God enough for these everyday miracles?

I grumble, though, when nature does not go my way, or at least the way I thought it should. My grumbling gets me nowhere and I have found that when I actually embrace those less than happy situations, I am not disturbed by what might have been and I am content with what is.

I am slow to acknowledge the Creator in the everyday. One of the reasons for this may be that I make judgements about what lies outside of me only in its relation to myself. I grow up with an idea that somehow humankind is so clever and resourceful that I have power without limits. I even have the idea, until something happens on a scale so large and so completely beyond my control, and then I blame God. This raises two questions. How much influence and responsibility do we as human beings share? What 'natural' events arise because of something we did?

Earthquakes, from my understanding happen because what we think of as solid ground beneath our feet is really floating on melted rock beneath. There are several of these floating clumps and they bump into each other and make the ground shake. It is a release of the pressure of these clumps pushing against each other. It is happening all the time. The movement is noted in the newspapers and on TV when people are affected by it. The importance of these natural happenings always revolves around 'me' (human beings).

For many people with disabilities their lives have been moved around a lot. In a split second a bank manager in charge of several bank branches can find himself or herself in a position where they cannot even communicate that they are thirsty or their nose itches. Where is this God of Mercy and Compassion here? The more I search for answers the further away I am from satisfaction. . What to do?

In the end I must give in to a higher power and see in the Cross of Jesus total Victory over any and all forces of bad. The image of Jesus on the Cross is an image of us whose limitations bind us as tightly as nails to our Cross of Life. Is there Victory in death?

Is it possible? It is a lived reality for many. I cannot begin to recount the stories of those whose world has been torn in two, shattered and twisted, turned upside down, shaken and stirred through accident or illness. Yet, while the circumstances of their lives are dramatically changed those circumstances in no way dampen the living Spirit within. Maybe it's like what we pray in the preface of the Mass for the dead, "For your faithful people life is changed not ended".

A friend of mine told me that after his motor accident it took him an hour just to put on his shoes. He simply had to slow down and in the process he rediscovered some of the simple joys in life like dressing himself. Disability can do that.

I am truly blessed to know those whose lives are inspirational not because of what they have achieved but rather because of who they are and what they live with and through throughout the lives. Thank you for your ability to be the living face of God with us – our Emmanuel.

Barbara



ANXIETY SELF HELP

How to Stop Worrying Self-Help Strategies for Anxiety Relief PART 2

Cognitive Distortions that Lead to Anxiety and Worry



All-or-nothing thinking

Looking at things in black-or-white categories, with no middle ground (“If I fall short of perfection, I’m a total failure.”)

Overgeneralization

Generalizing from a single negative experience, expecting it to hold true forever (“I didn’t get hired for the job; I’ll never get any job.”)

The mental filter

Focusing on the negatives while filtering out all the positives. Noticing the one thing that went wrong, rather than all the things that went right.

Diminishing the positive

Coming up with reasons why positive events don’t count (“I did well on the presentation, but that was just dumb luck.”)

Jumping to conclusions

Making negative interpretations without actual evidence. You act like a mind reader (“I can tell she secretly hates me.”) or a fortune teller (“I just *know* something terrible is going to happen.”)

Catastrophizing

Expecting the worst-case scenario to happen (“The pilot said we’re in for some turbulence. The plane’s going to crash!”)

Emotional reasoning

Believing that the way you feel reflects reality (“I feel frightened right now. That must mean I’m in real physical danger.”)

‘Shoulds’ and ‘should-nots’

Holding yourself to a strict list of what you should and shouldn’t do—and beating yourself up if you break any of the rules

Labelling

Labelling yourself based on mistakes and perceived shortcomings (“I’m a failure; an idiot; a loser.”)

Personalisation

Assuming responsibility for things that are outside your control (“It’s my fault my son got in an accident. I should have warned him to drive carefully in the rain.”)

Worry and anxiety self-help tip #4: Learn how to relax

Anxiety is more than just a feeling. It’s the body’s physical “fight or flight” reaction to a perceived threat. Your heart pounds, you breathe faster, your muscles tense up, and you feel light-headed. When you’re relaxed, the complete opposite happens. Your heart rate slows down, you breathe slower and more deeply, your muscles relax, and your blood pressure stabilizes. Since it’s impossible to be anxious and relaxed at the same time, strengthening your body’s relaxation response is a powerful anxiety-relieving tactic.

If you’re a chronic worrier, relaxation techniques such as progressive muscle relaxation, deep breathing, and meditation can teach you how to relax. The key is regular practice. Try to set aside at least 30 minutes a day. Over time, the relaxation response will come easier and easier, until it feels natural.

