



If undeliverable return to
Emmanuel Centre
A SELF HELP CENTRE
for People with Disabilities
25 Windsor St Perth WA 6000
Tel: (08) 9328 8113 (Voice)
(08) 9328 9571 (TTY)
SMS 0401 016 399
Fax: (08) 9227 9720

Email: EmmanuelCentre@westnet.com.au
Web address: www.emmanuelcentre.com.au
EMMANUEL NEWS
February 2011

**PRINT
POST
PP602669/00280**

**POSTAGE
PAID
AUSTRALIA**

OS

ST PHILIP BENIZI PRIORY

FR DAVID GALLEGOS
235 S PINE DRIVE
FULLERTON, CALIFORNIA USA 92833-3294

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

Monday February 21st "Challenges" 9.30-10.30am Emmanuel Centre

"Wii Fit" 11-12.30 noon

Tuesday February 22nd "Painting with Geoff" 9.30-10.30am Emmanuel Centre

"Pet Care with John" 11am -11.30am

"Craft with Shirley" 11-1.30pm

Wednesday February 23rd "Conversational Sign Language"

1-2.30pm Emmanuel Centre

Saturday February 26th "Mass at St Denis" (Interpreter) 6.30pm St Denis Church

Monday February 28th "Challenges" 9.30-10.30am Emmanuel Centre

"Wii Fit" 11-12.30 noon

Tuesday March 1st "Painting with Geoff" 9.30-10.30am Emmanuel Centre

"Craft with Shirley" 11.30am -1.30pm

Wednesday March 2nd "Conversational Sign Language"

1-2.30pm Emmanuel Centre

Saturday March 5th "Mass at St Denis" (Interpreter) 6.30pm St Denis Church

Monday March 7th Public Holiday

Tuesday March 8th "Painting with Geoff" 9.30-10.30am Emmanuel Centre

"Craft with Shirley" 11.30am -1.30pm

Wednesday March 9th "Conversational Sign Language"

1-2.30pm Emmanuel Centre

Saturday March 12th "Mass at St Denis" (Interpreter) 6.30pm St Denis Church

Monday March 14th "Challenges" 9.30-10.30am Emmanuel Centre

"Wii Fit" 11-12.30 noon

Tuesday March 15th "Painting with Geoff" 9.30-10.30am Emmanuel Centre

"Scrapbooking with Edith" 11-12.30pm

Wednesday March 16th "Conversational Sign Language"

1-2.30pm Emmanuel Centre

Thursday March 17th "Auslan Games Café 11 am – 1 pm – St Simon Peter's Parish OCEAN REEF

Saturday March 19th "Mass at St Denis" (Interpreter) 6.30pm St Denis Church

Monday March 21st "Challenges" 9.30-10.30am Emmanuel Centre

"Wii Fit" 11-12.30 noon

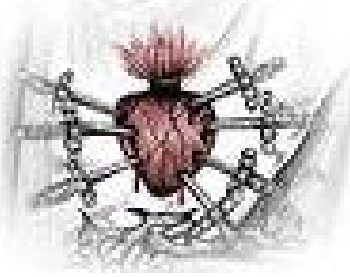
Tuesday March 22nd "Painting with Geoff" 9.30-10.30am Emmanuel Centre

"Pet Care with John" 11-11.30am

"Craft with Shirley" 11-1.30pm

Wednesday March 23rd "Conversational Sign Language" 1-2.30pm Emmanuel Centre

Saturday March 27th "Mass at St Denis" (Interpreter) 6.30pm St Denis Church



“I know how you feel!” is a phrase that I have heard said many times both to myself and to others. I know that it is meant to comfort but each time I want to cry out, “You don’t know how I feel because you are not me”. And how true it is that I cannot know how another person feels even if I have had similar experiences. What is it that brings us through trying times? Where do we get the strength to endure? We all know the power of the group. “GROW”, and “AA”, or a Parent Support Group or a specific disability group, are but four of the many. Getting in touch with someone who has gone through trials and has come out the other side or having been able to adjust to a change in circumstances can get us in

touch with our own experiences.

It is common human behaviour to find someone that we look up to. Sometimes it is a movie star, anyone from Mario Lanza to Madonna or a person who did great work like Mother Theresa. It has been said that for Catholics, Mary, Jesus’ mother, has been seen sometimes to be more important than Jesus. Certainly as a child we as a family said many rosaries. The Rosary was a devotion that as a child I could do without. I had no personal relationship with Mary. But times change. I recall many years later as our family gathered around the death bed of my mother as she lay in a coma, I suddenly said, “Let’s pray the Rosary.” And we did.

