



If undeliverable return to  
**Emmanuel Centre**  
**A SELF HELP CENTRE**  
for People with Disabilities  
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**EMMANUEL NEWS**  
*February 2012*

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

- Saturday Feb 18<sup>th</sup>** Mass at St Denis (Power Point and Interpreter) 6.30pm, 60 Osborne St, Joondanna
- Monday Feb 20<sup>th</sup>** "Challenges" 9.45-10.45am Emmanuel Centre  
"My Body" Sr Corona & Christine 11-12.30
- Tuesday Feb 21<sup>st</sup>** "Painting with Geoff" 9.30-10.30am Emmanuel Centre  
"Activities with Sr Corona and Christine" 11-12 noon  
Volunteer Drumbeat with Su and Christine 1-2pm
- Wednesday Feb 22<sup>nd</sup>** Ash Wednesday Mass 8am (Power Point and Interpreter) St Denis Church, 60 Osborne St Joondanna  
"Conversational Sign Language" with Geoff 1-2.30pm Emmanuel Centre
- Saturday Feb 25<sup>th</sup>** Mass at St Denis (Power Point and Interpreter) 6.30pm St Denis Church, 60 Osborne St, Joondanna
- Monday Feb 27<sup>th</sup>** "Challenges" 9.30-10.30am Emmanuel Centre  
"My Body" Sr Corona & Christine 11-12.30
- Tuesday Feb 28<sup>th</sup>** "Painting with Geoff" 9.30-10.30am Emmanuel Centre  
"Activities with Sr Corona and Christine" 11-12 noon  
Volunteer Drumbeat with Su and Christine 1-2pm
- Wednesday Feb 29<sup>th</sup>** "Conversational Sign Language" with Geoff 1-2.30pm Emmanuel Centre
- Thursday March 1<sup>st</sup>** Family Faith Feast (Deaf Group) 6-8 pm St Denis Church, 60 Osborne St Joondanna
- Saturday March 3<sup>rd</sup>** Mass at St Denis" (Power Point and Interpreter) 6.30pm St Denis Church, 60 Osborne St Joondanna
- Monday March 5<sup>th</sup>** **PUBLIC HOLIDAY**
- Tuesday March 6<sup>th</sup>** "Painting with Geoff" 9.30-10.30am Emmanuel Centre  
"Activities with Shirley" 11-12 noon  
Volunteer Drumbeat with Su and Christine 1-2pm
- Wednesday March 7<sup>th</sup>** "Conversational Sign Language" with Geoff 1-2.30pm Emmanuel Centre
- Saturday March 10<sup>th</sup>** Mass at St Denis" (Power Point and Interpreter) 6.30pm St Denis Church, 60 Osborne St Joondanna
- Monday March 12<sup>th</sup>** "Challenges" 9.45-10.45am Emmanuel Centre  
"My Body" Sr Corona & Christine 11-12.30
- Tuesday March 13<sup>th</sup>** "Painting with Geoff" 9.30-10.30am Emmanuel Centre  
"Activities with Sr Corona and Christine" 11-12 noon  
Volunteer Drumbeat with Su and Christine 1-2pm
- Wednesday March 14<sup>th</sup>** "Conversational Sign Language" with Geoff 1-2.30pm Emmanuel Centre
- Thursday March 15<sup>th</sup>** Auslan Café 10-30am -12.30, Emmanuel Centre, 25 Windsor St, Perth
- Saturday March 17<sup>th</sup>** Mass at St Denis" (Power Point and Interpreter) 6.30pm St Denis Church, 60 Osborne St Joondanna
- Monday March 19<sup>th</sup>** "Challenges" 9.45-10.45am Emmanuel Centre  
"My Body" Sr Corona & Christine 11-12.30
- Tuesday March 20<sup>th</sup>** "Painting with Geoff" 9.30-10.30am Emmanuel Centre  
"Activities with Sr Corona and Christine" 11-12 noon  
Volunteer Drumbeat with Su and Christine 1-2pm
- Wednesday March 21<sup>st</sup>** "Conversational Sign Language" with Geoff 1-2.30pm Emmanuel Centre
- Thursday March 22<sup>nd</sup>** Family Faith Feast (Deaf Group) 6-8 pm St Denis Church, 60 Osborne St Joondanna
- Saturday March 24<sup>th</sup>** Mass at St Denis" (Power Point and Interpreter) 6.30pm St Denis Church, 60 Osborne St Joondanna
- Monday March 26<sup>th</sup>** "Challenges" 9.45-10.45am Emmanuel Centre  
"My Body" Sr Corona & Christine 11-12.30
- Tuesday March 27<sup>th</sup>** "Painting with Geoff" 9.30-10.30am Emmanuel Centre  
"Scrapbooking with Sharon" 11am -12 noon Emmanuel Centre  
Volunteer Drumbeat with Su and Christine 1-2pm