- Progressive muscle relaxation. When anxiety takes hold, progressive muscle relaxation can help you release muscle tension and take a “time out” from your worries. The technique involves systematically tensing and then releasing different muscle groups in your body. As your body relaxes, your mind will follow.
- Deep breathing. When you’re anxious, you breathe faster. This hyperventilation causes symptoms such as dizziness, breathlessness, light-headedness, and tingly hands and feet. These physical symptoms are frightening, leading to further anxiety and panic. But by breathing deeply from the diaphragm, you can reverse these symptoms and calm yourself down.
- Meditation. Many types of meditation have been shown to reduce anxiety. Mindfulness meditation, in particular, shows promise for anxiety relief. Research shows that mindfulness meditation can actually change your brain. With regular practice, meditation boosts activity on the left side of the prefrontal cortex, the area of the brain responsible for feelings of serenity and joy.

Relaxation techniques for anxiety relief

From tai chi and yoga to meditation and deep breathing, there are many relaxation techniques that can help stop worry and anxiety.

Worry and anxiety self-help tip #5: Take care of yourself

A healthy, balanced lifestyle plays a big role in keeping anxiety, fears, and worry at bay. Read on for a number of ways you can stop anxiety and worry by taking care of yourself.

Reach out for support Anxiety and worry get worse when you feel powerless and alone, but there is strength in numbers. Focus on building a strong support system. The more connected you are to other people, the less vulnerable you’ll feel. If you start to feel overwhelmed with worry, call a trusted family member or friend. Just talking out loud about your worries can make them seem less threatening.

Adopt healthy eating habits Start the day right with breakfast, and continue with frequent small meals throughout the day. Going too long without eating leads to low blood sugar, which can make you feel anxious and irritable. Eat plenty of complex carbohydrates such as whole grains, fruits, and vegetables. Not only do complex carbs stabilize blood sugar, they also boost serotonin, a neurotransmitter with calming effects.

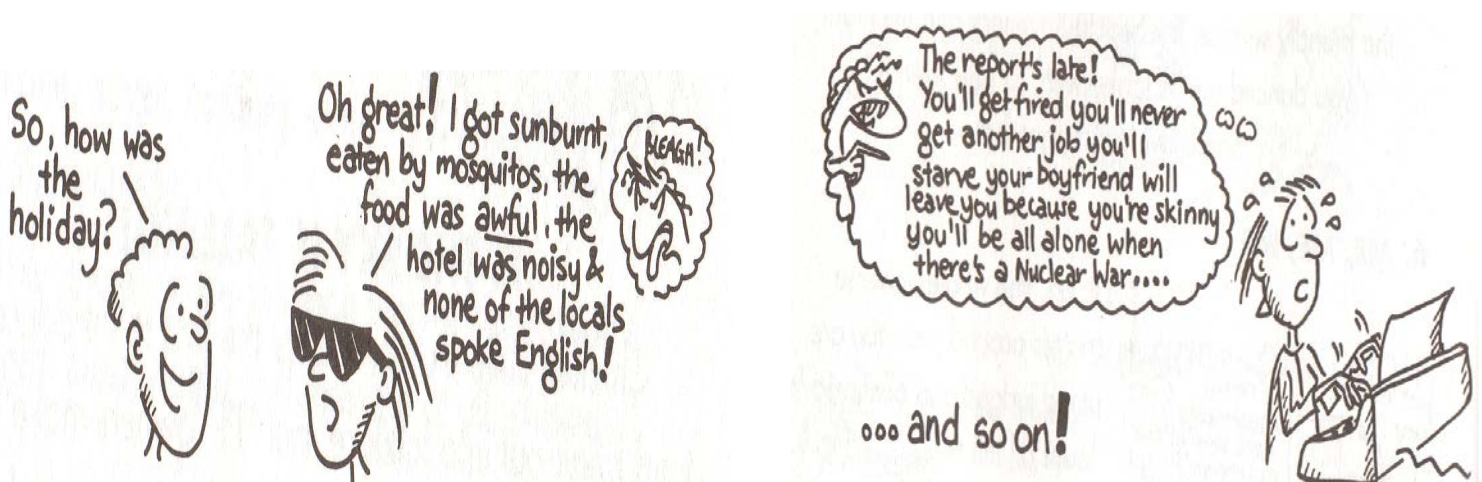
Limit caffeine and sugar Stop drinking or cut back on caffeinated beverages, including soda, coffee, and tea. Caffeine can increase anxiety, interfere with sleep, and even provoke panic attacks. Reduce the amount of refined sugar you eat, too. Sugary snacks and desserts cause blood sugar to spike and then crash, leaving you feeling emotionally and physically drained.

