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EMMANUEL NEWS January 2014

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

Sunday February 2nd Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint followed by Morning Tea.
Monday February 3rd Challenges 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm, Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday February 4th Painting (Geoff) 9.30-10.30am Emmanuel Ctr, Activities (Shirley) 11-12.30pm, Bible Study 1-2.30pm
Sunday February 9th Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint
Monday February 10th Challenges 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday February 11th Painting (Geoff) 9.30-10.30am Emmanuel Ctr, Scrapbooking Sharon 11-12.30pm, Bible Study 1-2.30pm
Sunday February 16th Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint
Monday February 17th Challenges 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday February 18th Painting (Geoff) 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm, Bible Study 1-2.30pm
Sunday February 23rd Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint
After Mass "Preparing for Lent" Group preparation. Lunch provided.
Monday February 24th Challenges 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday February 25th Painting (Geoff) 9.30-10.30am Emmanuel Ctr, Activities (Christine) 11-12.30pm, Bible Study 1-2.30pm
Sunday March 2nd Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint followed by Morning Tea
Monday March 3rd Challenges 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday March 4th Painting (Geoff) 9.30-10.30am Emmanuel Ctr, Activities (Shirley) 11-12.30pm Bible Study 1-2.30pm
Wednesday March 5th Ash Wednesday Mass at 6pm at St Francis Xavier Church Interpreter and PowerPoint - Ashes
Sunday March 9th Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint
Monday March 10th Challenges 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday March 11th Painting (Geoff) 9.30-10.30am Emmanuel Ctr, Scrapbooking (Sharon) 11-12.30pm, Bible Study 1-2.30pm
Sunday March 16th Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint
Monday March 17th Challenges 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday March 18th Painting (Geoff) 9.30-10.30am Emmanuel Centre, Activities (Christine) 11-12.30pm, Bible Study 1-2.30pm
Sunday March 23rd Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint
Monday March 24th Challenges 9.30-10.30am Emmanuel Centre; Activities (Christine) 11-12.30pm Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday March 25th Painting (Geoff) 9.30-10.30am Emmanuel Centr, Activities (Christine) 11-12.30pm, Bible Study 1-2.30pm
Sunday March 30th Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint
Monday March 31st Challenges 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday April 1st Painting (Geoff) 9.30-10.30am Emmanuel Ctr, Activities (Shirley) 11-12.30pm, Bible Study 1-2.30pm
Sunday April 6th Mass at 9.30am at St Francis Xavier Church Interpreter and PowerPoint, Followed by Morning Tea and Discussion Group "Preparing for Easter" Followed by light lunch.
Monday April 7th Challenges 9.30-10.30am Emmanuel Ctr; Activities (Christine) 11-12.30pm Volunteer DRUMBEAT (Christine) 1-2pm
Tuesday April 8th Painting (Geoff) 9.30-10.30am Emmanuel Ctr, Scrapbooking (Sharon) 11-12.30pm, Bible Study 1-2.30pm

NO PROGRAMS AT EMMANUEL CENTRE BETWEEN 8TH APRIL to 28TH APRIL 2014

Sunday April 13th Passion Sunday - Mass at 9.30am at St Francis Xavier Church with Powerpoint and Interpreter
Tuesday April 15th Chrism Mass at St Mary's Cathedral with Powerpoint and Interpreter at 7pm
Thursday April 17th Holy Thursday - Mass of the Last Supper at St Mary's Cathedral, 7pm with Powerpoint and Interpreter.
Friday April 18th Good Friday Passion at St Mary's Cathedral 3pm with Powerpoint and Interpreter
Sunday April 20th Easter Sunday - Mass at 9.30am at St Francis Xavier Church with powerpoint and interpreter.





I would like to say welcome to all those readers who are joining our newsletter for the first time and a welcome back to those who have been with us before. In this first newsletter for 2014 I would like to share with you some reflections that came my way since the last newsletter.

One of the amazing happenings was that I actually took a few days away from Emmanuel Centre. I did, however, interpret for Mass on the Sundays and Christmas morning. It was at Christmas Mass that I received a real anointing during the Hymn after Communion, "Angels We Have Heard on High." At the line, "God and sinner reconciled" it suddenly came to me that that is what Christmas is about. God's love for

everyone brings us to union with God. That is an enormous reality. It means that I am reconciled with God and am invited to be reconciled with all those people who have ever wronged me in any way AND with those whom I have wronged, too.