## IS IT TIME FOR A VALUE SHIFT?

Welcome back to Emmanuel Centre and 2012. During the time between our 30<sup>th</sup> Anniversary last December 4<sup>th</sup> and the first of February this year many people asked if we enjoyed the break. Emmanuel Centre does not close. While formal programs are suspended for the duration, life goes on. I did, however, manage a couple days off here and there and even watched some of the Australian Open Tennis on television. Some friends of Emmanuel Centre shared with me recently how they had spent their time away from Emmanuel in foreign countries. One had gone to Pakistan and another had gone to the Philippines. They returned to Australia and were different people from who they were when they left Australia. What happened? In a couple of words –“value shift”.

They did not go primarily as tourists. They were reaching out to others in their travels. It is amazing how something happens to us on the inside when we reach out to another. Coming from a society almost obsessed with material values, these individuals discovered what it means to live simply. No phones (not even mobile phones) no ipads, or notebook computers, no roads, no electricity, not much of anything but the people around them allowed our travellers to focus on what is important in life.

How simple life can be when we stop fretting about the things that will not last and focus our attention on what is important. As I listened to the stories I, too, was transported there and observed the reality that it is the people who really make a difference. In a world of almost nothing in the way of material things great love is demonstrated without fanfare or funding. Kindness no matter how small or weak to another, creates a special kind of bond. People with disabilities are accommodated for who they are rather than what they can contribute. For me the experience spoke of what the Church can be. The travellers were the faces of the church on a local level. As they spent time in villages with families they became a witness to the living reality of the Body of Christ. These “domestic churches” – these home churches can clearly be a model for our wider church.

It is not only the winning of the Lottery that can change our lives in an instant. The genuine smile of a person with whom we have shared something of ourselves can teach us the value of life. Generally people with disabilities are not obsessed with materialism and fashion. They have, for the most part, made the fine distinction between “NEEDS” and “WANTS”. Is it a case of supply and demand? Perhaps when the ‘supply’ is down our ‘demand’ can lessen, too. When we look seriously at life what we thought was a ‘need’ could truly be but a ‘want’.

This year Emmanuel Centre will be focussed on discovering what it is that God wants from us. God’s ‘want’ for us, of course, becomes our ‘need’. May 2012 bring all of us to a realisation that each sunrise is an opportunity to press ahead to a new dawn with God’s help.

*Barbara*

Sincere thanks to all people who celebrated our 30<sup>th</sup> Anniversary with us or sent cards or donations, prayers and support.

## VISIT OF FR CYRIL AXELROD CSsR. (August 22-26th 2012)

Father Cyril Axelrod is a Deaf-Blind priest of the Redemptorist Order who will be visiting Australia later in the year. We hope to have Fr Cyril spend some time with us in WA. On Father's last visit many of you were only babies. Those of us who have met him remember him well and he remembers many people that he met here, too.



Watch the You Tube video (link below) for some more information about this truly remarkable man. When we have some firm dates for his visit we will let you know.

<http://www.youtube.com/watch?v=iX9CEu4AvR4>



## Conversational Auslan

Come along and learn how to communicate with people who use Auslan. These sessions will teach you what you want to learn.

Geoff Scott, BA has heaps of stories to tell and before you know it, you will be sharing your stories too and all though body language, including the hands.

**It all happens at Emmanuel Centre on  
Wednesday afternoons from  
1- 2.30 PM.**

All materials will be supplied. You bring enthusiasm and a willingness to make mistakes.

## Lenten Family Faith Feasts For Deaf and Hard of Hearing

Thursdays

1st March and 22nd March

6-8 PM

Bring a plate of finger food to share.  
Tea, coffee, etc. provided.