Exercise regularly Exercise is a natural and effective anti-anxiety treatment. For maximum anxiety relief, try to get at least 30 minutes of aerobic activity on most days. Aerobic exercise relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins, the brain’s feel-good chemicals.

Avoid alcohol and nicotine Alcohol temporarily reduces anxiety and worry, but it actually causes anxiety symptoms as it wears off. Drinking for anxiety relief also starts you on a path that can lead to alcohol abuse and dependence. Lighting up when you’re feeling anxious is also a bad idea. While it may seem like cigarettes are calming, nicotine is actually a powerful stimulant. Smoking leads to higher, not lower, levels of anxiety.

Get enough sleep

Anxiety and worry can cause insomnia, as anyone whose racing thoughts have kept them up at night can attest. But lack of sleep can also contribute to anxiety. When you’re sleep deprived, your ability to handle stress is compromised. When you’re well rested, it’s much easier to keep your emotional balance, a key factor in coping with anxiety and stopping worry.



Miracles in Our Everyday Lives!

Life can be dull, a life of drudgery when we overlook the everyday miracles in our lives. Too often we want life to be filled with those "A-ha" moments. But most of our life is not filled with "A-ha" moments. Most of the time we live in "Ordinary Time"; not Christmas and Easter. Somehow when we were children we were able to recognize **"Everyday Miracles" in our Everyday Lives** better than when we become adults.



As a child there is nothing more wondrous than to blow a Dandelion's snowball of seeds. We blow the fluffy snowball and the seeds drift off in a kind of a dance and float away. Somehow I imagine God blowing on a similar snowball of stars, the stars drift off and float away creating new galaxies.

A Dandelion is a beautiful little flower that grows a magnificent tower snowball of seeds. But as we get older... the Dandelion becomes a weed. Somehow we lose the awesomeness of this little flower.

When we were children watching an inchworm bobble up and down is Awesome. What child could resist having the inchworm crawl across their hand from one finger to another, one hand to the other? But as we get older...

it's time to get out the pesticide.

Another Kind of Everyday Miracle

Sometimes at the grocery store you may see a mum with a young child sitting in the cart. Usually when I see this sight it is just one more person, one more shopping trolley before me in the checkout line. But sometimes God opens my eyes to really see. Sometimes I have the ability to see the same picture but in a different light. Maybe I see a smile between them, and all of a sudden I see it most clearly! I see compassion and love shining brilliantly, brightly, warm, and radiantly. WOW! It's like looking through God's eyes... but this is what we can often see, if only we, would open our eyes and see.

Maybe I see a similar picture but a different story. Again God gives me eyes to see. Another mother and child in the shopping trolley but this mum is looking in her purse and scrimping for change. Her trolley is only filled with milk, peanut butter, and bread. This is all she has and all she can get, but how far will the milk, peanut butter, and bread... how far will they last?

There is relief on her face as she has enough money to pay the cashier; **this battle has been won – but the war of hunger, poverty, and debt keeps waging on.** She hopes and prays that she has enough strength to fight the next battle.

This time I look closely. I see "worry lines" etched upon her young face I see that "almost a tear" of fear and insecurity written on her face. But what can I do? Should I stand back in a disconnected indifferent fear? Do I try to bury and hide my humanity; 'Love for our Neighbour'? Or can I muster up the courage to offer a smile, a kind word, or even a helping hand?

Maybe just a smile will help, or just a kind word, or even if we dare, a helping hand. This too is a **Miracle in our Everyday Lives.** I can see this and much more if I will just open my eyes!

People are NOT placed into my life for me to "walk-around" or worse yet "walkover." People are placed into my life for me to make a "difference" and also for people to make a "difference" in my life... if I will just... open my eyes!

We wish all our readers, volunteers and supporters a happy and holy Easter

Preparing for the "New" Text of the Mass

More than a dozen people who use Auslan (Australian Sign Language) have been meeting regularly after the 6.30 p.m Mass on Saturday nights to look at the words for the "new" translation. It is very interesting.

