

If undeliverable return to



Emmanuel Centre
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EMMANUEL NEWS – SEPTEMBER 2014

COMING EVENTS AS WE GO TO PRESS

(Check before coming, could be changed. Look inside for more info.)

SUNDAY	MONDAY	TUESDAY	WED	THU	FRI	SAT
7 Sep 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint), followed by morning tea	8 Sep 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	9 Sep 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Christine & Lesley) 1-2.30pm: Bible Study	10 Sep	11 Sep	12 Sep	13 Sep
14 Sep 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	15 Sep 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	16 Sep 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Christine & Lesley) 1-2.30pm: Bible Study, Music and Singing with Mary	17 Sep	18 Sep	19 Sep	20 Sep
21 Sep 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) 10.30am-12pm: Auslan Café	22 Sep 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	23 Sep 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Christine & Lesley) 1-2.30pm: Bible Study	24 Sep	25 Sep	26 Sep	27 Sep MHFA
NO PROGRAMS AT EMMANUEL CENTRE BETWEEN 29 SEP AND 10 OCT. PROGRAMS BEGIN AGAIN MONDAY 13 OCTOBER 2014.						
28 Sep 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) 10.30am-12pm:	29 Sept	30Sept	1 Oct	2 Oct	3 Oct	4 Oct
5 Oct 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint), followed by morning tea	6 Oct	7 Oct	8 Oct	9 Oct	10 Oct	11 Oct Catholic Mental Health Mass & Reflection
12 Oct 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	13 Oct 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	14 Oct 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Shirley) 1-2.30pm: Bible Study, Music and Singing with Mary	15 Oct	16 Oct	17 Oct	18 Oct
19 Oct 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) 10.30am-12pm Auslan Cafe	20 Oct 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	21 Oct 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Christine & Lesley) 1-2.30pm: Bible Study	22 Oct	23 Oct	24 Oct	25 Oct
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SPECIAL EVENTS		MELBOURNE CUP	TUESDAY 4TH NOVEMBER	11AM		
		FR PAUL'S 75TH BIRTHDAY	SUNDAY 23RD NOVEMBER	BBQ		12 NOON
		EMMANUEL CENTRE CHRISTMAS PARTY	MONDAY DECEMBER 8TH	11.30	-	2.PM

I SPY WITH MY LITTLE EYE



In my family from the time I was growing up and we went travelling in the car besides saying the Rosary we played the game, “I spy”. I still play that game often when travelling with my grandchildren. For those who may not know the game one person says, “I spy with my little eye something that begins with ___” and gives the starting letter of an object visible either inside or outside the car. The initiator suggests that we might want to give up. Because we have

little children we just take turns initiating “I spy.”

As I get older I realise that we keep playing that game only now we don’t call it “I spy” but rather “reality”. We all have a vision of ‘reality’ and it differs one from another. For example, the daily papers and the ‘news’ broadcasts purport to show us the reality of our city and country and the world. But is that all?

If we think that what is presented to us by the media is reality, it would be easy to lose hope and give up. When I spy with my little eye I will never ever see the reality that is God in the world. Do I really believe that God is present and at work in the world today, in my life today? If I answer ‘Yes’, why do I worry so much?

There is a deep reality beyond what I can see with my little eye. I do like to know what is going on and as I advance in years I realise that such knowledge is beyond me and I can only ever appreciate reality when my little eye is in sync with the vision of God.

It is not for nothing that Jesus talks about the Word of God being like a seed in the ground. From what we can see the seed is dead and yet with moisture and the right temperature it will burst into new life. That image is confirmed for me in my own life and in the lives of people around me.

One woman tells how three months ago she made a suggestion to her parish priest about accessible parking for people with disability with no seeming success to the point that she stopped going to that church. Later she returned and the parish priest had taken steps to provide more accessible parking. The lesson? NEVER GIVE UP. We just do not have the vision of God much less the wisdom of God. My vision of Church is that it will recognise that people with disability belong by Baptism and will make that a reality. “Pie in the sky?” It is happening here and there and there and without fanfare.