As the clock turns over and we think of the New Year we usually spend some time making resolutions. Did you make any? Have you kept your resolutions? A study by Richard Wiseman in 2007 from the University of Bristol involving 3000 people showed that 88% of those who set New Year resolutions fail.

The concept of New Year's resolutions has been around for a long time. The ancient Babylonians made promises at the start of each year that they would return borrowed objects and pay their debts. The Romans began each year by making promises to the god Janus for whom the month of January is named. In the Medieval era the knights took the "peacock vow" at the end of the Christmas season each year to reaffirm their commitment to chivalry. The underlying principle of New Year's resolutions seems to be about "I want to be perfect and I want it now". Modern day "perfection" is expressed in my power to achieve a goal. This is often expressed in fitness, health, life's enjoyment, job etc etc. Reflecting on "perfection" the focus is on me, something that focuses on my own efforts. "Perfection" means I compare myself with others and look around to find some model on which to base that "perfection".

I know that I am not perfect. Doing wrong is part of my human experience. For years and years I have really tried to be perfect. The perfect daughter. The perfect sister. The perfect student. The perfect wife. The perfect mother. The perfect employee. The perfect... Believe me, it was all hard work. What I have come to know is that I don't have to try for perfection at all. My goal now is not "perfection" but "union" with God.

The Apostle Paul talks about counting everything as of no value compared to the advantage of knowing Christ Jesus. Believe me, looking to be perfect on my own is just not worth it. So 2014 is a year for being aware of just how close God is. Someone once said, "I don't know what the future holds but I do know who holds the future." And this year we are going to focus on the ever present presence of God with us in all circumstances. The roller coaster ride does not seem so scary when I realise that God is with me through all the ups and downs, twists and turns and last year there were plenty of those.

Every day I thank God that part of my life's journey has been at Emmanuel, "God is with us." I think that we must have a home base that holds us accountable for what we say we believe and a concrete community that every day reminds us that we still do not know how to love.

I am hoping that this New Year will bring a new awareness of how much we need each other and how much we have to both give and receive.



So I invite you to join us on a rollercoaster ride. And for those who have a fear of heights, like me, you don't even have to physically have your feet off the ground.

Happy, Holy and exciting 2014.

(Barbara)

The Perfect Cup



It is time for me to see the flaws of myself and stop being alarmed
It is time for me to halt my drive for perfection and to accept my blemishes
It is time for me to receive slowly evolving growth the kind that comes in God's own
goo time and pays no heed to my panicky pushing
It is time for me to embrace my humanness to love, my incompleteness
It is time for me to cherish the unwanted to welcome the unknown to treasure the
unfulfilled

It I wait to be perfect before I love myself I will always be unsatisfied and unsatisfied
and ungrateful

If I wait until all the flaws, chips and cracks disappear I will be the cup that stands on the shelf and is never used.
(Joyce Rupp, The Cup of our Life)

SOMETHING FOR YOU TO THINK ABOUT!

**Sometimes we are so busy searching for
God that we don't recognise him right
with us.**



Have you ever felt the desire to do something special
for someone you love?

That's God who is speaking to you

Have you ever felt the sadness and the loneliness of
someone who approaches and stands beside you?

That's God who has chosen you

Have you ever thought of someone who is very dear to
you and have not seen for a long time, and suddenly
that person unexpectedly appears

That's God for there is nothing that ever happens by
chance

Have you ever received something marvellous for which
you did not ask?

That's God who knows all the secrets which you keep
well hidden in your heart

Have you ever found yourself in a difficult situation for
which there seemed to be no apparent solution, and
then in the twinkling of an eye the answer became as
clear as daylight?

That's God who unceasingly takes our problems into his
hands and helps us solve them.

Have you ever felt immense sadness in your soul. And
then suddenly, as if your inner self was infused with
love, an inexplicable sense of peace enveloped your
entire being.

That's God who consoles you in his arms and gives you
peace

Have you ever felt tired of life to the point of wanting to
die, and then suddenly you were able to find the
courage and the resolve to continue your journey full of
vigour and hope?

That's God who is always there beside you, lovingly
accompanying you every step of the way on your life's
journey. Everything goes better when God take the
lead!