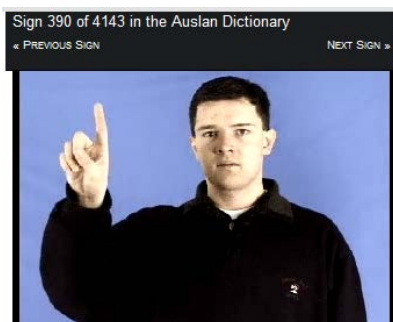


Last Saturday after sharing a meal of chicken wings and salad and drink (non-alcoholic) the group began to look at some very basic words. For example, what is the sign for God? We looked at three different ones.



These signs all point to God 'up there' 'in Heaven' and yet we know that God is with us, too. God is with us in many ways. God is in the Words of the Bible, for example. Will one sign for 'God' show all the ways God is with us?

Did God 'make' the world? Did God 'create' the world? Should we use "world" when we really mean "Universe?" What's the different meanings?



We are looking for people with an interest in God talk to help us work through how to put that God talk into Auslan. Please join us for the next session which will be on Saturday 7th May after the 6.30 PM Mass at St Denis Church Corner of Osborne and Roberts Streets, Joondanna. The 6.30 pm Mass provides interpreters and PowerPoint projection. Contact Fr Paul at Emmanuel Centre on 9328 9571 (voice/TTY) SMS 0401 016 399 or email emmanuelcentre@westnet.com.au. If you would like a file to look at before we meet we can send one to you.

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Auslan Café

Do you have an interest in learning Australian Deaf Sign Language? Do you have any queries about deafness?

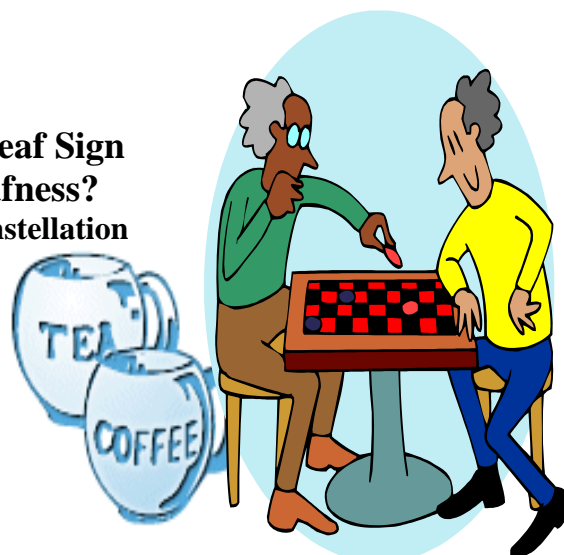
Come along to St Simon Peter Parish, Cnr Prendiville & Constellation Dve, OCEAN REEF Thursday 14 April, 11am -1pm

All Welcome Morning tea provided. For further information contact Susan or Barbara at Emmanuel Centre

ph/tty 9328 9571 or 9328 8113

email emmanuelcentre@westnet.com.au

sms 0401 016 399



ST DENIS PARISH

60 OSBORNE STREET, JOONDANNA 6060 TELEPHONE 9242 2812

The St Denis Parish Community warmly invites all to join us. We look forward to seeing you!

(*) indicates Powerpoint and interpreter available

HOLY WEEK 2011 AT ST DENIS PARISH CNR OSBORNE AND ROBERTS ST JOONDANNA

Stations of the Cross

*Friday 1st April *Youth of St Denis leading Stations of the Cross 7.30pm

Reconciliation Service

*7.30pm Wednesday 13th April, 2011

Passion Sunday

*6.30pm Saturday 16th April

*Chrism Mass

Invitation from Archbishop Hickey to St Mary's Cathedral at 7pm (must be seated by 6.45pm)

Holy Thursday Thursday 21st April

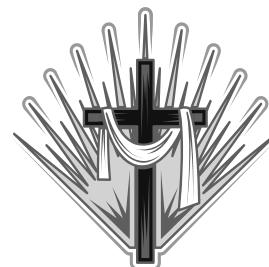
*7.30pm The Mass of the Lord's Supper *(followed by adoration of the Blessed Sacrament until midnight)*

Good Friday Friday 22nd April

*3.00pm The Celebration of the Lord's Passion
7.30pm The Desolata Service

Holy Saturday Saturday 23rd April

*6.30pm The Easter Vigil



INVITATION FROM ARCHBISHOP

Chrism Mass 2011

(Powerpoint and Interpreter available)



*St Mary's Cathedral, Perth Tuesday 19th April, 2011.
Please be seated by 6.45pm*



Mark Hutson, (foreground) explains how matting and wheelchairs can be used at the beach. Access improves for beach-goers (See note below)

While most West Australians are able to cool off in the ocean or rivers during the hot months, access to the water has not always been so easy for people with disability.