When I was growing up Mary was on the pedestal and beyond reach. Later I began to reflect on how Mary, even though the Mother of Jesus was not protected against huge challenges, times of confusion, having her own very unique pathway and suffering. Who was Mary’s model? I realised in my reflection that maybe I could learn something about the challenges, confusion, the pathway, the suffering in my life by looking to Mary. What a revelation!

We first meet Mary in the Gospel when the Angel Gabriel pays her a visit. What was her life before the Angel came? The message of the Angel would change her life and ours forever. Did Mary think, “What will I tell Joseph?” It seemed to me that Mary was quietly confident of the overshadowing of the Holy Spirit on her. And we all know that an Angel also visited Joseph and that Mary’s dilemma was resolved. I don’t think I trust God enough to deliver on His promises.

I had difficulty relating to Mary as the “Lovely Lady dressed in blue.” Both my parents were very spiritual people and yet both were fully immersed in life here on earth. I didn’t think Mary belonged here on earth until I became acquainted with Mary as the Mother of Sorrows an expression of faith brought to Western Australia by the Servite Order of Friars in the early 1950s.

Our dog, Patsy died after being run over by the doctor’s car. Patsy had just laid there because she had never seen a car before and didn’t know that it would roll over her. I identified then with Mary in the death of her Son Jesus. Yes, it was childish and yet Mary’s sorrows were not beyond my reach.

I now know that in my sorrow I can connect to the Mother of Sorrows. Mary is a mother and so am I. I have two children both over 40 years old now and I know that it was Mary the Mother of Jesus who supported me in the sad and sorrowful moments of my journey as a mother from childbirth to the death of my grandson and beyond. In my sharing with others I know that men too can feel a closeness to Mary. She is beyond gender.

In reflecting on Mary there are many moments I can connect with. The Servite Rosary identifies seven specific moments in Mary’s life as her “Sorrows” The Prophecy of Simeon; The Flight into Egypt; The Loss of the Child Jesus in the Temple; Mary meets Jesus carrying his Cross; The Crucifixion; Mary receives the Body of Jesus.

Mary followed the ministry of Jesus and would have been concerned for Jesus’ health. Mary’s heart would have pained as she saw people reject the goodness and love of her Son.

The sword, from which there was no escape, which pierced the heart of Mary was not made less painful because Mary was sinless. What did it mean this “sword”? What about the many swords that pierce our hearts. We are told that Mary churned over in her mind the words of Simeon. It must have been with a sense of dread together with a sense of trust. What a surprise for Mary to bring her child to the Temple and to be told that her Son was to be a sign of contradiction and she would have a sword pierce her soul. Do I spend enough time reflecting in my life where God fits in with what happens to me?

“I know how you feel!” continued

That dash to the safety of Egypt must have seemed gut wrenching. It is never easy for me to change where I live, what I am comfortable with. I can only imagine the terror in Mary’s heart as she and Joseph whisk their son to the strange land of Egypt. It would have been difficult for them to establish grounds for refugee status. “Reason for leaving original country” ‘The king was afraid that my son would take over as king.’ It is not logical that a king would be afraid of an unknown child less than two years old. When I enter into the unknown I think of Mary to help me with wisdom and courage. Reflecting on life there are so many illogical situations, so many times I need to change my ideas, my presumptions, my personal goals, adapt to other plans, other events.

Perhaps every mother’s nightmare – Where is my child? Maybe in today’s society Mary would have sent an SMS to friends and relations. I don’t know if even that would have taken away the shock and grief of “My child is missing!” Again and again I hear today parents recount how one of their children has not contacted them in years and they have no idea where the child is or even if the child is alive. Painful?

There are times I feel so helpless.” Children should not die before their parents and ...”. No words of wisdom could escape from my lips. My trembling hands would give little comfort. And yet in all of this I am painfully aware that this is not far removed from Mary meeting her Son Jesus carrying His Cross.