I recently spent time with a family with 3 children and the youngest child doesn’t fit the mold according to many people. The parents have spent 18 years searching for answers and a life style that will provide some support for their child and the family. When asked of what they are looking for they always said they want their child to be seen for who he is and accepted. They know that their child is made in the image and likeness of God . It is not in the physical sense, perhaps, but in the very essence of being.

A move to a new location has brought the family into a supportive community where people seem to be able to see beyond the physical to a deeper reality than can be seen with my little eye.

Everyday is a challenge for me to put aside my little eye and begin to see with the eyes of Jesus. Brokenness (in me or in others) need not lead to rejection. It may just be the challenge I need to discard my prejudice and to seek a strengthening of my faith so that creative solutions can be seen and put in place in God’s time. When I depend on God continuously my whole perspective changes. I see miracles happening all around while others might only see ‘natural occurrences’ and “coincidences”. I can begin each day with joyful expectation watching to see what God will do through me and those I meet.

Barbara Harris

WHY ME?

(Text abridged from article in Link Magazine August 2014 by Silvia Belo-Tomic, a mother of three, including a daughter with Cerebral Palsy and moderate intellectual disability/ Photo: Silvia with daughter, Lara)



One day as I was sitting during assembly at my daughter's school, out of the blue, it dawned on me where I was – a special school. I looked around and saw all the other families and said to myself 'Why me? Why us?' And then I thought 'would anyone else be asking themselves the same question right now?'

Once I heard a mother say we all think about things that we don't necessarily say. Thoughts that can be translated as us not loving or accepting our children for who they are. And please don't get me wrong, I am crazy about my three children. But in the case of children with special needs, some of us could feel 'ripped off' by life.

The grieving process is a process that happens when we lose a loved one. As parents of children with special needs, even though we didn't lose a loved one, we lost the 'normally developing child' that was supposed to come and, for some reason, ended up not coming. Even though we have our children and we love them with all our hearts, they can remind us of what never was.

Experiencing thoughts like 'why me?' or 'what if...' are not uncommon. As parents of children with special needs, we grieve for the life it will never be. It has nothing to do with our beloved child. It has to do with the feeling of being ripped off by life. We cannot help but wonder how it would have been.

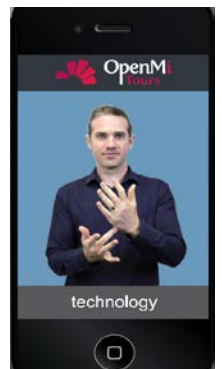
And equally important as any process of grieving, questioning ourselves, being sad, upset and depressed about it from time to time is part of healing. There is absolutely nothing wrong with that. We are human beings. We are allowed to feel, to grieve, just like anyone else does. So next time you are filled with those feelings, take them for what they are. They are just feelings, they do not define who you are. The only thing they prove is that you are a human being, like anyone else, feeling something.

Rejecting those feelings or pretending they are not there won't make them go away. In fact, they will continue to come as long as you have unfinished business with them. Acknowledging and accepting those feelings is a healthy way to deal with them. Talking to someone about how you feel, someone you trust and won't judge you, will also help the process. Writing down your feelings, having a diary, drawing or any sort of expression could also help.

So let's stop beating ourselves up because those feelings are there sometimes. When we learn to accept and process those feelings, we become free of self-judgment, or fear of being wrong for feeling, when in fact what is wrong is not to allow yourself to feel whatever it is you need to.

OpenMi Tours

OpenMi Tours is a free smartphone app which you can download (free) for iPhone or Android that provides information at museums, art galleries and cultural venues in a variety of inclusive communication formats including audio with caption and Auslan sign language with caption. In Perth, it is currently available in limited exhibitions at Western Australian Museum and Lawrence Wilson Art Gallery (University of Western Australia, Crawley). However it has more content for other venues in New South Wales, Victoria, Queensland, and ACT, including galleries, museums, and even a zoo in Werribee, Victoria. For more information about Conexu and OpenMi, visit their website www.conexu.com.au.