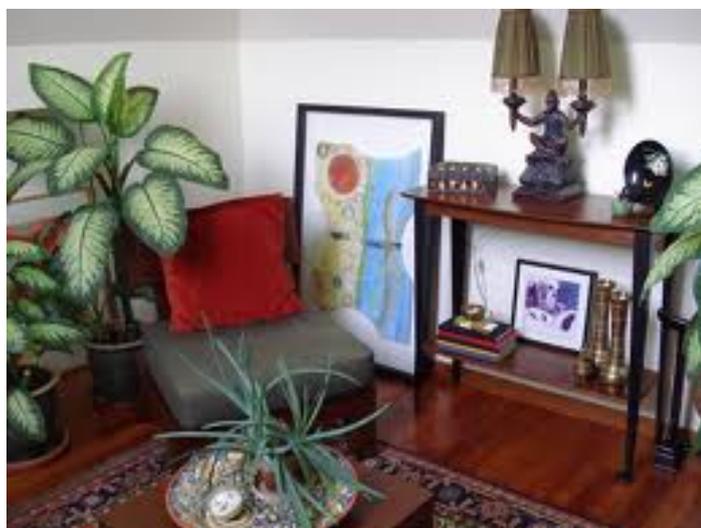
Do you think that this message was sent to you by
chance. That's God who touched my heart.

IN YOUR BUSY LIFE, TAKE TIME OUT TO :-

Look around you and notice your surroundings at
this moment. Let your eyes fall on some object—
perhaps a candle, tree, rock, or creature.

Simply observe the object, without judging or
labelling. Give your full attention, senses, and
presence to this object.

Gradually let your gaze soften and take in the more-
than-matter-ness that is also here. Deepen your
awareness of God's presence within this thing and
within you. Rest in silence for several minutes (or
continue with a longer time of contemplative
prayer) and then turn your gaze to bless the rest of
the room, landscape, and world in which you find
yourself, one in Love.



First Deaf person to take part in the jury process!



A Deaf woman from Perth has been the first Deaf person in Australia to take part in a jury selection process.

Drisana Levitzke-Gray was summoned for jury service in Western Australia in late 2013 and is the first Auslan user in Australia to be allowed to continue with this process and to have an Auslan

interpreter during the proceedings, held on 14 January 2014.

Although Drisana was not chosen to be on a jury for a trial during the selection this week (selected by random ballot), this is a win for the Deaf community, as it challenges currently existing views in Australia about Deaf people's right and capacity to serve as jurors.

Australia is now a step closer to joining a handful of other countries (including USA and New Zealand) that accept Deaf people to serve on a jury. Congratulations Drisana on achieving this significant step forward!

Other Deaf people in other Australian states have tried to serve on a jury but have been excluded because they are deaf. Australia has six states and two territories and the laws are different in each. So Deaf people must challenge the laws differently in each state.

Two Deaf people in NSW were unable to take their claim to court because of how the laws there are so they have taken their complaint to the UN.

Gaye Lyons in Queensland took her case to the Queensland Civil and Administrative Tribunal in 2013, and the Tribunal passed judgement early in 2014. Gaye lost her case. She is now appealing the case. If she loses her appeal, she too may have to take her case to the UN.

Drisana's case is significant because it is the first time in Australia that a Deaf person has not been excluded on the basis of her deafness at the start of the jury process. She was allowed to take part, with an interpreter, in the jury selection process at the court house. This process begins with random ballots. Drisana was selected by random ballot in the first ballot but her number did not come up in the second random ballot.

Although this does not mean she would have been permitted to actually serve on the jury if she had been selected in the final ballot, it is an important step forward.

Drisana's achievement applies only to the laws in Western Australia. However, it sets a precedent that hopefully will influence other Australian states





Vatican Radio (Vatican Radio) The Director of the Holy See's Press Office, Jesuit Father Federico Lombardi, has released a statement about the Pope's audience with Italian disability campaigner Ileana Argentin. Please find the full statement below, in translation from the original Italian

“On Saturday morning the Holy Father received in audience Ileana Argentin, who is well-known for her efforts, achievements and expertise as a disability campaigner first with the Rome City Council and now with the Italian Parliament.

The MP had sent Pope Francis a personal letter, asking to speak to him about various disability issues. The Pope promptly replied inviting her to a meeting, which took place this morning in the Apostolic Palace and lasted about half an hour. Ms. Argentin focused principally on the importance of supporting the parents of seriously disabled people, who live with great anxiety over what may happen to their children after their own deaths, and over the difficulties which their siblings may encounter in taking up the responsibility of care. The meeting also touched on other issues, such as the need to overcome barriers of accessibility to disabled people in public and Church buildings. Pope Francis showed great interest in all these issues, and assured his participation and encouragement for all people and campaigns working with increasing dedication to challenge problems relating to disability.”