Those who job it is to inflict pain on people know how effective it is to torture a child in the sight of the mother. The thud of the hammer driving a nail through the limbs of Jesus would have reverberated in Mary. Mary stood beneath the Cross and suffered. We sometimes have to do that, too. We don’t always have a solution to every problem

What does one do with a dead body? There would be no miraculous escape from death now. Mary’s Son died and another sword pierced her soul as Mary cradled in her arms the lifeless body of her Son. I too have to embrace the dreams that I have had that have died.

Reflecting on the Seven Sorrows is one way of bringing Mary into a living presence among us. She will be at our side, a companion who knows how to stand in the darkness of Calvary and wait for the light.

Barbara Harris

SPONSORED TRAINING IN MENTAL HEALTH

Emmanuel Centre is sponsoring 20 people this year to do some further training in the field of Mental Health. The training programs are described below. Some courses happen at Emmanuel Centre others take place at other venues. At the end of your training Emmanuel Centre would expect that you would share your skills and experience in the Archdiocese in the Mental Health field.



Mental Health First Aid

A 12 Hour Mental Health First Aid Course undertaken in 4 lots of 3 hours each. The course teaches how to provide initial support to a person experiencing a mental health crisis or developing a mental health problem. This course will be delivered at Emmanuel Centre. The date and times are yet to be decided.



Wellness Recovery Action Plan

The WRAP program was developed in the USA by Mary Ellen Copeland after her own journey of 10 years under psychiatric care. Mary Ellen Copeland describes the WRAP program as “a structured system to monitor uncomfortable and distressing symptoms...that can help reduce, modify or eliminate those symptoms by using planned responses. It is based on the values of hope, self-determination, personal empowerment, and responsibility; focusing on strengths rather than deficits, education, simple and safe non-invasive responses, and the use of natural systems of support.”



Pastoral Care Course

This program is intended for those who wish to receive some personal formation and practical training in the pastoral care of those with mental health issues. It is based at Graylands Hospital and runs each Friday for 17 weeks from 8.45 am to 3.30 pm.

This Pastoral Care Course begins on Friday 3rd June 2011 and ends 23rd September 2011.

If you are interested in any of the above Please contact Barbara Harris on 9328 8113.

How to Stop Worrying

Self-Help Strategies for Anxiety Relief



Worrying can be helpful when it spurs you to take action and solve a problem. But if you're preoccupied with "what ifs" and worst-case scenarios, worry becomes a problem of its own. Unrelenting doubts and fears are paralyzing, not motivating or productive. They sap your emotional energy, send your anxiety levels soaring, and interfere with your

day-to-day life—all this with no positive payoff! The good news is that chronic worrying is a mental habit you can learn how to break. You can train your brain to stay calm and collected and to look at life from a more positive perspective.

Why is it so hard to stop worrying? Why You Keep Worrying

You have mixed feelings about your worries. On one hand, your worries are bothering you - you can't sleep, and you can't get these pessimistic thoughts out of your head. But there is a way that these worries make sense to you. For example, you think:

- Maybe I'll find a solution. I don't want to overlook anything. If I keep thinking a little longer, maybe I'll figure it out. I don't want to be surprised. I want to be responsible.

You have a hard time giving up on your worries because, in a sense, your worries have been working for you.

Constant worrying takes a heavy toll. It keeps you up at night and makes you tense and edgy during the day. You hate feeling like a nervous wreck. So why is it so difficult to stop worrying?

For most chronic worriers, the anxious thoughts are fuelled by the beliefs—both negative and positive—they hold about worrying.

On the negative side, you may believe that your constant worrying is harmful, that it's going to drive you crazy or affect your physical health. Or you may worry that you're going to lose all control over your worrying—that it will take over and never stop.

On the positive side, you may believe that your worrying helps you avoid bad things, prevents problems, prepares you for the worst, or leads to solutions.

Negative beliefs, or worrying about worrying, add to your anxiety and keep worry going. But positive beliefs about worrying can be even more damaging. It's tough to break the worry habit if you believe that your worrying protects you. In order to stop worry and anxiety for good, you must give up your belief that worrying serves a positive purpose. Once you realize that worrying is the problem, not the solution, you can regain control of your worried mind.

Worry and anxiety self-help tip #1: Accept uncertainty

The inability to tolerate uncertainty plays a huge role in anxiety and worry. Chronic worriers can't stand doubt or unpredictability. They need to know with 100 percent certainty what's going to happen. Worrying is seen as a way to predict what the future has in store, a way to prevent unpleasant surprises and control the outcome. The problem is, it doesn't work.