MercyCare is a Catholic not-for-profit provider of aged care, family, community health and children's services in the Greater Perth area. Unlike many organisations (profit oriented or otherwise) with lengthy vision and mission statements, MercyCare states theirs succinctly: Their vision is to achieve wellbeing, dignity and justice for all; and their mission is to bring compassion and justice to life.

The question that comes to mind is: How do you achieve those? How do you make sure that everyone has wellbeing, dignity, and justice? It seems that for MercyCare, the way to go is to focus on those most vulnerable and often marginalised in our society: disabled people, homeless youth, babies and children, seniors, and those with health issues. For example MercyCare in partnership with Autism Association of Western Australia run WA's first Autism Specific Early Learning and Care Centre, caring for children aged up to six years old. Definitely a step in the right direction of achieving wellbeing and dignity for kids.

AMY COOMBES

AMBASSADOR FOR MENTAL HEALTH WEEK IN WA



It's hard to imagine that you might want to nominate someone with a history of anorexia, bulimia, severe depression and suicidal thoughts to be the Australian Education and Leadership's 'Most Positive Role Model of the Year.' But that's exactly what happened in 2013 when Amy Coombes was nominated for the award despite her history of mental health issues.

She experienced her mental health problems during her teenage years where she managed to hide her illness and suffer in silence. Eventually she overcame her issues, fully recovered, rebuilt her life, and gained qualifications to work as a Nationally Accredited Coaching Practitioner. Since then, Amy has been actively using her experience to help others overcome their own issues and have healthy self-image.

Amy first began speaking at Mental Health Week events last year, including being a guest speaker for Catholic Mental Health Week talk at Woodvale in 2013. This year, she will be the face of Mental Health Week, which falls in the week of **4th to 10th October 2014**. In her role as ambassador, she will join in the effort of increasing community awareness and moving attitudes around mental health. For more on Mental Health Week 2014, go to <http://mhw.waamh.org.au>.



Facts and figures about mental illness

- Around 20% of adults are affected by some form of mental illness every year. During a one-year period, anxiety disorders will affect 14% of the population and depression will affect 6%.
- Nearly half (45%) of the population will experience a mental disorder at some stage in their lives.
- At least one third of young people have had an episode of mental illness by the time they are 25 years old. Depression is one of the most common conditions in young people and increases during adolescence.
- Mental illness does not run in families. Most people with a mental illness do not have family members with the illness. For some, such as schizophrenia and bipolar disorder, a predisposition to the illness may be inherited – but even then, it is only one of several factors.
- Mental illness itself is not life-threatening. However, up to 15% of people seriously affected by mental illness eventually die by suicide (compared to an approximate figure of 1% for the whole population).
- Most people with mental illness recover well and are able to lead fulfilling lives in the community – when they receive appropriate ongoing treatment and support. However, only about half of those affected actually receive treatment.

(Source: www.sane.org)



BURNING QUESTION

From *THE WEST AUSTRALIAN* Tuesday, August 19, 2014

Q Does any organisation in Perth collect old newspapers to sell with the proceeds going to charity?

We here at Emmanuel Centre, a self-help centre for people with disabilities and their families, collect newspapers, magazines, books, etc for recycling. We do not receive government grants by choice and we are largely run by volunteers. We have people put newspapers etc on our veranda [25 Windsor St, Perth], day or night. We

would appreciate more newspaper. If you are interested in knowing more about us, check out our web page www.emmanuelcentre.com.au. Further information can be obtained from Barbara on 9328 8113 or 0401 016 399 or email emmanuelcentre@westnet.com.au.