OLD AGE PRAYER

Lord you know I am growing older. Keep me from becoming talkative and possessed with the idea that I must express myself on every subject.

Release me from the craving to straighten out everybody's affairs. Keep me from the endless recital of endless detail; give me my wings to get to the point.

Seal my lips when I am inclined to tell of my aches and pains. They are increasing with the years and my love to speak of them grows sweeter as time goes on.

Teach me the glorious lesson that occasionally I may be wrong.

Make me thoughtful but not nosy, helpful but not bossy.

With my vast store of wisdom and experience it does seem a pity not to use it all but you know Lord that I want and need a few friends at the end.



FASTING AND FEASTING (DURING LENT)

LENT should be more than a time of fasting

It should also be a joyous season of feasting

LENT is a time to fast from certain things and to feast on others.

It is a season in which we should:

Fast from judging others... *feast on the Christ indwelling in them.*

Fast from emphasis on differences... *feast on the unity of all life.*

Fast from thoughts on illness... *feast on the healing power of God.*

Fast from words that pollute... *feast on phrases that purify.*

Fast from discontent... *feast on gratitude.*

Fast from anger... *feast on patience.*

Fast from pessimism... *feast on optimism.*

Fast from worry... *feast on trust.*

Fast from complaining... *feast on appreciation.*

Fast from hostility... *feast on friendliness.*

Fast from bitterness... *feast on forgiveness.*

Fast from discouragement... *feast on hope.*

Fast from suspicion... *feast on charitableness.*

Fast from idle gossip... *feast on silence or find a word of praise.*

Fast from self-concern... *feast on compassion for others.*

Fast from personal anxiety... *feast on the power of God.*

Fast from shadows of sorrow... *feast on Christ's glorious Resurrection.*

Fast from unrelenting pressures... *feast on unceasing prayer.*

Fast from problems that overwhelm... *feast on prayer and confidence in God's help.*

(from KNIGHTLIFE)

LENT/EASTER SERVICES 2014

Sunday February 23 9.30am Mass at Saint Francis Xavier Church (23 Windsor St Perth – Next to Emmanuel Centre) PowerPoint and Interpreter for PEOPLE WHO ARE Deaf AND HARD OF HEARING. After Mass at 10.30am a Discussion Group at Emmanuel Centre “Preparing for Lent” Light Lunch Provided.

Wednesday March 5 at 6 pm Ash Wednesday Saint Francis Xavier Church (23 Windsor St Perth – Next to Emmanuel Centre) PowerPoint and Interpreter for PEOPLE WHO ARE Deaf AND HARD OF HEARING

Sunday April 6 at 9.30am Mass at Saint Francis Xavier Church (23 Windsor St Perth – Next to Emmanuel Centre) PowerPoint and Interpreter for PEOPLE WHO ARE Deaf AND HARD OF HEARING. Followed by a DISCUSSION GROUP at 10.30am at EMMANUEL CENTRE “Preparing for Easter Week” Light Lunch Provided.

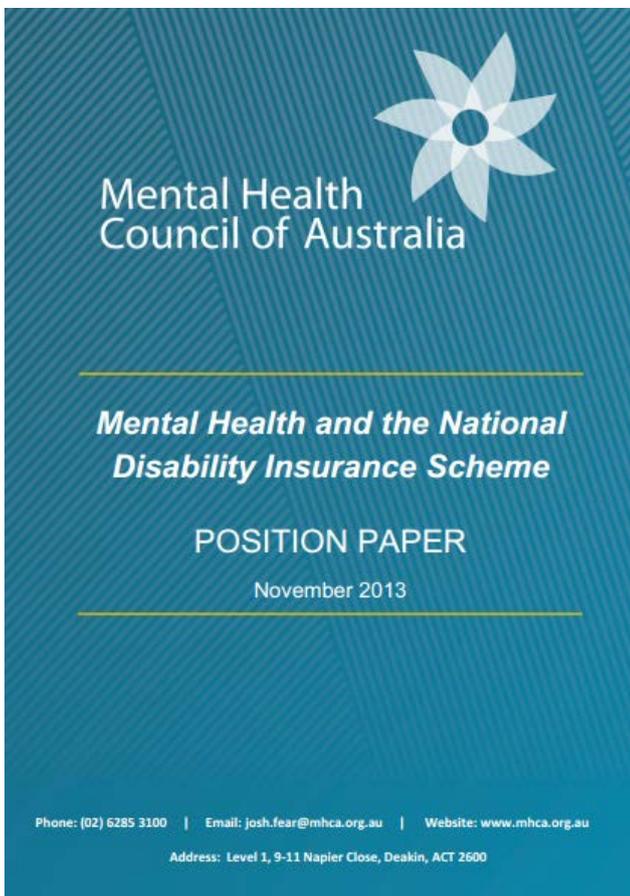
Sunday April 13 9.30am PALM SUNDAY MASS at St Francis Xavier”23 Windsor St Perth. Interpreter and PowerPoint.