We will join the hearing community as families learn about and share faith in preparation for Easter.

We will look at the Bible Readings for Lent and how it all fits in with our Baptism.

It will be a good time to get to know each other, have fun and really prepare to grow in our faith.

**AT** St Denis Parish House, 60 Osborne Street Joondanna. RSVP to Fr Paul at Emmanuel Centre 9328 9571 voice/TTY, sms 0401 016 399 or email [emmanuelcentre@westnet.com.au](mailto:emmanuelcentre@westnet.com.au)

## The Grammar Disc

At Emmanuel Centre  
Tuesdays – 11 am – 12.

The Grammar Disc is for **Deaf** people to improve their workplace reading and writing skills in English.



A trained teacher helps students to work through the disc so they can learn more quickly.

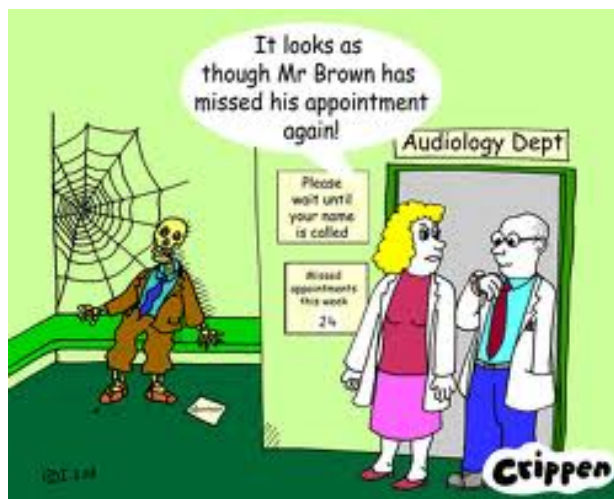
Contact Barbara Harris (9328 8113) or Susan Bates (9328 9571), if you would like to be part of the next group.

**Emmanuel**

**Newsletter**



If you want your newsletter delivered by EMAIL, please let us know. Why would you want to do that? You will get the newsletter **QUICKER** and in **COLOUR**. You can print out copies of articles you want to share. **AND** you will save us paper and postage.





# Auslan Café

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

Come along to Emmanuel Centre, 25 Windsor Street, Perth WA 6000.

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  
**email** [emmanuelcentre@westnet.com.au](mailto:emmanuelcentre@westnet.com.au),  
**sms** 0401 016 399

## 2012 Summer Café Dates:

Thursday 19 April,  
Thursday 17 May,  
Thursday 21 June

See you between  
10.30 am – 12.30 pm



## INTERESTED IN A FAMILY AUSLAN CAFÉ?

These would be held on weekends (Saturday or Sunday). Families could come with adults and children and learn Auslan together with games and conversation. Please contact Fr Paul (0401 016 399) if you are interested.

# SCRAP BOOKING AT EMMANUEL

## Bon Voyage Edith

We say goodbye to Edith Skipworth as she moves to London for awhile. Edith's husband Kevin, will become Australia's Agent General there. Edith and her daughter Sharon have faithfully come each month to Emmanuel Centre to help people here create some very stunning scrap book pages.

# A BIG thank you!

Welcome Back, Sharon

Our next Scrap booking session at Emmanuel Centre is

**TUESDAY 17<sup>th</sup> March 11am -12.00pm,**

These sessions are free and are open to the public. Please bring along 6-8 photos and an album to put your pages in.

### JOIN IN THE FUN WITH EDITH

*A Sign Language Interpreter is available.*

**Call Andrea 9328 8113, 9328 9571 or SMS Paul 0401 016 399.**



One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old and the well needed to be covered up anyway, it just wasn't worth it to retrieve the donkey. He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We

can get out of the deepest wells just by not stopping,

never giving up! Shake it off and take a step up!

## CATHOLIC MENTAL HEALTH SUPPORT and WELLBEING

"LAUGHTER YOGA" workshop  
Tuesday 8 May 2012 – 6-8 PM  
Emmanuel Centre  
25 Windsor Street Perth



Please bring a plate of finger food to share

What is Laughter Yoga? It is a group session consisting of breathing exercises from yoga, playful handclapping and laughter exercises. In a group, laughter becomes contagious and the participants experience the benefits of laughter, which are well researched. Some of the benefits are:

- Reduces stress and tension
- Provides cardio-vascular exercise and increases oxygen supply to the brain
- Burns calories and stabilizes blood sugar
- Strengthens the immune system
- Lowers blood pressure and produces a feeling of relaxation and wellbeing

### LAUGHTER IS THE BEST MEDICINE!

Come along and have some fun and learn how to enjoy the benefits.