Thinking about all the things that could go wrong doesn't make life any more predictable. You may feel safer when you're worrying, but it's just an illusion. Focusing on worst-case scenarios won't keep bad things from happening. It will only keep you from enjoying the good things you have in the present. So if you want to stop worrying, start by tackling your need for certainty and immediate answers.

Challenging intolerance of uncertainty: The key to anxiety relief

Ask yourself the following questions and write down your responses. See if you can come to an understanding of the disadvantages and problems of being intolerant of uncertainty.

- Is it possible to be certain about everything in life?
- What are the advantages of requiring certainty, versus the disadvantages?
Or, how is needing certainty in life helpful or unhelpful?
- Do you tend to predict bad things will happen just because they are uncertain?
Is this a reasonable thing to do? What is the likelihood of positive or neutral outcomes?
- Is it possible to live with the small chance that something negative may happen,
given its likelihood is very low?



Worry and anxiety self-help tip #2: Create a worry period

It's tough to be productive in your daily life when anxiety and worry are dominating your thoughts. Trying to stop worrying doesn't work - at least not for long. You can distract yourself for a moment, but you can't banish your anxious thoughts for good. Trying to do so often makes them stronger. But that doesn't mean there's nothing you can do to control your worry. You just need to try a different approach. Rather than trying to totally suppress an anxious thought, develop the habit of postponing worrying.

Learning to postpone your worries

- Create a "worry period." Choose a set time and place for worrying. It should be the same every day (e.g. In the living room from 5:00 to 5:20 p.m.) and early enough that it won't make you anxious right before bedtime. During your worry period, you're allowed to worry about whatever's on your mind. The rest of the day, however, is a worry-free zone.
- Postpone your worry. If an anxious thought or worry comes into your head during the day, make a brief note of it on paper and postpone it to your worry period. Remind yourself that you'll have time to think about it later, so there's no need to worry about it right now. Save it for later and continue to go about your day.
- Go over your "worry list" during the worry period. Reflect on the worries you wrote down during the day. If the thoughts are still bothering you, allow yourself to worry about them, but only for the amount of time you've specified for your worry period. If the worries don't seem important any more, cut your worry period short and enjoy the rest of your day.

Postponing worrying is effective because it breaks the habit of dwelling on worries in the present moment. As you develop the ability to postpone your anxious thoughts, you'll experience a greater sense of control.

Worry and anxiety self-help tip #3: Challenge negative thoughts

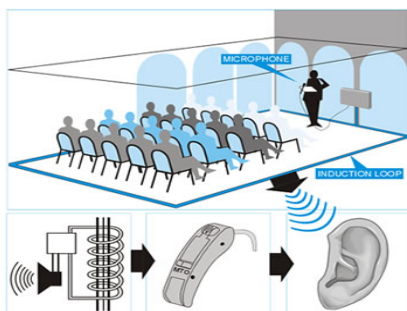
If you suffer from chronic anxiety and worries, chances are you look at the world in ways that make it seem more dangerous than it really is. For example, you may overestimate the possibility that things will turn out badly, jump immediately to worst-case scenarios, or treat every negative thought as if it were fact. You may also discredit your own ability to handle life's problems, assuming you'll fall apart at the first sign of trouble. These irrational, pessimistic attitudes are known as *cognitive distortions*.

Although cognitive distortions aren't based on reality, they're not easy to give up. Often, they're part of a lifelong pattern of thinking that's become so automatic you're not even completely aware of it. In order to break these bad thinking habits and stop the worry and anxiety they bring - you must retrain your brain.

Start by identifying the frightening thought, being as detailed as possible about what scares or worries you. Then, instead of viewing your thoughts as facts, treat them as hypotheses you're testing out. As you examine and challenge your worries and fears, you'll develop a more balanced perspective.

Stop worry by questioning the worried thought:

- What's the evidence that the thought is true? That it's not true?
- Is there a more positive, realistic way of looking at the situation?
- What's the probability that what I'm scared of will actually happen?
- If the probability is low, what are some more likely outcomes?
- Is the thought helpful? How will worrying about it help me and how will it hurt me?
- What would I say to a friend who had this worry?



School Visits Team

We are looking for volunteers!

We go to Catholic schools all over Western Australia to talk with young people and staff, to share about different people's experiences being Deaf, hard of hearing, or other experience related to deafness.

Come and join our team!