That's why the Commission has been working with Surf Life Saving WA, local governments and others with waterfront interests to introduce facilities to increase accessibility.

Commission Senior Disability Access Officer Mark Hutson said a pilot program in 2007 to try beach matting and wheelchairs in Cottesloe, Fremantle and Swanbourne had inspired several councils to invest in equipment to make beaches more accessible.

The program was reviewed at a beach and water access forum in Hillarys on 30 November, for state and local governments, surf life saving clubs, land development companies and sport and recreation bodies

The forum, organised by the Commission and hosted by the State Government with Cottesloe, Rockingham and Cockburn councils and Surf Life Saving WA, looked at how access to WA beaches is being improved and expanded.

Mr Hutson said the forum gave beach stakeholders a chance to share their knowledge and experiences.

Information about access at beaches and other community facilities and services is available from the Commission's You're Welcome website at www.accesswa.com.au

To add information about access at waterfronts phone 9426 9301 or email yourewelcome@dsc.wa.gov.au .

EDITOR'S NOTE

Congratulations Mark. We are proud to think that you spent some time at Emmanuel Centre early in your present career and interacted with our Emmanuel Centre Community. We are grateful for your sharing with us and wish you well as you continue to be someone who gets things done.

AFTER EDEN

by Dan Lietha



WHAT'S COMING

INVITATIONS

1. You are invited to join the **Emmanuel Centre Mental Health Support and Wellness Group**

AT EMMANUEL CENTRE, 25 WINDSOR STREET, PERTH
ON TUESDAY, 3RD MAY, AT 7PM

"Challenges in the Desert and discovering an oasis"

**Have you challenges/ temptations that are regularly presented to you?
Do you have a strategy to deal with these challenges?**

Have you a wilderness that you retreat to?

Come and **listen, share and learn.**

Tea and biscuits to follow in the oasis.

For further details contact: **Barbara 9328 8113**

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2. You are invited to join the **Morley Mental Health Support and Wellness Group at Infant Jesus Catholic Parish Centre, 47 Wellington St, Morley**

INTRODUCTION TO DRUMBEAT:

**There is no limit to age, gender, musical talent, experience or ability.
This is an opportunity for you to have fun and learn about yourself and others.**

**Please bring a plastic or tin rubbish bin, of any size
When Thursday 29th April 2011 at 7pm**



**Contact Con 9276 7638
Or
Barbara 9328 8113**

**DRUMBEAT -Discovering Relationships Using Music, Beliefs, Emotions,
Attitudes and Thoughts**

Transperth information updated

Before using Perth's public transport or signing up for a new mobility aid, people with disability may want to check Transperth's network mobility aid specifications and capacities.

Trains, buses and ferries have all been designed to meet and exceed the national disability access standards. However some popular over-sized wheelchairs and scooters might be too big to access public transport.

The latest dimensions and stability and manoeuvrability specifications for the Transperth network are detailed in a revised brochure, Using Mobility Aids on Transperth's Public Transport System.



Specifications include the maximum dimensions for a mobility aid —750mm wide, 1600mm high and less than 300kg weight. They must also have an effective braking system and be able to cross a gap of up to 75mm at level crossings.

More details about the specifications are provided online in a brochure available at www.transperth.wa.gov.au. Transperth staff can help passengers in wheelchairs or with specific mobility requests at any train station but ask people to book this assistance at least an hour before the planned journey.

Transperth offers a range of other accessible services, including bus routes serviced by fully accessible buses.

Timetables identify which buses are accessible with a wheelchair symbol. The number of accessible bus routes is increasing as Transperth buys new buses.

For more information about access on public transport visit www.transperth.wa.gov.au, email enquiries@transperth.wa.gov.au or phone 13 62 13.

Airline lifts flight access



Qantas is making life easier for interstate or overseas travellers who use wheelchairs. Over the past four years the airline has been introducing Eagle Lifter hoists to airports around Australia as part of its passenger assistance program. The Commission's Maylands/Bayswater Local Area Coordinator Markham Strange saw the Eagle Lifter in use when a client embarked on a flight to Melbourne

"He drove his chair into the plane, to be hoisted out of his chair by the Eagle Lifter and was taken down the aisle to his seat," Mr Strange.

Passengers planning a trip with Qantas should check the Specific Needs section of the customer charter on the Qantas website for information on mobility assistance.

Equipment like Eagle Lifter hoists make air travel easier for people in wheelchairs.