For information contact Fr Paul at Emmanuel Centre 9328 8113

"DRUMBEAT" workshop  
Tuesday 10 April 2012 6-8 PM  
Emmanuel Centre  
25 Windsor Street Perth



Please bring a plate of finger food to share

This is about "Discovering Relationships Using Music, Behaviours, Emotions, Attitudes and Thoughts." This is NOT ABOUT learning to play the drums. YES we use drums BUT they help us to look at our Relationships, Behaviours, Emotions and Attitudes. Even people who are "rhythm impaired" are welcome.

**DRUMBEAT promotes social understanding and connection through a team drumming experience. It is fun, safe and creative, engaging and rewarding.** Participants lift their self esteem, learn to work cooperatively with others and are exposed to the therapeutic & recreational benefits of music.

To reserve your place, contact Barbara Harris at Emmanuel Centre to enrol. Numbers are limited.



"When I said you could bring your problems to me at anytime, Kimble - I meant at the office."

to help us learn by solving them. No one else's would be quite right.

When we cope with problems, rather than whinging about them, we discover that our own are minor irritations compared to those we see in others.

What problems am I lucky to have?

There's always a lot to be thankful for if you take time to look for it. For example I am sitting



## **Survey on the Inclusion of Children with Disability in Early Childhood Education and Care Settings.**

here thinking how nice it is that wrinkles don't hurt.

Survey on the inclusion of children with disabilities into ECEC settings is now open. This survey is part of a joint project by Early Childhood Intervention Australia (ECIA) and Early Childhood Australia (ECA).

The survey is open to anyone who has an interest in the inclusion of children with disabilities into Early Childhood Education and Care (ECEC) settings.

We want to obtain information from a wide range of participants on the key issues surrounding inclusion in the Australian context so please take the time to complete the survey.

The information gained from your responses will be used to develop a position statement on the inclusion of children with disabilities into ECEC settings. This statement will sit within broader work, led by ECA, about the inclusion of all children.

To take part in the survey and have your voice heard go to the website for the project [www.disabilityinclusionstatement.org.au](http://www.disabilityinclusionstatement.org.au)

The survey will be open for one month from the 7 February 2012 until 6 March 2012.

We look forward to your participation in this very important joint initiative.

Participating in this survey will only take 15 minutes of your time.

Kind Regards ,Denise Luscombe Margaret Young President of ECIA President of ECA



### **5 Great Bible Verses About God's Power**

Look around you and see how vast this universe is that God has made. God is truly all powerful. The power of God is amazing and it has always been a wonder for me. I often look at the clouds and the sky and am just amazed by God's power. The Bible gives some great descriptions and verses about God's great power.

#### **God is all Powerful Bible Scriptures**

**Psalm 62:11** "One thing God has spoken, two things I have heard; that you, God, are strong."

**Job 26:14** "And these are but the outer fringes of his works; how faint the whisper we hear of him. Who then can understand the thunder of his power?"

**Psalm 79:11** "May the groans of the prisoners come before you; by the strength of your arm preserve those condemned to die."

**1 Corinthians 6:14 “By his power God raised the Lord from the dead and He will raise us also.”**

**Luke 11:20 “But if I drive out demons by the finger of God then the kingdom of God has come to you.”**

**A Word for Today's World** *A weekly broadcast of good news talks: Perth Archbishop Barry J Hickey's reflects on topical matters in the light of spiritual wisdom and faith. Watch every Friday to A Word for Today's World, brought to you by The Faith Centre for evangelization and Catholic culture.*



These talks are found at [www.thefaith.org.au](http://www.thefaith.org.au). Auslan, subtitles and transcript included.

**EPISODE ONE On hostility to Christianity & plans for this series of good news talks**

Comments on the public hostility to Christianity some high-profile people showed last year. He encourages those that came to Mass at Christmas to stay close to their faith throughout the year. He reveals plans for this series of good news talks where he will speak on matters spiritual and topical, the latter being potentially controversial.