If you are interested, we provide training, and we ask you to apply for Working with Children Check, and we go together with sign language interpreter, to visit the school.

Everyone has something special to share – we need you!

Please contact Fr Paul or Susan at the Emmanuel Centre, to find out more how to be a volunteer and come with us to share stories about how we were made by God.



Please contact Fr Paul or Susan

SMS: 0401 016 399

TTY: 9328 9571

Fax: 9227 9720

Ph: 9328 8113

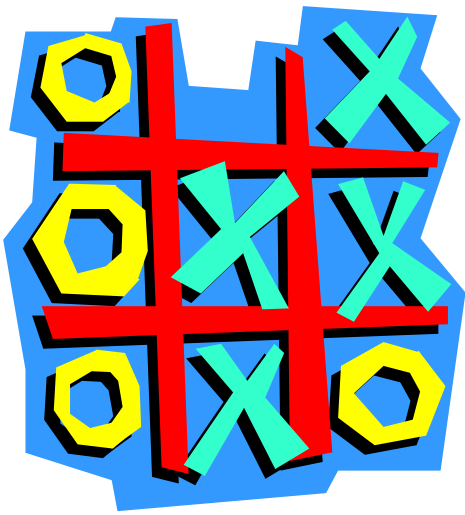
Email: EmmanuelCentre@westnet.com.au

Catholic Ministry with Deaf and Hard of Hearing People is a ministry of the Catholic Church, that

- raises awareness within the Church relating to Deafness;
- promotes commitment by the Church to full and equal participation by people who are deaf or hard of hearing;
- assistance for people within the Church to recognise their gifts and talents, and access services within the Church not currently accessible;
- provides opportunity for partnerships in the church between deaf, hard of hearing, and hearing people.



**This year we will experience 4 unusual dates.... 1/1/11, 1/11/11, 11/1/11, 11/11/11
Now go figure this out.... take the last 2 digits of the year you were born plus the age you
will be this year and it will equal 111**



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

Every third Thursday of the month.

11 – 1 pm

All people welcome.

Morning tea provided

Please RSVP or turn up on the day!

It helps with catering if you can let us know if you are coming, but if not, you are welcome anyway!.

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



2011 Summer Dates

See you between 11 – 1pm!

Thursday 17 March

Thursday 14 April



Bobbi Jo and life at St Lucy's

By Sharyn McCowen
13 February, 2011



FAMILY FIRST: Jasmine, Eddie and Lucy Dillon with little sister Bobbi Jo on her first day of school at St Lucy's.

BOBBI JO Dillon's first day of school was a triumph for her family and her school, St Lucy's at Wahroonga.

Bobbi's parents, three siblings and grandparents travelled to Sydney to wish her well on her first day of school, and to celebrate an occasion that may not have happened without determination, faith, and a principal's decision to take a chance on a little girl.

Now five, Bobbi was just 13 months of age when diagnosed with Rett syndrome, which left her with a range of physical and developmental disabilities. Unable to walk or talk, she communicates with her eyes. She suffers from seizures, osteoporosis and scoliosis, and is fed by a tube.

But Bobbi's parents, Jodi and Rod, were determined to see their daughter receive the same opportunities as their other children, including a Catholic education. Their search for a Catholic school equipped to handle Bobbi's condition led Jodi from their home on the Central Coast to St Lucy's in Sydney last July.

She immediately felt at home at the Wahroonga school, but on meeting with the principal, she was told the school had never before enrolled such a profoundly disabled student. Principal Jo Karaolis recalled her initial reaction on hearing of Bobbi's condition. "I said: 'We're not set up to take children with profound and complex needs like Bobbi's.'" But Jodi was insistent that her daughter deserved a Catholic education and I looked at her and I thought: 'Who am I to say no?'

"I knew we didn't have the funding and we didn't have the income to support it, but I figured let's take a step in faith here because she is right, Bobbi is entitled to a Catholic education." By welcoming her to the school, St Lucy's was also agreeing to take on the hefty expenses associated with Bobbi's needs.

"Bobbi needs somebody with her all the time, so I've employed an extra teacher's aide to work with her," Jo said. The school is also looking to purchase a \$7000 walker with the goal of teaching Bobbi to stand.

"For us it is a big commitment, because we run at a deficit of half a million [dollars] every year." Jo said the school conducts fundraising events each year, applies for grants and approaches private benefactors

in order to continue operating because students, including Bobbi, are worth it.