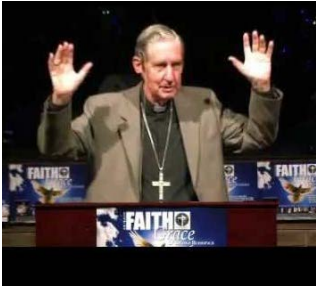
Mental Health Week 2014

Saturday 11th October

St Francis Xavier Church,

23 Windsor St, Perth

“Let us not forget this word: God never tires of forgiving us, but we sometimes tire of asking Him to forgive us.” (Pope Francis)



**Archbishop (Emeritus) Barry
Hickey will lead us on a journey**

“RECONCILIATION

EUCCHARIST

HOPE”

Begins with RECONCILIATION

(Opportunity for individual Reconciliation)

at 11am

Followed by Mass of Forgiveness and Healing.

Concludes 2.30pm

A light lunch will be provided.

Notification of attendance will assist with catering

Auslan Interpreter, PowerPoint and Audio Loop provided.

This is a free event

For further information, contact Barbara Harris at Emmanuel Centre
on 9328 8113 or email: emmanuelcentre@westnet.com.au

5 WAYS TO FIND QUIET IN A CHAOTIC DAY

(Text abridged from article in psychologytoday.com by Polly Campbell)

Solitude or quiet time alone is good for all of us: It relaxes, promotes concentration, brings perspective and often fosters greater appreciation for others.

Solitude is not loneliness. Loneliness is a time when we feel separate from all. Solitude is when we feel deeply connected to self. Yet, initially alone time can make us feel guilty—like I'm not getting enough done—and we have to ward this off.

It can also be a bit scary to move into the quiet time alone. When we slow down we begin to notice what is really going on in our lives, the things we've been too busy to examine. We might not always be comfortable with what we find. But if we are brave enough to establish daily solitude, the difficult moments will help us through troubles.

Solitude needs **practice** though. You've got to do it to get the benefit. Like eating with chopsticks, it gets easier the more you do it. There are only two (and a half) rules: Be alone. Be quiet. And here's the half: Be still at least part of the time. A quiet walk, gardening alone in the silence, cooking alone without music or television are all ways to do your quiet time alone. It is also important to just stop doing, to be still and notice what comes up.

Here are five other tips that can help you create a few moments of quiet in your day:

1. Plan for it. Ask for it. My husband is always willing to help me find time because he knows 1-2 hours to myself each week (more if I can get it) keeps me from becoming a raging, crazy woman.
2. Make it a priority. Like brushing your teeth or taking a shower, 10 minutes of quiet time a day is **not luxury**. It is part of taking care of your body and your spirit, and it's just as important as eating vegetables.
3. Teach the people you live with about quiet time. We've coached our daughter that each day includes quiet time. This is the time to read or play—alone. By telling your loved ones that quiet time alone is important to you and by showing them how it's done, they will begin to support it and enjoy it as well.
4. Use the spaces in between. Keep the radio off when driving alone. And chore time at home can be quiet time too. Work without music or television. I don't always get time to sit in solitude, but the spaces in between the rest of my responsibilities allow time without noise.
5. Create at least one daily ritual that promotes quiet. Say a prayer. Meditate a few minutes each day. Go for a run without headphones.

Creating pockets of solitude is a powerful way to refuel and energize your life. Make it a priority. **Build it in**. You'll feel better and more able to manage the challenges of your day.



The Pope Francis list

Don't gossip

Stop judging others

Finish your meals

Befriend those who disagree

Make time for others

Make commitments, such as marriage

Chose the "more humble" purchase

Make it a habit to "ask the Lord"

Meet the poor "in the flesh"

Be happy.

GEOFF AND JANINA TAKE PART IN LEARNING ABOUT THE SACRAMENT OF RECONCILIATION



Congratulations **Geoffrey Scott** and **Janina Metham** from the Deaf Ministry who attended “Celebrating the Sacrament of Reconciliation” delivered by **Fr. Paul Turner** on 25th August 2014 in Leederville. Fr. Paul is a renowned liturgist and author from Kansas City, also a member of the Catholic Academy of Liturgy. He is travelling throughout Australia to present explanation on the new Translation of the English Liturgy.

Pictured L to R: Barbara Harris from Emmanuel Centre, Geoff and Janina who proudly display the certificate received on the day, and Fr. Paul Turner.