**EPISODE TWO On the Report, *For Kids' Sake*, tabled by the Hon. Kevin Andrews MP and on the decline of children's welfare**

Challenges the Federal Government for its lack of response to the [For Kids' Sake Report](#), which was tabled in September 2011. The Report revealed the decline of Australian children's welfare over the past 10 years and linked this to the rise of de facto couples, violent and unstable relationships and divorce. Archbishop Hickey said he was surprised that nothing has been heard of from Federal Parliament in response to this Report.

**EPISODE THREE On the witness of Emma Kelly, and on prayer**

Reveals how inspired he was by a [young Perth Christian girl's](#) witness to faith after her rescue in a remote part of Argentina over the New Year period. He offers some spiritual guidance on prayer and encourages a personal relationship with God.

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# CONGRATULATIONS!

Australia Day Awards

Miss Cynthia Sasongko

As part of the City's Australia Day celebrations, the City of South Perth awarded awards to a selection of well deserving community members including the **South Perth Young Citizen of the Year award and the Premier's Australia Day Active Young Citizenship to Cynthia Sasongko.**



Cynthia was recognised for her outstanding leadership and commitment to youth affairs within the City of South Perth. An active member of the South Perth Youth Network (SPYN), Cynthia Sasongko while challenged by a physical disability is a full time student and volunteers at Emmanuel Centre amongst other community organisations. **Well Done, Cynthia.**



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Just as the priest began the homily the electricity went off. The Acolyte found some candles and placed them around the lectern. As the priest stood before the lectern he shuffled his notes and muttered, “Now, where was I?” A voice called out, “Right near the end.” (Rev Douglas Woods)

I was in a shop last December and saw a strange looking object. I asked the young salesgirl what it was made to



do. She answered, "It doesn't do anything. It's a Christmas gift."

### DO YOU REMEMBER THIS?

**THE GOAL:** To make sure the Federal Government accepts the recommendations of the Productivity Commission and commits to introducing the National Disability Insurance Scheme (NDIS).

Over 107,452 people said they wanted to be counted in. Thank you for supporting every Australian.

For those who have just joined us here is a brief summary:

A National Disability Insurance Scheme is about supporting people with disability to fulfil their potential.

It's about ensuring people get the individualised care and support they need over the course of their lifetime, so they can exercise more choice and control in their lives.

It's a big job to transform the system we have now and we will need the input of people with disability, their carers and advocates from right around Australia to make sure you are at the centre of this reform.

The website [www.everyaustraliancounts.com.au](http://www.everyaustraliancounts.com.au) will help you stay in touch as we move toward better care and support for Australians with disability. Make sure your voice is heard as we continue our work to build a National Disability Insurance Scheme.



### **What? Me Worry! Intolerance Of Uncertainty**

The inability to tolerate uncertainty is an attitude many people have towards life. When one has this attitude, uncertainty, unpredictability, and doubt are seen as awful and unbearable experiences that must be avoided at all costs. People who hate uncertainty and need guarantees may:

Say things like: "I can't cope not knowing," "I know the chances of it happening are so small, but it still could happen," "I need to be 100% sure."

- Prefer that something bad happens right now, rather than go on any longer not knowing what the eventual outcome will be
- Find it hard to put a plan or solution in place, because they first need a guarantee that it will work.

If you have this attitude of being unable to stand uncertainty, then you may perceive worrying to be useful to you. You may think that worrying is a way of preparing yourself for the worst — getting you ready for anything that might happen. Worrying is seen as a way of attempting to predict life so that there are no nasty surprises. As such, worrying reduces your experience of uncertainty and unpredictability. And because worrying reduces your feelings you keep worrying because you believe it is your only strategy for making things in life more certain and more predictable — it helps you believe that you have more control. In reality, has your worrying made anything more certain or more predictable? By worrying, does it change the outcome of what will happen? Isn't life still as uncertain and unpredictable as it ever was? It is only your perception that you somehow have more control by worrying. But is this really true? In fact, all you have done is think of all the worst case scenarios and worked yourself up and made yourself feel really bad in the process.



So, ask yourself, is it really worth it? Does having a `fake' sense of certainty justify all the negative consequences of worrying?