Tuesday April 15 at 7pm “Chrism Mass” at St Mary’s Cathedral, Victoria Sq, Perth PowerPoint and Interpreter for PEOPLE WHO ARE Deaf AND HARD OF HEARING

Thursday April 17 at 7pm “Holy Thursday Mass of Washing of Feet and Last Supper at St Mary’s Cathedral, Victoria Sq , Perth. PowerPoint and Interpreter for PEOPLE WHO ARE Deaf AND HARD OF HEARING

Friday April 18 at 3pm “GOOD FRIDAY Passion of Jesus. at St Mary’s Cathedral, Victoria Sq , Perth. PowerPoint and Interpreter for PEOPLE WHO ARE Deaf AND HARD OF HEARING.

Sunday April 20 “EASTER SUNDAY. “9.30am Mass at St Francis Xavier”, 23 Windsor St Perth. Interpreter and PowerPoint.



The National Disability Insurance Scheme (NDIS) represents a major opportunity to deliver much needed services and support for people with a range of disabilities. The Mental Health Council of Australia (MHCA) supports the NDIS, especially given the bi-partisan commitment to increasing funding to support people with significant ongoing disabilities over the next few years. It is absolutely appropriate that the scheme includes people with a psychological disability related to mental illness.

However, the MHCA has strong concerns about the implication of the scheme for mental health consumers, carers and service provider. These concerns relate to the design of the NDIS, the status of existing services, and the likely impact on future mental health programs.

This position paper outlines the current challenges and provided some suggestions on how to resolve them.

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Bailey Beats the Blah ★★★★★ KIDS Mental Health book

Bailey Beats the Blah received ★★★★★REVIEWS from a CHILD psychologist, a **Mental Health CEO**, a school counselor, a journalist, and many teachers and MUMS, rating **Bailey Beats the Blah** a top empowering book for KIDS.

Bailey Beats the Blah boosts EVERY Child's, self-esteem and coping skills to deal with WORRY thoughts and SAD days.

BAILEY is aligned with **National Education** mental health program **Kids Matter**.

A MUST have story for your library shelf, even if you don't have kids. 'Does a great job of pinpointing what mood disturbance in young children look like. And best of all, there is a happy ending with practical ways parents and schools can help. Simple is best.'

'Bailey Beats the Blah is a gorgeous book for everyone, but especially for young children who struggle with anxiety

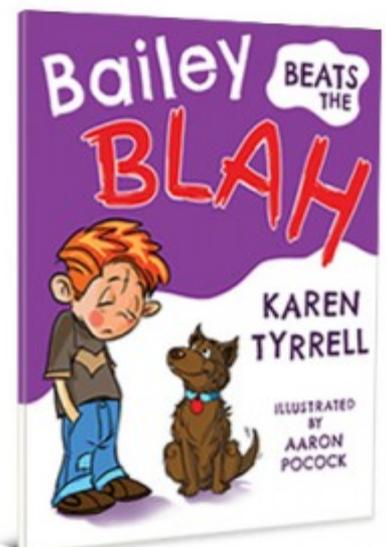
'Very approachable and digestible, the story still highlights the importance of monitoring moods for signs of depression and finding ways to work your way through negative emotions, even if you're a kid.

I recommend this as a thought-provoking read for kids and as a valuable resource for the classroom.

Download **FREE Kids Activities and FREE Teacher Notes** to use with Bailey Beats the **Blah**. From <http://www.karentyrrell.com/>

5% sales go to Kids Help Line KIDS 24 hour Counselling service

You can order a copy from Amazon as an eBook.





**MARK
THIS
DATE**

The Catholic Mental Health Group has been working toward arranging the following events for the beginning of 2014. More details next newsletter.
PLEASE KEEP THESE DATES OPEN.

Wednesday 26th March Guido Vogels at Willeton

Tuesday 6th May Laughter Workshop at Emmanuel Centre

Saturday 26th July Peter Golding's Massage Presentation 10.30 – 12.30 pm at Emmanuel Centre

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