GET INVOLVED



Auslan Café

Free Auslan classes followed by lunch
Where: Emmanuel Centre, 25 Windsor St, Perth
When: 3rd Sunday of every month (21st September) from 10.30am to 12 noon
More info: Contact Emma or Barbara
emmanuelcentre@westnet.com.au

Mass EVERY SUNDAY

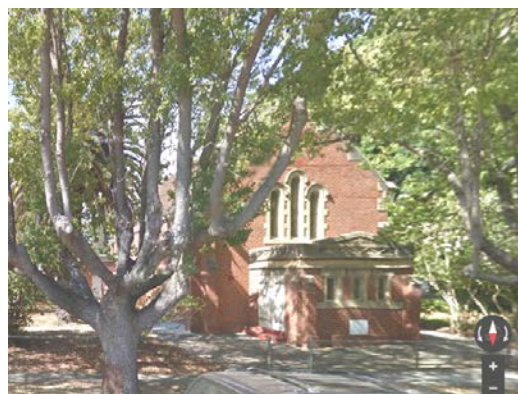
Morning Tea ON FIRST SUNDAY OF MONTH

Catholic Mass with Sign Language Interpreter and PowerPoint

Where: St. Francis Xavier’s Church, 23 Windsor Street, Perth

When: Every Sunday morning 9.30am

Morning Tea: 1st Sunday on every month we share a morning tea social gathering after Mass at Emmanuel Centre. Welcome to bring a small plate to share.



Each king represents a real king:

Hearts:	Charlemagne
Diamonds:	Julius Caesar
Clubs:	Alexander the Great
Spades:	King David

Newsletter



If you would like to receive Emmanuel Centre’s Newsletter; give us your name and address and tell us how you want it in:

- * Braille
- * Large Print
- * Audio CD
- * Mail/Email
- * Or other format

Please let us know.

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VOICE: 08 9328 8113

Looking for youth activities?



Here are the rest of central youth events for the remainder of the year:
10th-12th Oct - Young Adults Retreat – To The Heights!

3rd-7th Dec – Embrace the Grace Youth Conference (Details coming soon)



Contact Anita Parker:

Anita.Parker@highgate-perthcatholic.org.au

<https://www.facebook.com/anita.parker.353>

**ELECTRIC
WHEELCHAIR
(AVAILABLE
FREE)
FOR INDOOR
USE SUITABLE
FOR SMALL CHILD OR
CAN BE ADAPTED.**



Contact Barbara Harris at Emmanuel Centre 9328 8113
or email: emmanuelcentre@westnet.com.au

The beauty of life does not depend on how happy you are but on how happy others can be because of you.



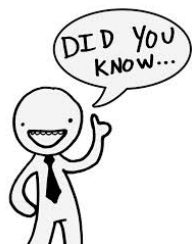
Happiness is not a destination; it is a journey.

Happiness is not tomorrow; it is now.
Happiness is not a dependency; it is a decision.
Happiness is what you are; not what you have.

SOCIAL JUSTICE SUNDAY 28 SEPTEMBER 2014



The Australian Catholic Bishops' Social Justice Statement for 2014 challenges us to look at the place of sport in our lives. Where are its strengths and how can we ensure that sport can thrive and in return can nourish our society? Equally, what are the influences that are undermining and distorting sport's ideals? Most importantly, how can we work to realise sport's potential to unite communities, overcome differences and be a force for social justice and reconciliation. Further information contact Carol Mitchell at the JEDO Perth office. jedo@perthcatholic.org.au



It is impossible to sneeze with your eyes open.

A duck's quack has no echo and nobody knows why.

Butterflies taste with their feet.

Crocodiles cannot stick out their tongue.

Multiply 11111111 by 11111111
and you get ?

12345678987654321

**KEEP THIS DATE OPEN
MONDAY DECEMBER 8 2014
CHRISTMAS PARTY**

**11.30 AM – 2 PM
BRING A PLATE OF
FINGER FOOD TO
SHARE.**

KING SIZE BED

